



# HADLEIGH WOODS GAZETTE

June 2024

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

Volume 188



Hello All,

Thanks for all your cooperation for the Crack Filling. The project was successful.

There are several other maintenance projects that have been identified as needing to be completed. They are as follows: (Thanks to all who have signed up for these projects. We could use a few more folks for the Column Base Painting).

- Painting of the column bases at the front entry as needed. (Pending. A target date of Mid-June on a Saturday AM is planned. A crew of 6 to 10 people would be greatly appreciated. Lunch at the Pump House to follow. If you happen to paint the column base at your house, please check it off in the file folder in the storage shed.)
- Painting of wrought iron railings as needed. (A survey indicated that this would be a minor project)
- Painting of bulkheads as needed. (On Hold)
- Repair and painting of door trim as needed. (On Hold)
- Staining of mailbox posts. (Completed)
- Spraying of the foundations for insect control. (Completed.)
- Replacement of mailboxes, flags, posts, and crossmembers as needed. (A survey indicated a variety of repairs and replacements. I will start this project soon).
- 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. (In Process)

A huge "Hats Off" to Linda, her niece Allison, and Steve for their yeoman's work in staining all twenty-nine of the mailbox posts. They look great.

Another huge "Hats Off" to Leslie for completing the inspection of all the mailboxes and posts. I have used this data to purchase the materials to make repairs.

Another huge "Hats Off" to Nancy C. and Leslie for their inspection of the column bases, wrought iron railings, and front of the house concrete landings. Excellent work.

And yet another huge “Hats Off” to the crew of Andrea, Brian, and Claudette, and the other individual Owners who sprayed their foundations for the annual insect control. We have had some issues this year with termites and other insects, so this is an important project.

On going thanks to Peter and the salt crew of Dawn, Dave, Paul and Don for their work loading salt in our water system two times a week. Their work is critical for our water operation.

On going thanks to Claudette and the Landscaping Committee of Faith, Nancy C., Steve, Diane S., Don, Millie and Ron, and Elaine for their work to make our property 2<sup>nd</sup> to none.

Also, thanks to Terry and Joanne for their efforts in maintaining and organizing the library. There are a lot of folks who appreciate and utilize the very good book selection we have.

Just an FYI: Tricia, a Board Member, will be continuing the project of returning keys to your buildings over the next few weeks. Thanks to Tricia for taking this project on.

As a result of several sales over the last few months and dealing with multiple real estate agents, title companies, etc. I wish to inform you all that we are highly regarded for the great looking community that we are, our solid financial position, low condo fees, our great web site that prospective buyers can learn about us (Thanks to Richard for his great work on the website).

We all need to thank Ed for his behind-the-scenes work collaborating with the septic company tank pumping service as we transitioned to a two-year cycle of pumping tanks from a three-year pumping schedule. Ed has done a great job in coordinating this effort. Thanks Ed.

Thanks also to Claire (our Ombudsman) for being our source of information for local community events and Hadleigh Woods info.

As you can see from all the above information, to be successful we need engagement from you, our Owners. We will have saved thousands of dollars by you helping as you can on the projects and hopefully keep the condo fee in check. Those of you who cannot help physically on these projects could maybe assist in the set up and coordination of a post painting lunch or anything else. All are welcome.

We usually post the names of all the Volunteers at the Annual Meeting, but I thought that recognition of the considerable number of Volunteers so far this year is very appropriate. Apologies in advance to anyone I have overlooked.

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.

PS. Special Thanks to Pat S., for producing this Gazette every month. It is a fair amount of work that we all appreciate.

Gene



Property Management of New England

Dear Homeowners,

Thank you to all that attended the last open meeting. Your attendance is always appreciated. Richard gave us all a great presentation of a solar panel product that could save funds related to the water pumphouse in the future. It's exciting to see the property in Summer-mode with the green grass and mature landscaping blossoming looking so good. I purchased a small greenhouse for my own garden this year to try control the weather which has not been conducive to good gardening over last couple years. So far so good. The landscapers added loam and seed to areas to fill in plow damage and other bare spots. The property is fortunate to have an irrigation system to keep everything watered throughout the season (less any mandated conservation due to dry spells). The roads and driveways were crack filled by N.E. Sealcoating without any incidents or need to call them back. This company has been in business for over 40 years and has been a great go-to service for crack filling, line painting and seal coating. Foundations were sprayed for insects as part of a pest management program. If you plan to refinance or have a realtor involved in a transaction, please have them call our office to direct them to the proper source for information they may need. Enjoy the month of June.

Sincerely,  
Ken Foley,  
NextGen



## FIND the WORDS

Thunderstorms – Humid – Lobster – Rolls – Mountains – Sharks – Solstice  
 Mosquito – Sharks – Graduation – Beach – Vacation – Juneteenth – Hurricane

R	S	O	L	S	T	I	C	E	S	E	E	B
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G	U	U	T	L	I	R	H	I	S	N	U	S
P	H	J	A	G	M	E	A	T	T	T	U	J
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## Solar Power for our Pump House

The Solar size of 9.78 kW would consist of 23 black solar panels on the street side of the building. Each Q cell is rated at 425W and the module includes the inverter. The inverter converts DC from the solar panel to 325W AC for use inside the building.

With an estimated production of 9,884 kWh, this would approximate about 56% of our energy needs. The panels are warranted to be 90.58% original efficiency at year 25.

The proposal includes all the panels/inverters, cell monitoring system, racking, electrical work, labor, permits and site survey.

Equipment is warranted by the manufacturer. Team Sunshine guarantees production of at least 85% for 10 years of the estimated year 1 production for 10 years. The estimated year 1 production is 9828. Every year after year 1, the guaranteed production number will decrease by an amount of .5% per year for each year. If on the Anniversary Date the System has generated less than the kwh guaranteed in the prior year the Company will pay the difference in kwh at a rate of \$.15/kwh.

The total cost is **\$30,283**

How do we pay for this?

We borrow \$31,000 from our Capital Reserve. Our annual electricity budget is \$6,000. We pay Liberty for the energy use from them and use the solar power energy to reimburse our reserve loan. For example: Liberty+ costs \$6520, solar results are \$3450 the difference of \$3070 would go towards the loan. The ROI (return of investment) would be less than 10 years.

No increase in budget item. No assessment. No increase in condo fee.

Estimates don't include possible Liberty rate increases. More importantly the numbers don't reflect Net Metering. This is the difference from power coming in from Liberty and power going them from our solar system. That difference is credited back to us in more savings.

**Note:** During the process of evaluating this project, it was discovered that we are billed an average of \$15/month for 6 meters not related to the pump house. These are meters that are used for our irrigation system and use very little energy. The total amount of these meters alone costs us over \$1,000 each year. We are researching having these meters removed and moving the usage to a nearby unit owner's meter.

EnergyPal is the broker from Canada and Team Sunshine is the Boston installer. Entire proposal can be found on our website under Alternative Energy.

Submitted on April 23, 2024 by Richard

## EMBRACE AN ANTI-INFLAMMATORY STYLE OF EATING

There are several anti-inflammatory diet plans. The most popular is the Mediterranean Diet. This is a meal plan rich in fruits, vegetables, whole grains, olive oil, nuts and legumes and reflects the cooking styles of the Mediterranean countries of Greece, Italy, and Spain. It also minimizes or eliminates the use of full-fat cheese, red meat intake, butter, refined sugars, and highly processed foods. Many Asian cultures have similar customs and include different oils like sesame or peanut oils. Areas of the world where residents live longer like Ikaria, Greece, Japan, and Okinawa are also known to live in Blue Zones. These other countries adopt cuisine practices similar to Greece. The traditional Okinawan diet is rich in vegetables, sweet potato, tofu, legumes, with small amounts of fish and pork. The Ikarian culture uses a similar food like the others but includes more fish and dairy products. The opportunity to be more inclusive by combining the foods of the different countries will help you to decrease your level of inflammation.

Conditions that benefit from less inflammation include diabetes, hypertension, heart disease, any cancer, auto-immune disease or gut disorder, rheumatoid arthritis, weight management, fatigue, sleep, cognitive changes, and general vitality.

If you do not have any of these chronic conditions, modifying your current intake to include more anti-inflammatory foods can help you to avoid any of the chronic conditions mentioned. If you have any of the chronic conditions, changing a few things can help the conditions from getting progressively worse.

### **Small changes can make a difference. Try some of these:**

1. Emphasis on more whole foods (fruits & vegetables) and plant-based foods (legumes & nuts).
2. Switch to healthier fats (olive oil, avocados, fatty fish (salmon, sardines, herring), nuts and seeds).
3. Slowly reduce your intake of processed foods (sugared cereals, pastries, candy, crackers, etc.).

A suggested resource on making some changes: **The Complete Anti-Inflammatory Diet for Beginners** by Dorothy Calimeris & Lulu Cook, RDN

**Claudette**

## American Robin



Member of the Thrush family. They are the largest North American Thrushes.

American Robins are common sights on lawns across North America. Robins are popular birds for their warm orange breast, cheery song, and early appearance at the end of Winter.

Males are easier to identify because only male robins sing their “cheerily, cheer up” song. The song is usually heard early morning. Robins also sing at dusk or when it is about to rain.

Robins eat different types of food depending on the time of day: more earthworms in the morning and more fruit later in the day. They eat large numbers of both invertebrates and fruit. Because the robin forages largely on lawns, they are vulnerable to pesticide poisoning.

### Nesting

Female robins choose nest sites, which are typically on one or several horizontal branches. They also nest in gutters, eaves or outdoor light fixtures. Females build the nest from the inside out, pressing dead grass and twigs into a cup shape. Other materials include paper, feathers or moss. Once the cup is formed, female reinforces the nest using soft mud gathered from worm castings to make a heavy sturdy nest. The finished nest is 6-8 inches across and 3-6 inches high.

Clutch size: 3-5 eggs. Eggs are sky blue or blue green. Incubation is 12-14 days. They can produce 3 successful broods in one year.

### Behavior

When foraging on the ground, they run a few steps, and then stops abruptly. They often find worms by staring, motionless, at the ground with their head cocked to one side.

**Habitat:**

Gardens, parks, yards, golf courses, fields, and pastures.

References: All About Birds-Cornell Lab., National Wildlife Federation

Happy Birding!!!

**Elaine G.**

