



PHONE: 603-497-4440

FAX: 603-497-4880

WEB SITE: www.medvilcooperative.com

Established 2006

E-MAIL ADDRESS: medvil@comcast.net

THE MEDVIL MESSENGER

For all the Medvil community since 2008.
May 2021

Medvil pride.....shows inside!
Edition 141

BOARD NOTICES

A LETTER FROM KIM

Greetings Neighbors and Friends,



It is starting to look like we may get back to some sense of normalcy by this summer or certainly by late summer. What the new normal is, well that seems to change day by day. If you are able, I

hope you are considering getting vaccinated for COVID-19. If you have had your shot(s), it would be great to let us know. Having an idea of how much of our population is vaccinated will give us a barometer to gauge when we can be comfortable with getting about and starting up some activities for our residents. If you are not comfortable with letting us know, that is fine, this is purely a voluntary request. You can call the office number at 603-497-4440 Ext 1 (do not forget, we will soon have to use the 603 prefix when dialing.) Just leave a message with your address and the number of you who are fully vaccinated. The folks at the Events Committee are anxious to start cooking for you and to set up social events for your enjoyment, so please consider letting us know.

What will it take to get things open here at Medvil, you might ask? The answer seems to be a moving target if you consult the CDC guidelines. We,

generally being the most vulnerable of the population, have been extremely careful to protect everyone. We haven't completely escaped the virus, but we have been fairly successful as it relates to folks catching it within the community. Herd immunity is supposed to be around 70-80% vaccinated depending upon who you listen to and even when you listened to them. About 30-35% of the population here takes advantage of our social events from time to time, not all at once, so herd immunity should be important for us moving forward. The more who volunteer their vaccination information the more comfortable we can be about socializing with each other.

Until then, we will start to open up some things with specific guidelines. As an example, we will consider having the Community Yard Sale, which is an all outside event, for those who want to participate. Also, a group of folks who have all been vaccinated have permission to use the clubhouse for their Friday evening cribbage league. The one condition is that only Medvil residents can participate. Special circumstances like these will be the start of our opening up. Hopefully, there will be more opportunities for social events as the virus becomes less of a threat to our health. Please stay vigilant until then as you protect your health.

Best wishes for a more fun summer than the last.

Kim Capen
President



IT'S TIME TO TAKE DOWN YOUR BIRD FEEDERS!!

Even though the bears have been out in Medvil all winter, their visits were sporadic; low temperatures and little snow cover made it easy for the bears to “wake up” and come out to forage for the bumper crop of acorns that fell last fall. But they are now all officially awake and out looking for food.

Bears are looking to put on weight quickly in the spring and summer and can smell the high fat content found in bird seed from as far as two miles away. To reduce nuisance bear problems, everyone should take down feeders now and keep them down until the snow accumulates again in the winter. You should also keep foods out of compost piles. Your BBQ grills should be cleaned after each use. Double bag your trash and store it in a secure location (all trash cans in Medvil are required to have lids). Wash your trash barrels with ammonia to mask the food odors (especially in the hot summer months). Bears are quick to learn where to get the easy goodies. They need far more time to ‘unlearn’ the attraction to your yard, so remain vigilant even when you don’t see any sign of them.

If you have questions on bear, you may contact Fish and Game at 271-3421 or on the web at www.wildlife.state.nh.us.

Other useful agencies are USDA/APHIS Wildlife Services at 1-888-SHY-BEAR or 603-223-6832 and the Hillsboro County UNH Cooperative Extension Office at 673-2510.

***And a reminder from NH Fish & Game:
Never, never interact with bears. Once they become accustomed to humans, bears have been known to break into people’s homes and cars and if this happens bears will be trapped and relocated or euthanized.***

Thank you.
The Board of Directors

The Medvil Messenger

OPERATIONS

It's hard to believe that another month has gone by. Maintenance has been very busy, so it goes without saying that the days have flown by as well.

The sprucing up of the Partridge Clubhouse has been completed. The interior walls have been painted as well as the exterior doors. We've added a few picnic tables with umbrellas that Jeff donated for you to enjoy the outdoors. It's a great spot for a picnic lunch. Arborvitae have been added to the fence lining the parking lot which gives it a more finished look. All that's left for landscaping is to mulch the shrubs and that project will be complete. A row of Arborvitae has also been added to the side of the Maintenance building in order to conceal the Maintenance yard. That area will also be seeded and should look beautiful with the shrubs in the background. The only thing that remains is the deck replacement which should take place in early May.

For those of you who have not seen it yet, we have added an electric GEM truck to the Medvil fleet, thanks to the generosity of the Fundraising Committee. We are already seeing a decline in the weekly fuel expenses. Many thanks to Irene and her entire committee for your support and generosity!

Delivery for the fencing for the Partridge Lane entrance has been delayed. Apparently, the supplier is having difficulty finding delivery drivers. Hopefully it will be here by the end of the month.

The new A/C systems have been installed at the Donald Drive Clubhouse. I'm happy to say that even with the increased cost of material and equipment, we were only \$200.00 over the approved budget. The clubhouse should be a lot more comfortable this summer than it was last year.

The material for the new siding of Donald Drive Clubhouse should be ordered soon. Installation will



be scheduled as soon as the contractor receives the material.

Let's talk trash for a minute (sorry). To those residents who are being conscious of the weight of their trash and lawn bags, I want to thank you on behalf of myself, the maintenance team and the volunteers. If you find that your trash or lawn bags have not been picked up then chances are they were too heavy therefore they were left behind. And remember, if rain is in the forecast and you have a carport, please leave your lawn bags at the end of the carport and they will be picked up there.

The landscaping projects are coming along. Hopefully, you're all enjoying the new plantings at the Donald Drive entrance. There's still some work to be done, such as edging, mulching and seeding, but we feel what's been done so far is a major transformation. We still have some areas to complete but I hope you're all happy with the results so far. Unfortunately, Stan has moved on from Medvil but resident Gerry Montminy graciously agreed to help Jeff with the remainder of the planting. Thank you, Gerry, for your constant willingness to help. With your assistance we were able to stick to our schedule.

That's all I have till next month which will be here before you know it. If you have any questions, please feel free to reach out.

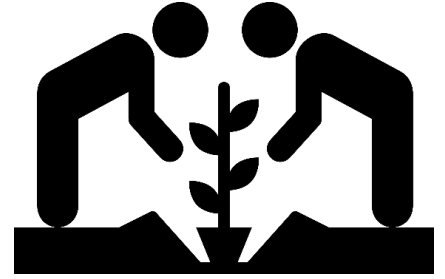
As always, thank you Jeff for all your hard work.

Odie/OD



PLANTING TIME IS ALMOST HERE!

The community garden space has been rototilled and our Maintenance Team will be staking off 10' x 20' plots. If



you would like space in the garden, please call the office at 603-497-4440, Ext. 0 and leave your name and phone number. Plots will be assigned on a first come/first served basis.

For folks who are new to our community, the garden area is located under the power lines on the land adjacent to the Partridge Lane Mail House.

I'VE FALLEN AND I CAN'T GET UP!



Believe it or not, this ad premiered back in 1989 and we all got a chuckle out of it. Fast forward 31 years and it's a safe bet that none of us are laughing anymore.

Raise your hand if you've ever been told that you should consider getting a medical alert device. Keep it raised if you've ever thought about getting one on your own. Okay, you can put your hand down now.

You may be thinking to yourself, "Mmmm, where is this article going?" I can honestly tell you this is definitely not a sales pitch for a medical alert device. What this article is about, though, is to get you thinking about whether you need some type of medical alert device, especially if you live alone.

You may be asking yourself why this is even an issue. Well, recently a resident fell at night and lay on the floor at their home overnight until late the next day. After a neighbor checked on them and

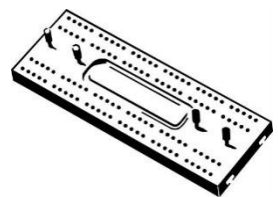


did not receive any response, they immediately called 911. The police and EMTs came and were able to get into the home and ultimately transport the person to the hospital.

What if this person had a medical alert device that could have notified emergency personnel as soon as it happened? How much stress and fear could have been alleviated by having **and wearing** such a device? (Yes, believe it or not, some folks who have this device refuse to wear it and leave it stashed in a drawer). Something to think about.

Karen Kirkpatrick

OTHER NOTICES



RETURN OF FRIDAY NIGHT CRIBBAGE!

Yes, you heard it right; Friday Night Cribbage has been given the green light to resume play, but there are restrictions and guidelines that will need to be followed. Continue reading for the details.

Play begins on Friday, June 4th @ 6:00 pm
Partridge Lane Club House

Play is restricted to only residents of Medvil Cooperative; unfortunately, at this time your friends or family members who live outside our community will not be allowed to play.

You must affirm that you are fully vaccinated.

Mask and gloves will be optional, depending on your level of comfort.

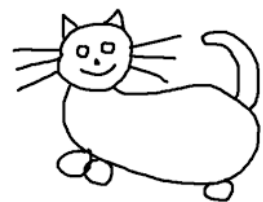
If you are interested in playing, or have additional questions, please contact me at (603) 622-2378.

I'm looking forward to seeing some familiar faces.

Susan Soule

The Medvil Messenger

FERAL CAT PROJECT UPDATE



The Manchester Animal Shelter has started trapping and has caught two black cats so far. The first one is a male who may be tame enough to be adopted. He has been neutered and they are holding him for two weeks to assess his behavior. The second, caught Saturday, is a pregnant female, and is being fostered by the shelter vet tech until she comes to term. The shelter always names the cats that they trap, and Medvil cats have a pasta theme. Our first two are Rigatoni and Fettuccine!

=^..^=
DD



Rigatoni

Fettuccini

HOME DELIVERY OF THE MEDVIL MESSENGER



With the arrival of nice weather, the Ambassadors asked, and were given the green light by the board, to begin delivering the Medvil Messenger to residents. Copies of the newsletter will be



put inside the screen door of your home; no personal contact will be initiated or required. This is basically what the process was before the pandemic. The newsletter will continue being delivered via email and posted on our website, www.medvilcooperative.com. *Copies of the newsletter will no longer be available at the mail houses.*

Now, what if you like reading the email/online version and don't want the printed copy? You can make your ambassador aware of your choice simply by calling the reception office at 603-497-5635, ext. 0. Leave your name and address and let them know not to leave you a copy of the newsletter. It's that simple (and you can always change your mind.)

ALSO PLEASE NOTE—The deadline for article submissions to the newsletter is once again changing. It will be noon of the Thursday following the BOD meeting. (BOD meeting is the third Tuesday of each month.) This is because we anticipate that the progress toward Covid vaccination coverage will soon permit some of our events to start coming back. At that time, we will again include a monthly calendar with your newsletter, and whether you receive hard copy or rely on your email, we want you to have plenty of lead time to plan to attend the events offered.



MEDVIL'S PRIVATE FACEBOOK GROUP is off to a good start, with 36 residents signed up and participating as of March 16. After a mild-but-dreary winter, the gardeners and birdwatchers are already optimistically chattering about spring.

We aim to foster friendly communication, cooperation and community involvement

among Medvil residents and friends of our great community. Got some good news you'd like to tell the world about? Sign up at <https://www.facebook.com/groups/medvilmembers>, and click the button to join.

It's a private group for Medvil residents only, so only members can see who else is in the group and what they post.

You need to have a Facebook account to participate. Just go to the sign-up link, fill in the information and click to agree to a few rules – the basic ones are to be kind and courteous, to respect everyone's privacy, and no self-promotion or spamming – and submit. You'll be quickly approved.

Let's make this a success for our community.

COMMITTEE REPORTS

EVENTS COMMITTEE

Once again, we have a very limited slate to announce for the Events Committee this month, due at least in part to the upswing in the number of Covid-19 cases in New Hampshire, and also to the slow response to the Medvil Board's call for our members to advise the office when we have received our vaccinations. It's simply a matter of calling the office once you're fully vaccinated—all



information will be kept in the strictest confidence. To date, only 50 folks have done this, so we still have a way to go before we can start any in-person events like the ever-popular fish fries and omelet breakfasts.

In the meantime, we have Marilyn Mills' upcoming Virtual Class on Meals for One or Two Using Your Slow Cooker. This will take place starting at 6 p.m. on Wednesday, May 19, and will feature how to choose the right size cooker for your family, plus slow-cooking tips, and a recipe demonstration with a special focus on heart and gut health. Those who stay for the entire class will be entered for a chance to win one of 10 gift bags (1 per household)

Watch for reminders and log-in details, coming to mail houses and email soon.

Once we have a better picture of how many members have been vaccinated, we'll start thinking about what events might be possible during the summer.

Until then, please stay safe, stay well, and keep an eye out for each other!

CP

FUNDRAISING COMMITTEE

Contact Irene Gagne at 603-622-1869



MONTHLY POOL

The 4/1 winner was Pam Gallagher for \$250. All numbers are being played with a guaranteed winner. However, we do not have anyone on the waiting list Please call Irene Gagne at 603-622-1869 to place your name on the list. It's only \$5/month and you can play more than one number.

Yard Sale – Our yard sales for this year are cancelled. We hope to have another yard sale next spring. This will depend on where the country stands on the coronavirus.



Committee Members – We are a committee of nine with two individuals interested. We are looking for more members with fresh ideas that will benefit the Medvil community.

Ideas Needed – However, you don't have to be a committee member to give us suggestions for projects to use our funds – call Irene with suggestions, including costs.

Monthly Pool— We have set up 6/7 as the date to collect the July - December pool money.

IG

REAL ESTATE COMMITTEE



Happy Spring! 🌷 Medvil's Real Estate Committee has been busy as bees buzzing around, with active home sales during the month of April! We've had 11 showings, three closings, and have two pending sales and one current listing.

DK

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**, filled out and sent to the office. The second step is to locate a realtor. Please consider Medvil Real Estate to help you sell your home. Sales benefit Medvil community.

NOTE: If any resident has a friend or relative who would be interested in viewing any of our listings, please inform them that the way to contact us would be to call the office at 603-497-4440 EXT 2 only, not our real estate representatives' personal phone numbers. Thank you.

Medvil RE Committee - 497-4440 Prompt 2
Website: www.medvilcooperative.com Homes for Sale

Dorrie Kossuth, Chairperson



MEDFORD FARMS SALON
 Wednesday - Saturday by Appointment
 Pick-up, drop-off & home visits available
 603-494-4941

It is a way of walking with them into the future. It is a way of never losing them.

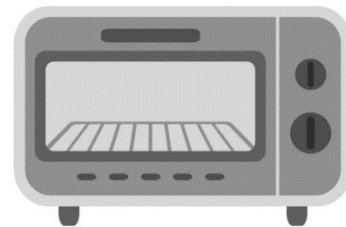
Linda Robinson, Sunshine Lady (603) 851-5209

HEALTHY CORNER

**HEALTHY COOKING FOR 1 OR 2—
Part 1**

It can be hard to cook for 1 or 2 people. So we often turn to processed foods or restaurant meals, which is not good for your health or your weight. *Consumer Reports* has some tips to take advantage of smaller appliances and make meal prep easier. Scale down the oven size. Most toaster ovens can now bake, roast, and broil in addition to toasting. Because they are smaller, they heat faster. Also for folks who have trouble bending and lifting hot pans out of the oven, the fact that toaster ovens are on the counter can be very helpful. Newer models can also air fry, slow cook or become convection ovens. Try an air fryer. Try cooking vegetables with a spritz of olive oil. They come out crisp, tender and caramelized. Try asparagus, corn, carrots, Brussel sprouts, cauliflower and “roasted” potatoes. You can cook chicken and fish, and of course, fries and nuggets - even pizza! Try grocery store takeout. Today most grocery stores sell prepared foods by weight - so you can choose how much you want. Check the sodium count, watch out for gravy and cheese! Stick with healthy food like fish, chicken breasts and vegetables.

From Ellyn Barnard, courtesy of *Consumer Reports*



It is not uncommon for a person to find themselves in need of a little help from time to time.

If you could benefit from a little friendly assistance, don't hesitate to reach out to the Helping Hands Committee.

Need a prescription picked up? Maybe a few groceries? Or even a ride to/from a doctor's appointment?

Safety and health are of great concern and importance to everyone so gloves and masks will be available.

If you need help or have questions about the committee and what they do, please reach out to Anita O'Brien at akelliher38@gmail.com or by phone at (603)494-4246.

IN SYMPATHY

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

- Rita Villamure, on the loss of her sister

We meet them in the lives they've shaped. We enjoy them in the jokes and wisdom they've passed down. Be active in the community they've built.



MADCAP SEASON

The whole world turns to madness in the spring—
To gambol in the warming sun.
The waters jump the bounds of river shores
To wander over fields like troubadours.
The winds delight in sighs and chilling roars
And making wild dust-devils run;
The cheeping English sparrows try to sing. . .
The whole world turns to madness in the spring.
Old men forget rheumatic knees and swing
Across the woods with rod and gun. . .
To wander over fields—like troubadours—
To gambol in the warming sun.

Paul Emile Miller, from *Three Prophets on Pegasus*, 1944

We have featured the poetry of Mr. Miller before on occasion. Born in 1901, he was a noted poet, small press publisher and printer from upstate New York, and the paternal grandfather of Alyn Miller of Medvil.



*" . . .and the dance of May
was a little bit different
that year. . . "*



DEADLINES



and other stuff
YOU want to know about

The Medvil Messenger wants material! Recipes, helpful hints, reminiscences, jokes, poems—please keep it upbeat and positive. Original material will take precedence over reprints from other sources, including printouts of email pass-

arounds. If you submit previously published 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 a copy in the Messenger mailbox in the Reception Office in the DDC. (During our Covid-19 lockdown, you may slide it under the office door and we will ask our office volunteers to let us know that it's there.)



Deadline for submissions is noon on the Thursday after the Board Meeting. (BOD meets on the 3rd Tuesday of the month.)

Medvil Messenger Staff:
Debbie Cyr and MB. Wulf

Medvil Messenger Writers and/or contributors this issue: Ellyn Barnard, Kim Capen, Debbie Cyr, Donna Duford, Irene Gagne, Karen Kirkpatrick, Dorrie Kossuth, Odie Perron, Linda Robinson, Sue Soule



MEDVIL'S 'ALL THINGS MOBILE' PARADE SCHEDULE

Please join us by car, scooter, golf cart, bicycle, walk, jog, or just sit outside and enjoy the fun. And feel free to join in by dressing up or decorating your front porch based on our themes. Remember, all parades are weather permitting. Everything starts at the Donald Drive Clubhouse.

May 5th @ 5:00 Cinco de Mayo

Celebrate with us on the actual Cinco de Mayo

May 9th @ 3:00 Mothers' Day

May 31st @ 3:00 Memorial Day

June 20th @ 3:00 Father's Day

Wear your best Hawaiian shirt and your floral leis.

July 4th @ 3:00 Independence Day

There is no such thing as too many flags!

August 8th @ 3:00 Landscapes on Parade

Show off your yard!

September 6th @ 3:00 Labor Day

Celebrate the holiday with us!

September 19th @ 3:00 National Pirate's Day

Aye me maties, join us for the fun!

October 31st @ 3:00 Halloween

It's our second annual Halloween parade and you know what to do!



Medvil Cooperative 603-497-4440

Extensions:

- Reception Office. dial Ext. 0
- Finance. Ext.1
- Real Estate. Ext. 2
- Membership. Ext. 3
- Maintenance. Ext. 4
- Board of Directors.Ext. 5
- Emergency.Ext. 6

To reach the person in charge of the department that you need, please dial these extensions and only these extensions. Please try not to call the Board of Directors or Maintenance when you need Real Estate or Emergency, etc. And please don't contact anyone at their personal number or go to their home.

Thank you for being considerate.

(This is an updated version of the list that ran in the April edition of the Medvil Messenger.)

