



Hadleigh Woods Gazette

September 2026

www.hadleighwoods.org

Volume 215

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

Our annual meeting is set for Saturday November 21st at St. Matthew's Parish Hall for 1PM. Please consider becoming one of the Directors for our association Board. No experience is necessary. We welcome new younger folks to allow us older members to finally retire.

Our 2027 budget is fast approaching. The good news is that we are in great financial health. The bad news is that expenses are rising and our buildings are 20+ years old with increasing needs. I don't believe that our usual small increases will fly this year. Costs are going up everywhere: Insurance, irrigation, and electricity to name a few. Now that our irrigation system is up and running, we need to repair damaged lawn areas and replace a number of dead or dying shrubbery. Now that Gene and I are no longer handling sprinkler repairs, when you call about water hitting your windows Nassar bills us \$153.50 for each occurrence.

The driveways need to be sealed to extend their life. The list seems to grow every year. A few of our budget items have gone over already. We've always prided ourselves in having the lowest condo fee in the area. I believe that whatever increase we make will not damage that reputation.

To those of you that have work done on your decks, thank you for making them safer and enhancing the overall beauty and value of our community.

We still have vehicles speeding through our neighborhood. They seem to be delivery drivers for food delivery services. I'm thinking that we might need speed bumps (UGH).

Richard M



Dear Homeowners,

It's that time of year when we get PTSD thinking summer vacation is over and we are heading back to school. Ah, but that is the one good thing about being older. No school. Instead, we plan for the winter and start thinking about the months ahead wrapping up the shrub trimming and replacement, outside projects and finalizing a budget. The insurance was renewed with a minimal increase which was much lower than most other associations. The new wifi irrigation application is a big hit and will ultimately save the association money over the long haul and also salt that is added to the water. The Board has a couple quotes on the table to discuss seal coating driveways to preserve the pavement and fill cracks to extend the life of these areas. Enjoy the homestretch of the summer.

Sincerely,
Ken Foley, NextGen

After Labor Day, members of the Landscape Committee will be working around the Gazebo to refresh and beautify it with new plantings.

Claudette N, Landscape Committee

👏👏👏 Congratulations to Laurie L, for traveling to Alaska to complete her 46th Marathon.

September 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10 a.m. – 2 p.m. Salem Farmer's Market , Moves to parking lot near Dick's House of Sports		1	2	3	4	5
6	7	8	9	10	11	12 Open 9:30 – 1:30 p.m. Windham Landfill , 39 Marblehead Rd, Windham
13	14	15	16	17	18	19 9 a.m. – 4 p.m. St. David's Autumn Craft Fair 231 Main St, (RT 97) Salem, NH
20	21	22	23	24	25	26 Open 9:30 – 1:30 p.m. Windham Landfill , 39 Marblehead Rd, Windham Household Hazardous Waste Collections 8 a.m. – 12 noon 25 Crown St, Nashua, NH
27	28 6:00 p.m. Dinner at Wasabi Restaurant Please RSVP by text or email Linda A by 9/21. See Activity Committee news	29	30			

Common Loon



The eerie calls of the Common Loon echo across clear lakes of the northern wilderness. Summer adults are regally patterned in black and white. Common Loons are powerful, agile divers that catch small fish in fast underwater chases. They are less suited to land and typically come ashore only to nest.

Cool Facts:

- The Common Loon swims underwater to catch fish, propelling itself with its feet. It swallows most of its prey underwater. The loon has sharp, rearward-pointing projections on the roof of its mouth and tongue that help keep a firm hold on slippery fish.
- Loons are water birds, only going ashore to mate and incubate eggs. Their legs are placed far back on their bodies, allowing efficient swimming but only awkward movement on land.
- Loons are like airplanes in that they need a runway for take-off. They need from 30 yards up to a quarter mile (depending on the wind) for flapping their wings and running across the top of the water in order to gain enough speed for lift-off.
- Unlike most birds, loons have solid bones that make them less buoyant and better at diving. They can quickly blow air out of their lungs and flatten their feathers to expel air within their plumage, so they can dive quickly and swim fast underwater. Once below the surface, the loon's heart slows down to conserve oxygen.
- Juvenile loons are on their own after mom and dad leave at about 12 weeks. The parents head off on migration in the Fall, leaving juveniles to gather into flocks on northern lakes and make their own journey.
- Once the juveniles reach coastal waters on the ocean, they stay there for the next two years. In the third year, young loons return north, although they may not breed for several years (on average they are six years old when they start breeding).

Habitat:

Common Loons are a classic bird of the North Woods lakes. They are excellent indicators of water quality as they require crystal-clear lakes with abundant populations of small fish. Lakes with coves and islands are preferred as they provide cover from predators.

Food:

Common Loons are expert anglers. Their diet consists mostly of fish.

Nesting:

The male selects the nest site. Loons nest in quiet, protected, hidden spots of the lakeshore. Nests are built close to a bank, often with a steep dropoff that allows the bird to approach the nest from underwater. They also use artificial nesting platforms, which people have offered as alternative habitat on lakes with extensive development.

Nest Description:

Male and female build the nest together over the course of a week in May or early June, making a mound out of dead plant materials, such as marsh grasses that grow along the lake's edge. Then one of the loons crawls on top of the mound and shapes the interior to the contours of its body. The finished nest is about 22 inches wide and looks like clump of dead grasses by the edge of the water.

Nesting Facts:

Clutch Size: 1-2 eggs

Number of Broods: 1 brood

Egg Length: 3.5 inches – 3.5 inches

Egg Width: 2.2 inches – 2.2 inches

Incubation Period: 26-29 days

Nestling Period: 2 days

Condition at Hatching: Covered with down, sooty black with a white belly. Able to swim and ride on parents' back within hours of hatching.

Behavior:

Loons spend a lot of their time working shallow waters for fish. Loons do all their feeding during the day. Loons are also territorial, display their body upright and flapping their wings vigorously. Canoeists who get too close, may witness this display, along with a defensive tremolo as the loon swims away. They can be very vocally active with nocturnal choruses. After sundown, lakes reverberate with the echoes of loon wails, yodels and tremolos.

Conservation:

Common Loon populations have been stable overall between 1966 and 2019.

Predators:

Adult Loons rarely are eaten by other animals (except Bald Eagles), but their young can fall prey to skunks, raccoons, foxes & snapping turtles.

Credit: All About Birds-Cornell Lab

Common Loons in New Hampshire

Like so many other species, loons have been negatively affected by human activity. By the early 1900s they had disappeared from much of New Hampshire, victims of unregulated shooting and egg collecting. Accelerating rates of shoreline development through the century reduced nesting habitat and exposed loons to frequent human disturbance. Pollution is another significant threat, with negative effects of acid rain (depleting prey populations), DDT (thinning eggshell), and heavy metals such as mercury and lead (impaired physiology or death). Direct poisoning from the ingestion of lead fishing tackle is the single most important cause of death in Loons in NH. But Loons are also a testament to how quickly a species can respond to conservation methods. When the NH-based Loon Preservation Committee was founded in 1975, there were only 74 territorial pairs in the state. In 2022, there were 345. This increase is the result of dedicated efforts to protect nesting habitat through signage, provide new nest sites in the form of rafts, educate people about Loons and most recently a statewide ban on certain types of lead tackle. Despite these gains, the future of Loons in NH is still at risk. Human populations continue to grow and intrude into nesting habitat, and climate change has the potential to negate much of the species recent gains. Warmer temperatures can also alter prey populations and even increase the prevalence of diseases. In fact, some lakes in the state have lost breeding pairs or shown reduced productivity, a clear sign there is still work to do if we wish to continue hearing their calls on moonlit summer nights.

Credits: New Hampshire Audubon

Does Canobie Lake have Loon you ask? Yes, but sadly 2026 was not a good year for the Loons. According to the Canobie Lake Protective Association, the Loon raft nesting year started wonderfully in mid-April. A pair of Loons arrived in early May and began patrolling the lake. Over the next several weeks, the Loons had begun crafting a nest on a little bump island in Windham near West Shore Road. On May 24, they took permanent residence. They produced 2 eggs, which were incubated for 30 days. On May 30 and 31 a storm hit. Although the raft is in a protected cove, an unexpected Nor'easter surprised everyone Friday evening; however, the Loons were still on their nest Saturday throughout the storm, riding out the wind and waves. On Sunday morning, they were not on the nest. After locating the Loons alive and well, it was odd that they were both together and not returning to their nest with eggs. With consultation with the Loon Preservation Commission (LPC), they marked the eggs, sadly 24 hours after marking the eggs, LPC concluded the nest had been officially abandoned. As of today, both Loons are still on Canobie Lake.

Credit: Canobie Lake Protective Association

Fall Hummingbird Timeline

Mid to Late August: Males depart

September: Females and juveniles migrate

Late September-Early October: Most locals are gone, migrants continue

Late October: A few late stragglers

Migration is driven by daylight and instinct, not by the presence of feeders. Keep feeders up at least 2 weeks after last sighting.

Elaine G.

Avocado – A Heart-Healthy Winner

Heart disease is the leading cause of death in the United States. Millions of Americans take cholesterol and blood pressure lowering medications to reduce their risk of developing heart disease. If you were told that a food could reduce this risk, would you eat it every day?

There is such a food. It is a fruit. This fruit is AVOCADO. This fruit is not loaded with sugar, but healthy fats instead and it has a high level of fiber for your heart. Avocados contain vitamins, minerals and antioxidants that support heart health. One standout nutrient is potassium. Potassium helps lower your blood pressure by decreasing the effects of sodium. Think of potassium & sodium as a seesaw. Potassium works to counterbalance the blood pressing-raising effects of sodium. There are nearly 500 milligrams of potassium in one half an avocado, more than a whole banana.

Avocados are high in carotenoids and vitamin E, powerful antioxidants, that protect blood vessels, lower harmful LDL cholesterol and promote overall vascular health.

Avocados are rich in heart-friendly polyunsaturated and mono-unsaturated fats, which research has proven to lower LDL cholesterol. The new 2025-2030 Dietary Guidelines for Americans specifically recommend prioritizing these fats over saturated fats as much as possible. Fats in your diet also help you to feel fuller by slowing the emptying effects in the stomach.

Avocado food facts:

- 1 medium avocado, 150 grams or 5oz has 240 calories.

- No cholesterol

- 13 grams carbohydrates/sugar

- 0 sodium

- 9 g fiber

- 750 milligrams of potassium

- 18 grams unsaturated fats, of which 15 grams are monounsaturated 26.5 grams total fat

- 4 grams protein

- Vitamins: A, D, E & K, B-2, B-3, B-5, B-6, Folate, C,

- Minerals: Copper, Magnesium, Potassium, Manganese

Enjoy one half/one avocado per day, as a slice of fruit, spread on a sandwich instead of mayo, in smoothies, salads, soups or any way you can.

Credits: Eating Well, Special edition, the Mediterranean Diet, Healthline.com

Claudette N

Free Printable Crossword Puzzle #6

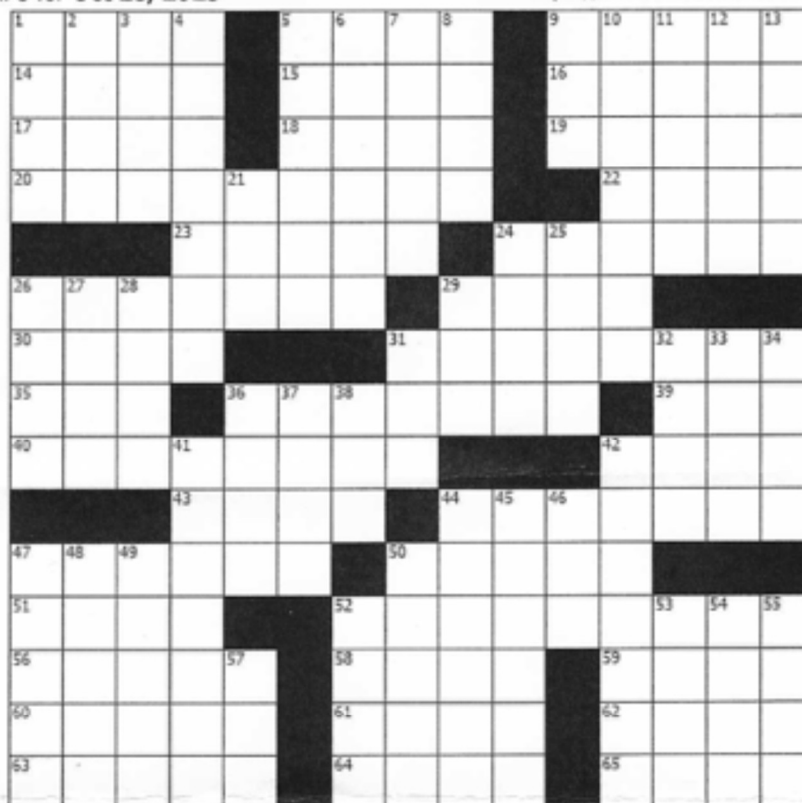
This is the Daily Crossword Puzzle #6 for Oct 28, 2025

Find the solution at

<https://onlinecrosswords.net/84985>

Across

1. Dimension
5. Corned beef dish
9. Got up
14. Diva's forte
15. Palo ____
16. Smooth
17. Mob
18. Urban air pollution
19. Be upright
20. Forefathers
22. Other than
23. ____ Witherspoon of "Walk the Line"
24. Inferior
26. Watertight coating
29. Separate
30. Sacred
31. Opposer
35. Individual
36. Approve
39. Beam of light
40. Prank
42. Wander
43. Ready to eat
44. Erases
47. Not abundant
50. Hazard
51. Limping
52. Acceptable in flavor
56. Wrong
58. Poetic lament
59. Seniors' dance
60. First extra inning
61. Dancer ____ Kelly
62. Garment juncture
63. Splash
64. Greek mythology figure
65. Circular current



Down

1. Epic
2. Modern Persia
3. Metallic element
4. Enthusiastically
5. Hurry
6. Nearly
7. Supermarket
8. Swine
9. Gore and Roker
10. Quizzes again
11. Track shapes
12. Sight or smell
13. Senior
21. Briny deep
24. Girl
25. Cleveland's lake
26. Pump, e.g.
27. Long periods
28. A Baldwin brother
29. ____ diem
31. Fish eggs
32. Jog
33. Roof part
34. Seeded breads
36. Long, narrative poem
37. Neck region
38. Ike's inits.
41. Nabs
42. Get worse again
44. Franklin ____ Roosevelt
45. Rubs out
46. Illuminated
47. Bed supports
48. Desert beast
49. ____ acid (protein component)
50. More colorless
52. Knight's assistant
53. Raised, as animals
54. Heavy burden
55. TV award
57. Quiet!



FIND the WORDS

Almanac – Bear – Chai – Charity – Constitution – Eleven – Heritage – International
Labor – Nine – Peace – Pirate – Punctuation – Teddy – Wasabi – Wildlife

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

Activity Committee News

Welcome and thank you to two new members who are joining the Activities Committee: Linda C and Diane F.

Thank you to Pat S, a most valuable member of the committee, who is stepping down. We will miss her cheer, energy, contributions and support.

It's been a busy summer, and the activities committee also took a bit of a vacation so please bear with us as we get back in full swing planning our events for the next few months.

Here's the outline for activities we currently have planned. Mark your calendar and watch for more in the weeks to come. Details will be shared as soon as they are confirmed.

SEPTEMBER

Monday, 9/28/2026 at 6:00 p.m.- Dinner at Wasabi restaurant. Please RSVP to Linda A by 9/21 via text or email. See the Neighborhood list for the phone or email.

OCTOBER

Monday, 10/26/2026 Breakfast at Elies Farmhouse

AND... keep watch for the 'annual' fall frolic event (a continuation of last October's event)

NOVEMBER

Trim the Christmas tree ... AND MORE....

Thank you for all the suggestions that have been coming. We appreciate your support with ideas for future events. We have kept notes of all your thoughts and will be exploring the details to make them possibilities in our future plans. Keep them coming!!

WHO KNEW.....

1. That bathtub use is down; walk-in showers are increasing. One average shower uses 16 gallons for an 8-minute shower vs. bathtub that could use 50-80 gallons of water.
2. That high-end luxury cars are less popular due to all the high-end electronic features in less expensive cars.
3. That some colleges are offering a course for credit titled: "How To Be An Influencer".
4. That the "Fibonacci Sequence" is the perfect symmetrical spirals in the center of a sunflower. This lets the plant pod pack the maximum number of seed into the smallest space possible.

If you have any interesting tidbits of information, please send to Pat S.