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Edition 185

May 2025

# THE MEDVIL MESSENGER

## COMING ATTRACTIONS

*3 May  
How to spot &  
avoid scams!*



*also 3 May  
Cinco de Mayo*

*10 May  
Red Flannel  
Hash*



*31 May  
Sheryl Faye  
as QE II*

**SEE CALENDAR FOR MORE INFO!**

## BOARD NOTICES

We welcome Sean Raymond as our full-time



### OPERATIONS

assistant to the maintenance staff. Sean started work on April 14 and we are grateful for the talent he brings to the maintenance team.

The engineers continue surveying the conditions

of our water and sewer infrastructure. They will be sending cameras down all the sewer lines in the east side of the community in the next few weeks to

determine their condition as the oldest and most troublesome of all. The septic system on Country Way continues to operate well. We may not have to replace it for a year or two. Between now and then we expect to apply for some grant money to help defray the cost of replacing these four fields and the pump station.

We are planning a community volunteer spring clean-up for April 26 starting at 9 AM and ending around 12:30 for pizza and beverages--and yes, there will be beer and wine as a reward for your hard work! We will be working mainly around the

clubhouse at Donald Drive along with some of the common areas, removing brush, raking leaves and spreading bark mulch. There will be a rain date of the following Saturday. Cross your fingers for warm, sunny weather.

Yard waste pick-up has started. Just a reminder to keep leaves and lawn clippings separate from branches, twigs etc. We use some of the lawn clippings and leaves for composting and creating loam for general use.

Loam and dark brown bark mulch will continue to be delivered to homes as requested. The loam is \$20/yd and dark brown mulch is \$40/yd delivered to the designated spot on your lot. You may order and pay at the office and delivery is usually within 24 hrs.

Now that warmer weather is here, please check under your home for leaks. Leaks happen without you being aware until you investigate by looking under your home with a high-power flashlight. Undetected leaks can cause serious damage to the insulation under your home as well as breed dangerous mold. If you have mobility issues and need assistance, please fill out a work order and when we are in your area, we can check for you. I think I can safely say that undetected leaks are adding \$60,000 to \$75,000 a year to our water bill. Please be responsible and help us alleviate costly water loss under the home as we continue our search for leaks underground and repair them.

Speeding in our community continues to be a problem. Our community speed limit is 15 mph and although **Our speed limit is 15 mph.** Although that may seem too slow for you, it is for the safety of all who walk in our community. As we age, we all know our reflexes are not what they used to be so please, be thoughtful and keep your speed to 15 mph for the safety of us all. When we get numerous complaints about a particular area, we will be putting in temporary speed bumps. We all hate them so let them be a reminder that they could become permanent.

To those dog owners who use bags to pick up their dogs' poop, thank you. However, our Maintenance Team will not be picking up the small, multiple bags any longer and if they find these bags in your trash can, you run the risk of not having your trash picked up. It's very important that those small, individual bags be put together into a larger bag, such as those from a grocery store, and sealed before going into the trash. Please make sure these bags are not over-filled and that they are tied or otherwise sealed. We appreciate your attention to this matter. And do not leave poop bags by the side of the road for the Maintenance Team to pick up. Take them home and dispose of them yourself.

Thank you to all who do their best to keep Medvil the envy of all home cooperatives in NH and across the country. You make it happen. Until next month, hoping for pleasant weather this spring season and for a not too hot summer season to follow.

Kim Capen  
Operations Director



## INK & TONER CARTRIDGES

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

### Keep them coming!!

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



## INK CARTRIDGES FOR SALE

We have been donated three each **generic** cartridges for Canon printer: #270XL and #270 black. We are asking \$25 for all cartridges. Contact Irene Gagne, Treasurer, at 603-622-1869 if you are interested in purchasing them.

### GENERAL NOTICES

## MEDVIL COOPERATIVE COMMUNITY GARDEN 2025

### *Community garden space for personal use*



### IT'S TIME TO FILL OUT YOUR GARDEN PLOT APPLICATION!

Medvil Cooperative offers residents an opportunity to grow their own produce. The area reserved (located near the Partridge Lane clubhouse) provides 20 garden plots each year to interested residents.

*Fill out the form as soon as possible because the plots are assigned on a first come first served basis.*

*The forms are located in the mail room at the DDCH.*

Each 10' X 20' plot provided to participants is rototilled and staked off, making the ground ready for you to plant your seedlings and or plants. Water and hoses are supplied on site for watering your plot. Enjoy!



## NEIGHBORHOOD CINCO DE MAYO POTLUCK— SATURDAY, 3 MAY, 6 PM, DDC

For more information check out the flyer attached. No committee is hosting this, it is just for the Medvil neighbors to get together and have fun.

## MEDVIL TURNS 20 NEXT YEAR!!

It's time to celebrate our success and we'd like to do it all year long with a mix of small (and maybe large?) celebrations over the course of the year. How about an ice cream truck? A BBQ? Maybe a scavenger hunt?

Send in your ideas and who knows, maybe yours will become one of the ways we celebrate our success.

You can leave a note in the mailbox outside the board office, you can call the office at 603-497-4440 and leave a message telling us about your idea or you can send an email to [medvilcooperative@comcast.net](mailto:medvilcooperative@comcast.net).

We can't promise we'll use all the ideas submitted to us but what we can promise is loads of fun.

Debbie Cyr

## RULE REMINDER OF THE MONTH

Spring has arrived and along with the good weather (and the pollen) comes lawn care so it seems to be good time to remind folks of our rules that pertain to the care of our lots.

D. SITES

3) The maintenance, appearance and cleanup of lot yards are the homeowner's responsibility.

a) Yards are to be kept neat and free of debris and yard tools.

b) Lawns must be kept trimmed and mowed, not allowing the grass to get any higher than 6 inches.

c) If your lot is neglected, the Cooperative reserves the right to have the lot maintained at the homeowner's expense.

d) Sheds are allowed for the purpose of keeping yards, driveways, and carports free of any materials not associated with lawn care or snow removal, such as lawn mower and snow blower. All other materials, debris and off-season yard maintenance equipment are to be kept in your shed.

e) Lawn furniture may be stored in the back of the home covered with tarps. Tarps used for this purpose will be green or brown so as not to present an eye sore to your neighbors.

f) Grass clippings and leaves must be placed in biodegradable bags for pick up by cooperative personnel. Large branches must be placed in a pile at the edge of the road. Shrub trimmings and small branches must be placed in a separate bag with top left open. It is not permissible to dump your yard waste on Medvil grounds. The Goffstown Transfer Station requires that yard waste be separated as noted above.

9) Homeowners must not plant, relocate, cut, trim, or remove trees on their lots without prior approval of the Board of Directors. No materials such as rocks, bark, soil, etc. shall be placed within 12 inches of the trunk of any trees on lots, as this will cause trees to die prematurely.

10) Irrigation (sprinkler) systems must be properly designed and approved by the Board of Directors prior to installation. A copy of the approved design plan will be placed in the homeowner's file.

11) Watering Utilization. Be aware of when and how much you water your lawns. Watering should take place every other day (use your house number and water on the odd or even days accordingly) and is to be limited to twenty minutes (20") per zone. The best time to water is early morning (not during the heat of the day) and not at night because the lawn stays wet for a longer period of

time which can promote the growth of moss and affect the health of your grass. Sprinklers must be turned off during rainy or windy weather conditions.

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

Water Use

a) Lawn watering is prohibited between the hours of 5:00-8:00AM and 5:00-8:00PM.

b) Watering restrictions apply between May 1 and October 1.

c) Odd numbered homes will water on odd numbered days; even numbered homes water on even numbered days. This ensures that only half of the homes in Medvil are using water during the designated watering times.

d) Homes with automatic sprinkler systems will operate between 3:00 and 4:00AM every other day as outlined above and no more than twenty minutes (20") per each zone.

e) Homes with manual sprinkler systems will water each zone for no more than twenty minutes (20") every other day as outlined above.

f) New automatic sprinkler systems should install operating rain sensors set to detect one quarter inch (1/4 ") of rain.

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

## COMMITTEES



CONTACT Irene Gagne  
at 603-622 1869

**Committee Members**—We are a committee of six and

we are looking for more members.

**Monthly Pool** – The winner on 4/1 was Kim Capen for \$250. All numbers are being played with a guaranteed winner. **There are three people on the wait list. Call Irene to place your name on the list.** It's only \$5/month and you can play more than one number.





**Yard Sale--** The yard sale was another huge success, raising over \$1,200. The unsold items were distributed to various organizations.

We had seven craft tables of Medvil residents who were able to sell some of their very varied items.

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

For those curious about how much the Committee has raised from yard sales since 2006, the total is almost **\$29,000**. This does not include the funds raised by the consignment stores which total almost **\$5,700**. More items that were pulled from the yard sale donations will be going to the consignment store shortly.

If you're moving out, moving in, remodeling, etc. give us a call. We are willing to help you rid yourself of unwanted items. However, we do not take electronics, TVs, large appliances, furniture, or exercise equipment.

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

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

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

Irene Gagne

## REAL ESTATE COMMITTEE

*The Medvil Messenger*

Real Estate update for April 2025:

Four listings and one Purchase and Sales pending.

The Real Estate Committee does not have set monthly meetings. We meet on an as-needed basis. If you are thinking of selling your home, the first step is to fill out the Intent to Sell form. This form can be found on our website at: [medvilcooperative.com](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



## Updates for May 2025:

- **Red Flannel Hash**, Saturday, May 10, DDC Lower Level, 8:30. Cost is \$10/adults, \$5 for children under 12. More info is on the flyer attached to this newsletter.
- **Mark Your Calendars - The Theater is coming to Medvil.** Actress Sheryl Faye will be here on Saturday, May 31, PLC Upper. Doors open at 6:30PM. She will be portraying Queen Elizabeth II. She is a tremendous actress and has been to Medvil previously portraying



different historical figures. You don't want to miss this. Because this is a free event, it is only open to Medvil residents.

- **The Medvil-wide Yard Sale** is scheduled for Saturday, June 7. Please see the attached flyer for details.

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

If you're interested, please email Sue Proulx at [medvil.sueproulx@gmail.com](mailto:medvil.sueproulx@gmail.com). If you'd like to come to one of our monthly meetings, please do. We meet the first Wednesday of every month downstairs at DDC at 6:00PM.

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

Karen Kirkpatrick

- Homeowner Assistance Fund
- Town of Goffstown Elderly Exemptions
- Retail Senior Discounts
- Affordable Connectivity (to the internet) Program
- USDA Single Family Housing Repair Loans and Grants
- AARP Foundation Tax-Aide
- Important Telephone Numbers for Seniors and Free Transportation.

Dorie Kossuth



## LIVING IN COMMUNITY

“Being in a community means being part of a group of people who share

common interests, values, or geographical location and who interact, collaborate and support each other.”

—Google AI Overview



## RESOURCE COMMITTEE

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

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

- Dine-Out-Club
- Meals on Wheels
- Senior Food Program
- Electric Assistance Program
- Fuel Assistance Program
- Lifeline Support

## What are the rules of Community?

What are the benefits of community guidelines? They create a safe space where members feel safe and feel secure expressing themselves authentically without fear of harassment or abuse.

Living in community requires respectful interactions. Courtesy and respect are essential to having discussions that are civil and constructive. It also means that the spread of misinformation is limited. Accuracy and truthfulness are the basis of communication. Staying focused and relevant and on topic makes it possible for members to easily find relevant information.

Community guidelines help members to avoid legal entanglements by prohibiting illegal activities.



They help develop a positive and inclusive culture that reflects the goals of the community.

Clear community guidelines provide a framework for resolving disputes and misunderstandings within the community. They support respect and understanding of diverse viewpoints. They set clear expectations for acceptable behavior. They create a more enjoyable living experience for all members.

Clear community guidelines provide for the ability of members to self-moderate their behavior, reducing the reliance on enforcement of rules. In Medvil we have established a set of rules that aim to enhance all of the statements above and we continue to tweak or improve them to ensure that they support the Medvil goal of a peaceful, quiet, supportive and caring community.

Tondy McGowan

Source: Community Guidelines, Examples and Template: Rules for Vibrant Communities  
Ashley R. Cummings. Feb 5, 2024



"I'm sorry, but when you took out the policy, you never specified that it was a mobile home."

## NOMINATION COMMITTEE

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

Open Positions will be :

President  
Operations Director  
Secretary  
(2) Directors at Large



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

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

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

Thank you!

Anita O'Brien and Sue Soule



"Manufactured? No, it's a stick-built home."



## TASTY TIDBITS

by Cat Pragoff

Can you believe it's already May—where do the months go? Asparagus has been abundant in the markets, so how about some tasty recipes that feature veggies, seafood, and a bit of pork this month, with a lovely rice side dish to round out the menu. Buon appetito!

### Quick Shrimp and Asparagus Stir-Fry

*(Makes 2-4 servings)*

#### Ingredients:

1 pound peeled and deveined frozen shrimp (16-20 count)

Salt

Canola or grapeseed oil

1 sweet onion, diced

2 garlic cloves, thinly sliced

1 small red, hot chili, thinly sliced (seeds removed for milder heat)

1 bunch asparagus, trimmed and cut at a sharp angle into 2" pieces

2 Tbs. soy sauce

1 tsp. granulated sugar

1/2 Tbs. butter

#### Directions:

- Rinse the shrimp in a colander under cold running water until no longer rock-hard (3-4 minutes). Sprinkle very generously with salt and toss in the colander. Let stand for about 1 minute, then rinse well. Pat dry with paper towels.
- Heat a wok or large skillet over high heat. Add enough oil to coat the bottom generously. Add the onion, garlic and chili. Sprinkle with salt and cook, stirring, until the onion starts to turn translucent, 1 to 2 minutes.
- Add the shrimp and cook, stirring, until curled more tightly, 1 to 2 minutes. Add the asparagus, soy sauce, and sugar, and cook, stirring, until the asparagus is just tender, 1 to 3 minutes more.
- Turn off the heat, add the butter, and stir until melted. Serve immediately.



### Paprika Baked Pork Tenderloin with Potatoes and Broccoli

*(makes 4 servings)*

#### Ingredients:

3/4 lb. Yukon Gold potatoes, scrubbed and cut into 1" pieces

1 medium red onion, cut into 1" pieces

2 Tbs. olive oil, divided

3/4 tsp. salt, divided

4 cups broccoli florets (about 1 lb.)

2 cloves garlic, peeled

1-1/2 tsp. smoked paprika

1/2 tsp. ground pepper, divided

2 tsp. Dijon mustard

1 (1 lb.) pork tenderloin trimmed

2 jarred roasted red bell peppers (6 oz.)

2 Tbs. low-fat sour cream or low-fat plain Greek yogurt

1 tsp. lemon juice

#### Directions:

- Place a large rimmed baking sheet in the oven; preheat to 425°F.
- Combine potatoes, onion, 1 Tbs. oil, and 1/4 tsp. salt in a medium bowl; toss to coat.
- Remove the pan from the oven; coat with cooking spray. Spread the potato mixture on the pan and roast for 15 minutes.
- Meanwhile, combine broccoli florets, 2 tsp. olive oil, and 1/4 tsp. salt in a medium bowl; toss to coat. In a separate small bowl combine paprika, 1/4 tsp. ground pepper, and the remaining 1/4 tsp. salt. Spread mustard all over the pork. Coat with the paprika mixture.
- Place the garlic on a small piece of foil. Drizzle with the remaining 1 tsp. of oil.
- Remove the pan from the oven. Stir the potatoes and onions and move them to one side. Place the pork next to the potatoes; spread the broccoli on the other side of the pan and place the garlic packet wherever there's room. Roast until an instant-read thermometer inserted in the thickest part of the pork registers 145°F, about 25 minutes.
- Let the pork rest while you make the sauce: Carefully unwrap the garlic and transfer it to a





mini-food processor or blender. Add the roasted red peppers, sour cream or yogurt, lemon juice, and the remaining 1/4 tsp. ground pepper. Purée until smooth.

- Cut the pork into 12 slices. Divide the pork, potatoes, and broccoli among 4 plates and drizzle with the red pepper sauce. Serve hot.

### **Creamy Coconut-Lime Rice with Peanuts** (Makes 4 servings)

#### Ingredients:

1 cup uncooked jasmine rice, rinsed  
1 (13 to 14 ounce) can coconut milk  
Salt and pepper  
1 (1-1/2") piece ginger  
2 large garlic cloves  
2 limes  
1/2 cup roasted and salted peanuts, crushed  
2 Tbs. peanut butter  
2 tsp. granulated sugar  
2 tsp. sambal oelek (available at Whole Foods) or substitute sriracha  
2 cups ripe cherry tomatoes, halved (about 10 oz.)  
1 cup roughly chopped mixed herbs (such as dill, cilantro, or mint)

#### Directions:

- Cook the rice according to the package instructions until tender, replacing 1-1/4 cups of the cooking water with 1-1/4 cups of coconut milk. Fluff the cooked rice with a fork, transfer to a serving bowl, and season with salt and pepper—it should taste well-seasoned and almost buttery—and let it cool.
- While the rice is cooking, make the dressing: add 1/4 cup coconut milk to another bowl. Finely grate the ginger and garlic into the bowl, followed by the zest of one lime. Next, juice both limes into the bowl. Whisk 1/4 cup of the peanuts, the peanut butter, sugar, and sambal into the bowl, and season with salt.
- When ready to serve, add the tomatoes and 3/4 cup of the herbs to the rice bowl. Pour in the

dressing, tossing well to coat. Season with pepper and top with the remaining 1/4 cup of crushed peanuts and 1/4 cup of herbs. For the best flavor, serve at room temperature on the day it's made.

### **Pasta Primavera with Asparagus and Peas** (makes 4 servings)

#### Ingredients:

1/4 lb. sugar snap peas, stems trimmed  
1/2 lb. asparagus, end snapped  
2 Tbs. unsalted butter  
3/4 cup fresh English peas  
1/4 cup thinly sliced spring onions, white part only  
2 garlic cloves, finely chopped  
1/2 tsp. fine sea salt, more as needed  
Black pepper, more as needed  
12 ounces fettuccine or tagliatelle  
2/3 cup grated Parmigiano-Reggiano, at room temperature  
1/2 cup creme fraiche or whole milk  
Greek yogurt, at room temperature  
3 Tbs. finely chopped parsley  
1 Tbs. finely chopped tarragon



#### Directions:

- Bring a pot of salted water to a boil over medium-high heat.
- While the water is coming to a boil, slice the snap peas and asparagus stems into 1/4" pieces; leave asparagus tips whole.
- Melt the butter in a large skillet over medium-high heat. Add the snap peas, asparagus, English peas, and onion. Cook until the vegetables are barely tender (but not soft or mushy), 3 to 4 minutes. Stir in the garlic and cook 1 minute more. Season with salt and pepper and set aside.
- Drop the pasta into the boiling water and cook until al dente (1 to 3 minutes for fresh pasta, more for dried pasta). Drain well and transfer the pasta to a large bowl. Immediately toss the pasta with the cooked vegetables, Parmigiano Reggiano, creme fraiche, and herbs. Season generously with salt and pepper, if needed. Serve hot.



## Loaded Sweet Potatoes with Black Beans and Cheddar

(makes 4 servings)

### Ingredients:

- 2 medium sweet potatoes (8 to 10 oz. each), scrubbed and dried
- 1 Tbs. olive oil
- Kosher salt
- 1 cup cooked black beans (if canned, rinsed and drained)
- 1 cup shredded sharp Cheddar
- Black pepper

### Directions:

- Heat the oven to 425°F and line a sheet pan with parchment paper.
- Halve the sweet potatoes lengthwise, then brush them all over with olive oil and sprinkle both sides with salt.
- Place cut side down on the prepared sheet pan and roast for 30 to 40 minutes, or until completely cooked through. Take the sweet potatoes out of the oven, turn them over, and let cool slightly. Use a fork to rough up the flesh and slightly flatten the potatoes. Season with salt and pepper.
- Divide half the cheese among the potato halves. Spoon the black beans over them, then cover with the remaining cheese. Return the pan to the oven and bake for another 5 minutes, until the cheese has melted and the beans have warmed through. Season with salt and pepper. Serve warm.



In the last issue of the newsletter, I wrote about a kitten found on Rachael Circle that I am fostering. She had a chest deformity called *pectus excavatum* that has now been treated. I thought some of you might be interested in this condition and treatment. While it is not uncommon in people, it is a rare condition in cats. Basically, the sternum, or breast bone, is caved in. Stinky, the kitten, had a moderate case that would have gotten worse with development, affecting her heart and lungs. I was able to get a diagnosis because several people donated to pay for a consultation. Upon diagnosis, the next challenge was to find an experienced surgeon and the money to pay for the treatment.

I couldn't find a vet in New Hampshire with the experience, so I got an excellent recommendation to see Dr. Sue Casale at Angell Memorial Animal Hospital in Boston. The treatment in young kittens is to essentially tie an external brace to her sternum to pull it into a more normal position. Stinky's brace was made of thermoplastic that was formed to the shape of her chest and was attached using sutures (stitches) that were threaded under her sternum in several places, then threaded through holes in the brace and tied in place. She wore the brace for four weeks, and it was recently removed. The X-ray taken afterward showed that she is now on the border between normal and mild deviation! This was all possible because of the generosity of two Medvil residents, who will also become Stinky's new family!

Dr. Casale and the staff at Angell are all great to work with – knowledgeable, kind, compassionate and helpful! We spent a lot of time in the waiting



area on two occasions, so not only got to observe lots of staff and their interactions with people and their pets, but also got to see, and often greet, lots of dogs. As a retired dog trainer and behavior consultant, I must say it was wonderful to be around so many dogs representing a myriad of breeds and mixes! We met dogs from the smallest – a long-haired Chihuahua, to the largest – an Irish Wolfhound, and everything in between. It was striking to me that although there were dogs who were nervous and definitely did not want to be there, there were so many that were quite content and happy. I think that says a lot about the hospital and how the animals are treated there.

### Feral Cats

I have been informed of some new cats roaming our community and will begin trapping soon. Thank you to all the residents who have let me know about the ailing orange tabby. He is first on the list. As always, please reach out to me with any new cat sightings.

Donna Duford



### READERS' CONTRIBUTIONS

### JOKES

*Brought to you by Joyce Wilson.*

I lost my mood ring. Now I don't know how I feel about it.

What do sharks eat for dinner?  
Fish and ships.

I called my dogs Rolex and Timex.  
They are good watch dogs.

What did the woman say when she burnt her Hawaiian Pizza?

I should have cooked it at aloha temperature.

What did the man say when he got hit by frozen rain?

That hurt like hail.

### DID YOU KNOW...

*Fascinating facts brought to you by Karen Kirkpatrick*

- Marten Van Buren, the eighth president of the United States, was the first president born a US citizen. Jimmy Carter, the 39<sup>th</sup> president, was the first US president born in a hospital.
- The strongest muscle in the human body is the masseter, also known as the jaw muscle. Working in coordination with other muscles located in the jaw, the masseter can deliver up to 200 pounds of force on the molars. While the gluteus maximus (aka your butt) is the largest muscle and the heart is by far the hardest working, no muscle singlehandedly delivers as much power as the masseter.
- The world's narrowest street, Spreuerhofstrasse, location in Reutlingen, Germany, measures 1 foot, 0.2 inches at its tightest, and a meager 1 foot, 7.68 inches at its widest. The 65-foot-long street is also limited vertically – those over 5'10" have to duck at the exit.
- The 700 third-class passengers on the Titanic had to share **two baths!!** And I thought we had it rough growing up – six kids, 2 adults, and one bathroom.
- The first item ever sold on eBay was a broken laser pointer. It sold for \$14.83 in 1995.





## ADVENTURES IN BOSTON

By Donna Duford

I want to share some experiences we had on our recent trips to the Jamaica Plain neighborhood in Boston. This is an artsy community with lovely old houses, lots of green spaces and beautiful, mature trees. If you find yourself nearby, I highly recommend a visit to the **Arnold Arboretum!** It is almost 300 acres of stunning flora! Even now, with only a few species in bloom and others just starting to leaf out, it was absolutely beautiful! I think that my favorite was the cork trees, with large horizontal branches that start just a few feet up from the ground and extend for several yards. Really fascinating to see! The arboretum is free to enter, and there is a visitor center with maps of the trails. They also offer guided tours and provide accommodation for people with mobility issues, as well as hearing and vision challenges.

We ate great food while we were there at **Ula Cafe, Noodle Barn** and **J.P. Licks**. Ula Cafe is a funky place that serves breakfast and lunch along with a long list of coffee and tea options. There is something for everyone, meat eaters and vegetarians alike, along with people with food sensitivities and allergies. Noodle Barn has a huge menu of Asian food representing many countries. Between the three of us, we had curry, dumplings, egg rolls, seaweed salad, and tofu with sweet chili sauce and peanuts. It was all delicious! J.P Licks is an ice cream shop with real, old-fashioned, homemade ice cream. What a treat!! In addition to their regular offerings, they often have

specials. They day that we went, in honor of a play that is being performed in Boston called “Shucks!” the menu included sweet corn ice cream. It was really good! A little sweet, a tad salty, complete with corn kernels!

As we ventured from Jamaica Plain into the Fenway-Kenmore neighborhood, another treat awaited us in a tour of **Fenway Park**. I think that it is a must-see for baseball fans, and I recommend it for your friends not-so-interested in baseball as well. I am one of the latter, and I really enjoyed it! We learned about the history of the park and some of the notable Red Sox, heard some great stories about the park, baseball and players, and got to



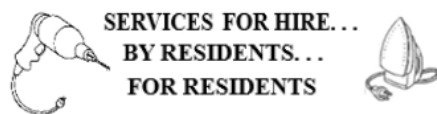
experience various parts of the park. We got to sit in some of the original seats, which are over 100 years old, then went up to check out the seats and take in the view from above The Green Monster! A couple of other highlights of the 60-minute tour included sitting in the press box and visiting the Royal Rooters Club, which is a combination eating establishment and museum. The memorabilia and photos alone were worth the trip. Many players and their families have generously donated to the collection,

allowing us to see gloves, bats, uniforms, awards and such from as far back as the early 1940s that belonged to greats like Ted Williams, Babe Ruth, Jim Rice, and Carl Yastrzemski. One case held a baseball from almost every World Series game, signed by the winning team members. There was even a letter from then senator John F. Kennedy to Jackie Robinson about their mutual desire for civil rights!

If you have occasion to spend time in Boston, I recommend you check out some of these wonderful places.







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

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

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

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

If you want to receive The Medvil Messenger by email only, please send a request to [medvil@comcast.net](mailto:medvil@comcast.net), and you will be placed on the list for a monthly mailing of the Messenger and any related announcement/event flyers.

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

Your Medvil Messenger staff  
wishes you  
a lovely Mother's Day  
and beautiful spring weeks  
as we move forward  
into summer!



**Moe Bedard 603-533-0850**

Affordable chair service. New England porch weave and fiber rush seat replacement. Pictures available upon request.

2/20

**Sharon Rolka 603 867-0367**

Light Housework, Laundry, Grocery Shopping, Errands. References available upon request.

**Georgette Houle (603) 486-5014**

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


3/20

**Mark Simpson (978) 815-4831**

Affordable siding and siding repairs, deck and stair replacements and repairs as well as window and door replacements. 40 years in business. Fully licensed and insured.

3/20

**Barbara McDermott 603-785-5743**

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

4/20



## MAY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>2</b> 6 Cribbage PLC non-league	<b>3</b>  10:30 Avoid Scams! DDC 6 Cinco de Mayo DDC 
<b>4</b>	<b>5</b> 6:30 Cribbage PLC	<b>6</b> 10 & 7 Play Pool PLC 1:30 Scrabble PLC	<b>7</b> 10 Pool PLC 12:30 Knitting PLC	<b>8</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>9</b> 6 Cribbage PLC non-league	<b>10</b>  <b>8:30 Breakfast DDC</b>
<b>11</b>  <b>MOTHER'S DAY</b>	<b>12</b> 6:30 Cribbage PLC	<b>13</b> 10 & 7 Play Pool PLC 1:30 Scrabble PLC	<b>14</b> 10 Pool PLC 12:30 Knitting PLC	<b>15</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>16</b> 6 Cribbage PLC, non-league	 <b>17</b> <b>8:30 Coffee House PLC</b>
<b>18</b>	<b>19</b> 6:30 Cribbage PLC	<b>20</b>  10 & 7 Play Pool PLC 1:30 Scrabble PLC <b>6 BOD Mtg DDC</b>	<b>21</b> 10 Pool PLC 12:30 Knitting PLC	<b>22</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>23</b> 6 Cribbage PLC, non-league	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b> 10 & 7 Play Pool PLC 1:30 Scrabble PLC	<b>28</b> 10 Pool PLC 12:30 Knitting PLC	<b>29</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>30</b> 6 Cribbage PLC, non-league	<b>31</b>  <b>6:30 Sheryl Faye PLC</b>

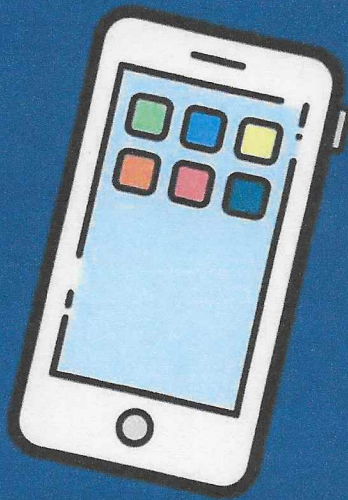
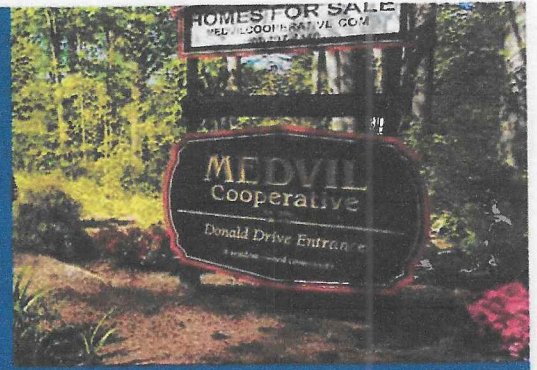
**Metal Pick-up: 1<sup>st</sup> Monday of the month, beginning at 8 AM \***  
**Trash/Recycling Pick-up: Every WEDNESDAY beginning at 7 AM \***  
**Yard Waste Pick-up: Every Thursday until 1 December**

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





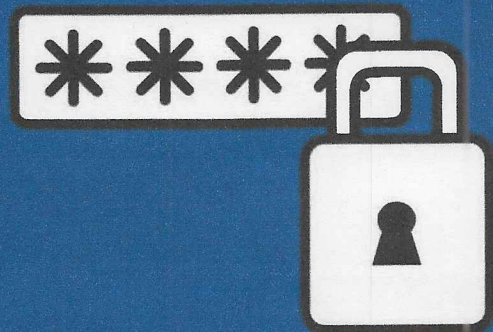
Want to learn more  
about avoiding scams?



Come join the Goffstown  
Police Department for a  
Q&A for detecting and  
avoiding phone and  
internet scams!

WHERE: Medvil Donald Drive Clubhouse

WHEN: Saturday May 3<sup>rd</sup> at 10:30am







**CINCO DE MAYO**

**ANNUAL NEIGHBORHOOD POTLUCK**

**HOSTED BY THE 3 AMIGOS**



**~~Donald Drive Clubhouse~~**

**MAY 3rd 6PM to ?**

Please bring an appetizer, main dish, side dish  
to share and BYOB



*Dave and Dan of the "D" Street Band*

*Are d-jaying the event*

*So put your dancing shoes on or  
shake your maracas, or clap your hands  
and join your neighbors for a night of fun!!!!*





# Red Flannel Hash Breakfast



Saturday  
May 10<sup>th</sup>, at the  
Donald Drive Club  
House

Serving any time between 8:30 and 9:30 am.

*Start the day with a **red flannel hash breakfast**, consisting of red flannel hash, ham, waffles, and pan fries.  
(Dropped eggs are also available!)*

Served with toast, sliced fruit and all the coffee you can drink.

**\$10.00 for adults**

**\$5.00 for children under 12**

Sign up at the Reception Office

Monday through Friday, from 10:00 am to 2:00 pm.

**Don't Forget The 50/50 Raffle**

The last day to sign up is  
Thursday, May 8<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.*



MEALS on WHEELS HILLSBOROUGH COUNTY

# YMCA Allard Center of Goffstown

Inviting all adults 60+ to a delicious and nutritious meal!

**Location: 116 Goffstown Back Rd, Goffstown**

**When: 05/16/2025**

**Time: Noon**

**Food: Lasagna**

**From: Dollar Shy Farm**

Meals on Wheels  
Suggested  
Donation  
\$3



Partnered with  
YMCA Allard Center of Goffstown!  
RSVP by 5/8 at [HCMOW.org](http://HCMOW.org) or call  
(603) 424-9967

*Sheryl Faye presents...*

## Queen Elizabeth – The Female Monarch of the World



"When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future."

Queen Elizabeth II

**Saturday~May 31<sup>st</sup>.**

**Doors open at 6:30 pm**

*(light refreshments will be served)*

**Presentation begins at 7:00 pm**

**Partridge Lane Clubhouse**

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

© 2022 | Sheryl Faye Presents



# **It's time for The Community Wide Yard Sale**

*sponsored by The Events Committee*

**Saturday ~ June 7  
8:00 am to 2:00 pm**

## **Here's how it works.**

- You must sign up at the office by **2:00 pm on Thursday, June 5.**
- The cost to participate is just \$5.00; this provides the Events Committee with the money to advertise the yard sale.
- Signs will be posted at the entrances and throughout the surrounding community. Maps will be available near each entrance.
- Homes participating in the yard sale will have their addresses listed on the maps made available to everyone coming into Medvil.

## **Want to participate but don't have any tables?**

- Tables will be available to rent, the cost is \$5.00 per table. Due to last year's overwhelming response, **we must limit the tables to one (1) per household until the last day to sign up and whatever is left can be available as an additional table**
- Tables will be delivered on Friday morning, June 6 and picked up on Monday, June 9.

**Ready to participate??** Go to the Reception Office at the Donald Drive Club House, Monday through Friday from 10:00 am to 2:00 pm to sign up and pay.



**Hot weather will be here soon and  
with it comes**

## **STINKY GARBAGE CANS!!**

***PLEASE WASH OUT YOUR GARBAGE CANS.***

**It's easy...turn them on their side, hose them out, add bleach, swirl the bleach around inside the can, hose them out again and let them air dry. If you don't have bleach, any household cleaner will do.**



**As our Maintenance Team and Volunteers pick up trash, they are not only dealing with the smells coming from these cans, but in some cases, they are also finding maggots.**

**And you know what keeps maggots out of your garbage cans? Moth balls!! You can buy them at Walmart and just toss a packet into bottom of a **CLEAN** garbage can.**



**So please, take a moment to make sure nothing is living at the bottom of your garbage can.**

**Thank you.**

# MEDVIL FINANCIAL SNAPSHOT

	Period Ending:	3/31/25							
Year to date (YTD) Results	YTD Budgeted	YTD Actual	%	Satisfactory Results	Concerning Results	Unsatisfactory Results			
Cash & Reserves				Green	Yellow	Red	Remarks		
Total Income Received	\$459,320	\$473,108	103.0%	over 98%	95-97% of budget	under 95%			
Unbudgeted Income		\$15,588					R.E. Commissions, Comcast contract & Salon		
Total Lot Fees	\$457,520	\$457,925	100.1%	over 98%	95-97% of budget	under 95%			
Operating Acct. Balance		\$53,949							
All Reserve Acct. Balances		\$902,813					Includes Money Market & investment CD's - \$20,833 monthly transfer		
Expenses									
Total Expenses	\$386,492	\$366,080	94.7%	less than 3% over budget	3%-4% over budget	4.1% over budget			
Utilities									
Water	\$40,000	\$43,109	107.8%	less than 3% over budget	3%-4% over budget	4.1% over budget	Slightly under budget for January only - change in reading date		
Heat, Electric, Telephone, & Internet	\$9,300	\$12,190	131.1%	less than 3% over budget	3%-4% over budget	4.1% over budget	all 3 accounts were slightly over budget		
Other Expenses									
Capital funds expended	\$278,061	\$99,754	35.9%	less than 3% over budget	3%-4% over budget	4.1% over budget	\$11,375 & \$8,455 carryover for PLC roof & shelterlogic included in YTD budgeted \$ & less \$35K for truck, less \$10,009 for mower & \$6,930 for globes spent in 2024		
Mortgage Expenses	\$236,760	\$230,705	97.4%	no late payments		late payments	Principal & Interest		
All other expenses	\$214,942	\$194,093	90.3%	equal to or less than 100% budget	101%-110% of budget	111% or more			
Total Net Income ***	\$72,828	\$107,029	147.0%	equal to or over 100% budget	98%-99% of budget	under 98%	*** Includes unbudgeted income		
Debt Coverage Ratio	1.100%	1.361%		greater than 1.1%		less than 1.1%			

## MEDVIL FINANCIAL SNAPSHOT

<b>Note:</b> This Report is intended to provide Medvil residents with a 'snapshot' of our financial health at the end of each month. For more information, you can read the full detailed monthly Financial Report posted in the Medvil mail room or by contacting the Medvil Treasurer. Your Board of Directors welcomes your suggestions, questions, and feedback.		
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