

Hadleigh Woods Gazette

February 2025

www.hadleighwoods.org

Volume 196

P·R·E·S·I·D·E·N·T'S M·E·S·S·A·G·E

To all Residents,

Our first snowfall didn't fare well for our contractor. The Bob Cat was out of commission due to a tire problem. Using a plow to do all the work resulted in a disaster for the mailboxes at 50/52 Hadleigh. The contractor made temporary repairs and later replaced the entire post.

We will be surveying the property to determine if we have additional tree work to perform in addition to the oak tree behind 18 Hadleigh. We are looking at trees that have the potential to damage buildings. Please contact Claudette (Eatright100@gmail.com) if you see any trees that we should be concerned about.

According to our Treasurer the transition to the new \$333 condo fee went very smoothly. Our Balance sheet is doing well, and we will be moving 25% of our checking account balance (approximately \$5,000) into our Reserve Fund. Reni found a small discrepancy in our budget which she corrected. A copy of the corrected document has been distributed with this Gazette.

The revisions for Schedule C that were brought up at our annual meeting are still in process. When completed and registered you will all receive a copy. We now have on our website the original 2003 Declaration document.

Install Carbon Monoxide Detectors. Carbon monoxide is odorless and color-less, making it undetectable without a proper detector. Install CO detectors on each level of your home, particularly near sleeping areas, and test them regularly to ensure they're functioning properly. Replace batteries twice a year or consider models that last up to seven years.

Richard Michaud



Property Management of New England

Dear Homeowners,

The last snowstorm left some room for improvement by the plow service. The contractor was made aware of each of the areas and spoke with his crew.

Mailboxes that were damaged were repaired quickly. In an effort to not damage mailboxes, they waited until the next day to clear them all at once. This was also addressed as owners need to get their mail in a timely manner. We have a snowplow phone line at 888 356-3984. Choose “snowplow services”. Your message will be forwarded directly to the plow service for timely reaction. Please do not send plow requests to email as this will not be as responsive on weekends. For other maintenance needs, you can use the same phone number and choose “maintenance”. Your message will be logged in for us to respond appropriately.

Thanks again for your cooperation during these events. Stay warm!

Sincerely,
Ken Foley,
NextGen

Wasabi Gathering

The Annual Wasabi Gathering is February 10 at 6 PM. Please call Linda at 603-401-5791 for those of you who haven't email Linda if you plan to attend.

Linda is asking that you RSVP by February 6th.

Thank you.



FIND the WORDS

Valentine – Pisces – Comfort – Food – Precipitation – Ice – Ramadan - Darwin
 Super – Bowl – Groundhog – Amethyst – Aquarius – Movies – Hibernate

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

Mourning Doves



Mourning Doves are the most frequently hunted species in North America. Every year hunters harvest more than 20 million, but the Mourning Dove remains one of the most abundant birds with a United States population estimated at 350 million.

A graceful, slender-tailed, small-headed bird. Gray above with large black spots on the wing coverts and pale peach-colored below, with a long, thin tail. Primarily a bird of open country, scattered trees, and woodland edges, but large numbers roost in woodlots during winter. Feeds on ground grasslands, agricultural fields, backyards, and roadsides.

Food:

Seeds make up 99% of a Mourning Dove's diet, including cultivated grains and peanuts, as well as wild grasses, weeds and herbs. You can scatter seeds, particularly millet, on the ground or on platform feeders. Mourning Doves eat roughly 12-20% of their body weight per day.

Nesting:

Typically nests amid dense foliage on the branch of an evergreen, orchard tree, cottonwood, or vine. Mourning Doves may even nest on gutters, eaves or abandoned equipment. A flimsy assembly of pine needles, twigs, and grass stems, unlined with little insulation. The male carries twigs to the female. The female weaves them into a nest about 8 inches across.

Clutch size: 2 eggs

Number of broods: 1-6 broods

Incubation Period: 14 days

Nestling Period: 12-15 days

Egg Description: unmarked, white

Condition at Hatching:

Helpless, eyes closed, sparsely covered in cream-colored down, unable to hold up head, dependent on adults for warmth.

Behavior:

Mourning Doves feed on the ground and in the open. They peck or push aside ground litter, but don't scratch at the ground. Members of a pair preen each other with gentle nibbles around the neck as a pair-bonding ritual. Eventually, the pair will progress to grasping beaks and bobbing their heads up and down in unison.

Songs:

The song is given by unmated males from a conspicuous perch. It's a soft Coo-oo followed by 2 or 3 louder coos. You can often hear paired males give the 3-parted "nest call" while nesting building: a coo-OO-oo, highest in the middle. Females sometimes call ohr-ohr while sitting on the nest.

When taking off and landing, Mourning Doves' wings make a loud whistling that may help startle predators or warn flock mates. Their flight is fast and bullet straight.

Credits:

All About Birds – Cornell Lab.

Birds and Blooms Magazine

Elaine G

I reached out to the Assessor's office and unfortunately the date for the informational meeting is full, but I spoke with Louise Brown in the Assessor's office, and she recommended that you call the below number and choose Option 4 to inquire about the Property Tax Relief Program. She also said that she wanted people to know that the value of their home is not considered an asset.

Article from the Windham Independent News

Conversation with Assessing - Regarding Tax Relief Program for Seniors/Older Adults

Friday, February 7, 2025, at 1pm (snow date of February 21st.)
Deadline to register: January 22nd

Did you know that seniors may receive relief from property taxes? A representative from the Town of Windham Assessing Office will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified homeowners. Many exemption programs specify eligibility criteria, e.g., older adults, people with disabilities, widows, veterans, and disabled veterans who have a permanent service-connected disability. In some cases, people who qualify must also meet income/asset guidelines. In others, income is not a factor. Come to this free informational session to learn more. Pre-registration is required. There are two options to choose from; both sessions will be the same, so please only register for one of them. Caregivers are welcome as well.

PRE-REGISTRATION IS REQUIRED!!! ONCE REGISTERED, YOU WILL FIND OUT THE LOCATION AND ADDITIONAL DETAILS.

Register at windham.recdesk.com or contact the Recreation Office at Recreation@WindhamNH.gov or by calling 603-965-1208.

Claudette would like to thank all the members of the Hadleigh Woods Community who dropped off the Christmas Cards for me to able to make gift tags for families of the Amesbury Holiday Program.

FOOD TRENDS FOR 2025

Food retailers and marketers have weighed in on which foods and flavors will be in the spotlight in 2025. Will they be trendy or healthy choices?

A tour of Asia is in your future. Flavors from Korea, Thailand, China, Vietnam, The Philippines, and a touch of the Middle East will be in snacks and meals.

The healthfulness of foods containing these flavors depends entirely on how they are used. If the actual kimchee, chilis, lime juice, or spices are used in a stir-fry or other freshly prepared meal, it could be healthy. If they are used as a flavoring in chips, crackers, they may not be. As a consumer, you will need to check on the sodium content and/or saturated fat content of the packaged or prepared food.

Food retailers will be turning up the heat. Fresh hot peppers (Serrano, Jalapeno, Cayenne, Habanero, Arbol, Guajillo, Calabrian Chiles) are relatively easy to find in your supermarket. They all get their heat from Capsaicin which is found in the membrane surrounding the pepper seeds. Capsaicin has been studied for weight loss aid, anti-inflammatory and appetite suppressant in rodents with some success but not in humans. Capsaicin has been added to topical creams for pain relief with success. Capsaicin has it side effects from nausea, vomiting and irritation to the lining of the GI tract that can include the worsening of acid reflux and diarrhea.

If you like it hot, you will be able to find hot chili in the form of dried peppers, powdered spices, and chili-infused products like oils and honey. The “heat” can be paired with sugar or salt.

Keep an eye on the sodium or sugar content per serving if you have high blood pressure or diabetes or both. The briny goodness of fermented foods will continue in 2025. The eating of these zesty tasting foods will enhance the gut microbiome. Brine is a solution of salt and water. If you have hypertension or retain water easily, beware of your portion size and the sodium content when enjoying these foods.

Whatever trend does “pop up” beware of any “super-star” or “super food” claim a food might possess. It could be 100% bogus. Talk with your health care provider if you have any questions.

Enjoy.

Claudette

Ref Tufts University Health & Nutrition Letter Feb 2025