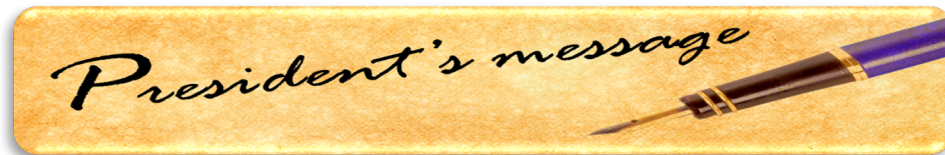


Hadleigh Woods Gazette

January 2025

www.hadleighwoods.org

Volume 195



To all Residents,

As you have already read in the December issue of the Gazette, I will be acting president for 2025. This will allow Gene Goodwin to focus his time and energy on the water tank refurbishing project. I am thankful and we should all be thankful for his volunteering for this very important and costly project.

I would like to take this time to remind everyone that we have a management company. NextGen (888-356-3984) is your first contact for any issue. (ken@NextGenPropertyManagement.com). Ken Foley and his team have the knowledge and experience to handle almost any problem. We (the Board) oversee NextGen and manage our own finances. Please do not contact me unless it begins with
“I have contacted the management company but....”

As of this writing we have experienced very little snow, but this is New England, and we can anticipate our fair share. We apologize for the amount of sand and salt that is being spread and have spoken to the landscaper. Keep in mind that safety comes first, and we need to sand and salt.

Thank you to the Christmas Tree Committee for the successful festivities and the wonderful decorations around the entire property.

I anticipate another successful year of accomplishments and with the continued help of our volunteers we will stay within our budget.

PS: Remember that for 2025 we begin a new condo fee of \$333.

I wish you all a happy and healthy New Year

Richard Michaud



Property Management of New England

Dear Homeowners,

I hope your holiday season is going well. I looked back at some notes from previous years and in 2023 at this time, we were still waiting for our first storm in the region. We already have one behind us now and thankfully there were no incidents. The first one usually has some wrinkles to iron out. The plow service was reminded to keep the “early driveway plow list” in the truck and to spread salt evenly in the walkway and step areas (no clumps allowed). The added bonus was not getting a property damage call on the first storm. The Board met in December and is already planning 2025. Your Board Officers are: Faith Huntington, President Elect for a year, Richard Michaud, President, Gene Goodwin, Secretary, Reni Harnden, Treasurer. Work discussed for 2025 and into 2026 will be catch basin repairs, water tank inspection (2025) and road crack filling (2026). In the slower winter months, it is always a good idea to check with your insurance companies to be sure you have appropriate coverage for your contents. I hope the snowbirds enjoy their time down South and to all local a safe and happy holiday season.

Sincerely,
Ken Foley,
NextGen

JUST A THOUGHT

Would any Hadleigh Woods resident be interested in contributing the following?

1. We have a wonderful library in our Cottage and getting fervent use. If a resident would like to share a review about a book they read, it could be called “The Book Review”.
2. A helpful hint sections
3. Submit a favorite recipe
4. OR other possible suggestions??????

Contributions or suggestions can be sent to patstenbeck@gmail.com for the next newsletter



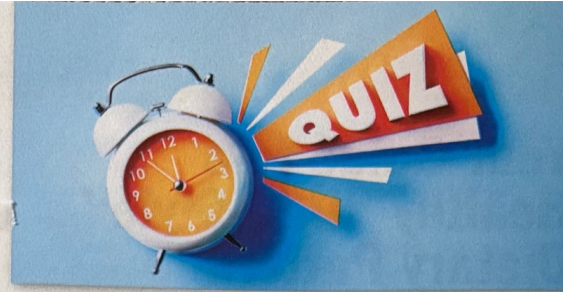
FIND the WORDS

Inauguration – Martin – Luther – King – Perihelion – Rose – Parade – Janus
 World – Peace – Day – Twelfth – Night – Wassail – Wolf – Moon

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

Check Your Nutrition Knowledge!

Image © Microstock/istockphoto.com



Jot down your answers, check them against the answer key on page 7. Give yourself one point for each correct answer, then look at the box on this page to see what your score says about your nutrition knowledge. You've got this!

1. **Which of the following are signs you may be having a heart attack?**
 - a. Discomfort in the center of the chest.
 - b. Pain or discomfort in the arms, back, neck, jaw, or stomach.
 - c. Shortness of breath.
 - d. All of the above.
2. **True or False?** All fats should be avoided.
3. **Which of these swaps are good for your health?**
 - a. Fats from plants instead of fats from animal sources.
 - b. Veggies and fruits instead of sweet and salty snacks.
 - c. Unsweetened beverages instead of sweetened.
 - d. All of the above.
4. **When choosing seafood, which is true?**
 - a. Wild caught is a better choice than farm raised.
 - b. Farm raised is a better choice than wild caught.
 - c. All types of seafood are excellent choices, especially when eaten in place of beef and full-fat dairy.
 - d. Wild caught fish and shellfish are less likely to contain contaminants like mercury and arsenic.
5. **How can you help support a healthy mix of bacteria in your gut?**
 - a. Eat naturally fiber-rich foods like whole grains, beans, vegetables, and fruits.
 - b. Consume fermented foods and beverages like yogurt, kombucha, miso, and tempeh.
 - c. Take antibiotics to kill off unwanted bacteria.
 - d. A and B
6. **Which of the following does not help preserve cognitive reserve (brain capacity)?**
 - a. Wearing a helmet when appropriate.
 - b. Avoiding "antinutrients" like lectins.
 - c. Getting at least seven hours of sleep a night.
 - d. Regularly solving word and number puzzles.
7. **Untreated hearing loss has been associated with higher risk for which of the following?**
 - a. Depression
 - b. Dementia
 - c. Delayed recovery from illness
 - d. A and B
8. **Which of the following are significant producers of greenhouse gases that contribute to global warming?**
 - a. Throwing out food
 - b. Growing almonds
 - c. Planting trees
 - d. A and B
9. **You are most likely to find ultraprocessed foods at what type of restaurant?**
 - a. Fast food
 - b. Casual dining
 - c. Fine dining
 - d. A and C
10. **Which of the following activities help strengthen muscles?**
 - a. Weightlifting
 - b. Yoga
 - c. Climbing stairs
 - d. All of the above
11. **Sugar substitutes are:**
 - a. Always artificial (man-made/synthetic).
 - b. Not as sweet as sugar.
 - c. Commonly found in foods marked "reduced sugar," "sugar-free," "diet," "low-calorie," or "reduced-calorie."
 - d. All of the above.
12. **Which of these tips can help you stick to your goals?**
 - a. Make sure your goals are SMART (Specific, Measurable, Actionable, Relevant, and Time-Bound).
 - b. Take inventory to determine where you are starting.
 - c. Identify obstacles.
 - d. All of the above. 🍷

HOW DID YOU DO?

- 10–12 NUTRITION SUPERSTAR.** You really know your stuff! We promise to keep you up to date with the latest evidence-based info.
- 7–9 HEALTH HERO.** Great job! You have a strong base of nutrition knowledge to help you stay healthy. Keep reading.
- 4–6 SERIOUS STUDENT.** You've been paying attention! Keep reading this newsletter to increase your nutrition knowledge and learn how to make the best choices for your health and wellbeing.
- 1–3 MOTIVATED BEGINNER.** Your interest in learning about health and nutrition will serve you well! We are happy to help you expand your knowledge about how diet and other lifestyle choices can help keep you healthy.



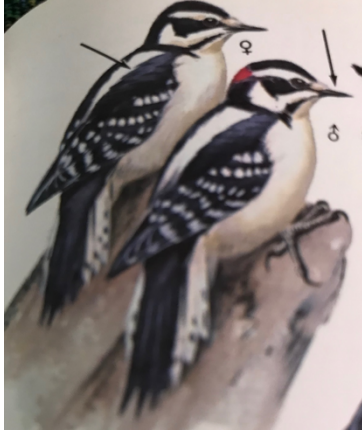
Quiz Answers

Check out the answers below to see how you did on the quiz on page 3!

Image (top) | Getty Images | Getty Images

- 1. d (All of the above).** The most common heart attack symptom in both women and men is discomfort in the center of the chest. Symptoms can also include pain or discomfort in one or both arms, the back, neck, jaw, or stomach. Shortness of breath may occur with or without chest discomfort. Other possible signs of a heart attack include breaking out in a cold sweat, nausea, or lightheadedness. Women may experience different heart attack symptoms than men. If you think you may be having a heart attack, call 911 or your emergency response number immediately.
- 2. False.** Consuming unsaturated fatty acids in place of saturated fatty acids is good for heart health. This means choosing foods like plant oils and foods made with them (such as salad dressings), fish/seafood, nuts, seeds, and avocados in place of animal fats (from dairy and meats).
- 3. d (All of the above).** Shifting protein-rich foods from animal to plant sources will result in a dietary pattern lower in saturated fatty acids and higher in health-promoting unsaturated fatty acids, fiber, and phytochemicals. Higher intake of ultraprocessed foods (like most sweet and salty snack foods) is associated with poor health outcomes, whereas fruit and veggie intake is associated with good health. Intake of sugary beverages is associated with higher risk of a whole host of health problems, including obesity, cardiovascular disease, and type 2 diabetes.
- 4. c (All types of seafood are excellent choices).** There are pros and cons to both farmed and wild caught seafood. The level of contaminants depends more on the fish's immediate environment than if it was farmed or caught in the wild. Eat what is available to you, affordable, and enjoyable. Dietary patterns rich in seafood are consistently associated with lower risk of cardiovascular disease, and the Dietary Guidelines for Americans recommend we eat at least two servings a week.
- 5. d (A and B).** The bacteria in your gut feed on fiber. Fermented foods like yogurt, kefir, miso, tempeh, and kombucha tea contain live microorganisms and nutrients that may support a healthy microbe population in your gut. Some antibiotics kill the good gut bacteria along with the bad, so they should only be taken when a healthcare provider is certain you have a bacterial infection, not a virus.
- 6. b (Avoiding lectins).** Consuming lectins and other so-called antinutrients is not associated with cognitive decline. Protecting your head from injury, getting seven to nine hours of sleep a night, and building cognitive reserve through learning are associated with better cognitive health. Consuming a healthy dietary pattern, being physically active, correcting hearing loss, controlling health conditions like high blood pressure, avoiding excessive alcohol use, losing excess body weight, avoiding tobacco products, and socializing also help.
- 7. d (A and B).** In addition to reducing quality of life, hearing loss has been associated with less socializing and may contribute to higher risk for several adverse health outcomes, including depression and dementia. While uncorrected hearing problems are associated with a number of chronic illnesses, they do not, on their own, delay recovery from an acute illness. Get tested and explore options for improving any hearing loss you may have.
- 8. a (Throwing out food).** The food you throw away ends up in a landfill, where it decomposes and releases the powerful greenhouse gas methane. Uneaten food also wastes the resources that were used to grow and transport it. Growing almond trees uses a lot of water, but all trees remove climate-warming carbon dioxide from the atmosphere.
- 9. a (Fast food).** The toughest place to find minimally processed food choices is at a fast-food restaurant. Casual and fine dining establishments are more likely to start with whole and minimally processed ingredients, which take longer to prepare.
- 10. d (All of the above).** Weightlifting, yoga, and climbing stairs all help strengthen muscles, as do any other activities that make your muscles a bit tired, including using resistance bands, digging in the garden, and doing bodyweight exercises like pushups, sit-ups, squats, and planks.
- 11. c (Commonly found in foods marked "reduced sugar," "sugar-free," "diet," "low-calorie," or "reduced-calorie.")** Sugar substitutes can be either man-made or derived from natural sources. They are usually much sweeter than sugar. If a sweet product says it has less—or no—sugar or calories, it likely contains artificial sweeteners, plant-derived noncaloric sweeteners, or sugar alcohols.
- 12. d (All of the above).** Specific, measurable, actionable, relevant goals with a clear end-date are more likely to be achieved. It helps to record current behaviors so you can identify the most important and impactful changes. This inventory will also help you identify barriers to success in advance and create a plan to overcome them. When aiming to change your behavior, start with one or two small, doable changes, and add more as those begin to feel natural. ❤️

Downy Woodpeckers



Downy Woodpeckers give a checkered black and white impression. The black upper parts are checked with white on the wings, the head is boldly striped, and the back has a broad white stripe down the center. Males have a small red patch on the back of the head.

Measurements:

Length: 5.5 – 6.7 inches

Weight: 0.7 – 1.0 ounces

Wingspan: 9.8 – 11.8 inches

Behavior:

An active woodpecker that moves quickly over tree limbs and trunks or drop into tall weeds to feed on galls (abnormal growths that occur on leaves, twigs, roots, or flowers of many plants), leaning against its stiffened tail feathers for support. Their rising and falling flight style is distinctive of many woodpeckers. Their alternating quick wing beats with folding the wings against the body. They move horizontally and downwards on trees. In Spring and Summer, they make lots of noise, both with their shrill whinnying call and by drumming on trees. In Spring, you may see courtship displays in which males and females fly between trees with slow, fluttering wingbeats that look almost butterfly-like.

Habitat:

They are found in open woodlands, particularly among deciduous trees. They can also be found in orchards, city parks, backyards and vacant lots.

Food:

They eat mainly insects, including beetle larvae that live inside wood or bark as well as ants and caterpillars. About a quarter of the diet consists of plant material, particularly berries, acorns and grains. Downy Woodpeckers are common feeder birds, eating suet, black oil sunflower seeds and occasionally drinking from hummingbird feeders.

Nesting:

Downy Woodpeckers nest in dead trees or in dead parts of live trees. Nest trees are often deciduous, and the wood is often infected with a fungus that softens the wood, making excavating easier. Both male and female excavate the nest hole, a job that takes 1 – 3 weeks. Entrance holes are round and 1 – 1.5 inches across. Cavities are 6 – 12 inches deep and widen toward the bottom to make room for eggs and the incubating bird. The cavity is lined only with wood chips.

Clutch size: 3 – 8 eggs

Number of Broods: 1

Incubation Period: 12 days

Nestling Period: 18 – 21 days

Egg Description: Completely white

Condition at hatching: Naked, pink skin, a sharp egg tooth at the tip of the bill; eyes closed.

Elaine G

All About Birds – Cornell Lab.

Peterson Field Guide, Birds and Blooms Magazine



December 2024

Dear Neighbors:

We, the Christmas Tree Committee, wish to express our gratitude for another successful tree decorating event. It would not be possible without the help of so many volunteers.

It takes a lot of committed and generous people to make this annual event possible.

We especially enjoyed a wonderful Christmas concert, thanks to Carol Yetto and chorus.

A **big** thank you to our wonderful neighbors who attended and helped decorate the tree.

Wishing you all a happy and healthy New Year.



For the past 7 years, I have been asking members of the Hadleigh Woods community to recycle the Christmas cards they have received from family & friends.

I make gift tags for the families being supported by the Amesbury Holiday Program. This year, 240 children from 107 families had more presents to open this year because of this program. Each family received a package of 25 handmade gift tags.

Please ask family and friends to recycle their Christmas cards.

A bin is located on my front porch (5 Hadleigh Road) for you to place any Christmas cards you want to recycle. It will be there until mid-January.

Thank you and Happy New Year 🥳.

Claudette Novak

Share in the Joy of Bird Feeding: Bird Feeding Basics

Share in the Joy of Bird Feeding: Bird Feeding Basics

POSTED ON DECEMBER 6, 2024

(Photo and article by Grace McCulloch)

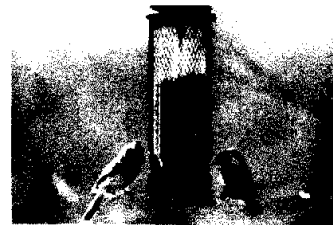
The joy of bird feeding and the arrival of colder weather are inextricably linked. Whether you're a seasoned pro or trying it for the first time, bird feeding offers a delightful way to enjoy our feathered friends and experience the diverse wildlife that winters in New Hampshire. It's also an accessible hobby enjoyed across generations, bringing people of all ages closer to nature.

Getting Started: Bird feeding begins with knowing what birds you'd like to attract and planning accordingly.

(<https://nhaudubon.org/wp-content/uploads/DSC08667.jpg>) Start by considering which birds you'd like to see at your feeder (*within reason—a flamingo would be wishful thinking!*) A simple tube feeder is a great way to start. Black-oiled sunflower seeds are a favorite of many species, including cardinals, chickadees, goldfinches, nuthatches, titmice, and woodpeckers.

Different birds prefer different feeding heights and types of food. For example:

- **Ground feeders:** Dark-eyed Juncos and Mourning Doves prefer to feed on the ground or on a platform feeder.



- **Tree and Shrub feeders:** Black-capped Chickadees and Tufted Titmice prefer feeding in trees. Hang a tube feeder or a suet feeder.

Having a variety of feeders at different heights can help attract a wider range of birds. You can also offer different types of food to increase diversity. As you get familiar with bird feeding, you'll discover popular options like millet (for juncos and sparrows), Nyjer/thistle (for redpolls and goldfinches), and peanuts (for nuthatches, Brown Creepers, Blue Jays, and more). Few species eat the milo, wheat, or oats added to some feed mixes—though they tend to be cheaper. In colder weather, try adding a suet feeder for woodpeckers. To attract waxwings, bluebirds, and robins, who rarely eat seed, soak raisins or other fruits (for at least 30 minutes) and place them on a platform feeder. Bluebirds also love dried mealworms placed on a feeding platform.

Pro Tip: *Using separate feeders for different seeds can help reduce waste. If birds toss seeds out searching for their favorite, grouping them by type can help birds find the perfect feed without overcrowding.*

Place Your Feeder in a Safe Spot: Feeder placement is important for bird safety. Position your feeder within 3 feet of a window or at least 10 feet away. This minimizes the risk of window collisions, as birds either stay close enough that impact won't be fatal or far enough to avoid collisions. There are also many ways to make your windows more bird-friendly, in general. **Here is a link to learn more about reducing window collisions.** (<https://www.audubon.org/news/reducing-collisions-glass>)

Cleaning Your Feeder: Regular cleaning (twice a month) keeps your feeder safe for birds. Use a solution of one part bleach to nine parts water, and let it air dry before refilling. This reduces the spread of disease. If there's a disease outbreak in your area or you notice sick birds, temporarily remove your feeders so birds return to natural food sources, helping to limit disease spread.

Keep Cats Indoors: Outdoor cats pose a threat to birds, even if they are well-fed. Indoor cats tend to live longer and healthier lives, so keeping them inside benefits both cats and birds. Bird feeders can offer hours of safe entertainment for your cat from the comfort of your home!

Be Bear Aware: New Hampshire Fish and Game designates bird feeding season from December 1st to April 1st for a good reason: hungry bears often seek out bird feeders, and their presence can lead to conflicts. If a bear becomes too accustomed to humans, the bear may sadly need to be euthanized. As climate change affects hibernation timing, bring in feeders as soon as the weather turns "spring-like" to help protect these beautiful creatures. Be cautious when setting up feeders at the start of winter too, ensuring the weather is truly "winter-like".

Support Birds Year-Round: There are many ways to support (and enjoy) birds year-round. Bird baths are a wonderful way to provide a source of water, especially during spring migration, when warblers and other birds may stop by. Planting native shrubs, trees, and flowers provides food and habitat year-round. Winterberry, for example, offers berries that last into winter. You can also attract hummingbirds in the summer with a feeder or orioles (and others) with halved orange slices during migration.

Share Your Sightings: Consider joining eBird (<https://ebird.org/region/US-NH>) to share your sightings with the birding community. This participatory science platform allows you to connect with other bird enthusiasts. We'd also love for you to participate in NH Audubon's Backyard Winter Bird Survey on February 8th and 9th. This wonderful weekend allows NH biologists to get a glimpse at NH winter bird populations. **Visit this webpage for more details!** (<https://nhaudubon.org/education/birds-and-birding/backyard-winter-bird-survey/>)

One of the greatest rewards of bird feeding isn't for the birds, but for us. Enjoy!