



HADLEIGH WOODS GAZETTE

March 2024

www.hadleighwoods.org

Volume 185



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.

The tree pruning company was on site this past week to start a program of pruning the trees in front of the buildings and in between buildings. They did a terrific job from start to finish. The good news is that instead of being a three-year winter project they will be able to finish next year with savings of several thousand dollars.

The Board has started 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. This project will take some time to complete and will require a vote by the Owners.

SAVE THE DATE: The Town of Windham is coordinating a town wide yard sale on May 15th from 8 AM to 12 Noon. Anyone who is interested in participating can contact Gratia by phone or email for details.

Just a Reminder: As the Board is moving towards not having access keys for each unit, please contact me if you would like your keys returned to you. This is especially important if you have a lock box. Those Owner's that have installed a digital lock on the front door may want to secure any keys for the rear doors.

Gene



Property Management of New England

Dear Homeowners,

It's beginning to feel a lot like Spring. Looks like the groundhog prediction was right. There are a few things planned for work soon and over the next few months such as, roof shingle cleaning. The roof shingle supplier was called for warranty information and proper cleaning technique. I and Gene will further research for a possible subsidy to clean. Estimates for crack fill and seal coating is in progress. Misc. small plow damage will be repaired to a mailbox as well as some trim repairs. Catch basins will be inspected for work that may or may not be needed. Deck staining will continue in 2024. The deck staining company committed to doing Hadleigh Woods first on his schedule this year. Tree trimming will begin shortly as contracted to shape trees for their health. Painting mailbox posts and bulkheads will also be considered this spring and summer. Lots going on. Let's hope no snow gets in the way of progress. Enjoy the break in the weather!

Sincerely,

Ken Foley, NextGen



FIND the WORDS

Easter – predict – savings – daylight – buds – cardinal – time - parade

Palms – saint – patricks – day – bulkhead – spring – mailbox - cleanup

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

Friendly request from neighborhood walkers: Please don't toot your horn when behind walkers.

Smart Swapping

These are a few tips for improving the fiber, nutrition or reducing the saturated fats of some of the foods or meals you might be eating.

BREAKFAST IDEAS:

1. If you are eating cereals like Cornflakes, Special K, Cheerios or oatmeal every morning, you can increase the fiber by adding 1/3 cup of All Bran or Fiber One.
2. Switch to a breakfast parfait: Blueberries, Greek yogurt and granola; 2 layers of each.
3. Poached egg on avocado toast using a layer of guacamole on the toast.

LUNCH IDEAS:

1. Switch to a multigrain high fiber bread like Dave's Killer Bread or corn tortilla shells.
2. Add some canned chickpeas or kidney beans to a salad or soup.
3. Puree white Northern or Cannelini beans and add to creamed soups to thicken.
4. Add some fresh fruit as an appetizer or dessert to your lunch instead of chips or a dessert.

DINNER IDEAS:

1. Look for sheet-pan recipes to cook that includes multiple roasted vegetables.
2. If making meatloaf or meatballs, try using seasoned cooked green lentils as a binder instead of salted breadcrumbs.
3. Try leaving out the starch element at this meal and try 2-3 vegetables (maybe left over from other meals).

SNACKS:

1. Try using a plant protein like hummus, nut/seed butter or spread with any chips, pretzels or crackers.
2. Try having a warm beverage to sip with your plant protein & crunchy food.
3. Try alternative cheeses that are plant based. These would be made from soy, peas, nutritional yeast, cashew, coconut or almonds. These could be found near the dairy based cheese. One possibility is Kite Hill Ricotta

DESSERTS:

1. If you like brownies or any sweet bread (banana, pumpkin) you can reduce the oil by 1/2 and replace with canned pumpkin.
2. Enjoy & switch to mixed berries, yogurt or plant-based yogurt and granola parfait more often instead of ice cream, cupcakes or cookies daily.
3. If ice cream is your "go-to" dessert, look at the lower sugar or "Keto" ice cream that are now more available. Taste & mouth texture do vary.

Claudette, Board Member

Northern Cardinal



The Northern Cardinal is a member of the Red Finch Family.

The male is an all-red bird with a pointed crest and a black patch at the base of its heavy triangular bill. The female is buff-brown, with some red on the wings and tail. The crest, dark face and heavy bill are distinctive.

Reference: Peterson Field Guide

The Facts:

* Cardinals are named after the Roman Catholic Bishops because their red color reminds us of the Robe of Catholic Bishops.

* Male cardinal bird red color comes from the food they eat. Carotenoids in their feather structure are the ones responsible for giving out this color. Carotenoids they ingest from their diet will enhance the red pigment in the feathers. They feed on insects, flies, caterpillars. Most of their diet is vegetable matter, seeds, weeds, grasses and many berries and wild fruits.

* The Cardinal is a monogamous creature, which means they mate for life when they find their partner. They start building a nest and build a family. The male cardinal helps his mate create a nest to incubate eggs. Clutch size is 2-5 eggs.

* They are known to be a very territorial bird.

* On average, cardinals in the wild will live for up to 3 years.

* Female cardinals sing to attract males, ward off intruders, or they need food.

* Nesting material: twigs, moss, dried grass clippings, dead leaves and pine needles. The nest is cupped (twigs bent and shaped into a little bowl. Nests are 5-10 feet off the ground and tucked away in the dense foliage of shrubs and trees. Nest is usually 4 ins. wide and 2-3 ins. tall, diameter is about 3 ins.

The Myth:

Based on folklore, you have a visitor from heaven when you see a cardinal in your yard. "Cardinals appear when Angels are near". Cardinals are a symbolic bird, it symbolizes positivity.

References: Natural History Society of Maryland-Donald Hobson

Allaboutbirds.org

Birds & Blooms Magazine

Elaine