



The Oak Tree

President's Message

Since Grand Haven is such a large, diverse community with a continuous turnover of both renters and property owners, keeping everyone informed proves to be a somewhat difficult task. Therefore, I wanted to provide all of the Oak Tree readers with a compendium of information regarding the community we all call "home".

- Grand Haven is a "Deed Restricted" community with specific Covenants, Conditions and Restrictions, as well as Architectural Design Standards.
- In order to preserve the design and consistent standards throughout our community, a property owner must obtain approval from the Modification Architectural Design Committee prior to making any changes to the exterior or landscaping of any given property.
- Grand Haven is unique in as much as it is governed by both a 5 member Master Association Board of Directors who oversees the residential properties and a 5 Member Community Development District Board of Supervisors, who are responsible for all of the amenities, common areas and infrastructure within the community.
- The management company serving our community is Southern States Management Group. They may be contacted by calling Troy Railsback at 446-6333, ext. 307
- The Master Association yearly assessment, which is currently \$115.00, is extremely modest when compared to assessments of comparable communities.
- Grand Haven recently celebrated its 20th Anniversary.
- The community is comprised of 27 Villages and 1901 home sites, situated on over 1,350 acres of wooded land and enhanced by 4,000 acres of conservation area.
- 9 Villages, which includes 535 properties, are provided Private Lawn Maintenance, a fee based service initially established by the developer.
- At the present time, there are approximately 161 lots yet to be developed. Therefore approximately 92 per cent of the community is "built out".
- Of our 1740 developed properties, approximately 123 or 7 percent are rentals.

It is a given that as the number of residents increase and the community ages, maintaining the quality of living we have enjoyed in the past will face some unique challenges. Meeting those challenges will require patience, understanding and a commitment from each of us to react to issues that may arise, in a productive manner which will generate positive outcomes. By working with one another and the GHMA Board who represents you, we can achieve the goal of maintaining the beauty and value of Grand Haven as it was when you decided to make it your home.

Submitted by: Rob Carlton, President, GHMA

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, May 19
2 PM, Friday, June 23
2 PM, Friday, July 21
2 PM, Friday, August 18

WHERE: Creekside Amenities Center
2 North Village Parkway

GHMA Board Members

President Rob Carlton 447-5536 rjcarlton5@aol.com
Vice Pres. Vic Natiello 986-2274 vicnatiello@aol.com
Treasurer Jim Gallo 609-636-1143 Jim.gallo49@gmail.com
Director Pete Capozzi 585-4890 petecapozgrand@gmail.com
Director Ed O'Brien 283-4184 ed.obrien43@cfl.rr.com

The Oak Tree

EDITOR Nancy Carlton ncarlton096@gmail.com
PRODUCTION Troy Railsback trailsback@ssmgroupinc.com
CONTRIBUTORS Gretchen Butler Ann DeLucia
Tom Byrne Jeri Harper
Nancy Carlton Anne Scuito
Rob Carlton
Nancy Crouch
Steve Davidson

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

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

Just A Thought...

*Work for a cause,
not for applause.*

*Live to express,
not to impress.*

*Don't strive to make your
presence noticed,
just make your
absence felt."*

~Unknown

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GRAND HAVEN WOMAN'S CLUB

With one month left in the Club year, the members of the Grand Haven Woman's Club are celebrating the sweet taste of success! The GHWC members embarked on its first ever cookbook, *Cooking Grand*, and thanks to the generosity of the GHWC members and Grand Haven residents, this endeavor raised over \$8,000. Don't worry if you haven't already gotten YOUR copy of *Cooking Grand*, as there are still some



available at the Village Center office. The other hugely successful event was the Gloria Sanchez Memorial Day of Games, which raised \$5,000, and our monthly drawings contributed another \$7,000.

And, finally, the Annual Book Sale held on April 8 and supported by the entire Grand Haven community raised \$1,700.



So what does the Grand Haven Woman's Club do with the money it raises? GHWC pro-

vides financial support to 24 organizations supporting Flagler residents in need, along with a few state and international organizations. In addition to the financial support, the members contributed over 11,000 volunteer hours to organizations in Flagler County last year!! The GHWC is organized around 6 Community Service Programs (CSP) and here are some examples of the projects currently serving the community:

- Under our Arts & Crafts CSP, the "Material Girls" have been very busy making comfort pillows for the Humane Society's rescue animals, Chemo Caps for the local Oncology offices and Cancer Centers and the latest creation, Knitted Knockers. These little



gems are made of yarn and donated to local surgeons to be used as prosthetics by their patients who have recently undergone mastectomies or are awaiting reconstructive surgery.

- The Home/Life CSP has been working closely with the Family Life Center to provide much needed items for their residents. One of those projects is "Birthday Bags," which contain everything needed for a child to have a real birthday party while residing at the Family Life Center shelter, including plates, napkins, hats, box cake mix, and a gift. Home/Life is also working on a variety of health and wellness issues.
- Public Issues CSP has recently partnered with the GHMA to implement the Neighbor To Neighbor Program, where members have volunteered to be Village Ambassadors and deliver packets of useful information to new residents. Currently the GHWC has recruited 40 Ambassadors.



Even though GHWC will hold its final meeting of this Club year in May, its Officers and Committee Chairs will spend time over the summer planning for another successful Club year, which will kick off in September. If you would like more information about the Grand Haven Woman's Club, please visit the website at www.grandhavenwomansclub.com. There you can read our newsletters and learn more about membership. You can also follow us on Facebook.



ADC CORNER

Oftentimes when the Committee is searching for ideas for the Oak Tree article, we find ourselves wondering if we have covered an idea before or if the residents of Grand Haven will find it boring and just not read it. But, then we come to our senses and say “the community needs to know this.” So, please read our entire article. We hope you find it interesting and informative!

Why do we have an ADC? Just look around. It’s the reason you moved here. The beauty of Grand Haven is not by accident. There are some folks who question why they need to get approval to make a change to their property. But, if everyone had that same question, what would Grand Haven look like?

“I can put that statue in my front yard if I want to. I like it!” However, what if the rest of your neighbors didn’t care for it or care for them? How many can you have if any at all?

“I don’t want any trees in my yard, period.” So, picture Grand Haven without any trees. Would you have moved here? And, most importantly, what does it do to your property value?

“My neighbor and I would like to do some landscaping between our yards that will really look nice. It will make that area look beautiful and it doesn’t matter that it covers both yards.” Well, that’s a nice idea if you and your neighbor plan on staying there for the rest of your lives. But, things change over time. You put your house on the market and the buyer says, how far does my property line go? Is that whole area my property? Uh, no, part of that is your neighbor’s. You may have just lost a sale because of your joint project.

So, do we really need an ADC? Think about it. Do you like the look of your community? Did you buy here because of the look? We can say without any hesitation, of course we did. We all want to protect the value of our home investment and not have it devalued by unsightly or substandard changes in our village and community overall. That’s why it is so important that the ADC Standards, which are part of our Governing Documents, are followed and observed. You love it here because with your help and administration by the ADC, we can ensure a beautiful community for the long term. It is definitely worth it, wouldn’t you say?

There are just a couple of others things that would assist in getting your job done. After you receive an approval to start your project, remember to contact Southern States Management Group, (SSMG) when it has been completed. The changes need to be inspected to confirm that it was done the way you requested and approved by the ADC. Also, all approvals are good for 180 days. So, if you must postpone your project, make sure it is done within that time frame or you will have to get it approved all over again.

All of this information can be found on the Grand Haven web site at www.grandhavenhoa.com. Just look under the ADC tab and search through the pages to find what you need. Thanks for reading.

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



ADC ALERT

Effective with the first ADC meeting in June, the cutoff for ADC submissions has been changed from Noon on Friday prior to the meeting to 4:00 PM on Wednesday prior to the meeting. For the 06/07/2017 ADC meeting, the cutoff for submitting your applications will be 05/31/2017 at 4:00 PM. Submission location remains the same - white mail box on Marlin.

ALL ABOARD!!

What fun the Grand Haven Cruisers had this past March starting with two luxury buses waiting in our club parking lot to transport over 103 Grand Haven neighbors to South Florida for a 7 day cruise. The bus trip to Port Everglades/Ft. Lauderdale flew by with Bloody Marys and tasty snacks organized by our resident cruise coordinators, Debbie DeCarlo, Tony "G-Man" Guiglotto, and Rich "The Closer" DeCola, .

Our ship, the Celebrity X Cruises Silhouette, made stops in Mexico: Cozumel, Grand Cayman and Jamaica. The food was tasty and varied with daily buffets, formal dining room meals, or in one of the many specialty restaurants. Entertainment was top notch and there were more winners than losers in the Casino. It was a wonderful way to meet and get acquainted with new friends and spend time with old ones.

Plans are already set for the next Grand Haven Cruisers trip on the Caribbean Princess to the Panama Canal in February 2018. This will be a ten-day trip departing Ft. Lauderdale with stops in Cartegena, Gatun Lake, Colon, Limon Costa Rica, and Ocho Rios. If you're interested in signing up or just getting more information, please contact Debbie DeCarlo at debbie_decarlo@yahoo.com or call her at [386-597-6482](tel:386-597-6482) for details.



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Real Estate Signs

The economy has improved and with it, we have all witnessed a highly anticipated turn around in real estate sales. In response, more properties are for sale, which involves an increased number of sales agents merchandising properties within Grand Haven. Although this is good for those wishing to sell, the terms of our governing documents need to be followed.

In order to maintain the attractiveness of our community, a Board document restricting the placement of signs was approved in April of 2012. In regard to the merchandising of properties, this includes all signs with the exception of the ADC approved "Available" sign.

Some realtors are uninformed regarding this policy and others choose to disregard it. Therefore, recently, "Open House" signs have again begun to appear throughout the community. It is important for property owners to be aware that if a real estate agent places any unapproved sign on your property, you, as the property owner may be cited and fined. Please make every effort to avoid this situation by monitoring the actions of your real estate agent and ensure that they are in compliance with existing GHMA Board policy.



Neighborhood Watch

Thanks to all of our residents for the terrific turnout at our March 27th Neighborhood Watch meeting. Sheriff Rick Staly attended with some of his staff to greet residents and share his time and insights to the benefit of all. He supports our NW program here in Grand Haven, and shared with us that, most crimes in this area of Palm Coast are crimes of opportunity, and that with care/attention, most can be averted by:

- Maintaining a non-solicitation policy in GH (if you see it, please call the nonemergency number: 313-4911)
- Not allowing fliers/ papers to build up in a driveway when gone, have neighbors move them
- Always locking windows whenever closing them
- Always locking all doors and windows when leaving the house
- Keeping your garage doors closed unless in use and attended (also keeps critters/snakes out)
- Always keeping car doors locked whenever in the driveway or on the street
- Leaving nothing of value visible in your locked car anywhere you park.

Again, call 911 for an emergency. Call 313-4911 for non-emergency situations (suspicious behavior, suspected scams, etc)

Ken Seymour from Seniors Vs Crime, a trained volunteer program with the Florida Attorney General's Office, shared some highlights of their program to help residents who might have been victimized by fraud and scams. He also noted a few ways to avoid being victimized including:

- Don't answer the phone if you don't know the caller, let them leave a message
- Never wire money to the IRS, or anyone calling from the IRS, as the IRS never contacts you by phone.

Any questions or scam concerns contact the Seniors vs Crime office at [1-800-203-3099](tel:1-800-203-3099).

In the future, viable programs like Women's Self Defense, Seniors Vs Crime, the STAR Program, the COPs Program and the Sheriff's Office will be invited back to Grand Haven to explain their program and/or present free, valuable seminars or classes to groups of interested residents.

We continue to need more volunteers to join us in our Neighborhood Watch Program so that every Village in Grand Haven is represented and informed. Together we build a strong, safe and caring community. Please join us and volunteer to help. Contact Pat Maloney at 386-864-7195 to sign up as a volunteer. We look forward to keeping our community thriving with your additional help.

Submitted by: Neighborhood Watch Committee


GET MOVING!!

Research shows that sitting for long periods of time increases the risk of health complications. The American Diabetes Association recommends breaking up sitting time with three or more minutes of light physical activity every 30 minutes.



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****Exclusive Spring Promotion for Grand Haven Residents Only!****

As a way to say "Thank You" for a successful 2016, we would like to extend a special offer to residents of Grand Haven.

When any Window Cleaning or Pressure Washing service is purchased from Betty's Pro Window Cleaning, we will also Include a Dryer Vent Cleaning for **FREE!**

**Offer valid until 6/30/2017*

**Dryer Vent originally valued at \$50.*

The Eagles at Grand Haven

Unlike the previous eight seasons resident Bald Eagle pair, Romeo and Juliet, experienced anything but a streamline season like they were used to in the past. At the on-set of the season they were introduced to Hurricane Matthew. Although the nest area was a war zone, the nest remained intact, and they proved to be bigger and better than a hurricane!

They had hatchlings right on schedule, and as usual a joy to view. The youngsters were given the names "Peace" and "Hope". Unfortunately, Peace showed serious balance issues in his 7th week that necessitated retrieval (initiated by the American Eagle Foundation). Peace received numerous tests and four weeks of rehab at Audubon Center for Birds of Prey in Maitland, FL. Once Peace showed improvement and ability to fly in their 100' flight, he was transported back to the nest area for release back into the wild. By this time, Hope had fledged. She was occasionally seen, but didn't seem to find it necessary to return to the nest much without her sibling there. It was obvious mom and dad were feeding Hope off-site, though. She was last seen with mom at the nest on April 9 and thriving well.

Peace had a great release and several perfect landings were viewed, however the pesky neighborhood crows were relentless, and chased him. We haven't been able to positively identify him since his release. If you happen to see an eagle with a green ankle band "K00", please report!

Life in the wild is tough, but Romeo and Juliet can again boast of 100% successful fledges for the ninth consecutive season. Their "home" is where it all happens



Peace release with tags

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Hope soaring release day
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The Long Leaf Pine is smiling"
Its heart beats with a nest.
Romeo & Juliet chose this beauty,
And they faithfully fulfilled their quest.
To raise an eaglet family
Both fierce and gentle too,
We are blessed to share their life
Thanking nature for the view.
So let's rejoice in their success
And embrace this special time,
While our eagles fly strong and free,
"We smile with the Long Leaf Pine".

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

Clean Water Depends on Healthy Lakeshores

Have you noticed that some of our lakes in Grand Haven and Wild Oaks have been suffering from excessive growth of nasty green algae and invasive aquatic plants? The likely culprits: poor lakeshore habitat and overfertilization.

Lakeshore habitat refers to the trees, shrubs, and tall grasses that grow along the shore. Poor lakeshore habitat occurs when native trees, shrubs and grasses are removed from around the lake and replaced by manicured lawns, bulkheads, and paved areas.

Native plants, especially Sand Cordgrass (*Spartina bakeri*), are perfect lake shoreline plants for north Florida. These native grasses provide habitat and food for fish and wildlife, and they help capture and filter pollutants, including runoff from yards, construction sites, streets and other paved surfaces.

Over fertilization can be another underlying cause for poor lake water quality. Fertilizers, which are high in nitrogen and phosphorus, fuel the growth of algae and invasive aquatic plants. As they decompose, excessive algae decrease oxygen levels, killing fish and other wildlife. The algae also make the lakes aesthetically unpleasing, which can decrease home property values.

What can YOU do to help?

- Help maintain a 10 foot "no-fertilizer, no pesticide" zone along your shoreline. Better yet, learn about ways of avoiding fertilizer and pesticide use altogether if you are a waterfront property owner. Even if you do not live right on the water, the fertilizers and pesticides that you apply can pollute other waterbodies when they wash into stormwater drains.
- Help maintain a buffer zone of low-maintenance native plants between your lawn and shoreline to absorb nutrients and to provide wildlife habitat.
- Ensure you or your landscape contractor does NOT blow grass clippings down the storm water drains.

All watersheds are ultimately connected to each other and to the underground aquifers that supplies most of Florida's drinking water. So what you do in your yard affects everyone and everything downstream, including the Inner Coastal Waterway and even our Flagler beaches!

For more information, search on-line for the University of Florida Extension Service's "Florida Friendly Landscaping Program" or visit: <http://fyn.ifas.ufl.edu/>. If you employ any landscaping contractors, be sure to share this information with them to help protect our precious waterways.



Maintaining a buffer of native grasses along the shoreline is critical to a healthy lake. Native grasses help capture fertilizers and pesticides from yards, along with runoff from construction sites and paved surfaces. Homeowners can help by minimizing or eliminating the use of fertilizers and chemicals that pollute waterbodies.

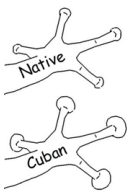
We thank Grand Haven resident, Patty Scott, who worked for the U.S. Environmental Protection Agency's Office of Water from 1992 until she retired in 2014. From 2012-2014, she was assigned to the Nutrients Outreach Team, which works to raise awareness of the serious water pollution problems caused by excess nitrogen and phosphorus. The team developed PSAs and social media posts, hosted Webcasts, and created tools for communities <https://www.epa.gov/nutrientpollution>. She submitted this article, which reinforces Environmentally Responsible and Ecologically Sound policies first adopted by your Grand Haven CDD Board of Supervisors on May 28, 2008, and further clarified, restated and adopted on July 24, 2013. These policies, referred to as: Best Management Practices for Detention Pond Bank Plantings can be found on the GH CDD website: grandhavencdd.org. On the Home page, click under What's NEW, or go to Menu/Policies.

Frogs – On the Menu

Grand Haven residents are familiar with frogs' (not so musical) chorus after a shower or on a warm humid night. If you live near wetlands, you will definitely hear that annoying incessant choir. Florida has over thirty-five different kinds of frogs and toads, so it is not surprising to see or hear them. In spring or in some cases all year long, a young (or old) frog's fancy turns to thoughts of love. So what you hear is an invitation or a serenade to a smitten female!

Some appellations are indicative of their habits and possibly their calls. For example - Spring Peeper, Squirrel Tree Frog, Barking Tree Frog, River Frog, Gopher Frog, Cricket Frog, Bog Frog, Greenhouse Frog, Ornate Chorus Frog and so on!

Unfortunately, for Florida, the Cuban Tree Frog is becoming the most common. This is the largest tree frog in the U.S. and can grow up to 5 inches. It is not native to Florida. Having emigrated from the Caribbean, it is now found from the Gulf Coast to Jacksonville and is expanding its range. These frogs have a hearty appetite and eat five different species of our native frogs. Also it eats toads, lizards and small snakes. They are very invasive and a threat both to our biodiversity and eco system, so it is recommended that they be euthanized (humanely). They secrete a sticky liquid on their backs, which repels predators and is an irritant to humans so rubber gloves are recommended.



They hang out near houses where outdoor lights attract insects. They lay eggs (thousands of them) wherever they can, including swimming pools! Males have a rain call, described as a snore, to attract females! (Really?) Although nocturnal, a light rain during the day will trigger an aria. These frogs can enter a home, via vent pipes or plumbing and are often found in bathrooms. There are numerous reports of people opening the toilet lid to find frog eyes staring back at them! But don't be alarmed! Close the lid, come back with plastic bag and gloved hands, grab him and put him in the freezer. Not edible! You may give him a decent burial a day later!

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PALM COAST ARTS FOUNDATION RECEIVES LARGEST SINGLE GIFT IN HISTORY

A \$50,000 donation has been pledged to the Palm Coast Arts Foundation for our current Raise the Roof campaign. The gift comes in the form of a challenge: for each dollar raised the donor matches (1:1) up to \$50,000 – so the potential to raise \$100,000 by May 19 is our goal! The roof to the new 4,500 square foot outdoor stage will be yet another massive undertaking and a design team of engineer experts are hard at work to provide us the necessary options to determine the most suitable products available in moving forward.

At this writing we are nearly at the halfway mark with 47% raised in just four weeks. We wish to acknowledge the truly amazing support of our donors, a third of who live right here in Grand Haven! It is so rewarding and comforting to live in a community that understands the value a thriving cultural community brings to Flagler County.

Save the Date: October 14– Jazz Night
Grand Haven River Club with Eirinn Abu



Recording Artist, Eirinn Abu gives the saxophone a new voice and sound. His peers call him the instrumental version of Josh Groban or Andrea Bocelli. Eirinn has a new recording of the number one love song of all time, “I Will Always Love You” with guest artist Dolly Parton.

Eirinn Abu is an accomplished artist whose repertoire includes spiritual classics like “Amazing Grace” and soulful love songs like “I Will Always Love You”. He’ll be performing from his CD’s, *The Collection* and *Ten Love Stories*.

info@palmcoastartsfoundation.com
www.palmcoastartsfoundation.com

Submitted by: Nancy Crouch, PCAF Executive Director

GRAND HAVEN GOLF CLUB

Have you heard about the Grand Haven Golf Club Trial Membership? Come experience the golf club for 3 consecutive months for only \$1,200! This membership includes all the benefits of a Full Golf Membership; unlimited green fees, unlimited range plan, 14 days advance booking tee times, guest privileges, access to select club functions and tournament, discount on non-sale items in the golf shop, and use of the clubhouse restaurant with no monthly food minimum. This program is an excellent way to try it before you buy it! For more information or to sign up for the Trial Membership, contact Jeri Harper at Grand Haven Golf Club. Phone: [386-445-2327 ext. 3206](tel:386-445-2327) or email: JHarper@GrandHavenGC.com

Grand Haven Golf Club is now open on most Mondays for guests. We invite all golfers to join us on select Mondays to play at a special VIP Guest Rate. You can experience the Jack Nicklaus signature course including 18 holes, green fees and cart fees, as well as access to the practice facilities prior to play. Tee times begin at 7:30am. You may book tee times up to 3 days in advance. To book a tee time, contact our golf shop at [386-445-2327 ext. 1](tel:386-445-2327).

The golf club is excited to host your next event! Whether it be a wedding, anniversary, milestone birthday or small family get-together, we’re looking forward to exceeding your expectations. Working side by side with Chef JP, you’ll be able to customize your very own menu. The entire team is dedicated to making your event special.

Not a golfer? We invite you to join as Social Members. The social membership requires a \$50 registration fee and participation in the food minimum program. What is the “Food Minimum Program” you ask? A very obtainable minimum needed to be spent in the restaurant on food. This excludes monies spent on alcohol, tax and gratuity. We welcome social members to dine Tuesday through Sunday for lunch beginning at 11am and Wednesday through Friday for Ala Carte Dinner beginning at 5:30pm. We keep the calendar packed with events including Birthday Bash, Turkey Buffet, Wine Dinners, DJ Night, and Pub Night. For more information on social membership or to sign up, contact Jeri Harper at Grand Haven Golf Club. Phone: [386-445-2327 ext. 3206](tel:386-445-2327) or email: JHarper@GrandHavenGC.com.

Music for a Great Cause

The fifth annual Move to Music fundraiser to benefit SPOHNC (Support for People with Oral Head Neck Cancer) was held on Saturday, April 22nd at the Village Center. This event is a great example of the spirit, generosity and positive attitude of the Grand Haven Community. Contagious electricity was in the air as everyone participated in this heartfelt celebration of life.

As participants arrived, they registered, received a traditional goodie bag and had the opportunity to buy a lavender MTM tee shirt and a MTM pool towel. All proceeds go to SPOHNC.

An energetic Move to Music exercise class started at 9:30, which honored all cancer survivors and got people moving (and singing) with an uplifting C D. After class, delicious freshly baked bagels were a big hit as everyone settled in for THE BIG RAFFLE.

Thousands of raffle tickets were mixed and shaken in a big hatbox and one by one excited participants won 75 prizes. Local businesses and generous friends of SPOHNC donated every gift.

Amy and Lewis Beilman started the Palm Coast chapter of SPOHNC five years ago after Lewis completed his throat cancer journey. They have also treated GH residents for the last ten years to Move to Music exercise classes two days a week. Put the two together and the result is a wildly successful, enjoyable fundraiser that earned over \$11,000 thanks to the generosity of this wonderful community.

If you would like information about SPOHNC or to make a donation please contact Amy and Lewis at (386) 864-7895.



Amy & Lewis Beilman with some of the volunteers dedicated to making the event a success

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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 URGENTLY NEEDED THROUGHOUT OUR COMMUNITY

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

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

Help someone along the Road to Recovery

This is a service of the American Cancer Society



Flagler County Art League Spearheads Second Annual High School ArtWorks Program

On March 28th, the Flagler County Art League, supported by a grant from the City of Palm Coast, sponsored **ArtWorks**, a program for high school students interested in careers in the arts. FCAL created this program and has worked with the art department faculty at Flagler Palm Coast High School, led by Ed Beckett, to make students aware of arts career opportunities.

The program consisted of a presentation in the auditorium to a large group of students by three former FPC students who have turned their love of the arts into successful careers. This was followed by small group workshops for selected students after school. This year's speakers were Shanna Fortier, photojournalist, Patrick Maxcy, fine artist—both presently from Colorado—and Matt Katsolis, director and cinematographer from Jacksonville. The speakers were also inducted into the FPCHS Arts Hall of Fame, established in 2016 to recognize alumni who have achieved outstanding success in their careers in the arts and who are also role models for today's art students. The presentations were brilliant and all three are not only successful in their careers but are travelling the world, using their art to give back to those less fortunate. Students' comments were extremely positive and they were inspired by these Flagler graduates: "They sat in these seats and if they can do it, I can, too!"

FCAL promotes the visual arts throughout the community and provides a creative environment for artists to develop, collaborate and showcase their work. For more information, contact the Gallery at 386-986-4668. For a complete schedule of lectures, shows, bus trips, painting parties, classes and workshops, visit FCAL at www.flaglercountyartleague.org, or <https://www.facebook.com/fcal2012>. The Flagler County Art League Gallery is at City Marketplace, 160 Cypress Point Parkway, Palm Coast. Gallery hours are Monday–Friday, 12–4pm; Saturday 10am–1pm



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Yard Waste 101

Hopefully you are aware that Flagler County has a contracted service for waste removal for waste generated by the resident (which includes household waste, yard waste and recycling services) throughout the entire County. For those areas within the City of Palm Coast (which includes Grand Haven) the waste services are monitored/managed by the City. Please visit the City of Palm Coast website for all the full details regarding the services.

Placing items at the curb the day/evening prior to pick up is the earliest that items should be put out as governed by City Ordinance and Grand Haven CC&Rs, and further defined in the Grand Haven Waste Disposal Resolution (GH Resolutions are posted on www.GrandHavenMHOA.com).

Please adhere to these Yard Waste protocols to avoid monetary penalties levied through the Grand Haven Covenant Enforcement process. The designated day for yard waste pickup (whether it is bagged or not) is Wednesday. Please place items at the curb (*not in the street*) no earlier than Tuesday. If you hire a vendor and they generate yard waste, they need to take the waste with them. If you produce yard waste earlier than Tuesday, it should be stored out of sight on the side of your home until Tuesday. If your yard waste is not picked up on Wednesday, please contact the City of Palm Coast for their staff to address your circumstance. If your yard waste will not be picked up on Wednesday, it needs to be brought from the curb and stored out of sight on the side of your home.

Thank you for your understanding and cooperation. With the entire Grand Haven community participating, this will ensure the community will look and present in the “Grand” fashion that all residents expect and enjoy.

Submitted by: *Troy Railsback,*
Southern States Management Group
trailsback@ssmgrouppinc.com

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Resident Achievements

Congratulations to Dr. Sushma Reddy, a GH homeowner and part-time resident, who won a “People’s Choice” award recently during the annual Michigan Governor’s Fitness Awards. Dr. Sushma Reddy, Endocrinologist and Director of Population Health at Lake Huron Medical Center, has been a driving force there in a campaign against Diabetes. Believing that a community can work together to foster a culture of health, Dr. Reddy brought together hospital executives, community non-profit leaders and many others to work together to help create a healthier community. One focus of her prevention efforts has been children, which is why she began the Walk for Summer Reading program to help children earn books for their summer reading program.

Hats off to Dr. Reddy. If you know of a resident that deserves our Kudos, please contact Nancy Carlton at n Carlton096@gmail.com.

Join in the fight against Alzheimer's Disease

It is hard to imagine that each of us doesn't know someone who is affected by Alzheimer's disease or who has lost their battle with this sixth-leading cause of death in the United States. The number of Americans living with Alzheimer's or other dementias is growing – and growing fast. An estimated 5.5 million Americans of all ages have this disease. Approximately two-thirds of Americans diagnosed with Alzheimer's are women and African-Americans are twice as likely to have Alzheimer's or other dementias as older whites.

What is it like for the family of someone with Alzheimer's? Many of you may have first-hand experience with this. Fifteen million Americans are providing unpaid care for people with Alzheimer's or other dementias, and in 2016, this resulted in 18.2 billion hours of care valued at over \$230 billion. The statistics quote that 35% of caregivers for people with Alzheimer's or other dementias report that **their** health has gotten worse due to care responsibilities, compared to 19% of caregivers for older people without dementia.

According to the Alzheimer's Association Special Report: The Next Frontier, guidelines are being proposed that use detectable measures of biological changes in the brain, commonly known as biomarkers, as part of the diagnosis. The development and validation of Alzheimer's disease biomarkers – including those detectable in the blood or cerebral spinal fluid, or through neuroimaging – is a top priority. It has the potential to markedly change how Alzheimer's disease is diagnosed and, as a result, how the scientific community counts the number of people with this disease.

If you would like more information about Programs and Education in Flagler County, you can contact Dama Melendez, dmelendea@alz.org.

What can we do to reduce our risk? For starters, more research is needed to lead to a conclusive answer about cause and cure. Current studies sug-

gest exercise and a heart-healthy diet, intellectual stimulation and social engagement may help support brain health as we age. If you would like to join the fight against Alzheimer's Disease, there are two ways to get involved: ***The Walk to End Alzheimer's*** and ***The Longest Day***.

The ***Walk to End Alzheimer's*** will be held on Saturday, September 23 at Veterans' Park in Flagler Beach. You can form a team, join a team or volunteer. If you would like to get involved, please contact Carly Wille at the Alzheimer's Association at cwille@alz.org or 904-281-9077, ext 203.

If you would like to participate in ***The Longest Day***, a tribute event to those facing Alzheimer's, you can visit www.alz.org and click on Longest Day. It is about doing what you love to do to help fund research and services.

Contributors to this article: Lois Copeland & Karen Wolford



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of the Armed Forces who gave their lives
for our freedoms.**



GHMA NEWSLETTER

Grand Haven Master Association, Inc.

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Palm Coast, FL 32135

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