

IT'S THAT TIME AGAIN – ANNUAL MEETING AND ELECTION OF OFFICERS

by Shirley Chambers

At the end of August all unit owners received a letter from our Board of Trustees announcing September 24 as the date for our 2008 Annual Meeting and Board of Trustees elections. We will hold the meeting at the Clubhouse this year, and this location has been confirmed. It is hoped that all residents will be able to attend this important meeting.

One of the things we do at the annual meeting is elect a new Board of Trustees. In this case only one position is to be filled and that for a three-year term. The one-year term created by the election last year of Carlene Craib will expire and become a new three-year term. Carlene is the sole candidate for this post, so voting should be easy. Her wonderful credentials are spelled out on page 2 of this Bulletin. Her News You Can Use notices and detailed minutes of Board meetings have been extremely helpful to all of us. She has served us well during the past year, for which we thank her, so even though she has no opponent, vote for Carlene to show her our approval.



I shall not repeat the rituals for voting spelled out in the letter. It's an established procedure, and by now most of us know the how's and where's of doing it. So VOTE for Carlene on or before September 24 and see you at the polls in November.

Candidate's night was on Thursday September 4, and there was not a big turnout since by now we all know Carlene pretty well. She spoke briefly and of course intelligently, and impressed all attending with how pretty she looked in her pink sweater, with her fair skin, blue eyes, white hair, and recently attained slim figure. Her persistence at Weight Watchers and exercising has certainly paid off. So here's yet another reason to vote for her on the 2008 ballot. We need a pretty trustee.

*Annual meeting on September 24th
will be held in our Clubhouse this year.*

CANDIDATE'S STATEMENT



Carlene Craib

28 Stone Ridge Road

It has been my privilege to serve on the VSR Board of Trustees for the past year. I ran for the one-year term not knowing just how I would be able to contribute to the management of our community but looking forward to the challenges a new role would offer. I have enjoyed getting a close-up view of many aspects of VSR life, serving first as Board liaison to the Water and Sewer Committee and now as Assistant Property Committee Liaison and liaison to the Communications Committee. Working closely with so many residents has been a particular pleasure. The depth of expertise and commitment to the Village's successful management among its volunteers is truly amazing, and I have learned a great deal from all of you.

I feel that I have been able to use my skills honed over the years as a Latin teacher and Foreign Language Coordinator and in the several positions of leadership I have held in professional organizations to enhance communication in the Village. I hope that many feel more connected to what is happening in the community as a result of my News You Can Use notices and the detailed minutes I keep as clerk of the Board of Trustees. If I am re-elected to a three-year term my goal will be to continue to bring the concerns of all residents to the Board and, in turn, communicate the activities of the Board to you all. I look forward to working cooperatively with Board members and our many committees to maintain the beauty and warm community atmosphere of our Village.

YOU'RE MISSING SOME OF THE BEST PARTS

Some residents when they removed their copy of the July/August Bulletin from the plastic receptacle in the mail room inadvertently let the "middle section" fall back into the box. When we have an eight page Bulletin that means you are leaving behind pages three through six. Those of you who did so missed some important and interesting articles. I found five "middle sections" left behind. Check your Bulletin and if you are missing these pages and would like to have them, call me at 978-692-2423.

In the future make sure you are getting the complete Bulletin.

-Editor

DID YOU KNOW?



by Dean Hubbard

Did you know that the Water and Sewer (W&S) budget for 2008 is 24% of the overall VSR budget? Did you know that the W&S budget is initially prepared by the W&S Committee and presented to the Financial Committee for approval? Did you know that presently there are only four VSR unit owners plus a Board of Trustees liaison on the W&S Committee?

The W&S Committee is seeking new members interested in learning about the technology and the economics of both our fresh water supply and our wastewater disposal systems. No previous experience is necessary, and you need not even enter our high tech wastewater treatment plant. Meetings are only held when necessary with much of the work performed using email.

The Water and Sewer Committee is charged with the following tasks:

- Prepare the annual W&S budget for approval by first the Financial Committee and finally the Board of Trustees.
- Monitor the performance of W&S contractors.
- Certify to our management company that W&S contractor's and Tyngsboro's water charges are correct.
- Maintain a W&S repair backlog and assign priorities to items on this list.
- Keep a history of grinder pump repairs relative to locations and individual pump histories.
- Keep a history of wastewater analysis reports relative to limitations imposed by our DEP wastewater discharge permit.
- Serve as the focal point between W&S contractors, our management company, and our Trustees.

If you are interested in being part of any or all of these tasks, please contact Dean Hubbard, the Chairman of the W&S Committee. Dean's phone is 978-392-0949 and his email is deanhubbard@comcast.net

OUR GRANITE QUARRY

Subject of Village Meeting
on October 2

Make a note on your calendar to come to the Clubhouse at 7 pm on Thursday, October 2 to learn about our quarry and others nearby as well as the stone buildings in our Village. Mr. Alfred Garside, who has worked with granite for 58 years, has agreed to speak to our group. He's an old timer in this business and will be able to answer most of our questions.

LANDSCAPING SUBCOMMITTEE



by *Tom West, Chair*

Thanks Where Thanks are Due

Now that summer is over, we want to thank our landscape company TruGreen for maintaining the premises in such a pristine way. We want to especially thank TruGreen representative John Remington. He always returns our phone calls and emails in a very timely manner. He also takes care of those little things (many at no cost to us) that really make a difference between an average appearance and a superb one, which we think we have. A few days ago while walking our dog, we ran into John. Guess what he was doing? He was spreading top soil and seed in the areas between the sidewalk and the street and on some of the banks. He not only manages the landscaping, but he also takes a personal interest in its appearance.

I would also, on a personal level, like to thank all of the members of the Landscape Committee who not only attend the meetings, but also walk the property on a regular basis checking on all the plantings, deciding what should be replaced, removing the caterpillar tents (those that can be reached without a ladder) and, in general, looking after the Stone Ridge landscaping. All issues brought to the attention of our committee are discussed and voted on. A special thanks to Ed Kern whom we have dubbed our "caterpillar man." He never turns down our request for help. Also we give special thanks to our own landscape "guru" Lois Frampton. She works tirelessly checking on what should be done, what should be replaced and with what, and tells me what we need to do to keep things going. Without her experience and knowledge, we would have cemented over much of the landscaping here a long time ago.

Work in Progress and Plans for the Future

So far this year we have planted and/or replaced eighty eight shrubs and bushes and had many of the trees pruned. We've scheduled more tree, shrub and bush trimming and pruning for the fall (it is less expensive then), and we are having some work done on the very steep banks at the end of Sandstone to prevent possible serious erosion problems. If any money is left from the annual funds the Landscape Committee receives, we want to begin a demulching program starting at the entrance to the Village and working our way through it. From our Village's inception and continuing over the years, many of the trees and other plantings have received too much mulch, and this can destroy them.

Next year we plan on having TruGreen spread lime on our lawns to maintain the soil quality, continue our demulching program, replace dead bushes and shrubs on an as-needed basis, and also keep our trees, bushes and shrubs trimmed. We also always save a few dollars for bulbs and other flowers. TruGreen has also helped by occasionally planting flowers at no charge.

A Few Words of Caution

Residents should not plant any bushes, shrubs or trees within three (3) feet of the foundation - of both the house and the garage. Roots can grow into the foundation causing serious problems. If you have done so, we ask that you remove them and re-plant them in an existing bed that is outside that parameter. Also, fall is the time to remove all outside statuary, lawn ornaments, etc. from your property. And don't forget, to prevent freezing, turn off your outside water faucets from the inside and store all hoses in the basement.

As always, if you have any landscape problems, issues or concerns, please don't hesitate to contact us at Tom@bbpinc.com.

SUGGESTIONS FOR CARE OF PERENNIALS

Fall is the season when our plants begin to lose their brilliance, some, in fact begin to look pretty ratty. All annuals should be pulled out and removed after the first frost. The treatment for perennials, however, varies. Many perennials have attractive seed heads; these are food sources for the birds in addition to looking attractive all winter.

Some gardeners like to see standing perennials in the winter and others don't. Cut perennials down after they have gone dormant, which usually occurs after the plants have experienced several hard frosts. Cut the plants down to within 2 to 3 inches of the crown. Cutting too close can result in winter injury on some perennials because the buds for next year's growth are right at the surface or higher and not below the soil line. Below is some advice for specific perennials common in our Village.

Daylilies (Hemerocallis): Cut off all flower stems. You can cut off the tips of the leaves, but leave some of each leaf to mulch the plant during the winter.

Chrysanthemums: Most of these are hardy if they are planted in the early summer. If you bought them in the fall chances are they will not over-winter so remove them. If you want to try to over-winter them, remove the dead flowers.

Hosta: Remove all leaves after frost has killed them.

Tall Grasses: Leave them standing until the snow knocks them over; then cut as close to the ground as you can.

Roses: Do not prune until spring; then cut back to a bud on the outside of the stem.

Spirea: Prune to the bottom late fall or early spring.

Other perennials: If you decide to leave them standing, cut off dead flower stalks unless, like echinacea and yarrow, they have attractive seed pods. Anything left standing should be cut to the ground in early spring before new growth starts.

PERCEPTIONS

Summer's Wane



by Louise O'Donnell

Summer's end is fast approaching and I, for one, am ambivalent about it. Although Fall is a most beautiful season and brings with it colorful foliage and cool days and evenings, I wish to extend the Summer a bit. Here in our Village, we can travel on the many walkways, meet our neighbors whom we don't see all Winter, and catch up with all the news.

I yearn for the warmth of the sun, lazy days spent with my grandchildren, and knowing that the daylight hours are longer. We recently went to Lincoln, New Hampshire with the whole family and rediscovered all the places where we had taken our own children when they were young. We took the tram up Cannon Mountain where we saw beautiful sights and found a most wonderful waterfall. The children swam in the clear, clean river. Having so much fun and finding so much to do there made us want to stay a little longer.

That's what I want of Summer—a reprieve allowing us more time to enjoy this season.

JOIN US FOR AN EVENING WITH THE COME BACK KIDS

One of the next events to be sponsored by the VSR Women's Group will be a musical evening. We invite EVERYONE in the Village to participate, couples and singles. On the last Saturday in September (Sept 27th) we will go as a VSR group to the Chelmsford Senior Center to enjoy the music of The Come Back Kids, a twelve piece band with two vocalists. Look for other details on the bulletin board. There will be dancing—swing, latin, contemporary and some line—but also just enjoy an evening listening to good hum-along and toe-tapping music. Since we will have separate tables for our groups, use the signup sheets on the bulletin board so we know how many tables to reserve. Car pooling is a good idea since this is a very popular event and the parking lot at the Senior Center gets crowded. \$10.00/person donation. 7:00 to 10:30 pm (note the considerate hours for seniors!).



by Dianne Marston

VSR



NEWS

Did you know that the VSR Book Club is not really a club??!! Actually it is a group of people who come together on a certain date to discuss a certain book. In other words, there is no requirement to “belong” or to attend each time. If you have read the book, feel free to come to the discussion without feeling an obligation to belong to the group. To be sure, there are regulars. They would welcome you if you decided to come once or occasionally. So feel free to drop in!

The October 23 meeting will discuss the novel, *The Book Thief* by Marcus Zusak.

This powerful novel, about what one little girl does to get through life in WW2-era Germany, is heartbreaking and beautiful, but still manages to be funny and surprisingly light. Narrated by Death, the story itself is rich in portraying life in all its wonder amid a milieu of the utmost bleakness and despair. Some have compared it to Anne Frank: *The Diary of a Young Girl*.

“Exquisitely written and memorably populated, Zusak's poignant tribute to words, survival, and their curiously inevitable entwinement is a tour de force to be not just read but inhabited.”

– The Horn Book Magazine

The next meeting will be on December 4.

OUR TOWN QUILT

by Louise Theofilos

In celebration of the 50th anniversary of the Westford Historical Society, the newly-formed Nashoba Quilt Group has been working on the Town Quilt which, when completed, will be presented and shown at the Westford Museum.

I recently met with the Nashoba Quilters at the home of Cindylee Gee and was absolutely amazed at the expertise of this young group of a dozen quilters who are dedicating this wonderful work of art, with donations of money for each block, to the Habitat for Humanity. Unbelievably, each block is precisely made to represent the buildings and historic houses of Westford. Some show the children who lived in these houses looking out of the windows. Even such things as the old street lighting and the bandstand on the common are depicted.

I have seen many town quilts over the country, but as a quilter myself, I have never viewed another quilt as amazing as this one!

MY LIFE AT 11 GATECREST

by Peggy Bashore

At a recent cookout at VSR when chatting with your editor explaining why I chose to move to this Village, she said "write it down." And so I have taken her suggestion, although I think she says that to everyone.

My husband Frank and I have led a very full, active life traveling, tennis, golfing, sailing, downhill skiing, mountain climbing, but like many seniors we must now slow down. Those were the good old days when we were both young and healthy. Many of you will find this a familiar history, although in my case I was forced into a simpler lifestyle when I discovered I had "COPD" and had to go on oxygen 24/7. My life hasn't ended but it has certainly changed.

Our much loved two-story house in Chelmsford, where we lived for 34 years, became too much for me, and so we started searching for a condo in a beautiful community and in a nice town. How very fortunate we were to find VSR and the Cotter house at 11 Gatecrest for sale. A familiar story, like so many other residents here, we had to first sell our house in Chelmsford. So every week from the Fall until the following Spring we rode up the hill to check that No. 11 was still on the market. We came so often that by the time we were able to buy it Bill and Eileen Cotter had become old friends. Coming here was the best move we ever made, especially for me with everything on one floor. During the year and a quarter we've been here I have managed to see our basement once or twice, and ye gawds, it is big down there.



We have attended several parties at the Clubhouse and haven't met anyone we didn't like. The Village people here are very friendly. That man I married

50 years ago, Frank, continues many of his outdoor activities (hiking, golfing, fishing) and in an effort to give to the VSR community has joined the Water and Sewer Committee. Although I am somewhat limited in what I can do, I will help wherever I can whenever I can - just ask me. Thank you for making us feel so welcome!

We love it here and particularly enjoy our beautiful backyard next to the woods where we have seen wild turkeys, deer, possum, hawks, a gazillion birds, chipmunks, our very own mink?? and a little frog that lives under our grill that Frank has named Fred.



KARAOKE NO. 4

Skip Giles is planning another night of musical mahem and madness on November 15th, so get ready. With Larry Anzivino in the lineup, you can be sure we're in for some entertaining surprises. Perhaps this time he will sing to us in Russian while Louise O'Donnell does Anna Pavlova type pirouettes around him. Practice your sales so you can get in the lineup too.

Skip reports that this year he will have more group singalongs and many of the oldies. He has some 3000 songs and once again he will put lists on the bulletin board well before the event. Upon request, he will also send the lists of songs to you via email. If there's a song (or songs) you would like to sing, let Skip know in advance, early on the evening of the party or, better still, send him an email before the party.

What an incredible energy builds up in the Clubhouse on karaoke night. Don't miss it.

LAWS OF ULTIMATE REALITY

Law of Biomechanics: The severity of the itch is inversely proportional to your reach.

Law of Probability: The chances of your being watched are directly related to the stupidity of your act.

Law of Commercial Marketing Strategy: As soon as you find a product that you really like, they will stop making it.

Law of Physical Appearance: If the shoe fits, it's ugly.

Law of Physical Surfaces: The chances of an open-faced jelly sandwich landing face down on the floor covering are directly correlated to the newness and cost of the carpeting.

Law of The Result: When you try to prove to someone that a machine won't work, it will.

LAST COOKOUT UNTIL NEXT YEAR

Where did summer go? Seems we just enjoyed the Fourth of July cookout when suddenly it's Labor Day, and in between the two we had all those monsoonish downpours. And, that's where summer went! Now, as Robert Frost said, "Let October seduce you with her charms and welcome this season of abundance."

September 1 was one of those perfect, sunny, just-right-temp. days. Yes, a little windy so we had to chase our paper plated food now and then. We have been so blessed with the wonderful weather we've had for all of our '08 social functions. Indeed, the Social Committee must have planned it that way. On a day like this one, most of us preferred to sit outside at the tables on the patio, and many of us lingered there until very late in the day.

On the grill, again, Dom and Peter; what a pair! And they take special orders: rare, medium, well done or, for hot dogs, burned a little. We also had great piles of corn-on-the-cob delivered to our tables steaming hot. The desserts were fantastic, among them strawberry shortcake. Except the "shortcake" this time was angel food cake, all of which had been especially baked by Ruthann. She never ceases to amaze us with her "extras." The food at VSR functions is just too darn good! We are being spoiled by Dorothy and Ruthann.



FITNESS CENTER UPDATE

by Barbara West

Class Schedule

Monday 8:30 to 9:30 AM

Aerobics and weight training
with Elaine Corsetti, certified instructor

Tuesday 9:00 to 10:15 AM

Yoga
with Diane Eastwood certified Kripalu Yoga instructor

Wednesday 7:45 to 8:45 AM

Aerobics and weight training
with Elaine Corsetti, certified instructor

Thursday 9:00 to 10:15 AM

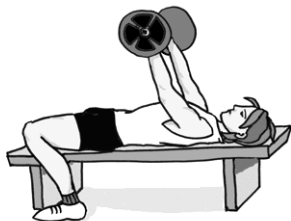
Yoga
with Diane Eastwood, certified Kripalu Yoga instructor

Friday 9:00 to 9:45 AM

Walking tape

(no instructor) lots of friends and fun, just show up
Classes are open to everyone and, yes, we have men too. The instructors are great at gearing their classes to the new as well as the advanced participant. It's lots of fun. Come and try any of the classes. Now is the time to start.

We have two new walking tapes. These are available for anyone to use in the fitness center. If you can't attend the Friday morning workout you might want to get a group of your friends together and work out to the tapes when it is convenient. We do need to know "when" for scheduling purposes.



Exercise Benefits

The six benefits of regular physical activity (source: MayoClinic.com):

1. Exercise improves your mood.
2. Exercise combats chronic diseases.
3. Exercise helps you manage your weight.
4. Exercise strengthens your heart and lungs.
5. Exercise promotes better sleep.
6. Exercise can be - gasp - fun!

Goals of Kripalu Yoga

To develop a healthy strong body, an open and caring heart, and a peaceful and clear mind. In Kripalu Yoga, the journey is just as important as the goal.

For your body - Stretches and tones muscles, releases chronic tension, improves circulation, energizes and refreshes.

For your mind - Calms restless thoughts, cultivates concentration, supports mental clarity and confidence, promotes self awareness.

For your spirit - Connects you to your self, encourages self acceptance, honors inner wisdom, invites deep stillness.

"CHILLIN' OUT" WITH OUR NEIGHBORS OVER SUNDAY COFFEE

On August 10th, a nice cozy little breakfast group gathered in our Clubhouse to "break" muffins and bagels with neighbors. The ambiance was unrushed, laid-back and right-down pleasant. We always seem to collect in groups of gals-with-gals and guys-with-guys except at our gal table we had captured the very charismatic Roger Boucher and refused to release him to the guys until he finally wrestled his way free of us and fled.

The Heiters had just that very morning picked some big, showy, very colorful zinnias at the Parlee Farms and brought several arrangements of them to brighten our Clubhouse environs. Thank you for your thoughtfulness Friederike and George.

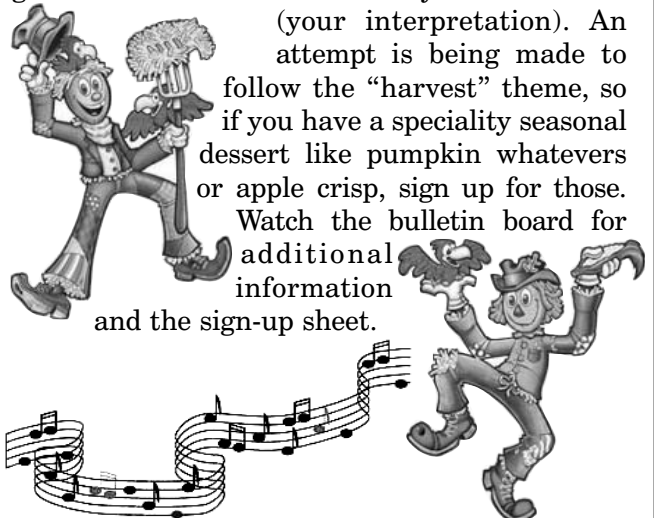
Everything was plentiful on this lovely summer morning: pasteries, juices, coffee, friendliness and conversation. As usual, with co-chair Dorothy Moran and our wonderful Social Committee in charge, the whole shebang ran quite smoothly. Thank you workers! What a nice way to get to know more about your fellow Villagers, all of whom we are constantly discovering have interesting histories and tales to tell.

Dottie Zahos dropped in to chat with us, which was a nice surprise since she had open heart surgery just last month. We were happy to see her coming along so well.

OCTOBER'S HARVEST HOP

Our own Ray and Ann Marie Barnes will DJ our Harvest Hop event on October 18th. With these two pro's in charge, you can look forward to a swinging night - lots of fun and games. The dress will be country casual

(your interpretation). An attempt is being made to follow the "harvest" theme, so if you have a speciality seasonal dessert like pumpkin whatever or apple crisp, sign up for those. Watch the bulletin board for additional information and the sign-up sheet.



ABSOLUTELY SOCIAL



by *Ruthann Fisher*
&
Dorothy Moran
Co-chairs

About 30 residents enjoyed our morning "coffee" on Sunday, August 10th. It was a low-key event - just juice, bagels, muffins, and coffee - but the best part, as always, was visiting with friends and neighbors. And the food was very good too.

Our "event" numbers grew - 46 residents had lunch and socialized at our annual Labor Day cookout, another successful afternoon, with Dom and Peter manning the grill in their usual competent way. Appetizers, salads, corn-on-the cob, and home-made strawberry shortcake rounded out the menu. We all lingered on the patio enjoying the summer sun, cool beverages, and camaraderie.

Our next event will be the Harvest Hop on October 18th followed by Skip's karaoke on November 15th. One correction to our calendar is the date of the VSR Holiday party. It will be on Saturday, December 13th, so please make a note of this change.

Our Social Committee will host an open house on Monday November 3 at 7pm. Everyone is invited to join us to hear how this committee operates, and hopefully you'll decide to become an active member. Our Committee usually meets at 7 pm on the second Monday of the month, and new members are always welcome.

VSR WOMEN'S GROUP DISCOVERS A DESSERT NIRVANA AT OUTLOOK

On August 13th a dozen of our VSR ladies had a special luncheon at the Outlook Restaurant, arranged by Ann Sullivan and Nancy Fletcher and prepared for us by Chef Brian. The various meals served us were excellent, but it was the desserts that really knocked our socks off. They were divine! The choices were Chocolate Trilogy (chocolate genoise with various white and dark chocolate mousses), Raspberry Mont Blanc (white chocolate cakes, kirsch-soaked raspberries in a striking white and red pyramid shell), and Key Lime Calypso (key lime mousse, vanilla genoise with white chocolate chips). How does one decide? With each bite came happy groans from our ladies. We'll worry about the calories tomorrow, and remember chocolate is a vegetable!

At meal's end, Chef Brian came out of the kitchen and chatted with us, and was kind enough to take this picture. We picked up a couple of good culinary tips from him. These are always pleasant little get-togethers because we enjoy one another's company.



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More New Words

These were real words altered by adding, subtracting, or changing only one letter, with their new definitions. This list was started in the last Bulletin and is continued here by popular request.

INOCULATTE: to take coffee intravenously when running late

OSTEOPORNOSIS: degenerate disease

GLIBIDO: all talk and no action

ARACHNOLEPTIC FIT: the frantic dance performed just after you've accidentally walked through a spider web

BEELZEBUG: satan in the form of a mosquito that gets into your bedroom at 3 am and cannot be cast out

CATERPALOR: the color you turn after finding half a worm in the fruit you're eating

IGNORANUS: a person who's both stupid and (to put it nicely) an anal aperture.

The Quarry Bulletin is a Bi-monthly newsletter to keep you informed of any events and information for The Village at Stone Ridge.

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