



PHONE: 603-497-4440

FAX: 603-497-4880

WEB SITE: [www.medvilcooperative.com](http://www.medvilcooperative.com)

Established 2006

E-MAIL ADDRESS: [medvil@comcast.net](mailto:medvil@comcast.net)

Edition 176

July-August 2024

# THE MEDVIL MESSENGER

## COMING ATTRACTIONS

*13 July  
Ice Cream  
Social*

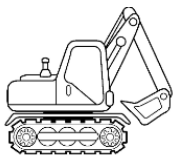


*27 July  
Breakfast*



**SEE CALENDAR FOR MORE INFO!**

### FROM THE BOARD



#### OPERATIONS

#### OPERATIONS

#### Resident Help Needed.

Don our maintenance manager continues the struggle to find a full-time employee, so we are going to ask that you, the Medvil community, help us. For those who are on Facebook, we ask that you post our help wanted ad on your page to your network and our hope is that someone in your network either is looking for work or knows

someone who might fit the description of our qualifications and needs a job. If you are willing to help, please copy and paste the ad at the end of this report, or if you are not getting this electronically, please send me your email address and I will forward the ad for you to copy and paste. Thank you in advance for your help.

The nine new trees that were planted to replace some of the trees that have been removed along the streets of the west side are all doing well.

A reminder to all who are having work done on your lot or home by contractors. Commercial signs on the lot are prohibited in the By-Laws. Additionally, there have been contractors in the area

soliciting residents for driveway paving. Experience tells us they are quoting residents prices that are substantially higher than average. We highly recommend that when you have a large contract for work that you seek at least three bids to prevent getting taken advantage of as has been the case in the past.

RV parking on constitution by residents' guest must be registered with the office and a sticker for the RV is provided to prevent vehicles from being towed due to registration not registered with the board office. Also, guests and guest parking are limited to 30 days.

We have found several leaks over the past couple of weeks under homes as we were looking to repair front light issues. Just a reminder that leaks under your home cost the cooperative a lot and are a source of mold growing under your homes, also a dangerous health problem. We recommend you look under your home a couple times a year for leaks, early spring and late fall. If you have mobility issues and cannot do so, the maintenance would be glad to help if you fill out a work order online or in the office.

Several homes in the community have yards that need mowing. Please be proactive at taking care of this and save the board from having to send out a reminder of a rules violation.

As always, thank you, everyone, for doing your part to make Medvil an affordable and beautiful community to live in. Enjoy the great weather that summer brings.

Operations Director

**Full Time Property Maintenance (Goffstown)** Organization seeks reliable candidate for full time year-round position. Responsibilities include daily maintenance of buildings and grounds of 150 acre property and reports to the Maintenance Manager. This position requires general knowledge of building maintenance, landscape maintenance and

requires experience in use of snowplow equipment. Must be able to lift up to 50 pounds. Salary commensurate with experience. Please send along your resume and salary history and/or salary expectations for consideration for this position to [mcnh03045@gmail.com](mailto:mcnh03045@gmail.com)

Kim Capen  
Operations Director

## GENERAL NOTICES

### USED INK & TONER CARTRIDGES

Staples allows us to bring up to 30 used cartridges monthly for \$2 each. This is \$60/month we can use towards office supplies. There is no expiration date.



**Keep them coming!!**

If you, family or friends work for a company who discard their ink & toner cartridges, please ask them to save them for Medvil.

Just place them in the bin below the shelf to the left in the DDC mailroom.

### MAHJONG

Every Thursday afternoon at 1 o'clock upstairs - Partridge Lane Clubhouse.



Beginners are welcome; we'll teach you!



## MONDAY NIGHT CRIBBAGE CLUB

A reminder that the Monday night cribbage starts on 9/2 to play for fun & learning at PLC from 6:30 pm to 8 pm. Anyone interested in joining the group should arrive by 6:15 pm. We play until the end of March and there is no cost.

Contact Irene Gagne at 603-622-1869 if you plan on attending or if you have any questions.



*Photo: Donna Duford*

## WE SPENT AN AFTERNOON. . .

. . .with residents of **Old Dogs go to Helen**, the nonprofit senior and hospice dog sanctuary for whose needs Medvil residents so kindly provided a couple months ago in response to our most recent donation drive. We delivered four big boxes of supplies and got pictures of some of the dear old dogs enjoying comfort and compassion as they approach their sunset. Old Dogs go to Helen is a registered 501(c)3 with New Hampshire.

Old Dogs' **Helen St. Pierre** owns and operates **No Monkey Business Dog Training** in Concord and a boarding kennel in Epsom. She is often approached by the bereaved to take in the senior dog of a deceased client. Old dogs are challenging to rehome because people hesitate to incur the high veterinary bills that can come with adopting one. Hardship also often results in dog owners themselves arranging to place their pet with **Old Dogs go to Helen**. Finally, some of the dogs at the sanctuary have been rescued from abuse and neglect situations and are likely enjoying love and kindness for the first time in their lives. All get good food, necessary veterinary care, the companionship of other dogs and a fenced play yard with grass and gravel areas, sunshine, shade, and an easy entry ramp between the yard and adjoining house. At night they're in the St. Pierre's home with people who love them. Typical population is 15 or 20, which includes dogs living with terminal illness-- dogs whose lives might have ended sooner and with trauma were it not for this soft place to land. Mercy sees them out when they are ready to say goodbye and Helen arranges for private cremation. We saw memorial stones with dogs' names on them outside the play yard at Helen's.

Apart from the dog sanctuary services, the St. Pierre family keeps a refuge for some surrendered farm animals such as goats, cattle, pigs, horses and a donkey. (The donkey, who did not invite any attention from us, kept a horse from approaching us also. He donkey-kicked the horse twice before the horse crept up behind and bit the donkey in the butt.)

We enjoyed our time spent visiting Helen's and are pleased to share with you, our Medvil neighbors, this follow-up in testimony to the good place you have helped support with your kind donations.

MB. Wulf

*See page 14 for another picture of dogs at Old Dogs go to Helen.*





# HAPPY FOURTH OF JULY!

Join us for a Golf Cart Parade on  
Thursday July 4th at 2PM at the  
Donald Drive Clubhouse.

All are welcome!  
Golf Carts, Bicycles, Motorcycles,  
Cars, Scooters.



We look forward to seeing you as we  
celebrate America's independence.

## COMMITTEE NEWS



Contact Irene Gagne at  
603-622-1869

### **Committee Members—**

We are a committee of six and we are looking for more members. Call Irene if you would like to attend our next meeting on Tuesday, 6/25 at 1:30 PM at DDC.

**Monthly Pool** – The winner on 6/1 was Pam Gallagher for \$250. All numbers are being played with a guaranteed winner. There is one resident on the wait list but we would like to have more. Numbers can come up at the last minute. **Call Irene**

**to place your name on the list.** It's only \$5/month and you can play more than one number.

**Yard Sale 10/5** – We are accepting items for the 10/5 yard sale.

If you're moving out, moving in, remodeling, etc. give us a call. We are willing to help you rid yourself of unwanted items. If you want to donate your leftover items from the community yard sale on 6/8, contact Irene to make arrangements for drop off (preferably) or pick up.

However, we do not take electronics, TVs, large

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

**Consignment Store** – More items were brought in on 5/17.



**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



Then on Saturday, July 27, we're having another fantastic **Breakfast!!** And just because, what did the meditating egg say when it heard about breakfast? Ohhhhhmmlet! Seating for this always delicious breakfast is any time between 8:30AM and 10AM. Cost is \$10.00 for adults, \$5.00 for children under 12.

You must sign-up ahead of time for each of these wicked awesome events. The last day to sign up for the Ice Cream Social is Thursday, July 11, and the last day to sign up for the Breakfast is Thursday, July 25.

Be on the lookout for flyers and email-blasts for August events as there is no newsletter for August.

The Reception Office at the Donald Drive Clubhouse is open Monday – Friday, 10AM – 2PM. After hours, there is a sign-up sheet outside the office, which you can complete and place in the envelope, along with your check, and put the sealed envelope in the locked box just above the sign-up sheets.

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

Karen Kirkpatrick

Poem About  
**Ice Cream**

By Maya Anthony

In summer's embrace, under the sun's gaze,  
Scoops of joy in a cone, not one to postpone,  
Melting quickly in the heat,  
A race so bittersweet.

Colors bright as morning's glow,  
Flavors dance, a delightful show,  
Licks of happiness, a summer rite,  
In the day's warm light.

Ice cream, summer's sweet friend,  
On which all ages depend,  
A melody of taste and fun,  
Under the summer sun.

©Engdic.org

Here's what's coming up in July from the Events Committee:

Hang on to your hats -- it's time again for the **Annual Ice Cream Social**. Join us on Saturday, July 13, DDC Lower level. Ice Cream will be served at 2PM, followed by entertainment by the Concord Coachmen! Because this is a free event, it is only for Medvil residents.

*The Medvil Messenger*

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**July 2024**



**Edition 176**



**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](mailto:Medvil21@comcast.net)**

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

showing, three Purchase and Sales pending, and one closing. There are no new listings.

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

## **RULE OF THE MONTH**

Yes, we are aware that this is the same rule we ran last month but we thought we'd run it again given the fact that this is the July/August edition of the newsletter and what could be more relevant than this?!

Please check your systems to make sure you are watering on the correct day and for the correct length of time AND be sure you are watering your lawn and NOT half the street or your entire driveway. There is no greater waste of water than using your irrigation system to water asphalt.

Thank you.

## **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

## **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 Drive Clubhouse Mail Room.



Dorrie Kossuth



## **REAL ESTATE COMMITTEE**

The Medvil Real Estate statistics from May 21, 2024 through June 18, 2024: One





night because the lawn stays wet for a longer period of time which can promote the growth of moss and affect the health of your grass. Sprinklers must be turned off during rainy or windy weather conditions.

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

#### Water Use

- a) Lawn watering is prohibited between the hours of 5:00-8:00AM and 5:00-8:00PM.
- b) Watering restrictions apply between May 1 and October 1.
- c) Odd numbered homes will water on odd numbered days; even numbered homes water on even numbered days. This ensures that only half of the homes in Medvil are using water during the designated watering times.
- d) Homes with automatic sprinkler systems will operate between 3:00 and 4:00AM every other day as outlined above and no more than twenty minutes (20") per each zone.
- e) Homes with manual sprinkler systems will water each zone for no more than twenty minutes (20") every other day as outlined above.
- f) New automatic sprinkler systems should install operating rain sensors set to detect one quarter inch (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.

And a couple of reminders.

Please rake your leaves and mow your lawns! Letters will be sent out to those residents who have not done either (or both) of these tasks and continued neglect could result in fines.

Parking on lawns is prohibited. That means all four tires must always be on pavement.

We appreciate your cooperation.

## ♪ FREE MUSIC IN MANCHESTER! ♪

The Friends of Stark Park have posted their FREE concert series for this summer of 2024. If you've been to any of these shows before you know the professionalism of the bands combined with the pleasant outdoor setting means an idyllic way to spend a summer **Sunday** afternoon (**and one Monday evening.**) I've already put some of these dates on my calendar. I especially recommend Wolverine and Compaq. Hope to see you there!

- 30 June 2PM** New Legacy Swing Band  
(Rain date 1 September 2PM)
- 7 July 2PM** Wolverine Jazz Band
- 14 July 2PM** Swing Times Five
- 21 July 2 PM** Another Tequila Sunrise
- 28 July 2 PM** Reminisants
- 4 August 2PM** Debbie Larkin & Jeff Stout
- 11 August 2PM** Love Dogs
- 13 August 2PM** Hot Skillet Club
- (Monday) 19 August 6PM** Manchester Community Summer Band
- 25 August 2PM** Compaq Big Band  
(Rain date 8 September 2PM)
- MB. Wulf

## AND A LOCAL FREE ART EVENT!



**Uncommon Art on the Common**, showcasing local artists' works, will be happening Saturday, August 3 from 9AM-3PM along Main Street in

Goffstown. Over 40 local artists, authors and fine crafters will be showcasing and selling their art in the ambiance of our historic downtown. **At least two of them are Medvil residents.** Do plan to attend this festive event AND if you can volunteer your services for a two-hour shift, please click the sign-up link on this page to get started:

[Volunteers | GoffstownUncommonArt \(goffstownuncommonarts.org\)](https://goffstownuncommonarts.org)



**It's free to ROC Members!**



## **A FEW WORDS FROM THE NOMINATION COMMITTEE**

Every position on the board is important, and each one has an equal voice in representing the 301 homes in our community. ROC provides information and training for these positions. Please go to ROCUSA.org and register for an account. They will need your address and the name of your community, (i.e. Medvil Cooperative.) Once you have your login, go to the Rocket tab.

**These are the positions that will be on the ballot at the 2024 Medvil Cooperative Annual Meeting:**

### **Vice President:**

You may assume you need business experience to have this role when truly what is needed is organizational and people skills. This role requires you to sit in for the President in their absence and to take on tasks assigned by the President.

### **Treasurer:**

You may assume you need to have financial background to be our treasurer, but our financial reports, all our checks, and payroll are completed by Evergreen, our property management company. The role of the treasurer is to ensure our expenses are coded correctly, and to work with the board to develop the yearly budget. Our budget is based on the previous year's expenses with consideration of price increases, and new capital projects. The Treasurer is also the chair of The Finance Committee whose members meet monthly to review the expenses, make sure the budget is on track, and provide guidance and assistance when needed. And help from our contact at Evergreen is always just a phone call away.

Medvil's administrative assistant is always available to help with office procedures such as filing, making deposits, etc.

### **Director at Large:**

You may think this is the role that gets you a seat at the table. It certainly can be a wonderful way to start on the board, however the officer roles do not require you to have been a director at large. In this role you have an equal vote and choosing this role means you are willing to take on tasks and projects as they come up. We have had former Directors at Large take on finance projects, quoting initiatives, and take leadership roles in committees. It's a great way to learn about Medvil and how we operate, and much more than the 'show up once a month and vote' that some residents believe it to be.

### **Getting Your Name on the Ballot**

Please think seriously about running but don't wait too long to make up your mind; candidates' statements with photos must be submitted no later than September 15 and will appear in the October 2024 edition of the Medvil Messenger. Candidates' statements can be placed in the mailbox outside the board office or emailed to [medvil@comcast.net](mailto:medvil@comcast.net). A "Meet the Candidates" event will be scheduled at an October date yet to be determined.

**SAVE THE DATE! 2024 Annual Meeting ~ Saturday, November 2 ~ 8:00 am to 12 Noon ~ The Derryfield**





## IN SYMPATHY

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

- Michael Sullivan in the death of his wife Claudette.
- Mark Hunt in the death of his father.
- Judy Coburn in the death of her husband David.
- Lynn Messier & Family in the death of Lynn's mother Lucille Dube.



*We meet them in the lives they've shaped. We enjoy them in the humor 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

Summertime, and the living should be easy. So, let's make our meals easy, too. Here for your dining pleasure, a double-issue's worth of summer delights, using some of nature's best offerings.

### Salmon-Stuffed Avocados

(makes 4 servings)

Ingredients:

- 1/2 cup nonfat plain Greek yogurt
- 1/2 cup diced celery
- 2 Tbs. chopped fresh parsley
- 1 Tbs. lime juice
- 2 Tbs. mayonnaise
- 1/8 tsp. Dijon mustard
- 1/8 tsp. ground black pepper

2 5-ounce cans salmon, drained, flaked, skin and bones removed

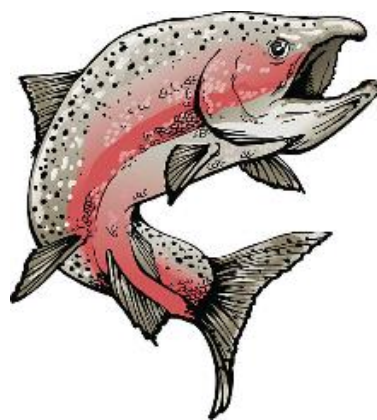
(tuna can be substituted, if you prefer)

2 avocados

Chopped chives for garnish

Directions:

- Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt and pepper in a medium bowl. Mix well. Add salmon and mix well.
- Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon of flesh from each avocado half into a bowl. Mash the scooped-out avocado flesh with a fork, then add it to the salmon mixture, blending well.
- Fill each avocado with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives and freshly grated black pepper, if desired.



### Chopped Salad with Chickpeas, Feta, and Avocado

(makes 4-6 servings)

Ingredients:

- 2 cups small croutons of your choice
- 6 Tbs. olive oil, plus more for drizzling
- Kosher salt and black pepper

1 romaine heart, quartered lengthwise and sliced crosswise into 1/2" pieces

1 15-ounce can chickpeas, rinsed and drained

1 medium English cucumber, halved lengthwise, seeded and diced

1/2 cup pitted green olives, roughly chopped (about 3 ounces)

1/3 cup scallions, thinly sliced (about 2 scallions)

2 Tbs. red wine vinegar

1 Tbs. capers, drained, roughly chopped

1 Tbs. shallots, minced

1/4 tsp. Dijon mustard

1 firm-ripe avocado, halved, pitted, and diced



3/4 cup feta cheese, diced or crumbled (about 4 ounces)  
1/4 cup fresh herbs, chopped (dill, basil, parsley) plus more for serving

**Directions:**

- Place the romaine pieces in a large bowl, along with the cucumber, chickpeas, olives and scallions.
- In a small bowl, whisk together 6 tablespoons olive oil with the vinegar, capers, shallots, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Whisk until well combined.
- Pour enough dressing over the salad to moisten. Add the avocado, feta, and herbs, and toss gently, adding more dressing to taste.
- Top with crouton and a generous sprinkling of herbs to serve.

**Hasselbeck Caprese Chicken**

*(Makes 4 servings)*

**Ingredients:**

2 boneless, skinless chicken breasts (8 ounces each)  
1/2 tsp. salt, divided  
1/2 tsp. freshly ground pepper, divided  
1 medium tomato, sliced  
3 ounces fresh mozzarella, halved and sliced  
1/4 cup prepared pesto  
8 cups broccoli florets  
2 Tbs. extra-virgin olive oil

**Directions:**

- Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.
- Make crosswise cuts every 1/2" along both chicken breasts, slicing almost to the bottom but not all the way through (this is known as the Hasselbeck technique).
- Sprinkle chicken with 1/4 teaspoon each salt and pepper. Fill the cuts alternately with tomato and mozzarella slices; brush with pesto, then transfer to one side of the prepared baking sheet.
- Toss the broccoli, oil, and the remaining 1/4 teaspoon each of salt and pepper in a large bowl. If you have any tomato left over, toss that in as well. Transfer the broccoli mixture to the empty side of the baking sheet.

- Bake until the chicken is no longer pink in the middle and the broccoli is tender, about 25 minutes. Cut each breast in half and serve with the broccoli.

**Pan-Seared Asparagus with Cashews**

*(makes 3-4 servings)*

**Ingredients:**

1/3 cup roasted unsalted cashews, coarsely chopped  
1/4 cup unsweetened coconut flakes  
2 Tbs. raw sunflower seeds or pepitas  
1 Tbs. toasted sesame oil  
1 Tbs. coconut oil (or any neutral-flavored oil)  
1 clove garlic, finely chopped  
1 pound asparagus (about 1 bunch), trimmed and cut into 2-3" pieces  
Salt and pepper  
1-2 Tbs. soy sauce, to taste  
1 Tbs. freshly squeezed lime juice, plus lime wedges for serving  
1/4 tsp. red-pepper flakes, more to taste  
Chopped cilantro and sesame seeds, for serving

**Directions:**

- In a large dry skillet over medium-low heat, toast the cashews, coconut flakes, and sunflower seeds, stirring, until fragrant, about 2-3 minutes. Pour mixture into a bowl to cool.
- Return skillet to heat and add sesame and coconut oils, as well as garlic. Cook for 30 seconds, then stir in the asparagus. Season lightly with salt and black pepper. Cook until asparagus is crisp-tender, about 3 to 7 minutes, depending on thickness.
- Stir in the soy sauce, lime juice, nut mixture, and red-pepper flakes. Taste and season with more salt and pepper, if desired.
- Transfer to a serving dish, top with sesame seeds and cilantro. Serve with lime wedges for squeezing.

NOTE: Makes a perfect accompaniment when served with rice and a fried egg. Yum!



## Green Beans with Mushrooms

*(Makes 4 servings)*

### Ingredients:

5 tsp. ground cumin  
1/4 to 1/2 tsp. crushed red pepper (or more to taste)  
Salt  
1 lb. mushrooms, such as cremini, oyster, or fresh shiitake, trimmed  
Neutral oil, such as canola  
1 (1-inch) piece fresh garlic, peeled and finely chopped  
4 scallions, white and green parts separated and cut into 1-inch segments  
1 lb. green beans, trimmed  
1 yellow onion, peeled, trimmed, and sliced into thin wedges  
1 clove garlic, peeled and finely chopped  
1 Tbs. soy sauce or tamari  
Black pepper  
Cooked rice, for serving

### Directions:

- In a small bowl, combine the ground cumin, crushed red pepper, and about 1 teaspoon salt. Set aside.
- Prepare the mushrooms: if you're using button, cremini, shiitake or similarly shaped mushrooms, halve them through the stems. For branched varieties like oyster mushrooms, tear them into bite-size pieces.
- Heat a large (12") skillet or wok over medium-high heat for 2 minutes. Drizzle in tablespoon oil and add the ginger and white scallion segments. Toss for 15 seconds until fragrant.
- Add the green beans, onion, garlic, cumin-spice mixture, and 1 tablespoon oil, and stir-fry, tossing constantly until the onions

and beans start to soften, about 2 minutes.

- Add the mushrooms, soy sauce, and about 1 tablespoon of water, and cook for another 3 to 5 minutes, until the beans are just tender and the mushrooms are seared and golden.
- Remove from the heat, add the green scallion segments and toss. Taste, adding salt and pepper as needed. Serve over rice.

## Grilled Soy-Basted Chicken Thighs with Spicy Cashews

*(makes 4-6 servings)*

### Ingredients:

1/2 cup unsalted cashews  
2 Tbs. Sriracha sauce  
3 Tbs. toasted sesame oil  
1/2 cup PLUS 3 Tbs. soy sauce  
2 Tbs. hoisin sauce  
1 Tbs. black pepper  
Hot sauce, to taste  
2-1/2 lbs. skinless, boneless chicken thighs  
1/4 cup brown sugar (light or dark), or molasses  
2 Tbs. ginger, peeled and minced  
4 scallions, sliced thin  
4 or 6 sprigs cilantro, tough stems removed, roughly chopped (approximately 2 Tbs.)

### Directions:

- Preheat oven to 300°F. Combine cashews and Sriracha sauce in a small bowl and stir until nuts are coated. Line a small baking pan with foil and spread the coated cashews out on the pan; place the pan in the oven until the nuts are dry, about 20 minutes. Carefully remove the nuts from the foil and let cool, then chop roughly and set aside in a small bowl.
- While the nuts are roasting, whisk together sesame oil, 1/2 cup soy sauce, the hoisin sauce and the black pepper (and the hot sauce if using) in a large bowl. Add the chicken thighs and stir coat completely. Refrigerate until ready to cook.
- For the basting sauce, combine the remaining 3 tablespoons soy sauce, the





brown sugar, and the ginger in a small bowl, and whisk until the sugar has dissolved.

- When you're ready to cook the chicken, prepare your grill to a medium heat, leaving about a third of the grill space without heat.
- Using tongs, remove the chicken thighs from the marinade and cook directly over the heat, turning every few minutes, until they are well-browned but not crusty, approximately 8 to 10 minutes. Then, using a pastry brush, begin to baste them with the soy, ginger, and sugar mixture until they develop a lacquer, an additional 8 to 10 minutes, again turning every few minutes. (If the chicken threatens to burn, place it over the part of the grill without heat.)
- Transfer the chicken to a warmed platter, sprinkle with the chopped cashews, sliced scallions, and the cilantro, and serve hot.

### **Mango Crumble** (Makes 4-6 servings)

Ingredients:

*For the Topping:*

- 3/4 cup all-purpose flour
- 1/2 cup light brown sugar
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground cardamom
- 1/4 cup salted butter, melted

*For the Filling:*

- 4 cups mango, peeled, pitted, and cut into 1" pieces (about 4-6 small mangoes)
- 1/2 cup granulated sugar
- 1 Tbs. cornstarch
- 1 Tbs. lemon juice
- 1/2 tsp. ground cardamom
- 1/2 tsp. ground ginger
- 1/2 tsp. ground cinnamon

Directions:

- Preheat oven to 350°F.
- Make the topping: Put flour, brown sugar, cinnamon, and cardamom in a medium bowl. Stir

in butter and mix together with a fork, leaving mixture crumbly.

- Make the filling: Toss together the mango, granulated sugar, cornstarch, lemon juice, cardamom, ginger, and cinnamon; transfer to a 9-inch pie pan or similar baking dish.
- Sprinkle topping over mango mixture. Bake until bubbling and nicely browned, 35 to 40 minutes. Serve warm.

### **Strawberry Soda** (makes 2 servings)

Ingredients:

*For the Strawberry Syrup:*

- 1 lb. fresh strawberries, hulled and rinsed (or frozen strawberries)
- 1 cup sugar

*For the Soda:*

- 1-1/4 cups club soda or sparkling water
- 1 Tbs. fresh lime juice
- Sliced fresh strawberries (optional)

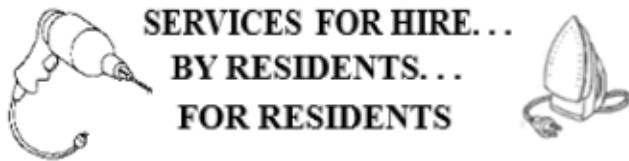
Directions:

- To make the Strawberry Syrup using a blender: Add the strawberries and 1 cup water a blender and purée. Pour the purée into a medium saucepan over medium-high heat. Stir in the sugar and bring to a boil. When boiling, decrease heat to medium and stir occasionally until reduced by half, about 15 minutes (further decrease the heat if it starts to foam up and boil over!!). Remove the saucepan from the heat. The syrup can be stored in the refrigerator in an airtight container for up to one week. (Yields about 2 cups.)
- To make the Strawberry Syrup without using a blender: Add the strawberries, sugar and 1 cup water to a medium saucepan over medium-high heat



and bring to a boil. When boiling, decrease heat to medium and stir occasionally until the strawberries soften, about 10 minutes (further decrease heat if it starts to foam up and boil over!!). While the saucepan is still on the heat, use a fruit masher to thoroughly mash the berries. Continue to cook, stirring occasionally, until the syrup is reduced by half, about 5 minutes. Pour the mashed strawberry syrup through a strainer, pressing on the pulp to extract as much juice as possible. Remove the pulp and reserve for another purpose. Syrup and be stored in the refrigerator in an airtight container for up to one week. (Yields about 1-1/2 cups.)

• To make the soda: Combine 1/2 cup Strawberry Syrup, the club soda, and the lime juice in a large measuring cup and stir well. Divide the soda evenly between two glasses filled with ice. Add sliced strawberries and serve immediately.



**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](mailto:medvilnewsletter@comcast.net).

Cathy Dubois  
[Csd080818@gmail.com](mailto:Csd080818@gmail.com)  
603-801-9873

Background in Occupational Therapy and Activity Directing. Would love to help you participate in your favorite activities in the community. Call for more details. 5/24

John Adams  
603-892-6509  
Mowing-Yard Cleanup-Landscaping 7/24



**READERS'  
CONTRIBUTIONS**

**RANDOM FACTS**

Found for you by Karen Kirkpatrick!

Did you know ...

- Martin Luther King and Anne Frank were born in the same year.
- Cleopatra lived closer in history to cellphones than to the Great Pyramids of Egypt. Cleopatra, the last active ruler of Egypt, was born around 69 B.C. The Great Pyramids were completed around 2560 B.C. Cell phones debuted in 1983. (*Weird*)
- March 3 is known as “What if Cats and Dogs had Opposable Thumbs” day.
- Toe wrestling is a competitive sport. The rules are very similar to arm wrestling. The sport has grown so big that it is now competed in professionally. (*Uhm, not for me*)
- Heated floors might seem like a modern luxury, but it seems that Romans started using them 2,000 years ago. Ancient Romans used an underfloor heating system known as



a *hypocaust*, which drew in hot air from a wood-burning furnace outside the house and channeled it into a chamber below the floor. This not only warmed the floor itself but radiated heat throughout the home. Many examples of hypocausts can still be found in the foundations of villas and townhouses in Roman centers in Germany and England, where cold winters would have made the toasty floors especially inviting. *(Very cool cool)*



...and other stuff you want to know about

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. 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 & Sue Soule  
Grid Mage: Alyn Miller


## THE DOMESTIC HARMONY OF DUDE AND ZARA



Current picture of the Kirkpatricks' pets. Karen says, "Dude is the third dog Zara has raised." Editor's note: We've often observed where a dog and a cat share a happy home, it's one in which the cat's the one in charge!



More happy faces from Old Dogs go to Helen.  
Photo: Donna Duford

 Your Medvil Messenger staff wish you a summer of fun in the sun and will be back in late August with a brand new September issue.





## July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 6:30 Cribbage PLC	<b>2</b> 10 & 7 Play Pool PLC	<b>3</b> 10 Pool PLC 12:30 Knitting PLC	<b>4</b> <b>INDEPENDENCE DAY</b>  2 Golf Cart Parade	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 6:30 Cribbage PLC	<b>9</b> 10 & 7 Play Pool PLC	<b>10</b> 10 Pool PLC 12:30 Knitting PLC	<b>11</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>12</b> 6 Cribbage PLC non-league	<b>13</b> 8:30 Coffeehouse PLC 2 Ice Cream Social DDC
<b>14</b>	<b>15</b> 6:30 Cribbage PLC	<b>16</b> 10 & 7 Play Pool PLC 6 BOD Mtg DDC	<b>17</b> 10 Pool PLC 12:30 Knitting PLC	<b>18</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>19</b> 6 Cribbage PLC, non-league	<b>20</b>
<b>21</b>	<b>22</b> 6:30 Cribbage PLC	<b>23</b> 10 & 7 Play Pool PLC	<b>24</b> 10 Pool PLC 12:30 Knitting PLC	<b>25</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>26</b> 6 Cribbage PLC, non-league	<b>27</b> 8:30 Breakfast DDC
<b>28</b>	<b>29</b> 6:30 Cribbage PLC	<b>30</b> 10 & 7 Play Pool PLC	<b>31</b> 10 Pool PLC 12:30 Knitting PLC			

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

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



## August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>2</b> 6 Cribbage PLC non-league	<b>3</b>
<b>4</b>	<b>5</b> 6:30 Cribbage PLC	<b>6</b> 10 & 7 Play Pool PLC	<b>7</b> 10 Pool PLC 12:30 Knitting PLC	<b>8</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>9</b> 6 Cribbage PLC non-league	<b>10</b>
<b>11</b>	<b>12</b> 6:30 Cribbage PLC	<b>13</b> 10 & 7 Play Pool PLC	<b>14</b> 10 Pool PLC 12:30 Knitting PLC	<b>15</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>16</b> 6 Cribbage PLC, non-league	<b>17</b> 8:30 Coffeehouse PLC
<b>18</b>	<b>19</b> 6:30 Cribbage PLC	<b>20</b> 10 & 7 Play Pool PLC 6 BOD Mtg DDC	<b>21</b> 10 Pool PLC 12:30 Knitting PLC	<b>22</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>23</b> 6 Cribbage PLC, non-league	<b>24</b>
<b>25</b>	<b>26</b> 6:30 Cribbage PLC	<b>27</b> 10 & 7 Play Pool PLC	<b>28</b> 10 Pool PLC 12:30 Knitting PLC	<b>29</b> 1 Mahjong PLC 6:30 Bingo DDC	<b>30</b> 6 Cribbage PLC, non-league	<b>31</b>

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



# Omelet Breakfast

Saturday  
July 27th  
Donald Drive Club House



Serving any time between 8:30 and 10:00 am.

*Start the day with an omelet made your way with your choice of veggies, ham and cheese. Waffles, eggs-your-way, and a good time.*

Served with toast, home fries, baked beans, sliced fruit and all the coffee you can drink.

**\$10.00 for adults**

**\$5.00 for children under 12**

*"These are social events designed to bring people out of their homes to mingle with each other and build a strong community. Take out is made available at this event to those individuals who do not drive or who cannot attend this event for medical reasons."*

Sign up at the Reception Office  
Monday through Friday  
10 am to 2 pm.

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

The last day to sign up is  
Thursday, July 25<sup>th</sup>!



*The Events Committee would like to thank the residents of Medvil for their continued support of all the activities we host throughout the year; all of which allows us to offer low cost/no cost events and helps defray the cost of our annual Christmas Party.*



It's time for our annual

# FREE ICE CREAM SOCIAL!



Event is for Medvil members only and will held at the Donald Dr club house

**Saturday, July 13th**

**Ice cream served at 2pm and at  
2:30pm a special performance by the  
Concord Coachmen**



Last day for sign up is Thursday, July 11<sup>th</sup> at the Medvill office from 10 am to 2pm

**And don't forget the 50/50 Raffle!!**

*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.*

**AGENDA**  
**MEDVIL BOARD OF DIRECTORS w/ZOOM BROADCAST**  
**May 21, 2024, 6:00 – 8:14 PM**

- 1. Meeting called to order by President Dorrie Kossuth. Pledge of Allegiance.**  
**REMINDERS: One voice at a time, no side conversations, silence phones**

- 2. Member comments/questions: NONE**

- 3. Treasurer's Report: Irene Gagne, report attached**

Irene also reported that she is working with auditor Dave Plante on a longstanding problem with the IRS regarding some taxpayer identification numbers, including some from vendors Medvil has worked with for years. This issue dates back to the 2017 tax year. A hearing has been requested; the IRS has not yet set a date.

Irene reported she has signed off on a new certificate of deposit with BCCU at 4.6% for 7 months, the best available rate. This will replace the current BCCU certificate at 4%, which is set to expire on June 18.

In response to a board member's question, Irene said auditor Dave Plante had recommended not treating the cost of the new file server project as a capital expenditure, but as a regular expense.

- 4. Secretary's Report: Len Stuart**

- a) Vote to approve minutes from the April 16, 2024, Board Meeting, and special board meetings of April 1 and May 1, 2024. Len Stuart moved, Irene Gagne second. Motion carried.

- 5. Operations Report: Kim Capen**

- a) Ratify email/written votes for home/shed improvements
- b) Any new requests for home / shed improvements: Fence request 17 Kara's Way (withdrawn by applicant)
- c) Security Monitoring issues to report: None
- d) Looking for both FT and PT maintenance employees. Luis has given notice. Need volunteers for trash and mowing. Costs of a lawn service to take care of the mowing are being investigated since Don is not comfortable with the liability of inexperienced operators using Medvil's mowers, which are not in the greatest shape. The cost would be partially offset by the vacant position in maintenance.
- e) Continuing water issues: Possible upcoming expense to replace a backflow preventer that has been sticking. Also considering separating feeds for east and west sides of community to compare water usage. Will try to check water meters in middle of night, which should be a good gauge of extent of leaks. Chasing multiple water leaks under homes and on Riverledge. Considering starting an annual check under homes for water leaks.
- f) Trash truck needed new transmission. Hoped to have back for Wednesday pickup but won't be ready until next week.
- g) Mail/package room expansion: Kim is considering ways to add shelving to increase capacity and spread out packages at Christmas season, possibly by covering window at one side of room with semi-transparent material. There was some discussion on how the space could be reconfigured.
- h) 69 Donald Drive update: Donna Morrill presented a revised application for an additional parking pad that would be installed perpendicular to their existing driveway, with entry from the Upper Donald Drive side of the property. It would be 17 feet long and 10 feet wide and would meet the existing driveway at the rear of the house/carport area and would maintain much of the existing greenspace at the intersection of the two portions of Donald Drive. Kim Capen moved to approve, Deb Cyr seconded. Motion carried.

Kim Capen moved to reaffirm earlier vote approving carport at 69 Donald Drive. Norm Proulx seconded. Motion carried.

- i) Scott Corriveau of My Way questioned whether his request for a shed-type extension to the rear of his house had been received. No one could recall seeing the paperwork, so he went home to get it. Kim said it would be set up for a written vote that week.

**6. MEMBERSHIP:** Len Stuart moved, Irene Gagne seconded to ratify email votes for the membership of:

- a) Janice Fay, purchasing 29 Williams Way
- b) Walter Thomas, purchasing 39 Roger Road  
motion carried.

Len Stuart moved to approve, Irene Gagne seconded request to approve third resident at 162 Donald Drive.  
Motion carried.

**7. COMMITTEE REPORTS SUBMITTED FOR REVIEW:**

- a) Events – Yard Sale 6/8, fish fry 6/21, July Ice Cream Social, date TBD
- b) Fundraising
- c) Helping Hands
- d) Real Estate
- e) Resource
- f) Technology
- g) Ad-hoc committee for rules, bylaws, and policies: committee chair Frank Boudreau said board comments on the revised policies have been received and reviewed and will be incorporated in the final version of the new policy manual, which should be ready to present to the board for approval at the June meeting.

**8. OLD BUSINESS:**

- a) NONE

**9. NEW BUSINESS:**

- a) Discussion of planting ground cover in some small common areas to cut down on mowing: Deb Cyr suggested ground cover such as clover be investigated for some of the smaller common areas in the community to cut down on the hours of labor expended on mowing. Kim said it would be investigated and advice would be sought from experts on how to go about replacing the grassy areas with some sort of low-maintenance groundcover.
- b) Status update on proposed pavilion at DDC; drawings, budget, approvals & regulations: Kim Capen said things are still a long way from it being a doable project, with basic questions about zoning to be answered; in addition, with only one maintenance person on staff, there's no way to take on a project of this size. He estimated materials costs would be \$30,000 to \$35,000, and hiring a contractor for the work could double that cost. He'd withdraw the idea if Medvil couldn't build it on its own.
- c) Update on VPN/server project: Len Stuart spoke on the progress of the server project approved by the board in April. The major physical portion of the installation – the server computer and firewall/security appliance and related hardware have been installed and configured, and the next steps are to install client programs on the computers of the board members who will have secure access to the files. Once a file structure is set up, board members will be able to start adding files to the server. Ultimately, it may be possible to start scanning older records now in storage into digital form and get them stored securely on the backed-up server.
- d) Speeding on Donald Drive: Subject of speeding in area of Donald Drive between mailhouse and DDC clubhouse was raised by Deb Cyr after topic was mentioned during recent driveway/carport application. Speed bumps were mentioned as one obvious solution; Kim also mentioned purchasing of solar-powered radar speed warning signs as another possibility, but the cost is about \$5,000 per unit. Delivery drivers were mentioned as the most frequent offenders, and stepped-up reporting of incidents to the various delivery companies was advocated.
- e) Discussion of lawn maintenance issues: Numerous examples of unraked/unmowed yards were mentioned. Consensus was to step up verbal reminders/informal warnings on requirements.

- f) Feral cat program: Residents on Rachael Circle have complained about the number of cats that are being seen in their yards; one resident said they had seen four at one time. They attribute the problem to the feral cat program.  
Kim Capen said Medvil has always had feral cat issues, and ending the feral cat program would not make the issue go away.  
Donna Duford, who has been the liaison with the Manchester Animal Shelter since the inception of the feral cat program, said things are now on a day-to-day basis due to veterinary staff shortages at the shelter, but the numbers of cats on Rachael, which abuts the agricultural operation just to the east, have been reduced in recent years. In the first year of the trap-spay/neuter program in 2020, she said 20 kittens and 9 adult cats were trapped. Since then, there have been no reports of litters of kittens born in the wild. Donna said part of the continuing problem is some residents on Rachael Circle who are feeding the cats, which attracts more of them to the area.
- g) Report on Community Loan Fund hearing on \$75 million in HUD Price Act funds for NH: Frank Boudreau reported on training he attended on the application for funds under the act, which focuses on grants for water supply and wastewater handling projects. Medvil ranked 17<sup>th</sup> out of 46 ROCs on an eligibility criteria list. If received, the funds could be applied directly to Medvil's upcoming water and sewer project needs.
- h) Scott Corriveau returned with paperwork on his request for a lean-to addition to the rear of his house, but various members said they were not comfortable about acting on the spot. Kim said he would set the proposal up for a written vote during the upcoming week.

#### **10. Member follow-up comments**

- a) A resident asked whether Price Act funds were a grant or a loan. She was told the money was a grant.
- b) A resident commented on why we're feeding cats through the feral cat program. Donna Duford responded that while wild animal/ stray animal feeding in general is forbidden, the objective of the feral cat program is to monitor and try to reduce the number of feral cats on the property through the trap-spay/neuter program. She also said that in general, the dry cat food at the feeder doesn't attract bears, fishers, coyotes or other types of wildlife.
- c) Another resident made a suggestion regarding the suggested changes in the mail/package room.
- d) A Country Way resident asked about cleanup plans for the large septic field area where many trees were removed over the winter. Kim said it will be cleaned up, and once that's done, part will be turned into a tree nursery to nurture replacement trees for use around the community.
- e) A resident volunteered to drive the Medvil pickup for trash operations if needed.

**Kim Capen moved, Sue Soule seconded, to adjourn public session and move into executive session. Motion carried.**

**Adjourned 7:30 p.m.**



**Deb Cyr moved, Sue Soule seconded, to return to public session at 8:10 p.m.**

Deb Cyr moved, Norm Proulx seconded, motion to send a letter to a resident regarding an unvetted second resident. Motion carried.

Deb Cyr moved, Sue Soule seconded, motion to send letter to a resident regarding pile of debris and litter in their yard. Motion carried.

Deb Cyr moved, Kim Capen seconded, motion to approve third resident on Partridge Lane. Letter to be held until satisfactory background check received. Motion carried.

Irene Gagne moved to adjourn, Sue Soule seconded. Motion carried, adjourned 8:14 p.m.

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Minutes taken by Leonard Stuart on May 21, 2024

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Meeting Minutes Approved by the Board of Directors:



*June 18, 2024*

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Leonard Stuart, Secretary

Approval Date