



the Village at Stone Ridge

Quarry Bulletin

March - April 2011

Welcome Spring

Volume 8

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VSR'S SOCIAL NETWORK

by Shirley Chambers

The Social Committee is the golden staple that holds us together in fellowship bringing us closer in the spirit of camaraderie. It functions to enhance our communal living and the social environment of the village. We relax together, party together, have fun together, work together, and sometimes mourn together. Over the years we have watched our clubhouse blossom into a very active social center as a result of the Committee's leadership and direction.

Technically it is the Social/Clubhouse Committee since its responsibilities encompass not only social events, sharing and caring and the fitness center, but also the clubhouse's interior and its rentals. Accordingly it is divided into subcommittees along these lines. Covering so many facets of our life here in the village makes its leadership vitally important and a huge responsibility. We have a liaison with our Board through one of its trustees: this year and into 2011 it's Carlene Craib. She also serves as secretary to our Committee and attends most of our meetings.

ITS FINANCIAL OPERATION

Each year the Social Committee oversees the Clubhouse Cleaning and Interior Decorating accounts that are related to cleaning the facility and buying small fixed or permanent items for the clubhouse such as our grill, benches for the restrooms, bulletin board, coffee makers, wine glasses and seasonal and floral decorations. The budgets for these accounts are set each year by the Trustees with the help of the Finance Committee.

The Social Committee does not have a line item budget earmarked for social function expenses. We run our events on a cash-in cash-out basis, and the events must pay for themselves. To do so means we have to raise money for food, entertainment and non-permanent things such as paper products (tablecloths, plates, cups) and disposable decorations. This is the reason we have to charge for functions. We must keep a balance to carry us through the year and "seed money" to take us into the next year.

Photos Courtesy of Dave Auld



OK, Show of hands...
Who's tired of snow?

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ITS HISTORICAL HIGHLIGHTS

2004 The first formal meeting of the Social Committee was on May 20, 2004, and Donna Hudon was installed as the chairperson/events coordinator. Remember, we started with fairly "empty shelves" at the clubhouse and we needed supplies for our festivities, so one of the things Donna arranged was the first of several Paper Products Marathons (plates, cups, napkins) and then a Pampered Chef Party to help outfit our kitchen. In those days, personal donations of kitchenware were welcome (no more, please). During that time the Committee began the purchase of folding tables and chairs. And over the years we have added to these.

That first year under Donna's guidance, the Committee had a couple of cookouts with BBQ chef Dom DeFronzo using a fairly small, donated grill. We also traveled to the Stonehedge Inn for high tea, had a Pancake Breakfast, arranged for a Pops and Crackers night on July 3rd and a Clambake catered by Woodmans of Essex in September. And then in October there was a Rock and Roll Pot Luck Supper at which Linda and Joe Pierro loaned us their 60's jukebox and Dom DeFronzo and Len Halio "wheeled" it from No. 1 Rockwell to the clubhouse. What a rip-roaring dancing/singing Saturday night that was! (This was one of the first events I personally remember. I thought I was in heaven with such a glorious bunch of dancing maniacs.) Throw in a Sunday brunch, VSR's first Arts Festival, a Cookie/Candy Swap, Holiday and New Years Parties to wind up a very full 2004. Although small then, the Knit, Stitch & Itch group first met in '04, thanks to its leader Harriet Shanzer.

2005 In '05 Donna continued her chairmanship with the 2nd Annual Pancake Breakfast, 2nd Annual Memorial Day Cookout, more tea at Stonehedge, Superbowl Sunday Supper, and the Traveling Vineyard Wine Tasting event. The very first Book Club meeting was in June of '05. In the fall of this year we had The Village of Stone Ridge Version of the Antiques Road Show. And of course we had our two annual Holiday parties.

This year we bought a kitchen clock, bulletin boards in the mail room, new hooks for the restrooms, benches for the men's and women's shower rooms, and our marquee was added to the foyer. An upright piano was gifted to VSR by the Westford Senior Center and moved into place. Fortunately it got tuned up in time for the holiday parties. Our first Rock and Roll Saturday Night with Ann Marie and Ray Barnes was in '05 when they brought their old DJ days back to life for us.

2006 On Feb. 18th we learned what this thing they called karaoke was all about because Skip Giles introduced us to the first of five he ran here, and these were certainly among the highlights of our social life over the years. He always left us panting for more. Donna served as Chair for nearly three years before Roni Hubbard took the reigns in May of '06. There were more cookouts (Memorial Day, 4th of July and Labor Day), and with the social life here gaining in momentum, we had to buy a bigger and better gas grill. And oh yes, by then we also needed two grillers, welcome Peter Abate.

Worthy of mentioning (because it set a record) is the attendance at our '06 Christmas party - 105 (five over what is considered capacity limit for our clubhouse). This was the first time we had a live band at one of our parties - the Gabriel Combo, four members plus vocalist Phyllis Duggan.

2007 Since our inception here hundreds of books have been donated to our Library (remember, we were all downsizing), creating a massive disarray. We began looking for a volunteer to put all this in some reasonable order, dispose of many duplicates, and arrange the rest in a findable fashion, and so the word spread and finally reached the vulnerable and sympathetic ear of Linda Anzivino. We got our volunteer who swears she's had not one iota of library training, which we find nearly impossible to believe. With the help of Cathy S, Ann S and Larry A who whittled down the numbers, it was possible to create some order out of this chaos. Linda is a born Librarian. By the spring of '07 she had a smoothly functioning Library. In a village that is so reading oriented, our Library is now one of our most precious assets.

In the spring of '07 we had our first Work/Play Day - a day when residents get together for a general village cleanup/fixup. After all that hard work they are treated to a cookout at the clubhouse. The work they do (window washing, painting, brush cleanup, trash removal, etc) saves us many \$\$\$'s. On Sept. 14 Skip was back with karaoke No. 3. A new VHS/DVD's was put in the Library and one in the exercise room. Also a new TV was donated for the exercise room. Our piano was repaired and re-tuned and mounted on a dolly to make it more mobile. The exercise room got a new coat tree. The get-together brunches and cookouts continued throughout '07.

Little by little, as the budget allowed, we began to stock our kitchen with china cups and plates and with wine glasses. And we got some food warming trays as well. Roni Hubbard resigned as Committee Chair at the end of '07.

2008 The Social Committee is now five years old and looking for new leadership. Our Trustee Liaison at the time was Ron Caterino, and he recommended we have Social Committee co-chairs since the work load had become far too heavy for one person. Ruthann Fisher and Dorothy Moran took on the roll of co-chairs in the early spring of '08. Their calendar was full of the annual favorites, but they added some new and exciting party venues as well.

On April 5 host Larry Anzivino treated us to a wine tasting party. This was an amazing event, very well planned and very sophisticated. And then on April 12th there was the Mama Mia Spaghetti Party. This too was an elegant treat, and the delicious spaghetti and meatballs were cooked by Ruthann and Dorothy right in our clubhouse kitchen. (The wonderful smell of their sauce cooking permeated the whole top of the hill.) April was a busy month since the annual spring clean-up was on the 20th. October 18th we had the Harvest Hop with our own DJ's Ray and Ann Marie Barnes at the helm and another of Skip's karaokes in Nov. Remember the December '08 ice storm that cheated us out of our Holiday Party? During the four-plus days our power was off, we did considerable socializing/bonding in the clubhouse to keep warm. This was not a scheduled Social Committee activity.

2009 To start the first three months of '09 we had a Sunday breakfast, a Pancake Breakfast and a brunch in that order. In April there was another Italian night (this time with eggplant parmigiana cooked on the premises) and a Work/Play Day on May 3rd. The Committee decided it was time to acquire some dinner flatware, which we were able to buy reasonably from a restaurant supply business in Lowell. Ruthann and Dorothy and the Committee planned our Village's first-ever Tex/Mex night for Oct. 17th. It was a red-hot chili pepper winner! And here we go with karaoke No. 5 on Nov. 14th. On 22 Dec, 31 carolers led by Ruth Ann Dillon carried their music into the night from house-bound neighbor to house-bound neighbor. We were certainly sorry to say farewell to our two able co-chairs. Ruthann is retiring to Florida, but fortunately for us Dorothy is staying on our Committee.

2010 We're now off and running with enthusiastic new chairs, three of them: Kathy Abate, Loretta Auld and Joyce Minosh. With these three gals at the helm the Committee launched some exciting ventures: in the summer an Ice Cream Social and in the fall a Chili Challenge. At the Ice Cream Social Joyce asked us to write down something about ourselves that most of our neighbors wouldn't know (mates excluded). Slips were put in a hat and as Larry pulled each out and read it aloud, we had to guess who. And were we surprised at most! And you thought you knew your neighbor? The Chili Challenge, which had six entrants, was a huge success and was followed by a singalong with our "saloon player" Donn Hill at our piano.

Our cookouts are always enjoyable and present an opportunity for leisurely visiting with other VSR residents. At our July 4th and Labor Day cookouts this year we averaged about 50 people at each, but for our Memorial Day celebration we had 70. This was the year we lost our good friend and keeper of our flag, Harry O'Donnell. While we were gathered around our flag, Nick Johnson made a nice tribute to him and then led us in singing God Bless America.

Of course our annual spring Work/Play day was on their calendar as well as caroling and holiday parties. (Ruth Ann Dillon plans and copies music and rehearses us for the caroling.) In April the Committee sponsored an Arts and Crafts Open House, a good little show with a good turnout. Also in the spring Skip arranged a Night with Rick Larrimore impersonating Rod Stewart, and in October he hosted a most enjoyable evening with a Roy Orbison sound-alike and look-alike. These were special entertainment programs that Skip and Pauline brought to us for which they created a cabaret-type setting in our clubhouse by using very small round tables and chairs (rented). And now we are thinking how nice it would be to buy a few of these little tables from time to time for future use.

At our holiday Christmas party this year we again had the wonderful band, the Gabriel Combo plus Phyllis Duggan as vocalist, but this year we combined our Christmas sing-along with it. Our New Years Eve Party was catered by FeastTivities; it was a very elegant affair and the hors d'oeuvres they served were delicious. What would we do without Ray and Ann Marie providing their great musical accompaniment?

The Social Committee continues with the tried-and-true events, but is always on the lookout for new horizons for fun and education --enter Joyce Minosh, this is her forte. Just when you think we've done it all, she comes up with new adventures for us. In April of '09 she arranged for us to take an enlightening 1-1/2 hr bus tour of Westford's back roads led by our town moderator Ellen Harde. (Even we townies learned some things and loved it.) More recently (July '09) Joyce took us on trips to the Frank Lloyd Wright house in Manchesterr, NH, and in '10 to the Whistler House Museum in Lowell and to the Peabody Essex Museum in Salem, MA. There are presently sign-up sheets on our bulletin board for up-coming trips.

ITS MEMBERS

As of the beginning of 2011, these were the Social Committees members:

Loretta Auld and Joyce Minosh, Co-chairs, Kathy Abate, Shirley Chambers, Ruth Coleman, Phyllis Duggan, Jean Einarson, Sharon Erickson, Judy Gilmartin, Jean Willets, Friederike Heiter, Barbara Leary, Dorothy Moran, Judy Premru, Joan Roy, Ann Sullivan, Louise Tahmouh, Elaine Tino, and Barbara Tobiason.

A special note: Nani Diaz was a member of this committee from the beginning until 2010. She was not only responsible for some of the most delicious food brought to our functions but also (because she is so very artistically talented) did some unique and marvelous party decorating for us.

ITS CLUBHOUSE RENTAL RESPONSIBILITY

The rental of our beautiful clubhouse facility, which is by advance reservation only, is intended for our residents and their invited families and guests. The Social Committee is charged with the responsibility for checking to see that all things are clean and put back in order after a clubhouse rental. This task involves spending a few minutes after the rental inspecting the premises following a checklist of items. If all is found to be in order, then Joan Roy, the point person, informs Great North so that the renter's security deposit can be returned.

For the last five or six years Friederike Heiter has assumed the responsibility for checking the clubhouse. She relinquished this task last year, and so we must now find volunteers to take over her job. Thank you Friederike for all those years you took this responsibility on your shoulders. And now she will continue to maintain the care of the calendar dates in the foyer. Again, we thank you.

Since Friederike's resignation, we have had to rely on volunteers signing up on a month-by-month basis. We now have an on-going need for more volunteers. See the sign-up sheet on the bulletin board. Joan Roy and Louise O'Donnell are the contacts for volunteers for this important task. For all you Villagers who have not heretofore been able to make a contribution to our community, this is your chance to help out, and it's surely not a time-consuming task.

ITS SHARING/CARING RESPONSIBILITY

Back in May '04 when Donna Hudon initiated the Social Committee, several sub-committees were formed, among them "Sharing and Caring." Sarah Reynolds Crissey and Joan Roy were the first co-chairs. Joan has stayed on; other co-chairs have been Jayne Currier and now Elaine Tino. These Social Committee members send cards to residents who are ill or in mourning. Fruit or flowers are sent when there has been a serious illness or a death. The co-chairs depend on YOU to let them know who might welcome a card, etc. Just call Elaine or Joan.

IT'S HEALTH CLUB RESPONSIBILITY by Barbara West

For those of you who want to get back in shape after all this snow, VSR does offer four morning exercise classes during the week. We have weights & aerobics on Mondays (8:30) and Wednesdays (7:45): a half hour of weights and a half hour of aerobics. If you have any restrictions, our qualified instructors will advise you. How nice to have fun while you are taking care of your body!

We have yoga on Tuesdays and Thursdays at 9:00. Yoga is an ancient form of exercise that is generally safe for most active adults. The practice focuses on three elements: breath, poses, and meditation. Its philosophy is to unite the body and the mind to create a sense of peace and well-being. The practice has been shown to reduce stress, increase fitness, improve balance, and help in weight loss. Yoga poses can be modified to nearly any fitness level including those with certain medical conditions. Don't forget, a yoga mat is needed for the yoga class.

Before beginning any yoga or exercise program, it's a good idea to check in with your doctor. If you have not yet experienced yoga, try a few classes and see what you are missing! You are always welcome to visit any of our classes; we are always looking for new people. We do have some men in each class. Come on men - be a good sport and join us. If you just want to come and observe, that's fine too. You won't believe how good you will feel knowing that you have done something for yourself.



LOVE TO HAVE YOU JOIN US

On page six, Ann Sullivan will take us behind the scene at a Social Committee business meeting. As you read this please do think about becoming a Committee member. Some of the fun we have as a group is at our December gift-giving Yankee Swap, where there's much laughing, plenty of chit-chat, nibbles, and of course wine.

The Committee hopes VSR residents will take advantage of our lovely clubhouse and the events offered there. It is for the enjoyment of all. Use it and treat it with care for it's the only one we have.

SIMPLY SOCIAL

Lorretta Auld and Joyce Minosh, Co-chairs

It's been a long winter, but spring is right around the corner. We are beginning to see small signs of daffodils sprouting, and the song birds are singing. We look forward to seeing you at the coming events:

- Saturday April 2nd - Spring Brunch
- Tuesday April 12th - travel to the Stonewall Kitchen in York, Maine
- Friday April 29th - Harvard Opportunes
- Sunday May 1st - Work/Play Day
- Monday May 30th - Memorial Day Cookout



Emergency Health Care Dos and Don'ts

Imagine you're walking with a friend and suddenly something goes wrong. What can you do besides call 911? No more mouth-to-mouth, did you know? Be sure you're up to date. Sandy Collins, RN, BSN and Director of Health Care Services in Westford and Lisa Slattery, RN, BSN, Public Health Nurse will be giving a short presentation Thursday evening, May 19th at 7:00 pm to update us all on current emergency dos and don'ts. Please sign up on the clubhouse bulletin board. Any questions contact Wendy Wolfberg 978-496-1397

A PEEK BEHIND THE SCENE AT A SOCIAL COMMITTEE MEETING

by Ann Sullivan

It's not by magic that the VSR clubhouse becomes transformed into a nightclub and then another day it's a casual and relaxing setting for a wonderful brunch. No, it's not magic, it's a labor of love and you're invited to come to our meetings on the second Monday of the month at 7:00 pm. We meet in the library and do come on time. We turn on the lights, set the thermostat, help set up chairs and greet our members. Make the greetings and hugs short though, then have your notebooks ready because this is a business meeting.

The first item on the agenda is a review of our last social activity: how many attended, which foods went over well and was anything extraneous? Which coffee went best - decaf or regular? Next time do we need more or less of anything? Now comes a financial review - what's our balance?

A review of Sharing and Caring and a brief report on Helping Hands. Are there any needs to take care of?

A brief break as chatter takes over, but Loretta puts an end to it with a soft voice, a sweet smile, and a tap of her pen. On we move to the next event - a barbecue, holiday celebration, or an ice cream social. How do we keep that ice cream frozen and how much should we order? Some of the guys will want three servings. No! Who? We discuss and debate and the pen taps again.

Meanwhile a clipboard is passed around and members volunteer for shopping, setting up or cleaning up. Remember, it's a labor of love. Even if your back aches, you don't escape. We'll put you to work just folding napkins. Okay, we need another sign-up sheet to be posted requesting village muscle men to move furniture. We do need you guys!

Chatter resumes as we pick up the library after the meeting, return chairs to their original posts, re-set the thermostat, and turn off the lights.

Now, today's the day! All of this is a result of Tuesday evening's meeting and some other errands during the week. It's an active morning, this day of our production, as those napkins get folded, chairs, tables and decorations put in place, and tablecloths fly overhead.

A sign-up list had been posted on the bulletin board for those planning to attend so we could get a head count, and we hope it's reliable. Some folks signed up, then later couldn't come, and others came but forgot to sign up. By now we are "experienced" caterers so we can handle this. That's part of our financial tally and we review the head count at next month's meeting.

After the event is over, rugs are vacuumed, the furniture is put back in place, chairs and tables are put away, coffee pots, glasses etc. are cleaned and put away, and the kitchen is put in order. We check the thermostats and turn off the lights.

We're glad you came. Even the labor involved is fun and we do enjoy one another at work.



Massachusetts

Poem submitted by Judy Premru

It's winter in Massachusetts
 And the gentle breezes blow
 Seventy miles an hour
 At twenty-five below.
 Oh, how I love Massachusetts
 When the snow's up to your butt.
 You take a breath of winter
 And your nose gets frozen shut.
 Yes, the weather here is wonderful
 So I guess I'll hang around.
 I could never leave Massachusetts
 'cause I'm frozen to the ground.



Getting Your Money's Worth at the Pump

Only buy or fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground, the more dense the gasoline. When it gets warmer gasoline expands, so when buying in the afternoon or in the evening your gallon is not exactly a gallon.

When you're filling up do not squeeze the trigger of the nozzle to the fast mode. The trigger has three modes: low, middle, and high. You should be pumping on low mode, thereby minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank, so you're getting less gas for your money.

One of the most important tips is to fill up when your gas tank is HALF FULL. The reason for this is the more gas you have in your tank, the less air is occupying its empty space. Gasoline evaporates faster than you can imagine.

Another reminder, if there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT fill up; most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom.



VSR BOOK CLUB NEWS

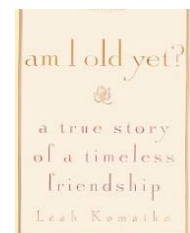
by Dianne Marston



The Book Club has had two meetings since the last column. A very large group gathered in January to discuss *Cutting for Stone*. Our March 10 discussion was on *The Cellist of Sarajevo*. You may be wondering if you need to “join” the Book Club. Actually, it is a “drop-in” group. There are “regulars” who come nearly every time (ask me which “regular” has been to 55 of 56 meetings!!). Then there are folks who come when there is a book that interests them or when they have had time to read it. Many come to most meetings, but some are able to come less frequently, perhaps only once or twice a year. Some come even if they have not read the book, because they enjoy the discussion (and the goodies!). ALL are welcome at any time!

On April 21 current bestselling novel, *Little Bee* by Chris Cleave, will be discussed. In the author's words, “this is the story of an African girl coming to the Western world and struggling to be accepted. She encounters racism, hostility and betrayal, but she also finds good people and friendship, and she becomes a strong person....Little Bee's personal struggle is an allegory of the struggle of every people that has ever hoped for a better life and known that it has something to contribute.”

The June 2 meeting will feature a non-fiction book, *Am I Old Yet? A True Story of a Timeless Friendship* by Leah Komaiko. This is an inspiring and funny memoir of a baby boomer's journey. To overcome her mid-life crisis, Komaiko adopts a 94-year-old woman. Through their visits and conversations (about aging, death, miracles and even sex) Adele, who is completely blind, surprisingly is the one who helps Leah see the truth about growing old-no matter how old people are, if they have love in their lives there is only one age. Alive.





Pulling Another Cork at VSR and the Cheese Stands Alone, the Cheese Stands Alone



According to common lore, matching wine and cheese is a no-brainer. Just put out a selection of your favorite cheeses and pour your favorite wine. Perhaps not. When a deep red meets a fresh, tangy cheese, it causes an unpleasant explosion in the mouth.

A delicate Pinot Noir can turn nasty against the mold taste and creamy texture of a Roquefort.

To find a good match for a specific cheese, you first focus on the wines that can deal with the cheese's strong flavors or textures.

The "classic" cheese plate – one fresh, one hard, one blue, and one stinky and soft doesn't work with one wine. It's like trying to match one wine with oysters, fish, steak, and chili.

White wines hardly ever clash with cheese, be it mild or stinky, soft or firm. You can complement them with a Chardonnay, Riesling, or Sauvignon Blanc. Among reds, Chianti Classico does very well, and Cabernet has the biggest wow factor.

Food accompaniments add another piece to the puzzle. Fresh fruit can generally complement a number of wines, as can nuts and olives (provided they are not too salty). Save the sweet condiments such as dried fruit, honey and jams for when you are having your sweet wines.

It seems that not too long ago everything cheese was Brie, Brie, and more Brie. That has changed and, as with wine, each major cheese-producing region has its own style and taste. Browsing through one of the better formaggio shops can be as much fun as hanging in the Bordeaux aisle of the local wine store. I've heard that a trip to Formaggio Kitchen in Cambridge is well worth it, and of course my cheese isle visits to Whole Foods are always an experience to linger on. It's a great time to be a cheese lover.

❖ *If you prefer white wine only, such as:*
Chardonnay, Sauvignon Blanc, Chenin Blanc, Riesling

❖ *Your cheese choices might be*
Goat, Gouda, Monterey Jack, Gruyere,
Parmigiano-Reggiano, Mild Cheddar

❖ *If you want both red and white wine:*
Bordeaux, Cabernet, Rioja, Merlot, Sweet Sherry,
Chenin Blanc, Sauvignon Blanc, Champagne, Sauternes

❖ *Your cheese choices could be*
Brie, Camembert, Gorgonzola, Sharp Cheddar

❖ *Choosing red wines only:*
Zinfandel, Rioja, Beaujolais, Merlot, Tawny Port

❖ *These cheese choices work well*
Blue, Roquefort, Manchego, Muenster, Pecorino

*At Quarry Cellars no cheese will ever be left
to stand alone, it's just not allowed.*



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The Village at Stone Ridge.*

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