



Community News

Friendly Village of Gorham

February 2022

HAPPY VALENTINE'S DAY

The Office will be **Closed** on February 21st in observance of President's Day

Dates to remember in February:

- 1- National Freedom Day
- 2- Groundhog Day
- 2- National Tater Tot Day
- 9 - National Pizza Day
- 12- Lincoln's Birthday
- 14- Valentine's Day
- 21- President's Day
- 22- Washington's Birthday
- 24- National Peanut Butter Day



Do you need a little extra assistance with your groceries?

The Gorham Food Pantry offers food assistance at no cost to any Gorham resident in need.

Gorham Food Pantry
299-B Main St., Gorham
Open Thursdays 9-11AM

They are also open on the 2nd & 4th Wednesday of each month from 6-7PM.

For additional information visit the Gorham Town Office.

The office has many options for residents to make their rent payments. Cash or check drop off at the office or drop box (make sure if cash you mark the envelope with address). Online payment option, you make the payment yourself with link to Paylease. Automatic payment, you set up day and give account info to office to make the payment each month automatically. Call or email the office, I will be happy to make the payment for you and email a receipt if you want. way to make your lot rent payments. FYI sharing your email with the office makes it so much easier to send receipts and notices. Thank you

Happy Birthday
to all residents who are celebrating a February Birthday...



MANAGEMENT CORNER:

I know that we have had little snow to speak of, but I still would like to remind You of the following:



No parking on the streets during snow storms so that we may get the streets as clean as possible. Vehicles will be towed at your expense.

Keep pathways to your oil tank and water shut offs clear of snow.

Snow should be removed from your roof after 6 or more inches have accumulated. And remember if you see icicles you have a chance for water back, causing damage to the interior of your home.



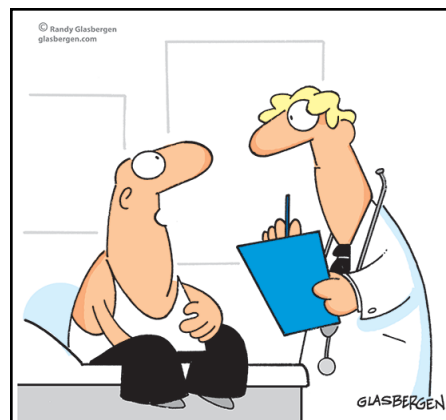
February can be a very snowy month, so we're not out of this winter yet!

John L. Richard

February is National Heart Month.

You may have already thrown in the towel on any New Year's resolutions you made, but don't give up on yourself. Since February is National Heart Month, it is a perfect time to show yourself a little love by taking care of yourself. No, you don't have to join a gym and eat salads three times a day.

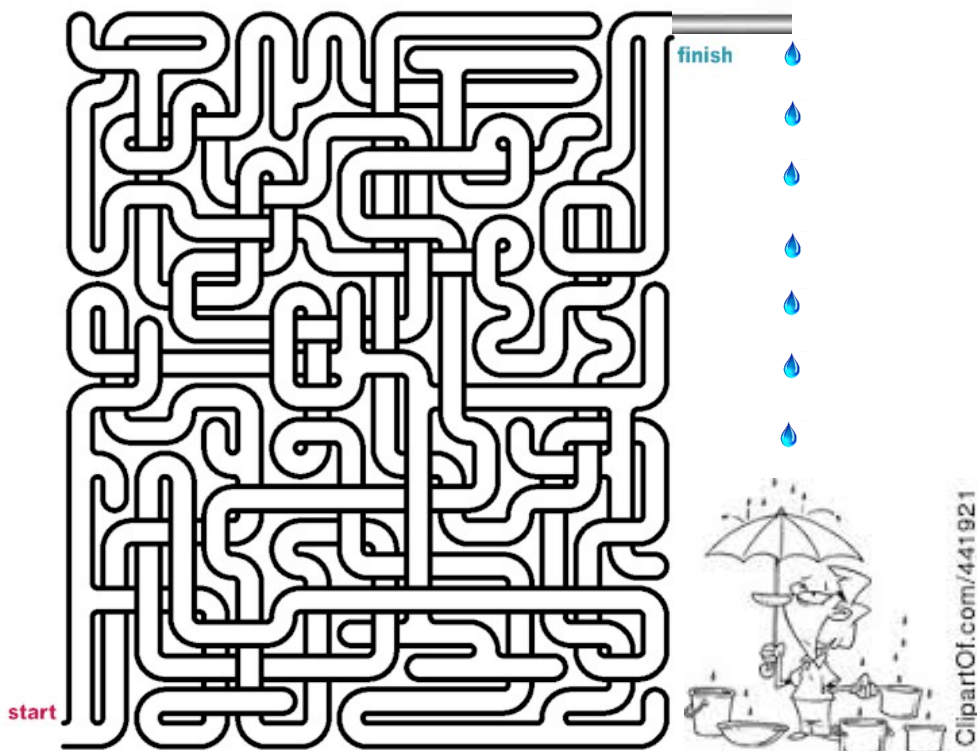
1. Start by getting a checkup at your doctor's office. If you have recently had one you already know what health issues you should be concentrating on.
2. The next most important thing is not to stress out about it. (Yes, that is easier said than done.)
3. If you are a smoker, call the Maine Tobacco Help Line at 1-800-207-1234 or visit their website at www.thequitlink.com. They have a great support system and you may also qualify for nicotine replacement therapy to get you through the rough patch.
4. If you carry extra weight around your belly area, chances are you already realize how bad that is for your health. Again, try not to stress about it, because stress might be a large part of the reason the weight planted itself there in the first place. Get out and go for a walk several times a week. Call a friend and go walking inside the Maine Mall where it is warm and dry and not slippery. When watching your favorite TV shows, don't fast forward through the commercials. Instead, stand up and march in place each time they come on. Grab a couple water bottles or soup cans and do arm curls at the same time.
5. Make healthier choices when shopping, preparing, cooking, and eating meals. Buy organic whenever possible. Especially be aware when reaching for snacks like cookies, chips, and candy bars. Instead, reach for fresh fruit, yogurt, pretzels, popcorn, and veggie sticks.
6. You don't have to measure out all your foods. At mealtime, cover 1/4 of your plate with fruit, 1/4 of plate with vegetables, 1/4 of plate with meat or another protein, and 1/4 of plate with grains such as wheat pasta or bread. Wash it all down with a glass of low-fat milk or fresh water.
7. Visit these websites for great advice on how you can help yourself lead a healthier lifestyle:
www.goredforwomen.org; www.fruitsandveggiesmorematters.org; and www.everydaychoices.org



"I try to eat healthy. I never sprinkle salt on my ice cream, I only eat decaffeinated pizza and my beer is 100% fat free."

Can you help this plumber find his way through to the end of this leaky pipe maze, so he can repair the leak for his very wet customer?

For more mazes visit: <http://www.mazestoprint.com/>



Valentine's Day is celebrated on February 14 in countries all over the world. It is a chance to show how much you adore or love a special someone, whether they are a friend, child, relative, or sweetheart. All kinds of gifts are given, but the most common ones include: cards, chocolates, jewelry, flowers, and romantic dinners.



February 2, Groundhog Day, originated on this day back in 1887 in Punxsutawney, PA, by German settlers. If the groundhog comes out of its hole and sees its shadow, we will have 6 more weeks of winter. If it does not see its shadow, we will have an early spring.

German Proverb:

“The badger peeps out of his hole on Candlemas Day and if he finds snow, walks abroad; but if he sees the sun shining he draws back into his hole.”

Chocolate Covered Strawberries

Ingredients:

1 -cup pretzel rods (optional)
1 -cup almonds (optional)
3 -(4 ounces) bars semi-sweet chocolate, melted
8- long-stemmed ripe strawberries

Directions:

Chop pretzels and nuts and place in 2 separate bowls. Chop chocolate. In a double boiler, melt chocolate until smooth and velvety. Dip strawberries in chocolate and then in pretzels or nuts. Place covered strawberries on a tray lined with waxed paper. Allow to set at room temperature and serve.

Read more at: <http://www.foodnetwork.com/recipes/>



Shrimp Scampi with Linguini

Level: Easy Total: 40 min Prep: 15 min Cook: 25 min
Yield: 4 to 6 servings

1 pound linguini
4 tablespoons butter
4 tablespoons extra-virgin olive oil, plus more for drizzling
2 shallots, finely diced
2 cloves garlic, minced Pinch red pepper flakes, optional
1 pound shrimp, peeled and deveined
Kosher salt and freshly ground black pepper
1/2 cup dry white wine
Juice of 1 lemon
1/4 cup finely chopped parsley leaves

Directions:

For the pasta, put a large pot of water on the stove to boil. When it has come to the boil, add a couple of tablespoons of salt and the linguini. Stir to make sure the pasta separates; cover. When the water returns to a boil, cook for about 6 to 8 minutes or until the pasta is not quite done. Drain the pasta. Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat. Sauté the shallots, garlic, and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan; set aside and keep warm. Add wine and lemon juice and bring to a boil. Add 2 tablespoons butter and 2 tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta. Stir well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.



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
AND SET UP

NEW HOMES FOR SALE

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

***** 2022 DESIGN AND ORDER HOMES COMING FOR SPRING & FALL **ALREADY PURCHASED:**

7 TAMARACK CIRCLE— Installed: Welcome Tammy!
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

NO USED HOMES FOR SALE AT THIS TIME

