



The Oak Tree

President's Message

First and foremost, on behalf of the GHMA Board of Directors, I want to wish all of our residents a most satisfying, enjoyable and healthy New Year. There is no doubt that the past year has brought some unique challenges to each of us, such as the extended COVID-19 pandemic, an atmosphere of political divisiveness and an increase in civil unrest in portions of the country. Despite these unsettling events, our community has persevered and prospered. I have every confidence that we will continue to do so as we navigate through 2022.

The Board held its Annual Meeting and Election on January 6th and as you probably have already heard, both Vic Natiello and Mike Frichol were re-elected. As the Annual Meeting ended and I was leaving the room, one of the attendees commented to me "same old, same old". This was stated not as a complaint but rather as a statement of fact that the incumbent Board members were re-elected. None the less, it started me thinking about the purpose, goals and limitations of the Board.

I believe that the purpose of the Board is to represent the property owners of Grand Haven who elected them. The actions of the Board are however limited by Federal and local laws as well as the Governing Documents of the community. Your Board members have a responsibility to uphold those laws and abide by these documents. It is a fact that the composition of the current GHMA Board has been intact over at least the past two or three election cycles. Of note is the fact that the term of a Board member, in a position that has a rather long "learning curve" is only two years as compared to the four year terms of CDD Board members. That said, what is the purpose of change? I am of the opinion that change can be very productive if that change results in the correction of deficiencies or increases the effectiveness of the individual or organization in question. However, change primarily for the sake of appearances often is accompanied by unintended consequences that ultimately result in a reduced level of performance and efficiency for the organization.

I believe that each of the current Board members should be required to earn your vote and should be able to specifically state what they have accomplished on your behalf. What has this Board done over the years to justify it remaining intact? I would ask you to consider the following which represents a sampling of what has transpired during the tenure of the current GHMA Board.

- The amount owed to the Association in delinquent account balances was reduced from approximately \$380,000.00 to the current account balance of under \$10,000.00. Those funds were returned to the Association and have been used to supplement Association expenses.
- The Board has reduced the number of properties with delinquent account balances from 142 in 2014 to a current total of 7.
- Over the past twelve year period, Annual Assessments increased on an average of \$2.08 per year and are currently only \$150.00 per year.

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 18
2 PM, Friday, March 18
2 PM, Friday, April 22
2 PM, Friday, May 20

WHERE: Creekside Amenities Center
2 North Village Parkway

GHMA Board Members

President	Rob Carlton	447-5536	rjcarlton5@aol.com
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The Oak Tree

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	Ken Ersbak	Brad Scott

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

February is Heart Health Awareness Month

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

For more information about heart health and warning signs, visit The American Heart Association www.heart.org



In This Issue

President's Message	1, 3
GHMA Board Members, Meeting Schedule	2
Butterflies	4
No Rest for the Wicket	5
Eagles Nest	6
Grand Haven Woman's Club	7
Hospital Volunteers Needed	8
Haven Family Fund	9
CDD Corner	10
Pickleball Courts	11
Palm Coast Arts Foundation	12
Palm Coast Historical Society	13
Southern States Management	14
Hall of Fame Inductee	15

President's Message....continued

- The Board has partnered with the Grand Haven Women's Club who coordinates the Board's Neighbor to Neighbor Program which serves to welcome and orient new residents to our community.
- In 2013, the Board assumed responsibility for the Modification Architectural Design Committee (MADC) and since 2017 the MADC has approved approximately 90% of the requests submitted by property owners.
- The 2021 Private Lawn Maintenance Survey results indicated a combined Satisfactory/Excellent rating of 91.6% by the respondents of the nine PLM Villages.
- In response to proposed bills presented during successive legislative sessions that would permit short term rentals, the Board initiated a robust response which included a letter writing campaign and a coordinated effort with other local home owners associations. Subsequently, none of the bills that have been proposed have been passed.

As I have mentioned in the past, it pleases me to be able to say that the members of the Board serve all of Grand Haven, not any particular Village, not any special interest group. There are no hidden agendas in play and the end game is always to improve the lifestyle of our residents, increase property values and maintain the unique ambiance and appearance of our community. Countless hours are committed to accomplishing these goal and thereby in serving our 1901 property owners.

Your attendance at the GHMA Board meetings is always welcomed. Your input and participation contributes to our effectiveness and our ability to connect with members of the Association. Your questions and concerns are important to the members of the Board and every effort will be made to address them in a fair and productive manner.

Rob Carlton, President, GHMA



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Where Did The Butterflies Go?

Each fall millions of Monarch and other butterflies begin their migrating cycle, on their return to their breeding areas. Witnessing that migration sight is spectacular. However, researchers are recording a growing decline in numbers. Have you noticed fewer butterflies flitting about your yard, doing their important job of pollinating, eating insects, and bringing color and joy into your lives. Butterflies, as well as bees, wasps, beetles, flies, hummingbirds, and bats are at risk. These pollinators are critical to the survival of the natural food chain! Gardeners and scientists around the globe are now working together to preserve and create habitat that benefit Monarchs and all pollinators.

Research indicates the causes for decline: loss of milkweed, necessary for growth and development is high on the list. Others include drought conditions, insecticide and herbicide use, and loss of habitat. Most conditions result from poor land management, overdevelopment of land, and logging.

The question is can we as individuals help save our pollinators for generations to come? ABSOLUTELY!

Here is a list of actions you can take now:

Plant milkweed! Monarch butterflies need milkweed to lay the eggs and monarch caterpillars need milkweed to grow and develop. Without Milkweed Habitat, no Monarchs.

Plant butterfly/pollinator nectar plants! Monarchs need nectar to provide energy to breed and migrate.

Avoid using pesticides.

Encourage public land managers to create monarch and pollinator habitat! Roadsides and parks of all sizes offer great opportunities to create habitat for most pollinators.

Join citizen-science efforts to track monarch populations

Support monarch conservation efforts!

Monarch butterfly laying eggs on milkweed



Plant these natives along with milkweed to provide nectar to monarchs: Blazing star, Cat's tongue, Chaffhead, Climbing aster, White crownbeard, Flattop golden rod, Golden rod, Mistflower, Scorpiontail, Spanish needles, Yellowtop

Submitted by: Podduturu M Reddy



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Artfully YOURS
2022 Art Auction



The Grand Haven Woman's Club is proud to present its inaugural art auction.

Artfully YOURS!

This event will feature a wide variety of mediums and pieces including paintings, sculptures, glasswork and more from local and nationally recognized artists (many from Grand Haven).

Monday, March 28, 2022

Grand Haven Golf Clubhouse

Art Bids starting at \$300

Silent & Live Auctions from 4—6 PM

Event includes heavy hors d'oeuvres, signature cocktail and cash bar

Tickets \$25/person available at GHwomansclub.org

For more information about this event, contact GHArtLady@gmail.com

Special Thanks to our Sponsors



No Rest for the Wicket

The **Grand Haven Croquet Club** hopes everyone had a wonderful holiday season, and only good wishes for 2022.

The Croquet Club received an early Christmas present by having a soft opening of the two new croquet courts at Creekside on December 9. The un-

official count of participants was over 40, and the new courts were opened with recognition from Pat Kaufman, Club President. She recognized the members, CDD Board members, and Amenity Manager who brought the new courts to fruition. Congratulations and **THANK YOU** to all in making this long-awaited community amenity possible!



I also want to take this time to thank all our Croquet Instructors. Did you know that we have a fantastic pool of volunteer 6-Wicket and Golf Croquet instructors? We do, and these instructors give their time freely to promote and teach the game of croquet. Our clinics and instructors are:

- Mondays at 1:30 pm is the Beginner's Clinic with instructors Bill Todd and Robert Brightman
- Wednesdays at 9:00 am is the Shot Class with Carol Burns, Marsha Cargill, and Jim Hester.
- Thursdays at 8:30 am is the Golf Croquet Clinic with Edmund Giancola and Dave Paukovich.
- Fridays at 9:00 am is the Strategy Class with Robert Brightman.

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Because of our excellent education program and instructors, many of our members have gone on to play in National Tournaments and have won awards and trophies. In the last tournament played, the Sarasota Holiday Invitational, Grand Haven Croquet Teams took 1st and 2nd place in six of eight trophies. Congrats to all!

Croquet can be as competitive or social as you want to make it. Those interested in **free** lessons to learn croquet contact us at www.ghcroquetclub.com or our Membership Director, John Fitterman at jjfitterman@gmail.com.

Come join us to try something new, make new friends, and have just have fun.

See you on the courts!

Submitted by: Patti Paukovich

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The Eagles Nest

Samson and Gabby (our resident eagle pair) are well into their third season. They successfully raised two eaglets that fledged the first season. They raised one eaglet that successfully fledged last season. Three is a charm, so all expectations are for success this season as well.

Gabby laid her two eggs on December 17th & 20th, and by the time this Newsletter is distributed, they should be raising their young. The first egg is due to hatch January 22nd. All hopes are for two healthy hatchlings. They have all the experience, resources, and commitment to handle the task with ease.

Gabby always incubates during the night. One week before hatch date she left the nest at 12:30pm and didn't return until almost noon the next day. It was rather unusual and concerning. They tend to be quite predictable yet throw a curve every now and then! Gabby has gained increased trust in her mate since their first season. Samson remained on the eggs and never left the nest that whole time....that's commitment.

Even the quiet moments of rest and contemplation can be suddenly interrupted. Mature eagles passing by must be escorted away, and although the immature eagles pose no threat to their domain, they have a way of causing a ruckus all the same (kids are like that!). There have been just a few visiting/intruding eagles, but nothing serious. When they encounter a challenge, they handle it and go on (unlike many humans!). "Teamwork Makes The Dream Work" as one protects while the other one defends focusing on survival, reproduction and raising young.....not to mention keen instincts and maintaining their strong bond that seems to come naturally.



Submitted by: Gretchen Butler
Audubon EagleWatch Nest Monitor/Volunteer
American Eagle Foundation/Volunteer
Bengals2@earthlink.net



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GRAND HAVEN WOMAN'S CLUB

While the last many months have made meeting in person challenging, the GHWC has managed to continue to meet its mission to have a positive impact on the lives of people in our community. The Health & Wellness Committee, the Education Committee and the Environment Committee have continued to hold their monthly collection of supplies and books for those in need. In addition, the GHWC Material Girls managed to coordinate a team of members who made over 500 Christmas stockings for use by Christmas Come True to support their efforts to help children in need have a stocking.

While we have postponed a few events with the upsurge of the Omicron variant, that just gives everyone more time to get their tickets or sign up for upcoming events:

March 28 – Artfully Yours...Art Auction 2022. This will be open to the community and will feature local and nationally recognized artists, many from Grand Haven. It is an inaugural event and will be held at the GH Golf Clubhouse. See the details on how to purchase tickets to this fun afternoon in the next column.

April 9 – Tennis Tournament – this event is open to the entire community and to all abilities. It includes lunch and prizes.

May 14 – Cheers to 16 Years – an opportunity to join GHWC members to celebrate their Founding Members and the accomplishments of the last 16 years since inception.

For more information on all of these events, please visit Ghwomansclub.org and click on EVENTS.

GHWC is most appreciative of the sponsors who have supported our mission this year. Please help us thank the following sponsors:



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- Our golf cart department is currently looking for drivers to pick up and drop off patients from parking lot to building.
- The Gift Shop is need of help, operating the register and helping customers with purchases.
- The Cancer Center volunteers assist patients with wigs and clerical work.
- There are clerical positions available in multiple departments such as Infection Prevention, Patient Experience, Pastoral Care, and others.
- Nursing floors, Emergency Room and Same Day Surgery tasks are restocking items, helping staff as needed and preparing patient packets.
- Our Café volunteers serve food, clean and prep meals for staff/patients.

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The minimum requirement for a volunteer is one four-hour shift per week. The average shift is 8a-12p or 12p-4pm. There is flexibility in this schedule and the day worked is dependent on the volunteer's availability and department needs. Volunteers can work more than one shift a week and can volunteer in multiple departments.

Please contact Lisa Bordis, 386-586-4234 or lisa.bordis@adventhealth.com. You can also pick up a paper application in the hospital Gift Shop M-F 8a-4pm. A background check is required to volunteer. *At this time, all persons inside the hospital must wear a mask when around others, except while eating.



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SURPRISE, SURPRISE!!

Positive surprises are so much fun – but the other ones, the ones that take your breath away and leave you in a panic, not so much. As the father of an Eagle Scout, I understand the value of “Be Prepared”. But the Boy Scouts are not the only ones who recognize the importance of preparation:

“By failing to prepare, you are preparing to fail.”

Benjamin Franklin

“Given six hours to cut down a tree, I’ll use the first four sharpening the axe.” **Abraham Lincoln**

“You hit home runs not by chance, but by preparation.”

Roger Maris

As a federal bank examiner, I spent much of my career helping (yes, I’m from the government and here to help!?) banks evaluate their contingency plans. From simple power outages to major hurricanes and even pandemics (imagine that??), our banking system develops detailed plans to handle the business interruption that occurs when these issues surprise them. Your household and mine may not need that level of detail, but a little preparation now may save our families significant stress in the future.

Haven Family would like to help you with that planning. Gail Naworal coordinates the work of our Community Resource group. Their mission is to identify local services provided by Palm Coast, Flagler County, or the State of Florida that may be of value to Grand Haven Residents. The Resource Group is currently concentrating on alternative living options (care facilities) and issues related to a residential change (moving, donating furniture, etc.). Haven Family plans to develop a central library of information we can use to help all Grand Haven families. If you are currently benefitting from a city/county/state resource and would like to pass on some information, Gail would love to hear from you! If there are other areas you would like us to investigate, please let her know as well. Gail can be reached at gnaworal@yahoo.com.

Recently we held a Meet and Greet event at the Grand Haven room where we provided an overview of our services. We’d like to thank everyone who attended. On the calendar:

- Thursday, 2/17, 2 PM – Sheriff’s Department & Palm Coast Fire Department are meeting with the GH residents at the Grand Haven Room to discuss

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- the services they provide, especially to seniors
- Thursday, 3/10, 2 PM, Creekside – HFF is again offering the Estate Organization training
- Saturday, 3/26, 10 AM to 2:30 PM – HFF Arts & Crafts Festival filled with a variety of beautiful projects from your neighbors

If there are other topics of interest that you feel may benefit our neighbors or neighborhood, please contact Brad Scott at havenfamilyfund@gmail.com.

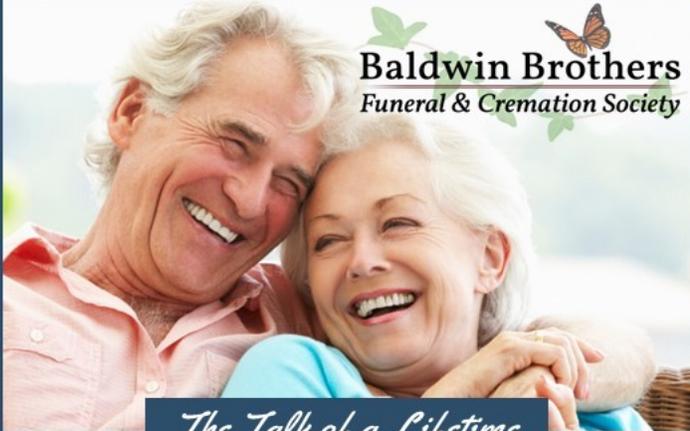
Hope for the Best, Plan for the Worst. If there is any way that we can help you, please let us know at The Haven Family Fund!!

Submitted by: Brad Scott, Haven Family Fund





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Thanks to our Event Sponsors





CDD Corner

Here are some tips and an update on CDD work to keep you informed.

- Some residents are not signed up to receive email notifications about Amenity activity and CDD notices. If you want to get on the distribution lists then please call Dianne Guth at 386-447-0192 for amenity information and the CDD office at 386-447-1888 to get on the CDD notice list.
- We are not going to publish another paper phone directory and so we need to get more folks in the on-line directory. It is very easy to register by going on-line to www.grandhavenamenity.com then clicking on Resident Directory and filling out the form that pops up. You'll enter a username and password that will give you access to the directory the next time you visit the site.

Lastly, I am very happy to say that we have a first draft of a long-term plan for Grand Haven. By the time this is published there should be a second or third draft done. It includes a projection of operating expenses for the next 7-10 years based on contractual agreements with our amenity management company, landscaping, gate security and all others. Additionally, we make assumptions about payroll needs and other expenses based on inflation expectations and recent years' experience with other expenses. That part of the plan makes up about 80% of total costs. The other 20% of the plan includes planned capital outlays for projects such as road resurfacing, major amenity maintenance, street-light maintenance, landscape enhancements etc.

Just to put it in perspective, our total budget for fiscal year 2022 is approximately \$4.8 million. That includes about \$3.8 million in operating expenses and about \$1 million in projects.

One of the most important reasons to have such a plan is to let residents know the effects on annual assessments. Later this spring and after we are comfortable with the draft plan, we will survey residents to gather information about your needs and wants. Then, before the plan is finalized, we will have a Town Hall meeting to present it to all.

After all opinions are considered and the plan is done it will provide directional guardrails for the board in its annual budgeting process and provide residents with a clearer view of future assessments.

Submitted by: Kevin Foley, CDD Supervisor

New Pickleball Courts Open for Play

Our amenities have grown to include two new pickleball (PB) courts for community play. Action has begun for our avid PB players and added space has been made to accommodate all our residents for participating in this exciting racquet sport that is sweeping the nation.



So what is community pickleball? Essentially it is an opportunity for anyone to participate with other residents who enjoy the sport and the camaraderie that comes with group play without having to reserve a court. While the courts are open all day most community action occurs in the morning hours from 7:30 to 12:00. All you need to do is show up and you will have equal opportunity to participate. If the courts are full, players will rotate others in and out after playing a game to 11 points. Others may be waiting to play which gives them a great opportunity to socialize and watch the action.

The two older courts can still be reserved by those who wish to play with their own groups. Reservation times must be made through the Amenities office at the Village Center. A reservation includes one and a half hours of court time.

For new players to the game the Amenities office has set aside free instruction time from our resident team of players. Check with the office for further information.

Thank you to the CDD Board for their vision in seeing the need for this facility and to our operations team and avid players who made it happen. We look forward to seeing you on the court and making your acquaintance.

Submitted by: Ken Ersbak

Happy 2022!



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No Dumping, PLEASE!

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 requirement.



Join us as we celebrate outdoor events again! The Palm Coast Arts Foundation is excited to announce the performance of *VIOLECTRIC*, April 22 at 6:00 PM. As the world's only string rock band of its kind, Violectric illuminates the stage and the audience's senses through the use of cutting-edge technology and interactive experiences. Their repertoire spans rock 'n' roll history, and every song is played LIVE without backing tracks. The Violectric experience is more than just a musical concert. Musicians guide listeners through an interactive auditory and visual journey with wireless, lighted instruments and original arrangements of their favorite songs! The world's first LED instrument ensemble. Tickets (\$20 in advance or \$25 at the gate) for this outdoor event (bring your own chair/picnic) are available at www.palmcoastartsfoundation.com/events

Grand Haven resident, James Harter will be our guest of honor for this event as we acknowledge and celebrate his long history with the Palm Coast Arts Foundation and his many contributions to our progress and success.



And our public art Turtle Trail expands! LOUIS (Turtle #16) was unveiled to the public in January at the community of Beach Haven. LOUIS is our first musically inspired turtle inspired by jazz legend, Louis Armstrong. Bob Teller, the artist of note (who also created NANCY MARIE Turtle #10 at Palm Harbor Golf course) proudly accepted the challenge of LOUIS. Residents of Beach Haven sponsored Louis.



Also increasing in popularity is our First Saturday Creative Bazaars. Join us each month as vendors set up for our arts and crafts fairs.

Thank you for your continued support of the arts in our community. Conversations continue with Mayor Alfin and the City of Palm Coast on the development of the arts district in Town Center. We hope to share some good news in the months to come!

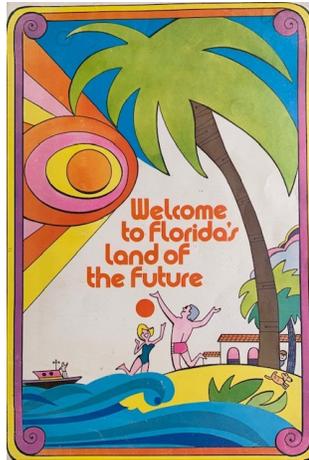
Submitted by: Nancy Crouch

PALM COAST HISTORICAL SOCIETY

WELCOME! Palm Coast's first residents arrived in January 1972.

The first residents of Palm Coast arrived a half century ago and moved into their new homes on Casper Drive, named after Masters Champion Billy Casper. Welcome to Florida's Land of the Future!

International Telephone and Telegraph's commitment to build an attractive community began three years earlier when the conglomerate purchased 68,000 acres in Flagler County, including the former Lehigh Cement Plant property. That location would become the project construction office for ITT's Community Development Corporation.



Homesites went on the market in June 1970. By 1971 more than 8,000 lots had been sold and construction of the proposed amenities and first private homes was in full swing. The first nine holes of the championship course designed by golf course architect William Amick opened in September. Palm Coast's first course is now named Palm Harbor and is owned by the City of Palm Coast.

The first residents to enjoy this new amenity literally located in their backyards were Mr. and Mrs. Matthew Sheehan, Mr. and Mrs. Vincent Moore, and Mr. and Mrs. Charles Konopasek. They and several other couples were special guests of honor at an April 1972 dinner party and are featured on the cover of the book "Images Of America: Palm Coast" by Palm Coast Historian Arthur E. Dycke.

ITT/Levitt built the first homes. The styles were selected from the models available in the showcase area at the Welcome Center adjacent to the golf course. Color illustrations by Richard C. Baehr which depict these early architectural styles and vintage memorabilia from this era are on display at the Palm Coast Historical Society and Museum.

...continued 

SHOW YOUR HEART SOME LOVE

Heart disease kills more women than cancer does. Below are some healthy indulgences that can help keep your heart beating strong

Give in to your Sweet Tooth – People who eat chocolate five or more times a week have a 57 per cent lower risk of developing heart disease than those who don't indulge. Previous research suggests that dark chocolate may also improve blood pressure.

Have more Sex- Research shows sex reduces cortisol levels. Cortisol raises blood pressure and destroys arterial lining.

Enjoy an Omelet- Yes, eggs contain cholesterol, but the amount is negligible and eating them will not push your levels over the top. Plus, yolks are loaded with nutrients, including protein, vitamin B12 and folate.

Go with the Flow- Yoga helps your nervous system deal with stress. In a recent study, prehypertensive individuals who did yoga and enrolled in behavioral modification programs lowered their blood pressure more than those who only changed their habits.

Sweat, then Sip- Researchers found that people who exercised regularly and drank wine modestly saw a drop in "bad" LDL cholesterol and a rise in "good" HDL levels. Sedentary drinkers showed only a reduction in LDL. So don't skip the gym for happy hour- hit both

Excerpted from Self Magazine, February 2015, page 18



Visit us in person in Holland Park from 1 - 3 pm on Wednesday and Saturday or by appointment. Go to www.palmcoasthistory.org for information about our Saturday Speaker Series and upcoming Museum Monday local history talks.

Submitted by: Kathy Reichard-Ellavsky, PCHS Vice President



SSMG, as well as the GHMA Board, would like to thank everyone for their efforts in keeping their property well maintained and getting advanced approval for requested changes to the exterior of your property. This is what keeps Grand Haven so Grand! A few things to remember for this year...

Mold/Mildew tends to accumulate this time of year and throughout the Spring. Not only is it unsightly, it also can be very slippery and result in a slip and fall on your property. Please regularly pressure wash the hard surfaces in front of you home including: Your entry walkway, driveway, sidewalk and the stormwater curb in front of your home (this is the concrete portion adjacent to the asphalt road and the grass in front of your property).

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 and 14 feet over the crown of the road

Lake Bank Maintenance – Each owner living on a detention pond needs to continually maintain their lake bank. Each lake bank (where there is not a concrete stem or retention wall) was originally developed and planted with spartina grasses. These are the feathery bushes or clumps of grass about 4 feet tall that were planted to keep the lake bank from eroding. REMEMBER – if your spartina has died or is not there, then you will need to replant them. It is each lake bank owner's responsibility to preserve those spartina grasses and keep the lake bank free of weeds, vines and/or wild growth. This maintenance responsibility is best accomplished with regular monthly attention. If you have questions about any of these items, please contact Troy Railsback at 386-446-6333.

Your 2022 Annual Assessment – As a reminder, your 2022 Annual Assessment of \$150 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/



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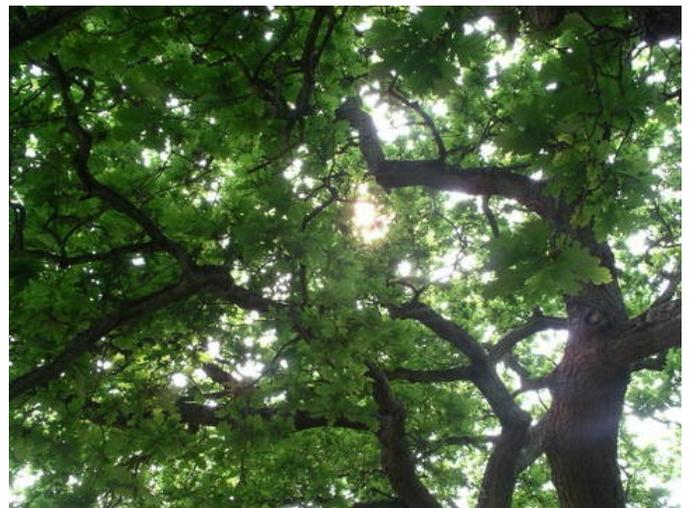
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communications and all other operating costs of the Association, including periodic maintenance of foreclosed/deserted properties. If you have any questions regarding your assessment please contact Southern States Management Group at (386) 446-6333.

Submitted by: Troy Railsback, SSMG

A Hall Of Famer In Our Midst

Congratulations to Grand Haven resident, Roland Gomez, who was inducted into the Miami Lakes Sports Hall of Fame on December 4, 2021... *and he is in good company.* Previous inductees include Don Shula, long-time Miami Dolphins coach and broadcaster, Jim Mandich.

Roland was a Miami lawyer, prior to retiring and moving to Palm Coast in 2001 with his wife, Flossi. He joined the Miami Lakes Optimist Club in 1974 to play on its softball team, but soon started coaching youth sports and he led the drive to build the organization's first clubhouse. A friend convinced him to coach a girls soccer team (he had never even watched a soccer game); however, after a few coaching courses, he started playing a little. Eventually, he went on to coach the Under 19 girls travel team for 20 years, traveling to tournaments throughout the US, Canada, Russia, Germany, Finland, Denmark, Iceland, Norway and Sweden. Roland is very proud of the fact that about 25 of his players went on to receive full or partial soccer scholarship in college.

In 1985, the Miami Lakes Optimist Club created a scholarship in his honor that annually awards a male and a female high school senior \$1,000 to help support their college education.

Roland was presented with his Hall of Fame award by two of his former players: Jennifer Kujawa, who flew in from California for the presentation and Louise McAlpin, who worked in Roland's law office in high school and is now a partner in the Holland & Knight Law Firm.

And at 83, Roland is still playing in the Flagler Senior Softball League.... CONGRATULATIONS, ROLAND.

Celebrating 15 Years

Move to Music celebrated almost 15 years of dancing and moving together. Everyone gathered together on January 26th for a group photo: "newbies", "regulars" and "alumni".

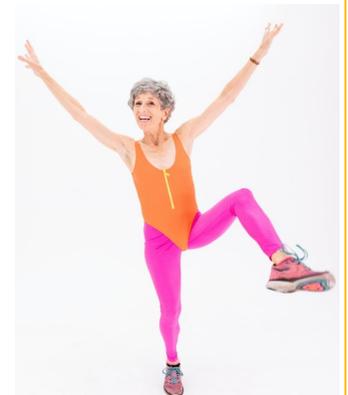


Amy and Lewis Beilman started **Move to Music** in the summer of 2007. Each Wednesday and Friday morning, Lewis comes up with new music and Amy shows us the dance moves. When you come to MTM, you know you will be asked to come to the front of the room along with others to help guide the group. Each class ends with the mantra: "Thank you for this Day".

It's always a joyous time together and all skill levels are welcome.

Here's to another 15 years of Moving to the Music.

Submitted by:
A Move To Music "Regular"



GHMA NEWSLETTER

Grand Haven Master Association, Inc.

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