



HADLEIGH WOODS GAZETTE

March 2023

www.hadleighwoods.com

Volume 173



Hello All -

The next Board of Director's meeting will be held on **Thursday, March 23, 2023 @4:00 PM, at the Nesmith Library, 8 Fellows Road, Windham, NH 03087**, in the **Multipurpose Room** and is open to all Hadleigh Woods residents.

I have asked Ken Foley to obtain quotes from two or three window suppliers/installers and to have them price out their services. The manager will need a total count of windows before a finalized quote is given in each case. Once an owner decides on a supplier/installer, it is the owner's responsibility to schedule and pay for the windows and installation costs. Due to the condition and age of some of the windows, seals have become ineffective, which have caused leaks, especially in a wind-driven rain, therefore windows must be replaced **before serious damage occurs within the walls of the units**. Most suppliers have payment plans for all budgets.

There will also be a presentation by the newly formed Solar Study Committee, consisting of Reni, Paul, Gene and Richard. They have studied the feasibility of solar panels on the roof of the Pump House.

John

P. S. If you or your guest utilize the parking area at the cottage, please **DO NOT park in front of the Pump House door**. Keep this space clear for deliveries/service, especially during the winter months.



Property Management of New England

Dear Homeowners,

This is the time of year that I see hope in terms of summer being in sight. Of course as I write this, I am looking at four inches of snow falling outside. But, we all know it's coming and the Hadleigh Woods snow birds in Florida will see it fit to return. The Board and other volunteers have been busy looking into solar options that will be presented in an open meeting of owners in March. Contractors have been notified to provide window quotes for owners at "better rate" should multiple units owners replace windows at the same time. Once all three contractors have quoted, the pricing will be sent to all. In the meantime, the plows will be pushing snow and keeping everyone safe. The Board has eyes on all expenses and to date all is in line with budget expectations. Enjoy the month of March.

**Sincerely,
Ken Foley
NextGen**

Food for Thought



BANANA BENEFITS

It's a great snack. Perfectly packaged. Travels well. Reasonably priced. In addition to these qualities, it's nutritious. It's rare for humans to be allergic to them. Generally very well tolerated. Gut friendly. Can be used as a fat substitute in baking cookies, muffins or breads. Can be added to smoothie drinks for a thicker drink.

NUTRITION FACTS:

CARBS = 25-30g PROTEIN = 2g, FATS = 0, CALS = 125-130

FIBER = 3g SODIUM = 5 mg POTASSIUM=400-500mg

VIT C = 10mg


















Due to the high potassium content, it is beneficial with helping maintain a good blood pressure; good for cardiac and vascular health.

A few drawbacks are due to its high potassium content, if one needs to monitor a potassium level for kidney function, this should be eliminated or fully controlled. This is a high energy (carbs/sugar) fruit if one has diabetes I would recommend eating one half of the banana along with a protein source like peanut butter or cheese. Doing this will cause less of a spike in your glucose levels.

Enjoy!

Claudette

March 2023 Holidays, Observances & Events

March 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Begins Women's History Month 	2	3 World Wildlife Day 	4
5	6 World Tennis Day 	7	8	9	10 Hug Your Dog Day 	11
12 Day Light Savings Starts 	13	14	15 Ides of March 	16	17 St. Patrick's Day 	18
19 National Let's Laugh Day 	20	21 World Poetry Day 	22	23 National Puppy Day 	24	25
26 National Spinach Day 	27	28 Respect Your Cat Day 	29	30	31 National Crayon Day 	

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

*At this time there are no events listed for March 2023

Stay tuned for programs in the April Gazette!



FIND the WORDS

shamrock – puppy – green – daylight – saving – women – history – wildlife
 – March – daffodils – aquamarine – Pisces – Ides of March -

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

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

Daffodil or Jonquil?



Daffodils all fall under the botanical name, Narcissus. Narcissus also often refers to the smaller variety of daffodils. Regionally, jonquils may be called daffodils, but this is botanically incorrect. There are 13 divisions of daffodils, or Narcissus. Each division has special classifications and specific Narcissus plant info that delineates which class each species falls into. Is jonquil a Narcissus? Yes. Daffodil bulbs are Narcissus and jonquils are Narcissus. The overall scientific name is Narcissus and covers over 13,000 hybrids of both daffodil bulbs and jonquils. [www.gardeningknowhow.com]

I Wandered Lonely as a Cloud A Poem by William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.
The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:
For oft, when on my couch
I lie In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

Guess Who?

