



Hadleigh Woods Gazette

March 2026

www.hadleighwoods.org

Volume 209

P.R.E.S.I.D.E.N.T.'S M.E.S.S.A.G.E

President's Message,

We have volunteers who tend to our salt needs at the pump house. This is an essential necessity that enables us to save hundreds of dollars in expenses every year. The process requires checking if our water softening system has enough salt and adding to it if necessary. The salt bags weigh 40 pounds and require lifting them and dumping them into the salt brine tank. When we receive a pallet of bags from Cyr Lumber, we need to move them off the pallet and store them. This activity varies depending on the time of the year. It is more frequent when our irrigation system is running. Presently, we are in need of volunteers to help with this much needed work. If you would like to help, please contact Gene G.

We have overflow parking areas which are necessary during winter storms (which have been frequent). It is important to move your vehicles as soon as it is feasible to allow the contractor to clean those parking lots. It is fortunate that we chose Nassar for our snow removal needs this year. The year has been a bear for weather and his proximity to our location has resulted in much TLC from his company.

The Board has been busy preparing for a number of projects that we hope to complete this year. Our list of what we would like to accomplish continues to grow. All we need is good weather, money and especially volunteers.

I would like to personally welcome all the new people that have recently moved into Hadleigh Woods and hope that they love it here as most of us do. We also welcome any suggestions or ideas that might enrich our community even more.

Richard M.



Property Management of New England

Dear Homeowners,

February has been quite a month for snow accumulation. The plow service has been able to keep up with the storms with the appropriate equipment and staff. Other than a few mailbox mishaps, they have been doing a great job. They have been upfront with items they need to repair and will do so when the snow melts. Over-all, they have been diligent and available. Some owners have reported ice dams. With the Board's permission, we have sent a contractor to a couple units that were taking in water from melting snow. These areas will be reviewed for a long-term solution. The septic tanks have all been pumped and filters cleaned. The good news is that no great amount of grease or other items that can clog the system were found. Thank you all for being concerned owners and keeping track of what goes down the drain. We have a few days ahead near 50 degrees. Every day in March is a warmer day so we will have to keep our eyes open for all this snow melting and where it goes. Hopefully, the snow is slowing for the season but if you have a need for snowplow services, call 888 356-3984 and choose "snowplow services".

Sincerely,
Ken Foley,
NextGen

Last week the Landscape committee met to discuss plans for initiating a long term, multiple phase shrub management and replacement program. In late October, 2025, I met with Chris Wood, Arborist and owner of Heirloom Tree and Shrub, LLC. He took a picture of each front garden (62) and each utility area, we reviewed the conditions of the existing shrubs, which could be hard pruned, and which should be replaced. The objectives of the plan he presented was to improve the plant health and safety, enhance curb appeal and reduce long-term maintenance demands through appropriate pruning techniques and resilient species selection. The plan was presented at the BOD meeting on 2/19/26 and the BOD approved a long-term, multi-phase plan.

Phase 1 will be hard pruning of selective shrubs. This will start when we see enough snow melt for the arborist's team members to be able to reach the shrubs during their dormant stage. Hard pruning is the removal of selective interior branches for thinning or "windowing" to allow for better airflow and branch growth. It is not the 2-3" shearing that the landscapers have been doing for years to every shrub in the community.

For original and long-term unit owners, you have been through this before. From 2008-2017, about 160 shrubs were planted or replaced; from 2018-2025, an additional 17 were planted or replaced. This was completed by past landscape committee volunteers and paid professionals from area nurseries. What I can tell you, once the selected shrubs are hard pruned, it may take up to 3 years for the shrub to be beautiful again, meaning it may not bloom for 1-3 years to improve the health. It takes that long for "Mother Nature" to do her part. I ask that you be patient with this process. The Landscape committee is hoping that "Mother Nature" will also cooperate with providing the perfect amount of rain and sunshine.

Anyone wishing to volunteer for the Landscape Committee, please contact me.

Claudette N, Landscape Committee Chair

March 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3 1-5:30 pm. Red Cross Blood Drive , Orchard Christian Fellowship, 136 Pillsbury Rd, Londonderry. Call 1.800.733.2767 to make appointment or for more information	4 6:00 pm. What our Pets Teach Us at the End of Their Lives , Melissa Magnuson, DMV at Nesmith Library. No registration required.	5	6	7
8	9	10 Election Day , Windham High School	11	12 1:30-3:00 pm. A Stroll Down Memory Lane , enjoy a viewing of cherished antiques & beloved heirlooms. Sally Sweet's Way, Salem, NH. RSVP Brittany Talbot at 603.890.0580.	13	14
15	16 Invasive Plants , sponsored by the Salem Friendship & Garden Club, Noon: 39 Shadow Lake Rd, Salem. SFGC-NH.org 6:30 – Craft Night , 21 Hadleigh Rd., Carol will be the instructor to make a seasonal wreath. (See note below)	17	18	19	20	21
22	23	24	25	26	27 Noon: Free Movie: Mission Impossible 5 , Marian Gerrish Community Center, 39 W Broadway, Derry	28
29	30	31	<p>Craft Night: ATTENTION CRAFTERS! Anyone interested in trying a new craft? The first neighborhood craft night on March 16 starting at 6:30pm at the Yetto house, 21 Hadleigh Road. At this first, meeting we will be making an Easter bow wreath. (see photos). Carol will be our instructor helping everyone with their craft.</p> <p>Items needed for this project: (1) 14" wire wreath frame (Dollar Tree Store \$1.75), (2) 5 rolls of 2 ½" wire ribbon, 4 yards in length, (Amazon has many options of 6 colors, 2 1/2") for a total of 30 yards priced from \$14-\$20. (3) Any small additions you would like to add on as decorations. (Carol has many flowers to chose from) Most add ones can be found at Dollar Tree, Michael's, Amazon, etc. (4) Carol will have wire, glue guns, scissors. Feel free to bring your own if you wish. (Wine, crackers and cheese!)</p> <p>Please RSVP to Carol by <u>March 14th</u> so she has everything ready to go. Looking forward to our first craft night! See the Neighborhood List for contact information. The Activities Committee</p>			



Mute Swan



The Mute Swan is one of a handful of breeding birds in New Hampshire that is not native to North America. Native to Europe and temperate parts of Asia, they have been a common “ornamental” birds in parks and aviaries and were brought to the United States for these same purposes starting in the 1800s. As one might expect, some escaped, and naturalized populations now occur along the East Coast, around the Great Lakes, and in the Pacific Northwest.

It should also come as no surprise that as a non-native species, Mute Swans can cause problems where they have become established. Because they are highly territorial, they may aggressively exclude other waterfowl from nesting areas, sometimes even killing them. They can also overgraze native vegetation, and there is even a case of swans trampling Least Tern chicks on islands in Chesapeake Bay. For these reasons they are increasingly subject to control measures that include egg-addling (shaking eggs to render them inviable), culling or translocation. The former strategy was implemented around Great Bay in the early 2000s, resulting in the near loss of swans as a breeding species in that area. Now most of the New Hampshire population is found at scattered wetlands in the southern part of the state, with occasional wandering birds as far north as the Lakes Region.

The exotic Mute Swan is the elegant bird of Russian ballets and European fairy tales. This swan swims with its long neck curved into an S and often holds its wings raised slightly above its back.

NH Audubon

COOL FACTS

- Mute Swans form long-lasting bonds. Their reputation for monogamy along with their elegant white plumage has helped establish them as a symbol of love in many cultures.
- The Mute Swan is reported to mate for life. However, changing of mates does occur infrequently, and swans will remate if their partner dies. If a male loses his mate and pairs with a young female, she joins him on territory. If he mates with an older female, they go to hers. If a female loses her mate, she remates quickly and usually chooses a younger male.
- The black knob at the base of the male Mute Swan’s swells during the breeding season and becomes noticeably larger than the female’s. The rest of the year the difference between the sexes is not obvious.
- Give plenty of space to nesting Mute Swans. They can be extremely aggressive and frequently attack canoeists, kayakers, and pedestrians who wander too close to a nest or chicks.

HABITAT

The adaptable Mute Swan can be found in aquatic habitats, ranging from urban lakes and farm ponds to coastal estuaries. In the Pacific Northwest and from New England south to Virginia, Mute Swan pairs choose fresh, brackish, and salt-water ponds as breeding sites. Farther inland, they breed on slow-moving rivers, bogs, creeks and streams that empty into large lakes and other bodies of water. Mute Swans mainly eat aquatic vegetation, along with some animal prey including frogs, tadpoles, fish, snails, mollusks and insects. Mute Swans are voracious foragers, eating up to eight pounds of aquatic plants a day, that they tear off with their thick, rough-edged bills anchored by strong bill muscles. They skim plants from the surface and submerge all but their tail and feet to reach vegetation in deeper water. They also rake the bottom with their feet to expose tubers and dig up plants to bring to the surface.

NESTING

Male Mute Swans select the nest site and may start several nests before the female accepts the location. Nest sites are safe from flooding yet offer easy access to water, with ample nesting materials and food nearby, often on a small peninsula, along a heavily vegetated shoreline, or on a small to medium-sized island.

NEST DESCRIPTION

The male starts the nest by building a platform of crisscrossed vegetation, often on the site of a nest from a previous year. He then places vegetation next to the platform for the female, who piles the material onto the nest base, using her body and feet to mold a nest cup. Nesting materials include twigs, reeds, cattails, cordgrasses (aquatic grasses), other grasses and occasionally pebbles. The cup can contain rotting vegetation and some down. The finished nest reaches 5 feet across at the base and 1.5-2.1 inches feet high, with a nest cup 15 inches across and 3-10 inches deep. Construction takes about 10 days, and the pair may add to the nest during egg laying and brooding.

NESTING FACTS

Clutch size: 2-5 eggs

Egg Length: 3.5-4.6 inches

Egg Width: 2.3-2.9 inches

Incubation Period: 31-41 days

Egg Description: Blue-green when laid, changing to white and chalky.

Condition at Hatching: Eyes open, clumsy, covered in wet white or gray down. Able to move around nest, feed and enter water as soon as down dries. Able to fly at 65 days after hatching.

BEHAVIOR

Short legs placed well back on the body give Mute Swans an awkward walking gait, but the birds can run quickly if pursued and can take off from land and water, flying with head and neck extended. On the water they sometimes hold their wings slightly raised and “sail” with the wind. Before or during landing at a breeding site they will slap the water with their feet to announce their arrival and alert potential intruders. Territorial defenses sometimes escalate to fights between males that can end with the dominant bird pushing its rival under water. They also chase off ducks, geese, gulls, dogs and humans. The aggressive nature and enormous appetites of these non-native birds pose a problem for wildlife managers.

CONSERVATION

Mute Swan populations held steady between 1966 and 2019. Few natural predators, these aggressive non-natives can increase their population quickly, displace native species and damage aquatic habitat by overgrazing vegetation.

All About Birds- Cornell Labs.

P.S.

Why are they called Mute Swans you ask? They are less vocal than other swan species.

If you travel on North Policy Road-Canobie Lake, you may be fortunate to see the Mute Swans in the Spring and Summer. At least two swans have been seen on Canobie Lake, at various times.

Elaine G

Atrial Fibrillation & Nutrition

Atrial fibrillation, aka AFib, AF, is a common heart condition that presents as a fast & irregular heartbeat. It can be difficult to manage (physically, emotionally and financially), can decrease the quality of life as well as life expectancy. AFib affects 59 million people, more common in white individuals, those who smoke, have a higher BMI (body mass index) so overweight or obese, have hypertension or have had a heart attack. Common symptoms of AFib include fatigue, difficulty breathing, chest pain, dizziness and cognitive impairment.

Early detection and intervention are key to improved long-term outcome. Lifestyle interventions are an important part of a successful management process. Modifiable factors such as diet, sleep, smoking, exercise routine and alcohol overuse need to be reviewed. The ABC's of AFib care are: "A" anticoagulation/avoid a stroke, "B" better symptom management, and "C" cardiovascular & comorbidity optimization.

AFib develops when there are changes to the atria section of the heart where the structure and electrical output are altered. There is a structural weakening of muscle cells and supporting tissues, so therefore more electrical changes attribute to tachycardia and short recovery times. Individuals with AFib are 5X more likely to experience a stroke compared to their healthy peers.

The two dietary patterns that have evidence to support beneficial effects in AFib management are the Mediterranean Diet and Whole Food Plant-Based Diet. The Mediterranean Diet is naturally anti-inflammatory, high in dietary fiber, both important to heart health. The Whole Foods Plant Based diet is like the Mediterranean diet but fewer animal food sources, less processed food, less added refined sugar and salt intake. The whole food plant-based diet is also somewhat more difficult to adhere to long term in a family environment.

A 2024 investigation reviewed how specific nutrients could impact the onset or recurrent symptoms of AFib. The conclusions were:

- Chocolate, caffeine, salt, fish, vitamins C&D and magnesium had a neutral impact on the new onset of AFib.
- Alcohol and high-dose, long-term omega-3 polyunsaturated fatty acid supplementation was associated with an increased risk of developing new AFib.
- A natural dietary pattern rich in vitamins C & D and omega-3 fatty acids were associated with a decreased risk of developing post-op AFib.
- Alcohol was associated with an increased risk of recurrent AFib.
- Low magnesium and potassium levels, high levels of phosphate could increase the risk of AFib.
- Consuming more than 6000mg of sodium (typically a diet of processed food or fast-foods) can increase the risk of AFib by 10%. Each additional 1000mg of sodium adds another 10% increase.
- 300mg Caffeine per day can be safely used. Discuss with your health care provider.
- There is a strong association of alcohol intake and AFib exacerbation. This oxidative stress can shorten atrial action and lead to tachycardia (more irregular heartbeats).

If you have AFib, it is important to discuss with your health care provider on how to make realistic lifestyle changes in dietary intake, review specific nutrient supplementation use and adjust as needed, exercise strategy changes, sleep modifications, smoking cessation, alcohol intake review, in an attempt to modify the risk of recurrent episodes of AFib.

Hope you found this informative.

References from Today's Dietitian, Jan/Feb 2026

Claudette

Free Printable Crossword Puzzle #6

This is the Daily Crossword Puzzle #6 for **Sep 25, 2025**

Find the solution at

<https://onlinecrosswords.net/74029>

Across

- 1. Regions
- 6. Love seat
- 10. Desperate
- 14. Brief
- 15. Brat's stocking stuffer
- 16. Object of adoration
- 17. Oahu greeting
- 18. Biblical prophet
- 19. Close securely
- 20. Lass's friend
- 21. Cone-bearing tree
- 23. Noisy insect
- 25. Unpleasant sight
- 27. Fresh talk
- 28. High blood ____
- 30. Terminal (abbr.)
- 33. Diamond weight
- 36. Aardvark
- 38. Consumer
- 39. Rear
- 41. Soothing ointment
- 42. Physicist Albert ____
- 44. British noblemen
- 45. Took a chair
- 46. Balm
- 49. Undersized animal
- 50. Trying experiences
- 54. Says
- 57. Double
- 58. Ordinance
- 59. Paid athletes
- 60. Flock mamas
- 62. Marry clandestinely
- 64. Expel
- 65. Steals from
- 66. ____ of humor
- 67. Famous loch
- 68. Shopping bag
- 69. Sharply sloped

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			

Down

- 1. Start of a Dickens title (2 wds.)
- 24. Psychic's phrase (2 wds.)
- 44. Everlasting
- 2. Pass on
- 26. Practices boxing
- 47. Whipped dessert
- 3. Corrode
- 27. Works on a tan
- 48. Pitching stat
- 4. Cigar residue
- 29. Holy person
- 49. Takes a break
- 5. Harbor
- 30. Night twinkler
- 51. Unaccompanied
- 6. Panoramas
- 31. Narrate
- 52. Slip-up
- 7. Seep
- 32. Tentacles
- 53. Use a broom
- 8. "The ____ Side"
- 33. Billiard sticks
- 54. On top of
- 9. Menu term (3 wds.)
- 34. China's continent
- 55. Test answer
- 10. Phonograph records
- 35. Landlord's due
- 56. Fling
- 11. Notion
- 37. Diminish
- 57. Unpaid bill
- 12. Thoroughfare
- 39. Put in again
- 61. Romance
- 13. Singer ____ Fitzgerald
- 40. Isn't, slangily
- 63. Rent
- 22. Fury
- 43. Travel



FIND the WORDS

Lunar – Eclipse – Blood – Moon – Philharmonic – Lanterns – Wildlife – Maple
 Artist – Express – Metaphysical – Rocks – Wentworth – Throwback – Kindness

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