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JUNE 2025

THE MEDVIL MESSENGER

etc., etc. The road on upper Donald Drive collapsed

COMING ATTRACTIONS

*7 June
Yard Sale*





*21 June
Breakfast*

*And in July
and August--
Fish Fries,
a Picnic
and a BBQ ...
Watch for
more info!*

SEE CALENDAR FOR MORE INFO!

BOARD NOTICES



OPERATIONS

Water, water everywhere. We have had an unprecedented amount of spring rain this year and it has caused some problems within our community with back yard flooding, street flooding, underground water lifting roads up,

due to underground water being more than the ground could absorb. The section of road was excavated and drainage put in to capture the water and send it to our pond at the DDC. Wherever we have ledge there are issues, past and present. In the next few months, we are taking a fresh look at more permanent solutions to these issues, but for now we are making temporary fixes.

Our engineers continue their work on our infrastructure, in particular our water and sewer service lines. We expect a report soon that will give us a roadmap as to how to proceed and the estimated cost of that plan. We will also be asking

the engineers to give us possible directions in pursuit of understanding the underground water and how to best mitigate its effect on our lots and roads. The most urgent need we have is replacing all our water service and while roads are dug up for that purpose, replacing the sewer lines as well.

The tree and stump removal program for this year is complete. 8 to 10 Japanese hybrid maple trees will be planted to replace some of the trees along the streets where trees had to be removed. These trees have limited growth and will not create problems with their roots damaging decks, streets, driveways and walkways as trees have in the past.

Maintenance is working on possible support for residents with leaf pick-up this fall. As has been mentioned before, the hope is that we can have leaves moved to the edge of their property in piles to be sucked up on a regular weekly basis. This will cut the cost of bags as well as the back breaking job of picking up leaves for residents and staff. Stay tuned for more on this later.

Some cat and kitten issues are being dealt with by the feral cat teams. The program has been quite successful, and some recent concerns will be addressed.

Speeding in the community continues to be a problem. Reflexes of Walkers and Drivers alike are not what they used to be. There is a speed limit for a reason in our community and for the short distance to your home or out of the community, an extra 30 seconds of your time could take the worry out of your neighbors as they get some exercise or walk their dogs. Please be courteous to your neighbors and to the volunteer board who are charged with enforcing the rules.

The events committee has and continues to raise funds for a pad and tent at the DDC picnic area. Getting picnic tables off the ground where most of them have rusted bases over time and providing for a large tent to hold events without fear of cancelling due to inclement weather has been a wish for

several years now. To set the record straight the moneys collected has been the efforts of volunteers and donors, not moneys collected from lot fees which cover the needs of our budget each year. The asphalt pad gives us dry ground without mud and rust issues as well as opportunity for shuffleboard and other possible games. The tent allows more people to attend events as well as shortens the time and effort it takes to serve 100 plus people at events like the fish fry. Many of the volunteers on the events committee are in their 80's. Going from 4-4 ½ hours on their feet to 3 to 3 ½ hours makes the task of providing these events for the community a lot easier as we go from two servings down to one. This also gives us the opportunity, at least in the summertime, to be all together in one setting.

Until next month, hoping for a dryer spring from here on with a warm and not too hot or humid summer to follow.

Kim Capen
Operations Director



INK & TONER CARTRIDGES

Staples changes the number of cartridges we can recycle based on our purchases. Keep bringing used cartridges as we still get \$2 each. We use the rewards toward future purchases. There is no expiration date.

Keep them coming!!

If you have family, friends or work for a company who discard their ink and toner cartridges, please ask them to save them for Medvil. Just place them in the bin below the center shelf in the DDC mailroom.



RULE REMINDER OF THE MONTH

Grass is green, flowers have been planted, and irrigation systems are doing their job. We know a huge part of what makes Medvil the beautiful community it is, is the way people take care of their lawns. Please follow the rules (see below) regarding when and how much water.

And make sure your irrigation heads are doing their job correctly. We see many homes watering their driveways and halfway into the street. Please make sure the water goes where it belongs.

D. SITES

11) Watering Utilization. Be aware of when and how much you water your lawns. Watering should take place every other day (use your house number and water on the odd or even days accordingly) and is to be limited to twenty minutes (20") per zone.

The best time to water is early morning (not during the heat of the day) and not at night because the lawn stays wet for a longer period of time which can promote the growth of moss and affect the health of your grass. Sprinklers must be turned off during rainy or windy weather conditions.

Lawn watering is also subject to the restrictions of the Grasmere Water District:

Water Use

- a) Lawn watering is prohibited between the hours of 5:00-8:00AM and 5:00-8:00PM.
- b) Watering restrictions apply between May 1 and October 1.
- c) Odd numbered homes will water on odd numbered days; even numbered homes water on even numbered days. This ensures that only half of the homes in Medvil are using water during the designated watering times.
- d) Homes with automatic sprinkler systems will operate between 3:00 and 4:00AM every other day as outlined above and no more than twenty minutes (20") per each zone.
- e) Homes with manual sprinkler systems will water each zone for no more than

twenty minutes (20") every other day as outlined above.

f) New automatic sprinkler systems should install operating rain sensors set to detect one quarter inch ($\frac{1}{4}$ ") of rain.

g) Homeowners are responsible for repairs/replacements of any sprinkler heads/piping to a system that does not maintain a one-foot (1') setback from the road.

COMMITTEES



CONTACT Irene Gagne at
603-622-1869

Committee

Members—We are a committee of six and

we are looking for more members.

Monthly Pool – The winner on 5/1 was Irene Gagne for \$250. All numbers are being played with a guaranteed winner. **There are two people on the wait list. Call Irene to place your name on the list.** It's only \$5/month and you can play more than one number.

Yard Sale-- Our next yard sale will be on 10/4/25.

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, TVs, large appliances, furniture, or exercise equipment.

Please do not place any items in the mail houses or the libraries.

Consignment Store--All donations to the yard sales that are nice enough to bring to the consignment store and are sold have the proceeds



go to the Fundraising Committee. The consignment store accepted 11 items on 5/9 and so far, four items have sold.

Ideas Needed – The Committee is still looking for ideas on how to spend our money. This would be items that are not in our operating budget but would be useful and enjoyed by the residents. Call Irene with any suggestions but include as much information and costs.

Irene Gagne



REAL ESTATE COMMITTEE

The Real Estate Committee does not have set monthly meetings. We meet on an as-needed basis. If you are thinking of selling your home, the first step is to fill out the Intent to Sell form. This form can be found on our website at: medvilcooperative.com. **The Intent to Sell can be filled out online and printed, then dropped off at the Board Office for the Office Admin, in the mailbox on the wall by the door 30 days before listing your property.** The second step is to locate a realtor. Please consider letting Medvil Real Estate help you sell your home. Sales benefit the Medvil community.

Medvil RE Committee - 603-384-2819
Website: www.medvilcooperative.com Homes for Sale

Dorrie Kossuth, Chairperson



- **Saturday, June 7, is our annual Yard Sale!** The time is 8A – 2P, and the cost to participate is \$5.00. If you would like a table delivered to your home, that is an additional \$5.00. You must sign up and pay at the reception office!

- **Breakfast is Saturday, June 21.** Donald Drive lower level, anytime between 8:30 and 9:30AM. Cost is \$8. Again, you must sign up ahead of time at the reception office.
- **Fish Fry, Friday, July 11.** More info is forthcoming.
- **Annual Picnic is scheduled for Saturday, July 26 (rain date is Sunday, July 27).** Again, more information is forthcoming.
- **Chicken BBQ with corn on the cob in August.** Also, there will be a **Fish Fry in August.** Dates to be determined.

Speaking of Events, the committee is looking for residents who would like to be part of an Auxiliary Committee that would help when you wanted to, and in which case, you would be welcome with open arms. There's no commitment on your end, it's just that sometimes we need extra help, and it would be good to be able to call folks. For new residents, it's a wonderful way to meet other people.

If you're interested, please email Sue Proulx at medvil.sueproulx@gmail.com. You're welcome to come to one of our meetings. We meet on the first Wednesday of every month downstairs at DDC at 6:00PM.

The Events Committee thanks you in advance for your attendance at these and all future events.

Karen Kirkpatrick





RESOURCE COMMITTEE

Senior Discount
 Packets will no longer
 be available in the
 former Mail Room at
 Donald Drive

Clubhouse. The Senior Discount information sheets can be picked up from the table in that room for:

- Dine-Out-Club
- Meals on Wheels
- Senior Food Program
- Electric Assistance Program
- Fuel Assistance Program
- Lifeline Support
- Homeowner Assistance Fund
- Town of Goffstown Elderly Exemptions
- Retail Senior Discounts
- Affordable Connectivity (to the internet) Program
- USDA Single Family Housing Repair Loans and Grants
- AARP Foundation Tax-Aide
- Important Telephone Numbers for Seniors and Free Transportation.

Dorrie Kossuth

LIVING IN COMMUNITY

By Tondy McGowan

When asked to answer the question “What I like about living in Medvil Community and why?”, several residents responded:

“How friendly Medvil is. I moved into Medvil at the beginning of Covid and within a month I had

more friends here than I had in my old neighborhood.”

“I like the feeling of safety living in our community.”

“Medvil is a safe place to live, and [we] have many fun activities and great neighbors.”

“I like the neighbors, community spirit, the planned events, and the help from the Maintenance people and Office staff.”

“We moved here from New Boston and we love that Medvil is a community and even with the ups and downs, it is a great place to live. You can always find something to get involved with: knitting, scrabble, bingo, cribbage, and a number of different committees.”

“I like that a person can walk (around the neighborhood) without fear.”

“I like the very friendly neighbors. But I wish people would not drive so fast.”

As these residents indicated, there are a number of good reasons to like living in Medvil Community. However they do have some concerns as well. One of them is drivers who drive too fast on Medvil roads that are posted with a 15 mph speed limit. There are a number of reasons for drivers to slow down in Medvil. One is that residents walk on the roads for exercise, and many walk their dogs at various times of day. One resident said she had been tailgated by a driver who thought she was driving too slow because she was following the speed limit.

Recent discussions at Coffee house and at the Board of Directors meeting have been about the “speeding” issue. Solutions are not easy to come by. However, a number of creative ideas have been broached at these and other meetings. Things like “



larger speed limit signs, posted at several locations; enhancing speed bumps (or doing away with them and using other methods to slow down drivers); calling delivery companies to report drivers going too fast, giving the company the date and time of sighting; taking photos on iPhones of license plates. It is possible to identify drivers by license plate numbers.

Another idea to help solve the problem is to post humorous (well designed) signs, i.e., “Seniors at Play... Slow down and give them a Chance”. “Dog Walkers: BEWARE!” “Seniors Crossing, Don’t Knock Them Down!”

Other, probably not realistic solutions, include putting neon lights around speed limit signs.

Many people, including Board members, feel that speeding is an intractable problem and they think people are going to speed no matter what Medvil does to curtail it.

What do you think? Share your ideas at the next Coffeehouse, which is your informal opportunity to bring to members of the Board your thoughts on this or any other topic relevant to living in our community. Coffeehouse is at 8:30 AM at the PLC on the Saturday before the monthly Board Meeting. June Coffeehouse is on the 14th. See you there!



NOMINATION COMMITTEE

We are seeking new members to help identify new candidates for next year.

Open Positions will be :

President
Operations Director
Secretary
(2) Directors at Large



We are open to new ideas and your commitment to the committee can be for shorter amounts of time if that best suits you.

Please help be an advocate to encourage people to consider running for a position on the board.

If you'd like to be on the committee, or if you are interested in running for one of the open positions on the board, please email Anita O'Brien at medvil21@comcast.net.

Thank you!

Anita O'Brien and Sue Soule

★ *Stellar* ★★

Salon at Medvil

stellarhmu@gmail.com

(781) 779-7592






TASTY TIDBITS

by Cat Pragoff

Ahh, warmer weather, sunshine and lots of reasons to turn off the oven. So here are some recipes featuring chicken on the grill or on the stove top. If you're not a poultry fan, tofu can be substituted on several of these dishes without a problem.



Directions:

- In a large bowl, whisk together sesame oil, 1/2 cup soy sauce, the hoisin sauce, and the black pepper (and the hot sauce, if using). Add chicken thighs and stir to coat. Refrigerate until ready to cook.
- For the basting sauce, combine the remaining 3 Tbs. soy sauce, the brown sugar, and the ginger in a small bowl, and whisk until the sugar is dissolved.
- When you're ready to cook the chicken, build a fire in a charcoal grill, leaving about 1/3 of the cooking space free of coals. When the coals are covered with gray ash and the temperature is medium (when you can hold your hand 5 inches above the coals for 5 to 7 seconds), you are ready to cook. (For a gas grill, turn one burner to high, leaving the other off, then lower the cover and heat for 15 minutes.)
- Using tongs, remove the chicken thighs from the marinade and cook directly over the coals, turning every few minutes, until they are well-browned but not crusty, about 8 to 10 minutes. Then, using a pastry brush, begin to baste them with the basting sauce until they develop a lacquer, an additional 8 to 10 minutes, again turning every few minutes. If the chicken threatens to burn, move it to the part of the grill without coals.
- Transfer the chicken to a warmed platter, sprinkle with the scallions and cilantro, and serve with rice.

Grilled Soy-Basted Chicken Thighs

(Makes 4-6 servings)

Ingredients:

3 Tbs. toasted sesame oil
1/3 cup plus 3 Tbs. soy sauce
1 Tbs. cracked black pepper
Hot sauce, to taste
2-1/2 lbs. skinless, boneless chicken thighs
1/4 cup brown sugar (light or dark) or molasses
2 Tbs. ginger, peeled and minced
4 scallions, sliced thin
5 or 6 sprigs cilantro, tough stems removed, roughly chopped (approx. 2 Tbs.)



Chicken with Tender Lettuce, Peas, and Prosciutto

(makes 4 servings)

Ingredients:

4 boneless, skinless, thin-sliced chicken cutlets
(about 1-1/2 lbs.)
Salt & black pepper
4 Tbs. olive oil
4 Tbs. unsalted butter
1 small shallot, chopped
2 cups frozen or fresh peas (about 20 ounces)
2 head butter lettuce, torn into pieces (about 6 cups)
4 thin slices prosciutto, torn into pieces
1/4 cup water
2 tsp. sherry vinegar

Directions:

- Working with one cutlet at a time, pat the chicken dry and place between two pieces of wax paper or plastic wrap. Using a meat mallet or rolling pin, pound the thicker parts so that the cutlet is an even thickness of about 1/4". Season both side with salt and pepper.

- Heat 2 Tbs. olive oil in a large pan over medium-high heat until it shimmers. Add chicken in a single layer (work in batches if the cutlets are large, but it's okay if they touch slightly). Cook, undisturbed, until almost entirely cooked, bottoms are browned, and the cutlets release easily from the pan, about 3 minutes; there should be just a small area of pink uncooked meat on the top of each cutlet. Flip and cook for another 30 to 60 seconds until just cooked through.

Remove the chicken to a serving platter. If cooking in batches, add more oil as needed for the second batch.

- Lower the heat to medium and add the butter to the pan. Once the butter is melted, add the shallot and cook until softened, about 1 minute. Add the

peas, 1/4 cup water, and a pinch of salt. Sinter gently until the water has almost evaporated, about 5 minutes. Add the lettuce, prosciutto, and remaining 2 Tbs. olive oil, then cover and cook for 5 more minutes, until the peas are tender. Stir in the vinegar and remove from the heat.

- Immediately top the cutlets with the prosciutto-pea mixture and serve warm.

Chimichurri Chicken

(Makes 4 servings)

Ingredients:

1/2 cup olive oil
4 Tbs. minced fresh parsley
3 Tbs. red wine vinegar
6 cloves garlic, minced
1/2 tsp. dried oregano
3/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. crushed red pepper flakes
1-1/2 lbs. boneless skinless chicken thighs

Directions:

- In a large bowl, whisk together the olive oil, parsley, red wine vinegar, garlic, oregano, salt, pepper, and crushed red pepper flakes. Reserve half this chimichurri sauce for serving and refrigerate.

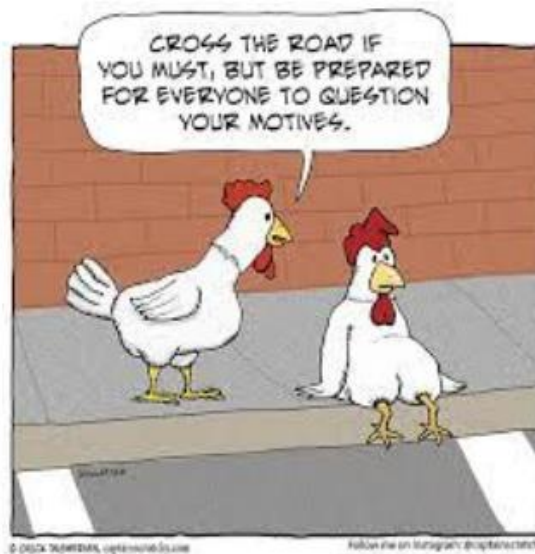
- Add the chicken to the bowl with the remaining sauce; toss to coat. Cover and refrigerate for at least 30 minutes.

- Remove the chicken and discard the marinade. Grill, covered, over medium-high heat, for 4-5 minutes per side

or until chicken reaches an internal temperature of 165°F. Coat with the reserved sauce to serve.

Classic Deviled Eggs

(Makes 12 halves)



Ingredients:

6 large eggs
1 tsp. Dijon mustard
1-2 dashes Tabasco sauce, to taste
Salt, to taste
1/4 tsp. freshly ground black pepper
1 Tbs. snipped fresh chives
3 Tbs. mayonnaise
Paprika, for garnish
Whole fresh chives, for garnish

Directions:

- Rinse eggs with warm water and place in a small saucepan. Cover with cold water, place the pan over medium-high heat, and bring to a boil. Turn off the heat, cover, and let sit for 10-12 minutes. Drain, rinse under cold water or transfer to a bowl of ice and water, then peel. Cool in the refrigerator, loosely covered, for 15 minutes.
- Halve eggs lengthwise and carefully remove the yolks. Place yolks in a bowl and mash with a fork. Stir in mustard, Tabasco, salt, pepper snipped chives, and mayonnaise.
- Fill each egg white with about 1-1/2 tsp. of the egg-yolk mixture using a spoon or piping bag. Dust the top with paprika. Arrange on a platter and garnish with whole chives.

Turmeric-Black Pepper Chicken with Asparagus
(makes 4 servings)

Ingredients:

3 Tbs. honey
1/4 cup water
3/4 tsp. black pepper, plus more to taste
Kosher salt, such as Diamond Crystal
2 Tbs. all-purpose flour
1-1/2 tsp. ground turmeric
1 lb. boneless, skinless chicken thighs, cut into 1" pieces (chicken breast works well, too)
1 Tbs. coconut or canola oil
12 ounces asparagus, trimmed and thinly sliced on an angle
1 tsp. unseasoned rice vinegar or soy sauce
1 lime, cut into wedges (optional)

Directions:

- In a small bowl or measuring cup, stir together 1/4 cup water with the honey, pepper, and 1/2 tsp. salt; set the honey mixture aside.
- In a medium bowl, stir together the flour, turmeric, and 1 tsp. salt. Add the chicken and toss until coated.
- In a medium non-stick skillet, heat the oil over medium-high heat. Add the chicken and cook until the turmeric is fragrant and the chicken is golden brown on both sides, 2 to 3 minutes per side.
- Add the honey mixture and cook, stirring, until the chicken is cooked through and the sauce has thickened, 2 to 3 minutes.
- Remove from the heat and stir in the vinegar. Season to taste with salt and pepper. Serve over quinoa; squeeze lime over the top, if you'd like.

Easy Chicken Tacos
(makes 8 tacos)

Ingredients:

4 boneless, skinless chicken thighs, about 1-1/2 lbs.
3 garlic cloves, grated
1 lime, juiced, plus lime wedges for serving
1 Tbs. vinegar-based hot sauce (like Tabasco) plus more for serving
1 tsp. onion powder
4 Tbs. vegetable or avocado oil, divided
1/2 cup water
Salt and black pepper
8 corn or flour tortillas, warmed
Minced onion and cilantro, for serving
Guacamole, salsa verde, pico de gallo, or pickled vegetables, for serving (optional)

Directions:

- Mix the chicken, garlic, lime juice, hot sauce, onion powder, 2 Tbs. oil, 1 tsp. salt, and 1/2 tsp. black pepper in a bowl and toss to combine, making sure the chicken is thoroughly coated in the mixture.
- Heat the remaining 2 Tbs. oil in a 12" cast-iron skillet or other large heavy-bottomed pan over



medium-high heat. Add chicken in a single layer and cook until browned and edges begin to crisp, 6 to 8 minutes per side.

- Using tongs or a fork, move the chicken from the pan to a cutting board. Adjust the heat to medium-low, carefully 1/2 cup water, and scrape up the browned bits

with a wooden spoon or spatula. Keep the skillet over medium-low while you proceed with the next step.

- Cut the chicken into bite-sized pieces and return to the skillet. Toss to coat in the pan sauce and cook, stirring frequently, for 3 more minutes; turn off the heat. Serve straight from the skillet with warm tortillas, onions, and cilantro, and your choice of additional toppings.



A couple of happy updates this month!

Stinky, the feral kitten that I fostered over the winter, is now in her new home and doing great! She is very sweet and a wee bit sassy!

About 10 days ago, a resident let me know about kittens on her

Imagine our surprise: TWO sets of glowing eyes!!!

street, possibly living under a house. I am so

grateful that she did! The earlier I can get them, the better their chances of being tamed and finding homes. I set out a trap, baited with sardines, and positioned a game camera so I could monitor activity. It took five days before I caught the first one. S/he cried

most of the time until I caught the second one a few days later. I was also lucky to get a Snuggle Puppy from a kind woman on the Buy Nothing Facebook group. It is a floppy stuffed dog with an electronic heartbeat, which is soothing to baby animals. Yesterday, I got an alert on my phone from the game camera. When I opened the app, I saw a picture of a gray kitten near the trap, and on the next frame, no kitten and a closed trap. I thought to myself, "Good. Only one more to go." When I got home, I peeled back the towel that was covering the trap a bit to show my mother. I expected that she would say something softly to the kitten as usual. But instead, she said, "Two?!" I was surprised and thrilled! I guess that they were walking in lockstep near the trap so I didn't see the second one.

A big thanks to Cyndi Beeson for alerting me to the kittens, to Anita O'Brien, for letting me set up the trap at her dad's house the first two days, and to Cindy Caron for allowing me to set up at hers the rest of the time! I really appreciate and count on our community to help me with the Feral Cat Reduction Program!

While I don't know if the



kittens spent any time under the house in question, Anita was kind enough to let me go underneath to check it out. I couldn't find a way for cats to get under the house, but I did find cat hair and old feces there, which means cats had been there sometime. It is important to seal any openings under your homes not only to keep out the cats, but wildlife as well. The cats may not do much damage, but other animals, like raccoons, squirrels, and chipmunks can wreak havoc with insulation and wiring, which can lead to costly repairs. Anywhere that you don't want critters, create barriers to keep them out.

Lastly, while the number of free-roaming cats has remained stable since we started the program, I am aware of a couple of new cats in our community. It is likely that they were not born here and may not be feral. If that is the case, I'd like to trap them before they become more wild so that they have a chance at finding a home. Please keep your eyes peeled and let me know as soon as you can when you see new cats. Thanks so much!

Donna Duford

ATTENTION MUSIC LOVERS: DON'T MISS THE ***FREE*** CONCERTS THIS SUMMER!

Concert Series schedules for the Friends of Stark Park and the town of Henniker have been published just in time for us to share them with you:

FRIENDS OF STARK PARK SUMMER CONCERT SERIES 2025 🎵

All Concerts 2 – 4 pm Unless noted

📍 Stark Park / Free & Open to the Public

June

🌸 Sun, June 29 – *New Legacy Swing Band*

July

🎸 Sun, July 6 – *Love Dogs*

🎸 Sun, July 13 – *Wolverine Jazz Band*

🎵 Sun, July 20 – *Another Tequila Sunrise – Eagles Tribute*

🎸 Sun, July 27 – *Swing Times Five*

August

🌸 Sun, August 3 – *Something Wonderful Tonight – Eric Clapton Tribute*

🎸 Sun, August 10 – *Studio Two – Beatles Tribute*

🎵 Sun, August 17 – *Windham Concert Band*

🎵 Mon, August 18 at 6 p.m. – *Manchester Community Summer Band*

🎸 Sun, August 24 – *Compaq Big Band*

Rain Dates

🌧 Sun, Sept. 7 – *Compaq Big Band (Rain Date)*

🌧 Sun, Sept. 14 – *New Legacy Swing Band (Rain Date)*

HENNIKER CONCERT SERIES

Tuesday nights at 6 PM

Angela Robinson Bandstand, Community Park
57 Main Street, Henniker, NH 03242

Admission is free. Donations graciously accepted.

June 10

Peabody's Coal Train
Traditional Bluegrass & alternative country

June 17

Hot Skillet Club
Jazz & Western Swing

June 24

Scott Kirby with Gary Green
Singer/songwriter/storyteller

July 1

Rebel Collective
Irish Punk Rock Band



July 8

Independence Day Celebration
Hopkinton Town Band

July 15

Monkey Fingers
Beatles Tribute Band

July 22

Blues Brews & BBQ Fest
The Blues Express
Special Time: 5:00 – 8:30 PM

July 29

Not Fade Away
NH's premier Grateful Dead Tribute Band

August 5

Shana Stack Band
Award-winning country band

August 12

Princess Kikou
Afro-Caribbean world beat

August 19

Dwayne Haggins Band
Country Blues & Soul

August 26

Macrotones
World funk & soul

September 2

Nick's Other Band
Our favorite party band



READERS' CONTRIBUTIONS

FASCINATING FACTS

Brought to you by Karen Kirkpatrick

- Ketchup was originally made from fish ... yuck!
- The chariot scene in Ben-Hur took almost a year to make.
- In 1635, the first public school in the future United States territory, The Boston Latin School, opened its doors in Massachusetts.
- President John Quincy Adams spoke 9 languages ... English, French, Dutch, German, Latin, Spanish, Greek, Italian, and Russian. That's really impressive! As I've gotten older, I realized that I speak 2 languages fluently ... English and Foul.
- In addition to being a pilot, Amelia Earhart had another claim to fame. She had her own fashion line!! Earhart's line was marketed to "the woman who lives actively" and included anti-wrinkle dresses, pants, and garments that could be worn both in the skies and on land.
- One of the characters in the old TV show "Young Riders" was Teaspoon Hunter. He oversaw the group of young pony express riders. One day, the character



named “Kid” asked for Teaspoon’s advice regarding women. Teaspoon responded – “the thing to remember about women is time and distance.” We got a chuckle out of that.

- Just a random thought ... instead of the U.S. being settled East to West, what if had been settled West to East?
- The first covered shopping mall was most likely built by the Romans. Trajan’s Market (*Mercatus Traiani*) was constructed between 100 and 110 CE. It was made of red brick and concrete. It had six levels that housed around 150 different shops, as well as government offices and living accommodations.

JOKES

Brought to you by Joyce Wilson

Did you hear about the guy who told a joke during a zoom meeting and nobody laughed? It wasn't even remotely funny.

Why was the funeral for the inventor of Tupperware delayed?

They couldn't find the right lid for the coffin.

Where do fish go to watch a movie?

To the dive in.

What did the duck say when it bought Chapstick?

Put it on my bill.

Why did the woman start a dating site for chickens?

To make hens meet.

SIMPLE LOW-COST CAN-OF-SOUP RECIPES

From the Medvil Knitting Group via Tondy McGowan

Campfire Stew

I learned how to make this recipe when I was a Girl Scout. We made it over a “buddy burner” the first night of weekend camping. It became a tradition with our family when we went camping. It is an easy recipe that you can also make on your kitchen stove.

Ingredients:

1 lb. ground beef

1 can tomato soup concentrate

1 can vegetable soup concentrate

1 can water

Brown hamburger. Pour off fat. Add soup concentrates and water. Heat to simmer. Serve! Can be served over rice, noodles, toast or ??

Easy Tuna Casserole

I learned this recipe from my mother when I was young. It was a cheap and easy way to make a quick supper. I still use it today as it is tasty and easy. I serve it with a green vegetable such as broccoli or asparagus.

1 can Cream of Mushroom Soup

1 can tuna

Potato chips (salted or unsalted)

1/2 soup can of milk (whole or lowfat)

Sometimes a bit more milk depending on amount of chips used

Mix soup, tuna and milk. Stir to mix well. Layer potato chips in casserole dish starting at the bottom and ending at the top. Bake at 350-375 for 30+ minutes or until bubbly and browning on the sides. Serve quickly. It tastes best right out of the oven.

Another easy soup can recipe:

One Dish Chicken and Rice Bake

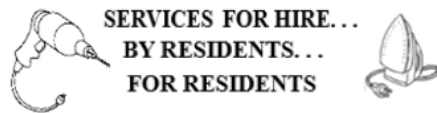
This is a Campbell Soup recipe.



1 can cream of mushroom soup
 1 cup water
 3/4 Cup uncooked regular long grain rice
 1/4 tsp paprika
 1/4 tsp black pepper
 4 skinless, boneless chicken breast halves
 (sometimes I use skinless, boneless chicken thighs)

In two quart shallow baking dish, mix soup, water, rice, paprika, and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper.

Cover. Bake at 375 F. for 45 min or until rice is done. Serves 4. Also good with a green vegetable and/or salad.



For residents only who have services and/or skills that might be of help to folks living in Medvil. We will list names, phone numbers and/or email addresses and a two or three line description of the service you offer (housekeeping, carpentry, plumbing, etc.) Listing will run three consecutive months, then be removed. Should you wish the listing to run for another three months, please contact the newsletter. Send your listing to The Medvil Messenger at medvilnewsletter@comcast.net.

Georgette Houle (603) 486-5014

Dog walking or boarding at my home. By the hour, day or week. Call for further information and prices.

3/20

Mark Simpson (978) 815-4831

Affordable siding and siding repairs, deck and stair replacements and repairs as well as window and

door replacements. 40 years in business. Fully licensed and insured.

3/20

Barbara McDermott 603-785-5743



Cat sitting by cat owner. Lots of experience with finicky cats and cats requiring daily medication. References available upon request.

4/20

John Adams 603-892-6509

Spring and fall cleanup, summer routine hedge clipping and mowing, landscape maintenance, mulching, planting, etc. Pressure washing of houses.

5/20



The Medvil Messenger is always looking for more material! Family recipes, helpful hints, reminiscences, jokes, poems, gardening advice, reviews of your latest vacation and day trip discoveries, hilarious tales of your pets' antics—just about anything. Please keep it upbeat and positive. Original material will take precedence over reprints from other sources, including printouts of email pass-arounds. material, please try to cite a source.

We reserve the right to reject material that may offend, divide our community or cause political arguments.

Please submit your items to our email:

medvilnewsletter@comcast.net Or place hard copy with a staff member in the Reception Office in the DDC. Deadline for submissions is noon on the Thursday after the Board Meeting. (BOD meets on the 3rd Tuesday of the month.)

If you want to receive The Medvil Messenger by email only, please send a request to medvil@comcast.net, and you will be placed on the list for a monthly mailing of









the Messenger and any related announcement/event flyers.

Medvil Messenger Staff: *Debbie Cyr and MB. Wulf*
Additional Proofreading: *Irene Gagne & Sue Soule*
Calendar Grid Fixer: *Alyn Miller*



JUNE 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|------------------------------------|--|---|---|--|--|
| 1 | 2 6:30 Cribbage PLC | 3 10 & 7 Play Pool PLC | 4 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC | 5 1 Mahjong PLC 6:30 Bingo DDC | 6 6 Cribbage PLC non-league | 7  8-2 Community Yard Sale |
| 8 | 9 6:30 Cribbage PLC | 10 10 & 7 Play Pool PLC | 11 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC | 12 1 Mahjong PLC 6:30 Bingo DDC | 13 6 Cribbage PLC non-league | 14  8:30 Coffee PLC |
| 15  FATHER'S DAY | 16 6:30 Cribbage PLC | 17  10 & 7 Play Pool PLC 6 BOD Mtg DDC | 18 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC | 19 1 Mahjong PLC 6:30 Bingo DDC  EMANCIPATION DAY | 20 6 Cribbage PLC, non-league | 21 8:30 Breakfast DDC  |
| 22 | 23 6:30 Cribbage PLC | 24 10 & 7 Play Pool PLC | 25 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC | 26 1 Mahjong PLC 6:30 Bingo DDC | 27 6 Cribbage PLC, non-league | 28 |
| 29 | 30 6:30 Cribbage PLC | | | | | |

Metal Pick-up: 1st Monday of the month, beginning at 8 AM *
Trash/Recycling Pick-up: Every WEDNESDAY beginning at 7 AM *
Yard Waste Pick-up: Every Thursday until 1 December

**** Please have your items curbside by that time.**



MEDVIL FINANCIAL SNAPSHOT

| | | | | | | | | | |
|--|---------------------|-------------------|----------|-----------------------------------|---------------------------|-------------------------------|---|--|--|
| | Period Ending: | 4/30/25 | | | | | | | |
| | | | | | | | | | |
| Year to date (YTD) Results | YTD Budgeted | YTD Actual | % | Satisfactory Results | Concerning Results | Unsatisfactory Results | | | |
| Cash & Reserves | | | | Green | Yellow | Red | Remarks | | |
| Total Income Received | \$613,430 | \$627,615 | 102.3% | over 98% | 95-97% of budget | under 95% | | | |
| Unbudgeted Income | | \$16,585 | | | | | R.E. Commissions, Comcast contract & Salon | | |
| Total Lot Fees | \$611,030 | \$611,588 | 100.1% | over 98% | 95-97% of budget | under 95% | | | |
| Operating Acct. Balance | | \$58,698 | | | | | | | |
| All Reserve Acct. Balances | | \$922,304 | | | | | Includes Money Market & investment CD's - \$20,833 monthly transfer | | |
| Expenses | | | | | | | | | |
| Total Expenses | \$516,489 | \$496,656 | 96.2% | less than 3% over budget | 3%-4% over budget | 4.1% over budget | | | |
| Utilities | | | | | | | | | |
| Water | \$55,000 | \$57,547 | 104.6% | less than 3% over budget | 3%-4% over budget | 4.1% over budget | | | |
| Heat, Electric, Telephone, & Internet | \$12,400 | \$15,403 | 124.2% | less than 3% over budget | 3%-4% over budget | 4.1% over budget | all 3 accounts are slightly over budget | | |
| | | | | | | | | | |
| Other Expenses | | | | | | | | | |
| Capital funds expended | \$278,061 | \$101,842 | 36.6% | less than 3% over budget | 3%-4% over budget | 4.1% over budget | \$11,375 & \$8,455 carryover for PLC roof & shelterlogic included in YTD budgeted \$ & less \$35K for truck, less \$10,009 for mower & \$6,930 for globes spent in 2024 | | |
| Mortgage Expenses | \$317,200 | \$309,901 | 97.7% | no late payments | | late payments | Principal & Interest | | |
| All other expenses | \$286,089 | \$267,776 | 93.6% | equal to or less than 100% budget | 101%-110% of budget | 111% or more | | | |
| | | | | | | | | | |
| Total Net Income *** | \$96,941 | \$130,959 | 135.1% | equal to or over 100% budget | 98%-99% of budget | under 98% | *** Includes unbudgeted income | | |
| | | | | | | | | | |
| Debt Coverage Ratio | 1.100% | 1.303% | | greater than 1.1% | | less than 1.1% | | | |
| | | | | | | | | | |
| Note: This Report is intended to provide Medvil residents with a 'snapshot' of our financial health at the end of each month. For more information, you can read the full detailed monthly Financial Report posted in the Medvil mail room or by contacting the Medvil Treasurer. Your Board of Directors welcomes your suggestions, questions, and feedback. | | | | | | | | | |

“Ham, Hash and Eggs Breakfast”

Saturday
June 21st
Donald Drive Club
House



Serving time is
8:30 to 9:30 am.

Breakfast includes scrambled eggs, corned beef hash, ham, waffles, toast, pan fries, sliced fruit, plus all the coffee you can drink

\$8.00 for adults

\$5.00 for children under 12

“These are social events designed to bring people out of their homes to mingle with each other and build a strong community. Take out is made available at this event to those individuals who do not drive or who cannot attend this event for medical reasons.”

Sign up at the Reception Office
Monday through Friday.

The last day to sign up is
Thursday, June 19th

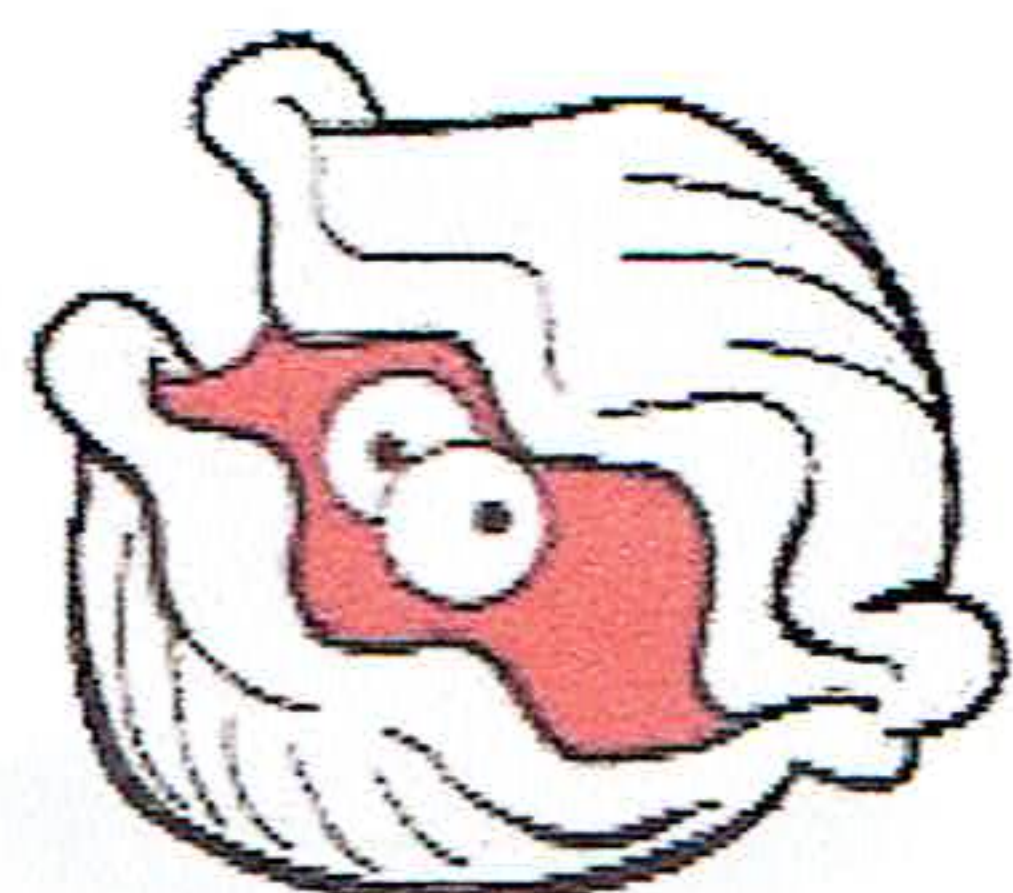


Don't Forget The 50/50 Raffle

The Events Committee would like to thank the residents of Medvil for their continued support of all the activities we host throughout the year; all of which allows us to offer low cost/no cost events and helps defray the cost of our annual Christmas Party.

Eagle One Coach Presents....

Boothbay Harbor / Cabbage Island, ME



August 06, 2025
Wednesday Day Trip
\$175 Per Person



Your Boothbay Day Trip Includes

- Luxury air-conditioned, restroom equipped motorcoach transportation.
- Shopping time in the village of Boothbay Harbor.
- Narrated boat cruise to Cabbage Island.
- Lobster Bake, including New England clam chowder, Steamed clams, corn on the cob and Maine potatoes.



The Original Downeast Clambake of Boothbay Harbor is cooked in seaweed, steamed from top to bottom, and covered with tarpaulins and rocks in order to capture all the flavor and sweetness of Maine Lobsters and clams. (Chicken available upon request in advance.)

Reservation Form

Return to: Claramae Hebert
P.O. Box 242
Dover, NH 03820
(603) 742-6106

Boothbay / Cabbage Island
August 06, 2025
\$175 Per Person

Enclosed please find \$_____ per person as payment in full for _____ person(s). Full payment is due at the time of reservation. Refunds are not given for cancellations within 21 days of trip.

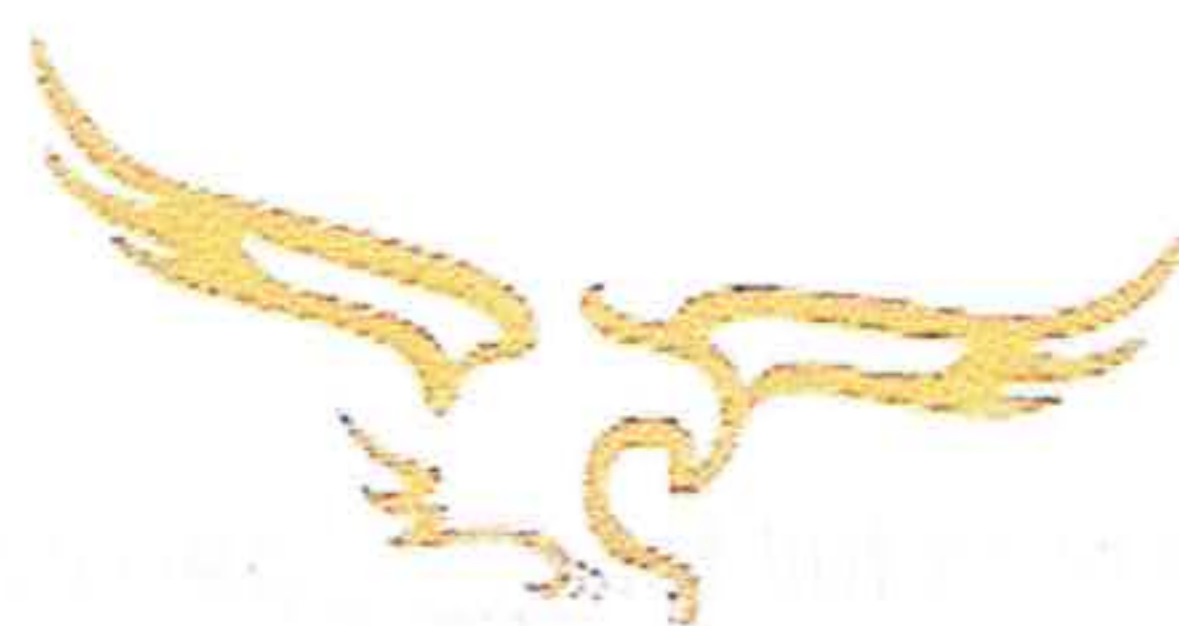
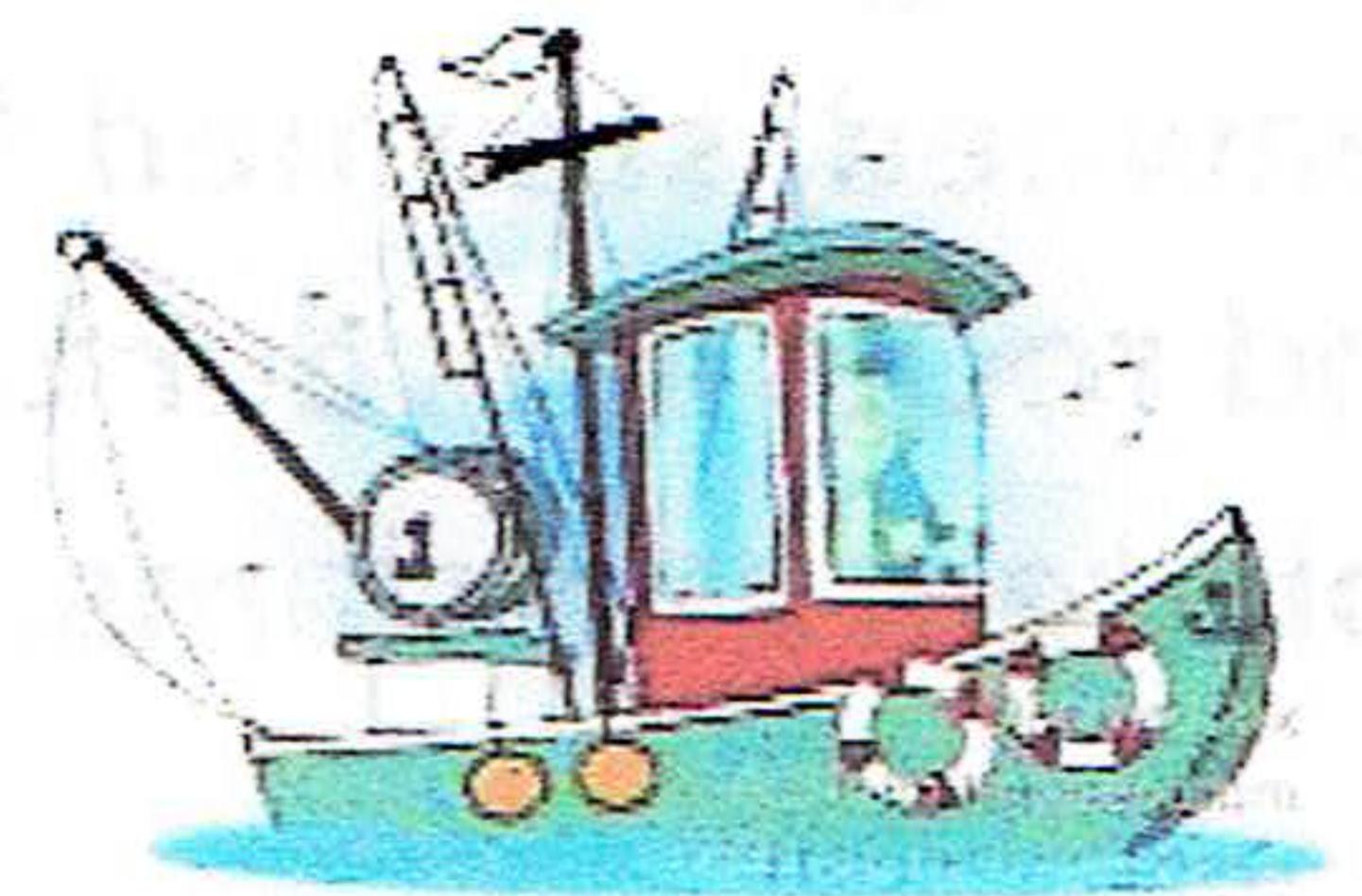
Please make checks payable to: **Claramae Hebert.**

Name: _____ Phone: _____

Address: _____

Suggested Itinerary

| | |
|-----------------|---|
| 07:00 AM | Depart Bedford Mall (Lot next to Citizen's Bank) |
| 07:30 AM | Depart Epping, NH Park & Ride |
| 08:00 AM | Depart Saint John's Dover |
| 08:30 AM | Depart Wells Transportation Center |
| 10:30 AM | Approx. Arrival in Boothbay Harbor |
| 11:45 AM | Meet at Dock for Boarding. |
| 12:00 PM | Board the Bennie Alice For a Narrated Cruise to Cabbage Island. |
| 04:30 PM | Boat Returns to Dock. Board Motorcoach for Trip Home. |
| 06:30 PM | Estimated Return to Wells |
| 07:00 PM | Estimated Return to Dover |
| 07:30 PM | Estimated Return to Epping |
| 08:00 PM | Estimated Return to Bedford |



Eagle One Coach Presents....



FOXWOODS RESORT & CASINO

June 25, 2025

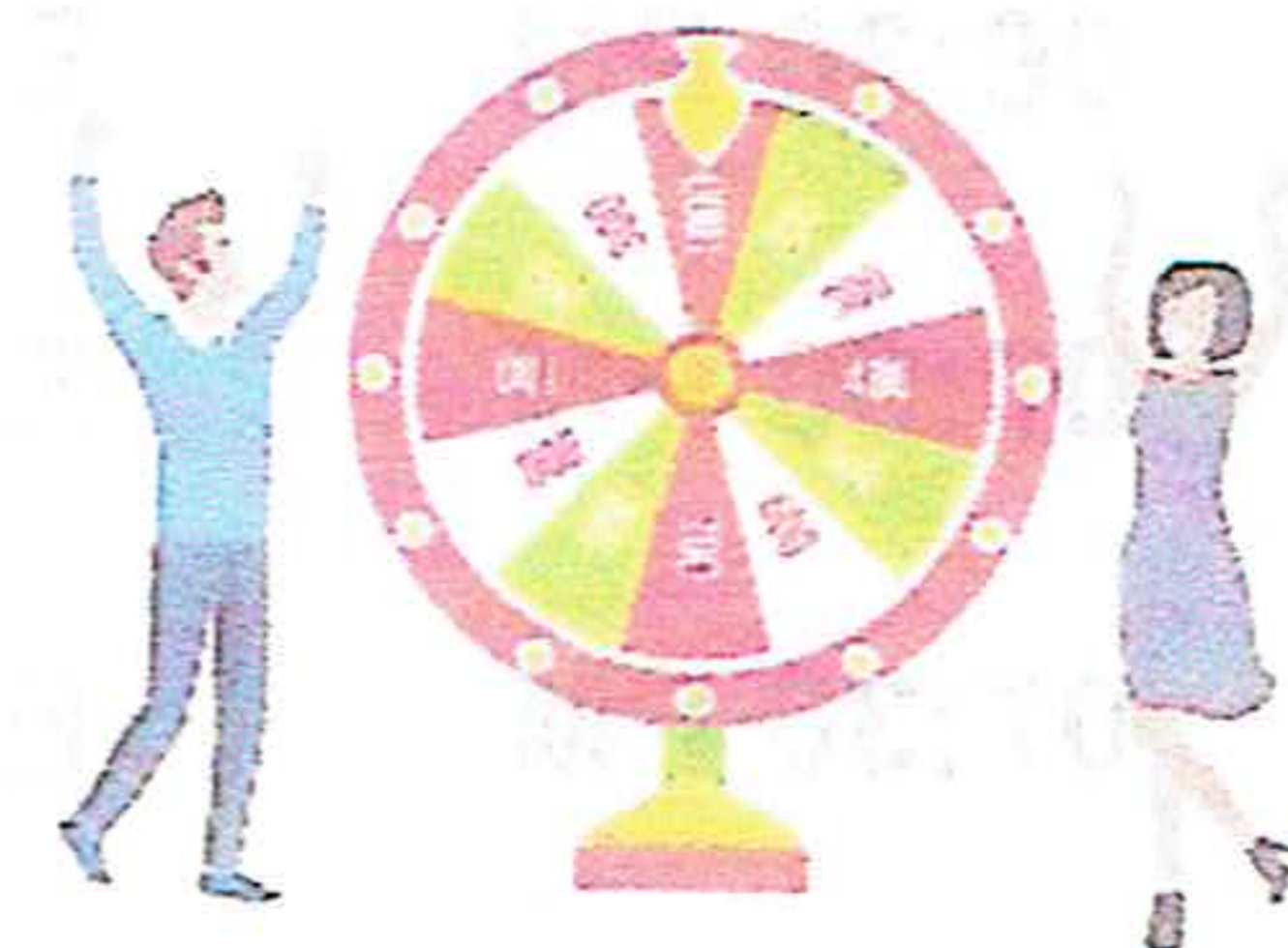
\$50 Per Person

Foxwoods Resort & Casino, located in Central Connecticut, is the state's oldest gaming and entertainment venue. Slots, Blackjack, Poker... All your favorite games of chance from a name you know... **Foxwoods Casino!**



FOXWOODS
RESORT • CASINO

THE *Wonder* OF IT ALL



Your Foxwoods Casino Trip Includes:

- Luxury air-conditioned, restroom equipped motor coach transportation
- Eagle One Coach escort
- All taxes and gratuities for feature items except customary gratuities to escort and coach driver

Reservation Form

Return to: Claramae Hebert
P.O. Box 242
Dover, NH 03820
(603) 742-6106

Foxwoods Casino
June 25, 2025
\$50 Per Person

Enclosed please find \$_____ as payment in full for _____ person(s). Full payment is due at the time of reservation. Refunds are not given for cancellations within 21 days of trip.

Please make checks payable to: **Claramae Hebert.**

Name: _____ Phone: _____

Address: _____



FOXWOODS
RESORT ♦ CASINO
THE Wander OF IT ALL



Suggested Itinerary

| | |
|-----------------|---|
| 06:30 AM | Depart from St. John's UMC in Dover, NH |
| 07:00 AM | Depart from Epping, NH Park & Ride |
| 07:30 AM | Depart from Bedford, NH – Bedford Mall (Lot next to Citizen's Bank) |
| 10:00 AM | Arrival at <i>Foxwoods Resort & Casino</i> |
| 04:00 PM | Depart for Home |
| 06:30 PM | Estimated arrival in Bedford, NH |
| 07:00 PM | Estimated arrival in Epping, NH |
| 07:30 PM | Estimated arrival in Dover, NH |

