

Community News

Friendly Village of Gorham

February 2026

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



February Dates to Remember

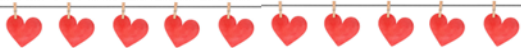
- 2 Groundhog Day
- 4 Rosa Parks Day
- 9 Super Bowl Sunday
- 12 Lincoln's Birthday
- 14 Valentine's Day
- 20 National Love Your Pet Day
- 22 Washington's Birthday
- 25 National Clam Chowder Day
- 28 National Pancake Day

Interested in making your rent payments at a time that works for you?

Call the office if you are
interested in being set up
to do online payments.



MANAGER'S CORNER



Although it's February, we still have plenty of winter left, remember last year?
The following are reminders:

- Please, no parking in the streets during snowstorms or we might have to tow it.
- Six (6) or more inches on the roof or if you have icicles forming you might want to remove the snow from your roof.
- Keep pathways clear to your oil tank, and home utilities access points.

Many of you have called regarding our water situation and again I urge you to educate yourself about PFAS. You may want to reread the notice; it does not say to "boil the water", boiling will not remove them, nor does it say, "do not drink", that is your own decision.

Reference from Topsfield MA Public Works, in part:

What exactly is a part per trillion (ppt)?

The short answer is not very much. A part per trillion, as it applies to drinking water constituents, is a measure of concentration - how much contaminant there is in a given volume of water. One ppt means that there is one gallon of contaminant per trillion gallons of water or more specifically 8.34 pounds (weight of 1 gallon of water) of contaminant per trillion gallons of water. Or one second out of 31,000 years.

Here is an update on our progress to PFAS removal: Friendly Village has contracted the services of Drumlin LLC for set locations to do test holes for new wells, obtain bids on well drillers and water testing. These services will be starting as soon as possible. We have also checked on Public Water hook-up but as most of us know it is too far and too costly. As we progress in this project I will do my best to keep you informed.

Any questions, call the office.

JOHN L. RICHARD



What are PFAS?

PFAS refer to a group of man-made chemicals known as Per- and Polyfluoroalkyl Substances. There are thousands of varieties of these chemicals including the six PFAS chemicals which are included in, Resolve 2021, Chapter 82 (Resolve, To Protect Consumers of Public Drinking Water by Establishing Maximum Contaminant Levels for Certain Substances and Contaminants) and listed below:

Perfluorooctanoic acid (PFOA)
Perfluorooctanesulfonate (PFOS)
Perfluorononanoic acid (PFNA)
Perfluorohexanesulfonic acid (PFHxS)
Perfluoroheptanoic acid (PFHpA)
Perfluorodecanoic acid (PFDA)

As early as the 1940's, PFAS (mostly PFOA and PFOS earlier on) became widely used in household products and industrial settings. These chemicals were also historically used in firefighting foams due to their effectiveness at quickly extinguishing petroleum-based fires. Because they have a unique ability to repel oil, grease, water and heat, PFAS are used in many common products that we use regularly. For example, they have been used to make non-stick cookware, stain-resistant carpets and furniture, water-resistant clothing, heat-resistant paper/cardboard food packaging (like microwave popcorn and pizza boxes), and some personal care products. PFAS break down very slowly and are persistent in the environment. This means that PFAS may build up in people, animals, and the environment over time. Health agencies are working to understand more about the health effects of low level, long-term exposure.

PFAS have been found in several locations which may include:

Ground and surface water (including some sources of drinking water)
Soil
Agricultural land and products
Fish and wildlife
Consumer and industrial products
Waste materials including sludge, septage, landfill debris, and landfill leachate
Remediation or waste clean-up sites

<https://www.maine.gov/dep/spills/topics/pfas/index.html>



Do you need a little assistance with your groceries?

The Gorham Food Pantry, located at 299-B Main Street, offers food assistance at no cost to any Gorham resident in need. The pantry is open on Thursdays from 10 a.m. until noon. For more information, contact the Gorham Town Office.



American Heart Month: Be Prepared to Save a Life

In 1964, President Lyndon B. Johnson issued the first proclamation declaring February American Heart Month. Each year, this is a time to spotlight heart disease, by bringing awareness and sharing how to take steps to prevent this deadly disease. According to the American Heart Association, heart disease is a leading cause of death in the United States for both men and women. They also offer tips on action items you can take to prevent heart disease:

- Know your risk.** Knowing your risk can help you make lifestyle changes.
- Eat a healthy diet.** Start making healthy choices that include daily vegetables and less processed foods.
- Be physically active.** Move more – it's one of the best ways to stay healthy, prevent disease, and age well.
- Watch your weight.** Stay at a healthy weight for you.
- Check your blood pressure and cholesterol.** These are two main risk factors that could lead to heart disease.

Raising awareness is essential not only in the month of February but also year-round. It's the awareness that can ultimately save a life and on the first Friday of February, the nation celebrates National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

It's also the perfect time to take training from the American Red Cross on how to perform Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help save lives. Cardiac arrest claims thousands of lives every year. Red Cross CPR/AED classes can help you save a life when every moment counts.

Take a lifesaving class today, at [redcross.org/take-a-class](https://www.redcross.org/take-a-class).

Written by Maria Arango, American Red Cross Public Affairs

Chicken Pot Pie Soup

Author: Natasha Kravchuk

Chicken pot pie soup is creamy, comforting and hearty. It has all the comforts of Chicken Pot Pie without the effort of making the crust. We love this with freshly-baked Biscuits.

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes
Servings: 10 people



Ingredients

6 Tbsp unsalted butter
1 medium yellow onion, 1 cup chopped
2 medium carrots, thinly sliced into rings
2 celery sticks, finely chopped
8 oz white or brown mushrooms, sliced
3 garlic cloves, minced
1/3 cup all-purpose flour
6 cups chicken stock
3-4 tsp salt, (or to taste)
1/2 tsp black pepper
1 lb Yukon gold potatoes, peeled and sliced into 1/4" thick pieces.
5 cups cooked chicken, (shredded)
1 cup frozen peas
1 cup corn, (frozen or canned)
1/2 cup whipping cream
1/4 cup parsley, finely chopped, plus more for garnish

Instructions

- 1) Heat a dutch oven or soup pot over medium/high heat and melt in 6 Tbsp butter. Add chopped onion, chopped celery, and sliced carrots and sauté 5-7 minutes, stirring occasionally, until softened and lightly golden.
- 2) Add sliced mushrooms and garlic and sauté for another 5 minutes, stirring occasionally until softened.
- 3) Add 1/3 cup flour and stir constantly for 1 minute until golden.
- 4) Add 6 cups chicken stock, sliced potatoes, 3 1/2 tsp salt (or to taste), and 1/2 tsp black pepper. Bring to a boil then reduce heat to a simmer, partially cover and cook 12-15 minutes or just until potatoes are tender.
- 5) Add shredded chicken, frozen peas, and frozen corn, 1/2 cup heavy whipping cream and 1/4 cup parsley. Bring back to a simmer and continue to cook for another 5 minutes or until peas and corn are tender. Season to taste with salt and pepper and remove from heat.

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

P	M	I	L	E	
○	○	○	○	○	
O	N	A	P	I	
○	○	○	○	○	
C	A	R	O	T	F
○	○	○	○	○	
G	I	O	I	R	N
○	○	○	○	○	○

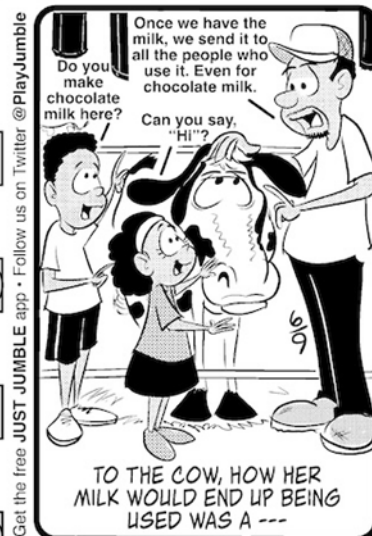
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Print your answer here: “ ○ ○ ○ ○ ” ○ ○ ○ ○ ○ ○

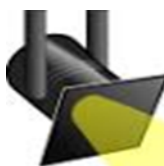
Solution on back page

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



Community Guidelines SPOTLIGHT

3. RENTAL FEES

e) Should a current resident/homeowner of Friendly Village desire to have an additional person or persons become an occupant of their home, that person or persons must complete the Friendly Village Residency Registration Form and be approved for occupancy before moving into the community.



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.



POLICE - FIRE- RESCUE,
Emergency dial: 9-1-1

Non-emergency dial: 839-5581

**For Friendly Village
Maintenance Emergencies
(Water-Sewer-Power)
Call:
207-295-5286**

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 9-4

Notary services are available in
the Friendly Village Office.



SNOW PLOWING

Steve Martin
207-229-2011

James Meehan
207-590-3618

ROOF CLEARING

Peter Lavoie
339-793-0429

Anyone who would like to advertise
services please call the office to advertise
here on the newsletter.
207-839-5577

TIME TO START THINKING ABOUT LAWN CARE



- **Early spring:** Your lawn needs extra nutrients to maintain color and density. At this FAST-GROWING you need to apply a quick release fertilizer. Now is also a great time for spring maintenance.
- **Spring:** With the weather turning warmer apply a slow-release fertilizer that prepares your lawn for summer. Apply a preventative crabgrass control FAST-GROWING. Rule of thumb for timing: apply crabgrass preventative before forsythia blossoms fall.
- **Early Summer :** Grub control/Insect control is applied, giving season-long control against grubs and the damage they cause. Grub control is highly recommended to keep your lawn healthy.
- **Summer:** Summer conditions can stress your lawn. To prepare for the warm season ahead, fertilize, look for problems and treat FAST-GROWING as necessary. Remember to water, preferably in the early morning. Tip: set out a tuna can to collect the sprinkler water, and time, once you reach an inch of water in the can, that give you the amount of time to set your sprinkler to give adequate water for your lawn.
- **Late Summer:** Care needs continue with a fertilizer application that helps maintain color without encouraging excess growth. Treat weeds if necessary, and if grubs are present another application of grub control will help.
- **Early Fall:** Your lawn needs help rebounding from summer stress. Apply a fall fertilizer and now is a great time to aerate your lawn and seed any bare areas.
- **Late Fall:** Apply a late fall/winter fertilizer, lime your lawn if needed all of this allows root growth and food storage to help your lawn survive during the winter months.

LAWN SEED TIP: LOOK FOR LOW AMOUNTS OF ANNUAL RYE GRASS (THIS IS JUST A FAST GROWING GRASS TO GREEN YOUR LAWN UP QUICKLY AND PROTECT THE IMPORTANT PERIENIEL GRASSES FROM SUN, BIRDS AND LOSS OF MOISTURE. CREEPING FESCUE WILL SPREAD QUICKLY, DROUGHT TOLERANT AND HOLDS UP TO BEING WALKED ON. WHITE CLOVER MIXED IN (THEY HAVE IT AT BLUE SEAL) STAYS GREEN ALL SUMMER, DOG URINE RESISTANT AND GIVES OFF NITROGEN IN THE SOIL FOR THE GRASS NEARBY.

Classic Jumble Answers: IMPEL – PIANO – FACTOR - ORIGIN

Surprise puzzle answer

To the cow, how her milk would end up being used was a – “MOO” POINT

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