

# Hadleigh Woods Gazette

March 2025

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

Volume 197

## P•R•E•S•I•D•E•N•T'S M•E•S•S•A•G•E

**To all Residents,**

Wasabi Night was a great get together thanks to Linda Aubin. These fun events are an important way for the community to bond. We enter this community as neighbors but over time many of us become dear friends.

This winter we have been experiencing a lot of icing and icicles forming from gutters. Be very cautious of icing on your front steps which is not always noticeable. Not every unit is affected. This is not something that can be easily monitored and/or treated by the contractor. We have melting during the daylight and refreezing during the evening. Because of that we encourage you to keep ice melt available to apply as needed. Hopefully we will have milder weather soon.

Please drive SLOW. We have a number of people that walk the property and with the reduced street width due to snow banking, it is more important than ever to drive even slower than our 20mph posted limit. In an effort to help reduce the speed along Lower Hadleigh, we will be adding additional signage in the Spring.

The high winds caused one of the unit owners' privacy fences to fall from their deck.

We have a preliminary start time for the water tank project around the beginning of April. When the actual process begins, the tank will be out of service for at least 3 days and possibly 4 days for the reconditioning. Hampstead Water will help try to calculate refill time for us and temporary water for the duration of the process. Total cooperation will be needed in helping to conserve our water consumption. Obviously, our irrigation system will not be started until after this has been completed. You will be kept informed during the entire process.

*Richard Michaud*



Property Management of New England

Dear Homeowners,

It didn't feel like we had to think about spring too much last week but what a difference a week makes. Every day is a better day in March. However, I know that one sneaky big snowstorm always looms towards the end of March. The Board is ready for action. A tree company will be looking into tree care/trimming/removal around the perimeter of the property. Gene continues to set up the water tank refurbishment project. Owners will receive a memo that Eastern Propane will be setting up a day or two to look into 26 units that had their furnaces replaced in 2022. This will be a safety check to be sure there is no carbon monoxide leaks. Reni had the association's taxes prepared which is one more step to check out of 2024 and move into 2025. Looking forward to the warmer season.

Sincerely,  
Ken Foley,  
NextGen

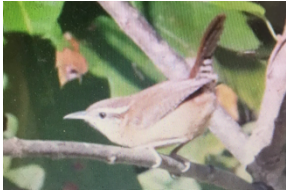


## FIND the WORDS

Ides – March – Daylight – Savings – Time – Saint – Patrick – Dolphin – Pisces –  
 Ratification – Full – Worm – Moon – Aries – Limerick – Defrost – Martius – Mensis

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

## Carolina Wren



The Carolina Wren is a small chunky bird with a round body and a long tail that often cocks upward. The head is large with very little neck, and the distinctive bill marks it as a wren: long, slender, and down curved. Both males and females are a bright, unpatterned reddish-brown above and warm buffy orange below, with a white eyebrow stripe, dark bill and white chin and throat.

The Carolina Wren creeps around vegetated areas and scoots up and down tree trunks in search of insects and fruit. It explores yards, garages, and woodpiles, sometimes nesting there. They defend their territories with constant singing; they aggressively scold and chase off intruders.

### **Nesting:**

They nest in open cavities 3-6 feet off the ground, in trees, overhangs and stumps. Near homes, they are vesatile nesters, making use of discarded flowerpots, mailboxes, propane-tank covers and a variety of other items. Male and female wrens build their nests together. The bulky nest is cup-shaped, usually domed, with a side entrance and often a woven extension like a porch or entrance ramp. It is loosely constructed of a great variety of materials such as bark strips, dried grasses, dead leaves, pine needles, hair, feathers, straw, shed snakeskin, paper, plastic or string. The female lines the nest's inner bowl and may add nest material after incubation. Nest may range from 3-9 inches long and 3-6 inches wide.

Clutch Size: 3-7 eggs

Number of Broods: 1-3 broods

Incubation Period: 12-16 days

Nestling Period: 10-16 days

Egg Description: white, cream or pinkish white, with fine rusty-brown spots

Condition at hatching: eyes closed, with pale grayish down

### **Behavior:**

Carolina Wrens usually goes about their business alone or in pairs. After fledged, you may see family groups feeding together. Feeding on or near the ground. The Wrens run, hop and flit around leaf litter and tangled vegetation; they dodge in and out of dark spaces created by downed trees and upturned roots. They use their curved bills to turn over decaying vegetation and to hammer and shake apart large bugs.

**Credits:** All About Birds; Wikipedia; NH Audubon

P.S. I've had Carolina Wrens at my bird feeder this winter!!!

Elaine G

“The Carolina Wren is one of the more recent southern invaders to expand into New Hampshire. It was extremely rare in the state until the 1990s, occurring only as a vagrant or occasional winter visitor, and was not confirmed nesting until the early 1990s. For the next two decades it remained uncommon and restricted to lowlands in the southern part of the state. All this changed rather dramatically starting around 2010, and in the next ten years Carolina Wrens were reported in most towns south of the White Mountains except those at higher elevation or that were mostly forested. There are now even regular reports from the southern edge of Coos County, although the species should not be expected north of the mountains.

This expansion has probably been facilitated by two things, a warming climate and the Carolina Wren’s propensity for living near people. Throughout their gradual colonization of New England, wrens have occasionally faced high mortality during unusually cold winters, presumably a consequence of their southern origins. But the wrens who survive are just a little hardier and slowly but surely the species has adapted to the local climate, also becomes more favorable. You still might notice the absence of a local wren after a significant cold snap, but it’s likely that another will arrive to replace it in due time. Bird feeders have also likely important during the expansion, since a reliable food source can ensure survive over cold winter nights. A nearby shed or space beneath a porch can also provide critical shelter against the elements.

Although Carolina Wrens is obviously a successful species, living in close association with people carries some risks. Because they often forage on the ground or in low shrubs, they are vulnerable to predation by cats, and this may particularly apply to recently fledged young. A more insidious threat is that posed by various forms of pollution. One study found that wrens in areas contaminated by mercury produced fewer young and more likely to abandon their nests. The effects of other contaminants have not been studied, but it is likely that things like pesticides could reduce food supplies or directly compromise the birds themselves, as has been shown for other species.”

NH Audubon

Elaine G

# Nutrition Bites

## **Certain Dietary Habits That Reduce Colorectal Cancer**

Those who consumed more fiber and unsaturated fatty acids has a lower risk of developing colorectal cancer. Fiber is found in legumes, whole grains, fruits, vegetables nuts & seeds. The best source of unsaturated fatty acids is non-tropical plant oils like safflower, canola, and sunflower oils. The authors of the study recommended a dietary pattern high in the plant oils, dark green vegetables, any other vegetables; also low in refined sugar, beer & liquor intake.

## **How to Make a Few Good Foods Swaps**

For white rice try swapping to barley, farro or quinoa.

For sweetened beverages try swapping to water with lemon, limes, oranges or melon, fresh frozen fruits, fresh sliced cucumbers, fresh mint, fresh basil; black coffee or tea with a dash of cinnamon, nutmeg or vanilla extract.

For full fat dairy, switch to 1% or fat free milk or low fat cheeses; milk substitutes like unsweetened almond milk, soy milk or other nut based milk substitutes.

High fat red meats; try to use more lentils & legumes, tofu, fish and poultry.

For high fat & salty snack foods; try more nuts & seeds, celery with nut butters or hummus or fish fruit.

For regular salad dressings; try swapping to vinaigrette dressings, oil & vinegar with fresh herbs or lower fat creamy style dressings.

For desserts; try making it with plant base oils, egg substitutes and less sugar or limiting how often you enjoy them.

*Reference: Tufts Nutrition Letter 3/2025*

**Claudette**