



HADLEIGH WOODS GAZETTE

April 2023

www.hadleighwoods.com

Volume 174



Hello All -

Please refrain from offering suggestions, or complaints directly to our contractors/vendors about their services. If you have any suggestions or complaints, notify Ken Foley or any Board member.

Our contractors perform their tasks with pre-negotiated terms and conditions, which are normally outlined in a written contract. Any deviation of their duties will result in extra time and ultimately extra costs for the Association.

If you think of a more efficient way or have a suggestion to improve how things are done, notify Ken or a Board member and we will discuss solutions to all problems and, if necessary, negotiate these improvements into a future contract.

Our contractors/vendors often have a timetable that they adhere to and if they spend an inordinate amount of time in Hadleigh Woods, they will charge us more money. These extra costs will come out of our budgeted funds. If the budget is over expended, then the money will come out of our pocket, if not this year, then next year, when we will be forced to raise our condo fees. Please think of the long term effects on the budget.

HELP US TO CONTROL THESE COSTS.

Thanks, John



Property Management of New England

Dear Homeowners,

Good to see a lot of faces at the open meeting in March. As you have seen in my previous notes in April, it is my favorite time of year as we ramp up for summer. The landscapers will be working in the 2nd week of April and the volunteer efforts kicks back into action. We have plow areas to repair, irrigation to get started, misc. winter debris to clean up and away we go. Welcome back snowbirds. I hope your time away was enjoyable. As noted at the meeting, we are working on window prices to help bring the cost down for owners. I look forward to seeing the property spruce up for the warmer season. See you on the grounds.

Sincerely,
Ken Foley
NextGen

Food for Thought



A LOOK AT SOME NEW FOOD ITEMS

1. PRIMAL KITCHEN MAYO

This alternative to regular Cain's or Hellman's Mayo is a healthier choice due to the avocado oil it is made with. Avocado is one of the most health fats we can consume. It is high in the monounsaturated fats which are considered the best for your heart. Taste is fine; calories and sodium are about the same as regular mayo but you'll find the price to be more than double that of the more traditional types of mayo. Shelf life is also much shorter; 2 months vs 5 months. So, if you do not use a lot of mayo, this may not be the right mayo for you. A better alternative to getting more monounsaturated fats into your body is to enjoy sliced fresh avocado on your sandwich or in your salad or just as a snack. Price is better; no sodium and no processing involved.

2. CLIO GREEK YOGURT BAR

You can find this product with all the yogurts. It is reasonably priced snack at \$1.09 per bar. It comes in 4 flavors: vanilla, strawberry, blueberry and chocolate. It has a nougat center with a chocolate coating. Calories are 140 with carbs = 149, Protein = 9g, Fat = 6g, Sodium = 30 mg. It has live active cultures in it, contributing to good cultures in your gut. I tried it frozen and liked the consistency better. Because of the calories and good ratio of carbs, proteins, and fats, it would be a good after school snack for kids; good for blood sugar & and weight management. The most glaring factor is that 5 of the 6 grams of fat are from palm oil. This is one of the most saturated fats for your heart: so if your LDL (bad) cholesterol is elevated this is not a good choice.

3. RATIO KETO FRIENDLY YOGURT




















You can find this yogurt with all the other yogurts. It is unique because it is very low in carbohydrate (natural and added) with 2 g; Protein = 15 g, Fat = 15 g, Sodium = 40 mg, Calories = 200. It is made with ultra-filtered milk so it is lactose free; higher in protein and lower in sodium. The fat content is very high due to the avocado or sunflower oil that has been added to the full fat ultra-filtered milk used to make it. From a cholesterol point of view, 9 of the 15 grams are very healthy for your heart. It has a very thick and rich texture, so you might find that eating 1/2 the container will satisfy your needs.

If you have an idea for me to write about, please contact me.

Claudette

April 2023 Holidays, Observances & Events

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 April Fool's Day 
2 Palm Sunday 	3	4 National Vitamin C Day 	5 Passover Begins 	6 Maundy Thursday 	7 Good Friday 	8
9 Easter Sunday 	10	11 National Pet Day 	12	13 National Scrabble Day 	14	15 World Art Day 
16 Emancipation Day 	17 Haiku Poetry Day 	18 Tax Day 	19	20	21 National Tea Day 	22
23 National Email Day 	24	25 Mani-Pedi Day 	26	27 Babe Ruth Day 	28 Arbor Day 	29
30 Oatmeal Cookie Day 						

Programs at the Windham Senior Center hosted by the Windham Recreation Department

- Six Pillars of Brain Health (presented by AARP) Tuesday, April 18, 2023
- The 10 Warning Signs of Alzheimer's Tuesday, May 2, 2023



FIND the WORDS

Easter – fool – Babe Ruth – spring – Haiku – pets – scrabble – tea – baseball
 – taxes – flowers – baskets – sun – showers – birds – vacation – bunnies

W	L	O	O	F	O	O	A	B	F	W	R	T
I	H	S	R	E	W	O	H	S	O	R	G	P
N	Q	E	U	L	L	A	B	T	O	O	F	E
T	A	V	A	C	A	T	I	O	N	O	N	T
A	B	G	H	S	O	V	E	C	B	D	B	S
X	A	N	G	S	T	I	J	O	L	M	U	Z
E	E	I	R	D	I	E	R	A	S	F	N	C
S	T	R	C	R	O	W	R	E	R	B	N	B
E	I	P	N	I	T	U	K	I	A	H	I	E
C	N	S	L	B	R	M	T	Y	S	U	E	L
I	C	C	V	X	B	A	S	U	N	Y	S	B
H	T	U	R	E	B	A	B	Z	E	C	O	B
L	L	N	Q	W	O	D	A	H	S	X	W	A
M	N	F	L	O	W	E	R	S	C	O	L	R
B	P	W	O	L	S	T	E	K	S	A	B	C
B	A	L	L	A	B	E	S	A	B	H	J	S

If anyone is interested in contributing to the Hadleigh Woods Gazette, feel free to contact Suzanne.



Arbor Day Haiku

Plant a tree today

Add more beauty to the Earth

Trees enrich our world

