





PHONE: 603-497-4440 FAX: 603-497-4880

WEB SITE: www.medvilcooperative.com Established 2006 E-MAIL ADDRESS: medvil@comcast.net

Edition 171 February 2024

THE MEDVIL MESSENGER



FROM THE BOARD



OPERATIONS

Happy New Year! We are going into our 18th year as a cooperative and each year there have been improvements to increase the value and

beauty of our community. This past year some setbacks have slowed progress, but despite that, costs have gone down, capital improvements that have been delayed for years were completed and volunteers have stepped up to meet the demands of a community infrastructure, maintaining three and a half miles of roads last winter, trash and recycle removal and all without the benefit of a

management company. We are a resilient community. Thank you all for your patience and perseverance this past year as we "weathered the storm." Thank you, Don Holt, for stepping up, taking charge and owning and managing the job of Maintenance Manager like you had it for the past five years. 2023 was a good year in Medvil and I look forward to 2024, when we will put the finishing touches on the back entrance roof of Partridge Lane Clubhouse and build a truck port over the back of the maintenance shop.

One of the leach fields on Country Way was discovered to be in failure, but after some alterations by Don, restoring air vents that were knocked over and leveling the box for even distribution of affluent to both leach fields, the field is back to operating properly and may result in an extended life. How long we don't know, but we have contracted for the design of a new system for local and state approval if it does fail in the future. The good news is that design and application will be good for four years, so fingers crossed we can delay the replacement for at least a couple years.

Please remember, there is no parking on the street during the winter months as winter weather finds us with streets not as wide as needed for ease of emergency vehicles getting to a situation in a timely manner. Every second counts in a health emergency, so please be aware of this. It is sometimes necessary at times for maintenance folks who are removing snow in driveways, but doing so in a timely manner is important.

The tree removal and trimming service is here and taking care of trees that have been designated to be removed. Please remember that keeping a good distance from them is important for your and their safety. If you have a tree that you feel needs removal or trimming, please fill out a special form for this that you can get at the office. Those requests will be considered for next year as we consider priorities based upon dangerousness, damage caused by roots and health of the tree. This year the health of four leach fields was considered and about a third of the tree budget was designated to removing trees surrounding those fields, in an effort to preserve and extend the life of those fields.

There have been a few concerns about the lighting in a couple places on Country Way. This will likely be resolved in the spring with solar light poles.

If you have a request for Maintenance, please submit that request via a work order which is available at the office and on our website. Work orders are a written record of your request and easier for maintenance to keep track of and follow through on. There are roughly 450 residents who live in Medvil and one Maintenance Manager. Calling him, dropping by the maintenance shop or stopping him on the street interferes with the task he has at hand and his productivity. Work orders are necessary to improve and maintain good productivity and our ability to continue timely resolve of work orders and continued good maintenance of our community. Thanks so much for your continued cooperation.

Until next month, stay warm and I hope your New Year is a healthy and safe one.

Kim Capen Operations Director

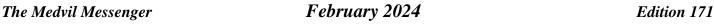


GENERAL NOTICES

MONTHLY POOL - PLAYERS NEEDED

The Fundraising Committee is looking for players for the monthly pool. There is currently no one on the wait list. The winner receives half of the proceeds. If all numbers are played the winner receives \$250.

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Please call Irene Gagne at 603-622-1869 to be placed on the wait list.

The cost is only \$5/month and you can play more than one number if a number is available.



INK AND TONER CARTRIDGES

Staples allows us to bring up to 20 used cartridges monthly and receive \$2 for each. This is \$40/month we can use towards office supplies.

WE CURRENTLY NEED MORE.

If you, or family or friends discard ink and toner cartridges, or work for a company that does, please save these for Medvil. Just place them in the bin beside the shelf in the DDC Mailroom.

Thank you.



MONDAY NIGHT CRIBBAGE CLUB

A reminder that the Monday night cribbage league starts on 4/1 for 20 weeks at PLC, with an awards banquet on 8/26. We are not

playing on Memorial Day on 5/27. Cost is \$2/week. **Anyone interested in joining the group should contact Irene Gagne at 603-622-1869 by 3/15.** If you played last year or have already signed up, please confirm you will be playing. If you decide not to play, please call. We are currently playing for fun and learning until the end of March.

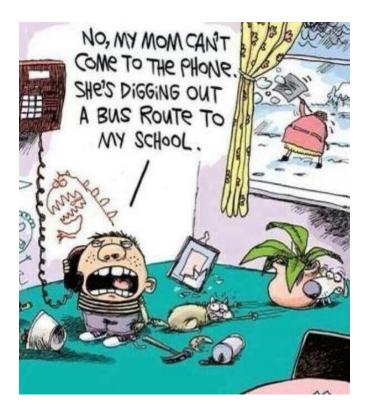
FEDERAL HOLIDAYS OBSERVED BY THE RECEPTION OFFICE FOR THE REMAINDER OF 2024

Tuesday, February 19 Monday, May 27 Wednesday, June 19 Thursday & Friday, July 4 - 5 Monday, September 2 Monday, October 14 Monday, November 11 Thursday & Friday, November 28-29 Monday, December 25 President's Day Memorial Day Juneteenth Independence Day Labor Day Columbus Day Veteran's Day

Thanksgiving Christmas Day

Please note: any day that the Goffstown School District closes school due to snow, the office will be closed as well.







WOULD YOU LIKE TO SIGN UP FOR A FIRST AID/AED/CPR CLASS?

1st Aid / CPR / AED Training Approximately 7 hours Maximum 10 people



Saturday, February 3 Beginning at 9 AM Partridge Lane Clubhouse

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Who will benefit:

- Moms, Dads, Grandmothers, Grandfathers, Caretakers
- Individuals who want to make a difference any place, at any time

Participants will learn to:

- Recognize a medical emergency
- Handle breathing and cardiac emergencies
- Act appropriately and effectively to sustain life till professional help arrives
- Prevent disease transmission
- Identify and care for bleeding, sudden illness and injuries

If you took the class two years ago and want/need to be recertified, this is your chance

> Please email Mike O'Brien to make a reservation: Mrobrien1@comcast.net

Seating is limited! Please be sure you can attend before signing up.

Introducing Fossil Flyer Tyers



Are you an experienced fly tyer or just someone who is interested in seeing what it's all about?

Beginning in February, this group will meet on the first and third Wednesday of every month from 7:00 to 9:00 pm at the Partridge Lane Club House.

There is no fee to join but participants should bring their own materials and tools. For those individuals who would like to try tying before getting involved, some materials and equipment will be available on a limited basis.

Everyone is responsible for bringing their own refreshments and everyone will be asked to help clean up after each meeting.

Questions? Contact Stan Fudala at grilse5375@gmail.com.

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COMMITTEE NEWS

Contact Irene Gagne at 603-622-1869



Committee Members – We are a committee of seven but are looking for more members. Call Irene if you are interested in finding out

about the committee.

Monthly Pool – The winner for 1/1 was Sue Soule for \$250. All numbers are being played with a guaranteed winner. Currently there is no one on the wait list and we would like to have some in case someone drops out. **Call Irene to place your name on the list.** It's only \$5/month and you can play more than one number.

If you have not already paid for February 2024, you must pay at the volunteer office by 1/29. Call 603-497-4440 before going to be sure the office is open.

Yard Sale -4/6/2024 – Now that our closet has been emptied, we are accepting items for our next yard sale on 4/6/24. Please call Irene if you have anything to donate.

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

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

We will be notifying prior volunteers to assist with the various activities to make the yard sale successful. If you are interested in helping out and not a prior volunteer call Irene.

Consignment Store – Of the 28 items brought in on 12/1 we have sold 24 of them. We will be bringing more items on 1/26 when we pick up unsold items.

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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 Gagne

EVENTS COMMITTEE



Two events in January that were a big hit:
Baked Stuffed Haddock

and Soup and Salad where eleven crockpots of soup were pretty much devoured and then followed by a coverall Bingo with two winners taking home \$25 each.

February will have two popular events with February 17th featuring our Meat Bingo with some great cuts of meat and on February 27, back by popular demand, Taco Tuesday. Rumor has it that there is a plan to have Corned Beef and Cabbage again this year, so stay tuned. Thank you all for supporting community events. We look forward to a fun-filled 2024.



RESOURCE COMMITTEE

The Resource Committee Senior Discounts

informational packets helping seniors with fuel and electric assistance, USDA program, various websites to check out, and much more are available at the Donald Dr Clubhouse mail room.

Dine Out Club: These resource packets contain the information and the application to join the Dine Out Club for anyone 60 and older. You DO NOT

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have to belong to the Meals on Wheels home delivery program. The Dine Out Club is a separate program. Enjoy a meal in a relaxed restaurant dining experience. The three restaurants participating in the Dine Out Club are The White Birch in Goffstown, Francoeurs Cafe in Manchester (only on weekdays) and The Village Eatery in Merrimack. Menus for these Club meals are in the Resource packets. Any questions, please call Dorrie at 603-289-3143.

SNHS Fuel & Electric Assistance Program

Applications for 2023-2024, Hillsborough and Rockingham Counties can be picked up at the Donald Drive Clubhouse Mail Room.

Dorrie Kossuth

REAL ESTATE COMMITTEE



The Medvil Real Estate statistics from December 19, 2023 through January 16, 2024: one new listing, one Purchase and Sales pending, No other activity.

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. 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** Homes

for Sale

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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

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

RULE REVIEW OF THE MONTH

F. PETS

No member will allow their pet to encroach on a neighbor's lot nor interfere with a neighbor's enjoyment of their life.

- 1) Domestic pets are allowed in Medvil Cooperative with restrictions. Proper immunization, neutering and licensing with the town are important responsibilities. All dogs must be registered (showing proof of license) with the Cooperative and information placed in resident's file, along with a photo of the pet.
- a. Homeowners will provide updated dog licensing information every year.
- 2) A resident who brings a pet into the community, either as a new pet or a replacement pet, will bring a copy of the license and a photo to the office to be placed in their file.

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- 3) Dogs will be leashed at all times.
- 4) Dogs will not be left unaccompanied outside a member's home. Dog runs are not allowed.
- 5) Any resident who has a dog showing aggressive behavior or biting; or any dog that becomes a danger to other residents will be reported to the Goffstown Police Department.
- 6) Dangerous dog breeds are prohibited including but not limited to these large or dangerous breeds: Pit bull, Rottweiler, German Shepherd, Husky-type (includes Siberian), Malamute, Wolf-dog hybrid, Chow Chow, Doberman, Saint Bernard, Great Dane.
- 7) Dogs over 25 pounds when fully grown are not allowed.
- a. All dog owners, and those visitors with dogs, must have their dog under control at all times and not allow them to jump on residents or their vehicles.
- b. Dogs are not allowed on any lawn other than the dog owner's and are not allowed in the garden area or the blueberry bushes.
- 8) Only one (1) dog per household is allowed. Up to three (3) cats per household are allowed.
- 9) All cats must be supervised and leashed or otherwise contained when outside the owner's residence. Cats left outside without being contained may be captured and taken to the Humane Society. Owners of cats that cause damage to the house, lot, or property of other owners may be held responsible for repair costs.
- 10) All solid waste from pets must be picked up by the pet's owner immediately and disposed of in the proper manner.
- 11) Placement of farm and wild animals on any Cooperative property is not allowed.
- 12) Feeding animals outdoors is not allowed. Stray animals are not to be fed. This is a health and safety issue.
- 13) Bird feeding is allowed.

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If you have any questions about this rule, or any other Medvil rule or by-law, please contact the office at 603-497-4440 and leave a message. Thank you.

IN SYMPATHY

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

- Barbara Rush in the death of her husband, Stephen
- Stephen Webster in the death of his wife Carlene

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

February is upon us, and with it that sweetest of holidays—Valentine's Day! Here for your gastronomic pleasure are a couple of main dishes, a hearty bean side that could be used as an entrée if served with toasted bread or brown rice, and a lovely (and easy) quick dessert that can be shared with friends or savored the next day. Enjoy!

Chicken-Fried Steaks

Note: this refers to the style of cooking, not the ingredients!

(makes 4 servings)

Ingredients:

2 cups all-purpose flour

2 tsp. baking powder

³/₄ tsp. each: salt, onion powder, garlic powder, chili powder, and pepper

1 large egg, lightly beaten

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1 ¼ cups buttermilk, divided (or substitute an equal amount full-fat yogurt) 4 beef cube steaks (4 ounces each) 1 ½ cups 2% milk Oil for frying

Directions:

- In a shallow bowl, combine 1 3/4 cups flour, baking powder and seasonings.
- In a separate bowl, combine egg and ³/₄ cup buttermilk.
- Pat steaks dry with a paper towel. Dip each steak in the buttermilk mixture, then into the flour mixture. Set aside on a plate and let stand for 5 minutes.
- In a large cast iron or other heavy skillet, heat ½ inch of oil over medium-high heat. Fry steaks for 5-7 minutes. Turn carefully and cook until coating is crisp and meat is no longer pink, about 5 minutes longer. Remove steaks and keep warm.
- Drain skillet, reserving 1/3 cup of the drippings. Reduce heat to medium. Stir the remaining 1/4 cup of flour in the drippings until smooth. Continue to cook and stir for about two minutes, then gradually add in the remaining ½ cup buttermilk, bringing the combination to a boil and stirring until thickened, about an additional 2 minutes.
- Serve the gravy alongside the steaks.

Creamy White Chili

(makes about 7 servings)

Ingredients:

1 lb. boneless, skinless chicken breasts, cut into 1/2" cubes

1 medium onion, chopped

1 ½ tsp. garlic powder

1 Tbs. canola oil

2 cans (15 ½ oz. each) great northern beans, rinsed and drained

1 can (14 ½ oz.) chicken broth

1 tsp. salt

1 tsps. ground cumin

1 tsp. dried oregano

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½ tsp. pepper



½ tsp. cayenne pepper 1 cup sour cream

½ cup heavy whipping cream

Optional: tortilla chips, shredded cheddar cheese, sliced seeded jalapeño pepper



Directions:

• In a large

saucepan, sauté the chicken, onion and garlic powder in oil until chicken is no longer pink. Add the beans, broth, chiles and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.

• Remove from the heat. Stir in the sour cream and the heavy cream. If desired, top with tortilla chips, cheese and peppers. Serve hot.

Rosemary White Beans with Frizzled Onions and Tomato

(Makes 3-4 servings)

Ingredients:

½ cup extra-virgin olive oil

1 large onion, halved and thinly sliced in halfmoons

Fine sea salt

6 cloves garlic, thinly sliced

2 tsp. fresh rosemary, minced, or ½ tsp. dried

½ tsp. red pepper flakes, plus more for serving 2 (15 ounce) cans white beans, such as cannellini or butter beans, drained and rinsed

1 cup chopped tomatoes, fresh or canned

1 ½ tsp. finely grated lemon zest

1 cup chopped fresh parsley leaves, plus more for garnish

Directions:

• In a large skillet, heat 2 Tbs. oil over mediumhigh heat until it shimmers. Add onion and cook, stirring occasionally, until well-browned all over, about 7 minutes. Reduce heat to medium, transfer half the onions to a plate and salt lightly.



- Add remaining oil to the skillet, along with the garlic, rosemary, red pepper flakes and a pinch of salt. Cook until the garlic is pale gold at the edges (you don't want the garlic to turn brown), about 2 to 5 minutes.
- Add the beans, tomatoes, ½ cup of water, and 1 tsp. salt to the skillet. Stir until the beans are well-coated with sauce. Reduce heat to medium-low and simmer until the broth thickens, stirring occasionally, about 10-15 minutes.
- Stir in the lemon zest and parsley. Taste, adding more salt if needed. Serve, garnished with the reserved onions, more parsley, olive oil and more red pepper flakes. You'll notice that the beans will thicken as they cool; to serve a brothier dish, add a bit of water to thin the sauce.

Quick and Easy Tiramisu

(makes about 6 servings)



Ingredients:

2 cups cold 2% milk

1 package (3.4 ounces) instant vanilla pudding mix

1 cup heavy whipping cream

3 Tbs. confectioner's sugar

28 soft ladyfingers, split

2 ½ tsp. instant coffee granules

½ cup boiling water

1 Tbs. baking cocoa

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Directions:

- In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand until soft-set, about 2 minutes.
- In a small bowl, beat cream until it begins to thicken. Add confectioner's sugar; beat until soft peaks form. Fold into the pudding, cover and refrigerate.
- Arrange half the ladyfingers, cut side up, in an 11"x 7" dish. Dissolve the coffee granules in boiling water and drizzle half over the ladyfingers. Spread with half the pudding mixture. Repeat the layers. Sprinkle baking cocoa over the top. Refrigerate until ready to serve.

SPOTLIGHT ON KRISTIN STEWART

By Dale Scott

I have had my hair cut by the same person for well over 40 years until this year in October. My hairdresser was sidelined by an injury, and I was in need of a haircut. I decided to check out *Hair By Kristen Stewart*, the new salon at the Partridge Lane Clubhouse. I never had a need for the salon before and I figured if my hairdresser had to retire I needed to find a new place to get my haircut.

Well, it certainly couldn't be any more convenient as I can walk to the salon from my house. Even better is that Kristen is just a delight. She is more than willing to work with people on flexible scheduling times. Her normal hours are Tuesday through Thursday 9-5, but if you are someone who works and can't do those hours just give her a call and she will be more than happy to accommodate you. She's not usually here on Saturday, but, for instance, she came in before the Medvil Cooperative Christmas party to do hair for people. Have a question? Just give her a call or you can text, 617-999-5132.

Kristen grew up in Watertown, MA and during COVID she bought a house in Manchester. She has been a hairdresser for 19 years and is thrilled to have her own salon here at Medvil. She loves doing full transformations, color and cuts.

She is thrilled to be living in NH now as she loves the outdoors and spends most of her time outside. You will find her outdoors most of the time hiking or riding her motorcycle. Men or women, we all need our hair cut sometimes, so give the new salon a try!



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I WAS THINKING ABOUT OUR SENSE OF SMELL...

. . . and its relationship to memories. My grandmother always wore Jean Nate perfume and used Pond's hand lotion. Those smells always make me smile. I love the smell of freshly mowed grass as well as the smell of incoming rain. My sister always had an artificial Christmas tree when their boys were young. One year, she bought a real tree and set it up in the living room. When the youngest son came home from school, he went into the living room, came right back out, and told my sister that there was something wrong with that Christmas tree – it smelled funny, and it had holes in it!

When I was in college, we had to dissect animals. I don't think I will ever forget the smell of formaldehyde. Our sense of smell also can alert us to danger. . .a gas leak or a fire or even spoiled food. What are some smells you like or don't like?

Did you know that ...

- There were female gladiators in ancient Rome. Details of their exploits are scant compared to those of their male counterparts, but scholars and historians agree that gladiatrices had their share of glory in the arena. Two of the more popular female gladiatrixes were named Amazon and Achillia.
- Alaska is the only state that can be typed on a single row of keys.
- Butterflies don't really have mouths, much less taste buds, to help them decide if food tastes good or bad. Instead, they use their feet! To eat, a butterfly unwinds a long, skinny part of its body called a proboscis, and sucks up liquids like nectars and juices.



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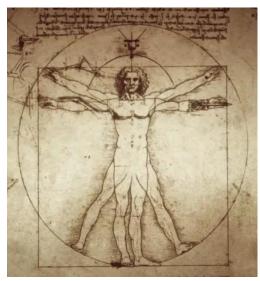




The Medvil Messenger is always looking for more Family recipes, helpful hints, material! reminiscences, jokes, poems, gardening advice, reviews of your latest vacation and day trip discoveries, hilarious tales of your pets' anticsjust about anything. Please keep it upbeat and positive. Original material 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 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 & Sue Soule



VITRUVIAN MAN Leonardo da Vinci 15th Century



VITRUVIAN SNOWMAN The Internet 21st Century

Sun	Mon	Tue	Wed	Thu 1	Fri 2	Sat 3
				6:30 Bingo DDC	GROUNDHOG DAY 6 Cribbage PLC non-league	
4	5	6	7	8	9	10
	6:30 Cribbage PLC	10 & 7 Play Pool PLC	10 Pool PLC 12:30 Knitting PLC	6:30 Bingo DDC	6 Cribbage PLC non-league	
11	12	13	14	15	16	17
	6:30 Cribbage PLC	10 & 7 Play Pool PLC	VALENTINES' DAY 10 Pool PLC 12:30 Knitting PLC	6:30 Bingo DDC	6 Cribbage PLC, non-league	8:30 Coffeehouse PLC 1-3 Meat Bingo DDC
18	19 PRESIDENTS DAY	20	21	22	23	24
	6:30 Cribbage PLC	10 & 7 Play Pool PLC 6 BOD Mtg DDC	10 Pool PLC 12:30 Knitting PLC	6:30 Bingo DDC	6 Cribbage PLC, non-league	
25	26	27	28	29 HAPPY	~	
	6:30 Cribbage PLC	10 & 7 Play Pool PLC 5:30 Tacos DDC	10 Pool PLC 12:30 Knitting PLC	LEAP YEAR! 6:30 Bingo DDC		

Metal Pick-up: 1st 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.

Meat Bingo

Saturday February 17th Donald Drive Club House



Starts at 1:00 PM till about 3:00 PM

Selections may include, but are not limited to, pork, beef, chicken, etc...whatever looks best at the store when we do our shopping. And some items come with everything you need for a complete meal.

A great afternoon of fun!! And two 50/50 raffles!!

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

\$1.00 per card \$15.00 for 16 games

And two 50/50 raffles!!

Please come and bring a friend or family member, the more the merrier. And feel free to bring a beverage of your choice. Snacks too!

No advance sign-up necessary, just show up and plan on a fun afternoon.

"These are social events designed to bring people out of their homes to mingle with each other and to build a strong community. Come meet your neighbors and have a great time.

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 allow us to offer low cost/no cost events and hels defray the cost of our annual Christmas Party.

IT'S TACO TUESDAY AGAIN



February 27th

Donald Drive Club House

5:00 – Margaritas

5:30 - Serving up Tacos

Back by popular demand, soft shell Tacos with Mexican Rice

- > Tacos with all the mix-ins
- ➤ Mexican Rice
- ➤ Dessert and Coffee

All this for only \$6.00!

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

Make your reservations and prepay at the Medvil Reception Office

Monday - Friday from 10:00 AM to 2:00 PM

Sign-up sheets outside the office for off-hours

Don't forget your money!!



Registration closes at 2:00 PM on Friday February 26th.

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 allow us to offer low cost/no cost events and help defray the cost of our annual Christmas Party.