



the Village at Stone Ridge

Quarry Bulletin

January - February 2011

Sharing and Caring - It Takes a Village, A Very Special Village

by *Carlene Craib*

At the Nov. 15th Village Meeting, Louise O'Donnell introduced us to VSR's newest organization - HELPING HANDS. This is the brainchild of Louise O'Donnell, Judy Premru, Joan Roy, Cathy Shreve, and Ann Sullivan. It is their vision of how to meet the needs of both helpers and those who need help. Louise eloquently expressed their philosophy: "Never doubt the power of phone calls, cards, email, food gifts, or offers for help when someone is going through tough times."

The types of assistance being offered by HELPING HANDS are grocery shopping, ride to an appointment, pick up a prescription at a pharmacy, pick up mail and mail letters, library errand, put out trash & recyclables, ride to drop off or pick up car, provide meal to resident recuperating or at a time of bereavement. The call to Helping Hands should originate with the person asking for a hand. Villagers should go ahead and do whatever they want to do on a personal level when a friend is recuperating, ill, etc.

Do You Want to Help?

If you would like to be on the "helpers list" pick up one of the forms posted in the mailroom and deposit it in the basket in the Library.

Do You Need Some Help?

If you need help, please do not hesitate to call Ann Sullivan at 978-692-0801, or Cathy Shreve at 978-496-1172 (email cwshreve@comcast.net), or Judy Premru at 978-399-0389. They are the "keepers of the list" and will match your needs with someone willing to give a helping hand. The volunteers are committed to confidentiality and respect. This group is just one more example of the way our village supports and encourages its residents. Please take advantage of this service and give back your help when you can.

According to the latest information at press time, 37 residents have volunteered their help, and two volunteers have responded to the calls.

THE QUARRY BULLETIN HAS A NEW LOOK AND A NEW PRODUCTION MANAGER

... *Meet Sandy Kelly*

Sandy moved to VSR three years ago and has offered to handle the production of this publication. Shirley Chambers will continue as the editor. You will find us a good team! This is Sandy's first major contribution to our community – another instance of volunteerism in our village.



Volume 8

Special Interest Articles

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- In With the New Year
- Chili Challenge and Sing Along
- Village Carolers
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Someone Said - Eat, Drink and be Merry in this Season of Joy, And So We Did

A party with a live band somehow sets the right vibes and rhythm to get your engine purring, and Gabriel's Combo with Phyllis Dugan singing did just that on Dec.11 in our clubhouse. This is the third year this four-piece band has played for our Christmas party. With 75 residents attending, the scene was set to ensure a good time for all. It was a loquacious group, and once they exchanged all the how-are-yous, nibbled on the delectable appetizers and had a few glasses of wine, they were ready for action - dancing and singing the night away. The Arthur Murray group from Rockwell Rd. made their classy ballroom dancing look so easy, we all wished we had also taken some lessons. (Not too late!)

We all sang some Christmas carols, and Joyce's parody on the 12 days of Christmas was done again, this year with the words changed slightly. In the photo take a look at the lineup for 12 days, and center stage you'll see Santa's little elf Elaine Tino standing on a stool!



The desserts were overwhelming. With our present Social Committee leadership (Loretta, Kathy, Joyce), we are assured a recipe for success, and once again they put together a so-great-it-oughta-be-illegal party.

We thank David Auld for capturing some of our fun on camera!

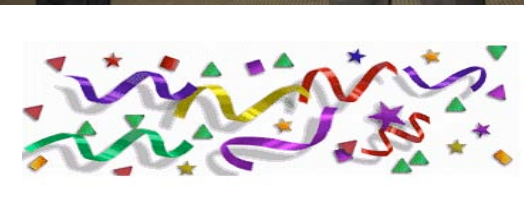
We Said Good-bye 10 ... Hello 11

This is the story of a single, young (yes, I said young) lady here at VSR who decided (against- she thought- all the odds of having fun) to go to the New Year's party without a date. And what an impeccable decision it was, for this turned out to be an elegant, beautifully catered and most pleasurable affair. The caterer and both of her cute young helpers were right on the ball, and the food was plentiful and absolutely fabulous.

DJ's Ray and Ann Marie Barnes again did themselves proud with all the right music both for listening and dancing, and of course they always have a few fun "games" up their sleeves. The wives, who all looked ravishing in their finery, were very generous sharing their mates for conversation and dancing, allowing this young lady to chat and dance with all the best looking ones.

Someone else will have to tell you the events of the last half hour before midnight because when it neared kissy kissy time, the heroine of this story vamoosed. Maybe the photos will fill in the sequence that followed; presumably it was the usual hoopla with hats, champagne flutes and all.

There is, of course, a moral to this story: Single ladies and gents --you are missing some great fun here at VSR, don't be a wet blanket, douse your reservations about coming without mate or date to the New Year's party next year. It was so-o-o good. See you there! Shirley Chambers



Chili Challenge and Sing-Along with Donn Hill at Piano

by Shirley Chambers

And it truly was that – a challenge, and one well orchestrated by Joyce Minosh.

The six chili entrants were:

- Nicole's Chili - Friederike Heiter*
- Red Hot Mama's Chile - Joan Roy*
- Meatlover's Chili - Jack & Judy Gilmartin*
- Chili Con Pollo - Linda Barry*
- Turkey Chili - Rosalie Johnson*
- Chili Verde - Shirley Chambers*

Entrants were instructed to prepare enough chili for 15 people. With such a wide variety of chili, the task of judging these was difficult. But Greg Whalen, head chef at Carrabba's in Tyngsboro, was up to the task. We thanked his boss, Kimberly Hanson, for sharing her kitchen manager with us on a busy holiday Saturday night, although Greg claimed to be happy getting away from the kitchen pandemonium for a spell.

Bill Nussbum, who acted as host for the evening, announced the winner to be - Friederike Heiter for Nichole's Chili. She was given a \$25 gift certificate and a blue ribbon (on a chef's white coat, see photo) and lots of compliments.



After everyone had a surfeit of chili & cornbread and then apple pie or apple crisps, we happily entered into song with Donn at the piano. Just watch his fingers fly over those keys! If you can hum it, he can play it. He played a lot of toe-tapping songs we all knew. We had a special treat when wife Susan sang two special numbers for us. Such a beautiful soprano voice! What a musical family - they met in college where they were both studying music education, so this union is a natural. If you're good enough, you get to sing into the mic - see old blue eyes Frank T giving it his best.

Tom Barry won the 50/50 drawing, and from the expression on his face he was truly shocked.



Photos courtesy of Tom Barry and David Auld.

VILLAGE CAROLERS – GIVING AND RECEIVING

Sounds of caroling were heard in our Village on Tuesday evening (Dec. 21) as twenty five VSR'ers journeyed to the five homes of those residents who deal with challenges that limit their opportunities to hear live music. Various Christmas carols were sung at each home including solos and duets. Four voice parts were present in the group, making it a joyous occasion to hear a cappella singing piercing the clear cold air of the night.

Personally, from my position as director, I had the unique experience of sharing the smiles and joy on the faces of the singers as well as on the faces of the recipients of our music. The sense of gratitude and appreciation abounded from all directions -- a blessed time!

The carolers, all lovers of singing, then joined others in the clubhouse who had prepared hot cider and holiday sweets for all. And of course there ensued a sing-along led by Donn Hill on piano, playing virtually any holiday music requested. With Susan Hill soloing on the beautiful "O Holy Night" and singing "Gesu Bambino" in a duet, we covered a wide repertoire of the season and enjoyed every note along the way.



I came home that evening once again feeling most grateful that I live in a unique and caring community. Plan to join us next year for our Third Annual VSR Caroling Night.

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It is our understanding that Alice Kern had her hair done that day so she would look nice for the carolers. That's our Alice!

A New Day

A new day dawns.....
 Put yesterday's concerns and worries away.
 Stop! Breathe in deeply the fresh air.
 Take each moment as it comes.
 Fret not about the next.
 Take another breath.....
 Give thanks for THIS precious new moment.
 Breathing deeply,
 today's concerns and worries will take care of themselves.
 All you need do is take another breath,
 And another,
 And another,
 And on and on.....
 All the time giving thanks for each new breath,
 for yet another new beginning,
 for the spirit of life that fills your lungs,
 for the spirit of love which is there for you.
 Find refreshment, find peace.
 Be well IN THIS MOMENT!

by Dianne Marston 11/9/10

Well Done, Villagers

Did you have a chance during this holiday season to drive up the hill and around the bends in our village? There were more lights and Christmas decorations than in the past years. It was really quite spectacular to see our village looking so beautiful, and well done without being overdone. Makes you kind of proud, doesn't it? A pat on the back for our village!

Ah, the joys of winter! Alas, the Christmas decorations come down and get packed away for another year, the trees go out for pickup, and many residents head for warmer climes in Florida. It's an annual pattern, isn't it? But some of us are staying here to keep the proverbial home fires burning. See you all in April.



TRIP TO PEABODY ESSEX MUSEUM

by Joyce Minosh



Peabody Essex Museum

East India Square
161 Essex Street
Salem, MA 01970-3783

Phone: 978-745-9500

Open Tuesday through
Sunday & holiday
Mondays, 10am until 5pm.

On the 19th of November, 20 of our villagers traveled to Salem, MA to see The Emperor's Private Paradise: Treasures from the Forbidden City on exhibit at the Peabody Essex Museum. We had a one hour guided tour of the Forbidden City followed by a private tour of Yi Yu Tang: a Chinese House, the Huang family's ancestral home. Those in the group with a fine appreciation of Chinese art were delighted, but everyone was delighted with the visit to the 200 year old ancestral home. The entire stately 16-bedroom

house from China's southeastern Huizhou region was donated to the museum. Piece by piece it was taken apart, items numbered and shipped to Salem where it was reconstructed. It is a fascinating permanent exhibit and well worth the visit.

Following our two tours, folks took time to look at some of the permanent art exhibits in the museum. Of course, visiting a museum always stimulates ones appetite, so many of the group stayed on in Salem to do a little shopping and enjoy a wonderful dinner at Finz Seafood on the wharf.

BOSTON EXPRESS

Boston Express is a wonderful bus service connecting Tyngsboro to Boston's South Station (one flight down and you'll find the taxis waiting) and to the various terminals at Logan Airport. Probably you already know about this service and what a convenience it is since there's a bus depot located right near us in Tyngsboro (Kendall Rd, exit 35) with plenty of free parking and even free coffee and wifi. Their schedule is excellent with daily trips running about every hour and a half. Fares are very reasonable (\$11 to SS, \$16 to airport one way). Check for yourself at 1-900-639-8080 and find schedules, fares and more: www.bostonexpressbus.com.

Burma Shave *Submitted by Bob Eddy*

Back in the 1930's and 40's when everyone drove the old two-lane roads because there were no interstates, Burma Shave signs were posted all over the countryside in farmers' fields. Five small red signs with white letters were placed 100 feet apart, each containing one line of a four-line couplet, plus the obligatory fifth sign advertising Burma Shave. Do these bring back old memories?

Don't stick your elbow out so far
It may go home in another car.
BURMA SHAVE

Don't lose your head to gain a minute
You need your head your brains are in it.
BURMA SHAVE

Round the curve lickety split
Beautiful car wasn't it?
BURMA SHAVE

Simply Social

Loretta Auld & Joyce Minosh
Co-Chairs

A lot of interesting social functions are planned for 2011:

- | | |
|----------------------|--|
| January 29th | Drop-in Coffee |
| February 20th | Presidential Brunch |
| March 12th | Pizza Party
and Talent Show |
| April 29th | The Opportunes |
| May 30th | Memorial Day Cookout |
| June (TBD) | Drop-in Coffee |
| July 4th | Fourth of July Cookout |
| August 21st | Ice Cream Social |
| September 5th | Labor Day Clambake |
| October 15th | Oktoberfest |
| November 5th | Squeezebox Stompers
bringing us the sounds of
New Orleans |
| December 10th | Holiday Party |
| December 20th | Caroling |
| December 31st | New Years Eve Party |

Be sure to mark your calendars for April 29th. We will have the coed acappella group the Harvard Opportunes performing at the clubhouse. Watch for a sign-up sheet in early April.





LIBRARY NEWS

by Linda Anzivino



"What counts, in the long run, is not what you read; it is what you sift through your own mind; it is the ideas and impressions that are aroused in you by your reading."
Eleanor Roosevelt

Many of you have already made some resolutions for the New Year, but how about including some **READING** resolutions such as these:

- To read at least one book a month more than you read in 2010
- To pass on any book you read from now on to someone else rather than put in on a shelf to collect dust
- To clean out those already-crowded shelves
- To introduce your grandchild to a favorite book from your childhood years
- To check out the Fletcher Library at least once to discover all the other things that are offered besides books (you might be pleasantly surprised)
- To attend the VSR Book Club just to see what it is really like
- To purchase books as gifts for those people who are always hard to buy for
- To keep a list of all the books you read this year (it will be fun to look back on, you won't read the same book twice and you will have a goal to beat next year)
- To try and read something from a different group than usual (for example, if you always read fiction, try non-fiction; if you read only mysteries, try a biography; if you only read romance, try a thriller.) Expand your repertoire.
- To share an insight from a book that was meaningful to you or changed your thinking in some way

Keeping our minds sharp is healthy and reading is one of the best ways to do that. *Happy New Year.*



VSR BOOK CLUB NEWS

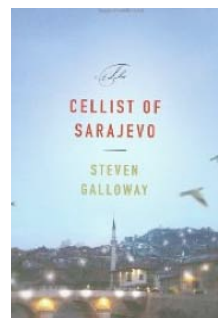
by Dianne Marston



The Book Club meetings seem to be getting better each time we meet to discuss yet another book. We've read **55 books** since the Book Club was formed! (Thanks to Linda Anzivino for keeping those records!) New members are most welcome, and long-time members delight in both the socializing and the discussions.

The book *Zeitoun* led to thoughtful discussion on December 16th. Readers were very moved by the heart-wrenching account of what happened to a man and his family during and following hurricane Katrina in New Orleans. I think each member would recommend the book to those who haven't read it.

We invite you to join us at our next meeting on January 27th when we will discuss the best selling *Cutting for Stone* by Abraham Verghese. This novel is a saga about love, medicine, and exile, set in India, Ethiopia, and New York City. It is an unforgettable story of two brothers whose fates are forever intertwined. It is described as "enlightening, absorbing, vivid, thrilling, and vastly entertaining!"



The March 10 meeting will feature a novel by Steven Galloway, *The Cellist of Sarajevo*. A sorrowing cellist played in a bombed-out Sarajevo square for 22 days in memory of the 22 people who were killed by a mortar attack in 1992. This story is about four people trying to maintain a semblance of their humanity in the besieged city during desperate times.



Pulling Another Cork at VSR

A Port For Every Storm, and that's exactly what's taking place this evening as I'm watching out my window as several inches of the seasons first snow fall gets whipped around by mighty powerful winds. Port has always been an evening favorite here but it takes on an added appreciation with the howling of that storm. Port was discovered by the British back in 1670 and is considered by many to be the world's greatest fortified wine. It all started in the city of Porto, Portugal, when they added a little brandy to stabilize the finished wine for it's shipping to England. The brandy made Port higher in alcohol while preserving the fruity sweetness of the grapes. Quite a few styles of Port exist, in fact there are more than 80 different grape varieties used for making Port, but we'll stay with the two most widely available, **Ruby** and **Tawny**.

Ruby, taking on a violet to reddish hue, is aged in wood for three years. It's fruity, simple, and inexpensive, around \$11 or \$12, it's the best selling type of Port. If labeled *Reserve* or *Special Reserve*, it will have been aged for six years and costs a few dollars more. Ruby provides a good introduction to the Port world.

Tawny is garnet or brownish red in color and is aged in casks for three years before bottling. The good tawnies are good quality wines that acquire their color through long wood aging and sell for \$12 to \$15. Then there are the very best tawnies with the average age of blends on the labels indicating 10, 20, 30, or 40 years. The 10 year old tawny costs about \$25, with each decade moving up in price.

Late Bottle Vintage (LBV) is from a specific vintage, but not a top year. It's aged in wood for four to six years and is full bodied, priced at \$17 to \$20.

Vintage Port, the pinnacle of Port production, is the blend of a single year from several of the best vineyards. It can cost around \$50 with the, just released, 2007 vintage around \$90.

Port may be stored standing up, and all Ports, except ruby, can be kept for a few weeks after opening. The classic compliments to Port are walnuts and strong cheeses such as Stilton, Gorgonzola, Roquefort, mature Cheddar and aged Gouda. You chocolate lovers will really enjoy a pairing with Port.

The outstanding Port houses are, **Taylor Fladgate, Fonseca, Graham, Dow, Sandeman** and **Warre** (the very first Port house established in 1670). Port is made in many countries but only that made in Portugal can be labeled as "Porto." All others seem to fall short.

At Quarry Cellars we've tried them all and none have ever disappointed. A few Cellar favorites are Fonseca Bin 27 and Sandeman Tawny. There really is a Port for every storm, and I'm already enjoying this blustery winter.

*Keep warm,
From Quarry Cellars*



THE QUARRY BULLETIN STAFF

Property Manager
ELAINE DEVLIN

Managing Editor
SHIRLEY CHAMBERS

Production Manager
SANDY KELLY

Contributing Writers
LINDA ANZIVINO
SHIRLEY CHAMBERS
CARLENE CRAIB
RUTH ANN DILLON
DIANNE MARSTON
JOYCE MINOSH
QUARRY CELLARS

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

*Contributing writers please send copy by email to:
ss.chambers@comcast.net or by direct mail to
7 Sandstone Road, Westford, MA 01886*