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JULY 2025

THE MEDVIL MESSENGER

COMING ATTRACTIONS

11 July
Fish Fry



19 July
Meat Bingo

26 July
Picnic



And...
in August:

Chicken BBQ
and another
Fish Fry!

More info soon.

SEE CALENDAR FOR MORE INFO!

BOARD NOTICES



OPERATIONS

Underground water continues to plague us as we work to mitigate drainage issues on upper Donald Drive and Kelly Court.

After the unusually heavy spring rain, this water came to the surface in the middle of upper Donald Drive. A system to capture the water and send it to the pond was installed and took care

of a lot of water, but more needs to be done. The board has asked CMA engineers to propose a game plan to approach the issues with possibly a more permanent solution. Several fixes have been successful over our 20 years of ownership, but we still need to resolve some continuing problems. The board will look at the engineers' suggestions and make some decisions going forward.

A water leak was repaired at a home on Riverledge Drive. It was from a pipe that got crushed and worn. The pipe otherwise was of good quality and in great condition, which is good news, as it has been our experience that many of the water lines from the curb stops to the street are in poor

condition. Perhaps curb stops to the homes are not as much of a problem as we thought, hopefully.

Trees for next year's cutting will again be limited to dangerous and diseased trees as we need to funnel more of our capital resources toward replacing aging water lines from the street to the curb stops along with some weakened and crushed sewer lines on the east side of the community. This will also mean that road replacement will likely be limited to those roads where water and sewer lines need to be replaced, at least for the next few years.

The septic system next to the clubhouse has shown signs of failure and we will be getting quotes in the next few weeks so we can replace it. The system next to it is in great condition so for a short time we are diverting the affluent from the failed system into that area.

The new hybrid Japanese maples planted last year are all doing very well. Another nine were planted to replace the overgrown maples that were cut down this year. We have a dozen of these trees in the first-year stages in our tree nursery. These trees have roots that are not so invasive and will grow to only about 12-14 feet. They will be ready in a couple years for planting around the community to replace trees being removed because of damage to homes and roads.

The infrastructure report we contracted for was delayed and we expect to have it in hand by the time I do this next report.

It has been noted that the feral cat program is being hindered by folks feeding the stray cats, making it more difficult to catch and neuter these cats. These cats are regularly attended to by a team. It is against the rules to feed any animals and that includes stray cats and kittens. If you persist in doing so, you can expect to be warned and fined for doing so. Please be considerate of this team's efforts to deal humanely with stray cats in our neighborhood so that they don't procreate more kittens that have to fend for themselves in a hostile

environment of wild predators. If you feed them, you are not helping them.

Until next month. Enjoy the summer!

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.

IRRIGATION SYSTEMS

Summer is here and the irrigation systems are up and running.

Although it's great to see so many residents paying attention to their lawns, some have not properly set their irrigation systems to run according to the rule regarding when and for how long their system should run. And some irrigation heads are watering the homeowners' driveways and the streets in front of their homes.

Medvil's monthly water bill averages \$15,000 per month (give or take) so it's important that the water is going where it is needed the most.

Please make sure your irrigation system is working properly. Starting in July the residents who are not in compliance will receive a letter asking them to



please adjust their systems. If a second letter needs to be sent, it will include a \$50 fine. The rule regarding water use is included for your information.

D. SITES

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 5:00-8:00 AM and 5:00-8:00 PM.
- 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 4:00 AM 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 (¼ ") 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.

LOWER RV STORAGE

We do have spots available both inside and outside. The spots are available on a first-come, first-served basis, and are assigned based on the length and width of your boat, RV, or utility trailer. If you are interested, forms are available at the Donald Drive Club House. Please remember to provide a copy of your registration and proof of insurance.

If you have submitted your payment, form, and a copy of your registration and proof of insurance by June 1st you should have received a blue sticker which provides you with your spot number and shows an expiration of May 31st, 2026. If you didn't receive your sticker, please contact Anita O'Brien at 603 494 4246.



LOOKING FOR AN OPPORTUNITY TO VOLUNTEER?

The Reception Office is looking for a few additional volunteers

who can come on board as substitutes for the current five individuals working in the office. You will be fully trained in office procedures so you will be prepared to fill in when needed. Office hours are Monday through Friday, 10:00 AM to 2:00 PM. If this is something you may be interested in, please call the office (603-497-4440) and leave your name and phone number; Sheila Asselin, the current Office Coordinator, will gladly call you back.

GENERAL NOTICES

FUNDRAISING COMMITTEE MONTHLY POOL – PLAYERS NEEDED

The Fundraising Committee is looking for players for the monthly pool. There are currently two numbers available for 7/1: #72 & #97.



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

Please call Irene Gagne at 603-622-1869 if you want to play one or both numbers. The cost is only \$5/month.

* * * * *

APPRECIATION

I'd like to express my gratitude to a friend and Medvil resident who donated so many beautiful decorations for Valentine's Day, St Paddy's Day, Easter and patriotic decorations to beautify our Clubhouses. I hope you've enjoyed the seasonal effects!

The Decorating Committee Chairmen:
Hank Bernadini and Norm Proulx
Coordinator/Decorator: Sue Proulx



TWIN SENTINELS

Photo by Donna Duford

A pair of turkey vultures keeping watch over Medvil on a mid-June afternoon.

These are our most common vultures in New Hampshire although black vultures from the southeastern United States have been expanding into the Connecticut River Valley for several decades. One neighbor on Rachael Circle saw one standing on her birdbath!





Look everyone! Our brand-new grass-free, dirt-free, mud-free picnic area! Thanks to the Events Committee for bringing this to Mevil for everyone to enjoy.

HAPPY FOURTH OF JULY!

If you are interested in participating in the annual Fourth of July parade, please contact Anita OBrien at 603-494-4246.

We will meet at the Donald Drive Clubhouse at 2PM and end at the Partridge Lane Clubhouse.



Residents, family members and friends are all welcome to be part of this annual tradition.

Bikes, cars, golf carts, motorcycles, scooters, and any other form of transportation you can think of are welcome to join in.

Show your support and holiday spirit.



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 6/1 was Dave Kirkpatrick for \$250. There are two numbers available: #72 & #97. All numbers are being played with a guaranteed winner. It's only \$5/month and you can play more than one number.

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

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--Of the 11 items brought to the consignment 9 items have sold.

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

Ideas Needed – The Committee is still looking for ideas on how to spend our money. These 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 Real Estate statistics from May 16, 2025, through June 17, 2025:
Six showings, one closing and three listings.
No other activity.

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. 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

Dorrie Kossuth, Chairperson

EVENTS COMMITTEE



- Friday, July 11 – Fish Fry, DDC. Two seatings – 4:30P and 5:30P. Cost is \$12.00 / person. See attached flyer.
- Saturday, July 19 – Meat Bingo, DDC, 1:00 – 3:00 PM
- Saturday, July 26 (rain date July 27) – Picnic (burgers, hot dogs, bratwurst, French fries, etc.) Please note that the serving is 12:00 PM to 1:00 PM. Cost is \$5.00 / person. See attached flyer.



- August – Chicken BBQ with corn on the cob; Fish fry – dates for both events to be determined.

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

Karen Kirkpatrick



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
- Homeowner Assistance Fund

NOMINATION COMMITTEE

Who was at our mail house on Friday?

The two co-chairs of the Nomination Committee, Sue Soule and Anita O'Brien each spent two hours talking to residents about open positions and encouraging people to attend the informational Pizza party that was held on Sunday at noon. We spoke to about 35 residents on Friday, many who could not come on Sunday. Residents asked a lot of great questions. On Sunday at our pizza party we had about 25 participants. We discussed the different roles and what you actually would do on the board.

If you are interested in learning about the open positions please feel free to reach out to Sue Soule or Anita O'Brien.

Intent to run submittals can be submitted anytime up through September 5th. Meet the Candidates will be held in mid-October at a date and time to be determined.

Thank you all for asking great questions and remember if you are thinking: "I could never run for a position", you might be the perfect person to represent our 301 homes.

Sue Soule and Anita O'Brien
Nominating Committee Co-Chairs

LIVING IN COMMUNITY

By Tondy McGowan



There are lots of issues that arise when we live in any community. The most recent Medvil Coffee House meeting brought up a number of such issues. A major one that the Board of Directors is wrestling with is our aging water and septic infrastructure. Another discussion was about the sale of homes in Medvil. The issue is about the repair or improvement of yards, sheds, and other situations outside of the house before a sale can be completed. Yet another is about overgrown front and back yards. It is Residents' responsibility to care for their yards and keep them reasonably neat. Currently there is a policy to notify homeowners that if they don't, or are unable to maintain



yards, a vendor will be hired to do it and the cost is charged to the homeowner. Further discussion and possible creative ideas are needed to deal with this issue.

The Board is seeking sources for funding of major infrastructure issues. The New Hampshire Community Loan Fund has been one source, but Medvil did not receive the last Grant we applied for. Other sources are being considered and it is important to look into these sources as soon as possible to receive any requests for proposals that they may issue in the coming months. Community members could be a great source of ideas for funding sources and are encouraged to let their ideas be known.

One other issue that comes up on a regular basis is "What to do about stray and feral cats in Medvil." Donna Duford gave a report to the Board on June 17 about the progress being made with the TNR (Trap Neuter Release) program she coordinates for Medvil.

Meanwhile, life goes on smoothly in our quiet, peaceful community. We have an election for Board members coming up at the November Annual Meeting. A Pizza Party was held on June 22 for potential candidates to learn about the roles Board members play. All residents are encouraged to learn about what the Board members do and participate in governing Medvil Community. New and long-term residents could bring new or different perspectives to the governance of our community regarding these and many other issues that arise. Opportunities to learn are available each month for all residents to attend the Coffee House, the Board of Directors meetings or to check out the Rules and By-laws on the Medvil Website or in the Office on Donald Drive



It's been a busy month for the Feral Cat Team! Since we trapped the four kittens on Rachel Circle, we found a new source to help us with TNR (Trap, Neuter, Return.) Thanks to Feline Friends Rescue in Salem and Animal Rescue Veterinary Services (ARVS) in Londonderry, we were able to get two feral cats neutered. They were also given Rabies and Distemper vaccines and treatment for fleas and ticks.

I thought that I'd share the details of our recent trapping adventure. We set seven traps on Saturday, June 14th, three that Medvil owns, three borrowed from residents and one borrowed from Manchester Animal Shelter. We set traps in four places where there have been cat sightings. All the traps were baited with sardines and checked every hour from 9:00 AM until after midnight. In addition to the two cats, we managed to trap a raccoon, an opossum, and a skunk! The skunk was kind enough not to spray me when I approached the trap and released it, but it did stamp its feet and give me a beautiful display with its tail puffed up over its back!

Once the cats were trapped, we put them in the Garden House for the night. First thing in the morning we brought them to the clinic, then brought them back to the garden shed in the afternoon. After a few hours, they were stable enough for me to slide some food into the traps. One more check late at night showed that they had eaten and were doing okay.

Monday morning, we released the cats where they had been trapped. Both of them shot out of the traps like rockets! Then to clean up: All traps were picked up and cleaned and the towels and blankets



that covered the traps were washed, as was the tarp used to protect the floor of the garden shed.

We will take advantage of the clinic again next month at ARVS, and hope to get more than two cats taken care of.

Special thanks to Don, our Maintenance Manager, for help with traps; to Missy Bagley and Mark McDougale for lending us traps; and to Cindy Caron, Cyndi and Russ Beeson, and Missy Bagley for letting us use their yards for trapping. I am grateful

to our team members Tondy McGowan for lugging and transporting, and MB. Wulf for setting traps, checking them in the pouring rain, lugging cats and doing all of the clean up! Finally, a huge thanks to the Board of Directors for entrusting me and the rest of the team with this task.

As always, please contact me if you see new cats, especially kittens. Also, please contact me directly with any issues related to cats. Thanks so much!

Donna Duford



Video capture above, by Donna Duford, shows—minus the blur!—what a cat “shooting out like a rocket” looks like. This boy was named “Honor.” Honors may well be accorded him, and plenty, but they will no longer include “Father of the Year.”



IN SYMPATHY

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

- The family of William Coker, on his passing.



We meet them in the lives they've shaped. We enjoy them in the humor and wisdom they've passed down. Let us 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

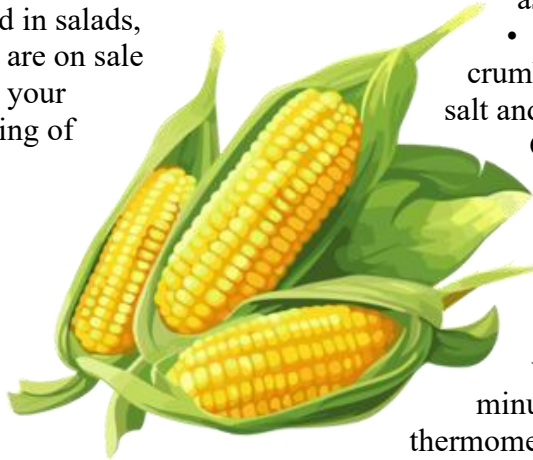
Summer is finally here. It's time to bring out the grill, but it's also time to enjoy all those fresh fruits and veggies, both on the flames and in salads, too, especially since many of them are on sale in the markets right now. Here for your gustatory pleasure is a double helping of good eating to last you through the steamy months. Enjoy!

Corn 'n Cucumber Salad

(Makes 8 servings)

Ingredients:

- 2 medium cucumbers, peeled and thinly sliced
- 2 cups fresh corn, cooked
- 4 green onions, thinly sliced
- 1/2 cup white vinegar
- 2 Tbs. granulated sugar
- 2 Tbs. water
- 1 tsp. dill weed
- 1 tsp. salt
- 1/4 tsp. pepper



Pinch cayenne pepper

Directions:

- Combine all ingredients in a large bowl. Cover and chill for several hours before serving.
- For a bit of variety, you can add halved cherry or grape tomatoes and red onion slices to the mix.

Hawaiian Turkey Burgers

(makes 4 servings)

Ingredients:

- 1 can (8 oz.) sliced pineapple
- 1/2 cup dry bread crumbs
- 1/2 cup sliced green onions
- 1/2 cup chopped sweet red pepper
- 1 Tbs. soy sauce
- 1/4 tsp. salt
- 1 lb. lean ground turkey
- 2 Tbs. teriyaki sauce
- 4 sesame hamburger buns

Directions:

- Drain pineapple; reserve 1/4 cup juice (save remaining juice for another use). Set pineapple aside.
- In a large bowl, combine the bread crumbs, onions, red pepper, soy sauce, salt and reserved pineapple juice. Crumble turkey over mixture and mix lightly but thoroughly. Shape into 4 patties.
- On a lightly oiled grill rack, grill, covered, over medium heat for 3 minutes on each side. Brush with teriyaki sauce. Grill 4-6 minutes longer on each side, or until a thermometer reads 165° and juices run clear.
- Grill pineapple slices for 2 minutes on each side, basting occasionally with teriyaki sauce. Warm buns on grill; top each with a burger and pineapple slice. Serve hot.



Broccoli Salad

(Makes 4-6 servings)

Ingredients:

For the Dressing

1/2 cup golden or black raisins (or dried cranberries)

1/2 red onion, finely sliced

1/4 cup apple cider

4 tsp. granulated sugar

Kosher salt (such as Diamond Crystal)

3 Tbs. extra-virgin olive oil

1 Tbs. sesame oil

For the Salad

1-1/2 lbs. broccoli (about 2 heads)

1 apple (your favorite variety), cored and cut into 1/2" cubes

2 scallions, white and green parts, finely sliced

Kosher salt and black pepper

1/2 cup toasted sliced almonds or sunflower seeds

1 cup red or green grapes (optional), halved crosswise

NOTE: To toast almonds, lay them out in a single layer on a sheet pan lined with parchment paper, then roast at 300°F for 8 to 10 minutes until golden. Let cool completely before adding to the salad.

Directions:

- Make the dressing: Place the raisins and the red onion in a small bowl. Add the vinegar, sugar, 3/4 tsp. salt, and 2 Tbs. water. Toss to combine. Leave to pickle for 10 minutes while you prepare the rest of the ingredients.
- Peel the woody exterior off the broccoli stalks and discard. Chop the stalks into 1/2" pieces; chop the florets into 1/2" pieces as well. Don't worry if they're not uniform. Place all the broccoli into a large mixing bowl.
- After 10 minutes, finish the dressing by adding the olive oil and sesame oil to the bowl with the pickling raisings and red onion; stir well to combine. Taste and season with more salt if needed. The dressing should be tangy, slightly sweet, and a little bit salty.
- Add the raising-and-onion dressing to the broccoli, along with the apple and scallions. Using 2 large spoons, toss well so that everything is well

coated. Season with 1/2 tsp. salt and black pepper to taste. Sample to make sure you're happy with the seasonings, adding more if needed.

Grilled Pork Chops

(Makes 4 servings)

Ingredients:

1/2 cup Worcestershire sauce

1/4 cup minced fresh parsley

1/4 cup balsamic vinegar

1/4 cup soy sauce

2 Tbs. extra-virgin olive oil

1 tsp. minced garlic

1/2 tsp. pepper

1/4 tsp. cayenne pepper

4 boneless pork loin chops (8 oz. each, 1" thick per chop)

Directions:

- In a large bowl, combine all ingredients except the pork chops. Whisk together. Add the pork chops; turn to coat. Refrigerate overnight; if not overnight, at least 8 hours.
- Remove from the fridge. Drain and discard the marinade.
- Grill the chops, covered, over medium heat, for 10-15 minutes on each side, or until a thermometer reads 145°F. Let the meat stand for 5 minutes before serving.

Smashed Zucchini with Chickpeas and Peanuts

(makes 4 servings)

Ingredients:

1-1/2 to 2 lbs. zucchini (about 3-4 medium)

1 jalapeño, halved lengthwise, stemmed and sliced into 1/8" thick half-moons

2 limes, 1 zested and juiced, the other cut into wedges for serving

Kosher salt (such as Diamond Crystal)

1/4 cup extra-virgin olive oil

1 (15-oz.) can chickpeas or 1-1/2 cups cooked chickpeas, rinsed and patted dry

1/2 cup roasted peanuts (salted or unsalted)

1-1/2 tsp. ground sumac, coriander or coriander-based spice blend like berbere



Directions:

- Trim the zucchini ends and slice lengthwise into quarters. Position cut sides down, then smash with the side of your knife or a rolling pin until craggy and split. Rip into 1/2-to-1" pieces. Transfer to a colander set in the sink, then toss with the sliced jalapeño, lime juice, and 1-1/2 tsp. salt. Let drain while you cook the chickpeas.
- Heat the oil in a medium nonstick skillet over medium heat. Add the chickpeas and peanuts and cook, stirring occasionally, until the chickpeas are lightly browned and crisp, 5 to 10 minutes. Remove from heat and add the lime zest, sumac and a sprinkle of salt. Stir until fragrant, then taste and add more salt as needed.
- Shake the zucchini to get rid of any excess liquid, then transfer to a platter. Drizzle with a little olive oil; top with the chickpeas. Taste, add salt and a squeeze of lime until the flavors are bright and zingy. Serve warm or at room temperature. Note that the chickpeas will lose their crispness the longer they sit with the wet ingredients.

Spinach and Strawberry Salad with Poppy Seed Dressing

(makes 4 servings)

Ingredients:

- 2-1/2 Tbs. mayonnaise
- 1-1/2 Tbs. cider vinegar
- 1 Tbs. extra-virgin olive oil
- 1 tsp. poppy seeds
- 1 tsp. granulated sugar
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- 1 large bunch (15 oz.) baby spinach
- 1 cup sliced strawberries
- 1/4 cup toasted sliced almonds



Directions:

- Whisk mayonnaise, vinegar, oil, poppy seeds, sugar, salt, and pepper together in a large bowl.
- Add the spinach and strawberries and toss to coat. Sprinkle with almonds before serving.

Grilled Tahini-Honey Chicken Thighs

(Makes 4 servings)

Ingredients:

- 2 large lemons, halved
- 1/4 cup tahini
- 2 Tbs. honey
- 2 Tbs. extra-virgin olive oil, plus more for cooking
- 2 lbs. boneless, skinless chicken thighs
- Salt
- 1 or 2 springs parsley or cilantro leaves and tender stems, chopped

Sumac (optional), as garnish

Directions:

- Into a large bowl, juice 1 lemon, then whisk together with the tahini, honey, and olive oil until smooth. Transfer half the mixture to a small serving bowl.
- Season the chicken all over with salt and add to the large bowl; toss to coat.
- To grill the chicken, set the grill to medium high. Generously oil the grates, then add the chicken and cook until the bottom is charred, 5 to 8 minutes. Turn the thighs and continue to grill until the chicken is cooked through, 5 to 7 additional minutes, depending on the size of the chicken pieces. Turn thighs over again if necessary. Move thighs to a cooler part of the grill if browning too quickly.
- Remove chicken from grill and let cool 1 to 2 minutes. Taste the reserved sauce and season as needed with salt. If too thick, add a tablespoon of water and whisk together.
- Squeeze the remaining lemon half over the chicken, drizzle with the sauce or serve on the side, and garnish with the parsley and sumac.



Spicy Tuna and Avocado Tostadas

(makes 6 tostadas)

Ingredients:

2 medium garlic cloves, finely grated
1 serrano chili, finely diced
1 lime, juiced (about 2 Tbs.)
2 Tbs. mayonnaise
Salt and pepper
1/3 packed up cilantro leaves and tender stems
1 large ripe Hass avocado
1/2 small red onion
1 medium tomato
2 (5 oz.) cans tuna, packed in oil, drained
6 tostada shells
Hot sauce, for serving (optional)

Directions:

- Make the dressing: In a medium bowl, mix together the garlic, serrano chili, lime juice, mayonnaise, 1/2 tsp. salt, and 12 tsp. pepper until well combined; set aside.
- Make the salad: Roughly chop the cilantro; chop the avocado; dice the red onion and tomato. Place everything in the bowl with the dressing. Add the tuna and 1/4 tsp. salt and toss until combined. Taste and add more salt as desired. *NOTE: can be served immediately or refrigerated for up to 2 days.*
- When you are ready to eat, divide the filling among the tostada shells—a generous 1/2 cup tuna salad for each tostada—and top with hot sauce, if desired.

Grilled Shrimp

(Makes 8 servings)

Ingredients:

1/2 cup butter, melted
3 Tbs. lemon juice
2 tsp. chili powder
1 tsp. ground ginger
1/4 tsp. salt
2 lbs. uncooked shrimp (16-20 per pound) peeled and deveined

Directions:

- In a medium bowl, combine all ingredients except the shrimp; set aside 1/4 cup mixture.
- Thread the shrimp onto 8 metal or soaked wooden skewers.
- Grill, covered, over medium heat for 3-5 minutes on each side, or until shrimp turn uniformly pink, basting occasionally with the butter mixture.
- Remove from the grill, remove from the skewers onto a platter, brush with the reserved 1/4 cup butter mixture, and serve hot.

Green Bean Caesar Salad

(Makes 4 servings)

Ingredients:

1 lb. green beans, trimmed (about 4 cups)
1/8 tsp. salt
1-1/2 tsp. extra-virgin olive oil, plus 2 Tbs. divided
3 Tbs. seasoned OR plain panko breadcrumbs
1/3 cup whole-milk plain strained (Greek-style) yogurt
2-1/2 Tbs. grated Parmesan cheese, plus 2 Tbs. shaved Parmesan, divided
2 tsp. lemon juice (from 1 small lemon)
3/4 tsp. Worcestershire sauce
1/2 tsp. anchovy paste (optional)
1/2 tsp. Dijon mustard
1 medium clove garlic (1/4 tsp.)
1/8 tsp. ground pepper, plus more for garnish
Water, as needed

Directions:

- Bring a large pot of water to a boil over high heat. Add trimmed green beans; cook until crisp-tender and bright green, about 5 minutes. Drain the beans thoroughly; pat dry with a paper towel and transfer to a serving platter. Sprinkle with 1/8 tsp. salt.
- Meanwhile, heat 1-1/2 tsp. oil in a small skillet over medium heat. Add 3 Tbs. panko and cook, stirring occasionally, until lightly browned, 2 to 3 minutes. Remove from heat and set aside.
- In a small bowl, whisk 1/3 cup yogurt, 2-1/2 Tbs. grated Parmesan, 2 tsp. lemon juice, 3/4 tsp. Worcestershire, 1/2 tsp. anchovy paste (if using), 1/2 tsp. mustard, the grated garlic, 1/8 tsp. pepper,



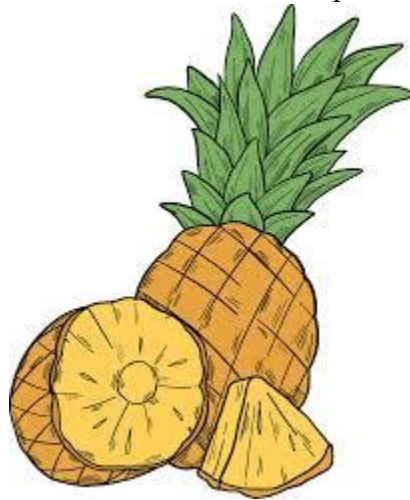
and the remaining 2 Tbs. oil until combined. If needed, whisk in water (1 tsp. at a time) until desired consistency is reached.

- Drizzle the dressing over the beans. Top with the toasted panko and the remaining 2 Tbs. of shaved Parmesan. Garnish with pepper, if desired.

Grilled Chicken with Red Pepper-Pecan Romescio Sauce (makes 4 servings)

Ingredients:

2 medium red bell peppers
1 medium tomato
1 lb. chicken cutlets
3/4 tsp. salt, divided
1/2 tsp. ground pepper, divided
1/2 cup chopped pecans, toasted
1 clove garlic
2 Tbs. extra-virgin olive oil
1 Tbs. red-wine vinegar
1/4 tsp. crushed red pepper flakes
Chopped scallions for garnish



Directions:

- Preheat the grill to medium-high. Grill the bell peppers and tomato, turning occasionally, until blistered all over and charred in spots, 12 to 15 minutes. Transfer to a plate and let rest until cool enough to handle, about 5 minutes.
- Meanwhile, sprinkle chicken with 1/4 tsp. each salt and pepper. Grill the chicken, flipping occasionally, until a thermometer inserted in the thickest part reads 165°F, 6 to 8 minutes total. Transfer to a plate, tent with foil, and let rest for 10 minutes.
- Remove and discard the skin and seeds from the peppers and tomato. Place the peppers and the tomato in a blender; add the pecans, garlic, oil, vinegar, crushed red pepper flakes, and the remaining 1/2 tsp. salt, and 1/4 tsp. pepper. Puree on high until well combined, about 1 minute. Serve the chicken with the sauce; top with scallions, if desired.

Easy Pineapple Coleslaw (makes 5 servings)

Ingredients:

1/3 cup mayonnaise
3 Tbs. cider vinegar
2 Tbs. lemon juice
1 tsp. seasoned pepper of your choice
1-1/2 cups shredded red cabbage
1 cup julienned carrots
1 cup broccoli slaw mix
1 cup finely chopped fresh pineapple

Directions:

- Whisk mayonnaise, vinegar, lemon juice, and seasoned pepper in a large bowl.
- Add cabbage, carrots, broccoli slaw, and pineapple; toss to coat.
- Refrigerate for at least 30 minutes (and up to 1 day) before serving. Toss to refresh immediately before serving.

Peach Caprese Salad (makes 2 servings)

Ingredients:

4 oz. fresh buffalo mozzarella cheese
2 cups torn leaf lettuce
1 medium peach, cut into wedges
1 large heirloom tomato, cut into wedges
1/2 cup loosely packed basil leaves
2 Tbs. extra-virgin olive oil
1 Tbs. balsamic vinegar
1/4 tsp. flaky sea salt
1/8 tsp. coarsely ground pepper

Directions:

- Tear mozzarella into large pieces.
- On 2 large plates, arrange lettuce, peach wedges, mozzarella, and basil.
- Drizzle with oil and vinegar; sprinkle with salt and pepper; serve with crusty bread.





READERS' CONTRIBUTIONS

DID YOU KNOW ...

Fascinating facts brought to you by Karen Kirkpatrick

Have you heard of Pedestrianism? It was a 19th century form of competitive walking, where competitors would walk for days, and days, and days.

Maine has more coastline than all of California. Its coastline is 3,478 miles long; California's coastline is 3,427 miles long.

Most lipsticks contain fish scales.

In England, the Speaker of the House is not allowed to speak.

A blind engineer invented cruise control.

When Harriet Tubman was a child, she was hit on the head by a heavy metal weight and suffered with headaches, seizures, and difficulty sleeping for many years. In the late 1890's, she walked into a hospital in Boston and asked that they do brain surgery, without anesthesia!!!! Instead, she did something she saw Union Soldiers do – she bit down on a bullet to endure the pain. After the surgery, she said that she “put on her bonnet and walked home!!”



SERVICES FOR HIRE...
BY RESIDENTS...
FOR RESIDENTS



*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.*

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

John Adams 603-892-6509

Spring and fall cleanup, summer routine hedge clipping and mowing, landscape maintenance, mulching, planting, etc. Pressure washing of houses.

5/20





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 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, 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 Prodder: Alyn Miller

MEDVIL BOARD OF DIRECTORS:







Dorrie Kossuth, President
Deborah Cyr, Vice President
Irene Gagne, Treasurer
Len Stuart, Secretary
Kim Capen – Director of Operations
Frank Boudreau – Director at Large
Anita O'Brien – Director at Large
Sue Soule – Director at Large
Mary Leonard – Director at Large

You may reach the board by calling (603) 497-4440, ext. 5 or by emailing medvilcooperative@comcast.net. You may also leave a written message in the mailbox located outside of the board office at 157 Donald Drive.

***Your Medvil Messenger
embarks upon our summer
break at this time
and will resume publication
with the September issue.
We wish you all
a very happy summer!***



JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10 & 7 Play Pool PLC	2 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	3 1 Mahjong PLC 6:30 Bingo DDC	4 INDEPENDENCE DAY 	5
6	7 6:30 Cribbage PLC	8 10 & 7 Play Pool PLC	9 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	10 1 Mahjong PLC 6:30 Bingo DDC	11 6 Cribbage PLC non-league 4:30/5:30 Fish Fry DDC 	12  8:30 Coffee House PLC
13	14 6:30 Cribbage PLC	15  10 & 7 Play Pool PLC 6 BOD Mtg DDC	16 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	17 1 Mahjong PLC 6:30 Bingo DDC	18 6 Cribbage PLC, non-league	19 1 Meat Bingo DDC 
20	21 6:30 Cribbage PLC	22 10 & 7 Play Pool PLC	23 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	24 1 Mahjong PLC 6:30 Bingo DDC	25 6 Cribbage PLC, non-league	26  11 Picnic DDC
27	28 6:30 Cribbage PLC	29 10 & 7 Play Pool PLC	30 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	31 1 Mahjong PLC 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.**

**KNEE HIGH
BY THE
FOURTH
OF JULY**



AUGUST 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p style="text-align: center;">August Events: Chicken BBQ & Fish Fry Dates & Times to be announced. Please write them in this calendar!</p> 						1 6 Cribbage PLC non-league
3	4 6:30 Cribbage PLC	5 10 & 7 Play Pool PLC	6 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	7 1 Mahjong PLC 6:30 Bingo DDC	8 6 Cribbage PLC non-league	9
10	11 6:30 Cribbage PLC	12 10 & 7 Play Pool PLC	13 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	14 1 Mahjong PLC 6:30 Bingo DDC	15 6 Cribbage PLC, non-league	16  8:30 Coffee House PLC
17	18 6:30 Cribbage PLC	19  10 & 7 Play Pool PLC 6 BOD Mtg DDC	20 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	21 1 Mahjong PLC 6:30 Bingo DDC	22 6 Cribbage PLC, non-league	23
24	25 6:30 Cribbage PLC	26 10 & 7 Play Pool PLC	27 10 Pool PLC 12:30 Knitting PLC 2:30 Scrabble PLC	28 1 Mahjong PLC 6:30 Bingo DDC	29	30
31	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.					



FRIDAY NIGHT FISH FRY

JULY 11th

Donald Drive Club House

4:30 or 5:30 pm seatings

We're back!! And as always, here is what you get for your **\$12.00 per person.**

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

No tax, no tip, and beverages are available free with the purchase of a raffle tickets.

Make your reservations and prepay at the
Medvil Reception Office
Monday - Friday from 10:00 am to 2:00 pm.

Don't forget your money!!



**Registration closes at 2:00 pm on
Wednesday, July 9th.**

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.

MEAT

BINGO!

The Summer Edition

Everything you need for your summer cookout!

Saturday ~July 19th
Donald Drive Club House
1:00 – 3:00 pm

Selections may include, but are not limited to, pork, beef, chicken, etc...whatever looks best at the butcher shop at the time of purchase.

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

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



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

*And feel free to bring a beverage of your choice, snacks too.
And one lucky winner goes home with a door prize!*



“It’s a Medvil Picnic!”

Saturday, July 26th at the DDC

Starts at 11:00 am with games, music, and good conversation, and goes until you leave.

Burgers, Bratwurst, Hotdogs, and French Fries, from Noon to 1:00 pm. All for a (\$5)

Beverages will served with the purchase of raffle tickets.

Make your reservations and pay at the Medvil Reception Office

Monday thru Friday 10:00 am to 2:00 pm

Last day to sign up is Thursday, 7/25, 10:00 - 2:00 pm



And don't forget your raffle money!

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.

Delivering on A promise.™



MEDVIL COOPERATIVE

AS OF MONDAY JUNE 2, 2025, I WILL BE A MEMBER OF THE MEDVIL COMMUNITY!!

MY NAME IS MIKE LEMIRE, I HAVE WORKED FOR DEAD RIVER COMPANY FOR OVER 20 YEARS AND I NOW HOLD THE POSITION OF PROPANE ACCOUNT SPECIALIST....THAT BEING SAID, I HAVE BEEN AUTHORIZED TO OFFER OUR COMMUNITY SPECIAL PRICING ON PROPANE AND ALSO OIL (DON'T WANT TO FORGET THOSE FOLKS...)

PROPANE \$2.39 PER GALLON (Fixed Price Budget or Prebuy)

You are able to lock in that pricing for 1, 2 or 3 years...your decision!

If you don't want to lock in your pricing, we can offer you .30 off our daily price
(No Contract Needed)

OIL \$3.19 PER GALLON (Fixed Price Budget or Prebuy)

For oil, we are only able to lock it in for 1 year

If you don't want to lock in your pricing, we can offer you 0.20 off our daily price
(No Contract Needed)

IF YOU WANT TO MAKE THE SWITCH TO DEAD RIVER...CALL (603)625-8531 AND ASK FOR ME. IF I AM UNAVAILABLE, LEAVE ME A MESSAGE AND I WILL RETURN YOUR CALL....THANK YOU!!

MEDVIL FINANCIAL SNAPSHOT

	Period Ending:	5/31/25							
Year to date (YTD) Results	YTD Budgeted	YTD Actual	%	Satisfactory Results	Concerning Results	Unsatisfactory Results			
Cash & Reserves				Green	Yellow	Red	Remarks		
Total Income Received	\$767,540	\$793,701	103.4%	over 98%	95-97% of budget	under 95%			
Unbudgeted Income		\$29,161					R.E. Commissions, Comcast contract & Salon		
Total Lot Fees	\$764,540	\$765,302	100.1%	over 98%	95-97% of budget	under 95%			
Operating Acct. Balance		\$98,892							
All Reserve Acct. Balances		\$927,734					Includes Money Market & investment CD's - \$20,833 monthly transfer		
Expenses									
Total Expenses	\$647,987	\$620,472	95.8%	less than 3% over budget	3%-4% over budget	4.1% over budget			
Utilities									
Water	\$71,000	\$72,215	101.7%	less than 3% over budget	3%-4% over budget	4.1% over budget			
Heat, Electric, Telephone, & Internet	\$15,500	\$19,853	128.1%	less than 3% over budget	3%-4% over budget	4.1% over budget	all 3 accounts are slightly over budget		
Other Expenses									
Capital funds expended	\$279,561	\$125,332	44.8%	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 & \$1,500 added to Grant Study		
Mortgage Expenses	\$397,640	\$387,958	97.6%	no late payments		late payments	Principal & Interest		
All other expenses	\$357,737	\$334,153	93.4%	equal to or less than 100% budget	101%-110% of budget	111% or more			
Total Net Income ***	\$119,553	\$173,229	144.9%	equal to or over 100% budget	98%-99% of budget	under 98%	*** Includes unbudgeted income		
Debt Coverage Ratio	1.100%	1.335%		greater than 1.1%		less than 1.1%			
Note: 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.									