



HADLEIGH WOODS GAZETTE

May 2024

www.hadleighwoods.org

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Hello All,

The May Board Meeting is May 15th at 4 PM at the Nesmith Library. All are welcome to attend. The Crack Filling of the roads and driveways is scheduled for May 2nd. Notifications will be sent out as the date comes closer. I suspect that we will be playing “Musical” cars during this project. Your cooperation in advance is appreciated.

There are several other maintenance projects that have been identified as needing to be completed. They are as follows:

- Painting of the column bases at the front entry as needed.
- Painting of wrought iron railings as needed.
- Painting of bulkheads as needed.
- Repair and painting of door trim as needed.
- Staining of mailbox posts.
- Spraying of the foundations for insect control.
- Replacement of mailboxes, flags, posts, and crossmembers as needed.
- Detailed evaluation of the irrigation system for repairs, relocation of sprinkler heads, sprinkler head adjustment to insure maximum coverage of water on lawns and not driveways/streets.

Many of these projects are not too labor intensive. Some may require a walk-through inspection with detailed notes, and no large commitment of time. In a few days, I will be placing Sign Up sheets in the Cottage for those who wish to volunteer for a project or could coordinate a project. The goal is to minimize the use of contractors to stay within budget.

Please feel free to contact me or any Board member with questions or if you have any questions and would like to volunteer your time.

Gene



Property Management of New England

Happy Spring to All,

We have a busy month ahead. On May 2nd, the driveways and roads will be crack filled. This will be tricky as we will be asking everyone to park in such a way that is not on a crack so the cracks can be filled. Luckily, the material dries in two minutes, and you can move back into your space quickly.

We are looking for more decks to be put on the list for staining. Please send your request for deck staining to my email Ken@NextGenPropertyMangement.com. Once we have several, the work will begin.

The Board and management have been working with the roofer (from the replacement project several years ago) and the roofing product company, to determine their contribution to the cleaning of miscellaneous areas on several roofs. A cleaning solution was suggested by CertainTeed Roofing Products. The manager will try this solution on his own roof as a test run.

The spring cleanup is underway, and it is exciting to see the season kickoff. Thanks to all the committees that work so hard to keep the property financially balanced and looking good outdoors.

Ken Foley, NextGen



FIND the WORDS

Memorial – lily – taureans – geminis – allergies – mothers – flowers - arboretum
 Rainbow – unofficial – beginning - summer – hiking – swimming - biking

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

WATER HEATER ANODE RODS: What it is & When to replace it.

It is an essential component of a water heating system. Not only does it keep the storage tank running smoothly, but it also significantly lengthens the unit's lifespan! Many people do not even know what an anode rod is, not to mention that they need to replace it.

Water heater anode rods should be changed approximately every 3 to 5 years, provided the unit is functioning correctly. If you live in an area with extremely hard water and a higher composition of calcium and magnesium minerals, you may need to change it more frequently, around once every 3 years. The quality of the water is the real determining factor here.



An anode rod is a sacrificial steel core wire wrapped with aluminum, magnesium, or zinc. Anode rods work by attracting corrosive particles found inside your water heater tank to protect the tank liner and reduce the risk of it bursting.

If you have a water softener system installed on your house, the magnesium anode rod is recommended because the sodium ions will attack the magnesium anode rod easier than the aluminum anode rods.

Tankless water heaters require maintenance at least once a year. Over time, minerals build up inside the water heater, meaning the entire system must be flushed in order to prevent damage or a loss of efficiency. This maintenance routine is essential to keep your model in good shape, especially since most warranties will not cover damage from mineral build-up.

Other routine maintenance and care tasks include cleaning the air filter and the water filter. Check your instruction manual to determine how often you should clean these filters, since they vary by model. Usually, a cleaning every four to six months should be sufficient. Also, check for leaks, rust or any other damage.

Richard

ANOTHER QUICK PEAK AT ANTI-INFLAMMATORY FOODS

I know I have mentioned trying to incorporate more anti-inflammatory foods into your daily intake to help you feel better and to help prevent increasing your risk of making many health conditions worse or developing new conditions related to inflammation. The most common conditions that are manifested by inflammation are any autoimmune condition (RA, Sjogrens, MS, Parkinson's, Lupus, Psoriasis, Thyroid, etc.), allergies, joint pain, cardiovascular disease, digestive issues and obesity. If eating a more nutritious intake can help you not need more medications to manage your systems, it is never too late to start.

The following foods suggestions could be very helpful:

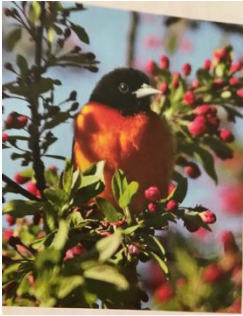
1. Salmon. The powerful omega-3 fatty acids are prominent.
2. Avocado. One of the best food sources for mono-unsaturated fats. A HEALTHY FAT.
3. Berries. Deep red, blue or black colored fruits are loaded with antioxidants that can help prevent cognitive decline and improve motor function by preventing cellular damage.
4. Deep colored fruits. Peaches, nectarines, any melon, any citrus, any grape, cherries, mango, papaya.
5. Deep colored vegetables. These are loaded with fiber, phyto-nutrients, antioxidants and so few calories. Try to eat more veggies than fruits. But more fruits & veggies are so much better than processed foods.
6. Nuts & seeds & olives. All are good.
7. Oils. Olive, grapeseed, avocado, canola is healthful. If you are a strict Vegan, then coconut oil is fine.
8. Mediterranean or Dash diet guidelines will be very helpful to reduce inflammation.

Incorporating as many of the above foods daily will help you.

Claudette

Friendly Reminder: the deadline for ordering Black Moons (AKA...Whoopies Pies) for the SARL (Salem Animal Rescue League) fundraiser is May 1,2024. I may have very few extras for sale the day of the yard sale.

Baltimore Oriole or Northern Oriole



“As early as the 1720s, people in Eastern colonies called this species the Baltimore bird because of the male’s orange and black colors suggested the coat of arms of a British nobleman, Lord Baltimore, the same person for whom the city in Maryland was named. The term “oriole” wasn’t added to the bird’s name until decades later. The word “oriole” comes from a Latin term meaning “the golden one.”

These birds belong to the blackbird family. They have the same pointed beaks typical of that family. Male orioles in northern locations are more brightly patterned than females.

Female orioles build impressive nests. They weave plant fibers into a cup or a hanging pouch that’s often suspended near the end of a branch, hidden by leaves, providing a cradle for the young that’s safe from most predators.

They are fond of fruit and nectar, as well as insects (beetles, crickets, grasshoppers, moths, and flies). Cut slices of oranges and hang from trees. Also, they enjoy small amounts of grape jelly.

Nesting: Female weaves, usually 3-4 inches deep with a small opening, 2-3 inches wide, on top and bulging bottom chamber, 3-4 inches, where eggs will rest. Construction materials can include grass, strips of grapevine bark, wool and horsehair, as well as artificial fibers such as cellophane, twine or fishing line. Females often recycle fibers from an old nest. Males occasionally bring nesting material, don’t help with the weaving. Building the nest takes about a week.

Clutch size: 3-7 eggs

Number of broods: 1

Incubation period: 11-14 days

Behavior: Agile feeders that comb the high branches of trees in search of insects, flowers and fruit. They are acrobatic foragers. When courting, the male displays by hopping around the female, bowing forward and spreading his wings to reveal his orange back. A receptive female responds by fanning her tail.

Conservation: They are vulnerable to deforestation and habitat loss. Spraying insecticides onto trees not only kills off insects but may poison the birds directly.

Credits: Birds and Blooms Magazine, Cornell Lab-All About Birds

Added note:

Hummingbird: These “Little Jewels” will be here soon. This is my recipe: 1 1/3 cup of water, 1/3 cup of sugar (do not add red dye, honey, brown sugar or powdered sugar). Rapid boil for 2 full minutes. Let cool and fill your feeder. Change nectar every few days, especially during hot weather.

My experience has been that Hummingbirds and Baltimore Orioles arrive around the same time. I use a suet feeder for the sliced oranges.

Elaine G.

ELECTRONICS RECYCLED FOR FREE

Two Windham High School students have recently founded a new business for themselves. Sammy Silverwatch and Julien Thamer have started S&T Recycling Solutions. Both have a passion for technology, and both want to have a positive impact on the Windham community. Their mission is they want to make recycling technology accessible to everyone. They will pick up your electronics for FREE. If your electronics are modern enough and in good shape, they may pay you to let them take them off your hands. They are in the business to recycle items to prevent them from landing up in a landfill somewhere. A good deal for you, them, and the Earth! They accept laptops, computers, monitors, smartphones, gaming consoles, headphones and more. Larger items like TV's, they may have to charge you for taking them away so they can recycle them properly.

You can reach out to them at 603.339.9626 or strecyclingsolution@gmail.com

LANDSCAPE COMMITTEE REMINDER

Israel Landscaping will be here soon to start Spring clean-up and place mulch in the front window garden beds, lamp post circles and common areas. If you have any type of garden ornaments, these items should be removed so the object does not interfere with the workers ability to place the mulch.