

The Oak Tree

President's Message

By now, we have all enjoyed the holidays, the, social gatherings, the resolutions made (and some already broken) and the companionship of family and friends. I hope that it has been a wonderful holiday season for you and I wish you all a happy, healthy New Year.

In case you had missed it, on January 10th, the Master Association Board of Director's election was held and I am pleased to announce the results of the election and your Board for 2019.

President	Rob Carlton
Vice President	Vic Natiello
Treasurer	Ed O'Brien
Director	Mike Frichol
Director	Denise Gallo
Secretary, Ex-officio	Troy Railsback

*L to R: Ed O'Brien,
Denise Gallo, Mike
Frichol, Rob Carlton,
Vic Natiello*



It was a very spirited election including a Candidate's Forum, involving six candidates for three open seats. The participation by all is most appreciated. A record number of votes were cast in this Board election. I have every confidence that the Board will continue in its quest to serve Grand Haven property owners in a manner that is fair and equitable to all. Property owners are invited to attend our Board meetings which are generally held on the next to last Friday of each month at 2:00 pm at the Creekside Amenity Center. Your involvement and participation is both encouraged and appreciated.

I would like to congratulate Denise Gallo on her success in the election and welcome her to the 2019 Board. I would also like to thank Brad Scott for his service and the financial expertise he provided to both the Board and ultimately, the members of our community.

Moving on, I believe that there is a need to re-visit the topic of waste removal. In August of 2016, the GHMA Board adopted a resolution pertaining to Yard Waste, Household Waste, Recycling and Hazardous Waste. Since only yard waste disposal presents an ongoing issue, I am hoping that additional communication might alleviate the problem. Regarding yard waste, the resolution states:

"Currently, yard waste is collected each Wednesday throughout our community. It does not have to be bundled but must be of the size that can be lifted by an individual. Excessive amounts of yard trash or yard trash generated by landscape contractors will not be picked up by the City and must be removed by the owner or the owner's contractor."

"Yard trash must not be placed at the curb earlier than the day prior to collection from the City. If yard trash is generated prior to Tuesday, it must be stored out of sight at the side of the residence and brought to the curb at the appropriate time, or it must be immediately removed by the owner or the owner's contractor".

....continued on Page 3

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 15
2 PM, Friday, March 22
2 PM, Friday, April 19
2 PM, Friday, May 17

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	Ed O'Brien	283-4184	Ed.obrien43@cfl.rr.com
Director	Mike Frichol	585-3266	frichol@hotmail.com
Director	Denise Gallo	843-9177	gallodenise@yahoo.com

The Oak Tree

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	Mike Frichol	Anne Scuito
		Lynette Shott

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

Benefits of Volunteering

According to a study by Carnegie Mellon University, individuals over 50 who volunteered at least 200 hours in the past 12 months, experienced mental health benefits and were also less likely to develop hypertension.

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President's Message *(continued)*

A violation regarding yard trash is considered "self-correcting". This means that the time lines pertaining to most other violations cannot apply since regardless of when the yard trash was placed at the curb, it will ordinarily be picked up on the next Wednesday. Therefore, a fine may be imposed whenever there is documentation that yard trash was placed at the curb prior to any given Tuesday. The Board will always be flexible if the violation is due to a documented failure on the part of Waste Pro. Virtually everyone "puts out" household waste and recycling on the appropriate days. Why risk being fined for placing yard trash at the curb prior to Tuesday?

I have every confidence that your 2019 Board will continue to serve the property owners of Grand Haven in a manner that will enhance our community and the financial investment that we share in our homes. Your involvement and support is most appreciated, as is your attendance at Master Association meetings.

On behalf of the Board, I hope that 2019 has thus far treated you well and the balance of the year will bring you good health and the fulfillment of your wishes.

Submitted by: Rob Carlton, GHMA President

Meet The Staff

Most Grand Haven residents have probably seen **Thomas (TJ) Leach** regularly driving through our villages. Thomas is a licensed Community Association Manager (CAM) for the State of Florida employed by Southern States Management Group (SSMG) and assigned several duties for supporting the Grand Haven Master Association (GHMA).



Thomas is primarily responsible for the following:

- Private Lawn Maintenance (PLM) program and related vendor management for 11 Villages with 535 properties plus The Crossings pool amenity
- PLM Work Order management and vendor coordination to ensure follow-up and resolution
- CC&R compliance supervision
- Assist other team members to handle resident calls and inquiries, and updating resident records.

His responsibilities include managing projects with vendors such as the recent Crossings Pool House renovation, roof repairs and drainage in River Club, shrub replacements in Riverwalk, and the upcoming roof replacement for River Club.

Thomas has worked for SSMG since 2011 and assigned to Grand Haven since 2014 where he works closely with Troy Railsback and Michele Logan. He has a BA degree in Marketing from Daytona State.

He enjoys meeting and making friends with Grand Haven homeowners, and helping them understand how the PLM programs work and what to expect within each PLM village. He also enjoys the challenge of ensuring that homeowner expectations are met and vendors do what is required. He finds it particularly satisfying to use the practical application of his CAM training and licensing in the community. His role includes educating homeowners and vendors on the details of the PLM programs and CC&R compliance issues and requirements.

Thomas is a native Floridian who grew up in Ormond Beach and currently lives in Palm Coast. In summer he's at the beach every weekend fishing and surfing. In fall and winter he regularly attends UCF football games. He enjoys spending time with his two young nieces, his two older brothers, his parents and other family during his leisure time. He particularly likes to travel and is halfway to his goal of visiting all 50 states.

He does animal rescue and dog fostering along with his family, and volunteering at Humane Society events. He also has family who breed hunting dogs.

Submitted by: Mike Frichol

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Haven Family Fund

The old Merriam-Webster dictionary has an interesting couple of definitions for the word Haven: (1) a place of safety/refuge, or (2) a place offering favorable opportunities. Both of these points seem to define these villages we call Grand Haven. As our home, it is our refuge. But as our neighborhood, we can make it a place that is filled with favorable opportunities that improve our quality of life. One of those opportunities is the Haven Family Fund!

Do you know someone that could use a helping hand? Someone that needs help getting to medical appointments or maybe to Publix or the hair dresser? A caregiver that needs some free time? A neighbor that is house-bound and just needs a friendly visit? Or are you putting off a medical procedure because you don't have someone (or don't want to inconvenience someone) to drive you. Just during the 4th quarter of 2018, Haven Family Fund's 52 volunteers made 27 trips (76 hours) and 67 home visits (148 hours) to help clients with needs just like these. If you know of someone who needs some help, some refuge from their difficulties, please ask them to contact us at the contact information below. We want all of Grand Haven to use us more!!

Neighbors helping neighbors, paying it forward. You could almost call that the HFF motto! Paying it forward implies a return that will come at some future time, maybe way off in the future. Yet, our volunteers say they regularly find immediate joy when they connect with people that have a need. That "connection" was really evident when one of our client families threw a Christmas party for all of the HFF volunteers that served them in 2018. The 23 people in attendance found that night to be truly special!! We would love to add you as a volunteer who wants to bring that joy into your life!!

When a neighborhood comes together we can build favorable opportunities. HFF supports this effort by hosting fun gatherings and educational events. The Karaoke evening, the Golf Tourney, and the Arts & Crafts Fair will be hosted again in 2019. Estate planning and other education events will also be conducted. We can always use extra help in organizing these events; Volunteers are appreciated!!! Please watch for email blasts regarding these programs.

A special reminder for the caregivers in our community. Sabal Palms Senior Living & Memory Care Center (2125 Palm Harbor Parkway) is hosting a caregiver support group. They are planning meetings for January 23, February 27, March 27, April 24, and May 22. Please contact Sandy Young at (386) 302-2383 if you are interested.

As a client or a volunteer, please let Haven Family Fund be a part of your life!!!



Submitted by: Brad Scott,
havenfamilyfund@gmail.com (386) 449-8073

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Investing Your Time and Talents in our Youth

Volunteering and supporting youth in our Flagler School System comes in many forms. Perhaps one of the greatest gifts we can provide to a developing child or adolescent is sharing our experiences and wisdom with them. A generous donation of guidance, based on our professional and personal growth as adults has benefit to a young person that is truly beyond measure.

We currently have several avenues through which caring adults can connect to a student through mentoring programs. A sampling includes our Take Stock in Children program facilitated by the Flagler Education Foundation, a large group of dedicated individuals working with numerous students through our African American Mentoring Program, the Reading Pals group which assists hundreds of elementary youth with their reading skills, and our staff has accepted Superintendent Tager's challenge to be a significant adult in a child's life and are mentoring in huge numbers.

Career Coaching is our newest opportunity for community members to engage with our students. Flagler Schools has established Classroom to Careers Flagship programs that creates career paths from elementary to high school that are aligned with targeted industries in our community and region. Students can explore career opportunities at the elementary level, grow in their skills through course selection and experiences aligned with the targeted career paths in middle school, and achieve success in a field of their choice through dual enrollment and certification options at the high school level.

Career Coaching will provide an avenue to connect adults with experiences in the Flagship and Career and Technical fields we offer with our high school students. In partnership with Flagler Schools, the Business Assistance Center (BAC), SCORE, and the Chamber of Commerce, this program will provide adults guidance and opportunity to coach students in areas in which they hold experience and expertise. Goals of the program are to share with youth:

- Industry background and opportunities
- Guidance or advice on career and training paths
- Navigating success in the industry through proper communication, actions, understanding the

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Coaching on networking and how to make connections, as well as helping provide these opportunities as appropriate

Coaches will have the chance to tailor their schedules and means of working with these young adults to best fit their busy lifestyle.

Superintendent Tager has shared his passion and belief with the community that every student having a significant adult in their life helping to guide them along their path to success is one of his goals. We encourage you to join us in this mission and become a volunteer in the area and format to which you feel most suited. You can contact us at 437-7526 ext. 1182 to learn more and receive guidance on registering as a volunteer, coach, or mentor. If you would like more information on our Classroom to Careers Flagship program please visit www.flaglerschoolsimpactreport.com.

*Submitted by: Lynette Shott,
 FCS Director of Student and Community
 Engagement*



DOLPHINS

Walking the Grand Haven esplanade we often spot dolphins swimming the Intracoastal.

Of the forty or so species most familiar is the bottlenose. These gentle creatures wear a permanent "smile". They are friendly and playful among themselves and often to humans. Fishermen recount dolphin/human interactions, including helpful dolphins guiding them to good fishing areas. Dolphins have their own built-in "radar" system or echolocation, used for navigation or to tell them exactly where predators or prey are located.

With roughly one hundred teeth used only for grabbing prey, nothing is chewed before it is swallowed. A dolphin of four hundred pounds will eat forty-five pounds of fish daily. Mackerel or herrings are preferred for the high fat content needed for energy. They have two stomachs, one for storage and one for digestion.

Dolphins breathe through their blowhole, which seals tightly after air is inhaled. Water accumulated on the blowhole is blown off as they exhale. Because they must "come up for air" a dolphin at sleep is semi-conscious with half its brain asleep while the other half is awake which reminds it to pop up to breathe. Swimming gracefully at a leisurely three to seven mph., if needed, they can reach twenty mph.

Mother dolphins give birth, tail first, to their offspring, which are fed with breast milk. Females have two nipples hidden inside its mammary slits so when a calf nurses it puts its beak into the slit to latch on and mother voluntarily ejects milk. Feeding must be in short sessions as both dolphins have to surface for air. After a while, this smart baby learns to nurse while its mother swims. Mothers nurse up to three years and afterwards babies and mothers hang out together in pods or super-pods of hundreds. After birth each dolphin creates its own unique whistle by which it is identified, much like a human name.

These clever creatures work together to find food, solve problems, attend sick friends and play. Based on their ratio of brain to body size, which is second only to humans, scientists consider dolphins quite intelligent. That puts them ahead of pigs and dogs, but don't tell that to my Havanese.

Submitted by: Anne Scuito



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Thursday, March 14, 4—5:30 PM

Grand Haven Room at the Village Center

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RSVP: Lhota.kim@gmail.com by March 8th

The Program will begin with a presentation from Lynette Shott, Director of Student and Community Engagement for Flagler Public Schools on mentoring in the schools

**This program is sponsored by the
Grand Haven Woman's Club**

Palm Coast Historical Society

Life in Flagler County changed in 1969 when International Telephone and Telegraph Corporation (ITT) announced a 20,000-acre residential complex in northeast Flagler County. We know it as Palm Coast.

By February of 1970 construction had begun on 500 miles of infrastructure including roads and drainage canals in a largely pine covered swamp. Plans soon emerged for a Welcome Center with an observation tower overlooking the planned residential area, an oceanfront hotel, a high-span bridge over the Intracoastal Waterway, and more.

How many of these projects actually materialized? How many remain?

You can find answers to these and other questions at the Palm Coast Historical Society and Museum located in Holland Park. Meet our local historian and Grand Haven resident, Arthur E. Dycke. He is author of the book "Images of America: Palm Coast."

A Showcase of Palm Coast First Homes is our current seasonal exhibit. Renderings and floor plans of models with names like The San Marcos and Boca Rio have been preserved and are on display.

Join us for our new Speakers Series funded by the Florida Humanities Council. They are being held at the Palm Coast Community Center and begin at 10:00 am.

March 9 - Patrick Smith Jr.: "Florida Is A Land Remembered"

April 14 - Peggy MacDonald: "Florida Woman Pioneers"

May 11 - Janie Gould: "Global Events That Touched Florida: Great Depression Through The Cold War"

Our exhibits and programs are free. Funding for the Historical Society is derived through a combination of grants and membership dues. Membership opportunities begin at \$15 annually for an individual and \$20 for a family. If you're not already a member we invite you to join us! Visit our website at www.palmcoasthistory.org and click on Membership, then scroll down to the Application.

A Membership Bonus has been added in 2019 through a cooperative venture with the owners of the Green Lion Cafe located at the Palm Harbor Golf Club. PCHS members who display their Member-

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ship Card will receive their choice of either a 10% discount off food only OR a free bottle of wine with the purchase of a dinner entree.

We invite you to join us as a member! Visit our website at www.palmcoasthistory.org. Like us on Facebook.

Submitted by: Kathy Reichard-Ellavsky

A Message From the Hamlet

Monitoring the nest over the past decade has been a drama-free, beautiful experience starring our special resident eagles, Romeo and Juliet. Romeo and Juliet were an example of a fairy tale life in the wild. However, their decade of success was the exception, not the rule, as life in the wild can be cruel and raw. The odds are often against them, as recently witnessed.

On December 12 Juliet showed signs of injuries as a result of a territorial fight. This has never been observed before. This defining moment changed everything. Eagles are very territorial and go to lengths to protect their territory, nest, eggs and young. Juliet persevered as long as she could, but through much searching, she hasn't been seen since December 17. We hope and believe she is ok and had to vacate the area by force or by giving up.

Romeo was a "rock," continuing to incubate their egg(s) even through deliberate attacks in the nest by large, aggressive, intruding eagles....and there were several. On Christmas Day a rogue eagle flew into the nest and flew off with one of their hatchlings. This eagle likely equated the hatchling to food. Under the circumstances, it was likely a blessing in disguise. Romeo couldn't raise the chick(s) alone with all the intrusions. He left the area the next day as he had no reason to remain at the nest, as his season appeared over. Thankfully, there was no indication he was injured. Neither Romeo or Juliet could compete with the size and aggressive nature of the intruding eagles.

The remainder of this nesting season remains an unknown. Several eagles have visited the nest. One eagle that has been a regular (comparing photos and observing permanent features) may likely be an offspring of Romeo and Juliet from 5 years ago!

As difficult as it is, it is better to see life in the nest than view an empty nest, and we will embrace whatever peaceful activity unfolds in the days to come. In the meantime, there's continued watch in and around the area, as we remain hopeful that Romeo and Juliet are together and ok. We gradually turn grief into beautiful memories and many years of joy they have given in hopes they return in the fall.

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(should you notice any nest disturbance or eagle concerns in the area, please contact: 386-569-1860)

Submitted by: Gretchen Butler
Audubon EagleWatch Nest Monitor/Volunteer
American Eagle Foundation/Volunteer



We want to thank all of you who voted for PCAF during the national competition for a Levitt AMP grant for a free music series. We narrowly missed the cut, coming in 26th place in the last moments of the contest. We needed to place in the top 25 to be considered for one of the fifteen \$25,000 grants. While we were competing with populations of up to 400,000 nationwide, we are pleased to have had so many votes cast for us and hopefully next year, we'll get to that top tier and be able to offer ten free outdoor concerts for all to enjoy in 2020.

As we move forward on our phased cultural arts complex in Town Center, we continue to plan and provide unique programs and events that you won't want to miss. Last year, we launched Shakespeare in the Park with MACBETH, which was met with sell-out performances each night. We continue this series in February with TAMING OF THE SHREW with lead actors coming from Orlando and Cape Canaveral. Performances will open Thursday, February 21 with a special opening night reception followed by performances on Friday and Saturday evening, closing with a matinee on Sunday, February 24. City Repertory Theatre Artistic Director, John Sbordone will direct these performances on the Palm Coast Arts Foundation stage in Town Center. Like last year's performance, the audience will be seated on the stage under the tent to experience the actors in this intimate surrounding.

April 6, our second annual Garden Party luncheon will also take place on the stage. Of course, the much-anticipated 12th annual Picnic and Pops concert with the Jacksonville Symphony will take place Sunday, April 14.



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Our Turtle Trail project is moving forward. Due to Village Center renovations, Marc-Sea, will now be dedicated in March. He will be the third turtle dedicated in less than a year. Thanks to the generosity of Dr. Mark Vogel and the artistic talents of Paul Beaulieu, both Grand Haven residents, we will all be able to enjoy this permanent sculpture to be installed in front of the fountain for years to come. The inspiration of Marc-Sea comes from Russian-French artist, Marc Chagall and his creation of the Peace Windows at the United Nations building in New York. A fourth turtle, Pablo, will debut in late spring; and there are more on the horizon for 2019! If you or a group of friends wish to sponsor a turtle, give us a call!

Thank you for your continued support.

Submitted by: Nancy Crouch, PCAF Executive Director



Neighborhood Watch

Here it is 2019 already! It is wonderful to note that our community is growing and that we are meeting and greeting so many new neighbors. To all, welcome to Grand Haven! We feel very fortunate to live in such a lovely, diverse, safe and growing community. Grand Haven offers a delightful variety of amenities providing us all with many opportunities to gather, meet, and enjoy activities together.

Our Neighborhood Watch volunteer program continues to be supported by the Flagler County Sheriff's Office, and is quite simply a program of neighbors watching out for and caring about neighbors. Our mission includes helping all our neighbors remain as safe as possible, to encourage all our residents to be observant, report all suspicious behaviors and any crime incidents to the police, and to then follow stated procedures in order to make pertinent, reported crime information available to the larger community of GH. It is known that crime tends to recede when all neighbors in an area continue to communicate with each other, share information, and stay alert and observant about applying simple, safe practices together. That's our first best defense.

Sheriff Staly has shared that there are very few crimes committed here in GH, and that those few that are, tend to be crimes of opportunity, which are easily averted with some care, awareness and attention. By being observant of what is happening with our neighbors, their homes and property, noting any irregularities, and by checking on it, we all help keep our Grand Haven the safe community it is.

If any resident sees what appears to be a crime in progress, please call 911. If you see something suspicious, or out of the ordinary, please call 313-4911, the police nonemergency number. If a crime has been committed, and you have reported it to the police, please follow up with your village NW Captain or Block Leader to follow simple procedures to report pertinent information to the GH community. If you don't know who your Captain/Block Leader is, you may call Pat Maloney or Lisa Mrakovcic (numbers and email below) to find out and receive guidance.



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We are a large community with 27 villages making up the greater Grand Haven. With more new neighbors moving in, your Neighborhood Watch team always needs more volunteer helpers. If you enjoy people, communicating, and like meeting your neighbors, you are certainly appreciated, and we invite you to join us in NW.

To volunteer or to get information, please call or email Pat or Lisa:

Pat Maloney 386-864-7195, pmal37@aol.com

Lisa Mrakovcic 386-447-4063,

Lisa_mrakovcic@hotmail.com





FCAL Carves Out A Huge Niche in the Arts Community, Housing Must-See Shows, New Classes and Talks by Art Experts

FCAL has been in its new, larger gallery since November, and the enhanced space has proven a huge draw for visitors, culminating in a record crowd at the January opening.

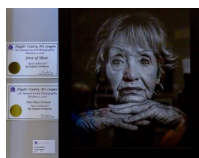
"FCAL is invaluable to the area," comments aficionado and arts patron Christopher Goodfellow. "It's a great venue for encouraging art and viewing art."

Of course, January's opening was FCAL's 7th Annual Juried Photography Show, itself a big draw, as it has become one of the premier such events in the region. It attracts top photographers of all types, from ace talents in wild-life capture, portraiture, photo-journalism, abstract and impressionist photographic art



and other categories.

Artists exhibited at FCAL range from breakout talents - 17-year-old Stephen DiMaria of Flagler Palm Coast High School won First Place of the entire show - the first time a student has done so - as well as veteran and professional artists such as Dave Bowers, the President of the Flagler Beach Photography Club who won Best of Show. More than 120 works were entered and 96 were exhibited.



In addition to larger shows and other events, FCAL can now offer more classes and workshops, thanks to the addition of a second classroom, and monthly meetings are on the fourth Thursday.

Upcoming shows - February will be "Anything Goes", a theme to encourage imagination and creativity, along with the Gargiulo Foundation's Artist of the Year. March's show features the irresistible theme of "Animal Kingdom" - anything from insects to elephants and an exhibit from the Florida Women's Art Association. For more information:

www.flaglercountyartleague.org or call 386-986-4668. Hours: M-F 12-4, Sat 10-1

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SAVE THE DATE



7th Annual SPOHNC
(Support for People with Head Neck Cancer)
Fundraiser

Saturday, April 27, 9—11 AM
Grand Haven Village Center

Registration with your donation* entitles you to the Move to Music Class and a Goodie Bag
There will be a great raffle, silent auction, fun prizes, t-shirts for sale and bagels

The generosity of Grand Haven is in full bloom this day

**Suggested minimum donation is \$20*

GRAND HAVEN WOMAN'S CLUB

The Grand Haven Woman's Club would like to thank the members of our community who have come out to support our recent activities. In December, many residents joined GHWC members for its **Walk for Women**. It was a great event and when walkers finished their routes, they were greeted by the Flagler Palm Coast High School Percussion Band and Cheerleaders cheering them back. They were also greeted by homemade goodies as a token of the appreciation of our members. While the weather wasn't perfect that day, everyone had fun and helped us raise over \$3,000.



Just recently, many of our residents joined members to enjoy the Annual GHWC **Day of Games** in January.



Those in attendance play various games, enjoy a lovely lunch and have chances

to win prizes. With a record turnout this year, it was another successful event, raising over \$5,000.



Both of these fun events are opportunities for the GHWC to raise funds to support over 30 local organizations that are experiencing increasing needs among their client base. It is also an opportunity for the residents to join in the fun with us and support these local organizations, from providing scholarships for students to stocking the shelves at our local food banks. As the warmer weather draws near, we have a few more opportunities for Grand Haven residents to get in on our fun.

Learn and Grow on March 14, Grand Haven Room, 4 – 5:30 PM. While the feature speaker for this event will be Zach Zacharias, Curator at MOAS, the event will kick off with a presentation by Lynette Shott, Director of Student & Community Engagement for Flagler County Schools. She will speak of a new mentoring program and share ways in which interested residents can volunteer.

Tennis Tournament on March 23, at the Amenity Center Tennis Courts. This event is limited to 60 players of all abilities. Registration is \$40, which includes a morning of tennis, lunch and raffles. Anyone wishing to join their tennis playing friends for lunch may do so for \$10. For more information or to register, contact Maureen Pellegrini at maureenpellegrini@gmail.com.

Book Sale on April 6, in the Grand Haven Room.

Many of our residents look forward to this annual event to donate books that they have read and to purchase books they want to read. Amenity Center eblasts will update residents a couple of weeks prior to the Book Sale about when and where to drop off the books they wish to donate.



If you would like to learn more about the charitable organizations supported by the GHWC or read any of our newsletters, which contain information about our activities, please visit the website at www.grandhavenwomansclub.org.



COME PLAY IN THE GHWC TENNIS TOURNAMENT

All abilities are welcome

LIMITED TO 60 PLAYERS

FIRST COME, FIRST SERVE

SATURDAY, MARCH 23, 2019

START TIME: 8:30 AM, Amount \$40.00

Non-players invited to join us for lunch, \$10

For more information, contact:

MAUREEN PELLEGRINI, maureenpellegrini@gmail.com

or cell phone: 860-989-4148

Proceeds benefit charities supported by the GHWC including: Flagler Free Clinic, Family Life Center, Local Food Banks, Guardian Ad Litem, Flagler County Education Foundation, Humane Society, Flagler Library, and more

GRAND HAVEN GOLF CLUB

2019 will be an exciting year for the Golf Club. We're putting the finishing touches on a complete refresher including painting both inside and out, new furniture, fixtures, artwork and more! A landscaping project will begin in the spring encompassing the entire clubhouse!

Now is the time to sign up for the Grand Haven Golf Club Trial Membership. It's a great opportunity to experience the club prior to joining. The trial membership is a 3 consecutive month membership with all the benefits of a golf member including unlimited green fees & range access. This membership opens the door to new friendships built on a camaraderie incomparable to all else with league play, fun groups, and casual 9 hole rounds! Another important benefit of the Trial Membership is the credit toward initiation fees you receive when transferring into a Golf Membership. Call me at the club to find out more.

Not a golfer? I encourage you to check out our Grand Social Membership at the club. This membership gives you full access to the restaurant including all the events and happenings! Fun events to look forward to include concerts, theme nights, wine tastings and dinner pairings, happy hour, and much more. We're offering a special incentive of FREE DUES for the remainder of 2019 when you join as a Grand Social Member. If you would like to experience the restaurant for yourself, give me a call to set up a reservation today and find out more about the Grand Social Membership!

The Golf Club is also here to help with any of your private events, birthday parties, anniversaries, weddings, and more. Our experienced staff and superb team of chefs are excited to host your next special day! No need to hire an event planner, let us do the planning for you. Come by the club for a complimentary tour of the newly refreshed clubhouse and see how the Grand Haven Team can exceed your expectations!

For all inquiries, contact Jeri Harper at 386-445-2327, ext 6 or by email at jharper@grandhavengc.com.



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Join Us...
For the
16th Annual

Mardi Gras

Tuesday, March 5, 2019 at 6 p.m.

Grand Haven Golf Club
500 Riverfront Dr., Palm Coast

\$100 per person - Cocktail Attire

(Use Coupon Code GHGC25OFF by February 25, 2019 for a \$25 discount)

Proceeds Benefit the Flagler County Education Foundation

Tickets may be purchased online at www.FlaglerEdFoundation.org or
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MADC CORNER

Happy New Year! As this is the first article of 2019, I would like to remind you that the updated "Architectural Design Standards" manual was published in May 2018 and hopefully you had the opportunity to review this document.

If you are new to the community or need to obtain a copy, it can be downloaded from the **Master Homeowner Association (MHOA) website** (www.GrandhavenMHOA.com), on the **Architectural Design Committee (ADC)** tab. The standard manual is located on this tab, under "**Forms/Standards**". As we live in a deed restricted community, we must be aware of the "**Standards**" when we are considering any changes to the outside of our homes. Our MHOA is always listening to the needs of our community and periodically update the standard manual to conform to our CC&R's requirements.

Updating or changing the color of your home, landscaping, tree planting or removal, well installation, elevation, windows, doors, roofs, adding a pool, spa and Lanai screen enclosure are just some of the areas you will find in the Standards manual with design requirements.

If you have any questions related to submitting your changes to the MADC, just call **Michele Logan** at the Southern States Management Group (SSMG) (386-446-6333). She will update you on just what is necessary for submission. Some of those items may be samples, diagrams, permits, specs on designs, etc. Remember you are always welcome to attend to answer any questions that may arise during our review of your request. MADC schedules meetings on the first and third Wednesday of each month starting at **9:00am** (please note new time as of January 2, 2019) at the Creekside facility.

We are all committed to keeping Grand Haven up to the standards we all want. As we always say - "**Keeping Grand Haven Grand**".

On a personal note, this will be my last article for the MADC Corner. As of January 10, 2019, I was one of the candidates that won an open position on the Grand Haven Master Homeowners Association Board. I would like to thank all of the residents that voted for me. I also want to thank my fellow MADC members for all of their hard work, and wish them well for the future in always "**Keeping Grand Haven Grand**".

Submitted by: Denise Gallo

Beware the SCAMS

The Scam artists are alive and active in Palm Coast these days and recently targeted at least one of our Grand Haven residents. A grandmother received a call from "an attorney" representing her grandson, who had been arrested. The "grandson" got on the phone and pleaded with her not to call his parents because he didn't want to get into trouble. The caller even sent a cab to her house to take her to the bank. Fortunately, before she wire transferred the requested \$8,000 to the scammer, she called the police.

Remember that no matter how scared you are for a loved one and no matter how hard your heart is pounding, think about getting their number and telling them you will call them back. If that ends the conversation, this was a Scam. If they give you a number, hang up and contact your relatives to confirm their whereabouts. Chances are that if you call that number back, it is not a number you can reach.

Remember that Scam Artists do prey on seniors, so beware.

SIDEWALKS AND YARD WASTE

Important information regarding sidewalks...

As you may already be aware, the maintenance and repair of all portions of the sidewalk pads installed on your property, as required as part of the initial construction of your home, are the sole responsibility of you, the homeowner. This includes any deflections and/or lifting in any and all areas of the sidewalk that may result in a tripping hazard. Owners are also responsible to keep their portion of their sidewalk free of mold and mildew stains which can cause a slippery environment and also becomes unsightly over time.

Yard Waste 103

(Can you answer all 5 correctly!!!)

Questions

1. What is the designated day for yard waste pickup (whether it is bagged or not)?
2. What day is the earliest that you can place yard waste items at the curb?
3. If you hire a vendor and they generate yard waste, do they need to take the waste with them?
4. If you produce yard waste earlier than Tuesday, where should it be stored?
5. If your yard waste is not picked up on Wednesday by 6 PM, who do you call?

Answers

1. Wednesday
2. Tuesday
3. Yes
4. Out of sight on the side or rear of your home until Tuesday (see # 2 above)
5. FIRST please contact the City of Palm Coast for their staff to address your circumstances and ask for a Case # for you to follow-up if necessary (386-986-2360 or at www.palmcoastgov.com/trash), and SECOND please contact SSMG 386-446-6333 to report the open issue with pickup service and provide City of Palm Coast Case # if available.

*Submitted by: Troy Railsback, Community Manager,
Southern States Management Company*

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.

(Excerpted from Self Magazine, February 2015, page 18)

**February is
Heart Month**



GHMA NEWSLETTER

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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	www.palmcoastgov.com	(386) 986-2360
Palm Coast City Hall		(386) 986-3700