



HADLEIGH WOODS GAZETTE

November 2024

www.hadleighwoods.org

Volume 193



Hello All,

SAVE THE Date for our Annual Meeting on November 16, 2024, at 1PM at St. Matthews Hall. We have some interesting raffle items for the meeting.

Here are some project updates:

- Painting of the column bases at the front entry. This project will be completed next year. Thanks to all that painted a good number of the bases this year.
- Bulkhead Painting: This project has been completed.
- Flushing of the water system: This project has been completed. No issues to report.
- Emergency Contact List: John Boudreau has updated the reporting form which will be available at the Annual Meeting.
- Drainage issues in three locations were addressed using a local vendor at very reasonable costs.

Other issues:

- All the different animals (turkeys, skunks, and possibly bears) have stopped their attacks on our lawns for now. We will work with the landscaping company to apply grub control earlier in the season next year.
- Please take some time to review the proposed budget for 2025. The Board had several discussions about the 2025 Budget and recommends a three dollar increase a month to \$333
- a month for next year starting January 1, 2025
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Thanks

Gene G.



Dear Homeowners,

The Board continues to work with CJF Contractors to repair steps from a car accident (replace railings and install limestone). To help identify irrigation heads that need repair each year, it was suggested a map from Google Earth be printed to label the heads. I will work with the landscaper to determine the feasibility of making such a locator map. The landscaper wrapped up the shrub trimming and will now focus on the final clean-up for the year. Other items cleared up before the winter were drainage repairs at 31 Hadleigh and 3-5 Flat Rock Roads. Gene continues to seek the appropriate tank cleaning options for the water storage tank as is required by the State and tank conditions. Many thanks to John Boudreau for his presentation of Schedule C items as they pertain to the owner vs. association expenses. All the bulkheads have been painted and front columns will be done in the spring of 2025. It will be nice to see everyone at the annual meeting in November.

Sincerely,
Ken Foley,
NextGen

Hello neighbors!

This is Faith Huntington from 22 Hadleigh Road. I've been nominated for a seat on the Hadleigh Woods Board of Directors and wanted to share a bit about myself before our meeting on November 16th. For those of you I haven't yet met in person, you may have seen me out walking my dog (Leroy) in the neighborhood or puttering around in one of the gardens.

I grew up in Massachusetts but have lived in Maine for most of my life. I moved to New Hampshire in 2022 to be closer to my children and grandchildren in the area. My professional background is in the energy and public utility sector, and I've recently retired from a fulfilling 40-year career with the Maine Public Utilities Commission.

Thank you all for welcoming me into this warm community!

Faith



FIND the WORDS

Potato – Turkey – Sleighrides – Thanksgiving – Veterans – Snow
 Stuffing – Apple – Pumpkin – Pie – Cranberry – Family – Friends

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

Nutrition Bites

VITAMIN D

Now that the amount of Vitamin D we can convert from the sun is minimal, here are a few food sources of Vitamin D to help all of us. Vitamin D is needed for bone health, bone density, preventing osteopenia or osteoporosis, teeth formation & strength, helping with blood glucose regulation, blood pressure control, brain health, mood regulation and muscle function. How much do humans need? Infants need 400 IU (international units) per day, ages 1-70 years need 600 IU/day and 70 and older will need 800 IU/day.

1. 3 oz Rainbow trout=645 IU
2. 3oz Salmon=383-570 IU
3. 3 oz light canned tuna=231 IU
4. 3 oz Herring= 182 IU
5. 3 oz Sardines=164 IU
6. 8 oz Soy milk=119IU
7. 8 oz cow's milk=117IU
8. 8 oz Kefir(plain)=100IU
9. 1.5 oz American cheese=85 IU
10. 8 oz Orange Juice(fortified) 100IU

* Mushrooms vary greatly in their Vitamin D content depending upon how they are grown.

Supplementation of Vitamin D is easy, but one can be easily exceeding the amount you need. Hypercalcemia is the main consequence of Vitamin D toxicity. This can cause nausea, vomiting, weakness, bone pain, kidney concerns such as increasing the risk of kidney stone formation, frequent urination, and the potential for kidney failure. Do not over supplement unless you have discussed the amount you are taking with your health care provider.

FALL INGREDIENTS HEALTH

1. CINNAMON = rich in antioxidants, is an anti-inflammatory, helps with glucose regulation.
2. PUMPKIN = rich in vitamin C, potassium, beta-carotene, and fiber.
3. SQUASH = (Acorn, Butternut, Delicate, Spaghetti) rich in Vitamin A, potassium & fiber.
4. BEETS = rich in nitrates that help with blood circulation.
5. APPLES = rich in fiber, antioxidants.
6. CARDAMON & PUMPKIN SPICES = rich in flavor and no calories.

HAPPY FALL & HAPPY THANKSGIVING

Claudette

References: USDA Agricultural Research Service, Academy of Dietetics & Nutrition

Blue Jay



A large songbird with its perky crest; blue, white, and black plumage and noisy calls. They are known for their intelligence and complex social systems with tight family bonds. They are found in all kinds of forests, but especially near oak trees. They're common in urban and suburban areas where oak trees or bird feeders are found.

Backyard tips:

Blue Jays prefer tray feeders or hopper feeders on a post vs. hanging feeders. They prefer peanuts, sunflower seeds, and suet. They often take drinks from birdbaths.

Food:

They glean insects and take nuts and seeds in trees, shrubs and on the ground. They also take dead and injured small vertebrates. Blue Jays hold food items in their feet while pecking them open. They store food in caches to eat later.

Nesting:

Blue Jays build their nests in the crotch or thick outer branches of deciduous or coniferous trees, usually 10-25 feet above ground. Male and female both gather materials and build the nest. On average, the male does more gathering and female more building. Twigs are used in outer part of nest, usually taken from live trees. The nest is open cup of twigs, grass and sometimes mud lined with rootlets.

Clutch size: 2-7 eggs

Number of broods: 1 brood

Incubation period: 17-18 days

Nestling period: 17-21 days

Egg description: Bluish or light brown with brownish spots

Behavior:

They often mate for life. Only the female incubates; her mate provides all her food during incubation. The male will continue to provide food to the female and nestlings. Young remain with and are fed by their parents for at least a month.

Blue Jays communicate with one another both verbally and with “body language”, using their crest. When incubating and feeding nestlings, or associating with mate, family, or flock mates, crest is held down. The higher the crest, the higher the bird's aggression level. When a blue jay squawks, the crest is virtually always held up.

Cool Facts:

- Blue Jays are known to take and eat eggs and nestlings of other birds. Most of their diet is composed of insects and nuts.
- The Blue Jay frequently mimics the calls of hawks, especially the Red-shouldered hawk. These calls may provide information to other jays that a hawk is around.
- The pigment in Blue Jay's feathers is melanin, which is brown. The blue color is caused by scattering light through modified cells on the surface of the feather barbs.

Credits: All About Birds – Cornell Lab.

Elaine G.

With the changing of our clocks coming upon us, we are reminded that it's a good time to replace the batteries in our smoke detectors. Before you do that, consider replacing them instead, especially if they are more than 10 years old. Can you still buy ionization smoke alarms?

Ionization smoke alarms are now being phased out across the entire fire safety industry in favor of optical smoke alarms due to manufacturing, transportation, and disposal concerns around the radioactive material that ionization smoke sensors rely on.

Why are ionization smoke detectors being phased out?

Ionization smoke detectors have a small americium source encased in a layer of foil and ceramic, which stops the alpha particles from traveling outside of the smoke detector. Because of this shielding, the smoke detector poses no radiation health risk when they are properly handled.

Richard M.

