



HADLEIGH WOODS GAZETTE

April 2024

www.hadleighwoods.org

Volume 186



Hello All,

The next open meeting of the Board of Directors is May 15th at 4 PM in the Multi-Purpose Room at Nesmith Library. All are welcome to attend.

At the last Board of Directors meeting, the Board discussed the location of Lock Boxes for First Responder use. The board recommended that going forward that small lock boxes should be installed in between the storm and front door on the hinge side. If you purchase the official Lock Box from the Fire Department, they may request that the Lock Box be installed on the outside of the entry door.

As the season for flying insects' approaches, The Board is requesting that if there is a nest or hive on your building, please contact NexGen or a Board member before you call a pest control service. We have a pest control service that can manage these situations.

We anticipate that the crack filling process for the roads and driveways will occur in April or May. I will keep you informed of the dates. The Board will be reviewing a proposal to perform repairs to the asphalt on the driveways as there are over a dozen driveways that have "Alligating" and or buckling of the asphalt surface. These repairs would be preventative measures to prolong the integrity of the driveways.

The Tree Trimming project was successful a few weeks ago. The crew was able to complete more work than planned. They will be able to complete the work next year rather than over the next two years.

Gene



Property Management of New England

Dear Homeowners,

The deck staining will begin again. The contractor will start his season with Hadleigh Woods. A memo will be sent for deck staining sign up and instructions. The Directors on the Board recently signed a contract with N.E. Sealcoating to crack fill the roads and driveways of Flat Rock, Hadleigh and Blackburn. At the recent Board meeting, the following items were addressed which you will also see in the minutes once approved:

Review of Service Contracts – Renewed Contract with Hampstead Water Co. and Precision Pest Control.

Drainage Issues – Waiting for proposal from Benchmark Engineering. Areas were reviewed where gravel was installed at driveway locations. There was a concern that water could encroach under the driveways. Stones will be moved as directed by the engineer.

Review and Documentation of Regulatory Requirements
Water System Pending with new Contract from Hampstead Water Co. Completed

Review and Documentation of Condo Docs: In process. Gene is reviewing areas of the docs that could be updated.

Roof Cleaning: Pictures were taken by the manager and Gene and will be compiled for claim submission to the roof shingle supplier.

Crack Filling Roads & Driveways: Contract signed.

Sealcoating Roads and Driveways: Not recommended at this time.

Tree trimming in the front yards and other Common Areas: Phase 1 completed. Remaining work scheduled for next year. A three-year project will now just be 2 years due to progress.

- Painting and staining projects (bulkheads, mailbox posts, & trim)
- Inspection and cleaning of Water Storage Tank in Pump House - Pending
- Repairs and maintenance of irrigation system
- Foundation spraying for insects.

Lock Box installation locations & Concrete spalling at front entrances. The Board reviewed a consistent location for lock box installation. Gene will post a location in the next Gazette.

All the best and Happy Easter.

Sincerely,
Ken Foley, NextGen



FIND the WORDS

Tulips – sunset – showers – planting – Passover – spring – break- family
 Daylight – savings – time – landscaping – earth – day -daffodils – perennial

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

MAGNESIUM

This is a vital mineral that the human body needs. It is necessary to form stronger bones, regulate blood pressure and blood glucose, helps with nerve function, muscle movement and energy production. It is found in many foods, but the level of availability may be compromised by food processing, quality of soil where food is grown, too much supplemental zinc or Vitamin D, and too high an alcohol intake.

Adults over the age of 30 need between 300-400 milligrams/day; females need about 300 mg and males need closer to 400 mg/day. This is not hard to achieve if you consume a varied intake. The primary sources of magnesium are nuts, seeds, legumes, and lentils. Some indications that your magnesium intake might be inadequate are: muscle fatigue, twitches, general body weakness and nighttime muscle cramping. See the list below to see if your intake includes these foods with frequency.

In the past few years, it has been touted as a sleep aid. I would be skeptical of that claim. There are many OTC magnesium supplements on the market. Some in doses and forms that can cause nausea, diarrhea, and other gastrointestinal upset. If you are experiencing any of the possible symptoms of a low magnesium level, try some of the foods mentioned on a daily basis to see if the symptoms resolve. If not, best to contact your health care professional to investigate why you are having those issues.

FOOD SOURCES OF MAGNESIUM

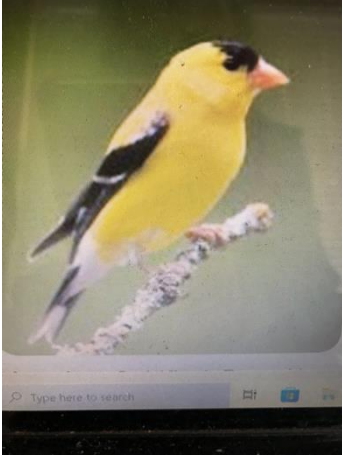
3 oz. Salmon	23 mg	1/2 cup Tofu	37mg
1 med Banana	37 mg	1 oz Chia seeds	95mg
cup black beans	120 mg	1/2c cooked spinach	79mg
1 oz. cashews	83mg	1 oz. pumpkin seeds	56mg
1 cup oatmeal	61mg	1/2cup peanuts	123mg
1 cup lentils	72mg	1 cup Edamame	99mg
1 cup brown rice	79mg	8oz. soy milk	61mg
1 cup Quinoa	118mg	1 cup kidney beans	285mg
1 avocado	58 mg	1 sl whole wheat bread	24mg
1 oz. Almonds	77mg	1 oz. Pistachios kernels	34mg

Enjoy.

Claudette

*There is still time to place an order for Black Moons
(aka Whoopie Pies) before the Hadleigh Woods/Town of Windham
Yard Sale on May 11.*

American Goldfinch



A small finch. Adult male, Summer: yellow with black wings, tail and forehead patch. Adult female, Summer: dull yellow-olive, blackish wings and conspicuous wing bars. In Winter, both sexes are like summer females but grayer.

A small finch with a short conical bill and small head, long wings, and short notched tail. They are active and acrobatic little finches that cling to weeds and seed socks. They fly with a bouncy, undulating pattern and often call-in flight, drawing attention to themselves. Main natural habitats are weedy fields and floodplains, where plants such as thistle and asters are common. They are also found in cultivated areas, roadsides, orchards, and backyards. They can be found at feeders any time of year, but most abundantly during winter. Goldfinches eat seeds almost exclusively. At feeders, prefers Nyjer and sunflower seeds. Any type of feeder may attract goldfinches. Goldfinches are among the strictest

vegetarians in the bird world.

Nesting: Male and female move around together to choose a suitable nest site. The female builds the nest, usually in a shrub or sapling in a fairly open setting. The nest is built high in a shrub. The nest is an open cup of rootlets and plant fibers lined with plant down, woven so tightly that it can hold water. The nest is about 3 inches across and 2 to 4.5 inches high. Pairs do not nest until mid-summer, when thistles and other weeds have gone to seed.

Clutch size: 2 to 7 eggs (pale bluish white, sometimes with faint brown spots).

Incubation period: 12 to 14 days.

Behavior: Active, acrobatic finches that balance on the seedheads of thistles, dandelions, and other plants to pluck seeds.

Life span: 3 to 6 years but can live up to 10 years.

References:

Peterson Field Guide

All About Birds, Cornell Lab

Elaine G.

Spring Cleanup and Pollinators

By removing dead material too early, you risk destroying pollinators. Wait until temps are consistently about 50 degrees. In Northern states, mid-late April should be the earliest. Some bees don't emerge until late May, so the longer you can tolerate your "messy" garden the better.

Reference: Gardening Know How

Pollinators are responsible for one out of three bites we eat every day!! Pollinator populations are declining largely due to habitat loss and pesticide poisoning. Like all of us, these hardworking creatures need food, water, and shelter.

- * Offer pollinators a shallow dish of water
- * Leave the leaves
- * Limit use of pesticides

Reference: [nps.gov/subjects/pollinators](https://www.nps.gov/subjects/pollinators)

Elaine G.