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Established 2006

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# THE MEDVIL MESSENGER

**COMING ATTRACTIONS**

<i>8 September Fish Dinner!</i>		<i>30 September Festival Yard Sale</i>
	<i>16 September Meat Bingo</i>	

**SEE CALENDAR FOR MORE INFO!**

Hello! My name is Kristin and I am the owner of **HAIR BY KRISTIN STEWART**. I am excited to announce that I will be the new Hair Stylist in the community. I have been working in the hair industry for over 18 years and have loved it from the very start. I offer a variety of services ranging from Brazilian Keratins, customized color services, to children's haircuts. My mission is to help every person who leaves my chair to feel the best and most beautiful/handsome version of themselves through their hair. I strive to go the extra mile with my clients. I make sure to have a consultation with each client so that we are on the same page and individual wants are discussed. Together, we'll be able to find a style that fits best for your hair type.



When I am not working behind the chair, I enjoy being outside hiking in the mountains and exploring the back roads of New Hampshire with my family and dog, Yoda. I am very excited about this new adventure and I'm excited to meet everyone in this community.

I will be opening up my scheduling starting the first week in September for a few days a week and will add days as time goes on.

You can book your appointments online at [hairbykristinstewart.schedulista.com](http://hairbykristinstewart.schedulista.com)

or you may call/text 617-999-5132 Please be sure to visit my social media pages at [Instagram.com/hairbykristinstewart](https://www.instagram.com/hairbykristinstewart) and [facebook.com/hairbykristinstewart](https://www.facebook.com/hairbykristinstewart)

## FROM THE BOARD

### OPERATIONS

Don and his team have had a busy couple of months getting trucks ready for inspections and keeping up with work orders. To be more efficient with their time, schedule and keep commitments, unless in the case of emergency they will do most work orders on Thursdays after leaf and yard waste pick-up.

**Because of Labor Day being a holiday, metal pick up will be on the first Tuesday for the September pick up.**

The Eversource project is well underway and the concern with what takes place after they are done is being worked on with Eversource. At this point most of the roadways will be put back to the way they were with soil and seeding so that there will be no recreational use of the power lines, as some were concerned that the backs of their homes would be less secure.

Several major projects will be worked on from late summer into late fall and early winter. The window replacement project at the Partridge Lane Clubhouse and the roof over the back entrance, approved a couple of years ago, will finally be completed. Additionally, after those projects are completed the Shelter Logic proposed will be scrapped and in its place a more permanent “truckport” will be added to the back of the maintenance shop for getting trucks and other equipment out of the weather, especially in the winter. This project was deemed more permanent, with less maintenance, and will be done within the same budget approved for another Shelter Logic.

There has been some concern that the projects might take away from the everyday needs of the community, but a couple of changes will make that a lot less likely. First, we have hired a new maintenance person: Adam Pratte has the skill set from his life’s work in construction to do these

projects with ease. Second, there are several residents who have similar skill sets who have volunteered their time to help him as needed. Additionally, Don has brought a well-organized and more efficient maintenance department to bear as he has become more acclimated to the inner workings of Medvil and its infrastructure. I feel this is one of the better skilled maintenance Teams we have had here in Medvil. There are a few drainage issues that will be addressed in the near future that should help with better drainage this fall and with spring runoff.

We are starting to see many of the trees in front yards become overgrown to the point where the roots are a problem. Many of the red maples are among them and they are not replaceable. Maintenance is recommending replacing them as needed with Japanese maples or another red leaf variety that doesn’t grow larger than 15 to 20 feet. Also, looking into a dwarf maple to replace the maples as needed.

The septic system for Country Way and Riverledge homes is working much better since Don made some adjustment, that is, equalizing the fields acceptance of liquids and repair of a vent pipe that was broken and pushed aside. We will likely have to look at replacing at least two of those fields in the next year or two but continue to monitor the fields on a regular basis. The trees around those four fields should and will be on the priority list for this year.

Until next time, have a great fall season.

Kim Capen

### 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



## INTERESTED IN RUNNING FOR THE BOARD?

The September 15 deadline is approaching. If you are interested in running, please provide a candidate statement including your address and a picture no later than September 15th at 5 PM. You can drop it in the board mail box at DDCH or email [Medvilsecretary@comcast.net](mailto:Medvilsecretary@comcast.net).

The positions currently up for election are:

- President\*
- Secretary
- Director of Operations
- Member at Large

\*If the President position is running unopposed, we will be putting the VP position on the ballot; statements must be received by 9/22/23 at 5PM.

If you would like any information please reach out to either Anita O'Brien or Sue Soule.

More information on candidate night in October will be in the next newsletter.

## GENERAL NOTICES

### JOIN US FOR BONE BUILDERS!!

Every Monday and Wednesday  
10:00 am at PLC.



We are a few of your friends and neighbors getting together to work out to some on-line exercise programs we found on YouTube.

### MONDAY NIGHT CRIBBAGE CLUB

A reminder that the Monday night cribbage starts on 9/4 to play for fun & learning at PLC from 6:30 pm to 8 pm. Anyone interested in joining the group should arrive by 6:15 pm. We play until the end of March and there is no cost.

Contact Irene Gagne at 603-622-1869 if you plan on attending or if you have any questions.

Irene Gagne

“

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.

AUTHOR UNKNOWN



## EVENTS COMMITTEE



The Events committee continues to provide at least a couple of social events each month. Our much-loved Haddock Fry is back on the 8<sup>th</sup> of September with two seatings, 4:30 and 5:30. Also the popular Meat Bingo with great cuts of Steak, Pork and Chicken as well as a couple great Seafood items is on for September 16<sup>th</sup> at 1:00 PM. If you haven't been to one, you're missing out on a great time, so consider joining us for a fun time. Christmas party plans are starting and we looking forward to our annual party at Derryfield Country Club in Manchester. More details to follow as we get closer. If you haven't taken advantage of these low-cost meals and free entertainment, it's a good way to meet your neighbors and enjoy community life. You'll never know what you're missing until you step out and join your neighbors for good times. Until next time, enjoy what is left of summer and hope for a dryer fall.

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.

Kim Capen and Deb Cyr

## COMMITTEES



We purchased a DVD player for the exercise group, a refrigerator and Igloo cooler for the DDC, a new swing for the pond, and a laptop

projector and screen for use by ad hoc committees and the Board.

**Monthly Pool--** The winner for 7/1 was Dave Kirkpatrick and for 8/1 Joanne Kelley for \$250 each. 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.

**CRAFTERS NEEDED** – In conjunction with the yard sale, residents who do all kinds of crafts can reserve a table/space for \$10. You can call Irene to reserve or if you have any questions.

We had many donations from the leftovers from the community-wide yard sale and many others – thank you to all who donated. Our closet is full as well as several bins in the garden house. As we weed out the items we may have space for small items.

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. We purchase items that benefit the Medvil community – call Irene with suggestions and costs, etc. or ideas for a fundraiser.

Irene M. Gagne



## RESOURCE COMMITTEE



The Senior Discounts Informational Packets are available in the DDC mailroom. If you have not signed up for your Dine Out Club card, the application is in the packets. Also at the DDC please find menus from two additional restaurants available to Dine Out Club members. Any questions, please call Dorrie at 603-289-3143.

Dorrie Kossuth



## REAL ESTATE COMMITTEE

The Medvil Real Estate statistics to date since June 19, 2023: three showings, two Purchase and Sales pending. No new listings at this time. 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

Helping Hands is a much-appreciated committee in our community and your membership name, email, address, and phone number are completely confidential.

All requests are sent confidentially, and you only reply to the ones you want to accept.

We need more volunteers so we can handle the requests we are receiving.

What do we get for requests?

- Ride to the doctors
- Pick up a prescription
- In home assistance with minor home maintenance
- Moving a piece of furniture
- Putting in/taking out an AC unit
- Getting something to the dump

If you are interested in helping out the neighbors in your community please consider joining by emailing Anita O'Brien at [Medvil21@comcast.net](mailto:Medvil21@comcast.net) or calling Anita at 603 494 4246.



**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.**



## IN SYMPATHY

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

- The family of Ginny Farley in sympathy on her death.
- Carol Zorawowicz on the death of her sister.
- Beverly Perry on the death of her mother.



In addition, we've received a nice card from Eveleen Barcomb with a message to share with our Medvil community:

Dear Linda,

I want to thank you, as the Sunshine Lady, and the Medvil Community, for your beautiful card and words of sympathy. There has been such an outpouring of love, support and hugs from all my neighbors and friends. I feel so blessed to be here in Medvil, where so many care.

Thanks again,  
Love and God Bless, Eveleen

*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

### TASTY TIDBITS by Cat Pragoff

The year seems to have just slipped away and now it's September already—time for the grandkids to go back to school; time for a few last visits to the

campsite; and almost (but not quite yet) time to pack up the grill for the season. Here's something special before that last hurrah.

### Grilled Salmon and Vegetables with Charred Lemon-Garlic Vinaigrette (makes 4 servings)

Ingredients:

- 2 medium zucchini, trimmed and halved lengthwise
- 1 pound asparagus, trimmed
- 5-6 Tbs. Charred Lemon-Garlic Vinaigrette (see below), divided
- 1-1/4 pounds salmon fillet, cut into 4 portions
- 1/4 tsp. salt, divided
- 1/4 tsp. ground pepper, divided

Directions:

- Preheat grill to medium-high.
- Brush zucchini and asparagus with 2 tablespoons vinaigrette and sprinkle with 1/8 teaspoon each of salt and pepper. Drizzle salmon with 2 teaspoons vinaigrette and sprinkle with the remaining 1/8 teaspoon each of salt and pepper.
- Place the vegetables and salmon pieces (skin side down) on the grill. Grill the vegetables, turning a few times, until they're tender—about 6 to 8 minutes. Grill the salmon, without turning, until it flakes with a fork—about 8 to 10 minutes.
- Cut the vegetables into 3 or 4 pieces each and place in a medium-sized bowl. Drizzle with 2 tablespoons vinaigrette and toss to coat. If desired, remove the skin from the salmon. Place the fish on a platter, drizzling with 1 tablespoon of vinaigrette to serve. (Remaining vinaigrette can be refrigerated for up to 3 days.)

### Charred Lemon-Garlic Vinaigrette (makes 8 servings)

Ingredients:

- 2 large cloves garlic, unpeeled
- 1 large lemon, halved
- 1/4 cup extra-virgin olive oil
- 2 Tbs. chopped fresh basil



1-1/2 tsp. pure maple syrup  
1/2 tsp. ground pepper  
1/4 tsp. salt

**Directions:**

- Preheat grill to medium.
- Place garlic cloves on a small piece of foil. Put the foil on the grill, along with the lemon halves, cut side down. Grill until the lemon has distinct grill marks and the garlic has softened—about 4 to 6 minutes.
- When cool enough to handle, juice the lemon. Remove and discard the garlic skins and finely chop the garlic. Place the lemon juice and the chopped garlic in a jar with a tight-fitting lid. Add the oil, basil, maple syrup, pepper and salt. Cover and shake well to combine.
- Can be refrigerated up to 3 days.

**Zucchini Noodles with Shrimp & Avocado Pesto**

*(makes 4 servings)*



**Ingredients:**

- 5-6 medium zucchini (about 2-1/2 pounds total), trimmed
- 3/4 tsp. salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves

1/4 cup unsalted, shelled pistachios  
2 Tbs. lemon juice  
1/4 tsp. ground pepper  
1/4 cup extra-virgin olive oil, plus 2 Tbs. , divided  
3 cloves garlic, minced  
1 pound raw shrimp (21-25 count), peeled and deveined  
1-2 tsp. Old Bay seasoning

**Directions:**

- Using a spiral vegetable slicer or vegetable peeler, cut zucchini lengthwise into long thin strands, stopping when you reach the seeds in the middle. (Store-bought "zoodles" are okay to use in this recipe if you prefer.) Place the zucchini "zoodles" in a colander and toss with 1/2 teaspoon

salt and allow to drain for 15 to 30 minutes; then gently press with a paper towel to remove any excess water.

- While the zucchini is draining, combine avocado, basil, pistachios, lemon juice, pepper and the remaining salt in a food processor. Pulse until finely chopped. Add 1/4 cup oil and process until smooth.
- Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, for 30 seconds. Add the shrimp and sprinkle with Old Bay seasoning; cook, stirring occasionally, until the shrimp is cooked through—3 to 4 minutes. Transfer to a large bowl.
- Add the remaining 1 tablespoon oil to the pan. Add the zucchini noodles and toss gently until hot—about 3 minutes. Transfer to the bowl. Add the pesto from the food processor and gently toss to combine.

**Mini Cucumber & Tomato Salad with Lemon**

*(Makes 4 servings)*

**Ingredients:**

- 3 cups diced unpeeled mini cucumbers
- 1-1/2 cups assorted cherry tomatoes, halved or quartered
- 1/4 cup finely chopped white onion
- 3 Tbs. coarsely chopped fresh parsley
- 1 Tbs. coarsely chopped fresh mint
- 1 tsp. lemon zest
- 1 Tbs. fresh lemon juice
- 1/4 tsp. Kosher salt
- 2 Tbs. extra-virgin olive oil
- Freshly ground pepper to taste



**Directions:**

- Combine cucumbers, tomatoes, onion, parsley, mint, lemon zest, lemon juice, and salt in a medium bowl. Let stand for at least 10 minutes (and up to 2 hours) for the flavors to meld.
- Add the oil and toss to coat. Season with the pepper to taste.





...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**





## September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 6 Cribbage PLC non-league	<b>2</b>
<b>3</b>	<b>4 LABOR DAY</b> 10 Exercise PLC 6:30 Cribbage PLC	<b>5</b> 10 & 7 Play Pool PLC  METAL PICKUP THIS MONTH ONLY!	<b>6</b> 10 Exercise PLC 10 Pool PLC 12:30 Knitting PLC	<b>7</b> 6:30 Bingo DDC	<b>8</b> 6 Cribbage PLC non-league 4:30/5:30 Fish Fry DDC	<b>9</b>
<b>10 NATIONAL GRANDPARENTS DAY</b> 	<b>11</b> 10 Exercise PLC 6:30 Cribbage PLC	<b>12</b> 10 & 7 Play Pool PLC	<b>13</b> 10 Exercise PLC 10 Pool PLC 12:30 Knitting PLC	<b>14</b> 6:30 Bingo DDC	<b>15</b> 6 Cribbage PLC, non-league	<b>16 ROSH HASHANAH</b>   8:30 Coffeehouse PLC ((Smoke detector mtg. follows) 1 Meat Bingo DDC
<b>17</b>	<b>18</b> 10 Exercise PLC 6:30 Cribbage PLC	<b>19</b> 10 & 7 Play Pool PLC 6 BOD Mtg DDC	<b>20</b> 10 Exercise PLC 10 Pool PLC 12:30 Knitting PLC	<b>21</b> 6:30 Bingo DDC	<b>22</b> 6 Cribbage PLC, non-league	<b>23 AUTUMN EQUINOX</b> 
<b>24</b>	<b>25 YOM KIPPUR</b> 10 Exercise PLC 6:30 Cribbage PLC 	<b>26</b> 10 & 7 Play Pool PLC	<b>27</b> 10 Exercise PLC 10 Pool PLC 12:30 Knitting PLC	<b>28</b> 6:30 Bingo DDC	<b>29</b> 6 Cribbage PLC, non-league	<b>30</b> 9-2 Fall Festival 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.**





# FRIDAY NIGHT FISH FRY

September 8th

Donald Drive Club House

4:30 or 5:30 pm seatings

Another fish fry!! And as always, here is what you get for your **\$10.00 per person.**

- A good-sized portion of deep-fried haddock
- The best french fries you'll ever taste
- With coleslaw and dessert

No tax, no tip, and beverages are available for purchase.

Make your reservations and prepay at the  
Medvil Reception Office  
Every Day EXCEPT Thursday  
from 9:00 am to 4:00 pm.

*These are social events designed to bring people out of their homes to mingle with each other and build a strong community. Takeout 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 money!!**



**Registration closes at 4:00 pm on  
Wednesday, September 6<sup>th</sup>.**

*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.*

Fall is just around the corner and it's time to think about filling your freezer!

# MEAT BINGO!

Saturday ~ September 16th  
Donald Drive Club House  
1:00 – 3:00 pm

Selections may include, but are not limited to, pork, beef, chicken, etc...whatever looks best at the butcher shop at the time of purchase. And some items come with everything you need for a complete meal.

*There are fifteen games; cards are \$1.00 each per game.*

*Games may be purchased individually BUT if you purchase all 15 games in advance, you get to play a final "bonus" game.*



*Please come and bring a friend or family member, the more the merrier.  
It's always lots of fun!!*

*And feel free to bring a beverage of your choice. Snacks too!*

And one lucky  goes home with the door prize!

*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.*

# FALL FESTIVAL

YARD SALE, CRAFT TABLES,  
LUNCHEON, BAKE SALE, &  
50/50 RAFFLE

SEPTEMBER 30 – 9 AM TO 2 PM

PARTRIDGE LANE CLUBHOUSE

Multi-family donations for yard sale.

PLEASE SUPPORT US TO HELP THE  
COMMUNITY.



**American  
Red Cross**

**Mark Your  
Calendars!!**

September 16<sup>th</sup>, immediately following Coffee House, the Red Cross will be hosting a conversation regarding the replacing of smoke detectors and/or batteries.

The date for the installations/replacements will be Saturday, October 7<sup>th</sup> starting at 9:00 am; visits will be scheduled every hour on the hour. Teams from the Red Cross and Goffstown Fire Department will be facilitating the installations/replacements.

**THIS SERVICE IS FREE!!**

If you want the Red Cross to check your smoke detector or replace your batteries, or if you are planning to attend the meeting on 9/16, you must sign up at the Reception Office. The office is open every day from 9:00 am to 4:00 pm EXCEPT FOR THURSDAYS or you can call them at 603-497-4440.

If you have any questions, call Joyce Wilson at 603-384-1275.

# **ATTENTION DINE OUT CLUB MEMBERS**

There are two new options to choose from on the list of participating restaurants!

Francoeur's Café  
Breakfast & Lunch  
488 South Main Street, Manchester, NH  
Tuesday – Friday ~~ 7:00 am – 1:30 pm  
603-206-5329  
francoeurscafe.com

Gary's Harvest Restaurant  
35 Main Street, Wilton, NH  
Monday – Thursday ~~ 8:30 am – 2:00 pm  
Friday, Saturday & Sunday ~~ 7:00 am – 2:00 pm  
603-654-9969

If you are not a member of the Dine Out Club but would like more information contact Hillsborough County Meals on Wheels.

603-424-9967  
www.hcmow.org



## Ready to Sell Your Home?

The Medvil Real Estate Committee is Here to Help.

### Why should you list your home with the Medvil Real Estate Committee?

- The committee volunteers, although not licensed realtors, are residents who know what it is like to live in a manufactured home and a Resident Owned Community (ROC).
- The volunteers live in Medvil and are readily available to show your home.
- Because the volunteers are familiar with Goffstown and the surrounding communities, they can answer any questions a prospective buyer may have.
- Of course, you are always free to use an outside realtor if you wish.

### Need more reasons?

- A member of the committee is a professional home appraiser.
- We only charge a fee of 4% versus the fee charged by realtors which allows you to keep more of your money.
- And all proceeds from the sales of homes listed with Medvil Real Estate stay right here in the community.

Here is an example of what you could save in fees using Medvil Real Estate vs a realtor:

<u>Selling \$\$</u>	<u>Realtor's 6%</u>	<u>Medvil's 4%</u>
\$100,000	\$6,000	\$4,000
\$130,000	\$7,800	\$5,200
\$150,000	\$9,000	\$6,000

As volunteers, the Medvil Real Estate Committee members are your neighbors who are committed to helping you have a successful sale of your home.

You can contact the Medvil Real Estate Committee by calling 603-384-2819 and leaving a message. A member of the committee will return your call and answer any questions you may have and help you begin the process of selling your home.