



Hadleigh Woods Gazette

October 2026

www.hadleighwoods.org

Volume 216

P·R·E·S·I·D·E·N·T·'·S M·E·S·S·A·G·E

The entire Board has been working diligently on our 2027 budget. This has been a very difficult process. It started with the increase of our insurance that we reported on at our July meeting. Also, for 2027 we see large increases for pump house maintenance, repair, testing and permits. The irrigation repairs costs have gone over budget. Finally, Nassar is increasing his 2027 contract by a very large amount. Due to this large increase, we are presently finalizing an agreement with Ultra Green Landscaping here in Windham for 2027.

We deemed it prudent to postpone the seal coating till next year.

Gutters and downspouts will be cleaned in the third week of November.

I don't like speed bumps. Having said that, I'm beginning to believe that the time is coming near for speed bumps. I would like to hear from unit owners who are for or against. Please send comments to richard@hadleighwoods.org

Reminder that our annual meeting will be on Saturday, November 21 at 1PM. I encourage you to place your name on the ballot to be elected as one of the Board members. No experience is necessary; we all have the capability to be a Director.

Consider volunteering for one of the following:

- Activities Committee - finds and schedules various creative activities for all of us.
- Budget & Finance Committee - audits and helps develop budgeting
- Landscaping Committee - helps to maintain and beautify our community. We all have noticed and appreciate the impact they have had over the years.
- Nominating Committee - finds unit owners that have an interest in joining the Board
- Welcoming Committee - greets new owners and supplies them with helpful information
- Water System - helps monitor operations and handles the filling of the salt for the softening system. The salt bags weigh 40 pounds, and we buy them by the pallet.

Richard M



Dear Homeowners,

The leaves are changing color, and the gutter cleaning has been scheduled for the third week of November. In previous years, we tried to wait for almost all the leaves to fall but that came with the risk of the weather changing to really cold and freezing which doesn't allow for a thorough cleaning. This year a week has been set and if some follow up spot cleaning is needed in areas where trees hang onto their leaves a little longer than others, a follow clearing will be done. Owners are responsible for the payment of the cleaning of rear gutters. A price and instructions will be sent prior to that date. As always, the Board and committees have been busy stretching your maintenance fees dollars to provide the most and best services. We are preparing for the winter and all that comes with the season. Last year, the region provided a significant challenge with plowing and salting to keep the roads safe. Let's hope nature goes a little easier on us this year.

Sincerely,
Ken Foley, NextGen

"Forever Chemicals"

Hello All,

I am sure that you have heard about chemicals called PFAS that are found in many wells, lakes, ponds, and other areas across the country. We have PFAS in our well, but they are below the limits established by NH Department of Environmental Services. New limits have been established by DES which gives water systems like ours until April 2029 to mitigate or treat these chemicals in our water system. The Board of Directors has decided to start the process sooner than later due to the complexity of workable solutions. The Board of Directors is reaching out to the Owners for a couple of Volunteers to be part of a committee with some Board Members to address these water quality issues compliance with the new regulations. Please contact me if you would like to be on the committee. Thanks,

Gene G

LANDSCAPE NOTES

1. The flowers you see blooming in some of the utility areas, lower Hadleigh garden and front entrance garden and a few front window gardens are Montauk Daisies. These are one of the latest blooming perennials in New England. Enjoy.
2. The Windham landfill is still open on the second and fourth Saturday at 39 Marblehead Road. Hours are 9:30am-1:30pm. The November hours will change to 9:30 am-12:30pm and will be open on the second & third Saturday only. This is subject to pending weather conditions. Plenty of compost is still available to amend your soil in your gardens.
3. Changes coming to the Gazebo have been delayed but new plants should arrive around October 2nd. Once they arrive, the landscape volunteers will organize a time to start planting.
4. The Windham Garden Club will have an open meeting on Thursday, October 15, 2026: Great Blue Herons and Beavers, presented by Ron Watson. Meeting starts at 7:00pm, Windham Town Hall, second floor, 3 North Lowell Road. Light refreshments served. For more information about the Windham Garden club contact the club at: info@windangardenclub.com
5. If any unit owner would like to volunteer to help keep the gardens looking beautiful, please call or text me.

Claudette N, Landscape Committee

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m. – 2 p.m. Salem Farmer's Market , Sundays, next to The Field at Dick's House of Sports at The Mall at Rockingham Park				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
	9:00 a.m. Ellie's Farmhouse . 436 Broadway Methuen, MA A RSVP request will be sent out later in the month.				11:00 a.m. FALL FROLIC . See details in the Activities article.	

Ring-billed Gull



If you see a “seagull” away from the ocean in New Hampshire, it is most likely a Ring-billed Gull.

Familiar acrobats of the air. Comfortable around humans, they frequent parking lots, garbage dumps, beaches and fields, sometimes by the hundreds. Most Ring-billed Gulls nest in the interior of the continent, near fresh water.

Cool Facts:

*Ring-billed Gulls nesting colonies normally include a small percentage of two-female couples. Fertilized by an obliging male, each female

spouse lays a clutch of eggs, leading to 5-7 egg “superclutches”.

*Ring-billed Gulls return to breed at the colony where they hatched. Once they have bred, they are likely to return to the same breeding spot each year, often nesting within a few meters of last year’s nest site.

Habitat:

Ring-billed Gulls are often found in and around urban, suburban, and agricultural areas. They are more commonly seen inland than most other gull species. They can be found at reservoirs, lakes, ponds, streams, landfills, parking lots, and shopping malls.

Food:

They are able to thrive on almost any available source of nutrition.

Nesting:

Ring-billed Gulls nest in colonies numbering from 20 to tens of thousands of pairs. They build their nests on the ground near fresh water, usually on low sparsely vegetated terrain.

Nest Description:

The male and female cooperate in constructing the nest - a scrape in the ground lined with twigs, sticks, grasses, leaves, lichens, or mosses. The nest’s outer diameter ranges from 10-25 inches, with an inner cup about 9 inches in diameter and 2 inches deep.

Nesting Facts:

Clutch Size: 2-4 eggs

Number of broods: One brood

Egg Length: 2.0 -2.6 inches

Egg Width: 1.4 – 1.8 inches

Incubation Period: 20-31 days

Nestling Period: 4-5 days

Egg Description: Pale olive gray with dark brown speckles

Condition at Hatching: Covered in camouflaged gray and brown down feathers. Eyes open by end of the first day; may leave nest briefly by two days old.

Behavior:

Ring-billed Gulls are strong, graceful flyers. They can race along at more than 40 miles per hour, and they are adept at snatching food from the air. These gulls use a variety of foraging methods; walking around on land; stamping their feet in shallow water to uncover small invertebrates; skimming shallow water for small fish; nabbing insects out of the air. They steal food from other birds, hunt for small rodents, and scavenge along beaches, parks and garbage dumps. When Ring-billed Gulls are feeling aggressive they will lower their head, begin calling, and then raise their head up to their shoulders. This can escalate to an exaggerated toss of the head over the back while calling.

Conservation:

After nearly succumbing to hunting and habitat loss, Ring-billed Gulls populations increased in most areas between 1966 and 2014.

Environmental regulations in the 1970s helped to reduce pollution, (DDT and PCB).

Credits: All About Birds-Cornell Labs

Have you ever wondered what type of “seagull” visit shopping plazas and why they visit?

While people colloquially call them seagulls, these species are highly adaptable inland foragers. They treat expansive retail asphalt as a synthetic coastline. You will find them heavily concentrated at major local commercial hubs like The Mall at Rockingham Park, and Salem Plaza (near Market Basket).

Ring-billed Gulls is the definitive “parking lot gull” of New England. They are smaller, feature a distinct black ring around their yellow bills, and are highly comfortable around humans. If you see a flock waiting around a fast-food drive-thru or dumpster, they are most certainly Ring-billed Gulls

Why do they choose shopping plazas?

- *Large parking structures and asphalt lots give gulls a 360-degree view to spot incoming predators and take off without obstructions.

- *The Dumpster Smorgasbord: Plazas packed with grocery outlets like Market Basket and surrounding fast-food dumpsters offer an endless cycle of discarded fries, scraps, and trash.

- *Intentional Feeding: Gulls memorize locations where casual drivers drop food or deliberately feed them from their vehicles.

Credit: AI Overview

Elaine G.

A Dairy Tale: A Primer on A2 Milk Protein

Milk and other dairy products are commonplace in the U.S. and so many recipes at home, schools, restaurants and stores are made with milk or milk products. Despite its prevalence, a good number of people have trouble digesting milk and dairy products, either due to the milk protein or milk sugar.

If you are one of these people, there is good news: there are several brand names for lactose-free milk and A2 milk, a newer milk that has less or no presence of a type of beta-casein that could be the source of your digestive problems.

Mammals' milk contains two types of proteins: A1 and A2. These proteins are both genetic variants of beta casein, and are the most common in dairy cattle, notes Vicki Shanta Retelny, RD, A Chicago based nutritionist.

A1 and A2 beta-casein proteins make up around 30% of the total protein in cow's milk. The main difference between A1 and A2 is A1 protein releases a specific amino acid (BCM-7) when it is digested. BCM-7 binds with opioid receptors in the gastrointestinal tract. This binding action in the gastrointestinal tract is the source of any discomfort one might experience during digestion. A2 beta-casein does not release BCM-7 during digestion, so it may be easier for some people to digest A2 milk. Most dairy milk comes from cows that produce milk with A1 and A2 beta-casein proteins. The following breed of cows, Jersey, Guernsey and Brown Swiss cows only produce milk with A2 beta-casein protein due to the fact they have the A2A2 gene that determines A2 protein.

People who are lactose intolerant do not benefit from using A2 milk because A2 milk will contain lactose, a naturally occurring milk sugar. Individuals with a lacrosse intolerance do not have the gut enzyme, lactase, to help with the breakdown of the lactose (milk sugar). Lactose intolerance can be genetic from infancy, or the amount of lactase enzyme gradually decreases in production during the aging process.

If lactose free milk or A2 milk does not resolve your GI discomfort symptoms, you could also try milk free or dairy free milk substitutes that are plant (avocado, coconut, oat, pea, soy) or nut (almond, cashew, walnut, pistachio) based. When using any of these milk alternatives, one must be aware of potential allergies to any one of these products and their ingredients.

References: Costco Connection, July 2026. Prevention Magazine, October 2023

Claudette N

Request for Articles or Interesting Facts

If any unit owners are interested in sharing their knowledge about anything that might be of interest to them or the community, please send me that information electronically before the end of the end of the month to be put in the newsletter.

Thank you.
Pat S.

Free Printable Crossword Puzzle #7

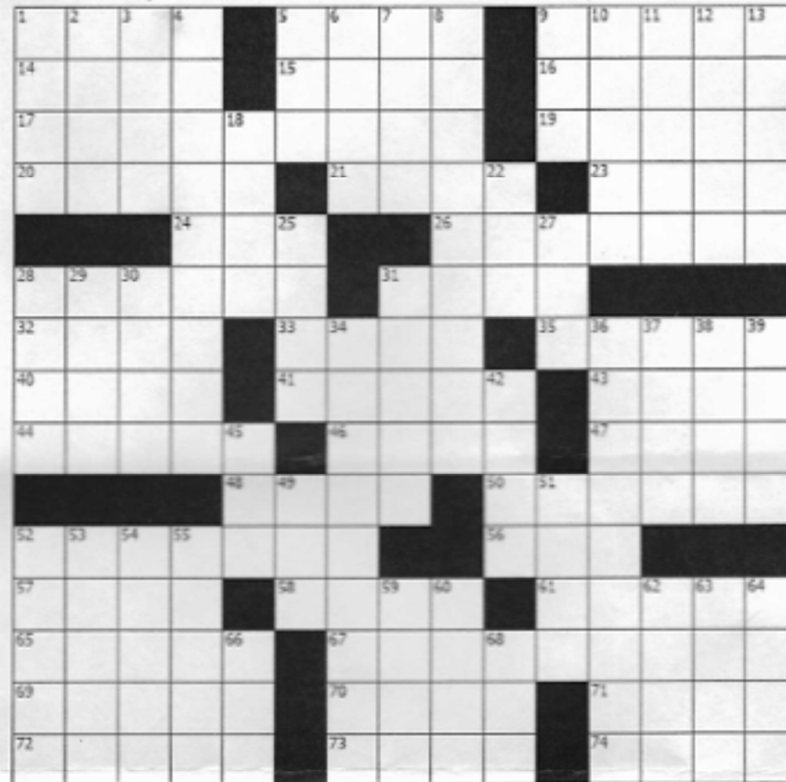
This is the Daily Crossword Puzzle #7 for Oct 28, 2025

Find the solution at

<https://onlinecrosswords.net/65555>

Across

1. She, in Barcelona
5. Pocket bread
9. Broad tie
14. House division
15. Persia, now
16. Work hard
17. Determine for sure
19. Seoul's country
20. Boulder
21. Smack
23. Golf norms
24. Faintly lit
26. Artist's board
28. Graduates
31. Foot bottom
32. Urn
33. Metal fastener
35. Graven images
40. Forewarning
41. Calcutta's country
43. Send out
44. Unpleasant
46. School exam
47. Peruvian capital
48. Dazzled
50. Speech-maker
52. Chewy candy
56. According to
57. Rework proofs
58. Broadway flop
61. Students' tables
65. Extinct birds
67. Employees
69. Fight site
70. Actor ____ Idle
71. Vocalist ____ Turner
72. Put back to zero
73. 18-wheeler
74. Minute particle



Down

1. Epochs
2. Missing
3. Loony
4. Constitution addition
5. Cherry seed
6. Levin and Gershwin
7. Kite part
8. Maryland's capital
9. Query
10. Skiing hill
11. Gem weight
12. Public
13. Poke fun at
18. Harness part
22. Sidekick
25. Skirt length
27. Flower wreath
28. English river
29. Tibetan monk
30. Avails oneself of
31. One-____ (biased)
34. Gazelles
36. Designer Oscar ____ (3 wds.)
37. Overlook
38. Exec's car
39. Big Dipper component
42. Upon
45. Sweet spud
49. Spider's snare
51. Decorate anew
52. Closet wood
53. Love dearly
54. Goes by bus
55. Make up for
59. Simple
60. Hat edge
62. Fit of anger
63. Casino game
64. Close loudly
66. Made a lap
68. ____-fi



FIND the WORDS

Apple – Cider – Doughnuts – Fall – Farmers – Halloween – Hurricane -Indigenous
 Lattice – Leaves -Market – Migration – Nations – Pie – Serries - Squirrel – United - World

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

Activity Committee News

MARK YOUR CALENDARS... the Activities Committee has some fun and exciting things planned through the end of the year. We hope you will plan to join us for all or any of these events. No worries, we will be sending a reminder email with details and RSVP prior to each event.

Here's a quick peek at the activities planned. Details will follow as we approach each event. Most events ask for your RSVP to help us with planning and organizing. Your attention to responding with at least a 'yes or no', is very much appreciated.

SEPTEMBER

9/28/2026 (Monday) 6:00 p.m.- Wasabi restaurant dinner. 28 registered to attend

OCTOBER – two activities planned

Activity #1

10/26/2026 (Monday) Time: 9:00 ELLIE'S RESTAURANT FOR BREAKFAST.

An email reminder and RSVP request will be sent closer to the event with a response cut off of 10/10/26 at noon.

Activity #2

10/31/2026 (Saturday) 11:00am FALL FROLIC

PLAN: Some similar activities and some new ones are planned. It's sure to be fun and a good time for all!

Here's a brief outline of the plans. PS: You will want to participate.....We have PRIZES planned!!

1. Best AUTUMN decorated door.
2. Wear a souvenir sweatshirt from a vacation trip.
3. A COOK-OFF with 3 categories... (dig out your favorite recipes and enter!!!!). Limit: 3-4 entries per category
 - a. A Yeasted Bread
 - b. A Chicken Soup
 - c. An Apple Crisp
4. TREASURE HUNT - On an Autumn stroll through Hadleigh Woods
5. CRAFT/GAME (If interest or time allows)

NOVEMBER

Activity #1.

11/21/2026 1:00pm. - OPEN BOARD MEETING AT ST MATTHEW'S

Let's make it a real social event with a potluck of light refreshments?

Activity # 2

11/28/2026 Saturday 11:00am. - HOLIDAY DECORATING

- a. Trim the Tree and ...
- b. Winter Greens Centerpiece Making (simple, fun and beautiful for the holiday season)

DECEMBER

12/6/2026 (Sunday) 4:30PM

"Wassail Tour " Caroling through Hadleigh Woods neighborhood with stops for refreshments enroute.

We are excited about all these events and hope to see everyone come to "try it out", participate and discover the fun and blessings enjoyed by sharing time together as a community.

AN IMPORTANT NOTE:

Planning these events requires some expense to host. A donation box to support the cost of offering these activities will be available at all events. Your donation is greatly appreciated and supports the kinds of activities we can provide in the future without becoming an item for our Association budget. THANK YOU!

WHO KNEW.....

1.THAT women receive more injuries or die in accidents than men. This partially due to the fact that “test-dummies” are built to male specifications, so safety devices are designed for a male’s size versus a smaller female.

2.THAT the Maine State Museum will reopen on October 24,2024 and will showcase the skeleton of Vector, a beloved humpback whale who once lived in the waters off the New England coast.

3.THAT “DISCO” is fifty years old. The Disco hit in 1976 was “Dancing Queen” by ABBA.

4.THAT 1 inch of water in your basement, kitchen or second floor bathroom could cause as much as \$25,000.00 in damages for an average size home according to Consumer Reports.

5.THAT once a smoke alarms sounds, you may have a little as two minutes to exit safely.

6.THAT we all start losing muscle in our 30’s but we are never too old to regain strength.

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