



Quarry Bulletin

March - April, 2019



VSR Happenings, "thanks" to these folks...



Buzz McArdle, Jack Bilodeau, and Paul Currier install the first of 7 benches.

~contributed by Buzz McArdle

After a long winter, spring has finally arrived, along with our new park benches. The 7 benches were ordered after volunteers raised over \$5,000 from anonymous VSR donors. No funds were solicited from the VSR budget. The benches are strategically located along the walkways and scenic views so that we can all enjoy them. As the VSR community ages, all residents are encouraged to exercise on a regular basis as we have excellent sidewalks for this purpose. Occasionally people may wish to stop and rest, chat with a neighbor, read, drop a fishing line with your grandchildren, enjoy a glass of wine or just sit quietly and enjoy our beautiful scenery.

Save the Date: Sunday June 30 for a Bench & Wine Walk. Details in this issue.

VSR let Town of Westford service providers know how grateful we are for all they do. All three fire stations and the police department got huge platters of *villager baked* goodies, and each station was excited to get them. Some dug in right away, even at 9 am! There were pies, cakes, loafs, cookies, brownies, bars, and chocolates. So many bakers made donations that there was even enough to deliver one to the library staff.

Community Appreciation Day ~ contributed by Peg Martin



Debbie Rorke helps with deliveries.



Librarian Lauren Evans graciously accepts goodies for the staff.

News You Can Use

The Property Committee is pleased to announce that Bob Murphy has taken over the reins of the Irrigation Subcommittee from Doug Craib. ***Thanks to Doug*** for his long-time service overseeing this important part of our beautiful landscape.



2019 IRRIGATION SYSTEM REPAIR PROCEDURES



~contributed by Bob Murphy – Irrigation Committee

The Village irrigation system will be turned on soon. We have established procedures to deal with the damage and failures that occur within a system of this size and complexity.

Residents should report all problems with the irrigation system to Lorie Paquette at **Evergreen Harvard Group (EHG)** The preferred method of reporting problems is by email at LPaquette@evergreenmgt.com . You can also report by telephone to 800-973-4300 or 603-622-7000. If you call after normal working hours please do not request that the answering service page a repairman unless there is an emergency such as a broken system pipe that is gushing or a major leak.

EHG will refer all problems to the Irrigation Committee who will evaluate the situation, correct it if they can, refer it to Morin’s Landscaping for repair, or place it on a repair backlog list for future correction as funds become available. Items given to Morin’s for repair will normally be corrected during Morin’s weekly maintenance visit. EHG will provide feedback to the resident as to the corrective action taken.

Property Update

Mulch: Again, this year Morin’s will leave a couple of yards of bark mulch for residents’ use while planting spring flowers. The mulch will be located at the crossover drive near the entrance bridge. It will be available while supplies last or until May 31st.

Lawn Mowing: (May 1st – October 31st) Lawn mowing will be performed pending weather conditions weekly on Thursdays. Heavy rains may delay mowing into the following week.

Lawn Fertilizing: Morin’s provides five lawn treatments annually using the “ECO SMART” Lawn Care Program. ECO SMART provides Balanced Slow Release Fertilizer, Pre-emergent Crabgrass Control, Grub Control, Broadleaf Control, Surface Insect Control and Nutsedge Control at their appropriate application times. During the 3rd Application lime is also applied over 1/3 of the village on a 3-year rotating schedule. As a reminder after each application, small yellow fertilizer warning flags will be set in the grass on each side of the clubhouse main entrance doors indicating the application has been completed.

- Anticipated Fertilizing Schedule** • 1st Application Completed (April 25th – May 10th)
 • 2nd Application (June 4th - 19th) • 3rd Application (August 6th - 16th)
 • 4th Application (Sept 24th - Oct 11th) • 5th Application (Nov 5th - 15th)

Good Morning, coffee ready? ~Photos by Dottie Palisoul



March Trivia Night...

A great time was had by ALL! Thank you Gail Sergenian for planning this event.



Including the entertaining host posing as a rock star and the winning team of Dom DeFronzo, Joe Rorke, Sandy Kelly & Herb Shanzer.

St. Patrick's Day Scavenger Hunt and Happy Hour

Social Committee appreciates all of our neighbors who are stepping forward to organize some great new events. Peg Martin took this over every step of the way. Kudos Peg.



It was the day for wearin' of the green. L-R Neil Horowitz, Larry Anzivino, Barb West, Dianne Marston and Linda Anzivino. The winning scavenger hunt team: Larry & Linda Anzivino, Kathy Abate, Clara Currier and Joe Rorke.

Village Meetings...



have provided a nice respite during the dreary winter and spring. April brought an enthusiastic crowd to meet **Dr. Carla LeClerc**, who provided us with an informative presentation on spring allergies, diet and how to take control of health. Trained in the Gonstead Method of Chiropractic care, the LeClerc's believe in attention to the whole body rather than diagnosing just a symptom and treating it with medication. They seek to

identify the root of the problem and address it holistically. Some of her suggestions include lifestyle changes such as:

- Avoid mucous building foods, sugar, flour, dairy, they also diminish healthy gut flora
- Replenish normal bacterial flora with probiotics, fermented foods and a plant based, paleo diet
- Include essential fatty acids like fish oil to decrease inflammation and add Vitamin D to boost immunity
- Stay hydrated - when you are dehydrated your body releases histamine
- Use homeopathic and natural remedies (raw honey, essential oils)
- Get your spine checked to decrease your stress hormones and boost your immune system

The LeClerc's frequently offer free educational workshops at their practice on Rt. 110.



On May 1st, Westford resident and Cuban refugee **Jose Ramirez** shared his personal life story and discussed his latest book *Cuba and the "Last" Baseball Season*. Jose arrived in the U.S. in 1961, just prior to the end of the last professional baseball season in Cuba. He came at the age of 15 as part of a program known today as Operation Pedro Pan. His highly researched book tells about the lives of every professional Cuban ballplayer of that era, their personal sacrifices and how the decisions they faced to leave family behind affected their lives. Jose, now retired from a career in Human Resources, spends his time writing and lecturing between homes in Westford and Naples, FL. You can learn more about him at his website <https://joseramirezcuba.com/>.

Jose's visit came from two recommendations related to a past speaking engagement at the Westford Senior Center. If you have recommendations or would like to organize an event contact the Board of Trustees for approval. Also, special thanks to our very dependable and self-sacrificing AV & setup crew, Tom Barry and Bill Townsend.

Floral Arranging Workshop

Thanks to our resident floral expert Thelma Shoneman, 25 participants created beautiful fresh flower arrangements just in time for the Spring, Passover & Easter holidays. Thelma provided all of the flowers and materials straight from the Boston Flower Market. Under her direction each of us was able to bring home an arrangement that stayed gorgeous for at least two weeks. A great time was had by all and we hope to do another workshop in the fall.





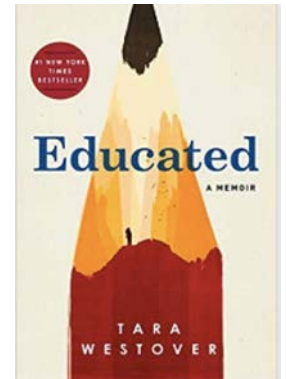
BOOK CLUB NEWS

by Dianne Marston



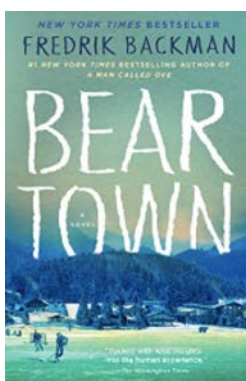
The VSR Book Club met on May 9 to discuss *Go, Went, Gone* by Jenny Erpenbeck. The next meeting will be on June 20th, when we will discuss *Educated: A Memoir* by Tara Westover.

"Tara Westover was seventeen the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling supplies and sleeping with her "head for the hills" bag. In the summer she stewed herbs for her mother, a midwife and healer, and in the winter she salvaged in her father's junkyard. Her father forbade hospitals, so Tara never saw a doctor or a nurse. Gashes and concussions, even burns from explosions, were all treated at home with herbalism. The family was so isolated from mainstream society that there was no one to intervene when her brother became violent or when her father's Mormon beliefs drifted toward the extreme.



Then, lacking any formal education, Tara began to educate herself. She ultimately taught herself enough mathematics and grammar to be admitted to Brigham Young University, where she studied history, learning for the first time about important world events such as the Holocaust. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge. Only then would she wonder if there was still a way home.

A riveting account of the struggle for self-invention, *Educated* is also a tale of fierce family loyalty and of the grief that comes with severing the closest of ties." [from the back cover]



In August our meeting will be on the 1st, when we will discuss Fredrik Backman's *Bear Town: A Novel*. "Backman is a masterful writer, his characters familiar yet distinct, flawed yet heroic. . . There are scenes that bring tears, scenes of gut-wrenching despair, and moments of sly humor. . . Like *Friday Night Lights*, this is about more than youth sports; it's part coming-of-age novel, part study of moral failure, and finally a chronicle of groupthink in which an unlikely hero steps forward to save more than one person from self-destruction. A thoroughly empathetic examination of the fragile human spirit, Backman's latest will resonate a long time." (*Kirkus Reviews*)

We gather in the Clubhouse at 1:00 p.m. for socializing and refreshments. The discussion begins at 1:30 in the Library. All are welcome to join us!



GROOVY MOVIES

by Gail Sergenian

TV Series Edition...

Since I spent loads of time in rehab and at home this year, I've been watching TV series from a number of sources. Here are three that I found addictive. All can be borrowed from the library.



GRACE AND FRANKIE Grace (Jane Fonda) and Frankie (Lily Tomlin), sometimes adversaries, have been married to Robert (Martin Sheen) and Sol (Sam Waterston) for years. They are suddenly thrown together when their husbands announce that they have been in love with each other and are getting married. Fonda is vain and cutting, but smart, vulnerable, and caring and Tomlin is a New-Age hippie artist like only she can play. They are perfect together. This Netflix series has given me many LOL moments.



THE NIGHT MANAGER I consider this one of the best productions based on a John le Carré novel. The time and locations have been changed, but the basics remain. The hero, played by Tom Hiddleston, is enlisted by a woman running an enforcement agency (Olivia Colman) to go undercover on a dangerous mission that involves high-powered weapons trading. The Colman character is determined to bring down an amoral player in the field (Hugh Laurie) who has become a billionaire at the cost of unfortunate others' lives. The acting is excellent, there are many twists and turns, and the going is intense. I got this from Netflix, but it was originally shown on AMC.



KILLING EVE Sandra Oh, in one of the best performances of her career, plays Eve, an MI5 agent who is obsessed with a glamorous, mysterious, psychopathic international assassin Villanelle (Jodie Comer). Villanelle is obsessed with Eve as well. Both women are excellent in their roles. The show has murder, mystery, and a deliciously dark sense of humor. Sandra Oh and the show won many awards for the first season. Season 2 is now being shown on BBC America and AMC.

CLUBHOUSE MOVIE NIGHT

Despite the Red Sox/Yankees game, we had a respectable showing on April 16 to view SLEEPLESS IN SEATTLE. Thanks to Gail Austin for the recommendation! Meg Ryan and Tom Hanks were very good in their roles...and so young! But weren't we all in 1993?

Join us for Movie Night, Tuesday, May 21, at 7 PM to view Joan Roy's recommendation for the month: **QUARTET** (2013). This was Dustin Hoffman's directorial debut and he gathered a first-rate group of British actors Michael Gambon, Tom Courtenay, Billy Connolly, and Pauline Collins among others to portray residents in a retirement home for aging musicians. The supporting cast members actually are retired musicians and singers. The home is preparing for its annual concert to celebrate Verdi's birthday that they hope will raise money to keep the place going. Everything is disrupted by the arrival of Jean (the ineffable Maggie Smith), an eternal diva and the former wife of one of the residents Courtenay. There is a lot of poignancy in this film and, of course, good acting.



And the fun rolls on at Rod Stewart Night



The "Boys" dance...



Having fun with Dave and Lauretta Auld



Charlie Perkins was a rockin and a rollin"

Help from Heloise

~contributed by Louise Theofilos

Any time is a good time to make the *Original Chocolate Chip Cookies*.

Ruth Wakefield, a graduate of Framingham State University, made them by mistake when no chips had ever been thought of. She chopped up the chocolate she had on hand and thus, the cookie became famous.

Oops! I hope I remembered to put that slice of bread into the brown sugar after I used it last. Sure enough, it worked! The bread kept the brown sugar nice and soft! So here we go. And don't forget to close the drawer in front of you after you take out the measuring equipment or you'll have to clean everything that falls in as you mix!

Original Chocolate Chip Cookies

- | | |
|----------------------------|------------------------|
| 2 ¼ cups flour | ¾ cup granulated sugar |
| 1 ½ cups chopped chocolate | ¾ cup brown sugar |
| 1 tsp baking soda | 1 tsp salt |
| 1 tsp vanilla | 1 cup butter |
| 2 eggs | |

Sift flour, baking soda and salt into a bowl. In another bowl, mix softened butter, granulated sugar, brown sugar and vanilla with wooden spoon until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in the flour mixture. Stir in the chopped chocolate. Set an oven at medium heat- 375 degrees F. Drop mixture by rounded tablespoons onto ungreased cookie sheet. Bake until golden brown, about 10 minutes. Cool on baking sheet until set, about 2 minutes

Please check the online Calendar for changes and updates

**Upcoming Social Committee Events
at the Clubhouse**

Social Committee Meetings are
2nd Mondays at 7:00 pm
Please join us!

Save these Dates:

May 21 7:00 pm Movie Night
May 27 1:00 pm Memorial Day Cookout

June 9 4:00 pm Happy Hour
June 12 4:00 pm Men's Steak and Ale
Night at the Clubhouse
June 12 4:00 pm Ladies Night Out at
Bamboo Restaurant
June 18 7:00 pm Movie Night
June 20 1:00 pm Book Group
June 21 5:00 pm Driveway Party BYOB
6 Stone Ridge Rd
June 27 5:00 pm Bench & Wine Walk
Ends at Clubhouse

July 4 TBA Ice Cream Social

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

*Email articles and photos to
the Quarry Bulletin*

Volume 17 Issue 2



Wine Walk About

Come celebrate our new benches and get a little exercise.

Date: Sunday, June 30

Time 4:00pm ... Happy Hour to follow at the Clubhouse



Walk the bench route stopping at each of the 7 benches located throughout the neighborhood and get your party pass stamped. Each bench will have different red and white wine as well as water.



Benches will be manned by volunteers who will stamp your Walk About Pass and each bench will have a different stamp. Collect all 7 stamps and you will get a prize at the clubhouse party following the Walk About.

Free!!!!

No charge thanks to the bench committee and the bench contributors.
Appetizer contributions would be appreciated. Sign up in the club house.