



FRIENDLY VILLAGE OF GORHAM COMMUNITY NEWS JANUARY 2021

Let's all look forward to the
coming New Year with hope
and peace to all
All in the community have a
wonderful 2021
from
John Dave, Don, Jeff &
Coleen

Happy Birthday to all
residents who are
celebrating a January
Birthday...We hope you
have a great one!



CONGRATULATIONS!!

TO THE 12 WINNERS OF A \$50
HANNFORD GIFT CERTIFICATE
FROM THE 2020 HOLIDAY
RAFFLE

Joe & Cathy McHugh
Helen Thompson
John Brooks
Michele Moren
Diane & Norm Cash
Betty Pillsbury
Dawn Beaulieu
Renee MacPherson
Kenta & Athena
Tamaki
Dean Cummings
Shannin Wandell
Nicholas Nappi



The cold temperatures, bring slippery roads.

Please use extra caution when driving through the community, it will get difficult stop to avoid other cars and pedestrians as winter sets in. Please also use *extra caution* around Friendly Village's maintenance trucks, when they are plowing snow. They do have blind-spots and can't always see vehicles that are coming up behind them. Slow down to a stop until they see you. They will then move out of your way and let you pass.

Thank you in advance for your patience.

Reminder:

Remove snow from roof, if
more than 6" has accumulat-
ed. If you don't, ice dams will
occur and can damage your
roof, causing water leaks.
Nobody wants that!



**THE OFFICE WILL CLOSE
EARLY ON DECEMBER 31ST 2020
AND IS CLOSED JANUARY 1ST 2021
BACK ON SCHEDULE JAN. 4th**

MANAGEMENT CORNER:

Winter has finally hit, so please no street parking during snowstorms or cars will be towed.

By now your basketball hoop should be removed from the street side, along with garden hoses removed from the sill cocks to prevent damage from freezing water.

Christmas trees may be put out at curbside for removal.

When storms are predicted please do not set out articles for pick up, because we will not be able to remove them.

Just a reminder that Friendly Village does not give any person or persons to ride any motorized vehicles, i.e. but not limited to. Snowmobiles, ATV'S, scooters, or dirt bikes, unless allowed by State law. Driver must have a current driver's license.

Residents are reminded to remove the snow after six inches or more has accumulated on your roof. This will prevent ice dam build-ups causing water to back up into your home.

John L. Richard

New England Seafood Chowder

This New England Seafood Chowder recipe creates a versatile and tasty soup, that is perfect for warming up on a cold winter day. Use whatever seafood you like to fit this chowder to your family's tastes.

Yield: 2 quarts of chowder
Prep Time 15 mins
Cook Time 30 mins
Total Time 45 mins

Course: Soup
Cuisine: American
Keyword: chowder, seafood
Servings: 5 -6 people
Author: Sarah | Curious Cuisenaire

Ingredients

- 2 slices bacon , diced
- 1 onions, diced
- 1 celery stalk, diced
- 1 ½ lbs. potatoes (roughly 3 large), peeled and chopped
- ¼ c unbleached all purpose flour
- 4 c milk, room temperature
- ¾ lb fish (cod, haddock, or salmon)
- ½ lb seafood (optional; clams, oysters, scallops, crab meat, baby shrimp all work well)
- ½ c corn, thawed if frozen
- 1 Tbsp fresh parsley
- ½ tsp salt
- ¼ tsp ground black pepper

Instructions



Sauté bacon in a large soup pot over medium-high heat until crispy, 3-4 minutes. Remove the bacon from the pot and place on a plate. Drain all but 1 Tbsp bacon grease from the pot. Add diced onions and celery to the bacon grease in the pot. Sauté over medium heat until soft, 3-4 minutes. Add potatoes. Saute 1-2 minutes.

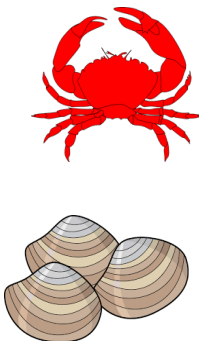
Reduce the heat to low. Add the flour and stir, cooking until the flour is completely moistened.

Add the milk and increase the heat to medium. Heat the soup until it is steaming, but just before it starts to boil, stirring often. Keep the soup at this point until the potatoes are nearly tender, uncovered, 10 minutes. (Reduce the heat if the milk starts to foam.)

Add the fish and other seafood, and corn. Add the cooked bacon back to the pot. Continue to heat, just below boiling for an additional 10 minutes, until the fish is cooked through.

Add the parsley, salt, and pepper. Taste and adjust seasonings as needed.

Chowder can be made a day ahead and re-heated to let the flavors come together a little more or it can be served immediately.



Be Prepared for Winter Hazards

Be prepared for power outages. The cold weather brings along snow and ice storms which could cause power outages. Prepare yourselves by stocking up on batteries, canned goods, bottled water, a hand-crank can opener, (Don't forget this. It's nearly impossible to open a can without one.) flashlights, battery operated lanterns, extra blankets, etc. You should have a battery operated radio handy, to listen to emergency broadcasting, weather updates, etc. If you know a storm is coming, fill your bathtub or five gallon buckets, with water. You can use this water to flush your toilet by dipping a pail into the water and pouring it directly into the toilet bowl. **What to do when the power goes out:** 1. Keep refrigerator and/or freezer closed as much as possible. 2. Unplug all sensitive electronic equipment including TVs, stereo, VCR, microwave oven, computer, cordless telephone, and answering machine, in the event of a power surge when the power comes back on. 3. Dress in layers of loose fitting, lightweight, warm clothing. 4. If your medications require refrigeration check with your pharmacist for advice on storing medications during extended power outages. 5. If you notice any downed power lines stay away from them and contact CMP immediately. Keep kids and pets away from them too. 6. Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

If Friendly Village loses power for an extended period of time, causing the water pressure to drop below 25psi at the water building, we will issue a "Boil Water Order" immediately. Notices will be emailed to residents who have given permission for us to send to their email, posted on FV Facebook page and at the Friendly Village mailboxes and Main Entrance. You may also inquire at the office. ***Why do I have to boil my water?*** A "Boil Water Order" is issued as a preventative measure, if there is a possibility of contamination in the drinking water system. This is a precautionary measure and will likely occur anytime we lose power for extended periods of time. It is suggested to always keep several gallons of water on hand for drinking at all times and frequently rotate these gallons with fresh water. ***What should I do?*** You should boil water for at least 5 minutes if you will be using it for drinking water, mixing baby formula, washing vegetables, brushing teeth or making ice. ***What about cooking and washing?*** If you are going to boil the water while cooking, prior boiling is not necessary. It is not necessary to boil water for washing clothes, dishes or bathing. Small children should be monitored so they don't swallow the bath water. ***How long will the Boil Order Last?*** The boil order must remain in effect until we have lab results from our testing lab and certification from the State of Maine Drinking Water program allowing us to lift the boil order. These tests take, at minimum, 24 hours. ***How do I know the boil order has been lifted?*** Notices will be emailed to our resident email list, posted on FV Facebook page and at the Friendly Village mailboxes and Main Entrance. You may call the office and ask.

8 Scientifically-Backed Ways to Beat the Winter Blues

By Briggitt Hauck

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits.

If you're starting to feel like nothing but a very full, very strong pot of coffee will get you out of bed, join the club. Holiday bills are high, temperatures are low, and the days are way too short. Here, scientifically proven ways to lift your spirits and ease the mid-winter doldrums.

1. Make your environment brighter. When your body is craving more daylight, [sitting next to an artificial light](#)—also called a light box—for 30 minutes per day [can be as effective](#) as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.

2. Eat smarter. Certain foods, like [chocolate](#), can help to enhance your mood and relieve anxiety. Other foods, like [candy](#) and [carbohydrates](#) provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression.

3. Simulate dawn. People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter and fades as the weather improves, [may feel](#) depressed, irritable, lethargic, and have trouble waking up in the morning—especially when it's still dark out. [Studies show](#) that a [dawn simulator](#), a device that causes the lights in your bedroom to gradually brighten over a set period of time, can serve as an antidepressant and make it easier to get out of bed.

4. Exercise. A 2005 study from [Harvard University](#) suggests walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week improved symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression: A [preliminary study](#) found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality, while exercise in ordinary light improved vitality only. Try these [mood boosting workouts](#).

5. Turn on the tunes. In a [2013 study](#), researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.

6. Plan a vacation. Longing for sunnier days at the beach? [Research shows](#) that the simple act of planning a vacation causes a significant increase in overall happiness.

7. Help others. Ladling out soup at the local shelter or [volunteering](#) your time can improve mental health and life satisfaction.

8. Get outside. Talking yourself into taking a walk when the temperatures plummet isn't easy, but the [benefits are big](#): Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.



Friendly Village Office Services

Some of you may not know of the perks the Friendly Village office offers residents. We will help you with your faxing, copying, scan and emailing documents free of charge. Just stop down to the office and we will be happy to help you with these.

John and Coleen are Notaries so if you need the services of a State of Maine Notary, call the office we will be happy to help with this service also, free of charge.



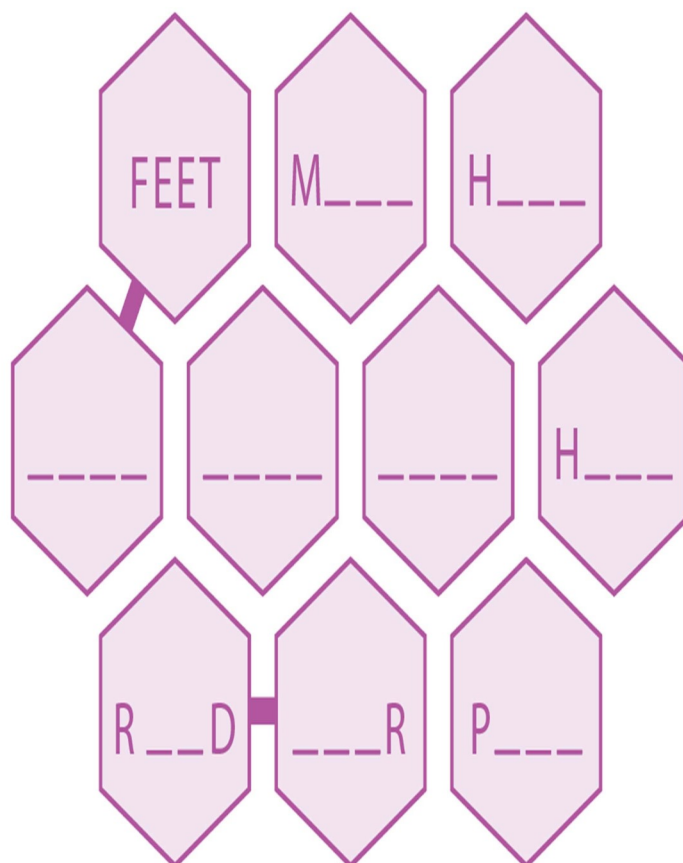
TOWN OF GORHAM DOG LICENSES 2021 DUE

Don't forget to get your dog registered with the Gorham Town Clerk's Office before January 31, 2021 to avoid paying a \$25 fine.

Please bring current Rabies Certificate with you to register your dog. Once licensed, please bring proof to the Friendly Village Office for our files. Proof of current inoculations for dogs and cats is also required yearly.

When your dog has passed, I know it is a difficult and stressful time. Take time to notify the Town office and the park office if your dog's passing. They can take your pet's name off their roles (no animal control officer at your door) and the park also can do that and reduce your rent. Thank you

From wherever you start (hint: it's probably easiest to start at the top left), join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must



POLICE - FIRE- RESCUE,
Emergency dial: 9-1-1
Non-emergency dial: 839-5581

For Friendly Village Maintenance
Emergencies:
Water-Sewer-Power
Dial Friendly Village Pager: 207
-400-0368

For Use In An Emergency Only
Weekends & After Office Hours

Friendly Village of Gorham,
5 Ash Drive, Gorham, ME 04038
Phone: 839-5577 Fax: 839-3233
friendlyvillage@mainemobilehomes.com

www.mainemobilehomes.com
facebook.com/friendlyvillage.ofgorham
Office Hours: Mon-Fri 8:30 to 4:30
(Hours subject to change w/out notice.)
Notary services are available in
the Friendly Village Office.



Greenwood Landscaping –Dylan—
winter plowing/ snow blowing/roof
shoveling service 899-9930

Snowblowing & shoveling call Cleve
207-298-4111 lives in community

ESM Builders— carpentry services
207-939-8126 or
ericimason713@gmail.com



ALL PINEGROVE HOMES ARE
ENERGY STAR EFFICIENT
ORDER YOUR DREAM HOME FOR SPRING DELIVERY

NEW HOME LISTINGS

****NEW HOME COMING FEBRUARY 2021** 6 BIRCH DRIVE 2021 PINE GROVE 24X48 3 BD 2 BA \$147,900** Floor plan G-1767 Great layout with plenty of storage and space. Large kitchen with pantry has light salvaged oak cabinetry, premium stainless steel appliance package and dark wood luxury vinyl flooring. Dining area is light and bright with a large window facing the street. Two points of entry will allow you to control the flow traffic into your home. Front utility room has been changed up a bit from floorplan to take out the powder room and add a seven foot closet, washer and dryer hookups, furnace and hot water heater access located there as well. Large living room is open to kitchen and dining for your entertaining needs, featured hookups for cable and phone, entryway closet and that beautiful dark luxury vinyl flooring found in the rest of the home. Master bedroom has an attached master bath with 60" walk-in shower, single sink and large corner linen closet. This home will have our usual turnkey package of dormer over the main entry way, white interior doors, baseboard and crown molding throughout, higher grade vinyl and carpet for flooring, the value adding features are too numerous to list here.

***** **2021 DESIGN AND ORDER HOMES COMING FOR SPRING**
ALREADY PURCHASED: *****

44 HEMLOCK DROVE
23 HEMLOCK DRIVE

PRE-OWNED HOMES FOR SALE

NONE AT THIS TIME

Design your own Home, install in Spring

Prices starting at 99,000

CHOOSE YOUR OWN COLORS & FLOOR PLAN. CALL FOR YOUR APPOINTMENT TODAY. HOMES COME WITH 1 YEAR FULL FACTORY WARRANTY AND 10 YEAR LIMITED MANUFACTURERS WARRANTY! PRICES WILL VARY DEPENDING ON OPTIONS CHOSEN. ALL NEW HOMES WILL INCLUDE A CONCRETE SLAB, STEPS & DECK, SKIRTING AND SET UP.

