



COMMUNITY NEWS FRIENDLY VILLAGE OF GORHAM

JANUARY 2023



Let's all look forward to the
coming New Year with hope
and peace to all
All in the community have a
wonderful 2023
from
John Dave Don Robert 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 CERTIFICATES FROM THE 2022 HOLIDAY RAFFLE



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!



Advice from a SNOWMAN

Be a jolly, happy soul
Spend time outdoors
Stay cool
It's ok to be a little
bottom-heavy
Avoid meltdowns
Be well-rounded
Live well, life is short!



**THE OFFICE IS CLOSED
JANUARY 2nd 2023**

BACK ON SCHEDULE JANUARY 3rd

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



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.

Loaded Potato Soup

Loaded baked potatoes get a lightened makeover in this hearty and flavor-packed recipe. Make this reviewer favorite the star attraction of your next soup night. Kids of all ages will enjoy topping their bowls with bacon and cheese, but don't let the toppings stop there--roasted chopped broccoli florets, diced fresh tomatoes, and even a dollop of plain tangy Greek yogurt would all make for great finishing touches.

Yield: 4 servings (serving size: about 1 1/4 cups)

Ingredients

- 4 (6-ounce) red potatoes
- 2 teaspoons olive oil
- 1/2 cup prechopped onion
- 1 1/4 cups fat-free, lower-sodium chicken broth
- 3 tablespoons all-purpose flour
- 2 cups 1% low-fat milk, divided
- 1/4 cup reduced-fat sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 bacon slices, halved
- 1.5 ounces cheddar cheese, shredded (about 1/3 cup)
- 4 teaspoons thinly sliced green onions

Preparation

1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.
2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.

Nutritional Information: Amount per serving: Calories 325
 *Fat 11.1 g *Sat fat 5.2 g *Mono fat 4.5 g *Poly fat 0.8 g *Protein 13.2 g
 *Carbohydrate 43.8 g *Fiber 3 g *Cholesterol 27 mg *Iron 1.3 mg
 *Sodium 670 mg *Calcium 261 mg

Nothing beats a hot bowl of soup on a cold winter evening!!



8 Scientifically-Backed Ways to Beat the Winter Blues

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.



PETS NEED PRE-APPROVAL

PETS REQUIRE PRE-APPROVAL FROM COMMUNITY MANAGEMENT BEFORE BEING BROUGHT INTO THE COMMUNITY!

Failure to get this approval is a breach of community guidelines and may require you to remove the pet from the community. Contact the office 839-5577 for more info or a pet application.

WHAT TO DO WHEN THERE IS A BOIL ORDER ISSUED

Why do I have to boil my water? A "Boil Water Order" is issued as a preventative measure. We issue a boil order if there is a possibility of contamination in the drinking water system. Contamination may be due to equipment failure, leaking pipes in the system, loss of water pressure or insufficient disinfectant in the water supply.

Why are boil orders happening more often? State and federal laws have become very strict to protect public drinking water supplies. Laws now require us to issue Boil orders any time our water pressure drops below 20 psi and for the reasons stated above. 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 and frequently rotate these gallons with fresh water.

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 get bath water in their mouths while bathing.

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.



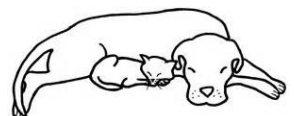
John and Coleen are Notaries so if you need the services of a State of Maine Notary, call the office we will be happy to help with this service also, free of charge.

TOWN OF GORHAM DOG LICENSES 2023 DUE

Don't forget to get your dog registered with the Gorham Town Clerk's Office before January 31, 2023 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.



Myers Property Services -
Plowing, shoveling, roof
shoveling, clean up and mowing
Austin Myers 207-730-0448

CALL OUR OFFICE IF YOU CAN OF-
FER SERVICES TO RESIDENTS FOR
SHOVELING, SNOWBLOWING AND
CLEARING OFF ROOFS. WE WILL
PUT AN AD IN NEWSLETTER



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

NEW HOME LISTINGS

**** UNDER CONTRACT !!** 39 HEMLOCK DRIVE:** 2022 Pine Grove 14x60 2 BD 1 BA Wonderful open floorplan with a cute porch on front. This home is 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 wood look vinyl floors and eat at bar. Both bedrooms have 45 oz sunset beige carpeting with heavy duty pad, and large closets for storage. Utility area of home is ready for a space saving stackable washer/dryer unit. Comes with an 8x12 shed stained to match the home, custom built steps & composite deck with vinyl rails, front garden all set with landscape blocks. Lawn, driveway and walkways installed.

PRE-OWNED HOMES FOR SALE

NONE AT THIS TIME

Happy New Year

Author: [Catherine Pulsifer](#)

H appiness depends upon your outlook on life. - Find the good in all situations
A ttitude is just as important as ability.- Keep your attitude positive
P assion find yours this year! - Do what you love and you will never work
P ositive thoughts make everything easier.- Stay focused and stay positive
Y ou are unique, with special gifts, use them. - Never forget you have talent

N ew beginnings with a new year.
E nthusiasm a true secret of success.
W ishes may they turn into goals.

Y ears go by to quickly, enjoy them.- Wisdom from your elders, listen
E nergy may you have lots of it. - Take care of yourself
A ppreciation of life, don't take it for granted. - Live each day
R elax take the time to relax in this coming year.- Keep a balance in your life

