

Hadleigh Woods Gazette

September 2025

www.hadleighwoods.org

Volume 203

P·R·E·S·I·D·E·N·T·'·S M·E·S·S·A·G·E

President's Message,

Our sprinklers are still malfunctioning. Although our irrigation will be coming to an end soon, I would like to have our controllers replaced and tested this year. I believe that this would help us with a smoother startup next Spring. While we are getting bids for the controllers, we are also requesting total landscaping, snow/removal and irrigation quotes. As we are not satisfied with the present contractor's handling of our irrigation system, we have not included them in the bidding process for controller replacements.

As I mentioned at our meeting in July, we had Fidium WiFi installed in the pump house. We are still waiting on Peregrine Networks to create a system that would allow us to have WiFi broadcast throughout our property. This is essential for going with wireless controllers. If this cannot be done, we will simply upgrade the existing controllers without wireless capability.

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. Please contact Gene if you would like to attend so that he can get an idea of the numbers of people for scheduling purposes. Date, time, and location are yet to be established.

All too quickly our annual meeting will soon be upon us. With that we will be looking for people to be on our Nominating Committee. Even better would be volunteers to be on our Board of Directors. If you have a desire for either, please contact any Board member.

Katie and Barbara J. are the new owners of 50 Hadleigh. We welcome you to our community.

Richard



Property Management of New England

Dear Homeowners,

We all woke up to the weather that reminds us of the first day of school and football season. That was a fast summer. It's time to start closing up and preparing for the winter. This was the summer of critters. The local wildlife and pests (groundhogs, bats, moles, bees) were active this year. The association has some go-to folks/companies that are helpful. Many thanks to the volunteers for various property matters. Your efforts really make a difference in the budget and appearance of the property. Volunteers will be sought to help do some minor updates to the lamps. The insurance policy for the property renewed. The insurance industry is still recovering from the catastrophes in Florida and California which increased rates nationwide. Although, the increase at Hadleigh Woods was minimal compared to the regional norm. Enjoy the new cooler season.

Sincerely,
Ken Foley,
NextGen

Canadian Goose



The big, black-necked Canada Goose with its signature white chinstrap mark is a familiar and widespread birds of fields and parks. Thousands of “honkers” migrate north and south each year, filling the sky with long V-formations. But as lawns have proliferated, more and more of these grassland-adapted birds are staying put in urban and suburban areas year-round, where some people regard them as pests. Mowing and maintaining lawns

down to the water’s edge or maintaining very large lawns anywhere near water are open invitations to Canada Geese.

COOL FACTS:

- Some migratory populations of the Canada Goose are not going as far south in the winter as they used to.

HABITAT:

Canada Geese live in a great many habitats near water, grass fields, and grain fields. Canada Geese are particularly drawn for two reasons: they can digest grass, and when they are feeding with their young, manicured lawns give them a wide, unobstructed view of any approaching predators. So, they are especially abundant in parks, airports, golf courses, and other areas with expansive lawns.

FOOD:

In Spring and Summer, geese concentrate their feeding on grasses and sedges. During Fall and Winter, they rely more on berries and seeds, including agricultural grains, and seem especially fond of blueberries. They’re very efficient at removing kernels from dry corn cobs.

NEST PLACEMENT:

On the ground, usually on a muskrat mound or other slightly elevated site, near water. They prefer a spot from which they can have a fairly unobstructed view in many directions. The female selects the site and does much of nest construction. She adds down feathers and some body feathers beginning after the second egg is laid. She does all the incubation while her mate guards her and the nest.

NEST DESCRIPTION:

A large open cup on the ground, made of dry grasses, lichens, mosses and other plant material, and lined with down and some body feathers.

NESTING FACTS:

Clutch size: 2-8 eggs

Number of broods: 1 brood

Egg Length: 3.3 inches

Egg Width: 2.2 inches

Incubation Period: 25-28 days

Nestling Period: 42-50 days

Egg Description: Creamy white

Condition at Hatching: Hatchlings are covered with yellowish down and their eyes are open. They leave the nest when 1-2 days old, depending on weather, and can walk, swim, feed and even dive. They have enough energy remaining in their yolk sac to survive two days.

BEHAVIOR:

Canada Geese eat grain from fields, graze on grass, and dabble in shallow water by tipping forward and extending their necks under water. During much of the year they associate in large flocks, and many of these birds may be related to one another. They mate for life with very low “divorce rates”, and pairs remain together throughout the year. Geese mate “assortatively”, larger birds choosing larger mates and smaller ones choosing smaller mates; in a given pair, the male is usually larger than the female. Most Canada Geese do not breed until their fourth year; less than 10% breed as yearlings, and most pair bonds are unstable until birds are at least 2 or 3 years old. During Spring, pairs break out from flocks and begin defending territories. Canada Goose threat displays may involve head pumping, bill opened with tongue raised, hissing, honking, and vibrating neck feathers. When an intruding goose doesn’t retreat, geese may grab each other by the breast or throat and hit each other with their wings. Fighting may result in injuries.

Soon after they hatch, goslings begin pecking at small objects, and spend most of their time sleeping and feeding. Young often remain with their parents for their entire first year. As Summer wanes birds become more social; they may gather in large numbers at food sources; where food is limited and patchy, may compete and fight.

In Winter, Geese can remain in northern areas with some open water and food resources even where temperatures are extremely cold. Migrating flocks generally lose aggregations of family groups and individuals, in both Spring and Fall. Flights usually begin at dusk, but may begin any time of day, and birds fly both night and day. They move on a V formation, with experienced individuals taking turns leading the flock. The V-shape of a flock of geese is a means of making flight more efficient. Each time the lead bird flaps its wings a swirling vortex of air results, and following birds capitalize on the updraft portion of the vortex. They need to time their flaps carefully, and if successful they may reduce their energy expenditure by as much as 30%. This results in a lot of work for the lead bird, which is why geese regularly shift positions within a V as they travel in a flock.

CONSERVATION:

Their population has increased dramatically by over 7% per year between 1966 and 2019. The proliferation of lawns, golf courses, and parks offers Canada Geese such reliable habitat that in some areas, the birds stay year-round instead of migrating like they used to. Recently, some communities are considering Canada Geese to be nuisances for eating grass or fouling lawns, or even hazards around airports, where collisions with planes can be very dangerous.

CREDITS:

All About Birds – Cornell Lab

NH Audubon

Elaine G.

P.S. Reminder, Hummingbirds will be migrating soon, so keep your feeders filled through September.

Free Printable Crossword Puzzle #5

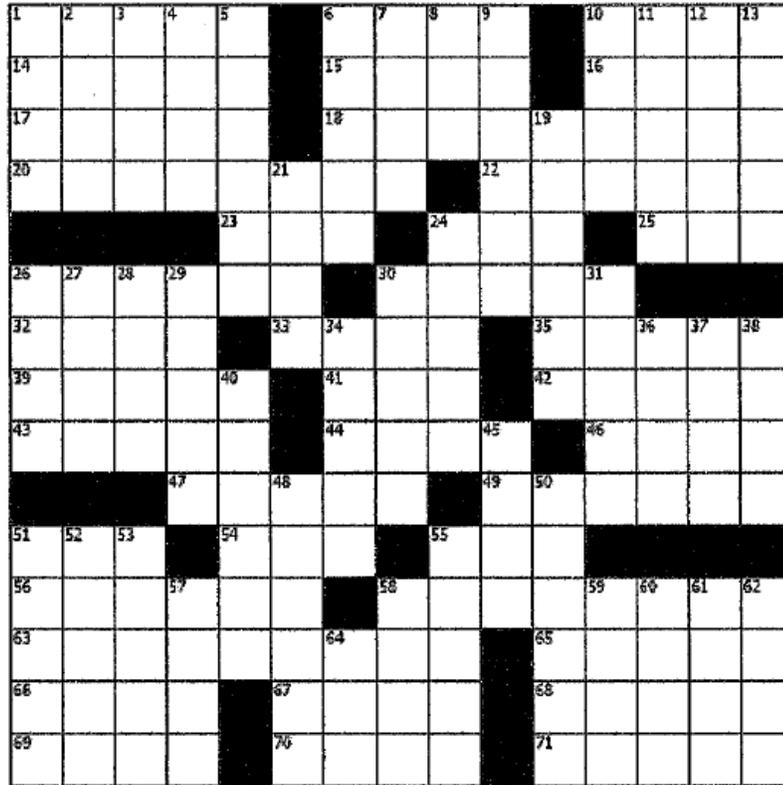
This is the Daily Crossword Puzzle #5 for Mar 31, 2025

Find the solution at

<https://onlinecrosswords.net/87867>

Across

- 1. Light wood
- 6. Droopy
- 10. Price
- 14. Certain woodwinds
- 15. Thirst quenchers
- 16. Car
- 17. Assumed name
- 18. Synthetic fabric
- 20. Guard
- 22. ____ card
- 23. Guy's partner
- 24. Exclamation of triumph
- 25. Dollar bill
- 26. Zodiac twins
- 30. Opted for
- 32. Remove wrinkles
- 33. Folk knowledge
- 35. Receded
- 39. Dressed to the ____
- 41. Espionage org.
- 42. Pass on
- 43. Frighten
- 44. Williams and Koppel
- 46. Stood up
- 47. Become narrower
- 49. Alphabet part
- 51. Driveway sealer
- 54. Wrestling pad
- 55. New Jersey cape
- 56. Gridiron number
- 58. Anonymous
- 63. Proposed as a candidate
- 65. Spear
- 66. Slender
- 67. Papa's mate
- 68. Finance
- 69. Loathe
- 70. Molecule part
- 71. Quizzes



Down

- 1. Constricting snakes
- 2. Skilled
- 3. Pork cut
- 4. Throne
- 5. Appoint
- 6. Jacket part
- 7. False god
- 8. Director ____ Brooks
- 9. Hitchcock film
- 10. Detective's assignment
- 11. Exceed
- 12. Pub mug
- 13. Rich cake
- 19. Blackboard cleaner
- 21. Hammer's target
- 24. Leading
- 26. Cotton machines
- 27. Guitarist ____ Clapton
- 28. Leonardo's "____ Lisa"
- 29. Not active
- 30. Town's announcer
- 31. Film critic Roger ____
- 34. Eight musicians
- 36. Spot of ink
- 37. Alleviate
- 38. Tint
- 40. Navy members
- 45. Close loudly
- 48. Canal country
- 50. Shoelace hole
- 51. First extra inning
- 52. Luau greeting
- 53. Send payment
- 55. Woman's title
- 57. Grape plant
- 58. "Finding ____"
- 59. Highway division
- 60. Terminates
- 61. Kilt wearer
- 62. Bastes
- 64. Tit for ____

6 Signs You're Are Eating Too Much Protein

Last month, I wrote about what happens to you if you do not eat enough protein, this article will help you determine if you are getting too much protein. Most people think you can eat all the protein you want without it having any consequences in your body. Protein is important for bone health, muscle building, thousands of chemical reactions for your body to function at its best, immune health and lots more.

The National Academies of Sciences, Engineering and Medicine recommend consuming between 10-35% of your calories from protein. This is about 50-175 grams of protein per day based on 2000 calories a day. The recommended dietary allowance (RDA) for protein is 0.8 grams of protein per kilograms of body weight. Some experts would like to see this higher. If you are trying to build muscle mass, it is suggested that you aim for 1.4-2.0 grams of protein per kilogram of body weight. Eating too much protein could create deficits in fiber, carbohydrates for energy, vitamin, and mineral sources.

Key warning signs that you are getting too much protein:

1. **YOU FEEL LIKE YOU HAVE TO URINATE ALL DAY LONG BUT WORSE AT NIGHT.**
Your kidneys must process the byproducts of protein breakdown which are urea and sodium. More protein equals more trips to the bathroom.
2. **YOU FEEL LIKE YOU'RE IN A FUNK.**
If your protein-to-carbohydrate ratio is way off, you might feel a bit blue. The amino acid, tryptophan, is needed to make serotonin, our "feel good" hormone. If you are limiting your protein source to one or two food sources, you could limit your tryptophan sources. A variety of protein sources including turkey, chicken, salmon, tuna, tofu, cheese, soybeans, almonds, pumpkin & sunflower seeds guarantee you a good tryptophan source.
3. **YOU ARE CONSTIPATED.**
High protein diets are often short on fiber especially if your protein source is primarily an animal source. Protein from legumes, nuts, seeds, vegetables will increase your fiber content to assist you with moving byproducts along in your intestines.
4. **YOU ARE TIRED ALL THE TIME.**
If you do not have enough carbohydrates in your food plan, then your brain does not receive enough energy. Whole grains, fruits and vegetables will get your brain energized.
5. **YOU ARE GAINING WEIGHT UNINTENTIONALLY.**
High protein foods sources can also be very high fat food sources such as beef and cheese. Also, if your carbs are too low for too long, you can create a "binge" situation. The longer you give up a certain food, this can lead to more food cravings and overeating.
6. **YOU HAVE UNEXPLAINED BAD BREATH**
If you are consuming more proteins and fats, then your body must produce more "ketones". Ketones are excreted in your urine and in your breath. Ketones smell awful! Think of what acetone in nail polish smells like.

The bottom line is finding a balance in what you are eating for a lifetime. Include quality proteins from animal and plant sources, enjoy whole grains, eat plenty of vegetables and fruits, limit fat and desserts. Everything in moderation.

REF: Eating Well, Fall, 2025

[Claudette N.](#)



FIND the WORDS

Autumnal – Back-to-School – Equinox – Aster – Pumpkin – Cozy – Sweater – Peanut
 Enchanting – Morning Glory – Rust – Sapphire – Milkshake – Ozone – Popover

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

FOCUS AREAS	ACTIVITIES/IDEAS/EXAMPLES
<u>Health & Wellness</u> - Physical, Mental, Social 	Yoga Walking group Bowling Biking
<u>Bites</u> (Nutrition- events around food/meals)	Pot Luck <u>Friendsgiving</u> Dinner, lunch outings Dinner, lunch parties Bake Offs Ex: main dishes/chili, breads, deserts etc. Blind Taste Testing - "Best of" Ex: coffee, wine, donuts, breads, ice cream... be creative. Cooking lesson Progressive Dinner Cocktail hour
<u>Fun & Celebration</u> Holidays Birthdays Game Night Book Club	HOLIDAY Halloween - costume party (perhaps paired with another activity) Thanksgiving - <u>Friendsgiving</u> Christmas - Make ginger bread houses or holiday centerpieces... etc. (Valentine's Day, Memorial Day, 4th of July..) GAME NIGHT (Bingo, Jeopardy, Trivia, Password, <u>Bunko</u> , card games...) BOOK CLUB Books Current Events
<u>Out and about</u>	Visit Museums Boston or surrounding area 'excursion' Movie/Music/Theater Wineries/Breweries Bakeries <u>Tazo</u> chocolate Farmers Markets Sip & Paint Pottery
<u>Education</u> <u>Arts & Crafts</u>	EDUCATION Show and Tell - share travel experiences, talents, interests Birding, horticulture, baking, sewing, knitting, conservation hobbies Simple repairs and maintenance ARTS & CRAFTS Share a special interest, skill, creative talent for others to learn Caring for plants (indoor/outdoor gardening, (combine with some holiday events)share cuttings, starters, ideas, etc)
<u>Neighbor to Neighbor</u> Simple, uncomplicated, safe help and support of one another? Could you use or help others with needs?	CAN YOU HELP WITH: Need an extra pair of hands? Need a 'rent-a-handiman'? Need help with shopping? Have a health care need

<u>Volunteering</u>	Know a group that could use a volunteer(s)? Create a group or team of members to help working together to better our Hadleigh Woods and greater community
<u>Travel</u>	Like to travel but prefer the company of another person(s) or couple(s)? Let's plan together!
<u>OTHER: suggestions, ideas....</u>	\$5.00 contribution for some activities to help with financing the variety of activities we can offer.

We are excited about organizing some community connections through a variety of possible activities. Your thoughts, interests and feedback is essential in guiding our efforts to make this a success. Before we begin the work of making plans and putting things together we look forward to a response from each Hadleigh Woods household to the following requests.

To help us even further please respond to the following survey by:

- a. Rating your interest using a scale of 1 - 10 in your responses with 1 being 'No Interest' and 10 being 'Most Likely'.
- b. Indicate your response in the box alongside each item.
- c. Make any notes, comments, suggestions on the bottom (or on the back of your returned response)
- d. Either print a copy or copy and paste this list to complete this survey.
- e. Return your completed survey to:

Debbie S. 40 Hadleigh Rd

Please refer to the Neighborhood List for name and email to return the survey.

SURVEY

1. Please rate each of the above Focus Areas
 2. Please indicate and rate, in the Activities/Ideas/Examples, those things that you would be interested in or could see yourself becoming involved with.
 3. To make this work we need members to help and some financial support. Would you be willing to:
 - a. Volunteer to serve or participate on the activities committee?
 - b. Host an event or activity?
 - c. Contribute \$5.00 for some activities to finance some planned programs or future activities?
 4. Share your thoughts about how often you would be interested in participating in a Hadleigh Woods activity(ies).
For example, bi-weely, monthly, quarterly, annually, never.....
 5. Please offer your ideas, suggestions, thoughts etc.
 6. FYI..To help keep us on track in future offerings, you may be asked to respond to a post survey some time along the way. Thanks for helping us offer the best and most meaningful activities!!!
- THANK YOU!!!