

# Hadleigh Woods Gazette

August 2025

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

Volume 202

## P·R·E·S·I·D·E·N·T'S M·E·S·S·A·G·E

To all Residents,

As reported by our Treasurer and verified by our Finance Committee, we are in great financial health. Copies of our latest financial reports are in our library.

In an effort to bring our landscaping to something resembling a lawn, we need to begin by fixing our deplorable irrigation system. Our current controllers are over 20yrs old and need to be replaced. We are in the process of gathering bids from irrigation companies for replacing all 6 with wireless. We installed a fiber gateway from Fidium for the purpose of connecting to these wireless controllers. The WiFi is 'hadleighwoods' and the password is '19bhadleighrd'. You are welcome to use this connection but do not change your existing service until all systems are ready. We will be adding an external antenna to the gateway for greater coverage.

During Gene's updating us on our insurance coverage, it was determined that a great number of people showed an interest in a meeting devoted to insurance. Specifically, how our own policy coincides with our master policy.

At our meeting on July 26<sup>th</sup> Patrick Cavanaugh presented an overview of NH 911. One very interesting fact that he relayed to us was that you can text 911 (who knew?). Additional copies of his handouts are in our library.

I believe that a great community is one where many people are active in the association. At our July meeting we had almost 50% of our population attend!

*Richard*



Property Management of New England

Dear Homeowners,

This has to be one of the fastest moving summers in my memory. We got through all that rain in June and all of a sudden it is the end of July. It was great to see many of you in person last week at the open meeting. There are not many condo associations that have such a great turn out on such a great day. My notes at the meeting said it all ... great collections, no payables, funds saved for the future and a Board that is forward thinking. Thanks to all for doing your part and to all the volunteers that make things happen. There are some irrigation issues to resolve so the grass can green up again. The lawns were kept very green in the very rainy month of June. Richard spoke of the upgrades to the system at the meeting. Stay cool in this heat wave. Football season is right around the corner.

Sincerely,  
Ken Foley,  
NextGen

# Barred Owl



The Barred Owl's hooting call, "Who cooks for you? Who cooks for you?" is a classic sound of old forests and tree swamps. But this attractive owl, with soulful brown eyes and brown-and-white striped plumage, can also pass completely unnoticed as it flies noiselessly through the dense canopy or snoozes on a tree limb. Originally a bird of the East, during the twentieth century it spread through the Pacific Northwest and southward into California.

## COOL FACTS

- The Great Horned Owl is the most serious predatory threat to the Barred Owl.
- Barred Owls don't migrate, and they don't even move around very much. Of 158 birds that were banded and then found later, none had moved farther than 6 miles away.
- Despite their generally sedentary nature, Barred Owls have recently expanded their range into the Pacific Northwest.



## HABITAT

Barred Owls live year-round in mixed forests of large trees, often near water. They tend to occur in large, unfragmented blocks of mature forest, possibly because old woodlands support a higher diversity of prey and are more likely to have large cavities suitable for nesting.

## FOOD

Barred Owls eat many kinds of small animals, including squirrels, chipmunks, mice, voles, rabbits, birds (up to the size of a grouse), amphibians, reptiles and invertebrates. They hunt by sitting and waiting on an elevated perch, while scanning all around for prey with their sharp eyes and ears.

Though they do most of their hunting right after sunset and during the night, sometimes they feed during the day. Weather can also influence the number of owls we see in the winter. When snow blankets the ground, small rodents can tunnel below and be harder for owls to detect. The deeper the snow, the more difficult the hunting is, and the owls will shift toward areas with less snow (road edges) or more prey (bird feeders) making them easier to detect.

Owls can locate their prey entirely by sound. On the sides of their heads are 2 ear openings, and the unusual thing about owls is that one is higher-and often farther forward-than the other. As a result, a sound will reach one ear a fraction of a second before the other, allowing the owl to fine-tune its trajectory as it comes in for the kill. Aiding this process are an owl's round facial disks, which function like a parabolic to funnel sounds to their ears.

Barred Owls may temporarily store their prey in a nest, in the crook of a branch, or at the top of a snag. They swallow small prey whole and large prey in pieces, eating the head first and then the body.

## NESTING

Barred Owls usually nest in a natural cavity, 20-40 feet high in a large tree. They may also use stick platform nests built by other animals (hawks, crows, ravens, and squirrels), as well as human-made nests boxes. No one know whether the male or female chooses the site.

## NEST DESCRIPTION

Barred Owls do little or nothing to change an existing tree cavity or abandoned platform nest. They may add lichen, fresh green conifer sprigs, or feathers to a stick platform nest, and they flatten or remove the top of an old squirrel nest. Cavities measure 10-13 inches wide and 14-21 inches deep.

## NESTING FACTS

Clutch size: 1-5 eggs

Number of broods: 1 brood

Egg length: 1.7-2.2 inches

Egg width: 1.5-1.8 inches

Incubation period: 28-33 days

Nestling period: 28-35 days

Egg description: Pure white, with a rough surface. Barred

Condition at hatching: Helpless and covered with white down, with eyes closed.

## BEHAVIOR

Barred Owls roost on branches and in tree cavities during the day and hunt by night. Territorial all year round, they chase away intruders away while hooting loudly. They are more aggressive during nesting season. Pairs probably mate for life, raising one brood each year. Their nests are preyed upon by other large owls and hawks, as well as by weasels and raccoons. When humans interfere with a nest, the parent may flee, perform a noisy distraction display with quivering wings, or even attack.

CONSERVATION

Barred Owls are fairly numerous, and their populations increased 1.1% per year between 1966-2019. Barred Owls are forest birds and tend to occur in mature forests, because they need large, dead trees for nest sites. These requirements make them sensitive to logging expansion. For this reason, the Barred Owl is often used as an indicator species for managing old forests.

CREDITS

All About Birds-Cornell Lab  
Birds & Blooms Magazine  
NH Audubon

Elaine G



New sign at entrance to Hadleigh Road



Lamp post garden created by Alice @ 26 Hadleigh



Rock garden on Hadleigh maintained by Nancy Craddock



Entrance garden maintained by Faith Huntington

**Free Printable Crossword Puzzle #4**

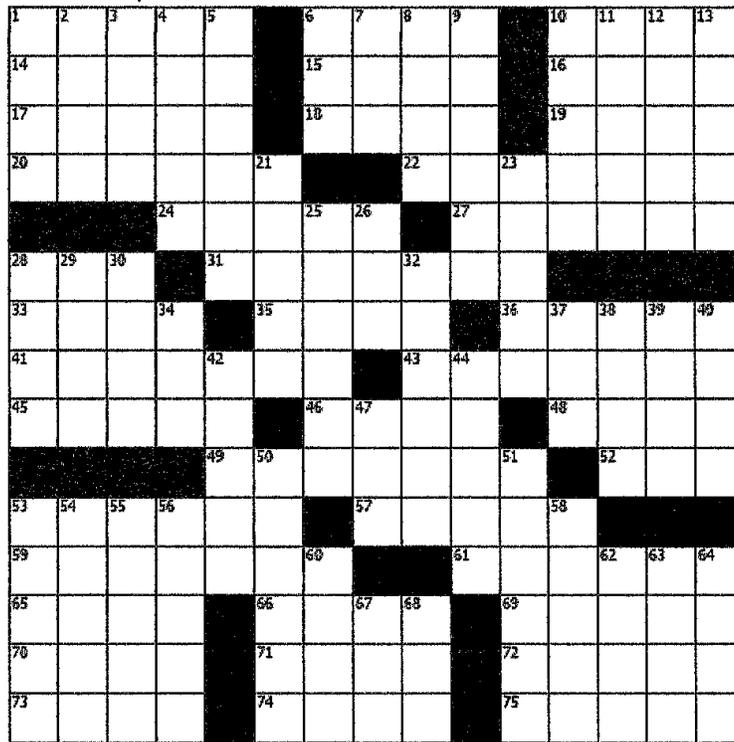
This is the Daily Crossword Puzzle #4 for Mar 31, 2025

Find the solution at

<https://onlinecrosswords.net/86910>

**Across**

- 1. Active ones
- 6. Mexican house
- 10. River barriers
- 14. Anticipate
- 15. Figure skater's jump
- 16. Many (2 wds.)
- 17. To the point
- 18. Electronic reminder
- 19. Fiddling emperor
- 20. Snoozing
- 22. \_\_\_ water
- 24. Emergency tire
- 27. Cuddle
- 28. Additionally
- 31. More thinly distributed
- 33. Bedspring
- 35. Territory
- 36. Poetry
- 41. Opposite
- 43. Pedicure subject
- 45. Delight
- 46. Lady's undergarment
- 48. Female
- 49. Person on a pension
- 52. Formerly named
- 53. U.S. \_\_\_ Service
- 57. Shore birds
- 59. Goes up
- 61. Finally (2 wds.)
- 65. Glance at
- 66. Building wings
- 69. Weird
- 70. Small pie
- 71. Sunbeams
- 72. Royal rule
- 73. Dog's sounds
- 74. Erupt
- 75. Witness box



**Down**

- 1. Computer output
- 2. Has debts
- 3. Aristocrat
- 4. Goes up
- 5. Brews
- 6. Metered vehicle
- 7. Hatchet's kin
- 8. Appear
- 9. Like Swiss mountains
- 10. Copenhagen natives
- 11. Observant
- 12. Virtuous
- 13. Mink wrap
- 21. Mamas' mates
- 23. Gall
- 25. Most exceptional
- 26. Byron's "before"
- 28. Farm measure
- 29. Yuletide
- 30. Opera star
- 32. Sarcastic writing
- 34. Lease
- 37. Manchester's country (abbr.)
- 38. Drizzle
- 39. Royal title
- 40. She, in Nice
- 42. Showed again
- 44. "Aida," for one
- 47. Set ablaze
- 50. Church leaders
- 51. Registers
- 53. Ziti, e.g.
- 54. Movie award
- 55. Neckerchief
- 56. Circus shelter
- 58. Ice pellets
- 60. Strike
- 62. Met solo
- 63. Placard
- 64. Take care of
- 67. Caustic substance
- 68. Compass pt.

# What Happens When You Don't Get Enough Protein

These four side effects could stem from a deficit.

BY ANDREA MATHIS, M.A., RDN, LD  
Reviewed by dietitian Jessica Ball, M.S., RD



**Protein plays a critical role in the body.** It's one of the main building blocks of bones, muscles, cartilage and skin. It also supplies vital nutrients and aids in digestion by producing enzymes that help break food down into molecules for a wide range of bodily functions. Here are some things that could happen if you don't get enough.

**You're more likely to get stress fractures.**

Besides calcium, bones also need protein. Bones undergo continuous restoration, and because of this, they need an adequate supply of protein to support the process.

When your aren't getting enough protein to fuel your vital organs, your body starts to borrow protein from other areas, which includes that stored in the skeletal muscle tissue. Without strong skeletal muscle tissue, bones are more susceptible to injuries like fractures.

**Your hair and nails may weaken.**

Did you know that proteins such as keratin, collagen and elastin are responsible for healthy hair and nails? Keratin is a protein

that is found in your skin, hair and nails. It's responsible for providing strength and structure.

Collagen is the most abundant protein in the body. It's one of the major building blocks of bones, skin, muscles and ligaments. (Collagen powders are popular for these and other reasons.)

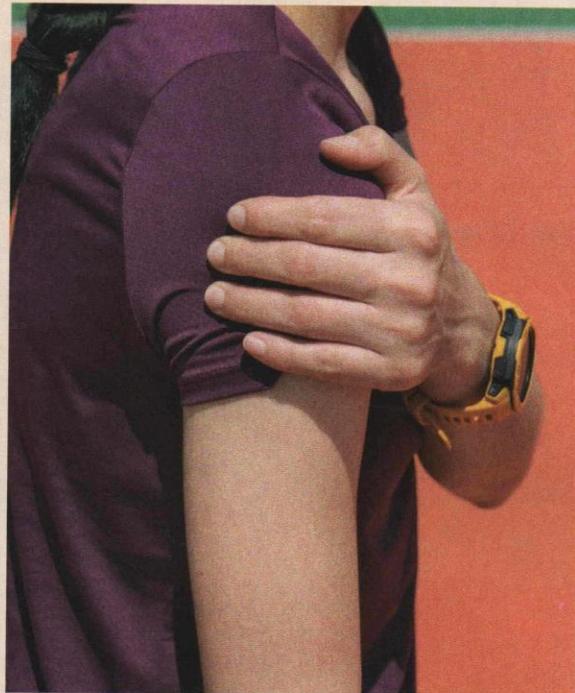
When you hear "elastin," the word "elastic" may come to mind, which would be an accurate correlation. Elastin is very flexible, and its high elasticity allows many tissues in your body to return to their original shape after being stretched.

**Your immune system may start to weaken.**

Most people may not realize it, but protein supports immunity by helping to build a healthy immune system.

Protein is one of the building blocks of antibodies, which are produced by the body's immune system to help fight off bacteria and viruses.

Without these antibodies, bacteria and viruses would be free to roam and infect your body with diseases.



**You may feel less satisfied after meals.**

Feeling hungry after you've just eaten? It may be due to a lack of protein at mealtime.

If you don't eat enough protein, you may notice that you feel unsatisfied after meals and tend to get hungrier throughout the day. Studies show that consuming an adequate amount of protein can increase the release of an

appetite-regulating protein, therefore keeping you fuller longer.

**The bottom line:**

Protein has many important roles in the body. Without an adequate amount of protein, you may be prone to stress fractures, brittle hair and nails, a weakened immune system and feeling unsatisfied after meals.



## FIND the WORDS

Humidity – Vacation – Ocean – Seashells – Jellyfish – Waves – Respect  
 Reflection – Gladiolus – Poppy – Caesar – Augustas – Harvest – Lughnasa – Mahjong

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