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Established 2006

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Edition 162

April 2023

# THE MEDVIL MESSENGER

**COMING ATTRACTIONS**

<p><i>1 April</i> <b>Yard Sale</b></p> 	<p><i>15 April</i> <b>Lasagna Supper</b></p> 	<p><i>19 April</i> <b>Cooking for One or Two</b></p> 	<p><i>26 April</i> <b>Sheryl Faye as Clara Barton</b></p> 
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**SEE INSIDE FOR MORE INFORMATION!**

## BOARD NOTICES

### GROUND RULES FOR PARTICIPATION IN MEDVIL COMMUNITY MEETINGS

Medvil has a long history of encouraging all its members to become fully engaged in the activities, events, and meetings of the Community. Open communication and transparency are values that we always strive for throughout the community as evidenced in the newsletter, email and voicemail broadcasts, mail house postings, monthly coffee houses, and Board meetings. In recent months, however, there has been a noticeable shift in the

tone and civility of our public meetings, sometimes resulting in name-calling, personal attacks, loud side-discussions, and general lack of courtesy. These incidents reflect a general lack of respect toward each other, and they are a distraction to conducting Community business in a fair and safe environment.

So it may be a good time to remind everyone of the Medvil policy or 'ground rules' adopted in 2015 governing participant conduct at Community meetings:

- Be civil, speak politely, and never verbally attack another person.

- Past problems are learning experiences and are not to be used in a negative fashion for discussion of current issues.
- Remain positive during the discussion with a focus on how to improve current conditions.
- Voice volume should not be louder than necessary for people to hear.
- Discussion will stay on the subject.
- Be recognized by the Chair before speaking.
- Only one person will speak at a time. Side conversations not allowed.

These basic, common-sense guidelines are still relevant today. If each of us can apply them, our Community Coffee House and Board meetings will run in a friendly, constructive, and business-like environment that will keep us all wanting to come back and participate next time. Thanks in advance for your understanding and cooperation.

Frank Boudreau  
Director at Large

## OPERATIONS



The Maintenance team is starting to take shape, with the expectation that our full-time assistant to Don will start after giving his notice which is likely four weeks. Jarod will eventually move on to his career in business and his replacement is also in the works getting background checked. We have been extremely blessed to have found three high quality candidates to go into the spring with. Many thanks to Mark Simpson, Mike Boudreau and Jim McDermott for stepping up to help with the three storms we have had since Don joined us. Equipment is being prepped for the upcoming season and Don has made many repairs on equipment to save us a lot of repair work. We have several issues with drainage on upper Donald Drive at the entrance and

some major flooding in the same area, affecting Kelly Court and Donald Drive homes (still an ongoing problem, that we think we have a fix for and we are getting quotes for.) Work orders are caught up and being done as they come in. More on all of this at the next newsletter. Thanks to all for bearing with us as we get a new team acclimated to our needs and nuances of what we do to maintain the beautiful community we have.

Kim Capen  
Operations Director

## GENERAL NOTICES

### HELP NEEDED FOR YARD SALE

Contact Debbie Boudreau at 603-785-2760

The Fundraising Committee needs “manpower” to help put up the tables & remove all the boxes of donations from the closet to the hall.



Also to move other donations from garden house and all empty banana and other empty boxes to the clubhouse:

**Thursday, 3/30  
starting at 1 PM**

Also need help to pack up unsold items and need drivers to bring these items to Savers:

**Saturday, 4/1 starting at 2 PM**

The Fundraising Committee thanks you for any help you can provide.



## 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 have a lot going on in April!! On Saturday, 4/15 we will be hosting a Lasagna Supper, Marilyn Mills, Hannaford's Dietitian will be here on Wednesday, 4/19 to give us some time on cooking for just one or two people, and on Wednesday, 4/26 please join us for an evening with Clara Barton, founder of the American Red Cross, as performed by Sheryl Faye. Flyers with all the pertinent information are attached to this newsletter.

Kim Capen  
Committee Chair



Contact Irene Gagne at 603-622-1869

Fundraising Pool—The winner for 3/1 was Rachel Tessier for \$250. All numbers are being played with a guaranteed winner. There are two residents

on the wait list at this time but we would like to have more. **Call Irene Gagne to place your name on the list.** It's only \$5/month and you can play more than one number.

**Yard Sale 4-1--** The Committee is accepting items. Call Irene if you have items to donate so we can arrange a drop off (preferably) or pick up.

The yard sale will also include the crafters.

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.**

**Consignment store** – The consignment store has sold over half of the items brought in on 2/15.

**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

The Medvil Real Estate statistics from February 21, 2023 through March 21, 2023: Three closings, one showing, and one listing with Purchase and Sales pending.



**REAL ESTATE COMMITTEE**

If you are thinking of selling your home, the first step is to fill out the Intent to Sell form. This form can be found on our website at: [medvilcooperative.com](http://medvilcooperative.com). **The Intent to Sell can be filled out online and printed, then dropped off at the Board Office for the Office Admin, in the mailbox on the wall by the door 30 days before**



**listing your property.** The second step is to locate a realtor. Please consider letting Medvil Real Estate help you sell your home. Sales benefit Medvil community.

Medvil RE Committee - 603-384-2819  
 Website: [www.medvilcooperative.com](http://www.medvilcooperative.com) Homes for Sale

Dorrie Kossuth, Chairperson



**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.

If you were unable to attend the Dine Out Club Luncheon at DDC last month, these resource packets contain the information and the application to join the Dine Out Club for anyone 60 and older. You DO NOT 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 two restaurants participating in the Dine Out Club are The White Birch in Goffstown 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.

Dorrie Kossuth

**IN SYMPATHY**

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

- The family of Irene Chouinard



*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

**HELPING HANDS**

It is not uncommon for a person to find themselves in need of a little help from time to time.

If you could benefit from a little friendly assistance, don't hesitate to reach out to the Helping Hands Committee.

Need a prescription picked up? Maybe a few groceries? Or even a ride to/from a doctor's appointment?

Safety and health are of great concern and importance to everyone, so gloves and masks will be available.

If you need help or have any questions about the Committee and what they do, please reach out to Anita O'Brien at [Medvil21@comcast.net](mailto:Medvil21@comcast.net)

Or by phone at (603) 494-4246.

To all my Medvil friends and customers,

Unfortunately, I do not anticipate re-opening the salon until possibly the beginning of May; watch the *Medvil Messenger* and the mail houses for more information regarding exact dates.

Thank you,  
Ronisa





*As the tentative approach of early spring invites us to bid farewell to the winter snow, perhaps it is safe to acknowledge--in hushed tones, please!--that OCCASIONALLY it managed to put on a rather pretty show. . .*

*Photography by Linda Kinville*

## **TASTY TIDBITS** by Cat Pragoff

Are you looking for something a little different to go with your Easter main dish of ham or lamb? Here are a few tempting sides that might surprise your taste buds, along with a lovely dessert that takes advantage of the berries that are so easy to find in Hannaford and Market Basket right now. All are easy to make, and luscious on the taste buds. Enjoy!

### **Turmeric-Roasted Cauliflower** (makes 5 servings)

Ingredients:

3 Tbs. extra-virgin olive oil  
1-1/2 tsp. ground turmeric  
1/2 tsp. ground cumin

1/2 tsp. salt  
1/2 tsp. ground pepper  
2 large cloves garlic, minced  
8 cups cauliflower florets (1 large head —about 2 pounds)  
1-2 tsp. lemon juice

Directions:

- Preheat oven to 425°F.
- Whisk oil, turmeric, cumin, salt, pepper and garlic in a large bowl.
- Add cauliflower and toss to coat.
- Transfer to a large-rimmed baking sheet.
- Roast, stirring once, until it is browned and tender, 15 to 20 minutes.
- Drizzle lemon juice over the cauliflower and serve.



## Lemon-Broccoli Pasta with Parmesan

*(makes 4 servings)*

### Ingredients:

2 Tbs. extra-virgin olive oil  
1 medium shallot, minced  
2 cloves garlic, minced  
8 ounces rotini or farfalle pasta  
1-3/4 cups water  
1-1/2 cups low-sodium vegetable or chicken broth  
1 Tbs. lemon zest  
1/2 tsp. salt  
1/2 tsp. ground pepper  
4 cups broccoli florets, coarsely chopped (1 small head—about 1 pound, stems removed)  
1/3 cup grated Parmesan cheese  
4 tsp. lemon juice, or more to taste

### Directions:

- In a large saucepan, heat oil over medium heat.
- Add the shallot and sauté while stirring for about 2 minutes.
- Add the garlic and continue to stir for an additional 30 seconds until it is fragrant.
- Add the pasta, broth, water, lemon zest, salt and pepper. Cover and bring to a boil.
- Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes.
- Add the broccoli and cook, stirring, until it is heated through, 2-3 more minutes.
- Remove from the heat, stir in the Parmesan cheese and lemon juice.
- Plate, serve, and enjoy.



2 Tbs. lemon juice  
1 Tbs. lemon zest (zest of 1 lemon)  
1 tsp. vanilla extract  
3/4 cup flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
1 cup fresh raspberries

### Directions:

- Preheat oven to 350°F.
- Coat an 8-inch-square baking pan with cooking spray.
- In a large bowl with an electric mixer on medium speed, beat sugar, oil and butter until they are fluffy, about 2 minutes.
- Add the eggs, lemon zest, lemon juice, and vanilla; beat until combined.
- Add the flour, baking powder and salt; beat on low speed until they are just combined.
- Using a rubber spatula, gently fold in the raspberries.
- Transfer to the prepared baking pan and, using the spatula, smooth the surface.
- Bake until the edges are golden and the top springs back when lightly touched, about 25-30 minutes.
- Transfer to a wire rack to cool completely.
- Cut into squares to serve.

## Lemon-Raspberry Blondies

*(Makes 16 servings)*

### Ingredients:

3/4 cup granulated sugar  
1/4 canola oil  
4 Tbs. unsalted butter (1/2 stick), softened  
2 large eggs



Now that the price of eggs has started to come down again, here's a bonus recipe you might enjoy for a weekend brunch.

## Fresh Herb Quiche

*(makes 6 servings)*

### Ingredients:

1 sheet refrigerated pie crust  
1/2 cup shredded part-skim mozzarella cheese  
1/2 shredded Swiss cheese  
1/2 shredded Gruyere (or additional Swiss) cheese  
1/2 crumbled feta cheese  
5 large eggs  
1 cup half-and-half cream



- 1 Tbs. fresh basil, minced
- 1 Tbs. fresh parsley, minced
- 2 tsp. fresh dill, minced

Directions:

- Preheat oven to 400°F.
- Unroll crust into a 9-inch pie plate, flute the edges.
- Sprinkle cheeses into the crust.

- In a large bowl, whisk eggs and cream until blended; stir in herbs.
- Pour egg mixture over the cheeses in the pie crust.
- Bake on the lower oven rack for 25 to 30 minutes or until a knife inserted in the center comes out clean. Let stand for about 10 minutes before serving.
- This is good served warm or cold; can be refrigerated up to 3 days.

\*



*Probably safe to say our Medvil turkeys are looking forward to spring as much as we are. . .  
Photography by Linda Kinville*

SAVE

5 AUGUST

**2023**

DATE



THE



Main Street  
Goffstown NH

Looking ahead to fun summer events in the greater community? This one looks good and they're looking for help. For more info, contact your neighbor Linda Kinville at:

[lindamkinville@gmail.com](mailto:lindamkinville@gmail.com)





...and other stuff  
you want to know  
about

*The Medvil Messenger wants more material! Family recipes, helpful hints, reminiscences, jokes, poems, gardening advice, reviews of your latest vacation and day trip discoveries, hilarious tales of your pets' antics—just about anything. Please keep it upbeat and positive. Original material will take precedence over reprints from other sources, including printouts of email pass-arounds. If you submit previously published material, please try to cite a source. We reserve the right to reject material that may offend, divide our community or cause political arguments.*

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

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

*Additional Proofreading: Irene Gagne*





# Please join us for a Lasagna Supper!

**Fresh (not frozen) lasagna, Caesar salad, garlic bread & dessert**

Saturday 🦋 April 15th  
Donald Drive Club House

Dinner will be served at  
5:30pm

\$8.00 per person



*You will be able to purchase raffle tickets which may be exchanged for a glass of wine, a beer or the carbonated beverage of your choice.*

Make your reservations and prepay at the  
Medvil Reception Office  
Monday - Friday from 9:00 am to 4:00 pm.

Due to the response we received at our ham & bean supper, we will again be conducting **one game of cover-all bingo**. Cards are \$1.00 each (*limit 2 per person*).

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 47th SPACE	49	63
5	23	35	58	73
3	30	32	52	75

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.*



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

**Wednesday ❖ April 19th ❖ 6:30 pm  
Partridge Lane Club House**

Change how you feel about cooking for one or two. In this interactive class, Dietitian Marilyn Mills will show you meal planning strategies that simplify your week and recipe hacks to right-size any dish without sacrificing variety or health.

**Pre-registration is required; there will be giveaways for everyone attending.  
Call the Medvil Reception Office at (603) 497-4440, ext. 0  
Monday – Friday from 9:00 am to 4:00 pm.**

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

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



*You've seen her as Amelia Earhart, Helen Keller & Eleanor Roosevelt, now*

*Sheryl Faye presents...*

## Clara Barton – Civil War Nurse and Red Cross Founder



From the time she was old enough to be a nurse within her own family, Clara's life was dedicated to helping others. She accepted no pay as she taught poor children whose parents had no money to send them to school. She raised warehouses full of food, medicine and clothing during the Civil War, and then courageously went to the front to nurse the wounded and dying. Ultimately, she started the American Red Cross which is her legacy today.

Wednesday ~ April 26th  
Doors open at 6:30 pm  
*(light refreshments will be served)*  
Presentation begins at 7:00 pm  
Partridge Lane Clubhouse

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

A message from...



Our community has been so generous in donating to our animals...pet food, treats, towels and blankets, pet toys and supplies, etc. We appreciate all of this so much.

We have a few special requests on our wish-list; if you would like to donate any of these items, we would be happy to have them.

- ✓ **Large, heavy-duty laundry baskets**
- ✓ **Regular sized manila file folders**
- ✓ **Copy paper**
- ✓ **Scotch tape**
- ✓ **Desk organizers**
- ✓ **Unscented liquid laundry detergent**
- ✓ **Computer mice**

Boxes have been placed in the lobby of the Donald Drive Club House and will be there until April 14<sup>th</sup> at which time all of the items will be taken to the shelter.

*Please Note: at this time the shelter is unable to take any more dog beds, towels, blankets, and dog toys until further notice due to a lack of storage space.*

# UPCOMING

## TRAINING

Check out our upcoming Zoom opportunities offered to ALL cooperative residents!

**Mar** Capital Improvement  
**29** Plans (CIP) for ROCs

Co-ops use CIPs to map out community infrastructure projects

**Apr** The ROC Membership  
**17** Application and Process

*Membership committee, membership applications, and an overview of the process*

**May** ROC Essentials: 2 Parts  
**1&3**

Review ROC board roles, governance, finances, and more

**May** Policy and Procedure  
**24** Drop in: Board Action & Procedure

Mapping out chronological markers for board actions and focus throughout the year

**Jun** ROC Loan  
**14** Agreements

Your loan agreements are chock full of information that can help govern the community effectively

**Apr** Enforcing ROC Community  
**3** Rules

Your Community Rules are an essential piece of your park's operation--if they're enforced consistently and fairly

**Apr** Policy and Procedure Drop  
**26** in: Committee Policies

*Social committee, maintenance committee, and ad hoc committees*

**May** All About ROC Financials  
**17**

A review of everything you need to know to understand your cooperative's financials

**Jun** Board Refresher  
**8**

A refresher on the roles and responsibilities of the entire ROC board

**Jun** Working with your Property  
**26** Manager



How to effectively engage and work with your property management company

Register Here:



For more information & Registration:  
ROC-NH 2023 Q2 | Eventbrite

## APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 9 Yard Sale PLC
<b>2</b>	<b>3</b> 6:30 Cribbage PLC	<b>4</b> 10 & 7 Play Pool PLC	<b>5</b> 10 Pool PLC 12:30 Knitting PLC	<b>6</b> <b>PASSOVER BEGINS</b> 6:30 Bingo DDC		<b>7</b> 6 Cribbage PLC non-league
<b>9</b> EASTER	<b>10</b> 6:30 Cribbage PLC	<b>11</b> 10 & 7 Play Pool PLC	<b>12</b> 10 Pool PLC 12:30 Knitting PLC	<b>13</b> 6:30 Bingo DDC	<b>14</b> 6 Cribbage PLC, non-league	<b>15</b> 8:30 Coffeehouse PLC 5:30 Lasagna DDC
						
<b>16</b>	<b>17</b> 6:30 Cribbage PLC	<b>18</b> 10 & 7 Play Pool PLC 6 BOD Mtg DDC	<b>19</b> 10 Pool PLC 12:30 Knitting PLC 6:30 Cooking Talk PLC	<b>20</b> 6:30 Bingo DDC	<b>21</b> 6 Cribbage PLC, non-league	 <b>EARTH DAY</b>
<b>23</b>	<b>24</b> 6:30 Cribbage PLC	<b>25</b> 10 & 7 Play Pool PLC	<b>26</b> 10 Pool PLC 12:30 Knitting PLC 6:30 Sheryl Faye PLC	<b>27</b> 6:30 Bingo DDC	<b>28</b> 6 Cribbage PLC, non-league	<b>29</b>
<b>30</b>	<p><b>Metal Pick-up: 1<sup>st</sup> Monday of the month, beginning at 8 AM *</b></p> <p><b>Trash &amp; Recycling Pick-up: Every WEDNESDAY beginning at 7 AM *</b></p> <p><b>Yard Waste Pick-up: Every Thursday until 1 December</b></p> <p><b>** Please have your items curbside by that time.</b></p>					