

The Oak Tree

President's Message

On behalf of the GHMA Board of Directors, I would like to extend our best wishes for a happy, healthy New Year to you and your families.

We are looking forward to an active and productive year. One issue of major concern to the GHMA Board is preserving our street trees while working with the CDD to protect the storm water drains that serve such an important function in our community. I have no doubt that with a willingness to compromise and some open communication, both goals can be achieved.

The Board understands that the members of the Association are concerned about the potential for increased assessments. The good news is that the GHMA annual assessments have increased a total of \$10.00 for 2026 or less than three cents per day. Every year, our goal is to present a balanced budget that serves the needs of the community and is also sensitive to the financial concerns of our property owners.

We are beginning the new year with two new Board members, Dr. Michael Tebbano and Mr. JD Stratton. Although we will miss our outgoing members, Mr. Ed O'Brien and Mr. Al Petrie, I believe that our new members will bring an added dimension to the existing Board and we are looking forward to their participation.

In addition to the New Year bringing changes to the members of the Board, it also is a time to reflect upon our community and the interactions of its members with their governing Bodies. Social media has made it so easy not only to connect with others but also express our views. Unfortunately, social media also allows individuals to vent, complain and at times, make statements that are not truthful and totally without merit. This is not only inappropriate but is also non-productive since there is no dialogue nor the opportunity to openly express dissatisfactions and seek acceptable resolutions. If people are concerned about the way their governing bodies are functioning, they need to be engaged. They need to attend Board meetings and express their concerns. They need to be part of the process.

As always, I invite all of our owners to attend our Master Association monthly meetings and address the Board if you wish to present an issue or simply express a point of view. Your input will be heard and will be given the necessary attention and consideration. It should be noted that GHMA Board members do not participate on social media nor respond to social media postings.

Moving forward, we anticipate that the Board will be focusing on several issues that will be of interest to our residents. In addition to our concerns regarding the removal of residential street trees, we will be addressing the Holly Tree replacement program in the Crossings, the re-bidding of landscaping services for the 9 PLM Villages as well as an evaluation of our management contract for 2027 through 2029. The Board represents all owners and work on behalf of all residents. Join us at meetings and participate in the process. We welcome your input.

*Submitted by: Rob Carlton, President
Grand Haven Master Association*

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 20
2 PM, Friday, March 20
2 PM, Friday, April 17
2 PM, Friday, May 22

WHERE: Creekside Amenities Center

GHMA Board Members

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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

Never blame anyone in your life.

*The good people give you
happiness.*

*The bad people give you
experience.*

*The worst people give you a
lesson.*

*The best people give you
memories.*

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MADC Corner

I hope everyone had a wonderful holiday season. As another year begins, we should think about how beautiful Grand Haven is. This is due in part to our Standards, which allow us to make changes and additions to the outside of our homes and property, as described therein.

The Modification Architectural Design Committee (MADC) is a committee of the Grand Haven Master Association, Inc., (GHMA). It is an all-volunteer committee of homeowners, appointed by the GHMA and serve at their request.

The MADC is committed to upholding the Standards and CC&Rs (the governing documents of Grand Haven) as they are written today. The Standards are reviewed and updated every 3 years.

The MADC meets on the first and third Wednesday of each month in the Creekside Meeting room, starting at 9:00 AM. All homeowners are invited to attend, see the process in person and understand how it works.

At the meeting, the committee receives applications for changes from homeowners. We ensure the requested changes comply with the current Standards (2024). Typically, we approve 91-92% of applications and deny only those applications that do not comply with the Standards or do not have sufficient information to approve them. Many of the denied applications are resubmitted at a future meeting and receive approval.

The Standards and the application form are available to all homeowners to download from the Grand Haven Master Association website: <https://grandhavenmhoa.com>. Once on their website, click on **ADC** and in the window that opens, on **ADC Standards**. For the application form, click on **Exhibit #4** at the top of the window. You may also receive a copy via email, from the Southern States Management Group (SSMG), the management company for the GHMA, by calling (386) 446-6333.

If you have any questions or you are intending to make changes to the outside of your house or to your property, you can call SSMG.

*Submitted by: Robert Carlsen, Chair
Modification ADC*



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Croquet News

The Grand Haven 6 - Wicket Club Championships took place on November 14-16. There was much stellar play throughout the weekend with 4 players entered in First Flight and 6 players competing in the Championship Flight. In the First Flight semi-finals, Carmen Roche advanced with a 10-9 win over Lisa Chodak and Gloria Gordon defeated Edmund Giancola 11-8 to set up the final match against Carmen. Carmen was victorious 14-11 claiming the First Flight title for 2025/2026. In the Championship Flight semi-finals Brian Zindel won a tight match 14-13 over Peter Gordon and Gary Gamble advanced 14-13 over Howard Chodak scoring 4 wickets on his final turn to claim the victory. Brian played a dominant game in the final, winning 20-3 reclaiming the Championship title he held in 2023. Congratulations to our winners and all who participated!

Our Club Championships continued on January 8-10 with our Golf Croquet event. 12 players were entered and broken down into 2 groups of 6 with the top 4 from each group advancing to the Championship Flight knockouts and the remaining players moving into the First Flight knockouts. In First Flight Dana Silliman advanced to the final with a dominant win over Lisa Chodak and Edmund Giancola advanced to the final with a decisive win over newcomer Jim Smith who had a great first tournament. Dana played a strong final, claiming the First Flight title. Well done, Dana! The Championship Flight saw some surprises with Dorothy Silliman defeating Brian Zindel 7-5, and Billy Roche beating Nancy Crouch 7-4. Both players defeated higher ranked players to get to the final. In an epic 19 point match the players battled for 2 1/2 hours with Billy displaying great skill in setting up close to the wicket and Dorothy continuously clearing him from great distance! Eventually Billy won 10-9 to claim the title in a match long to be remembered.

Come on out on Tuesdays from 2:30 – 3:30 for free instruction followed by fun games.

Submitted by: Howard Chodak

Colbert Lane Update

In case you missed it, the following is a reprint of a notice sent by the GHMA earlier last month. Here is how you can stay up to date.

City of Palm Coast Stormwater Improvements on Colbert Lane

If you have not already noticed, there is significant construction underway adjacent to Colbert Lane and Waterfront Park Road (the road that leads to the City of Palm Coast Park on the Intracoastal Waterway). The GHMA reached out to the City of Palm Coast regarding basic information related to the project timing and impacts to traffic. Below is the information provided by the City of Palm Coast Stormwater Engineer. As any significant updates/changes become available, the GHMA will make every effort to communicate them to the residents.

From the City of Palm Coast Stormwater Engineer... "The project is expected to last for approximately 1 year and 2 months (Ending around February 2027), beginning in the second week of December. However, since this project involved removing existing pipes and installing four 7'x12' concrete box culverts at the canal crossing, there may be some delays in the future due to weather conditions, precipitation, and concrete installation and curing requirements, among other things. As for the traffic: there will be a temporary road with crash cushions and barriers, as you may have seen on other road construction projects. The design includes creating a temporary road to manage traffic while the contractor demolishes the existing road, installs a portion of the box culverts, rebuilds the road, and then demolishes the temporary road to complete the remaining installation. It is possible there will be some temporary lane closures around the time they plan to shift from the existing road to the temporary one, but the whole road will remain open. The temporary lane closure will be approximately from 1/5/2026 – 1/16/2026."

For ongoing updates on this project, you can check the City's website at: <https://www.palmcoast.gov/pcprogress/stormwater-projects/colbert-west-addition>



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The Lantern Men

The "Lantern Men" of Grand Haven's Wild Oaks – Myth or Reality?

Early risers in Grand Haven, especially in the Wild Oaks neighborhood, may get a fleeting glimpse of mysterious creatures...

Dubbed the "Lantern Men" by local residents, some report seeing them repeatedly. As quickly as they appear, they disappear into the darkness.

Most times, a faint light appears down the streets, only to get brighter before simply disappearing.

As rumors and suspicions swirl with what residents of Wild Oaks were witnessing, a break in the mystery occurred.

It turns out, the term "Lantern Men" of Wild Oaks was first coined at a recent resident gathering. One asked if others had seen the "Lantern Men"? Others acknowledged they had. The "Lantern" was described as some type of head lamp, similar to that worn by coal miners back in the day.

When first hearing of the "Lantern Men", we were stunned. I walk daily, first thing in the morning, with walking partner Adrian Poscharscky, my neighbor. We had never encountered the "Lantern Men".

Since June 1, 2024, Adrian and I have been religiously getting up before dawn, donning our sneakers and headlamp "lanterns", and walking 4 miles. Down every street and each cul-de-sac of Wild Oaks, we complete our steps come rain, heat, cold or wind. We simply enjoy the solitude and sanctity of committing to an unwavering exercise routine.

Residents took notice, dubbing us "Lantern Men". A few were inspired to start walking themselves. With our headlamp, we set out before dawn and greet the local pups with tasty treats.

Our commitment runs deep. Grand Haven offers safe sidewalks and numerous trails, but the natural beauty and local wildlife make the effort worthwhile.

This year alone, we walked 1,500 miles...think Palm Coast to Bangor, Maine, albeit at 3.3 mph!

The "Lantern Men" of Wild Oaks encourage you to enjoy Grand Haven's wonderful amenities and walking trails. Embrace this wonderful neighborhood we call home!

Submitted by: Brad Douglas



Who are we?

We are Grand Haven volunteers, for the people of Grand Haven. We have over sixty active volunteers, serving the residents of our community in a number of ways.

How did we do in 2025?

We addressed a variety of our residents needs through the following programs:

Education: In addition to presentations on CPR and Identifying Scams, our most popular program is Estate Organization, which was attended by 81 residents during the year. Since 2018, there have been 591 attendees to the Estate Organization program.

L.A.N.E.: For those residents living alone, we averaged over 20 attendees at our luncheons. Each month there was a guest speaker or fun activities for those in attendance. This is a great opportunity for men and women living alone to meet other Grand Haven residents and share ideas and experiences.



Laurie Lei, LANE Coordinator

Transportation: Our volunteers provided our residents 77 rides to medical appointments in Flagler, Volusia and St. John Counties during 2025. We have a dedicated phone line to request a ride (386-597-7585).



Jackie Morelewicz and Donna Kriss

Caregiver Assistance: Our volunteers provided relief to six full time caregivers on 193 occasions for a total of 727 hours. One or two volunteers made each visit to spend quality time with those receiving care.

Community Resources: We have volunteers who are familiar with Flagler County's independent living, assisted living and memory care facilities and can assist residents with information about each. We are also familiar with the County's financial and social services available for the residents and employees of Grand Haven.

Gratitude.

We are especially thankful to our Board of Directors, Coordinators and many volunteers for their service to our community. Likewise, we are grateful for the many residents of Grand Haven who provide care and

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support to their neighbors and friends in need. It is truly an honor to hear stories about neighbors helping neighbors.

Website: Visit our website – hff32137.org – for additional information about the Haven Family Fund, the services we provide and how to become a volunteer.

Submitted by: Jim Morelewica

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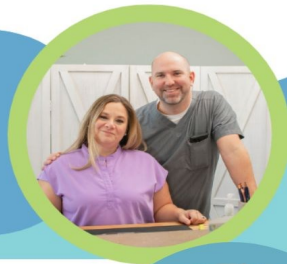
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Eagles' Nest

So far this nesting season has shown to be nothing short of perfection. The bond between the resident Bald Eagles, Gabby and Beau, has ramped up considerably over the three seasons they have been a pair, and the results show it. Gabby is a natural at parenting, and not only is Beau an incredible provider and protector, he now shows excellence in parenting as well.



Beau feeding kids

Gabby laid her first egg of the season on November 23, 2025 and three days later the second egg was laid on November 26, 2025. They have both been eagerly sharing in the incubation duties.

After the first egg was laid, Gabby didn't consistently incubate until the second egg was laid. This is considered "delayed incubation" resulting in the hatches closer together. The eggs hatch in the order they are laid. When the eggs hatch three days apart, the first hatchling has a considerable advantage in size and strength in



Gabby feeding kids

just three days. However, because Gabby did "delayed incubation" the eggs hatched just a day apart on December 31, 2025 and January 1, 2026. They were even shown on a segment on ABC (January 5) as well as "Good Morning America" (January 2) as one was a "New Year's Day first eaglet of the year" celebrating the 250th Anniversary of the United States!

As I write this, the hatchlings are two weeks old and identified as NE32 & NE33 until names are given. NE represents Northeast (Florida). 32 & 33 represents the total number of eaglets hatched at this nest since records have been kept (since 2008).

The eaglets are thriving and have already tripled in size, maybe due to the fact the parents have delivered 9 fish and a squirrel today alone! Whew!! They will be full grown at just ten weeks and flying the neighborhood at about eleven-twelve weeks. This nest is truly blessed!

Submitted by: Gretchen Butler,
Audubon EagleWatch Nest Monitor/Volunteer (17 years)
American Eagle Foundation Partner/Volunteer (11 years)

CDD Corner

As residents of Grand Haven, we welcome the New Year with optimism and the timeless hope of “peace and good will toward men,” and women, of course, as the original sentiment clearly embraced all of humankind.

Grand Haven is no longer a developing community. We have reached a level of maturity and stability that naturally brings a new set of responsibilities, priorities, and financial considerations. With that in mind, many residents are asking: What initiatives can we expect from the CDD in 2026?

The Board is preparing to address several community wide issues in the coming year. Two major projects, both significant in cost and complexity, were researched and incorporated into the annual budget. These initiatives will span multiple years, as is typical for large-scale infrastructure work. Grand Haven faces ongoing challenges with aging trees that are impacting sidewalks, roads, and other infrastructure. Likewise, our extensive road network requires continuous attention, including resurfacing, pothole repair, and other essential maintenance.

On December 4, 2025, the Budget Fact-Finding Group presented its report to the Board. The Group benchmarked Grand Haven’s financial structure to other CDDs across the state with similar annual budgets. One notable finding was that our annual operating budget of approximately \$6 million contains more than 300 individual line items. This level of granularity is unusually high and can create unnecessary complexity. The Group suggested that tracking many of these smaller expenses could be consolidated to the major contracts.

Another key finding was that 80% our operating budget is concentrated in just 11 contracts, several of which need to be renegotiated. This suggests that long-term financial stability will depend heavily on managing these major expenses, particularly through strategic contract negotiations and renewals. The Group’s next phase will involve developing clear policies and procedures to guide future budget planning and administration.

Finally, a reminder that misinformation can be harmful and counterproductive to the well-being of our community. Your involvement matters. We encourage all residents to attend CDD Board meetings, stay informed, and participate in the conversations that shape Grand Haven’s future.

Submitted by: John Chism, CDD Supervisor 4

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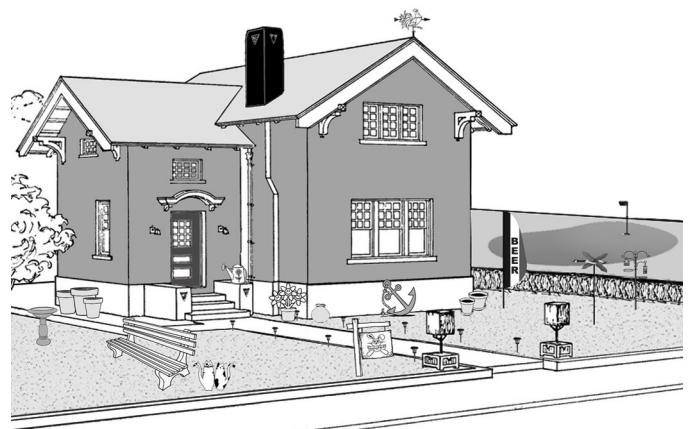
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Did you know

The Master Association has rules governing the ornaments, signs, flags, lights, decorative pots and so forth that you may place outside your home. There are Board Resolutions on the GHMA web site regarding signs and flags. They cover what signs and flags are acceptable and exactly where they may be placed outside your home.

Ornaments, benches, birdbaths, lighting and other outside decorations and fixtures are covered in the Architectural Design Committee Standards also found on the GHMA web site. Some items are restricted to what side of your home they may be placed. The Standards also specify how close to streets, lakes, and golf club property ornaments can be placed. The MADC has the authority to limit the number of ornaments and their size.



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House Numbers

When driving around Grand Haven, have you noticed houses without house numbers? Perhaps they are there but not readily visible seen from the street. This is interesting as house numbers help people find your house, such as out-of-town relatives & friends, delivery vehicles and especially Emergency Service vehicles.

Did you know that having alpha numeric house numbers on your house is in our Standards? The Standards are part of our governing documents that help keep our wonderful community looking beautiful.

The Standard, (2, G, 4) House Numbers states: “All structures must have Arabic house numbers attached to the front of the home and be clearly visible from the street. House number color must stand out from the body color.”

Please check to see that you are in compliance with the above standard to avoid the possibility of receiving a non-compliance letter. House numbers are inexpensive and easy to add to your home.

Submitted by: Robert Carlsen, MADC Chairperson



*Saturday,
March 21, 2026
Grand Haven
Clubhouse*

*The Grand Haven Woman's Club
presents*

Denim & Diamonds

6 PM—Champagne & Cash Bar

7 PM—Dinner & Music

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How Fortunate We Are

This morning, when I stepped outside, I was amazed by the sheer number of birds filling the air with song. The symphony was incredible! Using Merlin Bird ID—a wonderful and completely free app that identifies birds by sound—I discovered Blue-gray Gnatcatchers, Sparrows, Cardinals, Killdeer, Mockingbirds, Eastern Bluebirds, Tufted Titmice, Yellow-rumped Warblers, Crows, Carolina Chickadees, and Carolina Wrens, all right in my backyard!

They were feasting on berries in the hollies & red cedar; pokeberries I've allowed to grow among my azaleas, grasses around the nearby natural pond, and seeds left on spent flower heads. Others were foraging for insects in the mixed clovers growing in the mower ruts along the golf course.

My lot borders the course, and when I researched the Grand Haven CC&Rs, I learned there was a natural buffer between my home and the fairway. When I moved in, that buffer was gone—so I began restoring it, slowly planting and encouraging native vegetation. In just a couple of years, the transformation has been remarkable. By eliminating pesticides and replacing exotic ornamentals with native shrubs, I've created a habitat rich in both seeds and insects, which are essential for raising young. In fact, 96% of birds feed their chicks insects and arthropods. As bird populations rebound, they naturally help keep insect numbers in check.

Florida-Friendly Landscaping principles and the Grand Haven Master Association support this approach, encouraging landscapes that blend with native vegetation and preserve the community's natural beauty. Grand Haven was intentionally designed to reflect a woodland environment dominated by native oaks, palms, and compatible understory plants—and the MHOA and ADC continue to uphold that vision. We are fortunate to live in such a place!

This season, both migratory and resident birds are searching for places to live and thrive. Although bird populations have declined dramatically, the trend can be reversed. By choosing native plants—even a few—we help meet birds' most basic ecological needs.

"Right plant, right place" truly matters. Walk through your yard, listen to the birds that grace our community, let nature guide you, and consider planting a few native shrubs where the grass struggles to grow.

Submitted by: Veronica Reinhardt, Master Gardener



GRAND HAVEN MEMBERS

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We can't wait to see you at the Club!



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**SCRAMBLE
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MARCH 27TH, 2026

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Pickleball

The more I play pickleball, the more I realize—it's not just a sport, *it's life* (on a court).

Pickleball teaches us all kinds of life skills—adaptability, teamwork, persistence, and patience. It's a place where friendships are formed and everyone can escape for a little while. It's a reminder to focus on the present moment, while boosting our mental and physical health.

Just as in life, pickleball throws us curveballs. But the game teaches us how to think quickly and bounce back—becoming more adaptable and resilient with every rally.

Sure, we don't always agree, especially when there's a line dispute. But we've learned that to err is human, and making honest calls—even against yourself—builds character. It's all about playing fair and respecting the game.

Got drama? Pickleball offers a perfect escape. It's the ultimate reset. As we learn everything from footwork to fakes, from drops to dinks, we're building not just skills—but confidence and a growth mindset, according to the AARP.

Learning to dink? It's about more than just control—it's about waiting for the right moment. If patience is a virtue, then those who dominate the kitchen are pickleball saints!

Yoga has taught me about mindfulness, but nothing quite beats the focus needed to follow a fast-moving ball. It's like meditation in motion, helping to tune out distractions and be completely in the moment.

And doubles play is the ultimate exercise in communication, support and teamwork...rather like 50 years of marriage!

Incredibly, with players aged 8 to 87, from all walks of life, with different beliefs, and even different languages, we've become family on these courts.

Pickleball is more than just a game. It's a *game for life*.

Submitted by: Linda Lake



Grand Haven Woman's Club Celebrates 20 Years

In 2005, twenty-two women established the Grand Haven Woman's Club (GHWC). Bringing experience from similar organizations, our founding members launched a mission to support charitable, educational, and civic work. Today, the GHWC has grown to 200 members, marking twenty years of dedicated service and fundraising for local organizations.

Our foundation is built on Community Service Programs focusing on Arts & Culture, Civic Responsibility, Education, Environment, and Health & Wellness. While these pillars remain constant, our impact has expanded alongside the needs of our community.

We take great pride in our milestones:

- Education: We provide annual scholarships to graduating women from Matanzas and Flagler Palm Coast High Schools, support the STUFF Bus through annual collection drives, and sponsor the Take Stock in Children program.

- Environment: Our efforts include supporting Vertical Oyster Gardens to clean the Intracoastal Waterway, assisting Washington Oaks and Gamble Rogers State Parks, and hosting educational talks on Florida-friendly landscapes.

- Health & Wellness: We manage monthly collections for local food pantries, the Family Life Center, Flagler Humane Society, Alpha Women's Center, and the Giving Store. Our "Material Girls" group creates stuffed bears for AdventHealth ERs and comfort pillows for heart and chemotherapy patients. Additionally, members volunteer weekly to pack meals at Our Father's Table and Grace Food Pantry.

- Arts & Culture: We actively support local venues, artists, performers, and artisans.

- Civic Engagement: We have hosted Town Halls and remain committed to veteran and first responder groups, tattered flag collections and outreach to those on active duty.

Achieving these goals requires a collective effort. We are incredibly grateful to our sponsors, member volunteers, and the residents of Grand Haven and Palm Coast. Each year, our leadership team carefully vets organizations to ensure our funds address the greatest needs and have the greatest impact. Over

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the last 20 years, GHWC members have volunteered 126,700 hours and donated \$600,000 to over 30 organizations.

The Grand Haven Woman's Club is proud of these accomplishments and remains grateful to everyone who helps us make a positive impact across Flagler County.

Special Thanks to GHWC's Annual Partners


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Street Tree Canopy

Trimming of the street tree canopy is a continual maintenance item. Selective pruning on a regular basis will continually prohibit limbs from interfering with street and/or sidewalk traffic.

The minimum heights are:

- 7 feet over the sidewalk
- 9 feet over the curb
- 11 feet over the traffic lane
- 14 feet over the crown of the road

And these are minimum heights, therefore trimming your trees and selectively pruning branches well above those heights will ensure that the tree limbs remain above those minimums is necessary. Remember that large vehicles such as the Fire Trucks, Trash & Recycling Haulers and/or Amazon Prime/UPS/FedEx delivery vehicles need access all throughout the community without delay to serve Grand Haven.

Sidewalk Maintenance

The portions of the sidewalk in front of your home are a very crucial responsibility for each individual property owner. Please take a moment to review the conditions of your sidewalk panels for any deflections or inconsistencies in height that could present a maintenance issue regarding the condition of your property.

Submitted by: Troy Railsback, Community Manager

Grand Haven CERT

GHC is a group of volunteers who have been trained by Flagler County Emergency Operations. We are here in Grand Haven to aid neighbors AFTER an event i.e., hurricane, wildfire, tornado, or other disaster. We can use volunteers of all abilities, as everything we do is not always physical.

Training will help you take care of yourself, and your neighbor both before and after an emergency. We meet in the Grand Haven room monthly on the second Wednesday.

*If interested contact Larry Wolfe at
lwolfe46@aol.com or 717-377-3510 for
information and application.*

Amenity Center Happenings



February

Name That Tune—2/11
Valentines Dinner—2/14
Trivia—2/18
Karaoke—2/21
Bingo—2/24
Prime Rib 2/25
LANE Luncheon—2/26

March

GHWC Book Sale—3/6 & 7
HFF Health Fair—3/12
St Patrick's Day Dinner—3/17
Trivia—3/18
Karaoke—3/21
Bingo—3/24
Prime Rib—3/25
LANE Luncheon—3/26

April

Easter Event—4/04
Trivia—4/15
Bingo—4/21
Prime Rib—4/22
Karaoke—4/25
LANE Luncheon—4/30

May

Trivia—5/20
Karaoke—5/23
Memorial Day Flag Raising—5/25
Bingo—5/26
Prime Rib—5/27
LANE Luncheon—5/28



LAUGHTER....Could just be the best medicine

With all the information disseminated about heart disease, there still remains a little secret to a healthier heart: Laughter!! Studies have highlighted how laughing decreases both arterial inflammation and stress hormones while it raises that good cholesterol, HDL. How is all this possible? Research from the University of Maryland indicates that laughter increases the blood flow of our endothelium (the inner lining of our blood vessels) thereby replicating the benefits of aerobic exercise. WOW - without a treadmill we can have an immediate and positive effect simply by having a hearty laugh.

Although in its infancy, laughter research has already shown that laughing increases anti-body cells which may lead to a stronger immune system. Coupled with the decrease in stress hormones the effect is relaxing the blood vessels allowing for better blood flow which can carry the immune boosting cells - a double benefit for the entire body. Other studies have shown that people who hold onto anger have a higher rate of heart disease than folks with an easy sense of humor and a more light hearted nature. It may just be that the least expensive medicine and the one with the least unwanted side effects is laughter.

A unique and fascinating study revealed that participants who watched the film "Saving Private Ryan" showed constricted blood vessels while those who saw "Something About Mary" had relaxed and healthier vessel circulation. These findings by Dr. Michael Miller support his recommendation that watching funny videos should be added to the existing list of exercise, eating right and laughing a few times each day as ways to help reduce heart disease. SO, if anyone would like to borrow my disk set of "Dean Martin's Celebrity Roasts" and lighten your day or evening perhaps your heart will be lighter and healthier for doing so.

Contributed by: Harriet Kohen, PhD, RN

Return of the Ibis

One of the first impressive sights I saw in Grand Haven was a group of very exotic white birds along the road, foraging for food with their unusual, long, curved beaks. They were much more elegant and graceful than the pigeons I was used to seeing. On my walks along the Intra-coastal, I saw them with their young ones. Even the immature mottled birds seemed exotic. I became very attached to these fascinating birds. Then one day I noticed they were gone. Where did they go? I started to worry after several weeks. Would they come back? My research made me love these birds even more.

The ibis is known for its graceful presence in wetlands, forests, and plains. There are 28 living species. They use their slender, curved bills to probe shallow waters, mud and soil for insects, crustaceans, and small fish. Ibises are social creatures, gathering in large colonies near waterways, where they nest in trees or reeds.



Ibises have profound cultural significance, particularly in ancient legends. In Egyptian mythology, the Sacred Ibis was revered as the earthly embodiment of the god of wisdom, writing, knowledge, and the moon. They also symbolized perseverance, clever survivorship, and longevity. The ibis could outwit chaos gods, restoring order to the universe. Killing one was punishable by death. The white ibis is considered "the hurricane bird" – often the last to evacuate before a storm and the first to return afterward, signaling safety.

In northern Florida they are generally year-round residents but exhibit nomadic and partially migratory behaviors meaning extended absences followed by returns. These movements are driven by several interconnected factors, often spanning weeks to months, rather than fixed annual migrations like songbirds. That's it! There you have it! My beloved ibises are nomads but they do return when conditions are right. I was thrilled to see them again after a few months. I don't worry about them anymore.

Submitted by: Mary-Barrett Anders

GHMA NEWSLETTER

Grand Haven Master Association, Inc.

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