



# **HADLEIGH WOODS GAZETTE**

July 2024

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

Volume 189



Hello All,

Here are some projects to be completed:

- Painting of the column bases at the front entry as needed. This project is on hold as we have ordered a replacement base that may be able to be installed on a test column. If this is successful, we will order additional bases. This may eliminate the need for painting all the column bases
- Painting bulkheads as needed.
- Replacement of mailboxes, flags, posts, and crossmembers as needed. (A survey indicated a variety of repairs and replacements.)
- 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. (Completed)

For those of you who would like to touch up any bare spots in your lawn, there is grass seed in the shed and there will be loam on Pump House Parking lot.

The recently formed Finance Committee met a couple of weeks ago. The purpose of this committee is to review the financial operations of the Association. The meeting was very productive, and the members agreed to meet quarterly. The members of the committee are David M, Faith H, Cathy D, Wayne C. All are owners. Members of the Board on the Committee are John B, Reni H, and me. Please feel free to contact any member with questions.

Please mark your calendars for an Open Board of Directors Meeting on August 3<sup>rd</sup> at 11 AM at the Pump House Parking lot. A luncheon will follow at 12:30 PM. The Christmas Tree Committee will be adding some decorative flair for the luncheon. Don't forget to bring your chairs and maybe an appetizer or dessert. More details to follow. All are welcome to attend.

Thanks.  
Gene G



Property Management of New England

Dear Homeowners,

Oh boy. This summer is going by too fast. In a couple months, I will be seeing my one and only off to college. Where is the time going? In between wanting time to slow down and the summer going by so fast, the association continues to make repairs to the buildings, care for the grounds with great assistance from the Landscape Committee and other owners that are proud of their homes. At the last couple meetings, we have discussed and investigated the cleaning of the roofing where stains have appeared. The stains are more cosmetic than problematic, and a company called Extreme Power Washing has been secured to clean. The deck staining offer only obtained about 5 owners interested in having their decks stained. The contractor had budgeted time for many more and as a result had to move the schedule to August. We are also not excited about this decision and have offered another company that also stains decks as an option. Enjoy the heart of the summer season.

Sincerely,  
Ken F,  
NextGen

## Anode Rod



In the May issue of the Gazette, I recommended that people with water heaters replace their anode rods every 3-5 years. Taking my own advice, I replaced mine. This photo is what my anode rod looked like after just under 3 years. I did it myself and the new rod was only about \$22. New heaters are in the thousands of dollars.

Richard



## FIND the WORDS

Adventures – Sunburn – Meditation – Backyard – Parties – IcedTea – Wasp

Independence – Parade – Lawnmower – Gazebo – Reading – Hammock

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# Eating Well

The summer edition of Eating Well is all about the Mediterranean Diet. The Mediterranean Diet helps promote a path to a longer life, has research backed benefits and many tasty recipes. Here are two of the recipes.

## **ONE-POT GARLICKY SHRIMP & BROCCOLI**

<b>3 tbsp olive oil</b>	<b>6 garlic cloves (chopped &amp; divided)</b>
<b>4 cups broccoli florets</b>	<b>1 red bell pepper, diced</b>
<b>1/2 tsp salt (divided)</b>	<b>1/2 tsp ground pepper(divided)</b>
<b>1 LB shrimp (deveined &amp; peeled)</b>	<b>2 tsp lemon juice plus wedges to serve</b>

1. Heat 2 tbsp of olive oil in a large pot over medium heat. Add half the garlic to the oil and cook until starting to brown; about 1-2 minutes. Add broccoli, red peppers, and 1/2 tsp of salt & pepper. Cover, cook stirring a few times. Ok to add 1 TBL water if pot is getting too dry while the vegetables get tender, about 3-5 minutes. Transfer to a large bowl & keep warm.
  2. Increase the heat to high and add 1 tbsp olive oil to the pot. Add remaining garlic, cook until it starts to brown, 1 minute. Add shrimp and remaining salt & pepper, stirring while cooking for about 3-5 minutes. Return broccoli mixture to the pot along with the lemon juice. Stir and cook 1 more minute or until shrimp is cooked.
- 4 servings about 1 cup each.

**Cals = 214, Carbs = 6g, Pro = 25g, Fat = 11g, Fiber = 2g, Sodium = 441mg, Potassium = 525mg**

\*I used more lemon juice because I did not use the full amount of salt. I recommend using all the salt suggested in the recipe. This would be considered a low to moderate sodium meal.

## **ONE -POT BEANS & RICE with CORN & SALSA**

<b>1 tbsp canola or olive oil</b>	<b>1 cup long grain rice</b>
<b>1 medium onion, chopped</b>	<b>2 garlic cloves, chopped/minced</b>
<b>1 tbsp chili powder</b>	<b>2 tsp ground cumin</b>
<b>1/2 tsp salt</b>	<b>1/2 tsp ground pepper</b>
<b>1 1/2 cups water</b>	<b>14 oz petite-diced tomatoes</b>
<b>1 cup corn(frozen)</b>	<b>15 oz. no salt added black beans, rinsed well</b>
<b>1/2 chopped cilantro</b>	<b>12 oz salsa</b>

**Shredded Mexican cheese blend (optional)**

1. Heat oil in a large saucepan over medium heat. Add rice, stirring & cook until it starts to brown, about 3 minutes. Add onion, garlic, chili powder, cumin, salt & pepper, cook while stirring regularly until fragrant; 1-2 minutes. Add tomatoes & water; bring to a boil, then reduce heat to maintain a simmer. Cover and cook until all the liquid has been absorbed, 18-20 minutes. Remove from heat.
  2. Gently fluff rice with a fork. Gently stir in black beans & corn. Cover & let stand for 10 minutes. Add cilantro. Serve with salsa, cheese if desired.
- 4 servings about 1 1/2 cups.

**Cals = 414, Carbs = 72g, Pro = 12g, Fat = 9g, Fiber = 12g, Sodium = 454mg, Potassium = 785, Iron = 4mg**

**ENJOY. Claudette**

## Red-Bellied Woodpecker



A zebra-backed woodpecker with a red cap and white rump. Red covers the crown in the male, only the nape in female. Juvenile is zebra-backed but has a brown head, devoid of red.

Red-bellied woodpeckers are common in many Eastern woodlands and forests. They will also often venture from forests to appear at backyard feeders.

Mainly eats insects, spiders, and other arthropods. Eats plenty of plant material (acorns, nuts, pinecones), as well as seeds extracted from annual and perennial plants (particularly in Fall and Winter), also fruits from grapes, hackberries to oranges and mangoes. In the winter, they can be found eating from suet feeders.

### Nesting:

Dead trees, dead limbs of live trees and fenceposts. The same pair may nest in the same tree year after year, but typically excavate a new cavity each year, often placing the new one beneath the previous years. The male chooses the site and begin to excavate, then the male tries to attract the female by calling and tapping softly on the wood around the cavity. When the female accepts, she taps along with the male, then helps put finishing touches on the nest cavity.

### Clutch size:

2-6 eggs

1-3 broods

Incubation period is 12 days.

Nesting period is 24-27 days.

Eggs are smooth white.

### Behavior:

They often stick to main branches and trunk of trees, where they hitch in classic woodpecker fashion, leaning away from the trunk and onto their stiff tail feathers as they search for food in crevices.

### References:

All About Birds, Cornell Lab

Peterson Field Guides.

I presently have a pair with their young. Feeding off the hummingbird feeder and oranges.

Albeit, the squirrel, has been dominating the feeder and oranges UGH!!

**Elaine G.**

