

GRAND



HAVEN

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Volume 9, Issue 1, February, 2016

The Oak Tree

The President's Message

Although slightly belated, I would like to wish a happy, healthy New Year to all of the members of our Grand Haven family. All in all, 2015 was a very good year for our community. We have experienced the completion of a significant number of new homes and we currently have less than 200 undeveloped lots remaining. Another positive note is that the number of foreclosures throughout our 27 Villages has been reduced to less than five. Considering there are 1901 residential lots, that number is impressive. Housing starts are on the rise, property values are increasing and we have many fewer problematic properties throughout Grand Haven. In addition, during the past year, as a result of Board actions the following have occurred:

- Delinquent account balances have been reduced by over 50%, resulting in the recovery of \$135,000
- Resurfacing of the Crossings pool and deck was approved and the work has begun.
- A plan for the refurbishing of the PLM lake banks has been developed.
- A policy regarding placement of Satellite Dish Antennas was implemented.
- A two day symposium on street trees was co-sponsored with the CDD.
- A four point program to assist property owners with concerns regarding street trees, yard trees and sidewalks was implemented.

By all definitions, 2015 was a most productive year, with yet a better one to come in 2016

Our Annual Meeting was held on January 14, 2016 and at that time an election was held to fill two seats on the Board. Pete Capozzi was elected for a first term on the Board and Vic Natiello was re-elected to the Board. I have every confidence that, on behalf of our residents, they will both make significant contributions to our community. I would like to express the Board's appreciation to Murray Salkovitz for his service and dedication to Grand Haven. Officers for 2016 are, President-Rob Carlton, Vice President-Vic Natiello, Treasurer-David Alfin and Secretary, Ex-officio-Troy Railsback

The GHMA Board members that you have elected serve the community without compensation, privileges or perks. They do so without individual agendas or personal priorities. The goal of every current Board member is to represent the wishes of a majority of the members of the Association. I believe that this is a very important point. When taking a position on any given issue, the Board must be mindful that they represent the majority of the Grand Haven property owners and not any vocal minority who may oppose a position that the Board has taken. In actuality, regardless of who is elected to the Board, their actions are mandated by the governing documents. Your Board members serve because they wish to preserve and enhance our community and receive little in return, aside from the satisfaction associated with serving the members of our Association.

Although every Board member desires to maintain positive and neighborly interactions with each of our residents, there will be occasions when disagreements arise regarding certain issues. In a community of 1901 properties and over 4000 residents, it is unrealistic to expect that there will always be agreement on every matter faced by the Association. An understanding of our governing documents and participation by Association members is a vital part of the Board process. Your attendance at GHMA meetings and input regarding our community is always welcomed. I thank those of you who have been involved during the past year and ask all residents for your continued support of the Board's goal of maintaining the high quality of lifestyle that has brought each of us to Grand Haven.

Now that the holiday decorations have been put away and the festivities are behind us, it is time to look ahead to our goals and expectations for 2016. As our community matures, it is inevitable that as property owners, we will be faced with issues specifically related to aging properties and infrastructure. We may not always agree with the best method of dealing with

GHMA Meeting Schedule

The Board of Directors of the Grand Haven Master Association (GHMA) meets on the next to the last Friday of every month (unless otherwise noted.) All property owners are welcome to attend.

WHEN: 2 PM, Friday, February 19
 2 PM, Friday, March 18
 2 PM, Friday, April 22
 2 PM, Friday, May 20

WHERE: Creekside Amenities Center
 2 North Village Parkway

GHMA Board Members

President	Rob Carlton	447-5536	rjcarlton5@aol.com
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The Oak Tree

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The Oak Tree is always looking for articles with ideas and topics for future issues, especially those that would be of interest to Grand Haven residents—Grand Haven activities, clubs, happenings, sporting events, resident volunteer activities and opportunities.

Please contact Nancy Carlton at ncarlton096@gmail.com with your suggestions

President's Message.....continued

these issues but in one way or another, these issues must be addressed. I truly hope that this can be accomplished with a greater sense of community and mutual respect for all concerned. I have always believed that Grand Haven is a truly unique community which offers so many opportunities for its residents. As a member of the Board, I am committed to upholding our governing documents. However, within the scope of that responsibility, I look forward to the coming year being one of understanding, cooperation and compromise as we jointly address the challenges ahead. I invite each and every member of our community to join the members of your Board in achieving that goal.

Submitted by: Dr. Robert J. Carlton, President

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Our entire volunteer Neighborhood Watch Team wishes all Grand Haven residents a wonderful, safe and happy 2016. We would like to share some helpful tips and suggestions for all our neighbors.

- * If you have an emergency, call 911.
- * Call 313- 4911 (Non-Emergency) for any suspicious activity.
- * Try to keep all outdoor access doors locked.
- * Keep car doors locked if left outside.
- * Call your neighbor if they forget to close their garage door.
- * Pick up accumulating newspapers in your neighbor's driveway.
- * Avoid announcing vacations on social media.
- * When away, ask a neighbor to check the perimeter of your house for issues.
- * Be a good neighbor by continuing to stay alert & diligent.

A huge THANK YOU goes out to our GRAND HAVEN volunteer Block Captains & Block Leaders, for their time and effort reaching out to village neighbors, keeping the communications open, and sharing information. Together we help keep our community safe.

DID YOU KNOW

According to the Palm Coast Chapter Code 44, "Parking on the street or lawn is prohibited. Only passenger vehicles which include an automobile, motorcycle, moped, passenger van, SUV or pick up truck may be parked in residential zones and **must be parked overnight in garages, carports or driveways.**"



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NEIGHBOR TO NEIGHBOR Welcome to Grand Haven

Grand Haven is growing ever grander each day in the New Year! Our community is enjoying a steady stream of new residents relocating to our treasured neighborhoods. We are challenged to welcome almost one new resident every two days! This trend has been remarkably consistent for more than a year and is expected to continue for the foreseeable future. The Grand Haven Master Association has enlisted the aid of community volunteers to act as 'Ambassadors' and welcome new residents to their new neighborhood.

Our Neighbor to Neighbor program (N2N) has been operating for some time and has never been more important than today. The Grand Haven community has received 150 new residents during the last 334 days. The arrival of new residents offers us a chance to welcome new neighbors and assist in the process of relocation and community orientation. The N2N program hopes to enlist the aid of Ambassadors to contact newly arrived residents in all twenty-five villages of Grand Haven. Each Village will ideally be assigned at least two Ambassadors to share new resident greetings. Ambassadors are provided resident approved contact information. Information packets containing answers to Frequently Asked Questions are provided for distribution to new neighbors.

The Neighbor to Neighbor Ambassador is a first contact for new residents. Their experience and knowledge of our community is a valuable resource that can be shared with new neighbors. Where to locate local government services? What is the schedule for CDD and Master Association meetings? When do I put out trash for collection? New residents may have many questions that can be easily answered by Ambassadors. We hope the new resident and Ambassador will continue to share community information to facilitate moving in and reduce the anxiety that accompanies arrival at a new home.

The Grand Haven Master Association and I thank all Neighbor to Neighbor Ambassadors who have volunteered their time to serve Grand Haven making our community especially grand!

Please call on me with questions or for any additional information you require. We seek more Ambassador volunteers and appreciate your volunteer efforts.

Thank you and very best regards,
Tammy McIlravy
8 Long Lake Way
(386) 585 5971
Neighbor to Neighbor Contact

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CDD Corner

The Grand Haven CDD Office Staff is currently preparing for the production of the upcoming 2016-2018 Community Information Guide (CIG), formerly known as the "Resident Directory". After meeting with several printing companies and receiving proposals in the month of November 2015, we have selected a printing company that will produce the CIG per the specifications, at a cost savings approximately \$10,000 lower than other bidders. In addition, we have solicited numerous advertisers who have purchased ad space in the CIG. As a result of this effort, the advertising sales totaled approximately \$15,000 in revenue, and will cover 100% of the production costs of the CIG.

In December, 2015, we had great success with our second photo contest. Many residents submitted beautiful photographs, taken in Grand Haven, that were displayed at both amenity locations. Residents voted for their favorite photographs, which will be printed in the upcoming CIG, with recognition given to the photographers. Thank you to all who participated!

Currently, we are in the initial proofing stage of the resident information. During this process, we take a close look at each resident's information on file with the CDD office, and verify that the information is correct in our database. We are working as diligently as possible to reach our proofing deadline date of March 1st, 2016.

Once we have completed the initial proofing stage, we will submit the information to the printing company for the layout of the CIG. We expect to have a final proof provided to us by mid-March, 2016. Our goal is to distribute the Guides by June 2016, with the help of resident volunteers, as in previous years. Any resident that would like to volunteer to help with the distribution of the Guides is welcome to participate. Notification will be sent out via e-blast once the distribution date has been set.

We would like to thank all of the residents, in advance, for their participation and cooperation with regard to the publication and distribution of the upcoming 2016-2018 Community Information Guide!

Sincerely,
The Grand Haven CDD Office Staff



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THANK YOU Grand Haven Residents

It is difficult to describe the generosity of the residents of Grand Haven during this most recent holiday season, except to say that it is impressive how our residents opened their hearts and gave of their treasures.

We have already heard that the **Amenity Centers** collected 2 red boxes of toys, \$750 in cash/checks, 11 bikes and 1 rocking elephant for **Project Share** to provide for children in need.

The **8th Annual Christmas Family Giving Project** raised \$5,345, was supported by 90 residents and provided gifts for 7 families (8 adults, 22 children) in need.

The **3rd Annual Troop Gift Drive**, led by the Grand Haven Realty team, was well supported by GH residents. In the end there was a truck load of 300 lbs of gifts that arrived in time for Christmas to help make the season brighter for soldiers a long way from home.

What's Happening at the Grand Haven Golf Club

Grand Haven Golf Club is happy to announce that a new "Afternoon" membership level is now available. Offered as a single or family membership, this category is a great new option. There are lots of reasons why an "Afternoon" membership could be a perfect for you. Still working? Only like to play nine holes? Don't like to get up in the morning? To kick start the program, we are offering a special initiation fee of \$1,500 to the first 20 Afternoon Members! The Initiation fee is, non-refundable and non-transferable. For a full description of the "Afternoon" membership, please contact Jeri Harper, Director of Sales at Grand Haven Golf Club.

On Monday February 29th, we would like to invite community members to play Grand Haven at a special VIP rate. Join us for 18 holes with Cart after 1pm for just \$49.95 plus tax. Tee times for this day may be made up to 5 days in advance by calling the golf shop at [386-445-2327](tel:386-445-2327). If you haven't every played or haven't played in a long time, this is a great chance to pre-view the golf course and see what you are missing! Our members are some of the friendliest people you'll meet and we have one of the best conditioned golf courses around; right here in your backyard! Come join us!

Not a golfer? Consider our Social Membership. With full access to the dining room, you will be able to attend lunch six days a week, dinner 3 nights a week, and monthly member functions including our Birthday Bash, Turkey Buffet, Pub Nights, DJ Night, Prime Rib Buffet and much more! Like to play an occasional round of golf? As an additional benefit, Social members and their accompanied guests may play the golf course at a special rate!

I look forward to the opportunity to tell you more about Grand Haven Golf Club and how we can help you "Live Grand" and "Golf Grand".

Submitted by: Jeri Harper, Director of Sales



ADC Corner

From time to time, the members of the ADC receive questions from their friends and neighbors concerning the ADC Standards. Living in a "Deed Restricted" community sometimes poses questions about what you can and cannot do to your property. Here are some tips that we hope will assist you when you wish to make changes or alterations to the exterior of your home.

First, it's important to know the difference between maintenance and changes. Things like trimming trees and pruning shrubs, painting your house the same color, replacing seasonal plants in a flower bed are just a few examples of maintenance. On the other hand, removing trees and shrubs, painting your house a different color and creating a flower bed or landscape change are a few examples that require you to submit a request to the ADC.

The process is fairly simple, but contains several steps. The easiest and most efficient way to complete the process is to go to the Grand Haven website at <http://grandhavenhoa.com/> (if you do not have a computer, then a call to Southern States Management Group at 386-446-6333ext 310 will be the best way to handle your questions.) Once you are on the website, go to the ADC tab, then "Complete Exhibit #4 - Architectural Review Application". There you will find the application form for "Major or Minor Alteration", page 31.

- Complete the application with as much information as you can provide.
- Take pictures or provide a brochure depicting what you are going to do.
- Obtain a permit if the alteration requires it.
- If a deposit is required, make the check payable to Grand Haven Master Association.
- Drop off the application with all of the documentation at the submittal drop box on Marlin Dr., or mail it to SSMG. Address is located on the application form.
- Submittals received by Friday at 12:00 Noon will be placed on the agenda for the next scheduled meeting. The meetings are held on the 1st and 3rd Wednesdays of the month at 9:30 AM at the Creekside Amenity Center.
- Plan to attend the meeting. When questions arise or additional information is needed, you are the

person who knows all of the answers. Should additional information be required and you are not present, the approval could be delayed.

- When the work is completed, please contact SSMG to let them know. An Inspector will be assigned the task to inspect the work to ensure it has been completed according to the submittal. Any deposits collected will be returned upon a satisfactory inspection.
- If you make changes to your property without ADC approval and it is subsequently discovered, you will be charged a post submittal fee and/or subjected to a fine/lien.

Spring is just around the corner and that's the time homeowners think about making changes to their property. We hope this article will help you when you decide to spruce it up. And remember, if you do not know if your alteration is maintenance or requires ADC approval, please contact SSMG for the assistance. Be an informed property owner.

Submitted by: Tom Byrne, Chair, MADC



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PLAYING OPPOSUM

Because opossums are nocturnal we do not see them often although they are common in Florida. Believe it or not, opossums and dinosaurs together roamed the earth 70 million years ago. The Virginia opossum is native to America and is our only marsupial. Despite its rat-like face, pointed snout and long skinny tail, this animal is not related to the rat. It is related to the koala and the kangaroo but would surely lose to them in a beauty contest.

The full-grown opossum is generally the size of a cat but when born it is barely the size of a honeybee. Born after two weeks gestation, these tiny infants must climb up to the mother's pouch. There they must find one of her 13 nipples to which they will stay attached for about 2 ½ months. She can have up to 20 young but only the lucky thirteen will survive. When the pouch is closed and mother swims the pups will stay dry. As they grow bigger and fill the pouch, they wander out and ride on the mother's back while she hunts for food. At about 5 months they are around 7 inches long from nose to butt and now must learn to fend for themselves as the solitary animals they are. Prior to that, mother does it all since daddy skips town after the wedding!

Less of a health risk to people or animals, rabies and distemper are rare in opossums because of high immunity to disease and more resistance to rabies than other animals. When cornered, an opossum will hiss, open his mouth, and bare its 50 teeth and drool; normal defensive posture though often mistaken for a sign of rabies. It is bluffing! If this fails it will play dead. Playing dead is not a conscious response. It goes into shock resembling a coma lasting from minutes to 4 hours. It lies curled up on its side and drools while secreting mucus that smells like decay, discouraging animals from eating it. . Predators are dogs, cats, coyote, foxes and humans.

Generally non-aggressive and non-destructive these animals do not dig up lawns or dig burrows although they often get blamed. They catch and eat roof rats, regularly eat beetles, cockroaches, snails, slugs, mice, carrion and small snakes, keeping a yard free of pests.

Apparently road kill is okay to eat and recipes from stew to kabobs are available on the Internet. Bon appetit!



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VOLUNTEER OPPORTUNITY

The Family Life Center is a private, non-profit social service organization providing services to men, women and children who identify themselves as victims/survivors of domestic violence and/or sexual assault. In addition to Emergency Shelter, Transitional Housing, Outreach, and the Sexual Assault Victim Empowerment Program, the Family Life Center also has a **Primary Prevention Program**. The Primary Prevention approach seeks to prevent youth in our community from ever becoming victims or perpetrators of domestic violence by giving them the skills and knowledge to build healthy relationships. Another component of prevention is working in communities to create positive changes that discourage violence and support efforts to create healthy relationships.

Volunteers are always needed to create positive change in our community. Duties and responsibilities of volunteers include facilitating individual counseling or groups for children between the ages of 3-17 and organizing and conducting comprehensive education programs that include curriculum based presentations on topics such as teen dating violence, bullying and healthy relationships. Other responsibilities include arranging and participating in children's recreational activities and holiday events as well as conducting community education sessions for professionals and community. Occasionally volunteers accompany staff to speaking engagements, community events and lend support and education on topics relating to children from violent homes. The Prevention Advocate must comply with annual domestic/sexual violence training. Thirty (30) hours of domestic violence training the first year and sixteen (16) thereafter.

If you believe this would be a good fit for you and are interested in volunteering, or if you would like to learn about other volunteer opportunities at FLC, please contact Alexis Smith at 437-7747x404, programdirector@flcsafehouse.org

Help Make a Difference In a Child's Life

In 2012 twenty one students signed a contract promising to make good grades, meet with their mentor and exhibit good behavior throughout high school. In return Flagler County Education Foundation (FCEF) promised the students a four year college scholarship. Two of the youngest members of the 2012 incoming class, Andre Martin and Liam McCaskill, will graduate this spring as direct result of generosity from Grand Haven residents.



Andre (first row, third from the left) will graduate with a four year college scholarship provided by Sue and Peter Freytag, and Liam (second row, third from the left) will graduate with life skills and confidence provided by his mentor Patty Baldini.

Flagler County Education Foundation's Take Stock in Children program is a compelling example of how partnerships between community members and students build relationships that help improve student attendance and academic achievement, promote responsible decision making, and provide skills to better navigate relationships at school, socially and at home. By strengthening our youth, we strengthen our community.

As a community, we must commit to not leaving these powerful relationships to chance. Please consider mentoring a student in the Take Stock in Children Scholarship program. Twenty new students will be selected in February. Help us to ensure each student has a mentor before school closes for the summer.

If you'd like to know more about how you can mentor or donate to the Take Stock in Children Scholarship program, please contact FCEF Executive Director Deborah Williams at 386-437-7526 ext 3125, or email wiliamsd@flaglerschools.com

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Have you ever wondered what the Lake Bank Planting Requirements would look like when spartina plants are planted in accordance with the requirements and pine straw ground cover is installed between the plantings to create a finished look? This February and March, the PLM Villages will be once again "tuning in" their lake banks and installing missing required spartina plantings, as well as installing pine straw ground cover to minimize weeds between plantings and allowing for a more efficient and effective lake bank maintenance routine. Take a peek at the lake banks behind Heritage Oaks, Lakeside, Pine Harbor, River Club and Riverwalk Village(s) over the next 2 months and you should see the work being done and/or completed. The formal lake Bank Maintenance and Planting Requirements is noted below for your knowledge.

Lake Bank Maintenance – Each owner living on a detention pond needs to continually maintain their lake bank. Each lake bank (where there is not a concrete stem or retention wall) was originally developed and planted with spartina grasses. These are the feathery bushes or clumps of grass about 4 feet tall that were planted to keep the lake bank from eroding. REMEMBER – if your spartina has died or is not there, then you will need to replant them. Please go to www.grandhavenmhoa.com and click on the "Association Documents" tab on the left side of the page and then on "Detention Pond (lake bank) Planting Scheme" under "Policies" for further details on planting requirements. It is each lake bank owner's responsibility to preserve those spartina grasses and keep the lake bank free of weeds, vines and/or wild growth. This maintenance responsibility is best accomplished with regular monthly attention.

If you have questions about any of these items, please contact Troy Railsback at [386-446-6333](tel:386-446-6333)



FCAL Collaborates with High School Art Programs

The Flagler County Art League's Mission is to "Promote the arts and create an environment for artists to develop, collaborate, and showcase their work." Our major focus is supporting artists in their creative journey. However, it is in promoting the arts where we have worked to present wide-ranging programs for the community and our favorite - working with our extraordinary high school art teachers and their talented students. Our annual High school student show in December was the best ever with 160 marvelous innovative works from students at Flagler Palm Coast (FPC) and Matanzas High Schools



"Morgan" a mixed media portrait by Alexandra Feldman, an FPC sophomore

"Blue Braid" a blue & black ink work by Kayla Dance, a junior at FPCHS



On March 29th at FPC, again working with the faculty, we will sponsor "ART WORKS", a program encouraging students to pursue careers in the arts. Three former FPC students who now have successful careers in the arts will share how they turned their passion into meaningful careers. Parents will be invited to the morning session. In addition, all three speakers will be the first FPC artists inducted in the inaugural FPCHS Arts Hall of Fame

FCAL nurtures artists by offering daily classes - some days there may be morning, afternoon and evening groups! There are workshops by nationally recognized artists and we offer monthly judged shows every Second Saturday, giving artists an opportunity to exhibit their work. They can even sell their fine crafts in our gift shop! For more information visit our web site: flaglercountyartleague.com or call 386-986-4668.

Submitted by Ann DeLucia, President, FCAL



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THE EAGLES AT WILD OAKS

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Yes, we have a family! I've referred to our resident eagle pair, Romeo and Juliet, as maintaining a "clock-work" schedule year after year. Well, this season was no different. Juliet laid her two eggs the exact same days this season as she did last. They had their nest preparation in place (delivering umpteen sticks and branches), and the nest bowl ready (lined with soft Spanish moss) all in time for their treasured eggs that were laid on November 16 & 19.

The fruit of their faithful, well-earned efforts graced them with two precious hatchlings on Dec 22 & 24.....Christmas Blessings! That is when their selfless work began. They work as a team, and both cherish their time brooding their chicks as well as provide and protect them day and night. Juliet spends most of her day (and thru the night) at the nest with the chicks, as Romeo delivers fish, squirrel, duck, coot, (partial) heron, armadillo and some unidentified prey observed so far this season.

As I write, the nestlings are almost 4 wks old and weigh approx 4# (compared to approx 3-4oz at hatch). By the time of reading they will be almost full grown and cautiously take their first flight in March.

Although flying comes naturally to them, landing is their challenge. Coordinating their speed with their "landing gear" takes much practice and isn't always successful (and isn't always pretty!). But once they gain confidence and are hunting on their own, they will depart the area sometime in April faced with a difficult life in the wild living totally independently. Their departure is always bittersweet, but what they are intended to do, and another "Hurrah" they made it to the point of a successful fledge. By then they own the sky and know they are "Eagles" and born to fly!

*Submitted by: Gretchen Butler (bengals2@earthlink.net)
Audubon EagleWatch Volunteer
American Eagle Foundation Volunteer*





Palm Coast Arts Foundation

NINTH ANNUAL & Picnic Pops!

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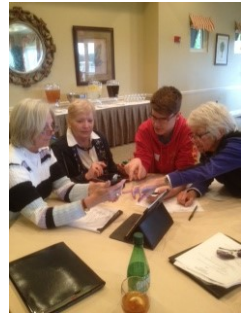
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GRAND HAVEN WOMAN'S CLUB

With 218 members, the Grand Haven Woman's Club is continuing its mission to support organizations in the Flagler County community as well as a few statewide organizations, such as Special Olympics, Camp Boggy Creek, Hacienda Girls Ranch and Canine Companions for Independence.



You may have recently seen coverage in both the Palm Coast Observer and the Daytona News Journal about our Tech Class, which was coordinated by our Education Committee along with the Flagler County Education Foundation. That was an opportunity for i3 Academy at FPC students to be teachers for some of our members to enhance their ability to use their technology tools. And it was an opportunity for the GHWC to present the Flagler County Education Foundation with a check for the Stuff Bus as well as Take Stock in Children.



We have also had an opportunity for some of our members to make small guitars into works of art that will be sent to terminally ill children in hospitals. This is a partnership that we have developed with a company in St. Augustine that makes these guitars from scrap wood.

But we also wanted to have fun while raising funds and that we did just that during January with our Gloria Sanchez Memorial Day of Games and the GHWC Evening at the Flagler Playhouse.



Special thanks to all of our members, friends, neighbors and family who participated and supported these events. The special performance at the Flagler Playhouse was "Bikinis" and our fearless Ways & Means Committee got into character for the evening.



Some of the organizations that will benefit from this year's fund raising activities are: Family Life Center, Flagler Free Clinic, Florida Hospital Flagler Foundation, Friends of Flagler Library, Habitat for Humanity, Palm Coast Arts Foundation, Palm Coast Volunteer Fire Rescue, Turtle Patrol, Whispering Meadows Ranch, High School Scholarships, Hope 2 Health Foundation, Guardian Ad Litem Foundation.

If you would like more information about the GHWC, visit our web site at www.grandhavenwomansclub.com. For information about membership, you can contact the GHWC Membership Chair, Laura O'Brien at laura.obrien51@cfl.rr.com.



SHOW YOUR HEART SOME LOVE

Heart disease kills more women than cancer does. Below are some healthy indulgences that can help keep your heart beating strong

Give in to your Sweet Tooth – People who eat chocolate five or more times a week have a 57 percent lower risk of developing heart disease than those who don't indulge. Previous research suggests that dark chocolate may also improve blood pressure.

Have more Sex- Research shows sex reduces cortisol levels. Cortisol raises blood pressure and destroys arterial lining.

Enjoy an Omelet- Yes, eggs contain cholesterol, but the amount is negligible and eating them will not push your levels over the top. Plus, yolks are loaded with nutrients, including protein, vitamin B12 and folate.

Go with the Flow- Yoga helps your nervous system deal with stress. In a recent study, prehypertensive individuals who did yoga and enrolled in behavioral modification programs lowered their blood pressure more than those who only changed their habits.

Sweat, then Sip- Researchers found that people who exercised regularly and drank wine modestly saw a drop in “bad” LDL cholesterol and a rise in “good” HDL levels. Sedentary drinkers showed only a reduction in LDL. So don't skip the gym for happy hour- hit both

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Submitted by: Dr. Karen E. Finder



GHMA NEWSLETTER

Grand Haven Master Association, Inc.

P.O. Box 354785

Palm Coast, FL 32135

Southern States Management Group	www.ssmgroupinc.com	(386) 446-6333
Grand Haven Master Association	www.grandhavenmhoa.com	(386) 446-6333
Community Development District (CDD)	www.grandhavencdd.org	(386) 447-1888
Grand Haven Main Gate Guard		(386) 445-2376
Village Center Office	www.grandhavenamenity.com	(386) 447-0192
Village Center Waterside Café		(386) 447-0239
Grand Haven Golf Club Pro Shop		(386) 445-2327
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Palm Coast Utilities	www.ci.palm-coast.fl.us	(386) 986-2360
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