



HADLEIGH WOODS GAZETTE

February 2024

www.hadleighwoods.org

Volume 184



Hello All,

The next meeting of the Board of Directors is February 13th at 4PM in the Multi-Purpose Room at Nesmith Library. All are welcome to attend.

In a few weeks there will be a tree pruning company on site to start a program of pruning the trees in front of the buildings and in between buildings. Our trees have issues that need to be addressed for their long-term health. This is a start of a program that will take place over three years during the winter months depending on the cost. We have budgeted for this expense this year as in past years for tree work. The company has certified arborists on staff that will perform this work unlike tree removers that we have utilized before. Thanks to Board member, Claudette, for coordinating this project.

Another project that the Board will begin soon is the review of our Bylaws, Schedule "C" and documents regarding the responsibilities of the Association or Owners for building components (i.e., windows, doors, roofs, etc.) All are welcome to make suggestions to any member of the Board of Directions.

Did you know that Eastern Propane offers Preventative Maintenance plans for furnaces and water heaters? Some of these plans offer various discounts on labor and parts. All offer 24/7 Emergency Service. It is recommended that furnaces be serviced at least once a year (by the vendor of your choice). Water Heaters also need service every couple of years. I have a few brochures available for anyone who is interested, or you can contact Eastern at 1-800-896-0432.

SAVE THE DATE: The annual dinner party at the Wasabi Restaurant is February 26th at 5:30 PM. Contact Linda via telephone or via email.

Gene



Property Management of New England

Dear Homeowners,

I don't want to jinx it, but the snow has been at a manageable amount this year. I recall about 2014 thinking that we were going to cruise through the season and then it snowed every day in February. But, so far so good! Even if it does snow like crazy, you do have the newer roofing. As you will see from your association minutes, the Board is ramping up for the work to do in the spring and summer and always looks to maximize your dollars spent. The things-to-do task list is at its minimal for February. So, let's enjoy a month without a lot of money going out the door for misc. items for repair. Be safe and stay warm (even you snow-birds).

Sincerely,

Ken Foley, NextGen

HEART HEALTHY FOODS

February can be considered President's month, winter break time for students, remember your sweetheart time and heart healthy month. Let's take some time to review which foods are known to be heart healthy to help you enjoy time with your grandkids during winter break, have that dinner out with your sweetheart and maybe help you avoid the need to take medications to help your heart.

SALMON This oily fish is high in omega 3 fatty acids, vitamin D and protein. Mackerel, herring, flaxseed, and walnuts are possible alternatives.

AVOCADO This fruit is an excellent source of mono-unsaturated fats that help lower the "bad"/LDL cholesterol, loaded with potassium to help lower your blood pressure, and a good source of fiber.

LEGUMES Beans & dried peas are one of the best sources of fiber. Fiber slows rate of glucose elevation; removes bad cholesterol from blood & aids in bowel function. All heart helpful. Try to enjoy 1/2 cup per day.

BERRIES All berries are low in sugar, high in fiber and antioxidants to help increase your "good" /HDL cholesterol; lower your "bad"/LDL cholesterol, good potassium to lower your blood pressure and high in components to decrease blood platelets from sticking together for better blood flow through your heart.

SWEET POTATO This very rich colored vegetable is high in fiber & potassium. Potassium is helpful in dilating your blood vessels to help lowering your blood pressure.

DARK GREEN VEGETABLES Eating 1/2 cup of cooked vegetables or 1 cup raw/day or 3.5 cups cooked or 7 cups raw weekly, will increase your sources of nitrates that also help the blood vessels relax to promote a better blood pressure.

WALNUTS, ALMONDS & PEANUTS Enjoying about 1/4 cup of these nuts per day can help lower your cholesterol, blood glucose and blood pressures readings.

TOMATOES Tomatoes and other red/pink foods are great sources of lycopene, a natural anti-inflammatory antioxidant food. Don't like tomatoes at this time of the year? Canned tomatoes, tomato sauce, red peppers, guavas, pink grapefruit, papaya are great substitutes. Eat with a little fat (oil, butter, avocado) to help release more lycopene into your body.

OATS Eating 1 and 1/2 cups of cooked oatmeal/day could help reduce your LDL cholesterol by 5%. It is high in beta-glucans, a special fiber that can reduce your cholesterol. If daily oatmeal is not your preference, other foods rich in beta-glucans are barley, mushrooms, seaweed, and nutritional yeast.

TURMERIC The active compound in turmeric is curcumin. It is found the roots of the Zingiberaceae family (ginger). Asian cultures have used this root in cooking for centuries. It is a very potent anti-inflammatory and antioxidant agent. Consumed on a regular basis, it can help with heart health,

Claudette, Board Member



FIND the WORDS

vacation – school – mountain – snowcap – skiing – valentine - Presidents
 leap - day – African - Heritage – groundhog - super - bowl - Sunday

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

Friendly reminder to all unit owners: Christmas wreaths and other decorations should have been removed by January 15th. Thank you.

Landscape Committee co-chairs

Issue: Passkey

Schedule C of our condo docs item #10. “The Board may retain a passkey to each unit. No owner may alter any lock or install a new lock on any door leading into the Unit of such Owner without the prior consent of The Board. If such consent is given, the Owner shall provide The Board with a key for its use. It is not intended that an Owner's privacy be intruded upon, and such key shall not be used except in a personal or property emergency to gain access to such Unit.”

Unit owners and especially Board members have been uncomfortable with Item #10 for years. Since the association's establishment in 2004 much has changed in door entry options. We would like to make a suggestion and that would allow us to eliminate this requirement from our condo docs.


At the present time for non-emergency access to someone's unit, a Board member enters the library then enters the code for the closet. With a special key opens the key cabinet for that unit's key. This process is slow and not applicable for emergency services.

If you have never changed the locks from the original owner, this would be a good time to investigate other options mentioned here.

The following are some of the locks that have been currently installed by unit owners:

Wall mounted lock-box for house keys – simply enter the code and remove the key. These are available from Amazon and elsewhere for around \$16. This was the item that Brian Stanton brought to our attention at our association meeting in November.



Key pad dead bolt –  simple and no battery needed but costs around \$150.

Wall mounted lock-box for house keys – simply enter the code and remove the key. These are available from Amazon and elsewhere for around \$16. This was the item that Brian brought to our attention at our association meeting in November.



KNOX Box – easiest & quickest access by Fire/EMT. No numbers to press in. Fire department has key to box. Residential model 1500 is \$210. KnoxBox.com for details or contact Claudette.



The selections are numerous, and some have WiFi and Bluetooth capability.

After installing call the fire department and they will enter the code into their 911 system. Thereafter, if a 911 call comes in from that location, the code for that box will pop up.

The Board will return keys for each unit owner that installs any of these devices.

The Board would like to encourage all the unit owners choose one of these options so that we can eliminate item #10 of Schedule C and lead to better solution for any emergency situation.

Note: None of this works if the storm door is locked.

Richard, Board Member

Eastern Bluebirds



Bluebirds are members of the Thrush family. They are a bit larger than a sparrow. Rusty red breast appears round-shouldered when perched. Female is duller than the male.

They are found throughout North America. All bluebirds are cavity nesters and will use an artificial nest box. Nest box should be 5 to 6 feet off the ground. Other habitat is open country with scattered trees, farm, and roadsides. Nesting occurs from March through August. Only the female incubates the 4 to 6 pale blue eggs. Eggs hatch in 14 to 15 days.

Adult bluebirds may have 2 to 3 broods per year.

Adult bluebirds tend to return to the same breeding territory year after year.

They eat insects and caterpillars. They love mealworms (live more successful than dried).

Bluebird feathers contain no blue pigment. The blue color is from an optical illusion that is created by some special cells found in their feathers. These prism-like cells absorb or scatter all the sunlight's wavelength except the color blue. That's why we see them blue.

Bluebirds are typically seen as a symbol for happiness, "Mr. Bluebird's on my shoulder".

Credits: Peterson Field Guides and Wild Birds Unlimited

P.S. I have two sets of bluebirds that feed off my suet feeder and bird feeder (shell-less bird seed).
Happy Birding!!

Elaine