



Community News

Friendly Village of Gorham

January 2022

Let's all look forward to the coming New Year with health and peace to all
All in the community have a wonderful 2022 from
John Dave Don Coleen & Jeff

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 \$30 HANFORD GIFT CERTIFICATE FROM THE 2016 HOLIDAY RAFFLE

Dean Cummings
Brian Barrows
Meta Gustafson
Mike & Linda Cyr
Heather Nelsen
Renee McPherson
Jeannette Dyer
Corey Maust
Betty Pillsbury
Sherry & Mark Doughty
Cindy Lendway
George Grant



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 accumulated. If you don't, ice dams will occur and can damage your roof, causing water leaks. Nobody wants that!



**THE OFFICE IS
CLOSED
DECEMBER 31ST 2021**

MANAGEMENT CORNER:

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

By now your ball 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 of 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 drivers 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

Chicken Scampi Pasta

Chicken takes the place of shrimp in this dish inspired by the Olive Garden classic -- making it even more weeknight friendly. Serve over angel hair pasta and you'll be in and out of the kitchen in less than 30 minutes. Molto bene!

- Level: Easy
 - Total: 25 min
 - Active: 25 min
- Yield: 4 to 6 servings

Ingredients

Kosher salt

1 pound thinly-sliced chicken cutlets, cut into 1/2-inch-thick strips

3 tablespoons olive oil

8 tablespoons unsalted butter, cubed

6 cloves garlic, sliced

1/2 teaspoon crushed red pepper flakes

1/2 cup dry white wine

12 ounces angel hair pasta

1 teaspoon lemon zest plus the juice of 1 large lemon

1/2 cup freshly grated Parmesan

1/2 cup chopped fresh Italian parsley

Directions

1. Bring a large pot of salted water to boil for the pasta. Sprinkle the chicken with some salt. Heat a large skillet over medium-high heat until hot, then add the oil. Working in 2 batches, brown the chicken until golden but not cooked through, 2 to 3 minutes per batch. Remove chicken to a plate.
2. Melt 4 tablespoons of butter in the skillet. Add garlic and red pepper flakes and cook until the garlic just begins to turn golden at the edges, 30 seconds to 1 minute. Add wine, bring to a simmer and cook until reduced by half, about two minutes. Remove from the heat.
3. Meanwhile, cook pasta until very al dente, reserving 1 cup of the pasta water. Add the pasta and 3/4 cup pasta water to the skillet along with the chicken, lemon zest and juice and the remaining 4 tablespoons butter. Return the skillet to medium-low heat and gently stir the pasta until the butter is melted, adding the remaining 1/4 cup pasta water if the pasta seems too dry. Remove the skillet from the heat, sprinkle the grated cheese and parsley and toss before serving.

YUM YUM

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8 Scientifically-Backed Ways to Beat the Winter Blues

By Britt 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.



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.



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.



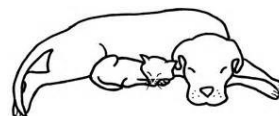
John and Coleen are Notaries so if you need the services of a State of Maine Notary, call the office we will be happy to help with this service also, free of charge.

TOWN OF GORHAM DOG LICENSES 2022 DUE

Don't forget to get your dog registered with the Gorham Town Clerk's Office before January 31, 2022 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



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.



Year Round Services
CHRIS McGOON
NERAK PROPERTY SERVICES
207-504-7786
EMAIL: nerakproperty@gmail.com

*Got a great contractor who does your
snow removal that you want to share?
Call the office with the info or have them
stop by to give me a card so I can
advertise here for them.*



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

NEW HOME LISTINGS

39 HEMLOCK DRIVE—May 2022 tentative delivery: 2022 Pine Grove 14x60 2 BD 1 BA Wonderful open floorplan with a cute porch on front. This home will be installed in a neighborhood of multiple other new homes, on a sunny corner lot. Enter the home protected from the weather onto a porch, to the open living room/kitchen area. The kitchen features salvaged oak cabinets, our premium stainless steel appliance package, luxury dark vinyl floors and eat at bar. Both bedrooms have heavyweight sunset beige carpeting, and large closets for storage. Utility area of home is ready for a stackable washer/dryer unit for space saving. Should be move in ready for June 2022 list price \$139,900 plus tax

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

7 TAMARACK CIRCLE— Installed

14 CHESTNUT CIRCLE—pending April 2022 tentative delivery

7 BEECH CIRCLE— pending April 2022 tentative delivery

65 HEMLOCK DRIVE—July 2022 tentative delivery

PRE-OWNED HOMES FOR SALE

****SOLD** 68 HEMLOCK 1996 SKYLINE 14X76 3 BD 2 BA**

Thinking or selling your home? After the holiday hustle and bustle, buyers start looking for available homes again. Best time to list your home for fast sale is March through July.

Design your own Home, install in later in the year

Prices starting at \$110,000

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.

