



The Oak Tree

President's Message

As this is the first edition of 2018, on behalf of the Board, it is my hope that you experienced a happy holiday season and want to express our wishes for a happy, healthy New Year.

Looking back over 2017, we experienced hurricane Irma, which brought less damage than anticipated, but with the aftermath and clean-up on the part of the City lasting longer than most residents of Grand Haven felt was warranted. Phase one of the CDD street repaving program was begun and although it was limited in scope, the efficiency of the project was exceptional and will hopefully set the standard for the Villages in which the streets are yet to be paved.

Looking back from the GHMA Boards' perspective, it was a productive and gratifying year. That does not mean that there were no issues to be addressed or problems to be resolved, for those are but one of the responsibilities accepted by all Board members. However, in reviewing this past year, much was accomplished over the course of twelve meetings. Although the Board is now focused on the coming year, I would like to take this opportunity to share with you some highlights from 2017.

In addition to the routine business conducted during the "Committee Reports" section of our monthly meetings, the following items represent a partial list of actions taken by the Board during the past year:

- Addressed the various issues associated with City controlled clean-up process following hurricane Irma.
- Approved the purchase and installation of an Automated External Defibrillator for the Crossings Pool.
- Researched and developed a shrub replacement program for Riverwalk Village.
- Negotiated a Memorandum of Understanding with the Declarant which limits his use of 'open house' signs when merchandising resale homes throughout our community.
- Negotiated three year contract renewals with our management company and selected PLM vendors.
- Developed and adopted future operational goals for the Board.
- Established an alliance with the Grand Haven Women's Club and developed a Memorandum of Understanding in which they assumed responsibility for the daily operations of the Neighbor to Neighbor Program.
- Established responsibility for the structural and aesthetic maintenance of detention pond bulkheads.
- Addressed and resolved resident concerns regarding the maintenance of large yard trees by the PLM vendor at the Crossings.
- Established specific procedures for "self-correcting" violations regarding yard waste and yard signs.
- Joined with the CDD in the development of an emergency plan and communication network in preparation for any future storm events.
- Collected approximately \$37,000 in assessments, fines and fees from delinquent accounts.
- Achieved all budgetary expectations with a minimal increase of \$3 in 2018 assessments.

Continued on Page 2

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 16
 2 PM, Friday, March 23
 2 PM, Friday, April 20
 2 PM, Friday, May 18

WHERE: Creekside Amenities Center
 2 North Village Parkway

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

President's Message....continued

During the coming year, the members of the Board maintain our commitment to perform in accordance with our governing documents and in the best interests of the majority of Grand Haven residents. I invite you to attend our monthly meetings and join us in that process.

In closing, I would like to congratulate both our new Board member, Mike Frichol and our returning Board member Vic Natiello as they begin their new terms and to thank you for your participation, support and contri-



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Grand Haven Road Resurfacing Project

You may have noticed that several of the roads within Grand Haven were recently paved. This is a result of the first step of a long-term Pavement Management Program commissioned by the Board of Supervisors. Working with the District Engineer, the Board developed the program in a manner that prioritized paving cycles over a 5+ year period. The prioritization was based primarily on the age, condition and traffic loadings of the roadways.

Residential roadways typically remain functional for approximately 20 years and then begin to significantly decline after that. Warning signs such as raveling, rutting, and hairline cracking can quickly lead to major potholes and fractures that are orders of magnitude more expensive to repair than they are to prevent. The Pavement Management Program will ultimately keep roadway repair costs at a minimum as the roadways within Grand Haven approach this crucial age. An added benefit to the program is the positive effect on property values and vehicle maintenance costs.

The roads paved in this cycle were Augusta Trail, Birdie Lane, Chinier Street, Deerfield Court, Flamingo Court, Front Street, Gleneagles Place, Grandview Drive, Heron Court, Ibis Court North, Ibis Court South, Lagare Street, Lakeview Lane, Montague Street, Olympic Lane, Pelican Court, Players Circle, Point Doral Court, Puffin Place, Sandpiper Court, Shinnecock Court, Shinnecock Drive, St. Andrews Court, Tanglewood Court, and a portion of Waterside Parkway.

The next cycle will begin in 2019 and is anticipated to include Egret Drive, Jasmine Drive, Osprey Circle, River Landing Drive, River Landing Way, River Park Drive North, River Park Drive South, River Point Drive, River Point Way, River Trail Drive, Riverbend Drive, Riverfront Drive, Village View Drive, Village View Way, Waterside Parkway (portion), and the south parking lot of the village center.

Please direct any questions you may have to the Grand Haven Operations Manager's Office at 386-447-1888. The GHCCD Board of Supervisors and all of our employees and subcontractors wish to express our thanks to all our residents for your cooperation and support, as we all strive to Keep Grand Haven Grand!

Submitted by: Ashley Higgins & Barry Kloptosky, CDD staff

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PLEASE, Do Not Feed the Alligators!

While we enjoy Grand Haven's many beautiful ponds, we know that alligators frequently take up residence in them. It is imperative that residents not illegally feed these dangerous animals to ensure that an adult, child or pet is not injured or worse!

The Florida Law:

"It is illegal to feed alligators or crocodiles in Florida. Statute 372. 667 makes it a misdemeanor to feed alligators or crocodiles. Feeding alligators causes them to lose their fear of humans." Do NOT feed these creatures.



GRAND HAVEN WOMAN'S CLUB

Despite the holiday season, the GHWC had a very busy few months of activities. At the November membership meeting, we hosted Mayor Milissa Holland, PC Councilman Nick Klufas and Flagler County Commissioner David Sullivan, all of whom are Grand Haven residents. The membership had submitted questions in advance and during our Town Hall format, these elected officials responded to members' concerns and requests for clarifications.



Following Thanksgiving, the GHWC held its first ever (and hopefully Annual) Walk for Woman's Club.



Over 100 residents participated and, thanks to our sponsors and generous participants, raised over \$3,700.



GHWC began 2018 with its first ever Volunteer Fair, open to all residents to learn about the work of the GHWC and the organizations we support, but also to meet representatives from some of those organizations. Many people who are new to Florida and, specifically Palm Coast, are unfamiliar with the volunteer opportunities in the community....hopefully they learned more about how they can get involved.

And, of course, if it's January, it is the Gloria Sanchez Memorial Day of Games for the GHWC. This year was a true home run, with over \$5,400 raised for the community organizations we support. Over 160 women played bridge, canasta, mahjongg, dominoes, etc. and were very generous in donating to the cause.



At each of our meetings and events, the GHWC displays a poster indicating the organizations that it supports, since we believe it is important for the generous participants to understand how their contributions to the GHWC are used to support our community.

And now that Spring is around the corner, GHWC is planning its first ever Tennis Tournament on Saturday, March 24. Don't play tennis, you say? Well, come join us for lunch and a chance to win the 50/50 and some raffle baskets. See the following for more details and who to contact for this very fun event.



COME PLAY IN OUR CHARITY TENNIS TOURNAMENT – ALL ABILITIES ARE WELCOME! (LIMITED TO 60 PLAYERS – FIRST COME, FIRST SERVE)

SATURDAY, MARCH 24, 2018

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

LUNCH WILL BE SERVED IN THE GRAND HAVEN ROOM ALONG WITH A 50/50 RAFFLE (Must Be Present to Win)

NON PLAYERS, COME EARLY AND JOIN US FOR LUNCH AND CHEER ON YOUR PLAYERS – LUNCH \$10


LOCATION: GRAND HAVEN TENNIS COURTS, BRIAN COUNTS WILL BE IN CHARGE OF THE GROUPINGS

CONTACT FOR TICKETS: MAUREEN PELLEGRINI, EMAIL: maureenpellegrini@gmail.com or cell phone: 860-989-4148

As always, if you are interested in more information about the Grand Haven Woman's Club, please visit us at www.grandhavenwomansclub.org.

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THE HAVEN FAMILY FUND

The Fund is a Florida Not for Profit Corporation and all donations to it are tax deductible.

The Haven Family Fund's Mission Statement:

To provide Assistance, Comfort and Advice to residents and employees in the Grand Haven community who shall be known as Haven Friends.

The Fund is an *all volunteer group* operating under the concept of "paying it forward." Recipients of financial assistance are approved by the Fund's Donee Selection Committee.

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

Areas of Service:

The Haven Family Fund was established to provide the following general areas of service to residents and employees within Grand Haven:

- Personal advice and some temporary financial assistance to those who have suffered financial problems through no fault of their own.
- Assistance, comfort and help to new widows and widowers who do not have local family readily available to assist and guide them.
- Aid to those who have health problems and 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.
- Any other support, financial or otherwise, that the Donee Selection Committee and Board agree is appropriate, as long as it does not jeopardize The Fund's tax exempt status.

For Further Information, please contact:

Brad Scott - 386-449-8073
The Haven Family Fund
P O Box 1888
Flagler Beach, FL 32136
havenfamilyfund@gmail.com

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Lucius Annaeus Seneca

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Critter Corner

Mole = Maulwurf (G) = Dirt Tossler

The Eastern Mole is common throughout Florida although we may never see one. We can recognize the holes and small mounds of dirt they leave while they scurry through tunnels beneath our lawns and golf courses.

Moles are small subterranean animals shaped like an Idaho potato, about six inches long, with a

hairless pointed snout, tiny eyes covered by hair and no external ears. They have poor eyesight but are not blind as they can see light and



movement. Their strong flipper-like webbed forefeet are the shovels used to rip the soil ahead and to push it behind them. Moles dig deep long-term tunnels for their underground highway system and shallow temporary ones just below the surface for foraging.

On a busy day, a mole can dig a hundred feet of tunnels. While moles will eat, slugs, bugs, snails and centipedes, their favorite diet is earthworms. It is reported that a mole can sense when an earthworm drops into its tunnel and it will dash off to eat it. Or it may, because its saliva is toxic, paralyze the earthworm and store it for later eating in burrow larders. According to the Mammal Society, as many as 470 worms have been recorded in one chamber. Before eating an earthworm a mole will squeeze it to remove soil from its gut. They can eat close to their body weight in worms daily. That's a lot of worming!

Mole catching was a business in the 1800's when their soft fur was prized for garments. At the peak of the trade America was importing millions of pelts yearly. Then it was found that American pelts were bigger and better but at two or three moles per acre, it was, no doubt "hard labor". It took over a hundred good ones to make a waistcoat and who knows how many moles gave their lives for a pair of men's pants. On the other hand, a mole's foot worn around the neck was said to prevent rheumatism.

Submitted by: Anne Scuito

Photo credit: National Science Foundation

A Rare Sighting!



On the morning of January 18, 2018, Sherry Tomlinson snapped this rare sight...the Village Center fountain frozen due to some of the coldest temps in years. We will need to keep this handy to make us feel better in July when it is 98°!



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The Elves Of Osprey Lakes

It is said that necessity is the mother of invention. Well, there is a group of men living in Grand Haven (mostly in Osprey Lakes) who are a fine example of that. Over 10 years ago, Turner Lett showed up at the Grand Haven Room to assist in assembling bikes for Project Share; however, there was a shortage of appropriate tools and such. Turner decided this job could be done more effectively and, ever since, has assembled his group of elves to handle the pick-up, assembly and delivery of these bikes with his garage as "Bike Central."

The group includes Don Gingles, Charlie Greer, Ron Leal, Keith Marvin, John Shreeves and Turner Lett. They set aside 3 days in early December each year to accomplish their "North Pole" duties.



And, as Turner describes it, there is an assembly line process from the unboxing, assembly and storage, to the communication with trash folks for the pick-up of the flattened bike boxes and then delivery of the finished product.

During the time they have been working on this, they have assembled over 500 bikes that they have delivered to Project Share for Flagler County children in need.



They also help transport all of the additional bikes and toys donated by Grand Haven residents at the Gingerbread House to Project Share.

In addition to the wonderful job done by these gentlemen, Grand Haven residents donated over \$1,200 in cash along with 19 bikes and too many toys to list.

Thanks again to Turner Lett and his fine young elves for their dedication to a very worthy project.

These men are but one example of the continued generosity of Grand Haven residents. Over the holiday period, residents came together in a variety of ways to help those in need in Flagler County. Once again, Nancy Snodgrass led the effort with a group of

over 50 women to adopt families in need and give them a Christmas to remember. These families are referred by a couple of local churches who know of their plight. It is heartwarming when wrapping their gifts to learn that some of these children asked for clothes and shoes that would fit them, so they would have their very own and not have to wear ill-fitting "hand-me-downs".

Many of our golfers provided gifts to children through the Angel Tree at the Clubhouse. And many of our residents worked with their churches/synagogues to assist those who are struggling. The Grand Haven Woman's Club once again made gift baskets for the women who find themselves seeking refuge at the Family Life Center shelter at this challenging time of year.

Someone who does not live in Grand Haven but knows many of our residents and their philanthropic ways recently said that he felt that Grand Haven was a very special place with very special people. I wholeheartedly agree...it is one of the best things about the spirit that runs throughout our community.



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The Eagles at Grand Haven

The nest in the park is smiling! After 37 days of incubating, our resident Bald Eagle pair, Romeo and Juliet, welcomed their first hatch of the season on December 9 followed soon after by another hatchling. Their annual routine has been very predictable, and their repeat production of two eaglets in nine out of the past ten years follows suit as well.

As of this writing the eaglets are both five weeks old and likely already weigh 4-5# (compared to approximately 3-4oz at hatch). Their growth in the first 10-12 weeks can reach up to a pound per week, so by the end of February, they should be fully grown and possibly fledging as well.

This nesting season provided some unusual challenges.....First was a repeat hurricane. Second was an intrusive Barred Owl at dusk frequently knocking our perched eagles off their branch. There hasn't been an on-going issue with Barred Owls in the past, but they likely vacated their home where the huge construction site is north of Wild Oaks. Being displaced, they were likely trying to claim territory. The good news is, the eagles won, as the Owls haven't been an issue lately. Thirdly, the unusual cold-stretch we had in January (coupled with the strong winds and rain) no doubt made for difficult nights for momma, Juliet. Her nestlings were fairly large, and it must have been some challenging nights to keep them sheltered and dry under her body. The youngsters had their second down (feathers) grown in by then providing insulation, but they needed their juvenile dark plumage to provide water-proof from the rain. Being the experienced mom Juliet is, along with her attentiveness to her young, again proved positive, as the eaglets look mighty healthy as seen from the ground. In March they should be flying the neighborhood skies!



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

Kudos to GH Resident



Congratulations to John Subers, Executive Director of the Florida Hospital Foundation, on his recent installation as Chairman of the Flagler County Chamber of Commerce

John and his wife, Margaret, have been residents of Grand Haven for over 10 years and have been very involved in the Flagler County community.

We wish John the very best in his new role as the Chamber continues to connect residents with the businesses in the county.



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Allow me to introduce Claude! Claude is our prototype for a large community sculpture project the Palm Coast Arts Foundation is poised to soon launch unveiling his adorned self on April 15 at our annual Picnic and Pops concert. The project will provide an additional identity to Flagler County. When purchased by sponsors, these fiberglass loggerhead turtles will be paired with an artist and once transformed into a



beautiful work of art, placed in either a public space, or the sponsor's business or home. The initial group of these large (approx. 4'x5') sculptures will have adoptive names reminiscent to famous artists of the past, thus Claude is named after the Impressionist artist Monet, and will be transformed with a Monet-theme.

Each finished work of art once installed will have a plaque with the PCAF logo, the name of the sponsor, the artist who created the finished piece, the name of the turtle (i.e., Claude) and an educational component on the significance of that historical artist. Over time, our hope is to dot the community with dozens of these lovely creatures indigenous to our area, creating a *Turtles on Parade* for residents and visitor alike. To learn more of the project, purchase your own turtle, or if you wish to be considered a participating artist, contact me. We are honored that the two artists transforming Claude for PCAF are from Grand Haven: Tom Anastasio and Paul Beaulieu. Like the loggerhead turtle, it is our intent that this project will live for years adding to the beauty of our community. All net proceeds will go toward our on-going building campaign for our cultural arts complex in Town Center.

What else is in the queue? The first-ever in Flagler County, Shakespeare in the Park featuring MACBETH will be performed on the stage (audience and performance together on the stage under the tent) with four performances. Opening night is Thursday, Feb 22. Those who attended our annual members' meeting November 29th witnessed a "sneak-preview".

Macbeth POWER, TRAGEDY, SORCERY, GREED...

When Shakespeare

DIRECTED BY **JOHN SBORDONE** OF CRT REPERTORY THEATRE

ROBERT D. DAVIS AS MACBETH AND SHARON BISHOP AS LADY MACBETH

SHOWTIMES

- Thursday, February 22nd at 6:00pm
- Friday, February 23rd at 7:00pm
- Saturday, February 24th at 7:00pm
- Sunday, February 25th at 2:00pm

Adults \$10.00, Children \$5.00, Seniors \$7.00

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TICKETS: \$25. PCAF MEMBERS \$20. GENERAL PUBLIC \$15. PCAF/CRF MEMBERS \$10. TICKETS INCLUDED AS PART OF CRT ANNUAL SUBSCRIBER \$10.00. THESE TICKETS WILL BE AVAILABLE AT 386.225.4394 OR WWW.PALMCOASTARTSFUNDATION.COM/TICKETS

March 24 we will host a Garden Party Luncheon & Plant sale on the stage to welcome spring; and of course Sunday, April 15, will be our annual signature event, Picnic and Pops with the Jacksonville Symphony. Purchase before Feb. 23 and save.

Picnic & Pops!

"Symphony in PCAF Park" with the Jacksonville Symphony

Sunday, April 15
6:30pm Park Opens
8:00pm Concert
1500 Central Avenue (Town Center)

Introducing...
Deanna Thom
Jacksonville Symphony Assistant Conductor & 25th Principal Conductor, Winston Family Endowed Chair

TICKETS: \$40 members/\$45 general public
TABLETS OF 10: \$400 members/\$450 general public
For more showtimes and more information, visit:
\$10 members/\$15 general public and \$15 members/\$20 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.
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Sponsors To Date Include...

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We now have a PCAF on-line store with one-of-a-kind creative tote bags and clutches. We will continue offering the European Viking River cruise raffle for a donation of \$100 – this is a trip for 2 valued at nearly \$6,000! Drawing to be held at Picnic and Pops!

Watch for more exciting programs underway – if you're not a member, JOIN! You save on ticket purchases and receive early announcements for events and programs – www.palmcoastartsfoundation.com - contact me direct if you like at 386-225-4394 or nancy-crouch@palmcoastartsfoundation.com

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MADC CORNER

The holidays are over and Spring is just around the corner. It may be time to start considering giving your home a fresh look by painting your house. If you are going to change the color of your house you will need to consider a few items:

First, you need to consider the village where you live. Some villages like Lake Haven or Heritage Oaks have a certain pattern and you should consider this when picking a color for the body and trim.

Secondly, consider that you are trying to make your home look unique. When you pick a color for your home, you need to take into account the 5 Box Formation scheme, which refers to the 5 houses around you (left, right, across the street, and the left and right of that house. This information is located in the ADC Standard, page 10-11 E. 2. Color). You should select body and trim colors not present in these 5 other houses, so your home is unique. As for the front door, you can select a complementary color. Colors like stark white, bright pastels or bright intense colors are discouraged. All exit doors without banding and the garage door should be painted the same color as the body of the house. An exception to this rule is the garage door can be painted the same as the trim. Please make sure you state the finish (flat or satin) of all the surfaces when you submit your application to the MADC. You must also consider the color scheme of the roof; it should complement the colors selected.

With the recent overnight freezes we have experienced, you may find a need to replace some of your plants. If you are planning to change anything about your landscape design, you will also need to submit an application to the MADC. Applications can be found at: www.grandhavenmhoa.com. Submit all of this information to Southern States Management Group (SSMG) (386-446-6333). White Drop Box on Marlin Dr. Application is FREE!

MADC meetings are scheduled on the first and third Wednesday of each month starting at 9:30am. The deadline for submittals is the prior Wednesday by 4pm. We encourage you to attend these meeting to explain just what you envision the outcome of your project. We are all committed to keep Grand Haven up to the standards we all want.

*Submitted by: Denise Gallo, Chair
Modification ADC*

Staff to the Rescue

On a routine drive through the community reviewing property for CDD Insurance Schedules, Ashley Higgins, CDD Office Manager, and Bob Cross, CDD Field Maintenance Supervisor, received a call about an injured bird in a retention pond that needed help before it became a meal for a hawk, an owl or eagle.

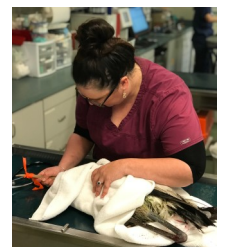


Ashley, Bob and Jarred Efir, CDD Field Maintenance Worker, managed to get the bird out of the pond. They reached out to Wildlife Manage-



ment, but they were too busy to come get the bird. After noticing the bird's injuries (he was bleeding from his leg and wing), they decided that he needed some medical aid or he definitely wouldn't survive. Bob was able to grab the bird by the beak, and Ashley wrapped the bird up in some old T-shirts, covering his eyes so that he would calm down.

He was extremely fatigued and did not put up too much of a fight. They secured his beak with a tie, covered his head and drove to the Flagler Animal Hospital where they were greeted with such gratitude! The entire place was just swooning over this poor, hurt bird. Ashley even had a hard time letting him go...he was so scared and you could tell he was in pain. The technicians stabilized him and called for a wildlife rehabilitation center to come get him so that he could recover. They told CDD staff that when animals are re-released, they usually are released to their original habitat where they are familiar. "We look forward to seeing "Henry" thriving in Grand Haven very soon!"



Henry is a Wood Stork, the last of the remaining "stork" family of birds in the United States. While their population was over 150,000 at one time, Florida populations have tremendously declined to not much over 10,000 due to water management becoming a more difficult problem (according to the Audubon Society).

"It gave us all so much joy to be able to help this beautiful creature. There is no other feeling like the kind you get from these small selfless acts of kindness," said Ashley.



Southern States MANAGEMENT GROUP INC.

A reminder 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.

All of the residents in Grand Haven benefit from maintaining an attractive community. The standards set by the CC&Rs help us achieve that goal. The Board of the Grand Haven Master Association greatly appreciates your continued commitment to maintaining those standards.



Your 2018 Annual Assessment...

As a reminder, your 2018 Annual Assessment of \$118 was due January 1st. The GHMA Annual Assessment funds the compliance activities for the community Covenants, Conditions and Restrictions (CC&Rs), facilitating the Architectural Design Committee (ADC) review process, management, accounting services, legal fees, insurance, newsletter/communications and all other operating costs of the Association, including periodic maintenance of foreclosed/deserted properties. If you have any questions regarding your assessment please contact Southern States Management Group at (386) 446-6333.



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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 NEEDED THROUGHOUT OUR COMMUNITY

Volunteers are needed to drive cancer patients in our community 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



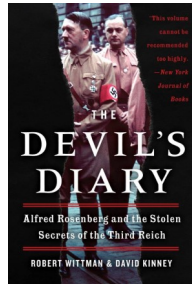
Happy 40th Anniversary, FCAL!

Flagler County Art League turns 40 this year, and we are celebrating with new, exciting events! Plus, we look forward to continuing to provide a place for artists to learn and showcase their work while we provide support for the education programs offered in our schools.

We kicked off our celebratory year with a special program, **Jerry Uelsmann: Alchemy and Angst at 83**. The internationally acclaimed photographer and pioneer in the art of photomontage, shared his love of photographic storytelling and secrets of image-making.

Much more is in the works, starting with a Chamber of Commerce **ribbon-cutting and reception on February 14**, recognizing FCAL's contributions to the arts throughout our 40-year history. On **February 22**, we will **"Celebrate Painting"** with a panel of experts.

On **March 4**, **Bob Wittman**, founder and lead investigator of the FBI's art crimes unit, will share more of his exploits recovering stolen art and historical and cultural artifacts, in a new program: **More Undercover Adventures**. Wittman recounted many of his adventures to a large audience at Flagler Auditorium, when he was here in 2015. This time, he will talk about recovering the missing diary of one of the most infamous Nazi war criminals and about how the internal black market in stolen antiquities continues to reap profits and fund terrorism today.



On **March 27**, we will celebrate the arts at Flagler Palm Coast (FPC) High School, with the **third annual Art Works program** initiated by FCAL with district teachers, inducting three former FPC students into the Arts Hall of Fame. Each inductee has not only become successful in a career in the arts but has found a way to give back to their communities.

On **March 22**, we will feature a program on **"Fiber Arts."** On **April 26**, we will **"Celebrate Pastels,"** on **September 27**, **"Three-Dimensional Art,"** and, on **October 25**, we will wind up special programs with **"Celebrate Drawing."**

We will end the year's celebration with a **champagne lunch on October 28**, from 11:30 a.m.-3p.m. at the **Hammock Beach Resort** in Palm Coast. Come for mimosas, a buffet lunch, door prizes, a silent auction, and more!

All of these events will take place while we continue to have daily classes and monthly shows and workshops. Please check our web site for information: flaglercountyartleague.org.

Proceeds from all events will allow FCAL, a 501©(3) nonprofit organization, to perpetuate the arts in our community and in our schools.

Submitted by: Stephanie Salkin & Joyce Gatonska



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It's Heart Health Month

I'd like to improve my heart health, but I'm worried I don't have the motivation to join a gym or make big diet changes. Any advice?

It's great that you want to improve your heart health. Don't think that you have to make big changes to have an effect on your heart health, though. Even small, basic steps can have dramatic effects.

One of the biggest drops in heart disease risk occurs when you go from living a sedentary lifestyle to being active for as little as one hour a week. Obviously, the more active you are the better. But just one full hour of activity over the course of a week makes a difference.

Health professionals at Mayo Clinic have developed the Mayo Clinic Healthy Heart Plan. The entire plan is contained in the book "Mayo Clinic Healthy Heart for Life!" But one of the key messages is that even little steps may make a big difference.

Some of these steps for getting started are included in the "Eat 5, Move 10, Sleep 8" section of the book, which describes a two-week quick start to the Mayo Clinic Healthy Heart Plan. Here's a summary of the Mayo Clinic Healthy Heart Plan's quick start:

Eat 5. Eat five servings of fruits and vegetables a day to boost your heart health. Start by eating breakfast and including at least one serving of fruit or vegetable. Snack on vegetables or fruits in between meals. Make a conscious effort to include fruits and vegetables in your daily meals. Don't worry so much about foods you shouldn't eat — just work on getting five or more servings of fruits and vegetables a day.

Move 10. Add at least 10 minutes of moderately intense physical activity to what you do every day. Sure, government recommendations say to include physical activity for 30 minutes or more a day, but the bottom line is even 10 minutes makes a difference.

For example, studies have found just 60 to 90 minutes a week of physical activity can reduce your heart disease risk by up to 50 percent. That's a big benefit from a pretty small commitment on your part. It doesn't have to be elaborate — take the stairs, take a walk, just get moving. As you become more active, you can try to increase your total amount of activity each day.

Sleep 8. Quality sleep is good for your heart. It can be a challenge to make time for good sleep, but it's important. For two weeks try to get eight hours of good, quality sleep each night. Yes, each person's sleep needs vary slightly, but eight is a good number to shoot for.

All of these tips from the "Eat 5, Move 10, Sleep 8" section of the book are meant to be tried for two weeks before you move on to a more established heart-healthy plan. But there's nothing wrong with continuing this quick start for longer periods. Consider trying other reputable diet and exercise plans offered by the American Heart Association and government agencies. The point is to get started with something and keep at it.

Article by: *Francisco Lopez-Jimenez, M.D*
Mayo Clinic



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Grand Haven Golf Club

Happy New Year everyone! Grand Haven Golf Club is excited to be celebrating our 20th anniversary this year with a few events throughout 2018. Keep your eyes and ears open for upcoming celebrations.

We're also excited to announce the perfect opportunity for Snow Birds! The Trial Membership: A 3 consecutive month membership with full golf benefits! It's only \$1200 and gives you full access to the club and restaurant. Included: 14 days advance booking of tee times, unlimited range plan, 10% hard goods and 20% off soft goods in the golf shop. This is a onetime only offer per house hold with the option to carry the \$1200 towards any golf initiation fee. To find out more about this great opportunity, contact Jeri Harper at the club or stop by!

Upcoming Tournaments to Put On Your Calendar:

Move to Improve
March 12th, 2018

Live Like Cameron
March 26th, 2018

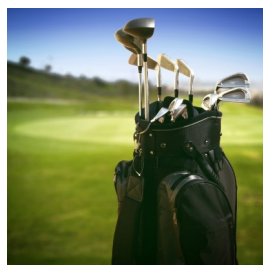
1st Tee Tournament
May 1st, 2018

You can find out more information and sign up for all of these tournaments in the Golf Shop.

Not a golfer? Our doors are always open to new Social Members! Our Social Calendar is packed full of events. Lunch is served six days a week Tuesday to Sunday. Specialty events include Dinner Dances, Theme Nights, Birthday Bash, Turkey Buffet, holiday parties and more. To experience the restaurant for yourself, call to make a reservation as a guest.

Come by the club for a complimentary tour and more information.

Jeri Harper
[386-445-2327 ext. 3206](tel:386-445-2327)
Jharper@GrandHavenGC.com



Colbert Lane Update

As an update to the article we published in the August, 2017 Oak Tree, the following is information that has been recently reported by a variety of sources.

Tuscan Gardens of Palm Coast – as we drive by this property, we see much construction activity. The developers are hoping for an October opening.

Creekside at Grand Haven – This new shopping and office center encompasses 6 buildings with 80 parking spaces. Two building sites have sold, 4 remaining to be sold. This will be a commercial retail center with a live scape landscaping center, car charging stations and more.

Colbert Lane Resurfacing – while originally scheduled to begin before the end of 2017, funding remains available for the entire road from Palm Coast Parkway to SR 100 to be resurfaced. We will continue to monitor the timing on this project.

Marina Del Palma – as one drives south on Colbert Lane, you see lots of activity happening on the south side of Harbor View Drive. According to the City of Palm Coast, Marina Del Palma has permits to plat out the single family home section and install the infrastructure for that area. No site plan has yet been filed with the City of Palm Coast for the condo towers. The trailer that has recently been installed on a graded lot just north of Harbor View Drive belongs to Marina Del Palma and will most likely function as their sales office.

Lighthouse Harbor Marina – according to Jim Cullis, they are doing the grading and marina excavation on that project. It is planned for waterfront condominiums, Sunset Inlet style single family homes, hotel, restaurants, shops, offices and a marina with wet and dry slips. This development is primarily east of Colbert Lane; however, there is a small portion of the development that will sit west of Colbert Lane that would have Tennis Villas and a tennis club. This project will most likely come on the market Fall, 2018.

The single family home portion of Marina Del Palma and the Lighthouse Harbor Marina project share the land that is south of Harbor View Drive and north of Roberts Road.

Advanced Directives - A True Gift

Health decision making is a serious process which becomes even more complex when an individual can no longer communicate their wishes. Sometimes the situation is surrounded by crisis such as an accident, stroke or sudden heart attack. Often it is preceded by incremental cognitive changes that slowly strip away a person's decision making ability. In either case, the central question is who has the awesome burden of making another's health care decisions.

The State of Florida has Advanced Directive legislation that gives us the gift of legally knowing the individuals wishes and designating which individual speaks for that person. An Advanced Directive is a legal document intended to provide healthcare professionals with the patient's wishes when he/she is no longer able to communicate those decisions. It is comprised of three parts of which the person may choose any one or all three. They are:

- Living Will - Written statement of the kind of medical care you want or do not want if you become unable to make your own decisions.
- Surrogate Designation - Document naming another person as your representative to make medical decisions for you if you are unable to make them yourself.
- Anatomical Donation- Document that indicates your wishes to donate, at death, an organ or tissue to persons in need, or your body for training professionals.

The completion of the Advance Directive Form has received much coverage but little has been said about making sure candid conversations occur between you and your designated representative. It is imperative that your representative clearly understands his/her responsibilities. Being confident that the individual understands your wishes and can carry them out (not their own wishes, but yours) is truly mandatory.

Another frequently overlooked recommendation is to make sure to review your Directive on a regular periodic basis after one has been completed. Our family uses the New Year to check out the current situation and review or change the Directive as we age and face new medical challenges.

Although there is no legal requirement to complete an Advanced Directive, in Florida a Court may appoint a Guardian to make decisions for you, if one does not exist. I consider it a gift to be able to express your own decisions while you can, knowing they will be respected when you no longer are able to voice them. The process is as easy as calling your attorney or simply going online and doing a search for "Florida Advanced Directives." That will begin your search for the forms, definitions, instructions, etc. TODAY is surely a good day to start!

Submitted by: Harriet Kohen, PhD, RN



Landscape Best Management Practices

Algae growth in our storm water detention ponds (lakes) continues to be a challenge to our entire community. By adhering to the Best Management Practices in your yard, you can make a difference in algae growth even if you do not live directly on a pond. Remember that most runoff and waste material from your yard is likely to find a way to a pond through the storm water sewer system.

MANAGEMENT OF GRASS CLIPPINGS AND VEGETATIVE MATERIALS:

"In no case should grass clippings, vegetative material, and/or vegetative debris either intentionally or accidentally, be washed, swept, or blown off into storm water drains, ditches, conveyances, water bodies (ponds) , wetlands, sidewalks or roadways."

Your cooperation in adhering to the above represents a significant step towards minimizing unsightly algae growth in the ponds throughout Grand Haven. Please notify your lawn service of this request.

GHMA NEWSLETTER

Grand Haven Master Association, Inc.

P.O. Box 354785

Palm Coast, FL 32135

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