



Hadleigh Woods Gazette

June 2026

www.hadleighwoods.org

Volume 212

P·R·E·S·I·D·E·N·T·'·S M·E·S·S·A·G·E

President's Message,

To help ensure that we would not lose water, we had the irrigation systems shut off while Hampstead was in the process of replacing our two greensand filters. These filters are for the removal of manganese (black specs) in our water. This means that most of the water in our storage tank will include more manganese than usual. As a result, you will see black specs in the water, and you will need to clean aerators in your sink faucets.

With the upcoming issue of installing a remediation system for PFAS, we will need to expand the pump house building. There is simply no room for additional equipment. We are already busting at the seams. We will keep you updated as we prepare for this costly additional equipment.

In the near future Nassar Landscaping and Peregrine Networks will be working on replacing our irrigation controllers with new Wi-fi units. They will be working at the pump house, 23 Flat Rock, 10 Hadleigh, 30 Hadleigh, 25 Hadleigh and 36 Hadleigh.

Thanks to Gene G., Roger S., Steve M., Craig L. for assisting with replacing the lamp post at 40 Hadleigh and the mailbox post at 7/9 Flat Rock.

Enjoy the more pleasant weather and the chance to get outdoors. With the increase in walkers and dog walkers and as a reminder:

Please drive slowly through our property.

Richard M



Property Management of New England

Dear Homeowners,

We will be reviewing all the decks, roofs, pavement and siding for needed care. Thank you for the new volunteers in the association's committees. Your help keeps costs down and provides an understanding of what it takes to operate various areas on the property from the pumphouse water supply, landscaping, social events and welcoming owners to the neighborhood. Everything is looking green and the season is well under way.

Sincerely,
Ken Foley, NextGen

LANDSCAPE NOTES

1. Until the new controllers for the sprinkler systems are replaced and installed, if you see any sprinklers running after 9:00 am, please call Gene or Richard (see Neighborhood list for phone numbers) so one of these volunteers can try to shut off the malfunctioning sprinkler head. We are in a drought, and this will help with water conservation.
2. The wind can damage your hanging plants and perennials faster than forgetting to water them. If you know that the wind is being predicted, water your plants if you can.
3. If it is very sunny & hot outside and you are watering your plants, I would recommend that you water any perennials or shrubs at the bottom of the planting. Getting the whole plant wet and if the sun starts beating down on it, you have the potential for burning your plant.
4. If anyone has planted a Montauk daisy plant, it is recommended to trim it back around Memorial Day & July 4th by about 3 inches to prevent it from getting too tall and lanky. It will still grow well and bloom in late august till the first frost.

The Landscape Committee

June 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>10 a.m. – 2 p.m. Salem Farmer's Market, Moves to parking lot near Dick's House of Sports</p>	1	2	3	4	5	<p>9 a.m. – 2 p.m Derry Garden Club Plant Sale Boys & Girls Club of Greater Derry (new location) 40 East Derry Rd., Derry NH</p>
<p>10 a.m. – 4 p.m. Antique Show, Douglas Everett Arena, Concord, NH \$5.00 adm charge</p>	8	9	10	<p>6:00 p.m Studio Two – A Beatles Tribute Kimball Library 5 Academy Ave, Atkinson, NH Bring your own chair Weather permitting</p>	12	13
14	15	<p>June 16 & 17 Craft Supply Swap DONATION Days At Nesmith Library</p>		18	<p>6/19 and 6/20 37th Annual pocket Gardens of Portsmouth Tour. Visit: portsmouthnhtickets.com for more information</p>	<p>10 a.m. – 2 p.m. Craft Supply Swap At Nesmith Library <hr/> 7th Annual Palace Theatre Garden Tour. Visit: Palacetheatre.org/Events/2026-garden-tour</p>
21	22	23	24	<p>6:00 p.m Leaving Eden – Rock Tunes from the 70's to Today Kimball Library 5 Academy Ave, Atkinson, NH Bring your own chair Weather permitting</p>	26	27
28	29	30				

Great Blue Heron



The Great Blue Heron is by far the most familiar and widespread member of its family in New Hampshire. It nests either singly or in colonies of up to a hundred pairs, usually in wooded swamps but occasionally on islands. Their bulky stick nests are most easily seen when built in dead trees in beaver ponds or other open wetlands. Colonies are generally over water to minimize the risks posed by terrestrial mammal predators. A colony may persist in a location for decades, but over time dead trees (or their branches) fall and make the site

less suitable and the herons are forced to shift elsewhere. Disturbance and predation can also sometimes cause herons to abandon a colony during the nesting season. For this reason, it is recommended that human activity be minimized within 200-300 yards of an active colony. As for predation, while their nest sites serve to minimize the threat from mammals such as raccoons, danger from above is another matter, while crows and ravens take a few heron eggs, the greatest threat comes from Bald Eagles. Eagles will readily kill nestlings and even adults and can cause significant colony disruption where they are common. In fact, rapidly growing populations in Maine may cause ongoing heron declines and possibly lesser recent declines in New Hampshire.



Although nesting is localized in colonies, Great Blue Herons forage widely, sometimes travelling up to 10 miles in search of food. For this reason, you can readily find them in areas without colonies, such as ponds in the White Mountains or along the seacoast. Sometimes herons will specialize on small mammals when they are abundant. A notable anecdote involves in a New Hampshire yard systematically depleting the local chipmunk over a few weeks.

Credits: NH Audubon

Whether poised at a river bend or cruising the coastline with slow, deep wingbeats, the Great Blue Heron is a majestic sight. They may move slowly, but the Great Blue Heron can strike like lightning to grab a fish or snap up a gopher. In flight, look for this widespread heron's tucked-in neck and long legs trailing out behind. Great Blue Herons aren't likely to visit a typical backyard. However, they are sometimes unwelcome

visitors to yards that include fishponds.

Cool Facts:

- Despite their impressive size, Great Blue Herons weigh only 5-6 pounds thanks in part to their hollow bones—a feature all birds share.
- Great Blue Herons in the northeastern United States and southern Canada have benefited from the recovery of beaver populations, which have created a patchwork of swamps and meadows well-suited to foraging and nesting.
- Great Blue Herons have specialized feathers on their chest that continually grow and fray. The herons comb this “powder down” with a fringed claw on their middle toes, using the down like a washcloth to remove fish slime and other oils from their feathers as they preen.
- Great Blue Herons can hunt day and night thanks to a high percentage of rod-type photoreceptors in their eyes that improve their night vision.
- Great Blue Herons congregate at fish hatcheries, creating potential problems for the fish farmers.

Habitat:

Great Blue Herons live in both freshwater and saltwater habitats, and also forage in grasslands and agricultural fields, where they stalk frogs and mammals. Most breeding colonies are located within 2-4 miles of feeding areas, often in isolated swamps or on islands, and near lakes and ponds bordered by forests.

Food:

Great Blue Herons eat nearly anything within striking distance, including fish, amphibians, reptiles, small mammals, insects, and other birds. They grab smaller prey in their strong mandibles or use their dagger-like bills to impale larger fish, often shaking them to break or relax the sharp spines before gulping them down.

Nesting:

Great Blue Herons nest mainly in trees, but will also nest on the ground, on bushes, in mangroves, and on structures such as duck blinds, channel markers, or artificial nest platforms. Males arrive at the colony and settle on nest sites; from there, they court passing females. Colonies can consist of 500 or more individual nests, with multiple nests per tree built 100 or more feet off the ground.

Nest Description:

Male Great Herons collect much of the nesting material, gathering sticks from the ground and nearby shrubs and trees, and from unguarded and abandoned nests, and presenting them to the female. She weaves a platform and a saucer-shaped nest cup, lining it with pine needles, moss, reeds, dry grass, mangrove leaves, or small twigs. Nest building can take from 3 days up to 2 weeks; the finished nest can range from a simple platform measuring 20 inches across to more elaborate structures used over multiple years, reaching 4 feet across and nearly 3.5 feet deep.

Nesting Facts:

Clutch size: 2-6 eggs

Number of broods: 1-2 broods

Egg Length: 2.4-3.0 inches

Egg Width: 1.8-2.0 inches

Incubation Period: 27-29 days

Nestling Period: 49-81 days

Egg Description: Pale blue, fading slightly with age

Condition at Hatching: Bluish eyes open, chick covered in pale gray down, able to vocalize.

Behavior:

Great Blue Herons forage, usually alone, across much of the United States. This largest of North American herons wade slowly or stands stock still, peering into the water for prey. If you visit a colony, look for elaborate courtship and pair-bonding displays that include ritualized greeting, stick transfers, and nest relief ceremony in which the birds erect their plumes and “clapper” their bill tips. Pairs are usually monogamous during a season, but they choose new partners each year.

Conservation:

Great Blue Heron numbers are stable and increased in the US between 1966 and 2019. Because Great Blue Herons depend on wetlands for feeding and on relatively undisturbed sites for breeding. They are vulnerable to habitat loss and human impacts such as traffic, logging, motorboats and other intrusions that can disrupt nesting colonies. Other threats include chemical pollutants or other causes of reduced water quality. Although contaminant levels have declined in many areas, pollutants such as PCBs, DDT, and newer types of industrial chemicals continue to affect heron habitats and can contribute to factors as reduced nest site attendance.

Credits: All About Birds-Cornell Lab.

NOTE: Great Blue Herons can be seen at Lake Massabesic.

Elaine G

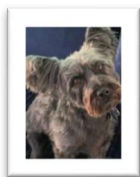
Summertime and the Eating is too Easy!

Summer is here and it so enjoyable to head out to a restaurant to eat and it is so easy to get derailed from a healthy eating lifestyle. Here are a few tips to help decipher a restaurant menu is really telling you.

1. Crispy, golden, crunchy will almost always mean FRIED.
2. Rich, decadent, velvety, creamed, buttered means more fat calories.
3. Smothered, loaded, or topped often means more sauces or cheeses, so more fat calories. One tablespoon is easily 100 calories but “smothered” is probably 4-6 tablespoons, so 400-600 extra calories.
4. Portion size can be a problem. A steak in a restaurant can start out at 16 oz raw and cook down to 13-14 oz, this is double to triple as to what you might eat for dinner at home. To prevent you from eating all of it while you are enjoying being out, ask for a “to-go” box and set a good size portion into the box to take home before you start to eat. Or if you can and the restaurant allows it, share the entrée with someone. Some restaurants might request a small upcharge for sharing the entrée.
5. “Herb-crust” maybe loaded with breadcrumbs or mayonnaise. Ask your wait-staff to explain exactly what it is.
6. Salads are not always low in calories. A fully dressed Caesar salad could add up to 800-1000 calories. Ask for dressing to be served on the side and you control how much you use and you might need to monitor how much cheese you enjoy.
7. Beware of your beverage selections. Water with lemon; no calories. A 12oz regular soda is easily 160 calories; 6 oz wine goes for 110 calories, and a specialty cocktail can soar to 400-600 extra calories. The bigger the cocktail; the higher the calorie tally.
8. Look for grilled, roasted, steamed or broiled for entrees; if not on the menu, ask for it politely. You are the paying customer and they want your business.
9. Always ask for sauces and dressings to be served on the side. Ask what is in the sauce too.
10. Scan the menu for items you might want to substitute. If you do not want mayonnaise on a sandwich but see avocado or guacamole, ask for the healthier substitute. Most restaurants will be accommodating.
11. If you want a steamed vegetable on the side, ask for it. Most restaurants can do it.
12. Consider ordering an appetizer for the main course if you know the portions are large in the restaurant.
13. Sip your water between bites.
14. Desserts are a high calorie item. If you must have it, share it with as many people as you can. The average restaurant dessert is 600-1000 calories.

Reference: Summarized from Wellness Warrior, the Evergreen, June 2026

Claudette N



Thank you to all my generous neighbors at Hadleigh Woods for supporting my little "Whoopie Pie" fundraiser. Along with family and other friends, SARL (Salem Animal Rescue League) received \$1465.00. Thankful for your sweet tooth and generosity.

Claudette N., Winston's human and former resident at SARL

Free Printable Crossword Puzzle #7

This is the Daily Crossword Puzzle #7 for Oct 6, 2025

Find the solution at

<https://onlinecrosswords.net/55956>

Across

1. Reach
5. Pinnacles
10. Mimicker
14. Tip
15. Animals' homes
16. Lumber source
17. Sounded a bell
18. Tennessee ____ Ford
19. Satan's domain
20. Near the south pole
22. Sucker
23. Annoying ones
24. Camp shelter
25. Happening
29. Calcutta native
32. Actor ____ Allen
35. Made happy
37. Burns' "before"
38. Gardening implement
39. Defeated one
40. Baltic, e.g.
41. Have
42. Refined
44. Asphalt
45. Food allotment

47. Concluded

49. March date

50. Irritable

54. Pagan gods

56. Happen

60. Accomplished

61. Rasp

62. Poor mel

63. Water jug

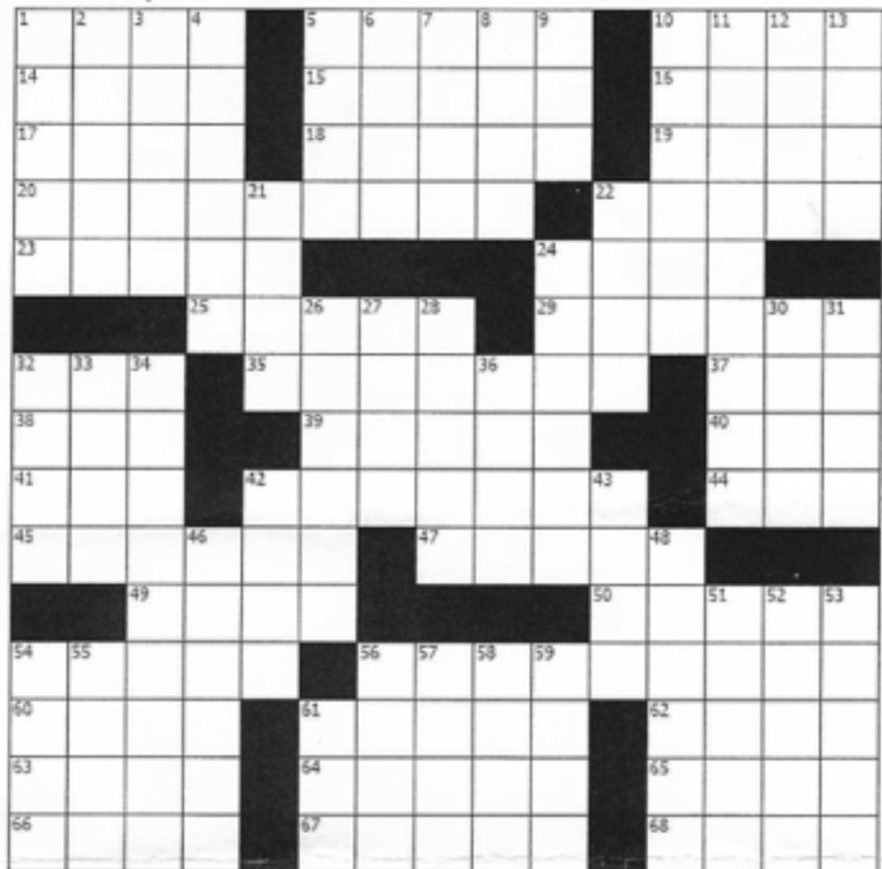
64. Cars

65. Italy's capital

66. No ifs, ____ , or buts

67. Gives the impression

68. Recipe units (abbr.)



Down

1. Remnant

2. Jet

3. Mom's sisters

4. Nullify

5. A Baldwin brother

6. Wagon

7. Short skirt

8. Rock's ____ Clapton

9. Compass point (abbr.)

10. Close by (2 wds.)

11. Most attractive

12. Slithery swimmers

13. Bank (on)

21. Invitation inits.

22. Remain undecided

24. Having rows

26. Burstyn and DeGeneres

27. Sign gas

28. Personal preference

30. Zone

31. Advance upon

32. Norse thunder god

33. Dubuque's locale

34. Spoke of

36. Perceived

42. Leaves

43. Rents

46. Loafers

48. Go away

51. Farm buildings

52. Vagrant

53. Positive answers

54. Brainstorm

55. Toward the floor

56. Faithful

57. Assess

58. Tiny particle

59. Famous loch

61. Vapor



FIND the WORDS

Honeysuckle – Pests – Asteroid – Flag – Day – Strawberry – Protector – Golf – Juno
 Folklore – Midsummer – Bruschetta – Environment – Chimborazo – Gazebo

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

Activity Committee News

On May 15 Hadleigh Woods neighbors gathered at Carol and Larry Y's home for a potluck dinner. Everyone brought something to eat, and everything was delicious. Great conversations, laughter, and fun was had by all. The hosts, Carol and Larry, went above and beyond with making the evening a great success.

FOR OUR NEXT EVENT:

Hope you join us at Mary Ann's in Windham for breakfast on June 15th, 9:00 a.m. Please email Deb S. see email in the Neighborhood List to RSVP. Thank you.

WHO KNEW.....

1. that MGH has a free brain care score (BCS) test on-line. The assessment form can be downloaded at Mass General Hospital McCance Center for Brain Health. It is a 21-point assessment tool to help you measure, track and protect your long-term brain health.
2. that PEZ candy dispenser was invented as an anti-smoking tool in 1927 in Austria. PEZ is derived from the German word for peppermint (Pfefferminz). There is a PEZ visitors center in Orange, Conn, 35 Prindle Hill Rd, open 10:00am-6:00pm.
3. that in less than one hour you can declutter 2 kitchen drawers or pantry shelves.
4. that baking soda requires an acidic ingredient (yogurt, brown sugar or vinegar) and moisture to activate. It produces carbon dioxide gas bubbles to make a product rise. It also promotes browning and enriches flavor.

If you have any interesting tidbits of information, please send to Pat S. please see email in the Neighborhood List

