



PHONE: 603-497-4440

FAX: 603-497-4880

WEB SITE: www.medvilcooperative.com

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E-MAIL ADDRESS: medvil@comcast.net

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January 2023

THE MEDVIL MESSENGER

BOARD NOTICES

OPERATIONS

Once again, the Christmas season has flown by. Our second annual tree lighting was a huge success. Thank you to the Fundraising Committee, who covered the expense of the refreshments. Thank you to Joyce Wilson who provided the Christmas music outside. Last but not least, thank you to Santa for taking time out of his busy schedule to be with us again this year. Now we can set our sights on a new year.

Winter is a slower season for maintenance, except for the snowstorms that always seem to happen on the weekend. Thank you to Jon Gunn and Ray

Pelletier who helped with this last storm by keeping the clubhouses and mail houses clear and salted. As with the leaves, if you have a drain near your home and you are physically capable, we would appreciate your help in keeping it clear of snow. Besides the plowing, there's a lot of work that needs to be done with each storm.

Jeff completed the installation of the carpet tiles on the lower level of Partridge clubhouse. It looks much cleaner and brighter. He still has to replace the insulation and the ceiling tiles that were damaged over the bar from the sewer line backup. Discussion is ongoing as to what type of bar is needed to replace the one that had to be taken down.

OVER

COMING ATTRACTIONS



11 January
"Lean Leftovers"

19 & 21 January
Dine Out Club



21 January
Soup & Chowder

SEE INSIDE FOR MORE INFORMATION!

Hopefully the sewer line involving the Partridge Clubhouse will be repaired soon and the clubhouse will be fully functional again. I want to thank all those who utilize the clubhouse on a regular basis for their patience and understanding.

A few rules reminders. Rubbish (bagged with bags securely tied) and recyclables are to be kept in containers designed for that purpose. Rubbish bags that are left out of a container are subjected to the crows picking through them and when it's windy, the bags sometimes roll down the street creating an obstacle course for vehicles. Please keep your trash bags in a trash container.

Vehicle parking: Parking on the streets must not interfere with snow removal. No overnight parking is allowed on the streets and no street parking is allowed from November 15th to April 15th. Please do not park your vehicle on Constitution Drive during a storm. This area needs to be kept clear in order to plow and push snow.

Jeff and I will soon be meeting with Don Dubois of Dubois Tree Service to put a plan together for this year's tree program. As you know, the budget this year is substantial. The plan is to be sure all the outstanding resident Work Orders will be completed providing the request is justified. We will then address the trees in our common areas that have not been addressed for quite some time. As soon as I have a schedule, I will post it at the mail houses with a start date and the addresses we will be concentrating on. Like years past, please keep in mind that the schedule is always subject to change due to unforeseen circumstances. Also, this program is to address dead or diseased trees or trees that are damaging to your roof, shed, driveway or sidewalk. We will not be taking down healthy trees because of too many acorns or leaves.

We are looking forward to year 2023 and what challenges it will bring. With the support of the residents, I have no doubt it will be a good year!

As always, thank you, Jeff, for all your hard work in maintaining our community.

Thank you for reading.

Odie/OD

OTHER NOTICES

MONTHLY POOL – PLAYERS NEEDED

The Fundraising Committee is looking for players for the monthly pool. There is currently no one is on the wait list and numbers 33 & 62 are available effective 1/1.

The winner receives half of the proceeds. If all numbers are played the winner receives \$250.

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.

COMMITTEES

EVENTS COMMITTEE

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



listed on the monthly calendar attached to each edition of the newsletter.

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

We would like to thank those businesses who donated to our annual Christmas Party Raffle; Evergreen Management, Market Basket, T-Bones, Lakeside Lanes and Goffstown's Ace Hardware. Your donations helped make our holiday party even more "merry and bright."

Kim Capen
Committee Chair



Contact Irene
Gagne at 603-622-
1869

Fundraising
Pool—The

winner for 12/1 was Peggy Hatfield for \$250. All numbers are being played with a guaranteed winner. There is nobody on the wait list at this time but we would like to have a list as two numbers will be coming up February 1st. **Call Irene Gagne to place your name on the list.** It's only \$5/month and you can play more than one number.

Those who have not paid their pool number(s) for January may do so Monday – Friday 9 am – 4 pm at the office. Payment is due by 12/28.

Yard Sale – – Until the repairs have been completed at PLC the Fundraising Committee does not have access to the closet. Please hold on to any items you wish to donate and contact Irene to let her know so she can notify you when items can be accepted.

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

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

Our next yard sale is on 4/1/23 and will include the crafters.

Consignment store – We sold the last of the items brought to the consignment store and raised around \$250. We will be bringing more items in the spring.

PURCHASES – We recently purchased nine new BOD chairs for the conference room and a new computer desk.

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

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

Irene M. Gagne

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

Or by phone at (603) 494-4246.





REAL ESTATE COMMITTEE

In December the Real Estate Committee had two closings and one Purchase and Sales pending.

During 2022 the Real Estate Committee total sales were \$1,170,725.00, bringing in commissions of \$46,839.00 for Medvil.

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 - 497-4440 Prompt 2
Website: www.medvilcooperative.com Homes for Sale

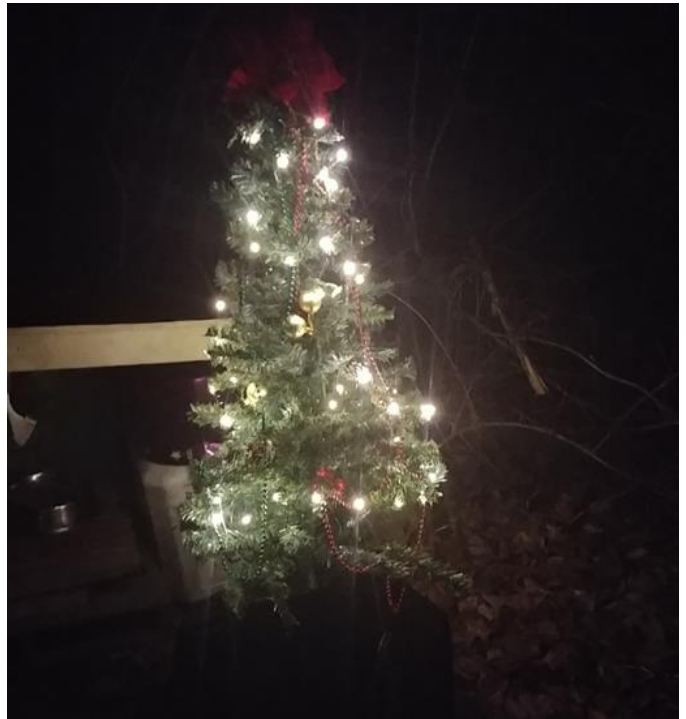
Dorrie Kossuth, Chairperson

RESOURCE COMMITTEE

The Resource Committee has put together an information packet helping seniors with fuel and electric assistance, USDA program, various websites to check out, and much more. These packets will be available in the Office Mail Room the week of January 2, 2023.

A presentation on a Meals on Wheels program called "Dine Out Club" offered to anyone 60+ will be held at noon Thursday January 19, 2023 for retirees and at noon Saturday January 21, 2023 for residents who work. Sign up sheets for these presentations will be in the Reception Office. Either call the Office at 603-497-4440 or

stop in between M-F 9am and 4pm. Anyone unable to sign up between those hours please call Dorrie at 603-289-3143. See attached flyer for information about this program.



Our feral friends have been dining in the glow of their own little holiday tree, courtesy of Ray Pelletier. Photo: Donna Duford



IN SYMPATHY

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

- Barbara Jahn who lost both a sister-in-law and a close friend within a couple of days.



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

Brrrrr! Baby, it's cold outside! And when it's cold outside, what's better than something warm from the kitchen? Here are a few recipes for perfect warmer-uppers that are easy to make, and delicious, too.

Tuscan Vegetable Soup

(makes 3-4 servings)



Ingredients:

- 1/4 cup olive oil
- 1 medium onion, peeled and thinly sliced
- 2 tablespoons fresh celery leaves, chopped (may substitute fresh flat-leaf parsley or basil

leaves for the celery leaves, if you prefer)

4 large Swiss chard leaves, ribs removed, roughly chopped (may substitute Savoy cabbage, if you prefer)

1/4 cup red wine

1-1/2 cups tomato puree
4 cups water (may substitute vegetable broth for a richer soup)
3 teaspoons fine sea salt, to taste
Freshly ground pepper, to taste
3-4 slices country bread, toasted
1 clove garlic, peeled and sliced in half
For serving: freshly grated Parmigiano-Reggiano cheese—or omit the cheese to make this soup recipe vegan

Directions:

- In a large stockpot, heat the olive oil over medium heat. Add the sliced onion and sauté until soft and slightly golden, about 5-8 minutes.
- Add the celery leaves and Swiss chard leaves. Sauté until the greens are wilted, about 2 minutes.
- Add the wine and cook until the alcohol smell has dissipated, about 1 minute.
- Add the tomato puree and water (or broth) and stir to combine. Season to taste with salt and pepper.
- Bring to a simmer, then cover and continue to simmer over low heat for 15-20 minutes.
- While the soup is cooking, toast the bread. Then rub each slice with 1/2 clove of garlic. Place a slice of toast in the bottom of each soup bowl.
- Ladle soup over the bread and let sit for 1-2 minutes to allow the bread to soften. Top each serving with a generous portion of grated cheese, if desired.

Creamy Chicken Noodle Soup Using Rotisserie Chicken

(makes 4-6 servings)



Ingredients:

- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil
- 2 cups onion, chopped



- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1-3/4 teaspoons kosher salt
- 3 Tablespoons all-purpose flour
- 4 cups unsalted chicken stock
- 2 cups whole milk
- 4 ounces uncooked whole wheat egg noodles
- 3 cups coarsely chopped chicken breast (from 2 rotisserie chickens)
- 1 cup frozen peas

Directions:

- In a large stockpot, melt butter with olive oil over medium-high heat. Add onion, carrots, celery and salt, and cook, stirring often, until the vegetables are slightly softened, about 6-8 minutes.
- Add the flour and stir to coat. Stir in the broth and milk and let the mixture come to a boil. Add the uncooked egg noodles to the boiling mixture. Cover and cook until the noodles are al dente, about 8 minutes.
- Stir in the chicken and frozen peas. Cook until the noodles reach your preferred doneness and the chicken and peas are warmed through, about 1-2 minutes more. Serve immediately.



Tomato Basil Soup
(Makes 3-4 servings)

- Ingredients:**
2 teaspoons olive oil, plus more for drizzling

- 1 small onion, finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic, minced
- 1/2 cup fresh basil, chopped
- 1 teaspoon fresh thyme leaves, chopped
- 2 (14 ounce) cans diced tomatoes
- 2 cups vegetable broth (may substitute chicken broth if you prefer)

Directions:

- In a medium saucepan, heat the olive oil over medium heat. Add the onions, celery and garlic and

gently sauté until softened, about 5-6 minutes. Don't allow the garlic to brown.

- Add the basil, thyme, tomatoes and broth. Bring to a boil.
- Reduce the heat and simmer for 10 minutes. Remove from the heat and allow to cool a little. Use an immersion blender to purée the soup. Alternatively, purée the soup in batches in either a blender or food processor.
- Purée lightly for a chunky consistency; otherwise, purée it fully for a velvety texture.
- Serve hot, drizzled with olive oil, accompanied by Italian bread or a celery stalk stirrer.



2022 CHRISTMAS CONCERT

On December 3rd, once again the D Street Band regaled the Medvil community with their Christmas concert. Although David was suffering from a serious head cold, he “Manned” up and played and sang anyway. Nearly 100 residents were present including the two granddaughters of Giselle LaFleur, Hannah, nine, and Lucy, five. I was not able to attend until nearly half time due to my grandson’s hockey game. But while I was there the music and singing was fantastic and very festive. They even seemed to have saved my favorite carols until I got there. There were many sing-a-longs, usually until the third or fourth verses as many of us never learned them. The voluntary admission was a toy to donate to Toys for Tots. When I arrived, the many receptacles were overflowing. (Thank you,



Medvil residents!) Our marine arrived with his daughter and we gave him a standing ovation for his service to our country and for being the one to deliver the toys. It was a beautiful sight for the aunt of a nephew in the army. The true spirit of Christmas was seen when Santa called the two girls up to the front so he could talk with them. Their eyes were huge as Santa showed them his giant keys and involved them in telling his story of the uses for his keys. Later he made sure that they had their pictures taken with him. (Thank you, Santa!) I would like to add a huge thank you to the band for their beautiful and cheerful opening of the Christmas season. They have been blessed with wonderful talents and I hope that it does become an annual beginning of our celebrations.

Liz Warren

A SILLY STORY

To the newsletter: You said that you would like a silly story or two. So I will share one with you. My grandson lived with me for a couple of years. I always called him my gooseberry muffin. When he was about two or three, one day he was being extremely naughty. He was pulling books off the shelves and throwing all his toys everywhere. I had asked him multiple times to stop with the books and to put away his toys. He looked at me like I was speaking in some strange language. Finally in a very stern voice I said “Garrett, you are being a . . . a . . .(not wanting to call him a brat). . . a binkerbonker.” My made-up word. He put his little hands on his little hips, looked me in the eye and said, “Grammie, I am not a binkerbonker, I am a gooseberry muffin.” At that, all I could do was pick him up and give him a huge hug while laughing.

The little guy is now taller than me and very much NOT a binkerbonker.

Liz Warren



GOOD STUFF WE FIND

THE JANUARY MAN

The January man he walks the road
in woollen coat and boots of leather;
The February man still shakes the snow
from off his hair and blows his hands.
The man of March he sees the Spring
and wonders what the year will bring
And hopes for better weather.
Through April rain the man goes down
to watch the birds come in to share the summer;
The man of May stands very still
to watch the children dance away the day.
In June the man inside the man
is young and wants to lend a hand
And smiles at each newcomer.
In July the man in cotton shirt
he sits and thinks on being idle;
The August man in thousands
takes the road to find the sun and watch the sea.
September man is standing near
to saddle up another year
And Autumn is his bridle.
The man of new October takes the reins
and early frost is on his shoulder;
The poor November man sees fire and mist
and wind and rain and winter gale.
December man looks through the snow
to let eleven brothers know
They're all a little older.
The January man he comes around again
In woollen coat and boots of leather
To take another turn and walk along
the icy roads he knows so well.
The January man is here
For starting each and every year
Along the road forever.

Dave Goulder



...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 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



Learn to create healthy, delicious, meals from leftovers!

Lean Leftovers

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

Wednesday ❖ January 11th
6:00 pm
Partridge Lane Club House



If you're like most people, you usually cook way more food than you need to during the holidays and for family dinners. It's always better to have more than not enough, right?

Leftovers are inevitable but eating the same thing for days doesn't have to be. Join us to learn how to turn leftovers into delicious and nutritious meals or snacks. From cozy soups and stews, to quesadillas, salads and more, you're sure to leave the class hungry, yet satisfied.

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 5:30 pm
(Light refreshments will be served)**

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

Soup & Chowder Night

Saturday
January 21st
5:00 pm
Donald Drive Club House



Thanks to the members of the Events Committee, (and hopefully, members of our community) there will be lots of soups and chowders to sample.

Coffee and dessert will round out the evening.

This is a free event but to ensure we have enough for everyone, please call the Medvil Reception Office at (603)497-4440, Ext. 0 to let us know you are coming. They are open Monday through Friday, 9:00 am to 4:00 pm.

Don't forget the 50/50 raffle!





Please come and enjoy this fun (and delicious) evening. If you have a favorite soup or chowder you'd like to share with other 'soup connoisseurs', please let us know what it is you'll be bringing when you call to sign up.

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

*What's happening in February?
An omelet breakfast (2/11) and meat bingo (2/25)
Additional information will be in the February edition of the Medvil Messenger.*

JANUARY 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|--|--|
| 1 Happy New Year  | 2 6:30 Cribbage PLC | 3 10 & 7 Play Pool PLC | 4 10 Pool PLC 12:30 Knitting PLC | 5 6:30 Bingo DDC | 6 6 Cribbage PLC non-league | 7 |
| 8 | 9 6:30 Cribbage PLC | 10 10 & 7 Play Pool PLC | 11 10 Pool PLC 12:30 Knitting PLC 6 Dietician PLC | 12 6:30 Bingo DDC | 13 6 Cribbage PLC non-league | 14 8:30 Coffeehouse PLC |
| 15 | 16 Martin Luther King  6:30 Cribbage PLC | 17 10 & 7 Play Pool PLC 6 BOD Mtg DDC | 18 10 Pool PLC 12:30 Knitting PLC | 19 12 Presentation "Dine Out Club" DDC 6:30 Bingo DDC | 20 6 Cribbage PLC, non-league | 21 12 Presentation "Dine Out Club" DDC 5 Soup & Chowder DDC |
| 22 | 23 6:30 Cribbage PLC | 24 10 & 7 Play Pool PLC | 25 10 Pool PLC 12:30 Knitting PLC | 26 6:30 Bingo DDC | 27 6 Cribbage PLC, non-league | 28 |
| 29 | 30 6:30 Cribbage PLC | 31 10 & 7 Play Pool PLC | | | | |

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.**

