



# HADLEIGH WOODS GAZETTE

September 2023

[www.hadleighwoods.com](http://www.hadleighwoods.com)

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**Hello** – During a recent walk-around inspection, several dryer vents were observed to be clogged with lint. This is a dangerous situation and should be rectified immediately. Clogged dryer vents is considered a fire hazard, therefore the homeowner should clean them at least once a year. If you are unable to clean them, please contact a handyman. Ken Foley left a reminder card in the door of those that needed attention. Also observed were clogged rear gutters, some gutters had a green vegetative growth inside. Rear gutters are an owner responsibility. Proper drainage keeps water away from the foundation and keeps it out of the basement. Ken left a reminder card in those doors, please do not ignore them.

We are trying to get the priority projects finished (or at least started) while the warm weather lasts.

Those interested in window replacements, time is winding down to replace them during the good weather. Contact Ken for cost estimates and recommended vendors, or consider Home Depot, Lowe's, or Harvey Industries for prices and payment plans.

We are asking for volunteers for the Nomination Committee in order to seek anyone interested in a position on the Board for 2024. The committee should turn in names of candidates by the middle of October, in order to be included on a ballot for the Annual Meeting in November. As always, nominations will be solicited from the floor at the meeting. There is one opening, plus one re-election, to be voted on if the Association wants to keep the current number of members. Keep in mind that a minimum of three members is required on the Board.

When we chose Ken's company to take over, additional people stepped up to help, saving us money in the interim. As our residents aged and projects escalated, volunteer numbers shrank. A lot of items were put on hold, because we didn't want to spend the money to hire contractors. In past years, we would pick the projects to repair ourselves, as a cost saving method to control our budget. However, the property manager has been contracted to perform certain duties, I don't want to duplicate any functions or micromanage his efforts, but if our volunteer pool continues to shrink, our costs will increase. As the property gets older and more projects mount up, this potentially costs us more money to catch up on deferred tasks.

Owner Ray reports that the wood on his deck and underlying joists have rotted to the point that he cannot walk on the deck. Ray encourages all owners to inspect the deck flooring and joists for rotted boards. Thanks for the heads-up Ray.

The next Board meeting (open to all owners) is on Thursday, September 21, 2023, at 4:00 pm at the Nesmith Library, 8 Fellows Road, Windham, NH 03087, in the multipurpose room.

**John**



Property Management of New England

Dear Homeowners,

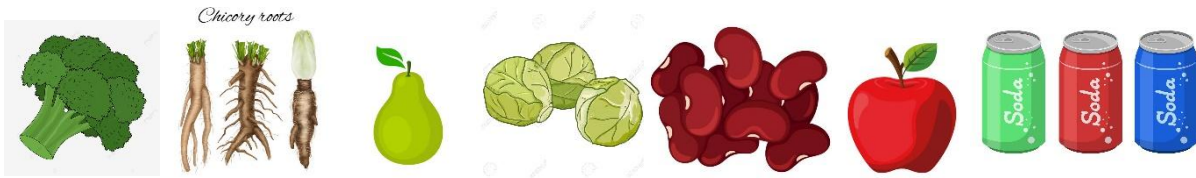
It's that time to start thinking about the colder months ahead (No!). We spoke with the plow service to be on the ready. They (Israel Landscape) will be working on some drainage solutions on Blackburn Circle and clearing up some other areas on the property followed by a fall cleanup. We will be circulating information regarding deck staining soon. As you know, the buildings were power washed recently by Benjamin Power Washing Company. We will be seeking quotes for gutter cleaning from them. Bulkheads will be painted by the time this is published. The septic tanks are in process of being pumped and we are completing trim repair as needed before it gets too cold. See you soon.

Sincerely,  
Ken Foley  
NextGen

WITH DEEPEST ♥  
*Sympathy*

Ken, we all extend our deepest sympathies to you and your family regarding the loss of your mother.

## Food for Thought



### **Have Gas and don't know why?**

The following food sources may be the reason for your flatulence or intestinal gas. These foods or food additives or food substitutes are common causes of flatulence:

- legumes
- lentils
- vegetables (cabbage, broccoli, cauliflower, sauerkraut, bok choy, onions, garlic, Brussels sprouts)
- bran
- dairy products containing milk sugar called lactose
- fructose (fruit sugar) found in apples and pears, high fructose corn sugar
- carbonated beverages
- some sugar substitutes (sorbitol, xylitol, mannitol)
- chicory root or inulin

Probably the biggest culprit causing gas formation is chicory root or inulin. The addition of chicory root into our foods started in the early 1990s when every company started to remove different fats from their product line to make everything "fat free". In order to create a similar food texture, consistency or mouth-feel, chicory root or inulin was added. In one sense, the fiber content of foods with inulin added increased but so did the gastrointestinal side effects. Your gut bacteria will gobble it up and produce gas at a very fast rate. Inulin is touted as a prebiotic food. It feeds the good bacteria in your gut at the beginning of the large intestines very quickly, thus producing the gas and bloating you feel. Some food products that contain inulin are yogurt drinks from Activia or Chobani, cereals such as Kashi Go Crunch, KIND soft Baked Granola Clusters and many KIND bars, many fat free ice creams (HaloTop, Rebel, NadaMoo), and protein bars (Clif, Fiber One, some Luna bars, some Nature Valley). All Fiber One products will have a high amount of inulin in them. So if you have noticed that you are experiencing more gas or bloat, check your ingredient listing on all food labels. If you see inulin or chicory root listed, try eliminating any food with it to determine if you are sensitive to it. If the symptoms of flatulence or bloating improves, you will know to avoid inulin.

**Claudette**



## FIND the WORDS

Theme: **Back to School**

books – notebook – pencils – pens – binder – teacher – apple – study – homework – report card – classes – english – math – history – sports – principle – detention – computer – backpack – lunch box – bus - tests

H	C	O	M	E	L	P	I	C	N	I	R	P
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U	I	M	O	N	A	P	P	L	D	O	T	C
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**National New Hampshire Day**

September 7

<https://nationaldaycalendar.com/national-new-hampshire-day-september-7>

## Cinnamon Apple Cake



### Ingredients:

½ cup butter, softened	¼ cup all-purpose flour
½ cup sugar	1 tsp baking soda
½ cup dark brown sugar	1 tsp ground cinnamon
2 eggs	¼ tsp salt
¼ tsp vanilla extract	
1 ½ cups chopped and peeled apples (I used granny smith)	
½ cup chopped walnuts or pecans – optional (I left them out)	

### Instructions:

Heat oven to 350°F. Spray a 9-inch round cake pan with cooking spray.

In large bowl, beat softened butter and sugars with electric mixer on medium speed until light and fluffy. Beat in eggs, one at a time. Stir in vanilla, flour, baking soda, cinnamon and salt. Stir in the chopped apples and walnuts. Spoon into your greased pan.

Bake 40 to 45 minutes or until toothpick inserted in center of cake comes out clean. Cool about 10-15 minutes.

Serve warm or cold with coffee or tea OR top with ice cream!