



Ten + years of community living.

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Established 2006

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THE MEDVIL MESSENGER

For all the Medvil community since 2008.
December 2017

Medvil pride.....Shows inside!
Edition 104

IMPORTANT NOTICES

NEW BOARD MEMBERS ELECTED

Thank you to everyone who took the time on Saturday, November 4th to come to the Maple Avenue Elementary School and participate in Medvil's Annual Meeting. Thank you also to those folks who couldn't be there but made sure their voices were heard; a record number of 30 absentee ballots were cast. Here is your current slate of board members:

President – Kim Capen
Vice President – Mary Leonard
Treasurer – Dorrie Kossuth
Secretary – Sharon Sargent
Operations Director – John Menczywor
Director at Large – Debbie Cyr
Director at Large – Steve Keough
Director at Large – Greg Mackay
Director at Large – Odette Perron

We made our quorum (one third of the eligible voting households represented) but not without some well-placed last-minute phone calls to some of our members who are usually in attendance and urging them to please come so the meeting could be called to order. Remember, without a quorum we are not able to hold a vote on those agenda items that require one (election of the board and the vote to accept next year's operating budget, just to mention a couple of very important items) so we urge you to keep

this in mind when next year's meeting rolls around and you are wondering whether or not to attend...everyone has a voice and each home has a vote...both of which are important in order to keep the business of Medvil running smoothly.

Should you wish to contact any of the board members you may send an email to medvil@comcast.net or call 497-4440, Ext. #5 and leave a message.

The Board of Directors

IMAGINE WHAT 25 BOXES FULL OF FOOD LOOKS LIKE...

...and then give yourselves a pat on the back for a job well done.

That's how much you collectively donated during the recent food drive.

Over 40 boxes of mac and cheese; 25+ boxes of pasta; at least 20 jars of peanut butter and too many cans of vegetables, soup, tuna, etc. to count (and the biggest bag of almonds and can of peanuts I've ever



seen). Half of the food collected will go to the Goffstown Network Food Pantry with the other half going to the Salvation Army Food Pantry at Hillside United Methodist Church.

So, thanks to all of you who donated; it's always amazing to see what we can accomplish when we work together as a community. Thanks to Barbara Giordani for kicking off the campaign by collecting boxes and setting up the donation station in the DDCH entryway. Thanks also to Judy Patrick who helped Mary Leonard and me sort all the cans and boxes and repack them into boxes ready for delivery; and finally, thanks to Jack Cyr for always being there to do anything I ask him to do.

Debbie Cyr, Director at Large



WINTER REMINDERS

Winter is just around the corner so it's time to...

Have your irrigation system shut down for the winter. Call your service provider, they know what to do. One system here in Medvil has already frozen and burst.

Check the heat tape on your main water line. In some homes the heat tape will need to be plugged in when the temperatures start to drop, other models have a thermostat that will turn it on automatically. As a rule of thumb, you should run your heat tape from November 1st to April 15th.

Red reflector stakes have started to make their appearance in our community. It is important to put those markers **one foot away from the edge of your lot**. Our maintenance team will use those markers as a guide to plow to the edge of the road.

Placing those markers closer than one foot away results in roads that are not cleared to their maximum width and causes them to narrow over time.

If you have central air conditioning, you should cover the top of unit before the snow arrives. Some homeowners wrap a tarp (always green or brown tarps please) completely around their units to keep the snow out but it is not necessary.

The air return for your central air conditioner will allow cold air to seep into your home; stuff insulation or an old blanket or pillows into the space immediately below the grate but be sure to remove them when spring arrives and before your turn on your central air!

And finally, do not plow or shovel your snow into the road. Not only does it result in your snow ending up in your neighbor's yard, but it will freeze where you throw it and cause trouble for people as they drive through our community.

Thank you.

John Menczywor, Operations Director

PHONE # CHANGE FOR MEDVIL HAIRDRESSER

To reach Ronisa of your Medford Farms Salon, **please use her cell phone number: 494 4941**. The old number for the salon is now discontinued. (The cell number is also on all of the appointment cards.) JS

What's better than Taco Tuesday?
METAL MONDAY!



The **first Monday of every month** is now METAL MONDAY. Just have your metal placed curbside before 8:00am on the first Monday of the month and our Maintenance Team will come by and pick it up. No need to fill out a work order or call the office.

And while we're on the subject... If you are having work done on your home by a contractor, make sure the contractor takes any metal or construction debris that results from the work directly to the Transfer Station. This should be included in your contract and is not Medvil's responsibility.

Thank you.

John Menczywor, Ops Director

BUS BUZZ

Did you know there is a free bus which comes through the park every Tuesday morning and takes you to the Bedford Hannaford to do your grocery shopping? A few years ago, ridership was down to two or three persons and in danger of being cancelled for lack of riders. But now you will meet 12 to 15 of your neighbors, enjoy lots of jokes and fun conversation, and best of all you do not have to drive in bad weather just to get supplies for the week ahead. Ed, the driver, knows Medvil well as he is a former realtor who sold many of these homes. Mark, the volunteer assistant, will help you on and off the bus and deliver your bags right to your doorstep. So



next time you feel gloomy and dread shopping get buzzed (in a good way of course) and get on the bus. Believe me--you will be glad you did. SA

Why not take some time to attend?

Board of Directors Meeting
Third Tuesday of the month
6:00 pm at DDC

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Coffee House
Saturday before the third Tuesday
8:30 – 10:00 at PLC

*

Both are open for your attendance.

BOARD AND COMMITTEES

BOARD OF DIRECTORS:



The Medvil Messenger will not be running a monthly BOD Report due to the unavailability of a Board Reporter. To stay up to date on board business, you are invited to refer to the monthly posted minutes or attend the monthly Coffeehouse and/or the board meeting itself.

EVENTS COMMITTEE HAPPENINGS:



PAST EVENTS

HALLOWEEN PARTY: This was held October 28th at DDCH and was a **FREE EVENT**. A very fun, bewitching time was had by almost 80 folks who attended. The spaghetti supper was delicious; and many showed up decked out in costumes. The scariest costume was won by Paula Bigg and most original went to Ellen Roy. Both won gift cards to Dunkin Donuts. Tom and Linda Stonner won the raffle of 2 tickets to one of our very famous breakfasts.

UPCOMING EVENTS

MEDVIL'S ANNUAL CHRISTMAS PARTY will be taking place at The **DERRYFIELD COUNTRY CLUB** on **DEC 2ND** from 12-4. Appetizers and a buffet luncheon are part of the package along with music and dancing and door prize. Price is \$20.00 /person and tickets are required. Tables of 8 could have been reserved when you purchased tickets at the office. What better way to usher in the Christmas season than getting together with friends and neighbors at a festive occasion such as this? Hope you will be

there!

CHRISTMAS OPEN HOUSE: This is a very favorite event of the season! The date is **THURSDAY, DEC 14TH 3:30-7:30 at PLC upper level.** Come join the festivities with neighbors and friends-both new and old. Tasty holiday snacks, both hot and cold will be offered along with sweet treats. Beverages will include our famous champagne punch and eggnog, wine, tea and coffee. This is a **FREE EVENT**, so don't miss out. (check out the flyer in this newsletter).

PLEASE READ THE FOLLOWING: The Events Committee works hard at providing fun and interesting events for our community. From the delicious breakfasts to the very popular Fish Fry (3 planned for this coming year), all prepared by Kim and company, you cannot miss out. Without your participation, there would be no reason to plan.

The committee has met and has quite a variety of events for everyone's enjoyment for 2018. Did you have a great time at the Elvis show? Well, stay tuned. Please keep updated by reading your newsletter to find out what is happening.

We are a COMMUNITY and this is a great chance to show what a great one we are. A thank you goes out to Peggy and Kim for being our leaders and to everyone on the committee who help put these events on. Want to see how much fun we have planning what we are going to do? Join us the 1st Wednesday of the month at 6:00 at DDCH.

Have you been missing some of our events because you forgot about it? Give your email address to the office so they can send you our reminders before the event.

MB

FUNDRAISING COMMITTEE:

Fundraising Pool



The 11/1 winner was Gisele Dicato for \$250. All numbers are being played with a guaranteed winner. There are currently only 2 residents on the wait list but more are needed. Please call the office to place your name on the list. It's only \$5/month.

Consignment Store/Yard Sale

If you have items to donate please contact Irene Gagne at 622-1869. What doesn't get accepted by the consignment stores will be placed in the yard sale on 4/7/18.

Please do not place any items in the mail houses. Call the office and the volunteer will contact a Fundraising Committee member to make arrangements to rid you of your unwanted items.

Spring Festival – 4/7

We are collecting yard sale items now. If you're moving out, moving in, remodeling, etc. give us a call. We are willing to help you rid yourself of unwanted items. However, we do not take electronics, TV's, large appliances, furniture, or exercise equipment.

Committee Members

We are a committee of 6 and are looking for more members with fresh ideas. You don't have to be a committee member to give us suggestions for projects to use our funds for the benefit of the Medvil community – call Irene at 622-1869.

IG

REAL ESTATE @ MEDVIL:



The first step required when thinking about selling your home is to get an Intent to Sell form from the Reception Office and return the completed form to the Board of Directors. The second step is listing your home.

The Medvil Real Estate Committee has become active again with new members and chairperson and

is ready to help you sell your home. All proceeds from the sale of Medvil homes the Medvil RE Committee sells benefits our Medvil Community.

Medvil RE Committee 497-4440 Prompt 2
Dorrie Kossuth.....Chairperson
Paul Allard.....Appraiser
Roger Bruneau.....Photographer
Richard Ball.....Representative
Odie Perron.....Representative

The month of November we had 8 showings, 2 closings and have added 2 listings currently under contract. People have been going to our website and calling to inquire about homes for sale in Medvil. Medvil Cooperative has become THE 55+ community to move into.

If you know of anyone looking to buy a home in Medvil, have them call the Real Estate Committee. When you plan to sell your home. Please call Medvil Real Estate, it will benefit you as well as our cooperative. Thank you. DK

NEW MEMBERS: WELCOME TO MEDVIL!

May your life be long and filled with happiness.

New residents during October and November:

Kevin & Fawne Gaudette @ 77 Williams Way
Charles & Rita Varney @ 31 Mathew Circle on Oct 21
Paul Williamson @ 30 Mathew Circle on Oct 23
Sonja Fuller @ 132 Donald Drive during November.

Cindy Duval
Admin Coordinator
Medvil Cooperative

SINCERE CONDOLENCES:

Heartfelt condolences to those who have recently lost a loved one:



- Richard and Leigh Schoch who lost her mother and her son
- Chester Keene who lost his brother, Dennis
- Muriel Sauvageau who lost her brother, Donald Martel
- Cheryl, VNA RN, who does the Foot Clinic, lost her Mother
- Susan Bohan who lost her spouse Peter
- Jean LaChance, who lost her spouse John Burpee

*The nicest place to be is in someone's thoughts.
The safest place is in someone's prayers. The last place to be is in God's hands.*

FYI: Please notify your Sunshine Lady, Jan Soucy, when you know of a resident who has been hospitalized or a resident who has lost a family member, so an appropriate card can be sent and a posting of the death can be placed in the Medvil Messenger. My home phone is 497-5276 and there a notice in both Mail Houses of this information.

The office should always be made aware of the death of one of our residents. JS



MEMBERS' ARTICLES

Remember When.....by Sheila Asselin

Penny candy really did cost a penny. A Tootsie Roll lasted through a whole Saturday matinee. Pathe News of the World, selected shorts, Flash Gordon, Three Stooges, Hopalong Cassidy, Tarzan, and Jungle Jim.

Radio was great too. Rushing home from school to catch Tom Mix singing "When it's Roundup Time

in Texas," or the Lone Ranger and Tonto. Who knows what evil lurks in the hearts of men? The Shadow knows. Inner Sanctum with its creaking door.

You did not need electronics to play games. Hop scotch, jacks, hide and seek, red rover, crack the whip, spin the statue and I Spy.

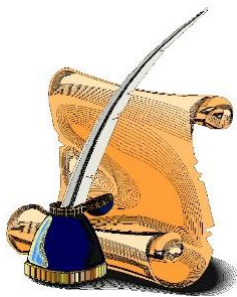
Poodle skirts and saddle oxfords. Penny loafers with rolled-down bobby socks. Tangee lipstick. Boys in DA haircuts rolled up the sleeves of their t-shirts. The really bad boys had a pack of cigarettes rolled in the left sleeve. Drive-in movies. In the summer the air was filled with lightning bugs. Blackboards were black. Chalk was white. No variations.

If a boy was really sweet on a girl he walked her home from school, carrying her books.

Toni home perms. "Which twin has the Toni? Does she or doesn't she? Only her hairdresser knows for sure." Lifebuoy deodorant really stops BO. Chlorophyll gum will cure halitosis. . .because even your best friend won't tell you. Nylons came with a seam up the back. Try keeping that straight! Girls did not play team sports. They were allowed to be cheerleaders. You needed a key to adjust your roller skates. If a boy let you wear his varsity jacket this was getting serious.

Howdy Dowdy and Buffalo Bob, "Kowabunga!" Captain Kangaroo, Mr. Rogers Neighborhood, Shari Lewis with Lamb Chop. Getting up early just so you could watch the test pattern on the tv--black and white, of course.

Most roads were two lanes, with interstates far in the future. No power steering, power brakes or AC. Most cars were stick shift.



Memories. They enrich our lives and we cherish them. Now if I can just remember where I put the car keys!

* * *

The Messenger encourages members to submit articles for consideration. Recipes,

helpful hints, reminiscences, jokes—**anything upbeat and positive.** Please submit your items to our email:

medvilnewsletter@comcast.net

Or place a copy in the Messenger mailbox in the Reception Office in the DDC.



GOOD STUFF WE FIND...

CAN'T SLEEP? JOIN THE CROWD.

A third of Americans over 65 have trouble reaching the Land of Nod.

A good night's sleep has been shown to have major benefits for your body and your mind. But few of us are getting enough. The University of Michigan National Poll on Healthy Aging, sponsored by AARP, looked at the sleep patterns and practices of Americans between the ages of 65 and 80. Here's what it found.

Sleep difficulties are common among older adults.

- About one third (32%) had trouble falling asleep one or two nights a week.
- About one in seven couldn't fall asleep three or more nights a week.
- About 4 in 10 occasionally work and couldn't fall back to sleep.

Different things make sleeping difficult. Of those who knew why they couldn't sleep, half attribute it to the need to go to the bathroom during the night. About one in four said stress or worries keep them up, and nearly another quarter said nagging pains interrupt sleep.

There's a relationship between health and sleep. Compared to those with excellent health, those in fair or poor health were more than twice as likely to report trouble falling asleep.

Prescription medication to aid sleep is not commonly used. Overall, five percent said they use prescription sleep medications regularly.

More used herbal or natural sleep aids. About 13 percent use remedies such as melatonin or valerian root to help them sleep, with most calling their use “occasional.”

Only a quarter sought a doctor’s help in sleeping. But of those who did ask for help, 62 percent got advice that improved their sleeping habits.

Reprinted from the October 2017 AARP Bulletin

“It is a miracle if you can find true friends, and it is a miracle if you have enough food to eat, and it is a miracle if you get evenings doing to spend your days and to do, and the whatever it is you like all the other holiday season – like time not seasons – is a good only to tell stories of miracles, but to think about the miracles in your own life, and to be grateful for them.”



Lemony Snicket, from *THE LUMP OF COAL*

PUZZLEMENTS

NEO-CELTIC RIDDLE

Encircled by two hands,
I endure no bounds.
Fleeting as shifting sands
My constancy astounds.
You cannot stop or start me.
From ancient times you chart me.
Untouched, I touch the ages,
As your children turn to sages.

What am I? (see answer, top right)

ANSWERS SOUGHT...

...To Riddle:

I am Time. You can’t control me, but you can measure me and use me. The ciphering of Time prompted the growth of your civilization. Ancient cultures organized me into calendars, watched the night skies, discovered stellar and planetary repetitions on which all seasons pass away and return again, and devised methods of calculation still used by scientists today. I am Time, who limits all things, yet, measuring those limits, you transcend them, directing the course of your own evolution and leaving a legacy of arts, philosophy, science, and technology. A privilege afforded *you* apart from all other creatures, simply because you learned to measure the limitless limiter, Time!

MBW

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Sheila Asselin, Jeane Cass, Debbie Cyr and MB. Wulf

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