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Established 2006

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# THE MEDVIL MESSENGER

For all the Medvil community since 2008.  
April 2022

Medvil pride.....shows inside!  
Edition 151



## COMING ATTRACTIONS



*April 13th Healthy Eating on a Budget*

*April 23rd Benedict Breakfast*



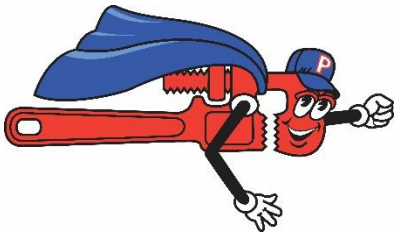
*And don't forget. . .  
Bingo on Thursdays!*

**SEE INSIDE FOR MORE INFORMATION!**

## BOARD NOTICES

### OPERATIONS

I'm writing this article on Wednesday the 16<sup>th</sup>. The sun is shining and it's currently 63 degrees. The birds are actively chirping in the morning and I'm hoping that all these combined are a sure sign that spring is right around the corner. Or is it just a tease? I do recall a major snowstorm on April 1st but believe me it was no April Fool's joke!



I don't have a great deal to write about since it is a slow time of the year for projects. We did have a few resident

water main breaks that we assisted with but neither one was the responsibility of Medvil.

For those of you who do not frequent Donald Drive Clubhouse, the lower level has been given a fresh coat of paint. We chose a lighter color which makes it much brighter. Jeff is in the process of painting the two restrooms. Once this has been completed, both clubhouses will have been updated.

We are all still waiting patiently for the arrival of our trash truck. There are times when it feels like it's all a dream. Unfortunately, the problem is getting delivery of parts. It's no secret that this has been a difficult process for many businesses, but it will be well worth the wait.



On the trash note, I would like to give a gentle reminder to please break down your cardboard boxes before placing them by the road for pickup. Whole boxes take up a great deal

of room in the back of the truck. If at all possible, we like to be able to make just one trip to the transfer station with the recyclables, so breaking down the boxes will make a big impact.

We will resume picking up brush and lawn bags on April 7th. Please remember, any twigs or small tree branches need to go in a lawn and leaf bag with the top left open. Keep in mind the weight of your bags. As we've mentioned



before, we have a lot of acorns in Medvil which can make the bags heavy very quickly. As we did last year, any bag that is too heavy to be lifted safely will have a sticker with that message. Your cooperation in this matter is very much appreciated.

As always, thank you, Jeff, for all your hard work and dedication to the Medvil Community!

Odie/OD

### A NOTE FROM YOUR NEIGHBOR \*



April 15<sup>th</sup> is the official date when on-street parking returns to Medvil (see Community Rules E. Vehicles, #2). Please be considerate of your neighbors and don't park your vehicle on the road in

such a way that it makes it difficult for your neighbor to back out of their driveway. It's very frustrating for the neighbor who must maneuver their vehicle around yours to avoid hitting it. Consideration matters.

\* This could be anyone's neighbor so don't take it personally, just be aware of how you park on the street.



## THE MEDVIL FLAG

There has been some confusion lately over when the Medvil flag is placed on the mail houses. As you know, this flag was established several years ago as a way to notify the community when a resident had passed away. Please take note of the following protocols related to this flag.

- The only time the flag is placed on the mail house is if a current resident has died.
- We do not put the flag out for a resident's family members (i.e., siblings, children, etc.)
- A member of the family is the only person who can authorize this flag. They must call the Reception Office (603-497-4440, ext. 0) and ask to have the flag put out.
- A notice indicating the name of the resident is posted inside the mail house and the flag remains on the outside of the mail house for three days.

## CRAFTERS NEEDED

In conjunction with our 5/7 Spring Festival, the Fundraising Committee encourages residents who do all kinds of crafts to reserve a craft table for \$10. In order to cover the cost of a separate ad, we need at least 6 crafters. You can call Irene Gagne @ 603- 622-1869 to reserve or if you have any questions.

## IT'S TIME FOR THEM TO WAKE UP!

As snow disappears in the early spring hungry bears leave their winter dens. Early spring offers the promise of abundant bear foods, but yields no such benefit

until grasses grow, bulbs sprout and flowers bloom. Hungry bears lack the option to wait for spring growth. Although bears are generally shy and usually avoid humans, their need for food and their fondness for sunflower seeds often draw them to New Hampshire bird feeders. If you still have your bird feeders out overnight (NH Fish & Game recommends NOT to feed the birds between April 1<sup>st</sup> and November 1<sup>st</sup>) you are one of the reasons the bears roam our neighborhoods. If an easy food source is made available (and what's easier than a bird feeder?) the bears will continue to hang around and feed. If you must have bird feeders, please consider bringing them inside at night.

Here are some suggestions from NH Fish & Game to prevent your bird feeder from becoming a bear feeder:

- Complete your bird feeding activities by April 1 each year. Don't feed the birds until late fall (the birds will do just fine). If you must have bird feeders, please consider bringing them inside at night. Bears are clever. This, coupled with their strength and agility, make it very difficult to establish bearproof bird feeders.
- Purposeful feeding can result in the bears getting accustomed to humans. This



"habituation" of bears may cause a variety of conflicts with humans. The end result may be the removal (most often with lethal consequences) of the offending bear. Here's something to keep in mind; once the USDA visits you regarding a bear complaint should they have to come back a second time it could result in a \$1,000 fine for the homeowner.

- Encourage your bird-feeding friends and neighbors to adhere to these guidelines. Be reminded that many people have an irrational fear



of bears. A black bear's presence in a residential area may create fear among neighbors and lead to negative consequences for the bear.

- You should also be aware if you are one of the many residents who take advantage of the early morning or evening hours to walk through our quiet neighborhoods: if a bear is foraging and moving from yard to yard you might not see it until you are too close for comfort (your comfort, not the bear's.) If you see a bear, just make some noise; clap or sing, anything to let the bear know you are there, and it will most likely turn tail and run.

## COMMITTEE REPORTS

### EVENTS COMMITTEE



Three months have already gone by this year. Where does the time go? We have two events planned for April.



On Wednesday, April 13<sup>th</sup> we have Marilyn Mills. She is a clinical dietician from Hannaford's who will present *Healthy Eating on a Budget*.

Pre-registration is required; each attendee will receive a Giveaway Gratitude Bag and because this is a free event, it is open to Medvil residents only. Saturday, April 23<sup>rd</sup> we will be offering a Benedict Breakfast for our residents. (See flyers in this edition for more information.) We are planning a fish fry, meat bingo and another breakfast in May. More information will be in the May edition of *The Messenger*. The Event Committee hopes you have enjoyed all our past events. We are always looking for comments, both good and not so good, plus suggestions. Thank you to all who have attended the events. We certainly appreciate it.

Judy Patrick

### FUNDRAISING COMMITTEE



**Fundraising Pool**--The 2/1 winner was John Bradley & the 3/1 winner was Debbie Boudreau for \$250 each. We currently have no residents on the wait list. **Call the Volunteer Office to place your name on the list – 603-497-4440, Option 0.** It's only \$5/month and you can play more than 1 number.

**Yard Sale** – The yard sale is scheduled for 5/7. We will be calling volunteers to assist in setting up and provide items for the bake sale. We are looking forward to seeing many of you who have supported us in the past.

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

**Committee Members** – We are a committee of 9 and we are looking for more members.

**Ideas Needed** – You don't have to be a committee member to give us suggestions for projects to use our funds, or fundraising ideas, for the benefit of the Medvil community – call Irene with suggestions and costs, etc.

Irene M. Gagne

### REAL ESTATE COMMITTEE

The Medvil Real Estate statistics for the month of March: Two showings, one Purchase and Sales Agreement pending, one closing, and currently two listings.

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). Print the form and either mail it or hand deliver it to the Medvil Real Estate Office 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 - 497-4440 Prompt 2  
Website: [www.medvilcooperative.com](http://www.medvilcooperative.com) Homes for Sale

Dorrie Kossuth, Chairperson

## IN SYMPATHY

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

- Diana Merrill in the death of her mother, Elizabeth Sinclair
- The family of Charlene Kach
- Richard and Marjorie Ball on the death of their son
- Carol Gonyer on the death of her son



*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

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

**HELPING HANDS**

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 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.

## MEMBERS' CONTRIBUTIONS

### TASTY TIDBITS

by Cat Pragoff

Did you ever wonder, when you were a kid, why we had a certain dish for a dinner celebration? Take Easter, for example. Did you have lamb for the holiday feast, or was it ham? The answer probably depends on your family history. If your ancestors came from Greece or Eastern Europe or Down Under (Australia and New Zealand), all areas where sheep herding and wool production were big business, lamb was most likely on the menu. Otherwise, the Pascal Feast most likely featured ham with all the fixings. Here, to satisfy taste buds on both sides of the aisle, are recipes of each persuasion, along with a lovely pasta dish for our vegetable-loving friends.

**OVER**



## Lamb Chops with Herb Sauce

4 shoulder lamb chops, cut 1/2" thick (1¼ to 1½ lbs)  
1 Tbs olive oil  
1/4 celery, chopped fine  
1/4 cup green onion, sliced thin  
1 tsp instant beef bouillon granules  
3/4 cup water  
1/4 tsp ground pepper  
1/3 cup plain yogurt  
1 Tbs all-purpose flour  
1/2 tsp dried thyme, crushed  
1 2½ ounce jar sliced mushrooms, drained  
2 Tbs fresh parsley, snipped

Trim any fat from the chops, then sprinkle the meat with salt and pepper as desired. In a large skillet, brown the chops in hot oil. Drain the fat.

Combine the celery, onion, bouillon granules, pepper, and water. Pour over the chops, bring to a boil then reduce the heat. Simmer for 10 to 15 minutes or until fork-tender. Skim the fat from the juices; reserve 1/2 cup of the juices and set aside.

For the sauce, combine the yogurt, flour, and thyme. Stir in the reserved lamb chop juices and pour into the skillet. Add the mushrooms and parsley. Cook and stir until thickened and bubbly, then add one minute more. Serve sauce over the chops. (Serves 4)

## Ham with Orange Sauce

1 4-to-6 pound fully cooked boneless ham  
1/2 cup onion, chopped fine  
1/4 cup butter  
1 cup ketchup  
1 cup orange marmalade  
2 tsp dry mustard

Place the ham on a rack in a shallow baking pan. Score the top of the ham in a shallow diamond pattern, making cuts about 1/4" deep. Insert a meat thermometer. Bake at 325° for 1-1/4 to 1-1/2 hours, or until temperature measures 140°.

For the sauce, in a medium saucepan, sauté the onion in the butter until tender but not brown. Stir in the ketchup, marmalade, and dry mustard. Continue stirring until heated through. Brush some sauce on the ham before serving. Pass remaining sauce with the meat. (Serves 16 to 24)

## Fettucine Primavera

6 ounces packaged fettucine  
3 Tbs butter  
2 cups broccoli florets  
1 cup carrots, cut on the bias  
1 medium onion, cut into wedges  
1 clove garlic, minced  
1 cup fresh or frozen pea pods  
1/2 cup almonds or cashews  
1/4 cup dry white wine  
1 tsp dried thyme, crushed  
1/4 tsp ground pepper  
1/4 cup grated Parmesan cheese

Cook fettucine according to package directions, about 8 to 10 minutes. Drain well. Meanwhile, in a large skillet melt 2 Tbs of the butter. Stir in the broccoli florets, carrots, onion, and garlic. Cook and stir over medium-high heat for about 3 minutes, until the broccoli is tender-crisp.

Add pea pods. Cook an additional 2 minutes. Stir in the fettucine, 1 Tbs butter, almonds or cashews, wine, wine, thyme, and pepper. Stir until well blended. Transfer to a warm serving platter and sprinkle with grated Parmesan cheese. (Serves 8)

## I'M NOT OLD. . .JUST MATURE

Today at the drugstore, the clerk was a gent.  
From my purchase, this chap took off 10 percent.  
I asked for the cause of a lesser amount;  
And he answered, "Because of the seniors discount."

I went to McDonald's for a burger and fries;  
And there, once again, got quite a surprise.  
The clerk poured some coffee which he handed to me.  
He said, "For you seniors, the coffee is free!"



Understand — I'm not old — I'm merely mature;  
But some things are changing, temporarily, I'm sure.  
The newspaper print gets smaller each day,  
And people speak softer — I can't hear what they say.

My teeth are my own (I have the receipt),  
And my glasses identify people I meet.  
Oh, and I've slowed down a bit--not a lot, I am sure.  
You see, I'm not old ... I'm only mature.

The gold in my hair has been bleached by the sun.  
You should see all the damage, that chlorine has done.  
Washing my hair has turned it all white,  
But don't call it gray--saying "blond" is just right.

My friends all get older. . . much faster than me.  
They seem much more wrinkled, from what I can see.  
I've got "character lines," not wrinkles. . .this is for sure,  
But don't call me old. . .just call me mature.

The steps in the houses that they're building today,  
Are so high, they take your breath all away.  
Oh, streets are much steeper than 10 years ago.  
That should explain why my walking is slow.  
But I'm still in the running. . .in this I'm secure,  
I'm not really old. . .I'm only mature.

--Sent by Paul Ouellette. Author unknown.



. . .and other stuff  
you want to know about

**The Medvil Messenger wants 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**

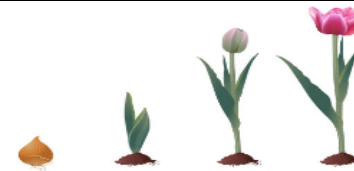
**political arguments. Please submit your items to our email: [medvilnewsletter@comcast.net](mailto:medvilnewsletter@comcast.net) Or place a copy in the Messenger mailbox in the Reception Office in the DDC. Deadline for submissions is noon on the Thursday after the Board Meeting. (BOD meets on the 3rd Tuesday of the month.)**

**Medvil Messenger Staff:  
Debbie Cyr and MB. Wulf**

**Additional Proofreading:  
Irene Gagne**



April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 6 Cribbage PLC non-league	<b>2</b>
<b>3</b>	<b>4</b> 6:30 Cribbage PLC	<b>5</b> 10 & 7 Play Pool PLC	<b>6</b> 10 Pool PLC 12:30 Knitting PLC	<b>7</b> 6:30 Bingo DDC Yard Waste Pickup Resumes	<b>8</b> 6 Cribbage PLC non-league	<b>9</b>
<b>10</b> PALM SUNDAY	<b>11</b> 6:30 Cribbage PLC	<b>12</b> 10 & 7 Play Pool PLC 3:30 FinCom DDC	<b>13</b> 10 Pool PLC 12:30 Knitting PLC 6:30 Healthy Eating PLC	<b>14</b> 6:30 Bingo DDC	<b>15</b> GOOD FRIDAY 6 Cribbage PLC non-league	<b>16</b> PASSOVER BEGINS 8:30 Coffeeshouse PLC
<b>17</b> EASTER	<b>18</b> 6:30 Cribbage PLC	<b>19</b> 10 & 7 Play Pool PLC 6 BOD Mtg DDC	<b>20</b> 10 Pool PLC 12:30 Knitting PLC	<b>21</b> 6:30 Bingo DDC	<b>22</b> 6 Cribbage PLC non-league	<b>23</b> 8:30 Breakfast DDC
<b>24</b>	<b>25</b> 5:30 Cribbage PLC	<b>26</b> 10 & 7 Play Pool PLC	<b>27</b> 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>
<b>FUTURE EVENTS:</b> Fish Fry, 6 May Annual Fundraising Committee Yard Sale, 7 May Meat Bingo, 14 May Breakfast, 21 May						



Metal Pick-up: 1<sup>st</sup> Monday of the month, beginning at 8 AM \*  
Yard Waste Pick-up: Every Thursday

Trash & Recycling Pick-up: Every WEDNESDAY beginning at 7 AM \*  
\* Please have your items curbside by that time.



Learn to create healthy, delicious, budget-friendly foods!

## Healthy Eating on a Budget

presented by  
Marilyn Mills, MS, RD, LD, CDE  
EHS Clinical Dietitian, Hannaford Dietitian

Wednesday ❖ April 13th ❖ 6:30 pm  
Partridge Lane Club House



Do you find it hard to eat healthy due to the price of groceries? Then plan to attend this free presentation and learn:

- Easy meal planning rules - balance your plate/bowl = strength and energy
- Tools for creating a user-friendly shopping experience to save time, energy, and money.
- Don't like to throw out food, especially fruits and vegetables? Learn some storage saving tips.
- How to cook once and eat it again 3 different ways.
- Flavor agents that deliver flavor without the 20 bottles in the cabinet and fridge.

If you think that eating healthy is either too expensive or not going to create a satisfying meal, then this presentation is perfect for you!

**Pre-registration is required; each attendee will receive a Giveaway Gratitude Bag.  
Call the Medvil Reception Office at (603) 497-4440, ext. 0  
Monday - Friday from 9:00 am to 4:00 pm.**

Doors open at 6:00 pm  
(Light refreshments will be served)

Because this is a free event, attendance is limited to  
Medvil residents only.

In the United States, breakfast is the most frequently skipped meal. About 58% of Americans do not eat breakfast every day. **Don't be a statistic!**

## Come to the Events Committee Benedict Breakfast

Saturday ~ April 23rd  
Donald Drive Club House



Serving anytime between 8:30 and 10:00 am

### MENU

Eggs Benedict ~ Hash Browns ~ Baked Beans ~ Fruit Bowl ~

For those who may not want Eggs Benedict, scrambled eggs with bacon and toast will be available upon request.

*Mimosas and Bloody Mary's are available for a small additional fee.*



\$8.00 for adults ❖ \$5.00 for children

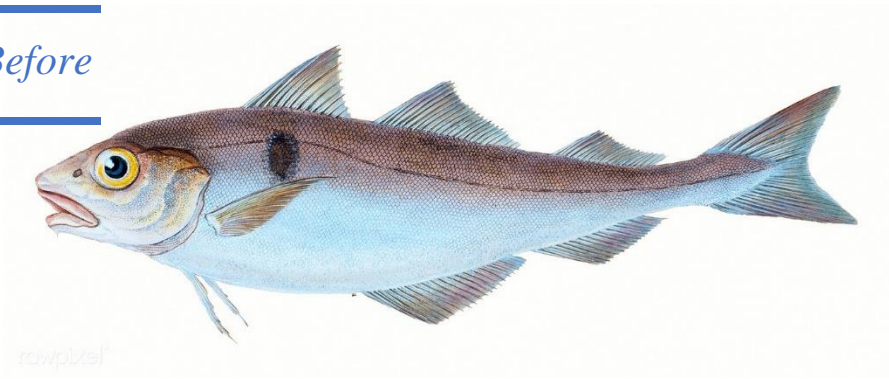
*Purchase your tickets at the Reception Office  
Monday – Friday from 9:00 am to 4:00 pm*

**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.*

*Before*



# FRIDAY NIGHT FISH FRY

**May 6<sup>th</sup> ~ Donald Drive Club House**

**4:30 or 5:30 pm seatings**

It's spring and time for another of our fabulous fish frys!

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



**All this for \$10.00!**

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

*After*

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



Make your reservations and pay at the Volunteer Office daily from 9:00 am to 4:00 pm.

# **SPRING FESTIVAL**

**MEDVIL COOPERATIVE  
INDOOR YARD SALE  
AND CRAFT FAIR**

**DOWNSTAIRS AT THE  
PARTRIDGE LANE CLUBHOUSE**

**MAY 7 from 9 AM TO 2 PM**

**A MULTI-FAMILY ASSORTMENT OF  
DONATED ITEMS, LUNCHEON, BAKE SALE  
& 50/50 RAFFLE**

**BRING FAMILY & FRIENDS**

**CALL IRENE GAGNE AT 603-622-1869 TO DONATE ITEMS OR TO VOLUNTEER**