



## The Oak Tree

### President's Message

Well, we made it through 2016 and 2017 is now upon us. On behalf of the GHMA Board, I would like to take this opportunity to once again wish all of our residents a happy and healthy New Year.

We had three Board vacancies as of January and three candidates applied to fill those positions. In accordance with Florida Statute 720.306(9)(a), an election is not required unless more candidates are nominated than vacancies exist. Therefore, David Alfin, Rob Carlton and Jim Gallo were confirmed at the annual meeting.

At the Organizational Meeting immediately following the Annual Meeting on January 12th, the following officers were elected for 2017.

President:	Rob Carlton
Vice President:	Vic Natiello
Treasurer:	Jim Gallo
Secretary Ex-officio:	Troy Railsback/SSMG

One of my personal goals for the New Year is to make every effort to encourage property owners to increase their participation and involvement with their Master Association. The GHMA meets on the next to last Friday of each month at 2:00 p.m. at the Creekside Amenity Center. All property owners are invited to attend and gain an understanding of the Association. Audience participation is welcome during the "audience comments" at the beginning of the meeting or during the audience discussion portion of any agenda item included in either unfinished or new business.

Although many residents may be aware that the Board is responsible for the equitable enforcement of the Conditions, Covenants and Restrictions (CC&R's) associated with our governing documents, the Board's responsibilities encompass many other areas. In essence, any action approved by the Board affects either a portion or all of the 1901 residential lots within our community.

Your Board of Directors establishes an Association budget each year, determines your annual assessment, determines necessary reserves and the expenditure of those reserves, selects the members and oversees the Modification Architectural Design Committee and the Fine Committee, and approves resolutions that become part of our governing documents. In addition, the Board is involved in contract negotiations, the collection of delinquent account balances, litigation and mediation involving designated "problematic properties", the PLM Programs and the various issues that arise regarding the residential properties within Grand Haven. These are but an example of the scope and diverse nature of the Boards responsibilities.

The Board members represent the property owners of our community just as any elected official represents their constituents. It is in your best interests to meet your Board and to become informed and involved regarding the responsibilities and the functioning of your Homeowner's Association. I would like to dedicate 2017 to developing increased communication and an enhanced partnership between the Board and the members of the Association.

*Submitted by: Rob Carlton*

## 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 17

2 PM, Friday, March 24

2 PM, Friday, April 21

2 PM, Friday, May 19

WHERE: Creekside Amenities Center

2 North Village Parkway

## GHMA Board Members

President	Rob Carlton	447-5536	rjcarlton5@aol.com
Vice Pres.	Vic Natiello	986-2274	vicnatiello@aol.com
Treasurer	Jim Gallo	609-636-1143	Jim.gallo49@gmail.com
Director	Pete Capozzi	585-4890	petecapozgrand@gmail.com
Director	David Alfin	585-0903	diapalmcoast@me.com

## The Oak Tree

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	Nancy Crouch	
	Steve Davidson	

**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.



## Help Someone Along the Road to Recovery

Lack of transportation is one of the biggest challenges for thousands of cancer patients. Many need daily or weekly treatment and they don't have a car or are too ill to drive. The Road to Recovery program provides volunteer drivers to transport cancer patients to and from these life-saving cancer treatments.

### VOLUNTEERS URGENTLY NEEDED THROUGHOUT OUR COMMUNITY

Volunteers are needed to drive cancer patients in our neighborhood to their treatments. The amount of time you spend and the geographic area in which you drive are your choice.

For more information please call 1-877-901-2862 or send an e-mail to Florida.Road@cancer.org.

Help someone along the Road to Recovery

*This is a service of the American Cancer Society*

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## GRAND HAVEN WOMAN'S CLUB

In spite of the holidays, the Grand Haven Woman's Club has had a very busy three months since the last issue of the Oak Tree. The GHWC has been fortunate to have the support of many of the businesses in Flagler County over the last few years. When Hurricane Matthew took its toll on the beachfront restaurants, the GHWC wanted to show its support and appreciation for the support they have given us. Laura O'Brien organized monthly "Pay It Forward" lunches -- groups of 20 or so members having lunch at the restaurants. November was Golden Lion, December was Turtle Shack and January was The Island Grille. In addition to the chance to enjoy lunch with other members, the GHWC is letting these businesses know that we appreciate the support they have given us.



The *Cooking Grand* cookbook continues to sell and has proven to be a great fundraiser for the GHWC. If you haven't gotten your copy yet, they are available at the Village Center office for a donation of \$25.

Each year, our members report the number of hours they volunteer to organizations throughout Flagler County. Members work at a variety of organizations and for 2016 those hours have totaled almost 11,000! In addition to the volunteer support, many of our members generously contributed to these organizations.

GHWC would also like to thank all of the residents and members who supported our annual Day of Games. With 145 women in attendance, playing everything from bridge to dominoes, the GH Golf Club was quite noisy! Over 20 chance

baskets were donated and over \$4,000 was raised, which will be allocated to the 24 local organizations GHWC currently supports.



And finally, GHWC once again this year held its "Tech Class." Students from the i3 Academy at FPC High School "tutor" our members in how to use their devices. It was a huge hit....members left having their questions answered and the students enjoyed their "teaching" role.



If you would like to follow the activities of the Grand Haven Woman's Club, you can visit our Facebook Page.



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## Do You Know These Organizations and What They Do?

<b>GRAND HAVEN MASTER ASSOCIATION</b>	<b>COMMUNITY DEVELOPMENT DISTRICT</b>
<b>GHMA</b>	<b>CDD</b>
Private Entity	Public Entity
<b>SCOPE:</b> Grand Haven Private Property	<b>SCOPE:</b> Grand Haven Common Property
<b>RESPONSIBILITIES:</b> Implementation of Grand Haven governing documents (Covenants, Conditions & Restrictions – CC&Rs). Board hires Community Manager to execute the day to day responsibilities: <ul style="list-style-type: none"> <li>• Deed restriction enforcement</li> <li>• Architectural control (Architectural Design Committee)</li> <li>• Administration of Fine Committee</li> </ul>	<b>RESPONSIBILITIES:</b> Creation, financing and maintenance of community infrastructure: <ul style="list-style-type: none"> <li>• Common grounds and landscaping</li> <li>• Lakes (Detention Ponds)</li> <li>• Amenity Centers</li> <li>• Roads</li> <li>• Entrance Gates</li> </ul>
<b>HOW ARE FEES PAID?</b> Owners receive an annual assessment bill from the Association in December for the following year.	<b>HOW ARE FEES PAID?</b> Owners are assessed through their annual property tax bill in the form of a non-ad valorem assessment.
<b>CONTACT INFORMATION:</b>  Troy Railsback, Community Manager Michele Logan, ADC liaison Southern States Management Group 386-446-6333 2 Camino Del Mar Palm Coast, FL 32137	<b>CONTACT INFORMATION:</b>  Barry Kloptosky, Operations Manager 386-447-1184 Creekside Amenity Center 2 N. Village Parkway Palm Coast, FL 32137
<b>BOARD MEMBERS:</b>  Rob Carlton, President David Alfin, Director Pete Capozzi, Director Jim Gallo, Treasurer Vic Natiello, Vice President	<b>BOARD MEMBERS:</b>  Steve Davidson, Chair Pete Chiodo, Vice Chair Marie Gaeta, Supervisor Tom Lawrence, Supervisor Ray Smith, Supervisor





## The Haven Family Fund Assistance—Comfort—Advice

Through the years, Grand Haven has proven to be a caring, supportive and generous community. Residents have always shown support in times of serious need to residents as well as employees.

The need for a structure to coordinate these areas of need has often been considered and discussed and, as a result, The Haven Family Fund was created. In the fall of 2016, meetings were held and a board of directors was created. Jim Griswold, a retired lawyer, filed paperwork with the state and federal government to incorporate and gain tax exempt status as a charitable foundation.

These basic purposes were identified:

- Provide advice and temporary financial assistance to those who have suffered financial setbacks.
- Offer comfort, advice and support to new widows & widowers who do not have local family readily available.
- Assist those who have health problem needs, e.g., transportation, loan of medical equipment such as wheelchairs, walkers, etc., and sitting with the afflicted to allow relief to their primary caregivers.
- Supply any other assistance, financial or otherwise, that is deemed appropriate

In order to ensure that The Haven Family Fund can also offer services other than financial, the role of volunteers willing to give a few hours when needed is the key to the success of the organization. The “greater gift is time – not money.”

For more information, please contact Bill Holland at [soccer1\\_ghpc@yahoo.com](mailto:soccer1_ghpc@yahoo.com) or Jim Griswold at [jrgsfg@me.com](mailto:jrgsfg@me.com)



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## Thanks to the PCFD

Have you ever heard that annoying chirping sound coming from your smoke detector?? Add to that the fact that you have very high ceilings. Well, thanks to the Palm Coast Fire Department and its Battery Replacement Program, 72 residents in the Crossings won't have to worry about that. In November, the PCFD replaced these batteries and, to show their appreciation, the residents generously donated \$700 to the volunteers to help with the cost of buying equipment they need to do the job. This program has been coordinated by two of the residents for over 5 years. Great job!!

Submitted by: Pat Maloney



## Gifts for Our Troops

For the fourth year in a row, the **Grand Haven Woman's Club** partnered with **Grand Living Realty** to collect, box and ship Christmas gifts from the community to the troops in Afghanistan.

Pictured below, are the troops upon receipt of these gifts. Thanks to those who so generously supported this effort.



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## You're Invited to Party at Mardi Gras

The 14th Annual Mardi Gras to benefit the Flagler County Education Foundation will be held on Tuesday, February 28, 6 PM at Halifax Plantation.

Guests will dine on an elegant buffet and exchange "gaming bucks" for chips to be used at the various game tables. Chips will be "cashed in" at the end of the evening for the chance to win fabulous prizes.  
\$100 per person

For more information, contact the Flagler County Education Foundation at 437-7526, x3125 or visit [www.flaglereducationfoundation.org](http://www.flaglereducationfoundation.org).

Submitted by: Nancy Carlton



## The Generosity of Grand Haven Residents

It is truly impressive when you hear about all of the generous things that Grand Haven residents did over the holidays....and I am certain that this article barely scratches the surface. To start, the Village Center was a collection point for donations to **Project Share** again this year. With a new Gingerbread House constructed by CDD employee, Jeff Kilpatrick, residents donated \$1,200 in cash along with 13 bicycles and too many toys to list. Project Share was truly grateful for this generosity of our GH neighbors.



The **Annual Christmas Family Giving Project**, coordinated by Nancy Snodgrass, is now in its 9<sup>th</sup> year. This started in 2008 on the tennis courts of Grand Haven when the women's morning tennis players began to discuss a project that all could support over the last two months of the year.

Some people had already become involved with "angel trees" and other similar projects. But they wanted to get more up front and personal and help whole families if possible. Also they recognized that there was a real need in the Palm Coast/Flagler Beach area due to the increasingly high unemployment rate and influx of new residents. So the CFGP came into being. They contacted several churches in the area and other local facilities that might deal with families needing some help to get through this time of year. They also received referrals from local residents. Sadly, there was no shortage of people needing help!

That first Christmas, over \$1,600 was raised and four families were helped. The families' appreciation was very humbling. Over the next six years the number of contributors and supporters had increased multiple times as had the number of deserving families and individuals. What they all share is their generosity of spirit! Those helped include "traditional families" (parents and children), but most have been single parent families. In the past several years, there has been an increase in grandparents raising their grandchildren.

Christmas 2016 was the most successful ever with the largest number of contributors (96), people helped (31 – 8 adults and 23 children), the most gifts purchased, money collected (\$5735), and gifts donated valued at over \$650! "Every year we have people we've helped ask us "Why do you do this?" Our response has been we hope that someday they may be in a position to help someone and they pay it forward!"

Again this year, the **GH Women's Golf Association** participated in the Angel Tree project with the Flagler County Schools and delivered gifts for 33 children. That project was chaired by Pat Smith, with assistance from Brenda Perry and Kate Theroux. The **Ladies Golf League** collected \$252, which was added to an additional \$200 raised by the GH Golf Club, all of which was given to the Angel Tree Project. The GHWGA charity golf tournament last year also raised a little over \$7,000, which was donated to the Sheltering Tree.

Many of the groups in Grand Haven participated with the Giving Store, made baskets for the residents at the Family Life Center as well as generous gifts to Feed Flagler.

These are just a few examples of the generosity of Grand Haven residents during this past holiday season. Thanks to all who share their time, talents and treasures to help others.

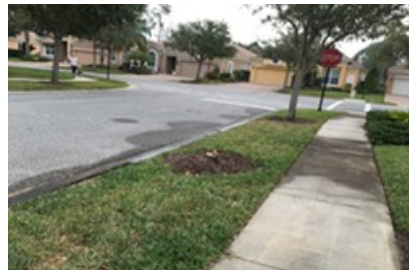
## ADC CORNER

It has been several months since Hurricane Matthew blew through our beautiful community. Some property owners suffered damage to their roofs, having to replace shingles or entire roofs, while others had to deal with damaged siding, broken windows and doors and probably most common, downed or damaged trees and landscaping.

What have you done about the effects of Hurricane Matthew? Have you repaired your roof? Sure you have. Have you fixed your broken windows and doors? Bet you have. But, have you replaced your damaged or destroyed tree(s)? In many cases, the answer is no. If you drive through Grand Haven, you see street trees that have been removed because they were a danger to property or person. But, they still have not been replaced. And, another important question is, do you know what to do in order to replace them? In addition, many yard trees have been damaged or destroyed. Is it necessary to replace those trees? In all cases, it depends on the number of trees that are required for the size of your property. And, if the tree(s) will not be replaced because you have a sufficient number, have you repaired the damaged area with fill and sod to restore your property?



*Example of  
yard tree not  
yet replaced*



*Example of  
street tree not  
yet replaced*

Because we live in a deed restricted community, the CC&R's and ADC Standards are very clear as to what is a property owner's responsibility. However, it can be difficult at times to know where to go to get the information you need in order to do the right thing with regard to your property. The thing to remember is very simple. Any change to the exterior of your property must come before the ADC for approval. But, then you ask, did Hurricane Matthew get ADC approval before he decided to change my property? The answer of course is no. And, the Committee understands that Mother Nature doesn't care that we live in a deed restricted community.

So, please help us help you with these changes. Know your responsibility and examine the damage. If the damage is such that there is a change to your property, please bring it before the ADC for approval. Our Management Company, Southern States Management Group, is in our community on a regular basis looking for changes to your property. Be pro-active and don't wait until you get a letter indicating a violation exists on your property. Submit an application for your change and get it approved.

*Submitted by: Tom Byrne, MADC Chair on behalf of your Architectural Design Committee*



## BEAR IN MIND

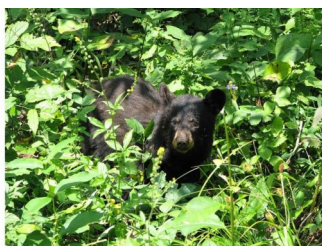
We don't often see bears in our area but a lonesome bear wandered through last July so we know sightings do occur. Estimated bear population is 4000 and rising and at least 1/3 roam central Florida woodlands and residential neighborhoods.

The Florida black bear is smaller than northern bears and weighs in at average 200 to 300 lbs. Still an animal to be respected though it is hard to believe a cub's birth weight is 8. ozs.

Florida bears semi-hibernate in light sleep and not for long. Fur is shiny, the nose a light brown and tail stubby; so easily identified should one cross your path! Bears are excellent swimmers and with their short un-retractable claws can easily climb trees. They have remarkable eyesight and sense of smell and can smell garbage from afar. It is true that bears love honey, but we already learned that from Pooh Bear! When trapping bears for a number count, a bait of jelly donuts seemed to have been the delicious attractant!

Unsecured trash and bird feeders are the main reason for human contact. In the past six years, because of encounters with people, 11 bears were shot while more than 1000 have been killed by vehicles. Summertime means road travel for vacationing humans and for animals as well. Many highways cut across animal habitats and as bears seek food at dawn and dusk, we should bear this in mind and stay alert while traveling. Hitting a bear not only kills it but also causes considerable vehicle damage and injury to occupants.

Submitted by: Anne Scuito



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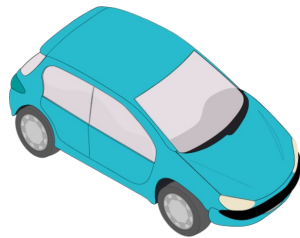
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According to the City of Palm Coast Chapter Code 44, "Parking on the street or lawn is prohibited. Only passenger vehicles which include an automobile, motorcycle, moped, passenger van, SUV or pick up truck may be parked in residential zones and **must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



## Next Chapter

Next Chapter is a widow and widowers social group that was formed in 2012 by a few Grand Haven residents for shared fellowship and emotional support. The group enjoys various activities, including picnics, theater, game days, dinners out, house parties, and day trips to name a few.

To our Male readers:

"We know all too well that as a male we never get lost, never have to ask for directions, and we NEVER have to read the instruction manual for assembling anything we purchase. However, I now can attest to the fact that after losing a spouse, finding our way forward is much more difficult than any challenge we have previously encountered. While bereavement groups may help at first, in the long run being associated with people who have "WALKED IN OUR SHOES" is extremely beneficial."

Our group encourages anyone who has lost a spouse to see what we have to offer and how we can help as we all seek to define what will be the "NEXT CHAPTER" of our lives.

If you would like more information about Next Chapter, please contact Bet Fraioli at [\(386\) 246-5289](tel:3862465289) or [betfraioli@gmail.com](mailto:betfraioli@gmail.com).

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## The Eagles at Grand Haven

Over the past nine seasons monitoring (and documenting) the resident Bald Eagles, Romeo and Juliet, they prove to be most consistent. Romeo returned to the nest on August 27 and Juliet followed on September 5. They quickly busied themselves bringing in branches and sticks adding to their already huge nest, and gathered Spanish moss to cushion the nest bowl all in preparation for their new family. Their bonding had begun including frequent mating and perching together.

Incubation started on November 11, and they welcomed their first hatchling on December 18. As usual they had two hatchlings. In nine seasons they have raised a total of 17 eaglets, all of which have successfully fledged in the previous years. At the time of this writing they are both four weeks old and close to half their mature weight already. They are quite vocal as their life is "all about the next delivery" which has consisted of squirrel, possum, coot and abundant fish deliveries.

Several visiting eagles have been seen at the nest (but not particularly welcome), as they are escorted out of the area. It's likely they were hatched by Romeo and Juliet at the nest in years past. Although they appear quite "at home", there is no way to know for sure. At this point the nest and the tree belong to the new family only, and Juliet is usually on guard for anyone invading their air space!

*Submitted by: Gretchen Butler,  
American Eagle Watch Nest Monitor/Volunteer  
American Eagle Foundation/Volunteer*



*The Eagles' Nest at Sunset*



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## Grand Haven Golf Club

Have you been thinking about giving golf a try but just don't know how to get started? Grand Haven Golf Club has created a program to introduce you to the game, get you instructions and get you on the golf course playing. Aside from making a swing that connects with the golf ball consistently, the biggest challenges a new golfer faces is having someone to play with and getting out on the golf course. This program helps you conquer those hurdles. Right here in your backyard is a beautiful golf course just waiting for you to come play; add in the camaraderie of friends and neighbors learning right along with you and you have the perfect start on the game of a lifetime. To find out how it works, contact: Rick & Andrea Knox [386\) 445-2327 ext. 3200](tel:3864452327) [AKnox@GrandHavenGC.com](mailto:AKnox@GrandHavenGC.com)

To take the next step, Grand Haven Golf Club is offering a Trial Membership. The Trial membership is a three consecutive month membership with full golf benefits. It includes unlimited green fees, 14 days advance booking tee times, 10% off hard good and 20% off soft goods in the golf shop, unlimited range plan, guest privileges, access to all leagues and club functions, and access to the restaurant without participating in the food minimum program. The Trial Membership is available for \$1200 per household. It's a great opportunity to experience the club without making the commitment. At the end of the Trial membership, the fee will be applied against any golf initiation fee! To find out more regarding the Trial Membership or any other memberships offered at Grand Haven Golf Club, call Jeri Harper at Grand Haven Golf Club. [386\) 445-2327](tel:3864452327) or email [JHarper@GrandHavenGC.com](mailto:JHarper@GrandHavenGC.com).

If you have not had the opportunity to play the golf course, we'd like to welcome you to play in our Guest Mondays! On select Monday's the golf club offers a Guest Rate of \$55 + tax. Tee times may be made up to 4 days in advance. Book your foursome and be sure to join us prior to your

round to enjoy the practice facilities. Call the golf shop for more info at [386\) 445-2327 ext. 1](tel:3864452327).

For any of the non-golfers in the community, our doors are always opened to new Social Members! Our Social Calendar is packed full of events. Lunch is served six days a week from Tuesday to Sunday. Specialty events include Dinner Dances, Theme Nights, Birthday Bash, Turkey Buffet, holiday parties and more. Dinner featuring Prime Rib, Comfort Food, & Pasta Bowls is served on different evenings. If you'd like to experience the restaurant before signing on as a social member, we're happy to book you a reservation for an event or dinner. To find out more, contact Jeri Harper at [386\) 445-2327 ext. 3206](tel:3864452327).



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## PCAF moves forward to Phase II

In 2016, the Palm Coast Arts Foundation celebrated Phase I on our site at 1500 Central Avenue (Town Center) with a ground-breaking in February and a ribbon-cutting in December! Thank you to all who joined us in the excitement of the completion of this initial phase of the cultural arts complex in Town Center.

While we continue our campaign to RAISE THE ROOF for the new outdoor stage, we plan to begin programming the space soon after our May 7 Picnic and Pops concert. Due to construction of our new outdoor restroom facilities commencing in February and the impact this will have on the site, we chose not to schedule the stage during this time and avoid interfering with their deadline of completing for our Picnic and Pops concert.

Following our Picnic and Pops concert however, we plan to offer a variety of outdoor cultural events for your enjoyment. In planning for these events and activities, it has become clear that we will need an army of volunteers to help in a variety of ways. If you are interested in volunteering, please let us know! Opportunities will vary dependent upon the event, but may include: set-up and take-down; concessions; entry attendants; parking attendants; promotional support (distribution of flyers); mailings; etc. Whatever your expertise is, I'm sure we can use you - contact Awilda Hamilton, Events Chair ([hamjacks1@aol.com](mailto:hamjacks1@aol.com)) or Nancy Crouch, Executive Director ([nancycrouch@palmcoastartsfoundation.com](mailto:nancycrouch@palmcoastartsfoundation.com))

In the meantime, table and ticket reservations are on sale for our 10<sup>th</sup> anniversary of Picnic and Pops with the Jacksonville Symphony. This will be their first performance on our new outdoor stage. Sponsor tables are available for \$1,500 (table of 10) and \$2,500 (table of 12) and includes (among other benefits) a catered meal, premium seating, program acknowledgement, and marketing.

In the meantime, Grand Haven artist, Jan Jackson has been conducting A Fun Art Experience: A Bag Painting workshop here at our office in Town Center. Awilda Hamilton, Zita Corum, Rita Hueter, Lindsey Brown, Bettie Eubanks, Linda Hellings, Betty Fitterman (all Grand Haven) and other guests took part in the initial workshop experience. More sessions led by Jan and other artists are upcoming: February 9; March 9; and April 6 – [www.palmcoastartsfoundation.com](http://www.palmcoastartsfoundation.com) or 386-225-4394 for more information on how you can create and take home your own designer bag. The January 12 session was a huge success!



*Submitted by: Nancy Crouch, PCAF Executive Director*



# Southern States MANAGEMENT GROUP INC.

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? The PLM Villages have “tuned in” their lake banks and installed missing required spartina plantings, as well as 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) and you will see the work 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. 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. The Detention Pond Planting Scheme is included in the ADC standards and can be found at [www.Grandhavenmhoa.com](http://www.Grandhavenmhoa.com), then to ADC tab then ADC standards link, and then it is at the bottom of page 28 and the beginning of page 29. The link is <http://grandhavenmhoa.com/ADC/PDF/ADC%20Standards.pdf>.

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

## SCOOP ON POOP!!!

As Editor of your community newsletter, I can tell you that the **single thing** I am most often asked to write about is **PET OWNER RESPONSIBILITY!!!** People stop me in the Village Café, at the Grand Haven Woman’s Club meetings, in the Fitness Center, even when I am in Publix!! Most pet owners are very responsible....they even take a flash light with them when they walk their dogs at night to ensure that they can “clean up” after their pet. But for those few who do not, it is not just **rude** to ignore the clean-up process, it is against the law (Palm Coast Animal Control codes sec s 8-36, removal of pet waste). It is also a health hazard...abandoned dog waste can host diseases and/or parasites which can infect other dogs that accidentally step in it and track it home. It is not fertilizer AND it pollutes the water in our detention ponds.

Along with the unconditional love that dog brings to you comes the responsibility to take a bag with you when you walk your loving family member! Oh, and don’t forget to use it and properly dispose of it! To all of our Grand Haven dog owners who are responsible, your neighbors say “thank you.”



**Palm Coast ARTS FOUNDATION** JACKSONVILLE SYMPHONY

### TENTH ANNUAL Picnic & Pops!

**“Symphony in PCAF Park”  
with the Jacksonville Symphony**

**Sunday, May 7, 2017  
6:30pm Park Opens; 8:00pm Concert  
1500 Central Avenue (Town Center)**

**Nathan Aspinall  
Conductor**

Ticket price before March 15  
\$40 members and \$45 general public  
After March 15  
\$45 members and \$50 general public  
Tables of 10:  
Before March 15 - \$400 members; \$450 general public  
After March 15 - \$450 members; \$500 general public

**Bring a picnic and enjoy an outdoor concert  
with the Symphony as they perform your favorite  
show tunes, Broadway hits, and popular film scores.  
Sponsor tables available: \$1500 and \$2500**

**Call 386.225.4379 for Tickets or Online at [www.thepcaf.org](http://www.thepcaf.org)**

**Sponsors To Date Include...**

**ParkeSide REALTY GROUP** **Observer** **PALM COAST COMMUNITY CENTER** **KOOL 100.9 FM** **FIELDS**



## The Sandwich Generation, “Peanut Butter in the Middle”

The Sandwich Generation is a real phenomenon. 1981 was a breakthrough year for Social Workers when Dorothy Miller gave us the term "Sandwich Generation". The phrase described those adult children (40 to 65) who care for their aging parents while still having children that require their financial, emotional and often child-care assistance. Webster actually added this term in 2006 and many articles, books and seminars sprouted during the recent decade. Parallel to this came the increasing number of parents with Alzheimer's Disease whose lengthy chronic care needs reached public attention. The stresses of care giving - often delegated to and coordinated by the adult daughter - put those caught in the Sandwich Generation squeeze into the limelight.

Stress often effects the personal lives of those who are entangled in this web. Issues arise in relationships with spouses and friends, job/career success, finances and the individual's own health status. What can we do when the needs of parents, children and self are all so real? Suggested activities such as exercise, meditation, time parameters on care giving, and asking family members to help (financially /care sharing/shopping/ doctor visits) have all been suggested. Perhaps knowing one is not alone is also helpful. It is also recommended that coping mechanisms be practiced in order to become effective. Deep breathing exercises and relaxation breaks might best be done in short spurts until they become part of one's daily life. For those in the sticky center of the sandwich, here's hoping (with a little help from their friends) some sense of ease can be found.

Submitted by: Harriet Kohen, Ph.D, RN

# ZOOM!

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Are you wondering what to make for dinner tonight? Wonder no more.... !! **COOKING GRAND** is the cookbook that contains over 300 luscious recipes from members of the Grand Haven Woman's Club and can be yours for a \$25 donation. All proceeds from **COOKING GRAND** support 24 charitable organizations in Flagler County.

You can get your copy of **Cooking Grand** at the GH Village Center office. Also look for the Café's specials featuring one of these recipes!



**GHMA NEWSLETTER**  
**Grand Haven Master Association, Inc.**  
**P.O. Box 354785**  
**Palm Coast, FL 32135**

Southern States Management Group	<a href="http://www.ssmgroupinc.com">www.ssmgroupinc.com</a>	(386) 446-6333
Grand Haven Master Association	<a href="http://www.grandhavenmhoa.com">www.grandhavenmhoa.com</a>	(386) 446-6333
Community Development District (CDD)	<a href="http://www.grandhavencdd.org">www.grandhavencdd.org</a>	(386) 447-1888
Grand Haven Main Gate Guard		(386) 445-2376
Village Center Office	<a href="http://www.grandhavenamenity.com">www.grandhavenamenity.com</a>	(386) 447-0192
Village Center Waterside Café		(386) 447-0239
Grand Haven Golf Club Pro Shop		(386) 445-2327
Grand Haven Golf Club Restaurant		(386) 445-1027
Palm Coast Utilities	<a href="http://www.palmcoastgov.com">www.palmcoastgov.com</a>	(386) 986-2360
Palm Coast City Hall		(386) 986-3700