



PHONE: 603-497-4440

FAX: 603-497-4880

WEB SITE: [www.medvilcooperative.com](http://www.medvilcooperative.com)

Established 2006

E-MAIL ADDRESS: [medvil@comcast.net](mailto:medvil@comcast.net)

Edition 167

October 2023

# THE MEDVIL MESSENGER

## ATTRACTIONS COMING SOON

*7 October*

*18 October*

*28 October*

*Omelets!*

*Medicare Presentation*

*Halloween Supper*



## AND LOOKING BEYOND...

*14 November*

*9 December*

*Tacos!*

*Christmas Party*



**SEE INSIDE FOR MORE INFORMATION!**

## OPERATIONS

As of this writing, the project of replacing all but one of the slider doors at the PLC with windows and replacing the remaining slider with a new more energy efficient slider along with new siding on the rear of the building is complete and we have received many great compliments on the work of the maintenance staff on this project. The next big project for us will be to do the roof over the back entrance to PLC, a project that was funded several years ago, but until now has not been able to be done. Expectation is that it will be completed before snow flies.



We have two leach fields that are on life support presently but look like they will go through the winter just fine. Bids for design are being looked at and a decision is forthcoming before we put it out to bid for a spring or summer project next year. We are also working toward a grant that might help with some of the cost.

We have lots of tree requests and not an endless budget to remove and replace trees. We will be focusing our time in the next month on what trees really need to be removed or limbed so if you have a tree that appears to be dying or diseased, be sure to put in a tree request soon. Also, keep in mind that not wanting to rake leaves is not a reason to have a tree removed. We like the beauty of our community with the greenery that surrounds us.

Fall is coming and, as always, leaf pick-up by residents of their lots and maintenance of the common areas will be the focus. Several residents have voiced concerns in the past that neighbors are blowing the leaves into the street to make their way into other neighborhood lots, or just waiting for the wind to blow their leaves into the neighbors' lot for them to pick up.

Please, please, please be a good neighbor and not burden your fellow owners with the extra labor. None of us are getting any younger and the work doesn't come any easier as we age. We should be working together as a community that cares



for each other, so please make sure your leaves are picked up regularly and if you can lend a hand to a neighbor who has physical limitations, consider helping them out as well. It is a joy to live in a caring community, let's all do our part to care beyond our lot borders. Just another reminder that the first Monday of the month is "Metal Monday." If you have small metal appliances you need to dispose of, that is the day of the month we pick those items up for you.

On October 8<sup>th</sup> at 1:00 pm, the Board Members will be on a hayride around the community for the purpose of reviewing the community together. Approved request for possible tree work in each lot will be reviewed by the board during this ride around to finalize the budget for tree removal this winter. Rumor has it that the riders will be offering hot cider and a snack of some sort for residents who greet us during the ride around. We are all looking forward to the ride and to chatting as we ride the community. Looking forward to seeing you all. Until next month's newsletter, enjoy the beautiful fall season.

Kim Capen  
Operations Director

## INK & TONER CARTRIDGES

Staples allows us to bring up to 20 used cartridges monthly for \$2 each. This is \$40/month we can use towards office supplies. **We currently need more for September and going forward.** Just place them in the bin below the shelf to the left in the DDC mailroom.

Irene Gagne



## GENERAL NOTICES

### UPCOMING ELECTION



Believe it or not our Annual Meeting is just around the corner. At that time, we will be electing new board members.

#### Meet your Candidates Forum

Where: Partridge Lane Clubhouse  
When: Saturday, October 14  
Time: 1:00 PM

The candidates are:

President: Dorrie Kossuth

Vice President: Deb Cyr

Secretary: Len Stuart

Director of Operations: Kim Capen

Director at Large: (candidates are listed alphabetically) Sue Erickson; Anita O'Brien; Norm Proulx; Dave Roberge; Susan Soule (5 candidates for 3 positions)

Candidates statements are included with this edition of the newsletter.

If you have questions for one, or all of the candidates, you must submit them in writing.

There are three ways to do that.

- Submit your question as you arrive at the forum (paper and pens will be available).
- Write down your question ahead of time and put it into the mailbox outside the board office.
- Email your question ahead of time to [medvilsecretary@comcast.net](mailto:medvilsecretary@comcast.net).

All questions will be vetted to make sure that they are specific to the candidate and the position they

are seeking and not a personal attack on any one individual.

Please note, this event is live and will not be available on Zoom.

Hope to see everyone there!

Your Nomination Committee

### KEEP SAVING THOSE PULL TABS!



Some of you may not be aware that Medvil has been helping the Shriners save aluminum can pull tabs. This is all thanks to our dear former resident, Ginny (Carol) Frawley. Ginny was very active in the Shriner's organization. She was collecting the pull tabs at the Donald Drive Clubhouse and then taking them up to the Shriners in Concord when she hosted their bingo games.

The Shriners collect large 50-gallon trash cans full of pull tabs and then sell them to an aluminum recycling company for 50 to 75 cents a pound. The money is used to raise funds to cover the expense of transportation for needy children to and from our "Shriners Hospitals for Children" where they receive orthopedics and medical treatment for burns, which are provided regardless of the patient's ability to pay.



The pull tabs are very easy to save and collect. They don't weigh much, are compact and clean. Be sure to take them off an aluminum beverage can and not a steel can like tuna or beans. Wiggle the tab from front to back several times and it will break off. Throw it in a baggie and start your collection. When you have a full baggie drop it off in the container in the Donald Drive Clubhouse. They will be brought up to the Bektash Shriners in Concord for collection.

Dale Scott



## JOIN THE MEDVIL EMBASSY!

Our Ambassador Program is looking for a few new members. Historically the Ambassadors have delivered the monthly newsletter and the Annual Meeting packet to their neighbors, but the program was put on hold when there weren't enough people to handle all the routes.

What do you do as an Ambassador?

- Meet your neighbors.
- Deliver monthly newsletters (a list of addresses and names is provided)
- You will deliver an average of 10 to 15 newsletters, which usually takes about a half hour.
- The newsletters are delivered to your house.
- You can deliver them during the day, in the evening if you work, or on weekends.
- Ring your neighbor's doorbell; if there is no answer you can leave the newsletter between the doors or put them on the porch where they will not get wet or blown away; always put them where the homeowner can see them.

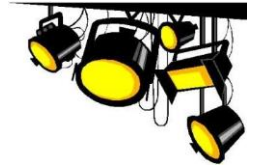
This is a great way to meet and greet your neighbor and become friends, most people will love talking to you.

If you are interested in being an Ambassador or have additional questions, call the office at 603-497-4440 and leave your name and phone number.

Peggy Hatfield

## COMMITTEES

### EVENTS COMMITTEE



The Events Committee works hard to bring you fun things to do, great food to eat and, occasionally, something that helps you in your day-to-day life. We host breakfasts, fish fries, and spaghetti suppers just to name a few of the 'events' we host on a rotating monthly basis. You will find posters in the Medvil Messenger and in each mail house describing the month's event along with information on the cost (some are free to Medvil residents) and how to sign-up. Events are also listed on the monthly calendar attached to each edition of the newsletter.

We meet the first Wednesday of every month at 6:00pm in the lower level of the Donald Drive Clubhouse. If you think you might like to join our committee, please stop by at one of our meetings.

Here is our schedule for October.

Saturday, October 7 – Omelet Breakfast

Saturday, October 28 – Halloween Party and Spaghetti & Meatball Dinner

Flyers with all the pertinent information are attached to this newsletter.

Debbie Cyr



Contact Irene Gagne at 603-622-1869

We are now a committee of seven as we welcome a new member, Marcelle Duval. We are looking for





**more** members. Call Irene if you are interested in finding out about the committee.

**Monthly Pool--**The winner for 9/1 was Jocelyn Bergeron for \$250. All numbers are being played with a guaranteed winner. There are four residents on the wait list but we would like to have more. It's only \$5/month and you can play more than one number. **Call Irene Gagne to place your name on the list.**

**Yard Sale 9/30--**Our next yard sale is on 9/30 and will include the crafters.

If you have not been contacted and are interested in volunteering, please call Irene. We especially need help with putting up the tables and removing the donations from the closet and garden house on 9/28 and displaying the goods on 9/29. We will also need help with packing unsold items and drivers to bring them to Savers starting at 2 PM on 9/30.



**REAL ESTATE COMMITTEE**

However, we do not take electronics, TV's, large appliances, furniture, or exercise equipment.

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

**Consignment store** – The consignment store sold all 11 items brought in on 6/8. Another drop off was done on 8/10 and 16 items were accepted.

**Ideas Needed** – You don't have to be a committee member to give us suggestions for projects to use our funds for items that are good for the community. We also need suggestions and costs, etc. or ideas for a fundraiser.

Irene M. Gagne

**RESOURCE COMMITTEE**

In the mail room are information packets for Senior Discounts, such as fuel & electric assistance, tax assistance, USDA and Southern NH Services home repair and weatherizing assistance, Dine Out Club member information, and other money saving resources.

**Medicare Open Enrollment is coming soon.** Are you overwhelmed by your healthcare options or just not sure that you have the coverage that's right for you? Maybe you are getting ready to retire and are confused what plan to choose? Our Medvil resident Eveleen Barcomb will be available on **Wednesday October 18th at 6:30 PM at the Donald Drive Clubhouse to share some information regarding a Senior Health Referral Program.** Please join us.

Dorrie Kossuth

The Medvil Real Estate statistics to date since last issue: One showing, one closing, one Purchase and Sales pending, and one new listing.

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](http://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 Medvil community.

Medvil RE Committee - 603-384-2819

Website: [www.medvilcooperative.com](http://www.medvilcooperative.com) Homes for Sale

Dorrie Kossuth, Chairperson



## HELPING HANDS COMMITTEE



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?

If you need help or have any questions about the Committee and what they do, please reach out to Anita O'Brien at: [Medvil21@comcast.net](mailto:Medvil21@comcast.net)

Or by phone at: (603) 494-4246.

## INSYMPATHY

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

- Diane Meagher 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. 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



Each Spring, the Manchester Animal Shelter puts a game camera near the feeding

station to assess the feral cat population. This year, we have seen only one cat eating there. We do have reports of several cats on Rachael Circle, so I will be setting up the camera there to see if there are any unaltered cats, and if so, the shelter will start trapping them. Any cats that show signs of social behavior will stay at the shelter or be sent to a foster home for socialization. The rest will be vaccinated, neutered and returned to Medvil.

This program has greatly reduced the number of feral cats in our community, and you can help: If you see cats, especially new ones, in your neighborhood, please reach out to me. Thanks!

## TASTY TIDBITS by Cat Pragoff

It's hard to say goodbye to summer, isn't it? Well, here are a couple of recipes that might bridge the gap between summer and fall, taking advantage of the last of the fresh vegetables you have on hand. Plus an end-of-summer sipping treat—enjoy!

### Pasta with Corn, Squash and Tomatoes (makes 4 servings)

Ingredients:

salt and pepper

3 Tbs. extra virgin olive oil

1 cup corn kernels (from 2 or 3 ears)

1 cup diced summer squash (from 2 or 3 small vegetables—can substitute zucchini or eggplant, if that's what you have on hand)

1 medium onion or 3-4 shallot, diced

1/4 tsp. minced garlic (optional)

1-2 sprigs tarragon

2 large tomatoes, diced

1 pound penne pasta



**Directions:**

- Put a large pot of salted water for the pasta on the range to boil.
- Add 2 Tbs. oil in a large skillet over medium-high heat. Add the corn and cook, stirring occasionally, until the corn begins to brown. Add the squash and some salt and pepper. Cook, stirring occasionally, until the squash begins to brown.
- Add the onion or shallots (and garlic, if using). Cook, stirring occasionally, until onion softens, about 5 minutes. Add the tarragon and cook for 30 seconds, then add the tomatoes.
- Put the pasta in the boiling water and cook until it's tender but not mushy, about 10-15 minutes.
- While the pasta is cooking, continue to cook the sauce, reducing the heat when the tomatoes start to break down. If the sauce seems dry, add a little pasta water (1/2 cup at a time) to maintain consistency.
- When pasta is done, drain it, toss it with the sauce and remaining oil, and serve immediately.

**Broccoli Salad with Curry Vinaigrette**

*(makes 4 servings)*

**Ingredients:**

*For the broccoli:*

- Florets from 2 broccoli crowns (1-1/2 pounds) (cauliflower can be substituted for the broccoli, if you like)
- 1 Tbs. extra virgin olive oil
- 1/2 tsp. fine salt (plus more to taste)
- 1/4 tsp. freshly ground black pepper (plus more to taste)

*For the curry vinaigrette:*

- 1/2 cup extra virgin olive oil
- 1/4 cup water, plus more as needed
- 2 Medjool dates, pitted and chopped
- 1 tsp. curry powder
- 1 clove garlic, minced
- 1/2 tsp. grated fresh ginger
- 1/4 tsp. fine salt (plus more to taste)

Pinch freshly ground black pepper (plus more to taste)

*For salad:*

- 4 cups loosely packed baby spinach
- 6 Medjool dates, pitted and chopped
- 1 ripe but firm apple or pear, cored and thinly sliced
- 1/2 cup toasted pumpkin seeds

**Directions:**

- Position a rack in the middle of the oven and preheat to 400°F. Line a large, rimmed baking sheet with parchment paper.
- Toss the florets on the baking sheet with oil, salt and pepper. Spread out in an even layer and roast for 8-10 minutes, until browned around the edges. Transfer to a wire rack and let cool.
- While the broccoli is roasting, in a blender combine the olive oil, water, dates, vinegar, curry, garlic, ginger, salt and pepper for the vinaigrette and puree until smooth. You should have about 3/4 cup.
- Assemble the salad, arranging half the spinach on a platter, then topping with half the broccoli; drizzle with half the dressing, scatter with half the dates, half the apple or pear and half the pumpkin seeds. Repeat with the remaining ingredients and serve.



**Margarita**

*(Makes 1 drink)*

**Ingredients:**

- 2 ounces blanco tequila
- Juice of 1 whole lime
- 1/2 ounce triple sec, preferable Cointreau
- Salt for rim (optional)
- Lime wedge, for garnish

**Directions:**

- Fill a cocktail shaker with ice. Add tequila, lime juice, and triple sec. Shake.
- Salt the rim of a highball or footed glass. Pour the contents of the shaker, with the ice, into the glass, garnish with the wedge of lime.





...and other stuff  
you want to know  
about

*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. 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](mailto:medvilnewsletter@comcast.net) Or place a copy in the Messenger mailbox 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.)*

*Medvil Messenger Staff: Debbie Cyr and MB. Wulf  
Additional Proofreading: Irene Gagne and Sue Soule*





## October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 6 Cribbage PLC non-league	7 8:30 Breakfast DDC
8	9 <b>COLUMBUS DAY</b>  6:30 Cribbage PLC	10 10 & 7 Play Pool PLC	11 10 Pool PLC 12:30 Knitting PLC	12 6:30 Bingo DDC	13 6 Cribbage PLC non-league	14 8:30 Coffeehouse PLC 1 Meet Candidates PLC
15	16 6:30 Cribbage PLC	17 10 & 7 Play Pool PLC 6 BOD Mtg DDC	18 10 Pool PLC 12:30 Knitting PLC 6:30 Seniors Health Referral Program DDC	19 6:30 Bingo DDC	20 6 Cribbage PLC, non-league	21
22	23 6:30 Cribbage PLC	24 10 & 7 Play Pool PLC	25 10 Pool PLC 12:30 Knitting PLC	26 6:30 Bingo DDC	27 6 Cribbage PLC, non-league	28 5 Hallowe'en Supper DDC
29	30 6:30 Cribbage PLC	31  <b>HALLOWE'EN</b> 10 & 7 Play Pool PLC				

**Metal Pick-up: 1<sup>st</sup> 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.**



# Omelet Breakfast

**Saturday  
October 7th  
Donald Drive Club House**



**Serving any time between 8:30 and 10:00 am.**

*Start the day with an omelet made your way with your choice of veggies, ham and cheese.*

*(Scrambled or fried eggs are also available!)*

Served with toast, home fries, baked beans, sliced fruit and 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  
as office hours allow.

The last day to sign up is  
Thursday, October 6th!

**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.***

# HALLOWEEN PARTY AND SPAGHETTI & MEATBALL SUPPER.

**SATURDAY  
OCTOBER 28TH**

**DONALD DRIVE  
CLUB HOUSE**

**\$5.00 PER PERSON**

**DOORS OPEN AT 5:00 PM  
DINNER SERVED AT 5:30 PM**



*"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."*

**COSTUMES ARE ENCOURGED BUT NOT MANDATORY. THERE WILL BE PRIZES FOR THE MOST CREATIVE AND SCARIEST COSTUMES.**



**SPACE IS LIMITED SO SIGN UP EARLY!!**

Make your reservations and pay at the Reception Office as the office hours allow.

***Sign-up closes on Thursday, October 26th @ 4:00 pm***

*Everyone attending is asked to please bring **one oral care product (toothbrush, tooth paste or dental floss)** which will be donated to the Goffstown Food Network.*

**Don't forget your raffle money!!**

*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.*



Our first ever

# TACO TUESDAY!

November 14

Donald Drive Club House

\$5.00 per person

Doors Open at 5:00 pm  
Tacos served at 5:30 pm

Everything you need to make your tacos  
just the way you like them!

Seasoned ground beef ~ lettuce ~ tomato ~ onion ~  
shredded cheese ~ taco sauce ~ sour cream ~  
Mexican rice ~ soft flour tortillas



*Margaritas will be available as the featured drink.  
The purchase of a non-winning raffle ticket is required.*

*"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."*

**Don't forget your raffle money!**



**SPACE IS LIMITED SO SIGN UP EARLY!!**

Make your reservations and pay at the  
Reception Office as the office hours allow.

*Sign-up closes on Thursday, October 26th @ 4:00 pm*

# Merry Christmas!

*You're invited to a party!*

Saturday ~ December 9th

12:00 Noon ~ 4:00 PM

Derryfield Country Club

625 Mammoth Road, Manchester

A Buffet Luncheon will be served at 12:30pm,  
followed by music, dancing, raffles, and lots of fun.

\$20.00 per resident

\$35.00 per non-resident

Sign up at the Reception Office

Monday – Friday as the schedule allows

Payment in full is required at the time the reservation is made. Anyone wishing to reserve multiple spaces should come with a complete list of the individuals in your party along with the payment.

*The last day to sign up for this event is Friday, December 1st.*



# COMMUNITY LEADERSHIP TRAINING SERIES



## Calling all ROC members

### Schedule

#### Intro to Leadership

10/14 9am-2pm

#### ROC Essentials

#### Two parts -- ONLINE

11/1 6pm-8pm

11/8 6pm-8pm

#### Effective Communication

11/18 9am-2pm

#### Conflict Management

12/16 9am-2pm

#### Community Building--ONLINE

1/20 9am-1pm

#### The Power of Planning--ONLINE

2/17 9am-1pm

#### Skills Day

3/16 9am-2pm

#### Graduation

3/29 Time & Location TBD

Develop your Community Leadership skills alongside other ROC leaders from across N.H. You'll learn about co-op governance, financial management, and how to increase member participation. You'll also practice interpersonal skills involving communication, motivating volunteers, and conflict resolution, and explore opportunities to serve your cooperative beyond your community by networking with other ROCs and advocating for resident ownership.

### How does it work?

This **hybrid** series is FREE and takes place in person at the New Hampshire Community Loan Fund in Concord, and online via Zoom. Classes will be held October through March. On in-person days, lunch will be provided and you'll be reimbursed for your mileage.

## For more information and 2023-2024 application

[www.communityloanfund.org/leadership/apply](http://www.communityloanfund.org/leadership/apply)

More information :



Ask your TA



603-856-0700



email: [training@rocnh.org](mailto:training@rocnh.org)