



the Village at Stone Ridge
Quarry Bulletin
January - February 2017

It's Great to be a Boston Sports Fan

A small but dynamic group of loyal Village Patriot fans gathered at the clubhouse Sunday evening, February 5th to cheer on our New England Patriots.

A BYOB crowd brought appetizers and desserts to maintain our strength as we moaned and groaned our way through three and a half quarters of sheer madness. Some of us could not watch after the Falcons scored in the first quarter and led 14-0. At the end of a nail-biting four quarters, the score was tied at 28-28, and the game went into sudden-death overtime.

Then all hell broke loose as we witnessed the greatest comeback of all time in a Super Bowl. We screamed and cheered the Patriots to an amazing victory as the greatest quarterback and greatest coach beat all odds to win their 5th Championship and put New England at the top of the NFL.

As usual the food was delicious and the socializing extra special for all that attended. Plus, some walked away with a few extra bucks in their pocket as a result of winning the football squares wager. The lucky winners this year were Ron Caterino, Bill Townsend, The Poker Club and Paul Currier.

Congratulations to the winners and a big thank you to those that attended for making this a joyous event. See you next year as the Pat's go for "one more".



Quarry Cleanup

by Don Chandler

These pictures show the results of many hours of labor by four of our Village neighbors. Jack Bilodeau, Phil MacPherson, Frank Bashore and Bob Morton spent several hours of their labor dredging the area of the Quarry Pond exposed by the low water level this past summer.

Years of accumulation of material thrown into the water varied from tires, pipes, wire cable to timbers. The recent drought had lowered the water level by three to four feet, exposing the trash and making access possible. We're all appreciative of the efforts of our VSR members in improving the appearance of the Quarry Pond. Thanks guys! *Below, left to right: Jack Bilodeau, Phil MacPherson, Frank Bashore and Bob Morton*

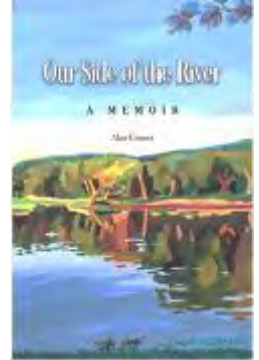


The Team restored the quarry to its natural beauty.

Book Club News

by Dianne Marston

The VSR Book Club met on January 5th to discuss *Our Side of the River: A Memoir*. We were thrilled to host its author, Alan Emmet, a long time Westford resident. She recalled her summers growing up with her extended family on the St.Croix River in Minnesota. We were so grateful for her presence with us as we discussed her memoir. It makes reading "come to life" when interacting with an author. We thank Carlene Craib for bringing Ms. Emmet to us.



When we meet on February 16 we will be discussing *Our Souls at Night* by Kent Haruf. "Lateness—and second chances—have always been a theme for Haruf. But here, in a book about love and the aftermath of grief, in his final hours, he has produced his most intense expression of that yet. . . Packed into less than 200 pages are all the issues late life provokes." —John Freeman, *The Boston Globe*

On March 30 the discussion will center on *Over the Edge of the World: Magellan's Terrifying Circumnavigation of the Globe* by Lawrence Bergreen. "Does a history book have this much right to be a fun page-turner? Yes, and Lawrence Bergreen exceeds to great story telling, marvelous adventure, creating a just plain enjoyable read. Taken either as history or read like a novel this is an amazingly detailed telling of three-year voyage which ended in 1522 with only one ship and 18 survivors out of the original five ships and 260 who left Spain with this Portuguese Captain. Even the early chapters, which tell how a Portuguese ends up leading the Spanish fleet, is a marvelous story. But in the end, what stays with you is the sheer terror, boredom, disease, and strange island customs all left for us to enjoy because of basically one man, Antonio Pigafetta who was taken on to chronicle the voyage and somehow managed to survive mutiny, the voyage through the strait, the native peoples defense of their territories (which resulted in the death of Magellan himself), and in the end being cast aside for a more 'official version'." [Review by an Amazon Customer]



As you can see we pick a variety of books for our discussions. If you are not a regular, but have read the book, please join us at the Clubhouse at 1:00 p.m. for refreshments and socializing, followed by the discussion in the Library at 1:30. All are welcome!

Sun, Sand, and Summit



On January 5, before dawn, the VSR cruise crew shoved off from the Village to the Southern Caribbean. A group of 18 hearty souls partook in the adventure, which included 2 days in Puerto Rico, on to Barbados, St. Lucia, Antigua, St. Maarten, and St. Thomas, sailing aboard the Celebrity cruise ship, Summit.

The 9 days started off with a full crew dinner on a Puerto Rico beach (no shoes allowed) under the moonlight and palm trees, 100 feet from the crashing surf. It only got better. During the week, which included unlimited alcohol, we enjoyed many side trips including snorkeling, beach combing, shopping, catamaran sailing, and exploring the hidden treasures of the islands. During the evenings, gourmet dining included lobsters, steaks, seafood, and wine of course, followed by 1000 calorie desserts. What dinner wouldn't be complete without a stop in the casino to try our luck, then on the way to an evening of fantastic Las Vegas style floor shows.

Naturally, a few energetic souls enjoyed after-dinner dancing and lounge acts while trying to stay awake and partake in the late night partying. To be honest, nobody made it to the 2am disco party and most were in bed by 9:30pm.

The breakfast buffet each day included every conceivable combination from Sushi to pancakes, waffles, eggs anyway you like, accompanied by French baked bread, cheeses, meats and fruit. Everyone returned to the village unscathed, tanned, and overweight, but truly under the spell of the warm Caribbean breezes - just for a few more days before the New England winter set in.

The happy cruisers were, Dom and Chris Defonzo, Charlotte and Eli DiMetri, Peter and Kathy Abate, Steve and Clara Currier, David and Loretta Auld, Paul and Jayne Currier, Barbara Leary and Tom Sangiolo, Jack and Judy Gilmartin and Buzz and Nancy McArdle.



Planning for the Unexpected

by Sandy Kelly

Folks can feel a bit safer knowing that 10 of our residents are now officially trained in American Heart Association CPR and AED use. An automated external defibrillator (AED) is a portable device that checks heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest. VSR owns an AED that is kept in the clubhouse, just near the men's restroom door. Look for it next time you're there – you may be asked to retrieve it in an emergency.

This course, led by Bob Benoit a former EMT with the Westford Fire Department, taught adult and child CPR and AED use, and how to relieve choking in adults and children. Participants included Ron and Christine Caterino, Bob and Joan Murphy, Tink and Bill Nussbaum, Susan Hill, Jayne Currier, Frank Bashore and Don Chandler. Each person has received a certificate from the American Heart Association.

Those who were trained on CPR in the past were happy to learn the new techniques and the life-saving importance of continuing quick and sustained chest compressions until emergency crews arrive. It takes approximately 8 minutes for an ambulance to reach VSR depending on traffic and time of day. However, Westford now has a reciprocal agreement with the Tyngsborough Fire department located near the bridge and they may be able to provide a quicker response.

Always call 911 first. Then, if able call one of the people below. If you have a cell phone it is a good idea to select a few names of people you would be comfortable with and save their numbers in your contact list. Choose several in case the first person is not available. Or just leave a card with the numbers near your telephone. That person will come quickly to assess your situation, be sure to tell them your garage code or how to get in if you cannot get to the door. They will stay with you until professionals arrive and can start CPR if necessary and contact another person to bring the defibrillator. EVERY MINUTE COUNTS. CPR chest compressions can keep your heart working and save your life.

As Bill Nussbaum says, "First, thanks [to Sandy Kelly] for getting this [training] organized. Both Tink and I were happy to learn about the new approach to CPR. The most important point is to **keep on the chest compressions --no matter what-- until medical help arrives.** Mouth to mouth is helpful, but secondary to those compressions. Residents should make sure they know exactly where the defibrillator is located in the clubhouse. On opening, just listen to the verbal instructions, as it tells you exactly what to do. Do not stop chest compressions until someone returns with the defibrillator. Always, Always, yell for help. Have someone dial 911 immediately. If alone, with the individual, use your cell phone, then put it on speaker for instructions."

CUT AND SAVE NEAR YOUR PHONE

In an Emergency:

1. CALL 911
2. Call a neighbor from this list
3. Say, "My name is _____, I live at address, my garage code is _____"

Christine Caterino:

Don Chandler:

Susan Hill:

Bob Murphy:

Bill Nussbum:

Ron Caterino:

Jayne Currier:

Frank Bashore

Joan Murphy:

Tink Nussbum:



Above: Bob Benoit, Trainer and former Westford Firefighter and EMT, explains to the group how to administer the Heimlich Maneuver (now called abdominal thrusts) to a standing victim larger than you, and then to a seated or wheelchair choking victim.





GROOVY MOVIES

by Gail Sergenian

I loved this film. I alternatively cried and laughed out loud. It is quirky, creative and visually gorgeous at times, but most of all it has heart. The focus of the film is Ricky Baker (Julian Dennison), an overweight orphan who is described by a representative of Child Welfare as “a real bad egg.” He is actually a terrific if unusual kid, but we don’t know that until later. At the beginning of *WILDERPEOPLE*, Ricky is taken to yet another foster home in a small cabin in the New Zealand bush.

The new foster mother, Bella (Rima Te Wiata), is a true nurturer who greets him with a huge hug. His crusty foster father Hec, on the other hand, played perfectly by Sam Neill, is at the opposite end of the welcoming spectrum. Hec obviously doesn’t want Ricky around.

As the result of an unexpected tragic event, Ricky and Hec end up fleeing their cabin with Ricky’s dog Tupac. Their flight through the bush is exciting, touching, funny and beautiful (New Zealand is one of the most exquisite spots in the world). Whom are they fleeing? Only the police, the army, and Child Welfare. Hec has somehow been branded as a pervert who has kidnapped a child. The “curmudgeon” and the self-described “menace to society” bond, and we discover more of their sensitive sides.

We will see more of the delightful Julian Dennison, and I will definitely be seeking other films by director Taika Waititi. This one is marvelous.

Editor’s note: I can’t wait to see, and have already recommended it to friends, this based on Gail’s review. Check out the trailer at:

https://www.rottentomatoes.com/m/hunt_for_the_wilderpeople/



Did You Know?

Most of the bathroom faucets in VSR are American Standard. At one time, American Standard would honor their lifetime warranty and ship replacement valve cartridges at no cost. They have been acquired by another company and ask for the original sales receipt. (The builder or plumber has them.) A replacement cartridge can be purchased at most home improvement stores and the one that should be a match is model 4Z-24HC. The HC reflects that it could be used for either Hot or Cold water with some adjustments. If you can find either just H or C that would be better

The garage and street light bulbs were switched to LED bulbs about 2 years ago. Prior to that switch, Larry Anzivino and Carl Erickson would climb a ladder (Larry holding) and replace about 80 bulbs per year. Around the time of the switch to LED bulbs they "retired" from this work and passed on the responsibility to Bob Morton and Rick Culver. Good timing, for only 3 bulbs have been changed thus far. None of the street light bulbs have been changed and there has been no need to hire a cherry picker to make the change.

Per the Town appraisals, the 2017 property assessed value of all of the homes in VSR amounts to \$44,100,000. Property taxes that VSR residents will pay this year will be \$723,600 along with a CPA tax of \$16,300 for a total of \$739,900.

VSR Website & Quarry Bulletin

Have you ever checked out the *Quarry Bulletin* on the website? All the editions are there, ranging from 2004 to the most recent. Now that is a trip down memory lane for those of us who are approaching our 15th year at the Village!

Well, now we are going to make seeing all those wonderful photos from the *Bulletin* easier for you and in color! This issue is being sent to everyone via email (You should receive a link to access it.) There will still be hard copies in the mailroom as usual, but if folks like getting the *Bulletin* via email, we will print fewer copies (saving a few dollars). Please let Joan Murphy via email know whether you would like to receive the *Bulletin* regularly via email or not. If you are reading this in hard copy and did not receive a link but would like to, let Joan know that also.

QUARRY BULLETIN STAFF

Editor: Joan Murphy

Proof Reader: Louise O'Donnell

Contributors:

Peter Abate

Don Chandler

Carlene Craib

Paul Currier

Sandy Kelly

Dianne Marston

Gail Sergenian

This month's photographs are by

Don Chandler

Paul Currier

Sandy Kelly

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

Please send your pictures and articles.

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