



PHONE: 603-497-4440

FAX: 603-497-4880

WEB SITE: www.medvilcooperative.com

Established 2006

E-MAIL ADDRESS: medvil@comcast.net

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March 2023

THE MEDVIL MESSENGER

COMING ATTRACTIONS



Haddock Supper 11 March

Ham & Beans 25 March



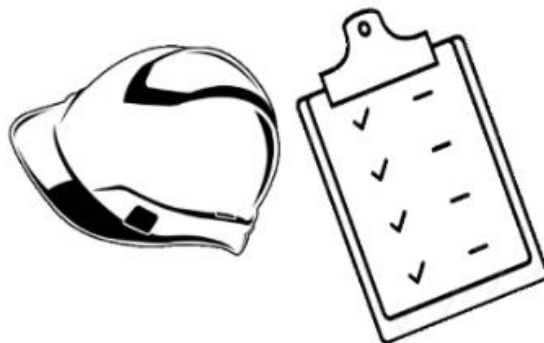
SEE INSIDE FOR MORE INFORMATION!

BOARD NOTICES

OPERATIONS

This is my first article since being appointed to the board as the Operations Director. I think it only appropriate that I acknowledge the great work of Odie Perron before me.

The department has never been better organized, which made it easy as possible to bring on a new Property Maintenance Manager. Thank you, Odie, for your hard work as the Operations Director and as Chief



Holiday Decorator, which I hope you will continue. I also acknowledge Jeff's dedication and his efforts during the wee hours of the morning when emergencies called for it.

There were two of us who agreed to put our names forward to fill the open position of Operations Director. I want to thank John Menczywor for applying and participating in the process, as I am told it was a difficult decision for the board. It is always great to see volunteers step up to support the

OVER

needs of the community.

Michael O'Brien and I were tasked by the board to interview candidates for the position of Maintenance Manager. I think we all can be thankful for dedicated volunteers who give of their personal time to make life a little better for all of us. I am happy to announce that we have hired Don Holt to lead the Department. Please join me in welcoming Don to our community. He has vast experience in everything we do and more so are all looking forward to the contributions he will bring to the stability of our Maintenance Staff along with the continued improvements in landscape, infrastructure and building maintenance of the community that we are all so proud of.

We will be tackling the work orders that continue to pile up while we search for staff. Please be patient as Don learns of the needs of our community, gets to know the logistics of his new position and works to hire another full-time employee. If you feel anything is urgent or has been overlooked, feel free to reach out to me.

I want also to thank the volunteers who are capably covering the trash and recycle pickups as well as the snow removal as needed. Thanks to Rick Drouin, John Gunn, and our part-time helper Jarrod Sangillo who have kept pace with getting our trash picked up without a hitch. Also, thanks to Jim McDermott and Mike Boudreau for offering to help during snowstorms. Jarrod will continue working part time as he looks for work in his field of study since graduating from college.

We are nearing the end of the tree removal and trimming for this year. A lot of requests came in while we were doing this year's work; some we were able to get to, but it makes it difficult to plan and be efficient while getting the most done with the least expense. We have lots of trees to go and this will likely be ongoing for years to come. This year's expense was \$332.00 per household out of your rent for the year so you can understand that efficiency is important and getting your requests for

tree work in early is important as we plan for next year's tree program. The maintenance staff will be trimming what we can safely reach throughout the year to help minimize the expense. If you have a tree you would like to be considered for removal, call the office at 603-497-4440 and ask for a Tree Removal Request Form.

Until next month, stay warm and stay safe.

Respectfully submitted,
Kim Capen
Operations Director

REMINDER – RENT INCREASE

I just want to remind you that the rent increased to \$500/month starting on 2/1/23.

If you do Bill Pay/Direct Pay please notify your bank or go online to make the change.

If you have any questions, please call Irene Gagne, Treasurer, at 603-622-1869.

Irene Gagne

MORE INK CARTRIDGES FOR SALE

We have been donated 2 HP 67 ink cartridges: 1 black & 1 tri-color standard yield for the cost of \$15. The expiration date is 11/23.

Contact Irene Gagne, Treasurer, at 603-622-1869 if you are interested in purchasing them.

Irene Gagne

CALLING SERVICE

Have you heard "Hello, Medvil Residents!" on your phone?



Hopefully, the answer is yes. This greeting is usually followed by information the board has



deemed important to get out to the community in a timely manner. The calling service is proving to be quite effective with approximately a 2% failure rate. But why are some people not getting the messages?

First of all, if you have a cell phone make sure you have Medvil Cooperative as a contact in your phone with the phone number of 603-497-4440. This will lessen the chance of the call appearing as spam. It could still appear as spam, depending on carriers, however the caller ID will show up as Medvil Cooperative and therefore is safe to answer.

If you have a landline phone set up with Comcast and the call is not going through, you may have to call them and change your spam setting to allow the phone call to go through.

If you don't answer the landline call it may go to an automated Comcast voicemail even if you never set it up. To check your voicemail with Comcast:

Dial #99 from your landline.
When the greeting starts, press #.
Enter your passcode when prompted.
If you don't remember your passcode call Comcast for assistance.

If the call comes through, but you don't hear it all: Listen until the end and you will hear an option to repeat the message.

When you pick up the phone, turn down your television. If it hears the noise in the background, it may cut off because it appears it's an answering machine.

If you don't get a call, please either call me directly at 603-494-4246 and leave a message or call the office and leave your name, address and your phone number. I will call you and provide you with a test call within the week.

Thank you!

Anita O'Brien
Director-at-large

Anita O'Brien
Director-at-large

ZOOM MEETINGS



Are you interested in attending the board meeting but getting to the clubhouse is not easy? You realize you can attend the meeting using zoom, but are you not comfortable using a computer?

Did you know you can join, listen, and

participate using your phone?

The answer is yes. When you get the email about the meeting there is a phone number you can use.

For example:

Phone number: 1646999999
Meeting ID: 855 0888 0511
Passcode: 432555

For cell phones you can use the ONE TAP MOBILE number and it will enter the meeting id, and the passcode with just one touch.

Example:

One tap mobile
+16469999999,,85508880511#,,, *432555# US

I know this may not be something you're comfortable with at first but try it and let me know if you have any issues and perhaps we can do an informational session if the demand is there.

(The numbers provided in this example are not actual working numbers. They are just examples.)



OTHER NOTICES



YOUR MEDVIL COMMUNITY IS LOOKING FOR A NEW DECORATOR!

Like a beautiful woman, Medvil likes to change her finery with the seasons. Driving or walking through, you've surely noticed the succession of wreaths, garlands, and flag bunting on the two mail houses and white fences marking common space throughout our community. Not to mention the pretty Yule trees upstairs and down at both clubhouses and the fascinating holiday village of miniatures at the DDC. Odie Perron's have been the clever hands and eyes behind this adornment for years, but she's ready to pass the privilege along to another energetic person, along with some training to get up and running with it. Could you be that person? If interested, please leave your name and contact information with the Reception Office and Odie will get in touch with you.

We meet the first Wednesday of every month at 6:00 PM 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 two events scheduled for March. On Saturday, 3/11 we will be hosting a Baked Haddock Dinner and on Saturday, 3/25 please join us for an old-fashioned Ham & Bean Supper. 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 2/1 was Dolores Daoust for \$250. All numbers are being played with a guaranteed winner. There are four 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.

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.



Those who have not paid their pool number(s) for March may do so Monday – Friday 9 AM – 4 PM at the office. Payment is due by 2/27 but please don't wait until the last minute.

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 accepted 27 items on 2/15. We have other items to sort for future drop off.



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

From January 17 through February 21 we have had three showings and three listings with Purchase and Sales pending.



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



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

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

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

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

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

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

Or by phone at (603) 494-4246.

IN SYMPATHY

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

- Sally Champagne in the death of her brother William Adams Jr.
- Kathleen Parry in the death of her husband William
- Claire St. Onge in the death of her brother
- Susan Soule in the death of her sister
- Sympathy to Chuck and Charlene Thayer in the death of Charlene's sister Darlene



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

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



TASTY TIDBITS by Cat Pragoff

March brings not just cold winds (and possibly snow) but also a touch of the Irish—Happy St. Patrick's Day to one and all! To celebrate here's a traditional corned beef and cabbage recipe plus a nice recipe for meaty cabbage rolls in tomato sauce.

The Medvil Messenger

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And for those who don't like either corned beef or cabbage, we have a very easy slow cooker recipe for chicken with a tasty mushroom gravy. Yum!

Corned Beef and Cabbage

(makes 6 servings)

Ingredients:

- 1 2 to 2-1/2 lb. corned beef brisket
- 1 tsp. whole black peppercorns
- 2 bay leaves
- 1 medium yellow onion, peeled and cut into 6 wedges
- 1 small head of cabbage, cut into 6 wedges

Directions:

- Trim any fat from the meat, then place it in a Dutch oven, adding any juices and loose spices from the package. Add enough water to cover the meat.
- Add the black peppercorns and bay leaves (omit these if the brisket came with an additional packet of spices).
- Bring to a boil over medium heat, then reduce heat, cover and simmer for about 2 hours or until meat almost tender.
- Add the onion, bring to a boil again, then cover and reduce the heat and simmer for an additional 10 minutes.
- Add the cabbage. Cover and cook for about 15 to 20 more minutes until the cabbage is tender.
- Remove from the heat. Allow the meat to cool slightly before slicing across the grain. Season to taste. Serve with prepared horseradish or mustard, if desired.

Cabbage Rolls

(makes 6 servings)

Ingredients:

- 1 head green cabbage
- 1 cup rice, uncooked
- 1 lb ground pork
- 1/2 lb ground beef



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2 small onions, diced
 3 cloves garlic, minced
 1/2 teaspoon dill
 3 Tbs. fresh parsley
 1 (14 oz.) can diced tomatoes (with liquid)
 1-1/2 cups, plus 1/3 cup tomato sauce, divided
 salt to taste
 pepper to taste
 1 egg
 1 (10.5 oz.) can tomato soup

Directions:

- Cut approximately 1/4 inch off the bottom of the head of cabbage.
- Place the whole head of cabbage into boiling water. Boil until the leaves get soft, about 2 minutes.
- Remove from the water and peel off the softened leaves, cutting off any tough stems from the leaves.
- Return the head of cabbage to the boiling water to soften any remaining leaves on the head. Repeat as above until you have softened and removed all the large cabbage leaves from the head of cabbage. Lay the softened leaves aside to cool.
- Preheat the oven to 350°F.
- Cook the rice according to the package directions, but reduce the cooking time by 5 minutes so that the rice is slightly undercooked, then set it aside.
- In a large skillet, cook the onions, beef, and pork until the meat is no longer pink, about 5 minutes. Drain the fat from the skillet.
- Add the garlic, dill and parsley and sauté until they are fragrant, about 1 minute.
- Stir in the cooked rice, diced tomatoes, 1/3 cup tomato sauce, salt and pepper, then stir in the egg, making sure all are combined well.
- In a separate bowl, mix the remaining 1-1/2 cups of tomato sauce and the tomato soup. Spread a thin layer of this mixture into the bottom of a 9x13 inch baking dish.
- On a plate, lay one of the softened cabbage leaves flat. Add 1/4 to 1/3 cup of the meat and rice filling to the center of the leaf, then fold in the sides of the leaf and roll up the cabbage leaf. Place the cabbage roll in the baking dish, seam side down.

- Repeat as above with the remaining cabbage leaves and filling, then pour the remaining tomato soup mixture over the cabbage rolls in the baking dish.
- Cover the baking dish tightly with aluminum foil and bake at 350° F until the cabbage rolls are cooked through and tender, about 75-80 minutes.
- Allow the cabbage rolls to cool for approximately 15 minutes before serving.

Slow Cooker Chicken with Mushroom Sauce
(Makes 4 servings)

Ingredients:

4 boneless, skinless chicken breast halves (6 ounces each)
 1 can (12 ounces) mushroom gravy
 1 can (4 ounces) chopped green chilis
 1 cup 2% milk
 1 envelope Italian salad dressing mix
 1 can (8 ounces) mushroom stems and pieces, drained
 1 package (8 ounces) cream cheese, cubed

Directions:

- In a 3-quart slow cooker, combine the chicken, gravy, milk, mushrooms, chilis, and dressing mix.
 - Cover and cook on low for 4-5 hours or until chicken is tender.
 - Add in the cream cheese.
 - Cover and cook 15 minutes longer, or until the cream cheese is melted.
 - Serve with rice and choice of vegetables.
- Delicious!



MEMBERS' CONTRIBUTIONS



A NEW HAMPSHIRE FACT

All cultivated blueberries trace their lineage back to New Hampshire. In 1905, Frederick Coville, a US Dept of Agriculture botanist, bought a farm in Greenfield as a summer home. He found pastures full of wild low-and high-bush blueberries, so he selected one of each type with superior berries and crossbred them. The first hybrid blueberry, released to the public in 1920, was fittingly called Pioneer, and hundreds of other cultivars have followed. Some of Coville's early varieties--such as Earliblue, Bluecrop, and Blueray--are still grown today.

Cultivated high-bush blueberries take the strong flavor, cold hardiness, and drought tolerance of the low-bush blueberries and marry these qualities with the larger fruit, higher yields, and height of the high-bush blueberries.

Thanks to Tracy Wyman, who found this item in New Hampshire Home 2021. It should remind us it won't be too many more months before we're picking Medvil's delicious blueberries. I can hardly wait, how about you?

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

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

Medvil Messenger Staff: Debbie Cyr and MB. Wulf

Additional Proofreading: Irene Gagne



**2023 Medvil Cooperative
Board of Directors**

President: Dorrie Kossuth

Vice President:

Secretary: Karen Kirkpatrick

Treasurer: Irene Gagne

Operations Director: Kim Capen

Directors-at-Large

Frank Boudreau

Dan Daigle

Anita O'Brien

Brenda White

The telephone number for the Board of Directors is 603-384-2815

Email address is medvilsecretary@comcast.net

Written correspondence can also be placed in the mailbox outside the Board office at the Donald Drive Clubhouse.

(February 23, 2023)

BAKED HADDOCK SUPPER

Saturday ~ March 11th

Donald Drive Club House

5:30 pm

\$10.00 per person



The menu...

- a large portion of haddock with a cracker crumb topping
- rice pilaf
- carrots
- coffee & dessert

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



Our Bar is back!! 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.

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.

You are cordially invited to an old-fashioned

Ham & Bean Supper



An evening of tasty food and lots of fun!!!

Saturday ~ March 25th ~ 5:00 pm
Donald Drive Club House

**Boston baked beans ~ ham ~ coleslaw ~
corn bread ~ coffee & dessert**

Cost is just **\$5.00 per person.**

Where else can you go and have so much fun for so little money?

You must sign-up and prepay at the
Medvil Reception Office
Monday - Friday from 9:00 am to 4:00 pm.



Our Bar is back!! 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.

Come prepared to stay awhile and participate in **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 4705 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

Don't forget the 50/50 raffle!

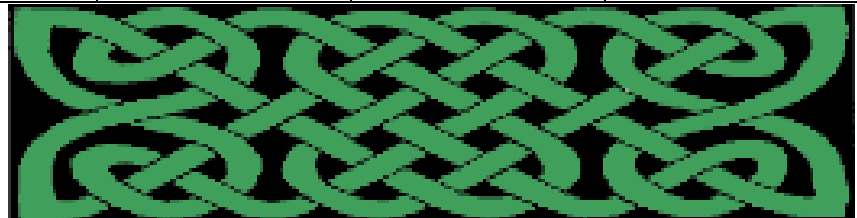


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MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10 Pool PLC 12:30 Knitting PLC	2 6:30 Bingo DDC	3 6 Cribbage PLC non-league	4
5	6 6:30 Cribbage PLC	7 10 & 7 Play Pool PLC	 8 March 10 Pool PLC 12:30 Knitting PLC	9 6:30 Bingo DDC	10 6 Cribbage PLC non-league	11 5:30 Haddock DDC
12	13 6:30 Cribbage PLC	14 10 & 7 Play Pool PLC	15 10 Pool PLC 12:30 Knitting PLC	16 6:30 Bingo DDC	17 ST. PATRICK 6 Cribbage PLC, non-league 	18 8:30 Coffeehouse PLC
19	 20 SPRING BEGINS 6:30 Cribbage PLC	21 10 & 7 Play Pool PLC 6 BOD Mtg DDC	22 10 Pool PLC 12:30 Knitting PLC	23 6:30 Bingo DDC	24 6 Cribbage PLC, non-league	25 5:30 Ham & Beans DDC
26	27 6:30 Cribbage PLC	28 10 & 7 Play Pool PLC	29 10 Pool PLC 12:30 Knitting PLC	30 6:30 Bingo DDC	31 6 Cribbage PLC, non-league	

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.**





FREE TRANSPORTATION FOR GOFFSTOWN RESIDENTS

RIDE THE GOFFSTOWN SHUTTLE

Monday - Friday, 9:00am to 2:00pm

Ride with us to your next hair salon appointment, grocery store visit, social gathering, medical appointment, and more!

- Rides to medical appointments, riders with disabilities, and those age 62+ receive priority booking.
- Reservations can be made as early as 1 week in advance, and no later than 24 hours prior.
- Connect with MTA Route #6 at Shaws Plaza for Manchester, Concord, and Nashua service!
- All buses are ADA accessible!



Make your reservation to ride!
Call 603.623.8801 opt. #2

For additional information contact

Jo Ann Duffy
Planning and Economic Development Director
603.497.8990 x118
JoAnn.Duffy@GoffstownNH.gov



Manchester Transit Authority | 110 Elm St. | Manchester, NH 03101 | 603.623.8801 | www.mtabus.org