



The Oak Tree

President's Message

I have to confess that although I have been writing this column for quite some time, I have always attempted to write moderately intelligent and meaningful articles. I thought that by this time, I have earned the privilege to include one President's Message that is a compilation of the things that I was thinking but never said during my interactions with our Grand Haven residents. Let me preface my thoughts with some of my truest beliefs:

- I have no doubt that Grand Haven truly is a "Premier Community".
- Our property owners and residents are among the best neighbors you could wish for
- We have lived here for over 14 years and I can say with all honesty, we have never regretted our decision to become a part of the Grand Haven way of life.

That being said, I truly hope that the following will be received in the manner in which they were meant.

- If you don't believe that the CC&R's apply to you, why did you move into a deed restricted community?
- The rules really do apply to everyone, you are not being singled out or picked upon.
- Seriously, why can't you accept that yard trash should not be placed at the curb prior to Tuesday. Why risk being fined?
- There really is a difference between the Master Association and the CDD (Community Development District). Actually, they have totally different functions. You might want to look into that.
- Yes, it is true that others may not see what is in your back yard, but there is no "out of sight" clause in the deed restrictions.
- Do you really think that blowing leaves down the storm water drains and into the detention ponds is a good idea?
- "It is better to seek forgiveness than ask permission" from the Architectural Design Committee, is truly not a good approach to take when considering a change to the outside of your home.
- No, the Master Association was not created to fulfill your wishes, make you happy (as I was recently told) or meet your every need.

And my very favorite: I understand that you are unhappy with the rules. If you want to change them, there is a process to amend your Village declarations. **Yes**, you need to get involved. **No**, the Board can't do it for you. That kind of language is unnecessary and finally, I believe that your suggestions of what I should do with our governing documents is actually a physical impossibility.

Although I express the above somewhat in jest, I must admit that there is a degree of truth in each of these statements, based upon my experiences while on the Board.

I thank each of you who have made Grand Haven the unique, compassionate and supportive environment that it has become. With few exceptions, each of our individual Villages have beautifully maintained homes and are inhabited by an incredible collection of residents, Not too shabby for a community that has entered its third decade of existence and growth. I have every confidence that the best is yet to come.

Submitted by: Rob Carlton, GHMA President

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 24
2 PM, Friday, June 21
2 PM, Friday, July 19
2 PM, Friday, August 23

WHERE: Creekside Amenities Center
2 North Village Parkway

GHMA Board Members

President	Rob Carlton	447-5536	rjcarlton5@aol.com
Vice Pres.	Vic Natiello	986-2274	vicnatiello@aol.com
Treasurer	Ed O'Brien	283-4184	Ed.obrien43@cfl.rr.com
Director	Mike Frichol	585-3266	frichol@hotmail.com
Director	Denise Gallo	843-9177	gallodenise@yahoo.com

The Oak Tree

EDITOR	Nancy Carlton	ncarlton096@gmail.com
PRODUCTION	Troy Railsback	trailsback@ssmgrouppinc.com
CONTRIBUTORS	Nancy Carlton	Stephanie Johnson
	Rob Carlton	Cynthia Kimmel
	Nancy Crouch	Lisa Mrakovich
	Ann Delucia	Patti Paulkovich
	Kevin Foley	Kathy Reichard-Ellavsky
	Mike Frichol	Brad Scott
	Jeri Harper	Anne Scuito

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

***Strength doesn't
come from what
you CAN do,
It comes from
overcoming the
things you
thought you
COULDN'T do***

In This Issue

President's Message	1
GHMA Board Members, Meeting Schedule	2
Croquet Club	3
Modification ADC Corner	3
Meet the Staff	4
Haven Family Fund	5
Palm Coast Arts Foundation	6
CDD Corner	7
Palm Coast Historical Society	8
Critter Corner	9
Exercise & the Mind Body Connection	10
Grand Haven Woman's Club	11
Flagler County Art League	12
Southern States	13
Grand Haven Golf Club	14
Neighborhood Watch	14
Memorial Day at the Village Center	15

No Rest for the Wicket

Have you ever wondered what those people dressed in white are doing at the Village and Creekside Centers? No, they're not painters, or healthcare professionals, they're your neighbors playing the fun sport of Croquet.

When I retired, and moved to Grand Haven three years ago, I would have never guessed in my wildest dreams I would learn, and play croquet, let alone go to competitions. I've met so many wonderful people in the **Grand Haven Croquet Club**, and have formed lasting relationships, that I feel they are my family away from home.

It's not your backyard game; the sport of croquet is now played competitively in over twenty countries. The growth of the sport can be largely attributed to the efforts of international and national croquet organizations such as Croquet Canada and the United States Croquet Association. Since the early 1980's the number of competitive players in North America has grown from 50 to over 8,000.



The **Grand Haven Croquet Club** was started by six members in 1998, and now currently has 97 members and growing. The sport of croquet is so popular, that we have residents who specifically move to Grand Haven because of the croquet club. Currently our club is participating in the First Coast Croquet League (FCCL) and is traveling to other local croquet clubs for social and challenger events. So far, the GHCC croquet golf team is in second place. Also, we have members that travel to other venues around the US for competitive six-wicket tournaments.

Croquet can be as competitive or social as you want to make it. **Grand Haven Croquet Club** plays six-wicket, golf and newly introduced "Aussie". Those interested in joining the Club are given the opportunity to take four free lessons, given by the Club's experienced, qualified instructors. Mallets are furnished for the initial lessons. Upon completion of the four lessons, the beginners are invited to join the Club and purchase their own mallets. To find out more about membership contact: Jon Fitterman @ 386-585-4634 or email: jjfitterman@gmail.com

MADC CORNER

The ADC Year End Review was presented at the GHMA Board Meeting on February 15th, 2019. This covered the ADC changes from 2017 to 2018 in 27 different categories. A total of 605 requests were submitted in 2018, down from 624 requests in 2017. Over 90% of the requests were approved.

The Standards were updated last year and, as you may already know, some of the information in your requests made its way into The Standards Updates. Obviously, most information is already covered but we do pay attention to your interests, thoughts and ideas. The biggest change was 193 Tree Removal/ or Replacement requests went down to 85 requests. Lucky us ! NO HURRICANES !

I thought I might make a few suggestions that help the committee to do their job. We all prepare ahead of time and that often means driving by the residence. However, you may not know that sometimes we send a member(s) to check on something specific. This usually is a paint color. (Is the color too close to the neighbor's color?)

If your submittal is incomplete, we must deny your request for lack of information. This is where photographs could save time. This mostly occurs with landscape, colors, ornamentation and driveways. (dimensions, radius, landscape, irrigation, drainage, aesthetics). Specific landscape notes are a necessary component to every landscape change request.

Finally, we extend our invitation to please come to the meeting with your request. Michelle Logan, SSMG, does a wonderful job encouraging you to attend. We're happy to see you!

Submitted by: Stephanie Johnson, MADC Chair

So don't be shy, come out and watch a game, and learn more about your neighbors and the croquet club. Croquet is fun! Check out our website for more information at www.ghcroquetclub.com.

Submitted by: Patti Paulkovich



MEET THE STAFF

Robert Ross is the General Manager of Grand Haven Amenities. He is employed by Vesta who is contracted by the CDD to provide amenity management services for Grand Haven.



Robert and his staff are responsible for maintaining all amenities such as the swimming pools, spas, tennis courts, bocce courts, Village Center and Creekside facilities, etc. in good working order and available for residents. He is also responsible for managing the Waterside Café where he spends a greater proportion of his time ordering all food and liquor supplies, reviewing daily and weekly specials, managing suppliers and generally supervising the café operations.

Robert is particularly pleased that all his work to manage supplier costs and other operations aspects finally resulted in the Waterside Café showing a profit last fiscal year after operating at a loss for many years. He enjoys his work and says it's gratifying to see empty plates coming back to the kitchen and having residents enjoy eating and gathering at the Waterside Café.

He manages all personnel related matters for all amenity staff with support from Vesta corporate HR services in Jacksonville.

Robert is originally from Scotland. He is a qualified Mechanical Engineer Class 1 and worked on big projects in the bottling industry as a Project Engineer. He partially retired almost 20 years ago and moved to Miami while continuing to do some consulting work in Scotland. He then moved to Palm Coast in 2004 and after a while decided he wanted to work again to stay active and busy. That's when he saw the job opening and started work at Grand Haven 11 years ago. Robert lives in Grand Haven.

His mother and sister live in Scotland and he goes back every year to visit them. Last August Robert became a naturalized American citizen. He says it was one of the best days of his life, and he was especially delighted by all the warm welcoming and congratulations from everyone.

In his own time, he is a prolific reader and does water color painting. One of the most exciting things he has done is parachute out of an airplane for a charitable event while he still lived in Scotland.

Submitted by: Mike Frichol

NEED A NEW HOME?

...ME TOO AND ALL MY SHELTER MATES

Flagler County Humane Society
www.FlaglerHumaneSociety.org 386.445.1814

Cindy Tetreault
386.569.3900

MyNoStressMove@Gmail.com



Peter & Sue Freytag



MAKE A DIFFERENCE

MENTOR A CHILD

Mentoring offers a unique opportunity to make a difference in the life of a high school student with a dream to go to college. **Take Stock in Children** scholarship program, a core program of the Flagler County Education Foundation, pairs good students who have the odds stacked against them with mentors who provide the support, encouragement, and guidance they need to succeed in school and go on to college.

As a mentor, you'll spend just one hour a week with your student...the difference you make will last a lifetime.

If you would like more information about the **Take Stock in Children** Mentor opportunity, please contact *Christy Butler*, butlerc@flaglerschools.com, or call at 386-437-7526, ext 1292.



Flagler County
Education Foundation

“Service to others is the rent you pay for your room here on Earth”.. Muhammad Ali

Haven Family Fund (HFF) has just passed its two year anniversary. From a small cadre of drivers for a single client, our volunteers now number over 70 and are helping 11 families with in-home visitation and transportation support. During these 25 months, we have also expanded our services through the offering of several educational events and are hosting events to bring the community together. We'd love to add you into our little family; as a volunteer or as a neighbor who needs a little support to get through a life situation.

Just a reminder of our services:

Transportation: Do you have some time to drive a neighbor to a doctor visit, PT, hospital visits with loved ones, Publix, or a hair care appointment? Most rides are in Palm Coast, but we travel as far as Jacksonville and Daytona for medical support. We try to develop schedules with our clients so our volunteers have some advance notice for their calendars. Terri Langan facilitates that process through email and our growing number of volunteers in that area are quick to reply. Many good conversations have taken place inside those vehicles!!!

In-Home Visitation: Grand Haven has its share of shut-ins and instances where partners are serving as primary care providers. A good way to meet people is to sit and visit, play games, or just be there for one of our home-bound neighbors. This is a real blessing for the caregivers as well. Sandi Walker leads this group and has a wonderful crew of volunteers.

Education: Heading into our later years has many considerations and being prepared is very helpful. So far, we have organized short gatherings where hospital staff have taught CPR, a resident has discussed Estate Planning, and a local doctor has given us input on gastro-intestinal issues. HFF hopes to provide several more events, maybe one a quarter or so. We have a small team starting to develop different ideas, another helper would be appreciated!

Outreach/Events: Marketing is coordinated by Julie Dolgin. To get our name out, HFF held a Karaoke event, an Arts and Crafts Fair, and a Golf Tourney in 2018. We hope to repeat these and maybe add a couple more in 2019. We could certainly use your organizational skills to help with the minutia that makes these programs successful!

SWIMMING POOL SERVICE

WALT MAZIE
Licensed & Insured
(904) 315-8388 (cell)
waltmazie@bellsouth.net

*Weekly Service
* Vacation/Out of town
* One time clean ups

Certified by NSPF
CPO#469326

Fundraising: A part of our neighborhood responsibility is to care for some of the deep needs within our community. In most instances, this refers to the needs of staff (golf course, village center, etc) that are beyond their means. However, on occasion neighbors have been surprised by an issue that exceeded their current capability. Whatever the reason, our executive group occasionally receives requests for financial assistance. Most funding is generated through the outreach/event group, but alternative options need to be researched to ensure adequate funds are available for future needs.

Please visit us at our website for more information or to volunteer; www.thehavenfamilyfund.org.



Submitted by: Brad Scott

Betty's Pro Window Cleaning LLC

Licensed and Insured

 facebook.com/BettysProWindows



Ken Kraemer
386.986.6069
386.447.7237

BettysProWindows@gmail.com

Home Cleaning Svc.
Window Cleaning
Pressure Washing
Drywall
Stucco
Painting



We were pleased to see such a warm welcome for Marc-Sea, the latest public sculpture to enter the Turtle Trail.

Grand Haven artist Paul Beau-lieu masterfully designed Marc-Sea after the Marc Chagall Peace windows at the United Nations Building in New York. Dr.



Mark Vogel, who sponsored the public sculpture chose the theme of peace and dedicated the sculpture to the Georgia Aquarium and the Flagler/Volusia Turtle Patrol, in which representatives were present for the dedication March 25. Dr. Steve Davidson, CDD President, accepted this public sculpture on behalf of the Grand Haven community. Special thanks to Barry Kloptosky and

his crew for preparing the site for "Marc-Sea's" new nest. Watch for announcements of four new turtles to join the Trail this year with "Pablo" being unveiled in the next few weeks; followed by a Degas-inspired sculpture. A Palm Coast-specific themed turtle is underway scheduled for a Founder's Day dedication in October at the Palm Coast Historical Society sponsored by Grand Haven resident Kathy Reichard-Ellavsky; this one will certainly make you smile like a Cheshire cat! Pat and Bill Verhagen, also Grand Haven residents, have sponsored a turtle to place at the beautiful serene park they created near their new office building off Colbert Lane by Waterfront Park and Grand Haven resident, Bettie Eubanks, has been asked to transform this turtle into a beautiful work of art. Bettie will be the first woman artist to design one of the turtles. Design concepts are under way, but of course as the turtle develops, it too shall have a name. Just to show you what a supportive arts community we are; six of the seven turtles are either sponsored by or created by Grand Haven residents! Seven turtles will have been hatched in 18 months!



dedication in October at the Palm Coast Historical Society sponsored by Grand Haven resident Kathy Reichard-Ellavsky; this one will certainly make you smile like a Cheshire cat! Pat and Bill Verhagen, also Grand Haven residents, have sponsored a turtle to place at the beautiful serene park they created near their new office building off Colbert Lane by Waterfront Park and Grand Haven resident, Bettie Eubanks, has been asked to transform this turtle into a beautiful work of art. Bettie will be the first woman artist to design one of the turtles. Design concepts are under way, but of course as the turtle develops, it too shall have a name. Just to show you what a supportive arts community we are; six of the seven turtles are either sponsored by or created by Grand Haven residents! Seven turtles will have been hatched in 18 months!

We're STARS in PALM COAST

Assisted Living & Memory Care Community



Call, Schedule your tour & Leave with a treat!
Please call:
386-225-4070



SABAL PALMS
ASSISTED LIVING & MEMORY CARE

2125 Palm Harbor Pkwy
Palm Coast, FL 32137

License #13103

SabalPalmsSeniorLiving.com



AND to all those that came out for our annual Picnic and Pops concert with the Jacksonville Symphony April 14 - while an early shower delayed our final set, it was a wonderful concert performance starting promptly at



8:00 pm and providing us a full 90-minute performance. Many commented it was some of the best selections yet conducted by Deanna Tham. Save the date for next year: April 19, 2020!

PCAF is launching a summer first Saturdays (June 1; July 6; and August 3) for vendors and shoppers to come out to our Creative Bazaars – arts and crafts and flea market treasures. Booth space is only \$30 (\$25 for PCAF members) – a great opportunity to clean out the garage and closets or put a group booth together for a charitable cause! Free to shoppers of course (8am-2pm). Call 386-225-4394 or go to www.palmcoastartsfoundation.com for more information.

Submitted by: Nancy Crouch, PCAF Executive Director

CDD Corner

We have a new resident in Grand Haven by the name of Marc-Sea, a sculpted loggerhead turtle! He was dedicated on March 25th at the Village Center (*see photo on page 6*) where his donor, Dr. Mark Vogel, and his artist, Paul Beaulieu along with supporters of the Palm Coast Arts Foundation and others joined for the unveiling. The dazzling color scheme on our turtle's back was inspired by Marc Chagall's Peace Windows at the United Nations. Our Marc-Sea joins two others in Palm Coast including Claude in front of the Arts Foundation and Tiff at the Long Creek Nature Reserve. Dr. Vogel chose to donate the turtle because of his commitment to the good work done by the Georgia Aquarium Conservation Program and the Volusia/Flagler Turtle Patrol.

If you haven't yet seen Marc-Sea then make it a point to visit him. He is located in front of the fountain so we ask that drivers and walkers, especially kids, be extra careful and aware that it is a busy spot. Also, since our loggerhead is an endangered species we ask that there be no climbing over the short wall to get a closer look.

If the addition of Marc-Sea isn't enough for you then get a load of the new playground equipment in the Tot-Lot near the

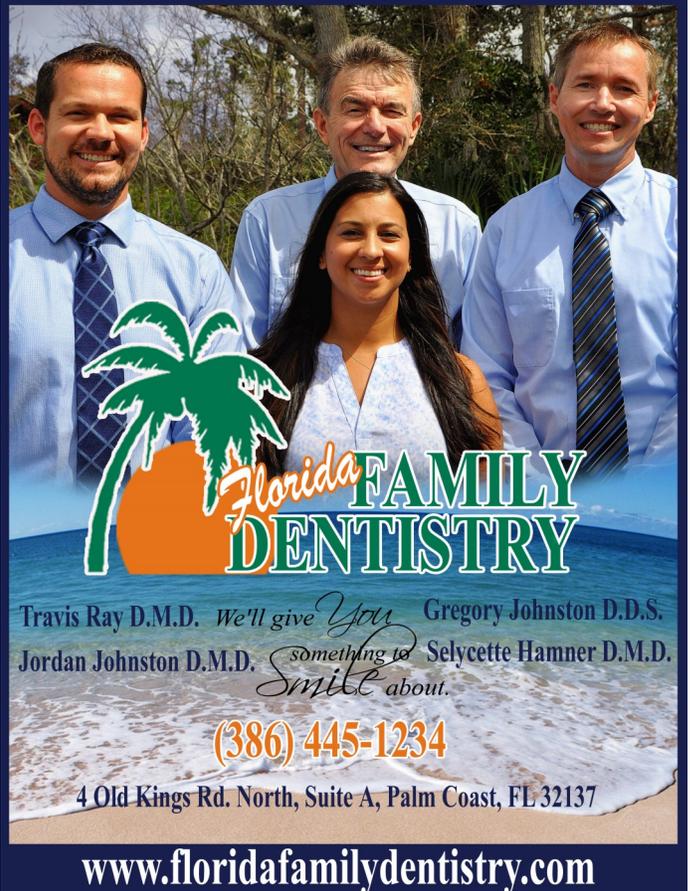
courts at the Village Center. The new playground has been open since February and has already become a hit with the kids not to mention parents



and grandparents. The equipment was manufactured by Little Tikes and is made of durable materials meant to provide safe fun for years and years. It includes slides, tubes, platforms and a climbing wall such as the Infinity-Side-Step designed to spark every kid's imagination. And, speaking of imagination, this equipment is connected with Biba; a free app for your cell phone that when used will create games and adventures for your kids that gets them to spend more time and energy on the recreation they need. See bibaventures.com for more information.

Submitted by: Kevin Foley, CDD Supervisor

Palm Coast's 1st Dental Practice - Serving the Community since 1976



Travis Ray D.M.D. *We'll give You* Gregory Johnston D.D.S.
Jordan Johnston D.M.D. *something to* Selycette Hamner D.M.D.
Smile about.

(386) 445-1234

4 Old Kings Rd. North, Suite A, Palm Coast, FL 32137

www.floridafamilydentistry.com



Relax...
We're Only Minutes
From Grand Haven

Cottage
HAIR SALON

**FULL-SERVICE HAIR SALON
& SPA SERVICES**

386.283.5614
15 Old Kings Rd. N. • Unit 3 • Palm Coast
palmcoastsalon.com

Live the Good Life in Palm Coast

Palm Coast can proudly claim a unique relationship with America's lazy, lovable feline GARFIELD. When ITT Development Corporation signed an exclusive agreement in 1985 with United Feature Syndicate, Inc. to use GARFIELD to promote Palm Coast it was the first and only "community" among GARFIELD's more than 220 licensees.

Seven years earlier the mischievous lasagna-loving fat cat had debuted in 41 newspapers.



The cartoon's creator, Jim Davis, grew up on a farm and decided to create a character based on the 25 felines he'd known as a child. He patterned the cat's name and personality after his grandfather, James A. Garfield Davis, who the artist described as "a large, cantankerous man."

By the time ITT signed the marketing agreement Davis' GARFIELD comic strip had become the fastest growing in history appearing in over 1700 newspapers in 20+ countries with a potential audience of 100 million readers.

ITT-CDC's vice-president of marketing at the time, Gerry Sorkin, explained the GARFIELD choice in an issue of the "Palm Coaster" magazine. "He's popular, he's funny...and he knows how to have a good time." The message, soon splashed over 130 billboards, was "Live The Good Life In Palm Coast."

Davis produced 20 original drawings of GARFIELD golfing, swimming, boating, playing tennis and happily enjoying the many ways to have a good time in Palm Coast. Each billboard posed a single question, "Rather Be Biking?"or Fishing?, or Dining? etc.

One of the most unique promotional items was the GARFIELD telephone which was awarded to purchasers of a new home. This piece of historic memorabilia and other GARFIELD advertisements are on display at the Palm Coast Historical Society and Museum in Holland Park.

Open on Wednesday (1:30 - 3:30 pm) and Saturday (12 Noon to 3 pm) the museum is FREE to all. Grand Haven resident and co-historian Art Dycke is available for appointments on Monday (1:00 - 3:00).

For information on rotating exhibits, upcoming



Landscape Center & Nursery

3 Acres of Nursery Products
Largest Selection of Plants & Trees

- Plants & Trees • Landscape Design
- Landscape Care • Paver Installs
- Landscape Consulting
- Irrigation • Landscape Lighting
- Statuary & Stone

Gospel Gardens...

Where Everything is Beautiful!

386-586-6947

Bill Campenella & Dan Gallagher, Owners
Find Everything you Need for Your Landscape Project!
www.GospelGardensLLC.com



2202 E. Moody Blvd • Bunnell

(across From the Courthouse next to the watertower)

*I am in charge
of how I feel
and today I am
choosing happiness*

events, membership rewards and more please visit our website at www.palmcoasthistory.org. To help preserve Palm Coast's legacy for future generations memberships are encouraged and begin at only \$15 annually.

As Davis explained, "GARFIELD never met a lasagna he didn't like, but he's a bit more particular with his Florida communities. Palm Coast is GARFIELD's kind of place."

Submitted by: Kathy Reichard-Ellavsky

Coyote = Canis Latrans = Barking Dog

Not usually associated with Florida but after 12,000 years this wily creature has, since 1970's, become re-established in every county. Eliminating wolves in the early 1900's opened the door for coyotes to "go east" and they are now part of Florida's ecosystem.

Coyotes have been mistaken for bobcats. A coyote resembles a mid-sized dog whereas a bobcat looks like a domestic cat on steroids. Coyotes, dogs and wolves are closely related canines. So it is easy to mistake a coyote for a dog with fur that varies from grayish brown to yellowish brown, narrow faces and bushy tails.

Coyotes are mostly nocturnal and crepuscular so it is more likely we would hear their barks or yaps rather than see them. They actually prefer to blend into their surroundings and not to be seen at all. Probably because of their own predators who trap them for their fur as commonly seen on Canada Goose parka collars. An ad lists a coyote fur jacket for \$2,500.

Kevin Barton, of the Wildlife Center of Venice, noted that people may have a misguided fear of coyotes and is not aware of any attack on humans in Florida. Coyotes, he says, are benefiting wildlife and the environment, and are helping to restore our natural systems by eating rodents, rabbits and feral cats.

The Florida Wildlife Commission estimates 12 million feral cats in Florida kill up to 31 million small mammals and 68 millions birds annually. Just one pair of cats and their kittens can produce 210,000 offspring in 10 years. A coyote cannot distinguish a feral cat from a roaming domestic cat so if owners leave pets unattended they become part of the food chain. So keep kitty safely indoors and never feed feral cats.

Submitted by: Anne Scuito



Austinteriors & ACCESSORIES



Services Include:

- ◇ Interior Decorating
- ◇ Complete Renovations
- ◇ Window Treatments
- ◇ Custom Bedding
- ◇ Custom Blinds & Motorized Products



2298 Colbert Lane, Palm Coast, FL 32137
386.503.9528



Thank you for
making
**Coastal Rehab &
Sports Medicine**
your *first* choice for
physical therapy

Coastal Rehab and Sports Medicine
520 Palm Coast Pkwy SW, Suite 101
Palm Coast, FL 32137
(386) 446-4101
www.coastalrehabfl.com

EXERCISE AND THE MIND BODY CONNECTION

It's great to exercise to burn off all the calories we consume, but more importantly data now suggests exercise for critical new reasons. Your motivation to exercise might change based on new information obtained from bona fide clinical studies. Aerobic exercise may benefit you in more ways than you think.

Aerobic exercises are defined as those that "stimulate and strengthen the heart and lungs, thereby improving the body's utilization of oxygen." Aerobic exercises such as walking, running, swimming and cycling are most common to us in Grand Haven.

Where does the mind body connection come in? According to a Harvard Medical School blog article, "aerobic exercise is as key for your head, just as it is for your heart." See the reasons and judge for yourself!

- **Dementia:** newly published studies show that physically fit women are less likely to develop dementia.
- **Immunity:** athletic adults have greater immunity to disease as their thymus gland produces more immunity cells to fight infection.
- **Muscle toning:** aerobic exercise can tone and even build muscle like weight training preventing injuries.
- **Heart and Lung health:** aerobic exercise trains our bodies to utilize oxygen properly which makes for less stress on our hearts and lungs. It also trains the heart, a muscle of its own, to prevent stiffening as they age.
- **Blood pressure and Cholesterol:** aerobic exercisers tend to have lower BP and lower cholesterol.
- **Mood:** aerobic exercise decreases stress hormones and releases endorphins. We've all heard of the runners high. Now it's the exercisers high. It may also reduce symptoms of depression.
- **Gut health:** aerobic exercisers release more of a fatty acid called butyrate which decreases gut inflammation.
- **Diabetes:** cardio/aerobic exercise improves the body's utilization of blood sugars and has shown to potentially cut diabetes risk in half!
- **Skin health:** regular exercisers tend to have younger looking skin. Researchers have identified the substance IL-15 on the skin after exercising

Tavolacci
Realty Inc.



Spring!
Into a
New home!

I live in this wonderful Community!
I can show you the beautiful Homes
that are Available!
Residential / Townhouses / Condos

Denise Gallo, REALTOR®
Your Real Estate Specialist!
CALL ME TODAY – 386-843-9177
Buying / Selling / Rentals
"I'm waiting to make your DREAMS come true!"
gallodenise@yahoo.com
200 S. Oceanshore Blvd
Flagler Beach, FL 32136

which they are studying further to explain skin benefits.

- **Brain health:** exercise is shown to increase the connectivity in the brain which may ward off memory loss as we age.
- **Chemo brain:** aerobic activities led to less fatigue in chemotherapy patients as well as better cognitive functioning.
- **Memory:** aerobic exercise is linked with increasing the size of the brain governing learning and memory.

There are so many compelling reasons to start or continue regular aerobic exercise. It not only tones our body, but provides increased blood flow and oxygenation which makes us healthier and clearer minded. So, fitting into our clothes is helpful but slowing the aging process is the best benefit of aerobic exercise.

Submitted by: Cynthia Kimmel, BS, MS, RN





Custom Window Treatments!

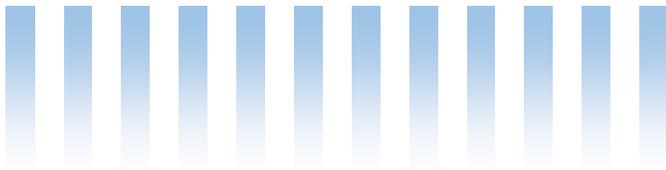
Designed just for you since 1997

We design, create and install your Custom Window treatments.

Draperies Valances Cornices
Sheers Cushions Pillows Bedding
Blinds Shades
Shutters



Ellen Stanford
Call for an in-home appt!
386-585-4828
Ellensewnsew.com



In addition to a new show every month, FCAL continues to offer daily classes in various art media, including a children's program; workshops from nationally known artists along with some brand new photography, watercolor and acrylic classes this summer and fall. For more information on events and classes, visit our website: www.flaglercountyartleague.org.

Submitted by: Ann DeLucia, FCAL President

Flagler County Art League

City Market Place
160 Cypress Point Parkway, Suite A208
Palm Coast, FL 32164



Create! Collaborate! Celebrate!

Flagler County Art League

Spring Comes in Like a Lion at the Flagler County Art League

April has proven to be a big month for the Flagler County Art League (FCAL), featuring both art and poetry at its Spring Show opening. In addition to a wide variety of art in all mediums, nearly 50 poems are displayed on gallery walls for visitors to enjoy through early May and major winners can be read and enjoyed on the website, as well. .

Best of Show in the visual arts is a dramatic acrylic

called "Ascension" by multi-award-winning artist Beverley Ulrich from St. Augustine. First of Show is an emotion-packed black-and-white photograph called "Afflicted" by a Flagler Palm Coast High School senior, Stephen DiMaria.



Interestingly, one of the winning poems is a companion with this work—a wistful poem called "The Saddest Most Beautiful Place in Georgia" by Miranda Campbell.

DiMaria, incidentally has also won an FCAL scholarship and will be studying photography at Daytona State College. Another FCAL visual art scholarship was awarded to Mario Saponaro of Matanzas HS, who plans to study illustration at Stetson University.

FCAL's next show, "Textures", opening on Saturday, May 11, will feature the tactile as well as the visual along with the Gargiulo Art Foundation's companion show, highlighting the work of Robert Mielenhausen, Joan Mangano, Sunny Vincent Ewanchew, and Grand Haven resident Stephanie Salkin.

Stephanie Salkin, poetry co-chair and first place winner Peter M. Gordon of Orlando, who won the top award with his rueful piece called "After Dog-Sitting,"





Email Communications from the GHMA

As the GHMA continually attempts to deliver Association information, updates and news timely and cost effectively using email, it is vital that each Association Member maintain their current email on file with the SSMG office. Most recently the GHMA sent out an E Blast regarding a Short Term Rental legislative initiative that was being tracked along with potential local impacts. If you received that E-Blast (there were 2 of them... first one on 4/4/2019 and second one on 04/05/2019), then chances are we have your most current email address on file.

If you **DID NOT** receive them, please email Michele Logan at MLogan@SSMGroupInc.com with:

- The Grand Haven Property Address that you own
- All email addresses that you would like to have in your account to which email should be sent

Anytime your email address changes or you would like to add an additional email address to your account, please email your request to Michele. REMEMBER, if you are getting the emails, but it is blank or stripped of the content then you have not added SSMG to your "safe sender" list. Thank you for your participation in keeping Grand Haven Grand!

(Please remember, GHMA email list is separate from the Amenity Center eblast list.)

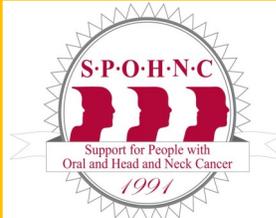
Submitted by: Troy Railsback,
Community Manager



Executive Office Space

available for lease at
Grand Living Realty
2298 Colbert Lane

For more information,
Call 386-447-0800
or inquire within



THANK YOU GRAND HAVEN

On a picture perfect Saturday morning, an enthusiastic, generous and happy crowd was eager to participate in the 7th Annual SPOHNC Fundraiser

Funds raised by SPOHNC help increase awareness of head & neck cancers and support patients, their families and caregivers like Lewis & Amy Beilman, who organized the event

Special **thanks** to Robert, Charlie and the Amenity Center staff who staged the event and to all who participated & donated



GRAND HAVEN GOLF CLUB

Welcome to spring! This is our favorite time of year; when we are coming into the growing season, the course is in great shape and the weather is perfect! If you are a new resident and have not had the opportunity to play the course, I encourage you to sign up for our "Member For A Day" program! This includes 18 holes of golf, lunch in the restaurant, range time prior to your tee time and a tour of both the clubhouse and golf course. Call the membership office to set up your Member For A Day!

Have you already played the course and looking to join the club? Sign up for the Trial Membership! This 3 consecutive month program includes golf benefits of unlimited green fees (cart fees will apply), unlimited range plan, access to all club leagues, tournaments and events, guest privileges and discounts in the golf shop! The Trial Membership is a perfect stepping stone into the golf membership. Contact the membership office to sign up today. (Now offering a \$500 signing bonus when you join as a Grand Golf Member. Call to find out more!)

Thinking of hosting a charity tournament of your own? Stop by the club to see how the team can assist in making your tournament its most profitable year yet! Planning a new tournament? The details can be overwhelming! The Grand Haven Team will provide templates, time lines, check lists and assistance every step of the way. Come by the golf shop to find out more and meet the whole team!

For more complimentary tours and information, feel free to come by the club. Appointments recommended but not required. Please call me at 386-445-2327, ext 6 or email at jharper@grandhavengc.com. Open Monday through Sunday 7am to 5pm. We look forward to seeing you soon!

Submitted by: Jeri Harper, Director of Sales



Neighborhood Watch

Our Mission Statement

The Grand Haven Neighborhood Watch has been organized to promote the awareness and education of residents in crime prevention and to help maintain our quality of life. Our mission is to keep our neighborhood as safe as possible, to encourage residents to be observant, report all suspicious behaviors and all crime incidents to the police and follow stated procedures to make pertinent crime information available to the community. Village Captains should maintain communication with village residents in person, by phone or e-mail, working toward our goal of zero crime in our community.

For the past seven years, Administrator Pat Maloney, has played a crucial role in the success of the program. After much consideration and sadness, Pat has announced her resignation, effective April 30th.

To continue the program's success, we need a volunteer to assume Pat's position. For further information, please contact Pat at 386-864-7195 or email Pmal37@aol.com.

On behalf of the Neighborhood Watch program, I would like to thank Pat for her tireless efforts to help keep Grand Haven safe.

Submitted by: Lisa Mrakovcic





Come Celebrate
Memorial Day
at the Village Center

Monday, May 27, 12 Noon—4 PM

Adults \$10, Children \$5

(check future email blasts for menu details)

Caribbean Crew Steel Band

(12—3)



GHMA NEWSLETTER

Grand Haven Master Association, Inc.

P.O. Box 354785

Palm Coast, FL 32135

PRESORTED
STANDARD
U.S. POSTAGE
PAID
DAYTONA BCH FL
PERMIT #447

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