

GRAND



HAVEN

www.grandhavenmhoa.com

Volume 14, Issue 1, February, 2021

The Oak Tree

President's Message

Well, 2020 is gone and the new year is before us. Hopefully, it will be a year that brings an end to the pandemic, a revitalized economy and a reconciliation of the divisiveness in our country. Let's all hope for the best and cope with the rest.

The GHMA elections were held on January 7th and the three incumbents were re-elected for an additional two year term. I wish to extend the Board's gratitude and a very special thanks to those residents who volunteered to assist in the vote counting during the election. The Board is looking forward to the upcoming year, the ability for increased social interaction and with that, the resumption of in-person meetings. Although 2021 will undoubtedly bring with it new challenges, I have no doubt that the current Board is more than capable of effectively dealing with them.

Over the years, I have come to realize that Grand Haven residents have differing views of the role and responsibilities of the GHMA Board. Well, since we are in the beginning of a new year, this might be the ideal time to attempt to clarify that question. The primary responsibility of the Board is to enforce our Governing Documents (which can be found at grandhavenmhoa.com) and more specifically, the CC&R's (Covenants, Conditions & Restrictions), in a fair and equitable manner. At first glance, this sounds like a relatively simple task. However, this "simple task" becomes extremely complex when you realize that our community is comprised of 27 Villages, 1900 residential lots, over 4600 residents and approximately 22.5 miles of residential streets. Despite the size of Grand Haven and the fact that not all Village CC&R's are the same, our Community Managers strive to ensure that every property is treated in a similar fashion. No one receives special treatment and no one is singled out. This is an on-going directive of the Board which is implemented, to the best of their ability, by Southern States Management Group.

A secondary, but equally important responsibility of the Board is to function in a manner that is consistent with the majority of the property owners of Grand Haven. Any community as large and diverse as ours will have its share of special interest groups. Although the Board will always recognize the request of these groups, its decisions will always be based upon what is consistent with our Governing Documents and in the best interests of the entire community.

This gives rise to another point that requires clarification. There undoubtedly will be times when the Board will not support the wishes or requests of an individual property owner. This is never the result of an arbitrary decision or a personal dislike of a board member. When such a decision is made, one that often frustrates and/or angers the property owner making the request, it is done so because the request is in direct conflict with our Governing Documents or that granting the request could have a negative impact upon surrounding homes or other Villages in our community. A majority of our property owners choose Grand Haven because of its

continued on Page 3

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 19
 2 PM, Friday, March 19
 2 PM, Friday, April 23
 2 PM, Friday, May 21

WHERE: Creekside Amenities Center
 2 North Village Parkway

Until further notice, meetings are held via tele-conference. Contact Southern States for details on how to participate.

GHMA Board Members

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The Oak Tree

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

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

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 at www.heart.org



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President's Message....continued

ambiance, its heritage and the protections offered by the Governing Documents. It is the Board's responsibility to ensure that those features and protections are maintained.

Although an individual or small number of property owners may be upset by a decision of the Board, our Governing Documents, the overall welfare of our community and the maintenance of residential properties will always be the priorities of the GHMA Board. That is our mandate and therefore, a primary fiduciary responsibility of the Board.

Thank you for your support, involvement and participation in Board activities. Stay informed by joining us at our monthly meetings. Your input is both welcomed and valued by the Board.

Submitted by: Rob Carlton, GHMA President

Scoop On Poop

As Editor of your community newsletter, I can tell you that the **single thing** that I am most often asked to write about is PET OWNER RESPONSIBILITY!!! People stop me in the Village Café, at the Grand Haven Woman's Club meetings, in the Fitness Center, even when I am in Publix!! Most pet owners are very responsible....they even take a flash light with them when they walk their dogs at night to ensure that they can "clean up" after their pet. But for those few who do not, it is not just rude to ignore the clean-up process, it is against the law (*Palm Coast Animal Control codes sec s 8-36, removal of pet waste*). It is also a health hazard...abandoned dog waste can host diseases and/or parasites which can infect other dogs that accidentally step in it and track it home. It is not fertilizer AND it pollutes the water in our detention ponds.

Along with the unconditional love that dog brings to you comes the responsibility to take a bag with you when you walk your loving family member! Oh, and don't forget to use it and properly dispose of it! To all of our Grand Haven dog owners who are responsible, your neighbors say "thank you."

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Flagler County Art League

The Flagler County Art League is off to a great start. The year launched with our 9th Annual Juried Photography Show, the first gallery opening since the pandemic lockdown. At the same time, we are continuing with a concurrent website showing of the event. The gallery exhibition is open until February 9th and longer online. Notably, the vast majority of the 93 entries comes from all over the nation, not just Florida. The gallery is open Fridays and Saturdays, from 1-4 p.m., for the duration of the event (masks and social distancing required).



"Intensity", Best of Show by Steven Barger

"Faces and Figures," our next show, will be a virtual one (online only), opening February 28, 2021. Registration is currently being accepted on our website: www.flaglercountyartleague.org and through [CaFE \(www.callforentry.org\)](http://www.callforentry.org).

At the same time, FCAL is featuring a new educational concept, "Art for the Fun of It." This is a program that emphasizes "fun" art rather than "fine" art. "We envision it as a way to connect all artistic levels together, rather than



Fun Art, Gift Bag Project

working to improve the methods and approaches for fine artists only," says FCAL president Francie Shepherd. "You don't have to be an exceptionally talented artist to have fun and learn creative expressions of art in these mini-workshops."

This program will be offered initially via Zoom at an average cost of \$35 per class, using simple, inexpensive materials. Each workshop will be instructor-led and designed for the novice, with an eye toward developing creativity and artistic expression.

In addition, FCAL will continue to offer its full education program, again, via Zoom for now. Check the website at www.flaglercountyartleague.org for information.

Submitted by: Stephanie Salkin

No Rest for the Wicket

The **Grand Haven Croquet Club** hopes everyone had a wonderful holiday season.

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



It's not your backyard game by any means; 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 national croquet organizations such as Croquet Canada and the United States Croquet Association, whose mission is to promote the growth and enjoyment of Croquet, and to govern the sport in America. Since the early 1980's the number of competitive players in North America has grown from 50 to over 8,000, and we have our own champions here in Grand Haven.

The sport of croquet is so popular, that we have residents who specifically moved to Grand Haven because of the croquet courts, and club. An excerpt from the WSJ, May 2019 stated *"The sport's popularity among retirees isn't just about finding a joint-friendly activity. They say they enjoy the social aspect of the sport and the fact that it's easy to learn. The result is that properties with croquet courts, especially in Florida and North Carolina, are very hot,"* right now, says Sara Low, president of the U.S. Croquet Association, a trade group with roughly 200 member clubs throughout the country. "

Croquet can be as competitive or social as you want to make it. The **Grand Haven Croquet Club** plays six-wicket, golf and the newly introduced "Aussie" croquet. 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 fun.

See you on the courts!

Submitted by: Patti Paukovich



— THE — HAVEN FAMILY FUND

I'm writing this in the middle of December 2020 in a snowstorm in NYC; some might think the topic is a little strange, a little "off-key" for the end of "THIS" year. Many of us lived through some tough times; fought some really hard battles with health, finances, or just getting through the unknowns that were thrown at us during one of the most unusual years of our time. And, prognosticator that I am, it probably isn't over as you read this in February '21. Yet, it will be of no benefit to any of us to believe that the light we see at the end of that COVID tunnel is another train coming to run us down!!

So – the quotes. Two are so ingrained in most of us that I will only name the authors ... Winston Churchill and JFK. Fear is potent and right now too active in what we see and hear around us. But fear can't stand up to a vibrant heart, one filled with Thanksgiving. And what you can do for others helps fuel that thanksgiving – offering what you can to others brings a cornucopia of joys!!! So that brings me to an Indian Nobel Prize winner from the 1800's, Rabindranath Tagore ... "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

So my Thanksgiving today surrounds the opportunity to sleep in such a wonderful community as GH, dreaming of all the opportunities this neighborhood provides!! Honestly, I haven't yet really found that all of life is service – I like my tennis and golf too much?? However when I've served, especially with the Haven Family Fund, I have found joy.

2020 took us on a rough ride. Fear, distrust, living with the unknown – it all takes a toll. If you're ready to recharge, if you want a little piece of that joy back in your life, please visit our website at www.thehavenfamilyfund.org to learn more. Eighty of your neighbors would love to have you join us to drive friends to appointments, visit with shut-ins, or organize group meetings (when that is allowed) to learn about life issues. Maybe there is no "I" in team, but there can be a "U" (you) in ours!!!

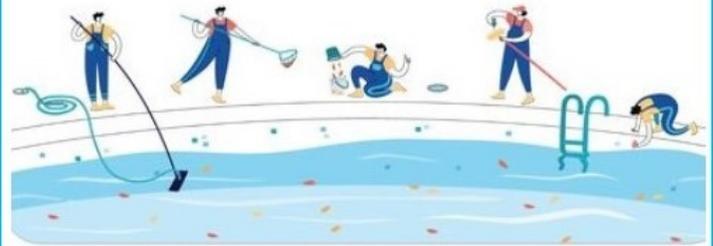
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Submitted by: Brad Scott, Haven Family Fund

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Grand Haven Woman's Club

While the pandemic forced the GHWC to cancel its membership meetings since March, 2020, it hasn't stopped our members from volunteering to help support those in need in Flagler County. Our Community Service Program Chairs have organized collection days and the following has been donated in the last few months:

Family Life Center: The Family Life Center is a not-for-profit social service organization providing no-cost services to individuals and families experiencing Domestic or Sexual Violence. The GHWC members donated \$1,040 in monetary donations and \$1,800 in kind donations.



Grace Community Food Pantry: Grace Food Pantry helps local children and families, seniors and active and retired military members who struggle to put food on their table. The GHWC members donated \$5,050 in monetary donations and 2,963 pounds of food. Mem-



bers of the Health & Wellness Committee were featured in an article in the Palm Coast Observer about their help in sorting food for the Thanksgiving Feed Flager program.

L to R: Gail Naworal, Terry Burde, Patty Heartsfield, Annette Felahis

Giving Store: The Giving Store allows local children in Kindergarten through 5th grade in Flagler County the opportunity to select Holiday gifts for each member of their household free of charge. The goal has been to teach these children the "Joy of Giving" during the holiday season. The GHWC members donated \$250 in monetary donations and \$5,379 in kind donations.

Our Father's Table: Palm Coast United Methodist Church provides a weekly hot meal to members of the community who are in need. The GHWC members donated \$1,000 in monetary donations. Numerous members of the GHWC cook and provide food on a weekly basis.

The GHWC **Material Girls** were busy making hat/scarf sets for those who frequent the Soul Café at First Methodist Church in Bunnell prior to Christmas. Those mem-

bers continue to produce chemo caps, amenity bags and many other items delivered to a variety of organizations for those they serve.

The Environment Committee members delivered old flags to the VFW for them to be disposed of properly as part of our Tattered Flag Program.

The Education Committee continues to support many programs of the Flagler County Education Foundation and the Flagler Schools through the STUFF Bus, the "Bag of Books" and scholarship and mentor programs.

The Civic Engagement Committee brought us information about the 100th Anniversary of the 19th Amendment, giving females the right to vote in all elections. The members also participated in the "Holiday Cards for Our Troops" with 663 cards sending a personal, caring message of thanks and holiday greetings to military personnel serving far from home and loved ones. They also kept us informed of the 50th Anniversary of the founding of Palm Coast.

The GHWC has also had to postpone a few of our fundraising events, but stay tuned as we hope to be able to announce new dates for these events. Feel free to visit our website at Ghwomansclub.org for more information on all of the GHWC activities.



GRAND HAVEN WOMAN'S CLUB hosts its annual Tennis Tournament

Saturday, April 21,

Start Time: 8:30 AM, \$45 per player
All abilities welcome

Boxed Lunch will be served around the
Pool area or to take home along with a
50/50 Raffle and silent auction
(Must Be Present to Win)

Non-players may purchase lunch tickets
by April 3 for \$12

For further information or to purchase tickets,
Contact Maureen Pellegrini,
maureenpellegrini@gmail.com or cell phone:
860-989-4148



It has been a year now since our outdoor stage top was blown away in a freak gale storm, all while our actors were preparing for our Shakespeare in the Park performance of Romeo and Juliet. Thanks to a good Samaritan, a new tent top has been resurrected. So, what hits us all next? COVID. Like our partner not for profit organizations, and many for profit businesses, this has been the single most challenging year when revenues rely on events and programs.

Watch for news as PCAF is *RE-IMAGINED*. When obstacles hit square on, adjustments are inevitable.

We undertook our first virtual play created in a studio in St. Augustine. Directed by Anne Kraft and starring Annie Gaybis and Peter Gutierrez, we hope you had a chance to watch the performance of *Two for the Seesaw*, a remake of the 1958 Broadway play with Anne Bancroft and Henry Fonda, and later a film adaptation with Shirley MacLaine and Robert Mitchum. This was our first joint production with the City Repertory Theatre and a “virtual” experiment and appreciate the underwriting support of Parkside Realty.

We are excited to announce another venture. PCAF has been asked to join Grand Gallery at Grand Living Realty. The purpose being to promote Palm Coast artists, neighboring artists, and artist groups by providing a venue to show their work. The gallery in conjunction with PCAF will continue to be curated by Palm Coast artist and Grand Haven resident, Jan Jackson, also the artist of Turtle #9, *Vincent*.

And while on the subject of turtles, expect news of five new turtles in the coming months to be added to the public sculpture Turtle Trail. “Journey” our Florida Highwaymen turtle is being created by Grand Haven resident and artist, AJ Barr and proudly sponsored by her and her husband Sam Brunetti and Dr. Awilda Hamilton and Hayes Jackson also GH residents. This will be our first indoor turtle at the Government Services Building in late February. “Alice” will be installed at the Flagler County Library in Palm Coast based on the *Adventures of Alice in Wonderland*; “Beverly” will be unveiled in Beverly Beach; and two more turtles are in their concept stage. The Flagler County Tourism office has reprinted the Turtle Trail rack cards for visitors and residents. Our Trail can be found on our website for those wanting to enjoy an afternoon visiting all the turtles and learning of the artists that inspired each sculpture.

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RE-IMAGINE. The arts district will begin to take shape and partnerships with the City are already being planned. Events later in the year, hosted by the City on our Town Center site, will breathe new life into what will become a thriving area of cultural entertainment.

Partnering with the City Repertory Theatre (CRT) allows them an outdoor arena in which to continue their season of performances. While we have deferred our annual Shakespeare in the Park until next year, they have a stellar program in place. *RE-IMAGINE*. More collaborations with area not for profits are in place allowing us all to support one another during these difficult times.

We appreciate the dedication and commitment of our patrons, members, and art enthusiasts and look forward to rolling out the landscape of our arts district. *RE-IMAGINE*.

Submitted by: Nancy Crouch,, PCAF Executive Director



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Typically, a rain sensor will operate for five to eight years before needing to be replaced. To check go out to the rain sensor and manually activate the switch. Do you hear it click?

These actions will ensure the demise of the Nighttime Bandit. Let me know if you found this article useful. ljackson711@gmail.com

Submitted by: Leigh Jackson, MADC Chair



MADC CORNER



The Nighttime Bandit

He will not awaken you in the middle of the night to observe him as he quietly waters your lawn, driveway, and street. But you've been advised that 3:00 AM is best time of day to shower your grass and landscape. Now may be the time for your lawncare professional to check for criminal behavior on the part of your irrigation system?

You pay dearly for the water used to irrigate your lawn. If you are watering the sidewalk and driveway too, you are paying for water that is running off into the sewer system and doing your lawn and landscape no good whatsoever. No cause for alarm. Arrest this theft of water by merely adjusting your sprinkler heads.

If you are a typical homeowner, you probably assume the irrigation system will function as designed without flaw for years or even decades. However, just like any other piece of equipment, some irrigation system maintenance will eventually be necessary. It is recommended that homeowners personally conduct an inspection twice a year.

Keeping your irrigation system in fantastic condition will pay you back with years of efficient watering that conserves water as well as your savings. Here are a few helpful tips to maintain your irrigation system:

- Make sure that all the sprinkler heads are working. Unclog or replace heads that are malfunctioning, broken, or missing.
- Clogged nozzles can cause dry spots in the landscape but can often be cleaned in no time at all.
- It is easy to twist a spray head, aligning the nozzle pattern with the plants it is meant to irrigate. Adjust sprinkler heads to be at right angles to the soil surface.
- Change your controller settings with the seasons so you are watering with the correct frequency.
- Know how long it takes for your sprinkler to water an inch of turfgrass for optimum health. An efficient sprinkler system should deliver 1" of water in 15 minutes.
- Install a rain or rain sensor to save more water. According to a recent study in Florida, the use of a rain sensor device averaged a 45% savings in water for single-family residential water usage.

← ← ← Continued

EAGLES NEST

Our resident eagle pair, Samson and Gabrielle, are well into their nesting season. Their relentless preparation has proven positive, as their first egg was laid on New Year's Eve, and the second egg was laid on January 3 (two weeks ahead of last season). Records have been meticulously kept since 2008 indicating they are the 24th & 25th eggs laid at this nest.

Other than an occasional bothersome Barred Owl at night, this season has been pleasantly peaceful at the nest without disturbance by intruding eagles. Gabrielle continues to be demanding (as the female typically is) and Samson continues to be a great mate and faithful provider. They have great rhythm sharing incubation duty like pros. Gestation period is approximately 35-40 days.



Early in development the embryo develops a "pip tooth". As the eaglet is ready to hatch (through much effort) the pip tooth pokes its way thru the egg indicating the first

step of the hatching process. Over the course of approximately 24 hours (or more) the egg's "Pip hole" gets bigger. When the egg cracks, the hatchling slowly makes its way out of the egg, thoroughly exhausted and totally dependent on its parents for survival.

Providing all goes well, Samson and Gabrielle should have two hatchlings before this Newsletter is distributed. The estimated first pip date is February 4 with a complete hatch likely a day later. The second egg will likely hatch within two days. It's all fine in the pine!

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

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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!

As always, **Sidewalk Maintenance** for the portions of the sidewalk in front of your home is a very crucial responsibility for each individual property owner. Please take a moment to review the conditions of your sidewalk panels for any deflections or inconsistencies in height that could result in a tripping hazard. Also **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).

Your 2021 Annual Assessment...

As a reminder, your 2021 Annual Assessment of \$145 was due January 1st. The GHMA Annual Assessment funds the compliance activities for the community Covenants, Conditions and Restrictions (CC&Rs), facilitating the Architectural Design Committee (ADC) review process, management, accounting services, legal fees, insurance, newsletter/communications and all other operating costs of the Association, including periodic maintenance of foreclosed/deserted properties. If you have any questions regarding your assessment please contact Southern States Management Group at (386) 446-6333.

Submitted by: Troy Railsback, SSMG



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CRITTER CORNER

SNAKES ALIVE!

Of the 50 plus different kinds of snakes in Florida, only five are venomous. In general, snakes are not aggressive and do not chase people, so the rule is leave them alone and watch your step. Many people fear these strange slithery creatures, including the most commonly encountered in Grand Haven, The Southern Black Racer.

This harmless snake moves faster than most snakes, hence its name. Mostly recognized by its zigzag gait, it is 2 – 4 feet long, has a white chin, big round eyes and a grayish/black body.

It should be welcomed in our yards because it keeps the rodent population under control and does eat other small snakes. It is of comfort to note that other snakes avoid it and there is no need to panic when it slithers into view or pokes its head out of a shrub. The babies are skinny little guys, either tan or gray, with reddish/brown blotches down the middle of the back that fade as it grows to 12 inches. These blotched babies are often mistaken for other nasty little snakes.

Interesting Facts:

- ◇ A snake has no ears but senses vibrations through its skull or jawbones.
- ◇ A snake's tongue is its strongest sense and sticks it out through a notch in its closed lips. It uses a sensory organ on the roof of its mouth to identify objects.
- ◇ Snakes jaws are not hinged and so it can easily swallow large prey.
- ◇ A snake has no eyelids and cannot close its eyes.
- ◇ To shed its skin, it lubricates the area between the old and new making it easier to slide out.
- ◇ FAQ – snakes urinate and defecate through a cloaca, a vent between body and tail, if anyone wishes to check!

Submitted by: Anne Scuito



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Are You Ready to Play Games?



Please join the
Grand Haven Woman's Club for the 2021
Gloria Sanchez Memorial
Day of Games on Monday, May 17

Gather your group of fellow players and enjoy Mah Jong, Dominoes, Canasta, etc. Seating is limited & masks are required

Where: Grand Haven Golf Clubhouse
When: Monday, May 17, 10 AM—2 PM
\$35/person includes boxed lunch

To learn more and to register, visit:
Ghwomansclub.org/
Event Registration/Day of Games



CDD CORNER

I am pleased to introduce Dr. Merrill Stass-Isern and Mr. Michael Flanagan as your newest CDD board members. Merrill is a retired ophthalmologist and a 10 year GH resident. Michael formerly ran a construction company and served on several community boards.

Chip Howden has been elected Chairman and will ably lead us at this important time given the many issues we face as amenities and infrastructure show their age. I can assure you that the new board is committed to keeping Grand Haven grand!

The new board sees the need for better communications with residents so one easy strategy is to e-blast notes from each meeting promptly to residents.

Following is a summary of the notes from the last two meetings and workshop.

- ◆ Sue O’Lear of Vesta has moved on to another assignment and John Lucansky has been brought in as the Assistant Amenity Manager
- ◆ Meetings and workshops will have new start times of 9 AM.
- ◆ The board approved two regulation-size croquet courts on the Creekside soccer field. The practice court at the VC will be changed to another use.
- ◆ VC locker room improvements will be phased-in and may include new showers, fixtures, tile floors and lockers over time. New lights and fans have already been installed and the floors were specially cleaned.
- ◆ The board approved 2 new pickle ball courts to be constructed on the west side of the existing courts
- ◆ Road repaving should re-start in FY 2022 (fall 2021) beginning in the Crossings
- ◆ Sidewalk damage is an on-going problem. The board authorized another \$75,000 for repairs. Management will present alternative oak tree management strategies at the March workshop in an effort to mitigate damage to roads and sidewalks.
- ◆ Reminder to residents that dogs are not allowed at any amenities (other than the Wild Oaks dog park) with the exception of service dogs. In no case, can the amenities be used for dog recreation, service dog or not.
- ◆ An on-line resident directory will be tested by board members in the coming days and a roll-out to all residents is expected shortly thereafter.
- ◆ A request-for-proposal for amenity management was approved and will be advertised immediately.

- ◆ The VC project will be completed when the stone around the column bases is installed. The material is expected on or about 2/1.
- ◆ The USPS has given us responsibility for the mail-box kiosks. A public hearing will be held at the next meeting regarding fees for lost keys.
- ◆ Our engineer found substantial space for additional parking in the VC parking lots. The board will consider expansion of the north lot at the March meeting that would add a net of about 17 more needed spaces.
- ◆ The board authorized management to install an audio/visual improvement system to greatly improve the audio/visual experience for those who virtually attend meetings and workshops.

The board asks all residents to please take measures to be safe as the pandemic intensifies and to follow the rules laid out by Amenity Management that are designed to promote social distancing. E-Blasts from Amenity Management will continue.

Submitted by: Kevin Foley, CDD Board of Supervisors

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Palm Coast Historical Society

Remembering Jon Netts, former City of Palm Coast Mayor, Councilman, and Palm Coast Historical Society President

Jon Netts and his wife Priscilla arrived in Palm Coast in 1992 when the population was approaching 20,000 residents. Flagler Auditorium had opened the previous year. The private Palm Coast Yacht Club had just broken ground for its clubhouse adjacent to Long Creek Nature Preserve along Palm Harbor Parkway. The arts and boating would remain central to their lives for years to come.

The first phase of Palm Coast's 50 year history began in 1970 when International Telephone and Telegraph officially received prospective buyers at its Welcome Center along Clubhouse Drive. The second phase began at midnight on December 31, 1999 following a successful vote for the incorporation of Palm Coast to become a City. This was the beginning of what Palm Coast Historian and Grand Haven resident Art Dycke described as a "dynamic decade."



Priscilla Netts, Art Dycke, Jon Netts

Jon Netts played a central role in shaping the future of what was dubbed "a Millennium City" first as a Code Enforcement Officer and later as a City Councilman beginning in 2001. He was elected as Palm Coast's second Mayor in 2007 following the resignation of the City's first mayor, Jim Canfield.

Voters would reelect Netts to a five-year mayoral term in 2011. Throughout his tenure Jon would stress infrastructure improvement, economic growth, and environmental protection as the central themes of a high quality of life for Palm Coast's citizens. As our population currently approaches 92,000 these goals remain central to the City's mission.

Jon's extensive first-hand knowledge of the City made him an invaluable contributor to the Palm Coast Historical Society, serving as its President until early 2020. Whether purchasing name tags for volunteers or a pedestal to better display a Timucuan Indian sculpture, Jon and Priscilla both became hands-on members of a Society

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dedicated to preserving, protecting, and promoting the history of Palm Coast and its people.

For more information visit www.palmcoasthistory.org or follow us on Facebook. The museum is open Wednesday and Saturday from 1 - 3 pm or by appointment.

Submitted by: Kathy Reichard-Ellavsky, PCHS Vice President

SPECIAL THANKS

For the last 13 years, Dr. Steve Davidson has served on the Community Development District as both a Board Member and, most recently as Chair. He chose not to run for re-election in November; however, he remains very involved in other community activities.

While it may not have always seemed like it over the years, the residents are very appreciative of not just the time and energy Dr. D volunteered to help keep Grand Haven grand, but also that he was willing to tackle several challenging issues and see them through. He developed working relationships with Flagler County, City of Palm Coast and St. John's Water Management District. Steve also was instrumental in the development of the Firewise Program as well as the Grand Haven CERT Team.

He was responsible for the creation of the Grand Haven emergency communication network and has volunteered countless hours on behalf of our community. Most residents are not aware of the impact that Dr. D has had on ensuring that Grand Haven was always considered to be one of the premier communities in this area. His leadership and understanding of the needs of the residents as well as the structures and facilities of Grand Haven will have a positive impact upon our lifestyle for many years to come.

On behalf of the residents of Grand Haven, THANK YOU, Dr. Davidson!



Neighborhood Watch

Your Neighborhood Watch Team is encouraging everyone to remember that just because you live in a gated community, doesn't mean that crime won't happen here. Please keep these tips and suggestions in mind every day:

- Call 911 if you feel you are being threatened.
- Remember to keep the non-emergency Sheriff's telephone number handy – 313-4911.
- Get to know your neighbors and rely on the trusted ones when you are away.
- If your vehicle is left outside, lock it!
- Look for strange vehicles in driveways or parked on the street. If you know it is not a welcome visitor, call the non-emergency number.
- Pick up papers in the driveway so they don't accumulate.
- Call your neighbor if they forget to close their garage door.
- If you are unsure about whether you should call the Sheriff's Department, MAKE the call! They encourage it.
- Report ALL crimes to the Sheriff's Department. If they don't know that crime is happening, how do you expect them to respond to it?
- Don't start rumors. If you don't know the information to be factual, don't discuss it.
- Get involved! Volunteer to be a Neighborhood Watch representative.
- So, stay alert, stay diligent, be a good neighbor and don't give criminals open opportunities to commit crimes.

Make it tough on them

Submitted by: Colette Moran



LAUGHTER... Could it just be the best medicine?

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

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

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

Contributed by: Harriet Kohen, PhD, RN



LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.

Mentor A Student Make A Difference

The Flagler County Education Foundation has created several opportunities for community members to get involved as mentors. You may be aware of the Peter & Sue Freytag Take Stock in Children (TSIC) program offered by FCEF. This program helps economically disadvantaged students achieve their educational goal of going to college or career & technical college by offering a free 2-year prepaid college scholarship upon completion of the program. The student works with their mentor throughout their 4 years of high school as a part of the program

Another mentoring program offered through the Foundation is Classroom to Careers Career Coaching. This program is made possible through a generous grant provided by United Way Volusia/Flagler. The program provides the opportunity for career veterans to be matched with an aspiring career-minded student. The partnership will result in gained knowledge regarding targeted industries, educational requirements for a particular career, soft skills training, and a bond to last a lifetime.

The application process is currently open for new students to enter the Take Stock In Children program. FCEF anticipates onboarding approximately 17 students in the fall. This will require more mentors being brought onto the team. If you are interested in becoming a TSIC or Career Coaching mentor please contact Christy Butler, Student Services Coordinator for both programs at butlerc@flaglerschools.com or 386.682.0158.



Flagler County
Education Foundation

GHMA NEWSLETTER

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