



HADLEIGH WOODS GAZETTE

October 2024

www.hadleighwoods.org

Volume 192



Hello All,

SAVE THE DATE for our Annual Meeting on November 16, 2024, at 1PM at St. Matthews Hall
Here are some projects to be completed:

- Painting of the column bases at the front entry as needed. For anyone interested in volunteering for this project, you can find all the scrapers, wire brushes, painters' tape, brushes, paint, and small containers in the storage shed. There is a file folder on the Bench to log in any column bases that you paint.
- Bulkhead Painting: This project is still planned for October to be completed by a painting contractor.
- Irrigation System end of year shut down and draining is scheduled for the first week of October.
- Flushing of the water system piping coming up soon. Will keep you informed of the date.
- Emergency Contact List: Last Call for any changes to the list.

Other issues:

- The turkeys have been tearing up some lawn areas looking for grubs, we think. I contacted NH Fish and Game. There is not much we can do about this. The areas affected will be re-seeded in the spring as we are not sure if the turkeys will continue to "rototill" our lawns or if the chickens would eat all the grass seed. It is interesting to note that the turkeys are not churning our healthy lawn areas only distressed areas.
- Rooster and chickens: I have contacted the animal control officer regarding the constant rooster crowing and chickens on our property on upper Flat Rock Rd. Will keep you informed.

Gene G.



Property Management of New England

Dear Homeowners,

We are starting to button things up for the winter. The landscapers have closed the irrigation system and are trimming the last of the shrubs. We will look forward to a fall cleanup in the months ahead and wait for the snow. Some siding work is being completed to seal up areas before winter arrives. At the recent Board meeting, it was discussed that owners need to clear their dryer vents prior to the winter. Patricia (on the Board) said she would assist in identifying vents that need attention. You may see her in the yard. The Board has been very busy reviewing your budget for 2025. They work hard to keep your expenses down and condo fees as affordable as possible. As always, many thanks to the volunteers for all the committees. A special thanks to the owners that have volunteered to paint the bulkheads this season. The spirit of community is strong at Hadleigh Woods.

Sincerely,
Ken Foley,
NextGen



FIND the WORDS

Halloween – Catechins – Sweater – WinnieThePoo – Patriots – Witches - Leaves

Ambrosia – Ghosts – Honeycrisp – Hayride – Acorns – Chrysanthemum

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

Apples: It's That Time of Year... Yeah!!!

APPLE FACTS:

- One medium size apple weighs about 6-7 oz.
- About 100 calories
- Contains about 5 grams of fiber
- Skins contain the highest percentage of antioxidants & 1/2 the fiber
- Carbs=25g Protein=1g Fat= 0g
- 85% of the weight is water, so a good hydrating food
- Contains zero sodium or cholesterol
- 10 mg Vit C (ascorbic acid); 10 mg Magnesium, 215 mg Potassium



LEVEL OF SWEETNESS:

Fuji (combination of a Red Delicious & Virginia Ratt's Janet) is the sweetest. Followed by

- Gala, Golden Delicious & Honeycrisp
- Ambrosia, Autumn Glory & Cosmic
- Jonagold, Opal, Envy,
- Jazz & Braeburn & Pink Lady (are sweet with a hint of tartness)
- Granny Smith (most tart)

ANTIOXIDANT POWER:

GALA: High in Catechins. Catechins are known to protect the heart and lower heart disease risk. Galas are 3x more concentrated than other varieties of apples.

GRANNY SMITH: The totally green skin is different, and this means something. It is high in procyanidins. This is an antioxidant that may be helpful in fighting cancer and has some antiviral properties.

RED DELICIOUS: Red delicious often have a deeper red skin color than many other apples. This is the anthocyanins present. These are the blue & purple pigments in blueberries & raspberries. Anthocyanins promote vision and brain health.

GOLDEN DELICIOUS: The very yellow skin is from carotenoids. You can find these in carrots too. This plant compound will support your immune system along with eyes, heart, and brain health.

FUGI: Flavanols are a potent antioxidant, and this sweet apple is loaded with them. Some studies have shown improved glucose metabolism.

NO WONDER "AN APPLE PER DAY; KEEPS THE DOCTOR AWAY"!

Enjoy.

Claudette

SOURCES: Prevention Magazine, Marianno's.com, NIH, fruitandveggies.org

***Vit C is sensitive to heat; commercial applesauce may have added Vit C; homemade will not have any.**

Eastern Wild Turkey

Wild Turkeys live year-round in open forests.

I know there have been issues with Turkeys in our community with damaging lawns and flower beds. They scratch and forage for food. They are looking for insects, which make up part of their diet. They eat plant matter that they forage for in flocks, mostly on the ground, but sometimes climbing into shrubs or low fruit trees.

They are opportunistic foragers and can eat a wide variety of leaves, grass seeds, berries, insects, worms, snails, frog, and small reptiles.

They also can inhabit residential areas, especially where they are being fed. Feeding wild turkeys in residential areas, intentionally or unintentionally is discouraged because it causes them to lose their natural fear of people and can cause them to act aggressively.

Some suggestions to resolve issues:

- Wave your arms, clapping and yelling.
- Loud noises using an air horn or banging pots and pans
- Spraying with a strong water jet from a hose
- Opening a large umbrella while facing them (we have tried this, and it works)

References:

All About Birds

NH Fish and Wildlife

Florida Fish and Wildlife Conservation Commission

Elaine G.

Eastern Wild Turkey

Meleagris gallopavo

Description:

Toms (adult males) weigh 18-24 pounds or more; hens (females) about 10 pounds. Plumage is iridescent bronze; dark in males and tips rusty or light brown in females. Wings and fan-shaped tail show alternating dark bands. Neck and head of adult males is reddish, while females have bluish heads with more feathers.



A dewlap (fleshy growth hanging under chin), caruncles (growths located on the side and front of neck), and a snood (a fleshy projection rising above the bill) adorn males. A beard (like bristles on a broom) hangs down from the chest; typical in males and in 5% of females. Males have spurs 1/4 to 1-1/4 inch long on the lower legs.

Range and Distribution:

A non-migratory native of much of North America from s. Canada to c. Mexico. Wild turkeys totally disappeared from New Hampshire 150 years ago because of habitat loss and the lack of a fish and game department to regulate hunting seasons. NH Fish and Game began transplanting wild turkeys into the state in 1969-70 (this initial effort failed), then again in 1975. Today the population is estimated at upwards of 25,000 birds. Turkeys are present in every county in New Hampshire, though severe winter weather and lack of suitable habitat limit the distribution of wild turkeys in the northernmost part of the state.

Habits and Habitat:

Turkeys forage on the ground in flocks, occasionally mounting shrubs and small trees. Acorns, beechnuts, cherries, and ash seeds are primary food sources. Seeds, berries, grasses, sedges and insects are important summer foods. Turkeys eat corn, rye, oats, alfalfa, soybeans, millet, and buckwheat. Grit is important. Adults eat 90% plant matter and 10% insects. Poults eat mainly insects. In winter turkeys visit seeps; they feed on sensitive fern fertile stalks, waste corn, and persistent fruits such as barberry, rose hips, and dried apples.

Adult males gobble to attract females and to repel competing males. Both adults make a variety of noises - yelps, clucks, cackles, purrs, rattles, and gobbles. Wild Turkeys are polygamous. Toms gather a harem of hens by gobbling, strutting, and using dramatic plumage displays. Mating occurs in April and nesting in May. The nest is typically a small depression lined with dead leaves. Nests are located in areas with a well-developed understory or in cut-over areas with slash.

Hens breed in their first year while adult males ("toms") out-compete one-year old males ("jakes"). Hens lay 8-15 eggs. Chicks hatch in 28 days, typically in early June.

Coyote, fox, and fisher are the major predators of adult turkeys. Hens will often abandon a nest if disturbed during incubation. In late summer, hens and their broods often band together to form large flocks. Wild turkeys take advantage of different habitats throughout the year based on their food and nesting needs. In the fall, turkeys forage in mast-producing stands of oak/hickory, oak/pine, and northern hardwoods. Hardwood stands with south-facing slopes and seep areas are favored in winter. Large softwood or hardwood trees are needed for roosting. Wild turkeys forage at farms in winter.

Openings, including pastures, hayfields, burned areas, clear-cuts, blueberry barrens, and natural savannas, are a key component of their habitat. These areas support low herbaceous or grassy ground cover and insects needed for brood-rearing.

Wild turkeys aren't territorial. They travel over 4 to 5 square miles during the year, although during the winter and nesting season they often restrict their movements within 100-200 acres. Turkeys are active during the day, roosting in trees from sundown until sunrise.

Management:

Long rotation management that maximizes mast production is an optimal strategy. Even-aged management that effectively regenerates food sources such as black cherry, white ash, and oak is preferred. Minimize forest cutting during the nesting season (April/May/June) to avoid disturbance. Maintain key habitat features such as spring seeps, beech knolls, oak stands, understory vegetation (apples, hawthorns, witch hazel, and viburnums), and thickets or patches of juniper, sumac, barberry, grapes, and native bittersweet (be sure not to plant the invasive type). Five to 30% of a turkey management area should be in herbaceous openings. A section of corn (25' x 100') left standing through winter can feed a flock of 60 turkeys.



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