

Hadleigh Woods Gazette

November 2025

www.hadleighwoods.org

Volume 205

P·R·E·S·I·D·E·N·T·S M·E·S·S·A·G·E

President's Message,

Many of us have prepared our outdoor plantings for the winter, put our hoses away and began using our pre-buy from Eastern Propane. Other things to do this time of year is to replace your furnace filter, check that your humidifier is working, clean your dryer vent and change your smoke detector batteries.

While the foliage has not been the best, it is still a wonderful site to behold before the cold dark days of winter are upon us. We do have a lucky few that depart for the warmer climate of Florida. We wish them safe travel and an enjoyable winter away from New England.

Those of us staying are reminded that we have our Annual Meeting on Saturday, November 15th in St. Matthews Parish hall at 1PM. Before the meeting you will receive information that will include minutes from our last meeting, financial reports, 2026 budget, proxy form, etc.

At the meeting we see what a vibrant community we live in. We have a Board that is committed to giving you the best in maintenance and care that our budget will allow. The reports from our committees of Finance, Landscape, Water, Welcoming, Activities also show that commitment. All the volunteers, the Board and the management company, are major factors in keeping our association running smoothly. We have been fortunate in having seven Board members for a number of years. Many associations would be envious of us. So, it is very gratifying to see more people interested in joining the Board.

Thanks to Gene's efforts, a number of our contractors will be donating raffle items. You must be present to win.

Happy Thanksgiving and see you on the 15th.

Richard M.



Property Management of New England

Dear Homeowners,

I am looking forward to seeing you at the annual meeting on November 15th. The irrigation system has been blown out, and the clean-up is in process as the leaves fall. The Board is already looking into caring for the trees and shrubs in preparation for healthy plant life in 2026 (yikes that was fast). The budget has been completed for presentation and will be presented at the annual meeting. The Board reviewed the need to inspect the filters in the septic tanks after a clog last month. Pricing is being obtained for this task. Thank you to all the volunteers in 2025 for maintaining the grounds and helping the Board. You have an active and caring Board. Their efforts are appreciated. See you soon.

Sincerely,
Ken Foley,
NextGen

Pumpkins



Hello Everyone

Over the last few years, I have collected your unwanted pumpkins (no gourds) to donate to a non-profit farm in Derry. I can pick them up vs. you throwing into the landfill or transfer station.

Here is the date November 21.

Hopefully, the frost and critters (which I have had, UGH), won't get to them.

You can leave them near your mailbox by 10am.
Leave me an email if you are interested.

Thank you!!

Elaine G

Downy Woodpecker



Downy Woodpeckers give a checkered black and white impression. The black upper parts are checked with white on the wings, the head is boldly striped, and the back has a broad white stripe down the center. Males have a small red patch on the back of the head.

Measurements: Length: 5.5 – 6.7 inches; Weight: 0.7 – 1.0 ounces
Wingspan: 9.8 – 11.8 inches

Behavior:

An active woodpecker that moves quickly over tree limbs and trunks or drop into tall weeds to feed on galls (abnormal growths that occur on leaves, twigs, roots or flowers of many plants), leaning against its stiffened tail feathers for support. Their rising and falling flight style is distinctive of many woodpeckers. Their alternating quick wing beats with folding the wings against the body. They move horizontally and downwards on trees. In Spring and Summer, they make lots of noise, both with their shrill whinnying call and by drumming on trees. In Spring, you may see courtship displays in which males and females fly between trees with slow, fluttering wingbeats that look almost butterfly-like.

Habitat:

They are found in open woodlands, particularly among deciduous trees. They can also be found in orchards, city parks, backyards and vacant lots.

Food:

They eat mainly insects, including beetle larvae that live inside wood or bark as well as ants and caterpillars. About a quarter of the diet consists of plant material, particularly berries, acorns and grains. Downy Woodpeckers are common feeder birds, eating suet, black oil sunflower seeds and occasionally drinking from hummingbird feeders.

Nesting:

Downy Woodpeckers nest in dead trees or in dead parts of live trees. Nest trees are often deciduous, and the wood is often infected with a fungus that softens the wood, making excavating easier. Both male and female excavate the nest hole, a job that takes 1 – 3 weeks. Entrance holes are round and 1 – 1.5 inches across. Cavities are 6 – 12 inches deep and widen toward the bottom to make room for eggs and the incubating bird. The cavity is lined only with wood chips.

Clutch size: 3 – 8 eggs

Number of Broods: 1

Incubation Period: 12 days

Nestling Period: 18 – 21 days

Egg Description: Completely white

Condition at hatching: Naked, pink skin, a sharp egg tooth at the tip of the bill; eyes closed.

Elaine G

Credits:

All About Birds – Cornell Lab.

Peterson Field Guide

Birds and Blooms Magazine

Free Printable Crossword Puzzle #7

This is the Daily Crossword Puzzle #7 for Sep 24, 2025

Find the solution at

<https://onlinecrosswords.net/73949>

Across

- 1. Be defeated
- 5. Tortoise's opponent
- 9. Fundamental
- 14. Mellows
- 15. Follow orders
- 16. Cook's oil
- 17. Thankfulness
- 19. Spring month
- 20. Truckers' vehicles
- 21. Seized
- 23. Loaf end
- 24. Actress ____ Ryan
- 26. Artist Pablo ____
- 28. Tel Aviv's country
- 31. Nevada town
- 32. Coagulate
- 33. Genesis garden
- 35. Bushed
- 40. Relieve
- 41. No way!
- 43. Peace symbol
- 44. Stockholm resident
- 46. Positive
- 47. Equal
- 48. Famous canal
- 50. Writer ____ Hemingway
- 52. Student
- 56. Ignited
- 57. At that time
- 58. Wine valley
- 61. Laid bathroom flooring
- 65. Passenger
- 67. Vicious fish
- 69. Water plants
- 70. Exec's car
- 71. Like the Sahara
- 72. Handle skillfully
- 73. In addition
- 74. Rents

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20					21				22		23			
			24		25		26		27					
28	29	30					31							
32					33	34				35	36	37	38	39
40					41				42		43			
44				45		46				47				
			48	49					50	51				
52	53	54	55						56					
57					58		59	60		61		62	63	64
65				66		67			68					
69						70				71				
72						73					74			

Down

- 1. Hangs back
- 2. Folklore monster
- 3. Garment juncture
- 4. Approximated
- 5. Scalding
- 6. Adjoin
- 7. Renovate
- 8. Startling revelation (2 wds.)
- 9. Feathery scarf
- 10. First Greek letter
- 11. Fathers
- 12. Climbing vines
- 13. Violin's kin
- 18. "____ dead people!" (2 wds.)
- 22. Relatives
- 25. Singer ____ Campbell
- 27. Army bed
- 28. Frozen desserts
- 29. Shredded cabbage
- 30. Stood up
- 31. Musical show
- 34. Worth having
- 36. Indistinguishable
- 37. Ramble
- 38. December 24 and 31
- 39. Fender nick
- 42. Rod and ____
- 45. Snakelike fish
- 49. Moved swiftly
- 51. Actress ____ Hayworth
- 52. Drinking tube
- 53. Hot pepper
- 54. Bushy fence
- 55. Shaquille ____
- 59. Beach toy
- 60. Appendages
- 62. Attract
- 63. Revise copy
- 64. June honorees
- 66. Primary color
- 68. Caviar

Used New York Times

Whole Grains for Beginners: A Simple Guide to Healthier Eating

Read on to learn tips for cooking with whole grains.

If you're looking to boost your energy, improve digestion, and make your meals more nutritious—without overhauling your entire diet—start with whole grains. Whether you're a total beginner or just looking for easy ways to make smarter swaps, this guide will help you understand what whole grains are, why they matter, and how to cook and enjoy them every day.

What Are Whole Grains? Whole grains are grains that haven't been stripped of their natural parts during processing. A true whole grain contains all three parts of the grain kernel:

- ▶ **Bran**—the fiber-rich outer layer
- ▶ **Germ**—the nutrient-dense core
- ▶ **Endosperm**—the starchy middle section.

In contrast, refined grains—like white flour and white rice—have had the bran and germ removed, taking with them much of the fiber, vitamins, and minerals. This makes whole grains the more complete and nourishing choice.

Some of the most common whole grains include:

- ▶ Brown rice
- ▶ Quinoa
- ▶ Rolled oats or steel-cut oats
- ▶ Whole wheat
- ▶ Barley (hulled, not pearled)
- ▶ Farro
- ▶ Millet
- ▶ Wild rice
- ▶ Buckwheat
- ▶ Bulgur

Many of these are easy to find in most grocery stores, and even easier to cook than you might expect.

Why Whole Grains Matter. Eating more whole grains isn't just trendy—it's backed by solid science. Research consistently links whole grain consumption with a range of health benefits:

- ▶ **Improved digestion.** Thanks to their high fiber content, whole grains help support regular bowel movements and a healthy gut microbiome.
- ▶ **Better weight management.** Fiber and complex carbs help you feel full longer, reducing the urge to snack.
- ▶ **Heart health.** Whole grains can help lower LDL ("bad") cholesterol and blood pressure.
- ▶ **Blood sugar control.** Unlike refined grains, whole grains cause a slower rise in blood sugar, making them a smart choice for people managing diabetes.
- ▶ **Nutrient boost.** Whole grains are rich in B vitamins, magnesium, iron, antioxidants, and even plant-based protein.

How to Cook Whole Grains. Cooking whole grains doesn't have to be intimidating. In fact, most follow a basic formula: simmer in water or broth until tender. Here are some key tips:

- ▶ **Rinse Before Cooking.** Grains like quinoa and rice benefit from a good rinse to remove excess starch or bitter coatings.
- ▶ **Soak for Faster Cooking.** Hearty grains like farro, wheat berries, and barley cook faster and digest easier when soaked for a few hours or overnight.



Cooking with whole grains doesn't have to be scary.

- ▶ **Use the Right Ratio.** Water-to-grain ratios vary—typically 2:1 for rice and oats, 2.5:1 for barley, and 1.5:1 for quinoa. Always check packaging or trusted sources.
- ▶ **Add Flavor Early.** Cook grains in broth instead of water for more flavor. You can also toss in aromatics like garlic, bay leaves, or onions.
- ▶ **Let Them Rest.** After cooking, let grains sit (covered) for 5–10 minutes. This allows them to finish steaming and become fluffier.
- ▶ **Batch Cook and Freeze.** Grains reheat beautifully. Make a large batch and store leftovers in the fridge or freezer for quick meal prep during the week.

How to Use Whole Grains in Meals. Whole grains are incredibly versatile. Here are some practical ideas:

- ▶ **Breakfast.** Make oatmeal with rolled or steel-cut oats, or try warm quinoa porridge with fruit and nuts.
- ▶ **Lunch.** Build a grain bowl with brown rice or farro, roasted vegetables, and a protein source like beans, tofu, or grilled chicken.
- ▶ **Dinner.** Serve stir-fries over barley or wild rice, or make a hearty soup with farro or bulgur.
- ▶ **Snacks.** Air-popped popcorn, whole grain muffins, or homemade granola bars make excellent grab-and-go options.
- ▶ **Baking.** Use whole wheat flour in pancakes, muffins, or bread for added texture and depth.

Easy Whole Grain Swaps for Everyday Meals

One of the simplest ways to incorporate whole grains is to swap them in place of refined grains in your favorite meals. You don't need to make drastic changes—small improvements go a long way. Here are some easy examples:

INSTEAD OF...	TRY THIS WHOLE GRAIN ALTERNATIVE	WHY IT'S BETTER
White rice	Brown rice, quinoa, or farro	More fiber and protein
White bread	100% whole wheat or sprouted grain bread	Higher in nutrients and fiber
Regular pasta	Whole wheat or legume-based pasta	Slower digestion, more protein
Sugary cereal	Rolled or steel-cut oats	Better for blood sugar and satiety
White flour (in baking)	Whole wheat flour (even partial substitution)	Adds texture, flavor, and nutrition
Crackers or chips	Whole grain crackers or popcorn	More fiber and fewer empty calories
Flour tortillas	Whole wheat or corn tortillas	Better fiber and lower glycemic load

Final Thoughts. Cooking with whole grains is one of the simplest and most effective ways to upgrade your meals without sacrificing flavor or convenience. Whether you're preparing breakfast, lunch, or dinner, there's a whole grain option that fits your lifestyle.

Start small, explore different grains, and don't be afraid to experiment. 🌾

—Jessica Bunch, BS



FIND the WORDS

Remembrance – Golden – Joy – Wreath – Topaz – Peony – Chrysanthemum
 Awareness – Standard – Time – Cheerfulness – Gratitude – Chilly – Citrine

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

Hi, my name is Larry Y. My name will be on the upcoming ballot for the board of directors, so I wanted to introduce myself to the community and give you a little of my history. You may have seen me walking my grand puppy Chloe (a black lab) down the street. I grew up in New York, but I have been living in New Hampshire for over 40 years. Before moving to Windham, we spent 30 years in Mont Vernon where we raised our two children. I am a retired software engineer. I started my career outside of Philadelphia and moved to Nashua in 1981 to work for Digital Equipment. Since then, I have worked for a variety of companies until retiring from Dell Technologies.

Carol and I moved into Hadleigh three years ago and love it here. I would like to start getting more involved in the community which is why I am running for the BOD. Feel free to stop by the house or say hi on one of my walks. I am looking forward to getting to know more of the community.

Larry Y

Thank you for taking a moment to learn a little about me, my interest and commitment to the Hadleigh Woods community, and why I would be proud to serve on the Board.

I am Debbie S., on Hadleigh, since April 2024. My qualifying background experiences are varied. In my profession, I am an RN also trained Nurse Practitioner. I am a past owner of a landscape business in the role of business and finance manager (12 years). More recently, I served on the Board of Directors and as Chairperson of the Grants Committee for a philanthropic organization serving the needs of 14 towns (6 years) with a budget of \$500,000. I am most proud of my role as Mom to my two daughters, who I raised as a single parent for most of their lives. These experiences and others have given me volumes of knowledge (at work, home or volunteer roles) in time and financial management, fiscal responsibility, individual and community values, personal and professional respect, compassion, how to listen, consideration of short and long term goals, attention to needs, humility and balance.

Hadleigh Woods is a special community. I feel lucky to have you as my neighbors and to be here as a good neighbor to all of you. My wish/goal is to preserve all we have that makes Hadleigh Woods special, maintains its value and keeps it beautiful, for our homes and as friends and neighbors. I am committed to the work it takes to preserve the gifts we have here, improve what we need and plan for our future with respect for all our best interests. I appreciate you and all that makes this 'home'. See you at the November Board meeting. Thank you for reading and considering my qualification to serve as a Board member.

Debby S



NEIGHBORHOOD
FESTIVE
DECORATIONS

