



Hadleigh Woods Gazette

April 2026

www.hadleighwoods.org

Volume 210

P•R•E•S•I•D•E•N•T'S M•E•S•S•A•G•E

President's Message,

Will this cold weather ever end? This has been a rough winter that brought with it some damage issues that we will have to remedy. But, alas, I do see that crocuses are emerging from hibernation, a sure sign of spring.

To help with maintaining our low condo fee we depend on volunteers. I would like to establish a group of handy-people to assist with small projects that crop-up from time to time. Such as replacing a mailbox, fixing a lamppost, etc. When these type of incidents occur, we would send messages to this group of people who would be willing and able to handle the issue. Presently this is being handled primarily by Gene or myself. Or it goes to Ken who sends a contractor to resolve the issue.

Something coming up that we will need to deal with is PFAS. Per-and polyfluoroalkyl substances known as PFAS are widely used, long lasting chemicals, components of which break down very slowly over time. PFAS are found in water, air, fish, and soil at locations across the nation and globe. We together with Hampstead Water and DES will be putting together a plan to install a remediation system in our pump house. This will be another major project that will take some time to implement. We will keep you informed as we proceed.

Our next Board meeting will be held at the Nesmith Library on April 16th at 4PM. By law we are required to have a certain number of "open" meetings per year. Technically all are meetings are open but due to the fact that we have no meeting room we are limited to the amount of people that one of our units can accommodate. The library is free but means travel for everyone. Please take the time to travel and help support our volunteer Board of Directors.

Richard M



Property Management of New England

Dear Homeowners,

As I say each year, I can't believe another spring came so fast. It seemed like forever with all the snow. But, Hadleigh Woods had a good plow season with less plow damage and repairs. As always, the Board was busy all winter with plans for the spring and summer and in the winter months, the septic tanks were pumped. Some quick maintenance and repairs that will be happening: catch basin cleaning cycle continues, some roofs will be cleaned, the plow damage will be completed, units with ice dams have been reviewed for long term protection, the double doors at the pump house will be replaced pending a competitive quote, new wifi irrigation continues to be researched, tree and shrub care with deep pruning. This will get us off to a great start and the spring clean up by the landscapers will launch us into the new season.

Sincerely,
Ken Foley,
NextGen

Town-Wide Yard Sale Returns to Windham in May

Windham Recreation, in conjunction with the Windham Mom's Alliance, will host the annual Town-Wide Yard Sale on Saturday May 9, 2026, from 8 a.m. to noon, rain or shine, with the option for participants to continue until 2 p.m.

Registration opens February 16 at windham.recdesk.com. Participants will receive a confirmation email from the Recreation Office once their registration is complete. If no email is received, the registration has not been processed.

Windham Recreation will compile and promote a list of participating addresses. The list will be posted on the town website the day before the event, and printed maps and information will be available the morning of the sale at American Legion Post 109, 21 Haverhill Road.

A limited number of tables will also be available inside or outside at the American Legion. Interested participants should contact the Recreation Office for details.

For more information, contact Windham Recreation at 603-965-1208 or Recreation@WindhamNH.gov.

[Please RSVP to me, Pat S by April 15 (see the neighborhood list on the owners page for the email address). I will give a complete list of participants to the town recreation department per their request]

April 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Passover from April 1 – 9	2	3	4
5 Easter	6	7	8	9	10 6:30 p.m. 5th Annual Bluebird Conference , Open to the public. Free Sherburne Hall/ Pelham Town Hall	11 9:30-1:30. First day for Windham Landfill , 30 Marblehead Road
12 Orthodox Easter	13	14	15 Tax Day (see below for other information)	16 4:00 p.m. Hadleigh Woods open Board of Directors meeting , Nesmith Library	17	18
19	20	21	22 12 noon. Lunch at Pica's , 10 Ayers Village Rd, Methuen, MA. To RSVP call Carol Y. See email in contact info in the neighborhood list in owners section of the web	23	24 12 noon. Free Movie, Marian Gerrish Community Center	25 9:30-1:30. Windham Landfill , 30 Marblehead Road
26	27	28	29	30	<p><i>April 15</i>, 10:30-noon. Lighthouses of New England, The Residence at Salem Woods, 6 Sally Sweet Way, Salem NH. R.S.V.P. 603-890-0580</p> <p><i>April 22</i>, 4:30-7:30 p.m. Health & wellness Fair, Hyla Brook Estate, 140 Rockingham Road, Derry.</p>	

Happy Birding

Hi Folks, this month's article will be informational. Bird articles will continue in May.
Bird Feeders

To prevent bears from visiting backyard feeders, take down birdfeeders from April 1 through December 1. Also keep all garbage secured, keep barbeque grills clean, and do not leave pet food outdoors. This helps prevent property damage and protects bears by preventing them from becoming nuisance animals.

Credit:
NH Fish and Game

Bird Nesting Material Dos and Don'ts

Most birds build some kind of structure to contain their eggs and nestlings.

DO provide any combination of the following:

- Dead twigs and leaves
- Dry grass (be sure grass hasn't been treated with pesticides)
- Moss
- Bark strips
- Pine needles

These nesting materials can be piled on the ground or placed in clean suet cages.

DO NOT provide dyer lint, plastic strips, tinsel, cellophane, aluminum foil.

Credit:
All About Birds

Hummingbird Arrival

Males arrive before females.

Put feeders out last week of April, first week of May.

Nectar Recipe:

1/3 cup of refined white sugar

1 1/3 cup of water

Rapid boil for 2 minutes

Let cool and fill your feeder

DO NOT substitute honey, can promote dangerous fungal growth. Red Food dye is also dangerous.

Change nectar every few days during hot weather.

(see April 2025 Gazette)

Enjoy these little "jewels" since they are here for only a short time.

As of this writing, they are in Virginia.

Baltimore Orioles usually arrive around the same time as hummingbirds. Put out orange slices in suet feeders. They also like grape jelly. (See May Gazette 2024)

Peregrine Falcons (see June 2025 Gazette)

First egg was laid 3/25/2026. Hatching should take place early May.

NH Audubon live streams at the Brady Sullivan Tower in Manchester, NH with support of their partners at Peregrine Networks and Brady Sullivan Properties.

Happy Birding!!

Elaine G

Nutri-Bies

MEAL TIMING & RISK IN OLDER ADULTS

Later meals, especially breakfast, are associated with higher risk of death in older adults. Roughly 20 years of data from 3,000 older adults was used to assess meal timing and behaviors, such as sleep. Older age was linked with later mealtimes. Later breakfast was associated with issues such as fatigue, depression and anxiety as well as increased mortality. Researchers encourage earlier breakfasts and consistent meal schedules.

(Communications Medicine, September 2025)

ARTIFICIAL SWEETENERS MAY AGE THE BRAIN

Consuming high amounts of artificial sweeteners (low and no calorie sugar substitutes) may result in faster cognitive decline in thinking and memory skills compared with people consuming the least amounts. The study found that among nearly 12,800 middle-aged participants, the decline of those consuming the most artificial sweeteners including-aspartame, saccharin, acesulfame-K, Erythritol, xylitol, sorbitol and tagatose was 62 percent or about 1.6 years of additional brain aging. The link was stronger among participants with diabetes.

(Neurology, September 2025)

COFFEE LINKED WITH LONGEVITY

Moderate daily coffee consumption can be part of a healthy diet and even an effective way to live longer. The study included data from more than 43,000 people from 2001 and 2018. Participants were 20 years old or older, male & female, White and non-white, used sugar or no sugar added, drank caffeinated or decaffeinated coffee, some had medical conditions. After more than eight years of follow up, drinking one to three cups of coffee daily was associated with a longer life expectancy compared to not drinking coffee. Drinking one to two per day showed the greatest increase compared with non-drinkers.

(Public Health Nutrition, August 2025).

***I found no evidence if milk or cream added to the cup of coffee was part of the research criteria.**

ALMONDS LINKED WITH HEART & GUT HEALTH

Eating 2 oz of almonds (about 45 nuts) each day improved health markers for people with Metabolic Syndrome (obesity, hypertension and diabetes). A 12-week study involved 2 groups of participants: one consumed 320 calories of almonds and the other 320 calories in crackers. Blood tests from the almond eaters showed significant increases in their vitamin E, lower total cholesterol, lower LDL cholesterol (the bad ones) and lower waist circumference compared to the group eating crackers. Eating almonds seemed to promote gut health by limiting gut inflammation.

(Nutrition Research, July 2025)

Prepared by Claudette N

Free Printable Crossword Puzzle #5

This is the Daily Crossword Puzzle #5 for **Sep 25, 2025**

Find the solution at

<https://onlinecrosswords.net/77147>

Across

- 1. Wool eater
- 5. Limping
- 9. Concede
- 14. Hurt
- 15. Sad cry
- 16. Composure
- 17. Party ribbons
- 19. ____ Pan
- 20. Golf peg
- 21. Fat for frying
- 22. Lurch
- 23. Swipe
- 25. Wave type
- 27. Pea holders
- 29. Home of the Braves
- 34. Roof of the mouth
- 37. Grand ____ Opry
- 38. Pace
- 39. Actor ____ Guinness
- 40. Seat
- 42. Munitions, for short
- 43. Ark patriarch
- 44. Permit
- 45. Regard highly
- 47. Not specific
- 49. Curved doorway
- 50. Protective gear
- 52. Fertile desert spot
- 56. Be ambitious
- 60. Bolivia's neighbor
- 62. Fire remains
- 63. Digging tool
- 64. Commanding respect
- 66. Artist's tripod
- 67. Important times
- 68. Happiness
- 69. Fidgety
- 70. West's opposite
- 71. Experiment

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		

Down

- 1. Sail supports
- 22. Food provider
- 48. Hardly ever
- 2. Group of eight
- 24. Southwestern Indian
- 49. Amphitheaters
- 3. Trio number
- 26. Surrealist painter
- 51. Musical drama
- 4. Laughter syllable
- Salvador ____
- 53. Costly fur
- 5. Buddhist monk
- 28. Announce
- 54. The British ____
- 6. Warns
- 30. Writer ____ Christie
- 55. Ghostly garment
- 7. ____ Gras (Shrove Tuesday)
- 31. Appoint
- 56. On the ocean
- 8. Double curve
- 32. Wristwatch info
- 57. Reach across
- 9. Dismay
- 33. Power source
- 58. Historian's concern
- 10. Active person
- 34. Sharp pain
- 59. 15th of March
- 11. Tick's kin
- 35. Sunburn soother
- 61. Coffee break
- 12. Enlightened one's words (2 wds.)
- 36. Lacking fat
- 64. Goose formation
- 13. Coastal bird
- 41. Ship's wheel
- 65. FBI employee (abbr.)
- 18. Parcel out
- 46. Clean thoroughly



FIND the WORDS

Environmental – Blossom – Cherry – Awareness – Sunsets – Meditation – Burrito
 Dictionary – Growth – Radish – Mousse – Ambitious – Blooming – Happiness

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

Activity Committee News



We had a great time at our first crafts night. Nine women (and a granddaughter) were in attendance, and everyone went home with an almost finished wreath!! Great conversations, laughter, and fun was had by all. Lorraine C., her friend, Lorraine H, Claudette N., Pat S., and her daughter, Samantha, made beautiful wreaths. Andrea C, Nancy S., and Carol Y. (hostess) were there to help out. Keep a lookout for their wreaths to be shown off on their front doors!! *Hope to see you at our next function.*

Landscape Notes

On Friday, March 27, Chris Wood and his team from Heirloom Tree & Shrub, started phase 1 of the Shrub Maintenance & Replacement Project. Due to the time-consuming nature of this type of project, they were not able to get to any of the shrubs on Flatrock Road. They completed work on upper Hadleigh including 4 utility areas and the Gazebo, Blackburn Road & 2 utility areas, lower Hadleigh with 4 utility areas & the shrubs along the Pumphouse building removing one badly damaged Holly and one dead tree at the end of the lower Hadleigh garden. They completed a lot. I asked them not to touch the Japanese Red Barberry Shrubs due to their invasive nature and will be removed; use their best judgement with the Azalea, Hydrangeas, Spirea and Holly since they have the knowledge and expertise and “thin wisely” on the Rhododendrons, PMJ’s, Yews, Weigela, Ninebarks, Lilacs, Burning Bush, Rose of Sharon and Forsythias. They completed far more cutting, thinning & removal than volunteers could have ever done for the time they were here and with the budget provided.

DEER, RABBIT and VOLE DAMAGE OCCURRED TO MANY OF OUR SHRUBS

To date, I have not completed an extensive walk through the community to inspect the damage to our property by the deer and rabbits this past winter. The animals did more damage than the men plowing and dumping snow wherever they could. So far, it appears that the Yews and Arborvitaes on Blackburn Road have been nibbled the most. The good news is that there is a strong possibility that the Arborvitaes will come back sooner than the Yews. I noticed some bark chewed off some Rose of Sharon shrubs. Information provided from Chris Wood, it is rabbit chewing off the bark. They were able to perch themselves up on the hard packed snow and feed themselves. Who knew? The damaged to the Holly shrubs at the Pump House is from Red Backed Voles. He showed me how chew differently and deposit their remains compared to other rodents. Live & learn!

If you have noticed damage to some of your shrubs, please don’t hesitate to let the the Landscape Committee know.

VOLUNTEERS WELCOMED.

If any new unit owners have an interest in gardening, you are certainly welcome to join the Landscape Committee. There are 8-10 unit owners who would love to teach you or enjoy your company to help beautify our numerous garden sites.

Please contact Claudette N. Contact information is available in the neighborhood list on the owners page.