



Hadleigh Woods Gazette

January 2026

www.hadleighwoods.org

Volume 207

P·R·E·S·I·D·E·N·T·'·S M·E·S·S·A·G·E

President's Message,

I hope that everyone has remembered to pay the correct \$336 condo fee for 2026.

So far things have been much better with the snow removal cleanup. Nassar has even pre-treated our roadways before storms. This has never been done before. Driveways are neater and no pileup of snow onto shrubs or along edges of driveways. Many of the stakes are still standing. Therefore, I foresee little to no damage to our shrubs and along the driveway edges. Response has been quick due to their proximity to our location. They are located on RT28 south behind Granfanally's Pizza Pub in Salem.

Please direct any snow issues to Ken@NextGenPropertyManagement.com

Those of you that have recently purchased units have noticed that after 20+ years, most needed some upgrading. I would suggest, if you haven't already, check the amount of insulation in the attic. A number of us have added at least 6" over the existing layer. Also notice the amount of snow covering the roof compared to others. If yours has less, you might have heat entering the attic area. Heat can be lost from the upper bath fan or the entry in the ceiling area of the loft.

Christmas decorations need to be removed by January 15th.

To all of you I wish you a Happy and Healthy New Year.

Richard M.



Property Management of New England

Dear Homeowners,

After the first snow event, the plow service worked out some minor wrinkles in the process. The calls to the office reduced to almost none. If you have a plow need, the phone number to call is 888 356-3984. Choose the snow option and leave a message. The message is sent to the plow driver. As you observed at the annual meeting, the association is rolling into 2026 financially healthy and well prepared for projects in 2026. At this time of year when some owners head south, please keep an eye open for any oddities at empty units and report anything suspicious or in need of attention in their absence. All the best to you and your families for a new year in 2026.

Sincerely,
Ken Foley,
NextGen

January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Recycled Christmas Cards I will be collecting any Christmas cards you would like to get rid of. If you are a member of a reading, exercise, prayer or any social group and can pass the word on that you know someone that is collecting Christmas cards. As a reminder I made over 2500 Christmas gift tags for a children's Christmas program. The collection bin will be on my front door stoop at 5 Hadleigh Road until January 15th.</p> <p>Outdoor Christmas Decorations Just a friendly reminder that all outside Christmas decorations need to be removed by January 15, 2026.</p>					1	2	3
4	5	6	7	8	9	10	<p>1:00 - To help with packing up Hadleigh Woods Xmas decorations - Please meet at the Pump House</p>
11	12	13	14	15	16	17	
				<p>See note above about Recycled Christmas Cards and Outdoor Christmas Decorations.</p>			
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
	<p>5:00 – Wasabi dinner is on 1/26. Please RSVP to Linda A. by 1/16 if you plan to attend, See neighborhood listing for phone number</p>						

Red-Breasted Nuthatch



Nuthatches are famous for their habit of climbing down trees headfirst, a feat aided by their unusually long hind claws. But they just as often climb sideways or upwards in their search for insects and larvae hidden in the bark. As people with bird feeders know, they also consume large numbers of seeds and regularly take extra food away to cache in tree cavities for later use. If a seed has a strong shell in need of opening, the nuthatch will hold it against

a hard surface and hammer at it with its bill, and this behavior is the source of the group's common name.

The Red-Breasted Nuthatch is partial to coniferous forests, and on average is a more northern species than its larger, white-breasted relative. In many parts of New Hampshire the Red-Breasted is primarily a bird seen in migration or winter, when numbers vary considerably among years. These fluctuations, from absent one year to abundant the next, are driven by variation in conifer seed crops to our north, making the Red-Breasted Nuthatch an irruptive species like most of our traditional "winter finches". Thus, in years where there are no cones in New Hampshire the nuthatches will pass us by, and we'll only see them again as they return to their breeding areas the following spring. Unlike white-breasted nuthatches, Red-Breasted Nuthatches will dig their own nest holes if the wood is soft enough, while still taking to existing cavities if any are available.

Credits: NH Audubon

HABITAT

Red-Breasted Nuthatches live mainly in coniferous forests of spruce, fir, pine, hemlock, larch, and western red cedar. Eastern populations use more deciduous woods including aspen, birch, poplar, oak, maple, and basswood. During irruptive winters, nuthatches may use habitats such as orchards, parks, plantations, and shade trees.

FOOD

In summer, Red-Breasted Nuthatches eat mainly insects and other arthropods such as beetles, caterpillars, spiders, ants and earwig, and they raise nestlings on these foods. In fall and winter, they tend to eat conifer seeds, including seeds they cached earlier in the year. During outbreaks of spruce budworm, a forest pest, Red-Breasted Nuthatches respond strongly to the plentiful food supply. They also eat from feeders, taking peanuts, sunflower seeds and suet.

NESTING

Female Red-Breasted Nuthatches usually choose the nest site, though males without mates may begin excavating several cavities at once in an attempt to attract a female. They may reuse existing holes in trees, but they rarely use nest boxes. Red-Breasted Nuthatches often use aspen trees when available, as these trees have softer wood than many conifers. Nests are usually built in completely dead trees, dead parts of live trees, and trees with broken tops.

NEST DESCRIPTION

Both sexes excavate the nest, but the female does more than the male. Excavation can take up to 18 days and yields a cavity between 2.5 inches wide and 8 inches deep. The female then builds a bed of grass, bark strips, pine needles and lines it fur, feathers, fine grasses or shredded bark. Both males and females apply conifer resin to the entrance, sometimes applying it a piece of bark, a remarkable example of tool use.

NESTING FACTS

Clutch size: 2-8 eggs

Number of broods: One brood

Egg Length: 0.6-0.7 inches

Egg Width: 0.4-0.5 inches

Incubation Period: 12-13 days

Nestling Period: 18-21 days

Egg Description: White, creamy or pinkish white with and speckled with reddish brown

BEHAVIOR

Red-Breasted Nuthatches move quickly and in any direction across tree trunks and branches. When moving downward they typically zigzag, keeping their grip by relying on the large claw on their backward-pointing toe on each foot. They are aggressive birds that sometimes dominate larger birds at feeders. Agitated males may call at each other while pointing their heads up, fluttering their wings and swiveling back and forth.

Males court females by turning their backs to them, singing and swaying from side to side with crest feathers raised, or by flying together in an exaggerated display of slowly fluttering wings or long glides. Males feed females while the female excavates nest cavities. Red-Breasted Nuthatches join foraging flocks of chickadees and other small songbirds. They typically fly only short distances at a time, with an undulating pattern.

CONSERVATION

Red-Breasted Nuthatches are common, and their populations have increased throughout most of their range between 1966 and 2019. As with all birds that nest in holes in trees, it's important to leave some dead wood standing in forests to provide places for nests.

Credits:

All About Birds – Cornell Lab.

Happy New Year and Happy Birding!!!!

Elaine G

What Is Sarcopenia & Can Your Diet Help?

SARCOPENIA is a term that refers to a gradual loss of muscle mass and strength that occurs naturally with aging, typically starting around age 40 and accelerating after 60. This condition can lead to reduced mobility, a higher risk of falls and a decline in overall health and independence.

Although exercise is critical in fighting sarcopenia, your intake also plays a major role in preserving your muscle mass. When in doubt, remember that protein is the cornerstone to preserving your muscle. Adults over 40 may need more protein per meal than the standard recommendation. Aiming for 20-30 grams of protein per meal (breakfast, lunch & supper) is crucial. Here are a few examples of what 20-30 grams of protein could look like:

Breakfast....

- 2 eggs & 2 slices bread or a high protein English muffin
- Greek yogurt containing 20-25 g protein & fruit
- 1 egg & 2 oz Canadian bacon & 2 slices bread

Lunch

- 3 oz (cooked & measured) chicken or beef & roll
- 4 oz. deli turkey & roll
- ¾ cup-1 cup low fat cottage cheese & fruit or vegetables
- 30 grams protein drink (Boost, Premier Protein, Core Power)

Supper

- 3-4oz (cooked& measured) beef, chicken, fish, pork & ½ cup potato, 1 cup vegetables.
- 2 oz (cooked & measured) protein & 8 oz Fairlife milk (13grams protein) & ½ cup rice, 1 cup vegetables.

Also including an adequate amount of vitamin D-3, found in fatty fish (salmon, sardines & mackerel), fortified foods, supplements or sunlight exposure will support muscle function. A safe intake of Vitamin D-3 is between 800-2000IU daily.

Resistance exercise plays an important role also. Examples of resistance exercise include routines that incorporate free-weights (dumbbells, barbells, kettlebells), weight machines (cable machines with guided movements like a leg press or lat pulldowns), resistance bands, own bodyweight (push-ups, squats, planks, pull-ups).

Always check with your healthcare provider before starting any new routine.

Reference: Environmental Nutrition 9/2025

Claudette

Free Printable Crossword Puzzle #6

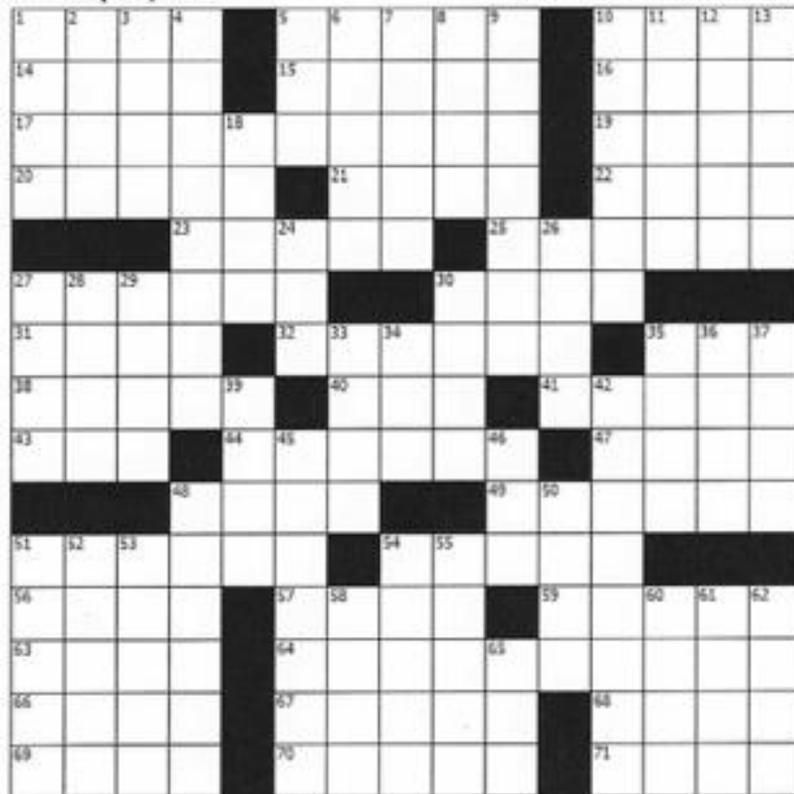
This is the Daily Crossword Puzzle #6 for Sep 24, 2025

Find the solution at

<https://onlinecrosswords.net/54483>

Across

- 1. Applaud
- 5. Sufficient
- 10. Harvest
- 14. Mister (Ger.)
- 15. Red ____ (fighter pilot)
- 16. She, in Valencia
- 17. Unintelligible
- 19. Juicy fruit
- 20. Sheriff's group
- 21. Gentle animal
- 22. Apex
- 23. Not fancy
- 25. Magazine VIP
- 27. Relate again
- 30. Salty drop
- 31. Rock's ____ Clapton
- 32. Eat
- 35. Trumpeter ____ Severinsen
- 38. Final inning, usually
- 40. Compass dir.
- 41. Repent
- 43. ____ bag
- 44. Take for granted
- 47. Smooth
- 48. Small pieces
- 49. Least daffy
- 51. Diner
- 54. Fast
- 56. Distant
- 57. Cargo
- 59. Lowest tides
- 63. Aggravate
- 64. ____ revolution
- 66. Horse's gait
- 67. Not fresh
- 68. Slight advantage
- 69. Egg layers
- 70. Pastry
- 71. Marsh grass



Down

- 1. Poker counter
- 2. Comedian Jay ____
- 3. Circle sections
- 4. Possibility
- 5. Presidential nickname
- 6. ____ Gras
- 7. Primp
- 8. The ____ Star State
- 9. Main courses
- 10. Fix
- 11. Vote into office
- 12. Texas shrine
- 13. Kitchen gadget
- 18. Hades
- 24. Famed boxer
- 26. Computer fodder
- 27. Tenant's payment
- 28. Cleveland's waterfront
- 29. Rocker ____ Turner
- 30. Be abundant
- 33. Scottish loch
- 34. African antelope
- 35. Peace symbol
- 36. Individuals
- 37. Lincoln's coin
- 39. Tresses
- 42. More sensitive
- 45. Salon employee
- 46. Psychic ability (abbr.)
- 48. Flat caps
- 50. Isn't, slangily
- 51. Dirt
- 52. Flaming
- 53. Falcon's claw
- 54. Speed trap device
- 55. Grown-up
- 58. Wise about
- 60. Assistant
- 61. Book part
- 62. Winter vehicle
- 65. Look at



FIND the WORDS

Quadrantid – Meteor – Freezing – Taxes – Holocaust – Braille – Orthodox
 Polar – Bear – Plunge – Rest – Olympics – Paralympic – Twenty-Six – Trivia

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