

Hadleigh Woods Gazette

June 2025

www.hadleighwoods.org

Volume 200

P•R•E•S•I•D•E•N•T'S M•E•S•S•A•G•E

To all Residents,

We have recently had Heirloom Tree & Shrub Care service our property for tree removal/trimming. Chris Wood is a certified arborist which reflects in the work that his company performs. In the past, we have employed tree removal companies (lumberjacks) that are very good at removing trees of any size regardless of any outstanding issues. Watching Chris work is like seeing a surgeon at work. He removes or trims as needed by the condition of the tree or the danger to the integrity of the building(s). We have received feedback from a number of you complementing about their work and our choice of Heirloom Tree.

You may have noticed that all the trimmings that our volunteers have done on Flat Rock has been removed. Although the area is not our responsibility, I decided to engage our landscaper in doing the cleanup. That area is in a way the entrance to our community, and I thank all those volunteers for their hard work in making it so much more appealing.

Just a reminder that there are sign-up sheets in our library for doing column painting, lamp post work, etc.

Included with this issue of the Gazette you will find:

A copy of the Schedule C that is now online at the Rockingham County Registry of Deeds.

NH 911 C.A.R.E.S. Information that I recommend each of you should consider doing.

Our 2025 Annual Water Quality Report

Richard



Property Management of New England

Dear Homeowners,

The spring season seems to move faster than the others. The rain has been heavy and consistent which gives us a good head start for the grass growing healthy. A new sign will be mounted at the entrance to Hadleigh Road. This will be a nice improvement and welcome to visitors turning into the property. Remember to ask friends and relatives to keep their driving speed down for the safety of everyone. The landscapers are busy with keeping up the property and the enhancement to the beds is much appreciated from Landscape Committee. We got some good news with the health of the catch basins. They were viewed for safety and structure and no maintenance is needed other than the usual cleaning. I hope you all have great plans for the summer. Enjoy the season.

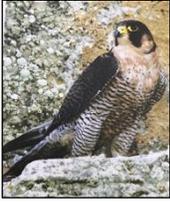
Sincerely,
Ken Foley,
NextGen

Hello All,

Included in your packet is the 2025 Annual Water Quality Report for our water system. The New Hampshire Department of Environmental Services requires that we submit a report regarding our water quality to them and to all owners. Hampstead Area Water Service Company, our water system Operator, performs water sampling throughout the year in a few different locations. Then the Laboratory will test these samples for a variety of chemicals. The results are in the report. We continue to see more stringent thresholds from the federal government and State of NH for certain chemicals like lead, copper, PFAS, organic contaminants and inorganic contaminants, etc. Please feel free to contact me with any questions. I am not an expert but try to find answers.

Gene

Peregrine Falcon



Powerful and fast-flying, the Peregrine Falcon hunts medium-sized birds, dropping down on them from high above in a spectacular stoop.

They were virtually eradicated from eastern North America by pesticide poisoning in the middle of the 20th Century. After significant recovery efforts, they have made an incredible rebound and are now regularly seen in many large cities and coastal areas.

COOL FACTS:

- People have trained falcons for hunting for over a thousand years, and the Peregrine Falcon was always one of the most prized birds.
- The Peregrine Falcon is a very fast flier, averaging 25-34 mph in traveling flight, and reaching speeds up to 69 mph in direct pursuit of prey. During its spectacular hunting stoop from heights of over 0.62 miles, the Peregrine Falcon may reach speeds of 200 mph as it drops toward its prey.
- The Peregrine Falcon is one of the most widespread birds in the world. It is found on all continents except Antarctica, and on many oceanic islands.

HABITAT:

The word “peregrine” means “wanderer” or “pilgrim”. In North America they breed in open landscapes with cliffs (or skyscrapers) for nest sites. They can be found nesting at elevations up to 12,000 feet, as well as along rivers and coastlines or in cities, where the local Rock Pigeon populations offer a reliable food supply.

FOOD:

Eat mostly birds, of an enormous variety. 450 North American species have been documented as prey, and the number worldwide may be as many as 2,000 species. Typical prey includes shore birds, ducks, grebes, gulls, storm-petrels, pigeons, and songbirds including jays, thrushes, longspurs, buntings, larks, waxwings and starlings. Peregrine Falcons also eat a substantial number of bats.

NEST PLACEMENT:

Typically, Peregrine Falcons nest on cliffs from about 25-1,300 feet high (and higher, including on the rim of the Grand Canyon). On these cliffs they chose a ledge that is typically around a third of the way down the cliff face. Other sites include electricity transmission towers, quarries, silos, skyscrapers, churches and bridges.

NEST DESCRIPTION:

Males typically select a few possible nest ledges at the beginning of each season and the female chooses from these. The birds do no nest building beyond a ritualized scraping of the nest ledge to create a depression in the sand, gravel or other substrate of the nest site. Scrapes are about 9 inches in diameter and 2 inches deep.

NESTING FACTS:

Clutch size: 2-5 eggs

Number of broods: 1 brood

Egg length: 2.0-2.0 inches

Egg width: 1.6-1.9 inches

Incubation Period: 29-32 days

Nestling Period: 35-42 days

Egg Description: pale creamy to brownish, dotted with brown, red or purple.

Condition at Hatching: helpless, covered in whitish down, with eyes closed, weighing about 1.5 ounces.

BEHAVIOR:

Peregrine Falcons are very strong fliers and often reported to be the fastest bird in the world. When hunting, Peregrines start by watching from a high perch or by flapping slowly or soaring at great height. Stoops begin 300-3000 feet above their prey and end either by grabbing the prey or by striking it with the feet hard enough to stun or kill it. They then catch the bird and bite through the neck to kill it. Peregrine Falcons do have other hunting methods, picking birds out of large flocks, and occasionally even hunting on the ground. hough the Peregrine Falcon is an

elite predator, it does have its own predators, including Gyrfalcons, eagles, Great Horned Owls, and other peregrines.

CONSERVATION:

The Peregrine Falcon has been recovering slowly after populations crashed from 1950-1970 because of DDT poisoning. During this time, the eastern population was extirpated, and it was declared an Endangered Species. Since 1966, populations appear to have stabilized according to the North American Bird Survey. The Peregrine Falcon's remarkable recovery is due to pesticide bans and extensive efforts that were made to reestablish birds in the East, beginning with the work of Tom Cade in 1970 at the Cornell Lab of Ornithology. The species recovered enough to be removed from the Endangered Species List in 1999.

NH Audubon is pleased to provide live streaming video of the Peregrine Falcon nest at the Brady Sullivan Tower (13 stories up) in Manchester, NH with support of their partners at Peregrine Networks and Brady Sullivan Properties. A successful nesting location since 2001.

As of this writing, 3 chicks have hatched. Their names are Una (hatched 5/2), Alpy (hatched 5/6) ,and Starky (hatched 5/9). Baby falcons are called eyasses. At about three weeks of age, the down will be replaced with feathers. It is at this age that biologists usually leg band the babies and take blood for identification and historical purposes.

CREDITS:

All About Birds-Cornell Lab
NH Audubon
Birds and Blooms Magazine
Peregrine Falcon Project-MNDNR

Elaine G

Landscape Tips

1. *MONTAUK DAISY*

These should be cut back again by 3-4 inches soon and then again around July 4th.

This is to encourage a thicker, bushier & more upright stem for when they bloom at the end of August until the first frost.

2. *HIGH WINDS*

We have had a lot of wind lately and if this should continue through the summer, it is important that you remember to water more frequently. Wind will dry out your hanging plants and in-ground perennials or shrubs very quickly. This will stress your plant. Watering with some Miracle Grow powder in it each will may help your plants.

3. *EXTRA SOIL*

For any unit owner who needs some soil to repair the edge of the driveway, add to your front window garden or grow some potted plants, there is soil under the blue tarp near the Cottage in the Pump House parking lot. This is good soil but a bit heavy when wet. I have used it with some plantings, but it does need to be amended. So, if you plant to use it, consider adding some mulch, compost (free from the Windham landfill), play sand or professional potting mix that has Perlite or Vermiculite in it. These items will help "lighten" the soil and offer better drainage.

HAPPY GARDENING!

Claudette

Free Printable Crossword Puzzle #7

This is the Daily Crossword Puzzle #7 for Mar 31, 2025

Find the solution at

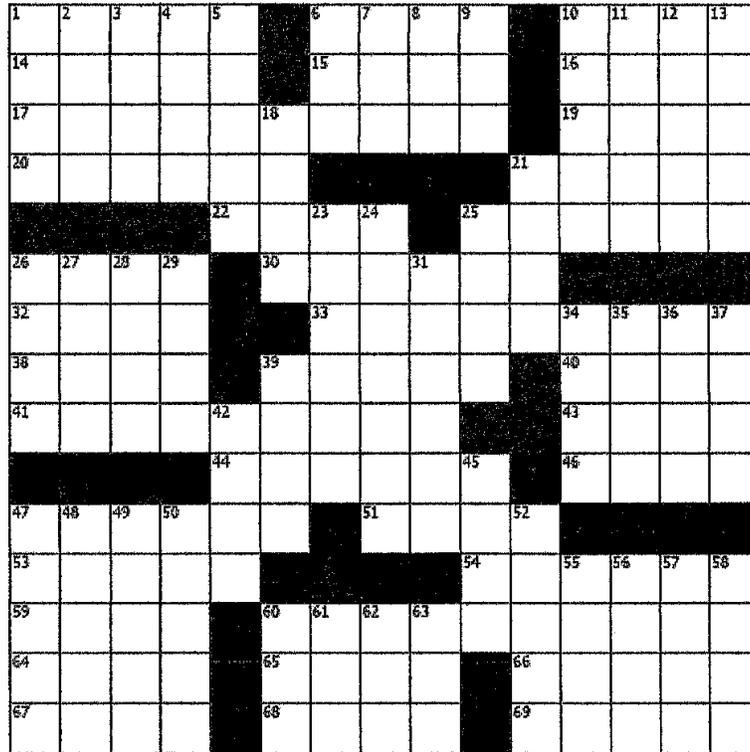
<https://onlinecrosswords.net/58580>

Across

- 1. Stockpile
- 6. Ark patriarch
- 10. Iridescent gem
- 14. Spotted horse
- 15. French cheese
- 16. Richard ____ of "Chicago"
- 17. Indisputable
- 19. Dalai ____
- 20. Tyrant
- 21. Room theme
- 22. Nevada city
- 25. Up-to-date
- 26. Consequently
- 30. Of the mind
- 32. Clean
- 33. Penance
- 38. Butter alternative
- 39. Clear the blackboard
- 40. Ended
- 41. Baby carriages
- 43. Move upward
- 44. Golden ____
- 46. Alternative word
- 47. Appraise
- 51. Smell
- 53. Actor/Director ____

Eastwood

- 54. Girls
- 59. Sour in taste
- 60. 100th anniversary
- 64. Continually
- 65. Bogeyman
- 66. Upper body
- 67. Refute
- 68. Warty amphibian
- 69. Use a broom



Down

- 1. Potato
- 23. Approached
- 47. Pretended
- 2. Fork prong
- 24. A Great Lake
- 48. Unpaid toiler
- 3. Connecting words
- 25. Horse's hair
- 49. Fire alarm
- 4. Stair part
- 26. Deuces
- 50. Vestibule
- 5. Respect
- 27. Cease
- 52. Talks wildly
- 6. Hoops league (abbr.)
- 28. Customer
- 55. Winter forecast
- 7. Ball
- 29. Get lost!
- 56. Beget
- 8. Suffer
- 31. Flung
- 57. Lighten
- 9. Laughing sound
- 34. Extra
- 58. Sow's chow
- 10. Eyed flirtatiously
- 35. Like Satan
- 60. Foldaway bed
- 11. "War and ____"
- 36. Famous loch
- 61. Conceit
- 12. Metal suit
- 37. Family diagram
- 62. Shooter's group (abbr.)
- 13. Memorize
- 39. House additions
- 63. Newsman ____ Koppel
- 18. Article
- 42. Puzzled
- 21. Mete (out)
- 45. Cobbler's concern

11 Pantry Staples That Promote Healthy Aging

1. WALNUTS
2. SEAWEED
3. BEANS (DRIED OR CANNED)
4. EXTRA-VIRGIN OLIVE OIL
5. CHIA SEEDS
6. PRUNES
7. GREEN TEA
8. NUTRITIONAL YEAST
9. CANNED FISH
10. HERBS & SPICES
11. WHOLE GRAINS (OATS, QUINOA, FARRO, ETC)

Three Registered dietitians, Qianzhi Jiang, Amy Shapiro and Maggie Moon wrote for Eating Well magazine on 5/19/25 how these pantry staples provide omega 3's, antioxidants, fiber, support cognitive health, may reduce inflammation, and may improve longevity. These dietitians highlight the importance of nutrient-dense, plant-based diet and lifestyle choices to enhance quality of life and life span. In addition to providing power packed nutritious foods, these staples make meal prep easier and more cost effective. The adage "You are what you eat" has more of an impact on the quality of your life and length of your life than you think.

How many of these staples do you have in your pantry? I usually have 7 of these foods. I can honestly say I have never tried Seaweed; rarely used Nutritional yeast and don't like green tea.

If walnuts are not high on your preferred list; a nice alternative is almond or peanuts. Any dried or canned beans will do; the alternative is lentils. If you can, a little more than a tablespoon of Olive oil/day is beneficial to your heart. Chia seeds are high fiber and a little improves your fiber intake each day. Too much can create some GI upset. If prunes do not appeal to you, pitted dates work in the same fashion. Nutritional yeast can be used on popcorn, in salad dressings or as a replacement for something that needs a cheese flavor. Turmeric is the most trending of spices these days, but all herbs and spices have flavor and health benefits.

Along with improving food selections for better aging, regular exercise routines, less stress, good social connections, quality sleep also help.

[Claudette](#)

Reference: Smart Brief, Academy of Nutrition and Dietetics, 5/22/25