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19700 N 76th Street Unit 2122 Scottsdale AZ 85255 2 Bedroom | 2 Bath | 1,729 Sqft | Village at Grayhawk | Offered at \$389,900 CALL BVO at (480) 999-3238



19700 N 76th Street #1173 Scottsdale AZ 85255

3 Bedroom | 2 Bath | 1,729 Sqft | Village at Grayhawk | SOLD for \$375,000

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"Anyone who dreams of an uncommon life eventually discovers there is no choice but to seek an uncommon approach to living it." - Gary Keller, The ONE Thing



Andrew Bloom REALTOR®, Senior Partner Andrew@BVOLuxury.com



David Van Omen Associate Broker, Senior Partner David@BVOLuxury.com



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Features







Our Desert
Our Home

GRAYHAWK STAFF



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INSIDE SCOOP

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Grayhawk Community Association



7940 E. Thompson Peak Pkwy. Suite 102 Scottsdale, AZ 85255 www.grayhawkcommunity.org Phone (480) 563-9708

Fax (480) 563-9709

Talon Guardhouse/Roving Patrol (480) 502-7685

Raptor Guardhouse (480) 502-5078

Hours of Operation Monday - Friday 8:00 am - 5:00 pm

Manager's Corner



The 2020 budget season is upon us (is it really almost 2020?) and for the past several years we have experienced the challenge of trying to keep the assessments from increasing (or increasing a minimal amount) yet still providing the services and amenities that all of you have come to enjoy

here at Grayhawk. In 2019, the Grayhawk Community Association (GCA) and Retreat Village Association (RVA) annual budgets were approved with minor increases in assessments.

As you probably know, some municipalities have struggled in past years to continue to operate at their existing service level sometimes with reduced tax revenue due to tax cuts, and the GCA and RVA are no different. This month I thought would write about what your monthly assessments pay for and the services provided by the GCA, as well as some of the challenges the association will be facing in developing this year's budget, as well as future budgets.

Your monthly GCA assessments cover, among other items, the following:

- Landscape maintenance of the common areas this includes the maintenance of the greenbelts, pocket parks located in many of the neighborhoods, the landscaping along the residential streets and main roadways (Thompson Peak Parkway, Grayhawk Drive, Hayden Road, 76th Street, and parts of Scottsdale Road and Pima Road), the medians on Thompson Peak Parkway and Hayden Road north of Thompson Peak Parkway, the Deer Valley Channel, and the 30 mile trail system, among other areas.
 - Two 24-hour community patrols throughout the entire community.
 - GCA office staff salaries for eight full-time employees.
 - · Repair and maintenance of the common area walls and fences, mailbox structures, monument signs, irrigation system, and landscape lighting.
 - Publication of the Grayhawk Flight news magazine.
 - Insurance of the association's property, general liability insurance, Directors and Officers (D&O) insurance, worker's comp insurance, and fidelity insurance.

- Utilities including water and electricity expenses.
- Social events including some expenses for community events and programs.
- Office operating expenses including office supplies, telephone and data lines, office equipment, and the monthly lease for the GCA office space.
- Professional fees including auditor, design review, and attorney/legal expenses.
- Capital reserve funding for future replacement of association assets and common elements.

One of the challenges facing the Grayhawk Community Association and the Retreat Village Association in drafting the 2020 operating budgets is to continue funding the capital reserve accounts at the level recommended by Grayhawk's reserve analyst. Both the GCA and RVA reserve accounts are currently funded very near the 70% funded level, which is considered a strong reserve funding position. To continue at a strong percentage funded level, the contribution to the reserve fund increases annually which results in an additional expense for both the GCA and the RVA. The Budget/Finance Committee has recommended to the Board of Directors that both associations strive to remain in the 70% funded range. To accomplish this goal, the GCA and RVA will need to continue to increase the reserve funding levels each year. Also, recent Arizona state-mandated increases in the minimum wage have affected several association contracts, including the landscape maintenance and community security contracts.

As you can see, the Budget/Finance Committee and the GCA and RVA Board of Directors has its work cut out for them in drafting the 2020 budgets and future budgets. Your assessments are used to pay for a wide range of services and expenses necessary to successfully run the Grayhawk Community Association the Retreat Village Association. Difficult decisions may need to be made in the future but you can be assured that the GCA and RVA Board of Directors are committed to keeping the assessment rate as low as possible while ensuring that Grayhawk continues to be one of the Valley's premier communities.

We'll talk again soon.

Michael Fee

Grayhawk Community Manager

Community Meetings

BOARD MEETINGS – AUGUST 2019

Board meetings are open to residents and we encourage you to attend. Your involvement does make a difference!

Grayhawk Board of Directors

Mon., Aug. 5 at 5:30 p.m. in the Talon Room, GCA office Grayhawk_board@grayhawkcommunity.org

Grayhawk Board of Directors Executive Session Meeting

The Board of Directors will be meeting in Executive Session pursuant to A.R.S. Section 33-1804 (A)(3) at 5:00 p.m. in the GCA office.

Retreat Village Board of Directors

Mon., Aug. 5 following the GCA meeting in the Talon Room, GCA office Retreat_board@grayhawkcommunity.org

Retreat Village Board of Directors Executive Session Meeting

The Board of Directors will be meeting in Executive Session pursuant to A.R.S. Section 33-1804 (A)(3) at 5:00 p.m. in the GCA office.

COMMITTEE MEETINGS

Communications Committee

Call Jennifer Sheets at 480-563-9708 for more information.

Event Planning Committee

Call Sarah Van Duyne at 480-563-9708 for more information.

Landscape Committee

Call Stacey Harvey at 480-563-9708 for more information.

Operational Review Committee

Call Stacey Harvey at 480-563-9708 for more information.

Architectural Review Committee

Tues., Aug. 6 and 20 at 4:30 p.m. at the GCA office.

OTHER ASSOCIATIONS

Avian Condominium Association Board Meeting

No meeting scheduled. Call Associated Property Management 480-941-1077 for details.

Cachet at Grayhawk Condominium Association Meeting

No meeting scheduled. Call FirstService Residential at 480-551-4300 for details.

Crown Point Board Meeting

Call Stacey Harvey at 480-563-9708 for details

Edge Condominium Association Board Meeting

Visit www.theedgegrayhawk.com or call 480-584-4647 for details.

Encore Condominium Association Board Meeting

No meeting scheduled. Visit www.encoreatgrayhawk.com for details.

Tesoro Condominium Association Board Meeting

No meeting scheduled. Call Kinney Management at 480-820-3451 for details.

Venu Condominium Association Board Meeting

No meeting scheduled. Call Associated Property Management at 480-941-1077 for details.

Village at Grayhawk Condominium Association Board Meeting

No meeting scheduled. Call FirstService Residential at 480-551-4300 for details.

Vintage Condominium Association Board Meeting

No meeting scheduled. Call Associated Property Management at 480-941-1077 for details.



Grayhawk Community Association Board Members

David Van Omen President

> Paul Alessio Vice President

Richard Zielinski Secretary

Jeanette Griswold
Treasurer

Lou Ender Director

Derek Moore Director

Bob Mann Director

Retreat Village Association Board Members

Arlene Smith President

Ira Mallin Vice President

Alan Fernandez Secretary

> Barb Nelson Treasurer

Michael Loya Director

VISION

Grayhawk: a Sonoran Desert home to vibrant southwestern living with an uncommon commitment to community.

MISSION STATEMENT

Grayhawk Community Association strives to enhance quality of life and community strength through inclusion, participation and pragmatic stewardship of human, financial and environmental assets.

Back to School Safety Checklist

As summer draws to a close and children start heading back to school, it's important to share tips with your kids to keep them safe and healthy throughout the school year.

WALKERS

- Make sure the route your child takes is safe and that they are never walking alone.
- If there is a sidewalk available, remind them to use it. If there is no sidewalk, they should walk facing traffic.
- They should look left-right-left before crossing any street and always use crosswalks if available.

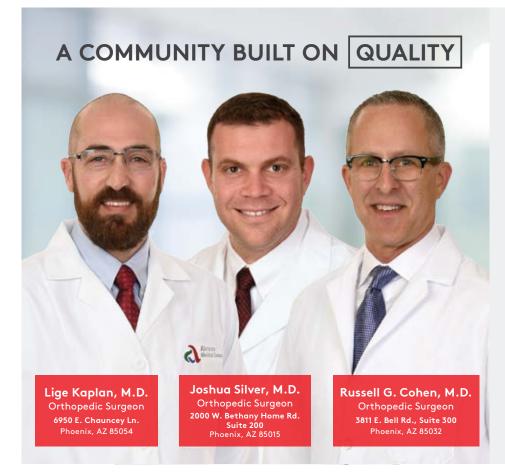
BIKE RIDERS

- Remind your child to ride on the right side of the road with
- Bike riders should always wear a helmet.
- Teach children to respect traffic lights and signs.
- Make sure they know proper hand signals for turning or
- Have a planned route for your children and make sure they never ride alone.



BUS RIDERS

- Have children stand 6 feet (or three giant steps) away from the curb while waiting for the bus.
- If your child has to cross the street in front of the bus, tell them to walk on the side of the road until they are 10 feet ahead of the bus and then cross. Your child and the bus driver should always be able to see each other.



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DRIVING TO SCHOOL

- Slow down in school zones and residential areas.
- Don't block the crosswalk when stopped at a red light or waiting to make a turn forcing pedestrians to go around you.
- Do not pass a bus when they are loading or unloading children.
- Make sure that everyone in your car is wearing a seatbelt.
- Have new teen drivers practice and practice some more. Just because they have a license doesn't mean you have to stop driving with them.

BACKPACKS

- Ask your children to use both straps when wearing their backpack to evenly distribute the weight on their shoulders
- Don't overstuff a backpack. Periodically have students clean their backpacks out as they tend to collect items they don't need.

AFTER SCHOOL PLANS

- Make sure your children know and understand their afterschool
- Have snacks and activities planned so that your child isn't getting in to things that could be dangerous.



A good neighbor has your back.

Jeremy Mueller Ins Agcy Inc Jeremy R Mueller, Agent 23341 N Pima Rd Suite D139 Scottsdale, AZ 85255 Bus: 480-515-5223

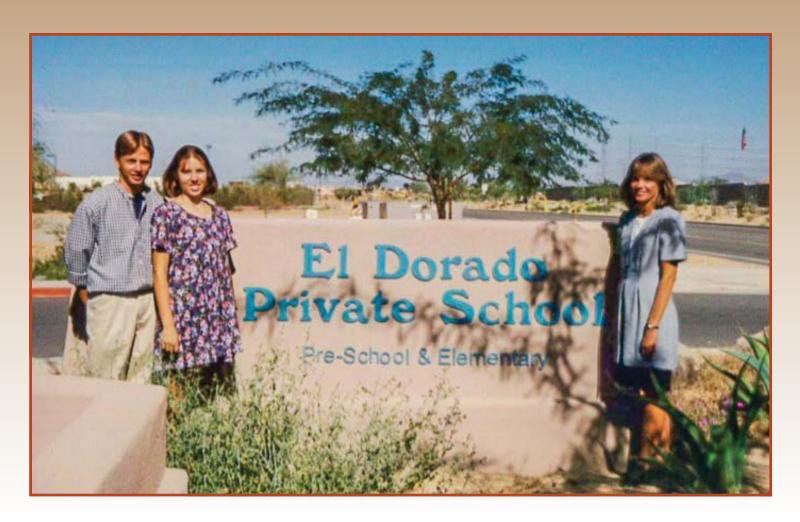
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El Dorado Celebrating its 50th Year Educating the Valley



El Dorado Private School is excited to be starting its 50th school year this month. From its modest beginnings in 1970 as a two-room schoolhouse built out of an old warehouse near 32nd Street and Bell Road, this still family-owned and operated school has grown over the years to include its Grayhawk campus. We are honored to be a 23-year "resident" and member of this wonderful master-planned community.

After moving to the Valley from Kansas City, Kansas, Mrs. Virginia Berry and her daughter, Linda McDermott, set out to establish a private educational preschool and kindergarten that seemed to be missing in North Phoenix. Prior to moving to Phoenix, Mrs. Berry had operated a preschool in Kansas for ten years. Mrs. McDermott had just received her master's degree in Elementary Education from Arizona State University. With Mrs. Berry's previous experience and knowledge and Mrs. McDermott's youthful enthusiasm, El Dorado Private School quickly made a name for itself, attracting students and creating the need to enlarge from the two rooms to a six-room facility, the most the property could handle.

With full enrollment each year and waiting lists growing, a second campus was built in Scottsdale near 96th Street and Cactus Road in 1986. After several years of parent requests, an addition was built, and a small elementary program was added at the Scottsdale campus. This elementary program led to the building of a much larger campus in Grayhawk next to what would eventually become the Grayhawk Neighborhood Park and Grayhawk Elementary School. At its opening in September 1996, before most of the surrounding community had even been built, the Grayhawk campus served three-year-olds through fifth grade. Sadly, Mrs. Berry passed away during the year of the Grayhawk campus opening. With two separate expansions since opening, the campus now has a full middle school program and educates students from preschool through the eighth grade.

Throughout the past fifty years, the goal of El Dorado Private School has always been to provide a learning environment that would offer a superior educational curriculum to promote a higher academic level while maintaining a strong sense of family and community. EDPS is a tight-knit community, where faculty, staff,



In & Around Grayhawk

Child and Babysitting Safety Certification Class

Sat., Aug. 17 from 9 a.m. to 1 p.m.

GCA Office, Raptor Room, 7940 E. Thompson Peak Pkwy. Ste. 102

This popular class covers infant/child safety and basic care techniques for present or would-be babysitters. Topics include everything from pediatric CPR and first aid to basic child safety and diaper changing. A workbook for participants to keep is included in the course fee. Certification cards are issued upon successful completion of the course. Certification is valid for two years. Participants must be 10 to 17 years old to participate. Price is \$40 and includes a pizza lunch. Payment may be made in cash or check (made out to ABC's of CPR). RSVP online at www.grayhawkcommunity.org and prepay by Wednesday, August 14. We must have at least 10 participants to hold this class, so please RSVP early. Non-Grayhawk residents are welcome to register.

Pinspiration Vision Boards

Wed., Aug. 21 at 6 p.m.

GCA Office, Talon Room, 7940 E. Thompson Peak Pkwy. Ste. 102

Inspiration is contagious and even more so when evoked in a comfortable setting where people can relate to one another in a playful and entertaining way. We are hoping our Pinspiration Vision Board craft event will inspire many more fun projects! This project is good for all ages and crafting skill levels. Each frame measures 13.75 x 22 inches including wire and chalkboard. Participants will get to customize with paint color, and your own chalk saying or label. Project includes clothespins to paint and embellish, and scrapbook paper for mounting photos, images or quotes. Feel free to bring your own magazines and/or scrap paper. This is a great excuse to get out of the house and get together with friends. Bring a bottle of wine or a beverage of your choice to share. We will provide sweet treats! Cost to participate is \$39. Please go to the following link to pre-pay for this activity: https://squareup.com/store/pinspiration/item/grayhawk-vision-board-event. All pre-payments need to be in by Friday, August 16.

Brunch and Bubbly

Sat., Aug. 24 at 11 a.m.

Soul Café, 7615 E. Pinnacle Peak Rd.

and forget to have fun. Take a break and join us at Brunch and Bubbly! This is a great way to spend time with neighbors in a fun setting. We will have a designated area at Soul Café with enough space for all to enjoy. Come with friends and take advantage of the delicious Mimosa kits and Bloody Mary deals. Soul Café has even offered to extend a Friendly Neighbor 10% off discount for all attendees! The GCA will e-mail the 10% off discount card to all registered residents prior to the brunch event, or you are welcome to pick up the discount card in the GCA office. RSVP online at www.grayhawkcommunity.org by Wednesday, August 21 to save your spot.

New Resident Orientation

Tues., Aug. 27 at 6 p.m. GCA Office, Talon Room 7940 E. Thompson Peak Pkwy. #102

Join us to learn more about what Grayhawk has to offer! Meet your neighbors, learn a bit about the association and win prizes. Bring your appetite- appetizers, desserts and water will be served. Kids are welcome. RSVP online at www.grayhawkcommunity.org by

Friday, August 23.





SAVE THE DATE:

Bus Trip: Flagstaff Lowell Observatory

Mon., Sept. 9, Leave meeting location at 12:30 p.m. Arrive back in Scottsdale around 10 p.m.

The Lowell Observatory was discovered in 1894 by Percival Lowell. Since that time, Lowell astronomers have discovered Pluto, collected the first evidence of the expanding universe, and measured the motions and properties of stars. We are taking a special trip to Flagstaff to walk around downtown Flagstaff, enjoy the cooler weather, and take part in some night sky viewing at the observatory. Cost to participate is \$99 a person. Participants should plan to eat lunch prior to leaving and dinner is not included in the cost. However, you will have time to walk around downtown Flagstaff and pick the restaurant of your choice for dinner. To register and pay, please call Free Spirit Vacations at 480-926-5547 or email reservations@freespiritvacations.com and tell them you are with Grayhawk. You will be sent more information and final documentation 14-21 days prior to departure. If more than 10 people register, participants will be picked up in Grayhawk. If less than 10, they will have us meet the bus at a nearby later disclosed location.

Internet Privacy Class with Jeff Toomey

Wed., Sept. 11 from 6 p.m. to 7 p.m. Talon Room, GCA Office, 7940 E. Thompson Peak Pkwy. Ste. 102

Internet privacy or "e safety" has become a popular topic in our digital world today. Many of the large companies that people use online, such as Facebook and Google, are not automatically making your information private. Jeff will show you best practices on how to help protect your online privacy across the major websites and social media apps people use everyday. This is a great opportunity to learn how to keep you and maybe even your children's online information safe and private. RSVP online at www.grayhawkcommunity.org by Monday, September 9.

Drunk Circles Textile Art Class

Tues., Sept. 17 from 5:30 p.m. to 8:30 p.m. GCA Office, Raptor Room 7940 E. Thompson Peak Pkwy. Ste. 102

Join us for this class with instructor Mimi Damrauer, an award-winning local textile artist who teaches fun and informal classes that everyone can enjoy. You will have the opportunity to make your own Drunk Circle design that has been a popular item at her shows throughout the U.S. Bring a beverage of your choice to share and be sure to sign your friends up to enjoy this exciting, stress free activity. Cost to participate is \$40 per person and can be paid in cash or check (payable to Marian Damrauer) at the GCA Office by Friday, September 20 or by credit card over the phone by calling Mimi at (773) 486-0668.





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SAVE THE DATE! SUNDAY, OCTOBER 20th Grayhawk Greenbelt More Details to Follow...

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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1	15	14	13	12	11
2	22	21	20	19	18
		Vision Boards 6 p.m. Talon Room	ARC Mtg. 4:30 p.m. GCA Office		
3	29	28	27	26	25
			New Resident Orientation 6 p.m. Talon Room		
2		22	Vision Boards 6 p.m. Talon Room	20 21 22 ARC Mtg. 4:30 p.m. GCA Office Vision Boards 6 p.m. Talon Room 27 28 29 New Resident Orientation 6 p.m.	19 20 21 22 ARC Mtg. 4:30 p.m. GCA Office Vision Boards 6 p.m. Talon Room 26 27 28 29 New Resident Orientation 6 p.m.

Overnight Street Parking

As you are hopefully aware, overnight street parking is prohibited in Grayhawk. As is the case with most rules, the restriction on overnight street parking has residents divided.

There are definitely some inconveniences that residents must endure to adhere to the policy. The rule can be hard to understand for those who have their garage packed full of everything but cars, but also those who have regular late night/overnight guests or multiple cars to shuffle around.

However, we hope to provide an understanding as to why the rule was put into affect and is enforced as well as how abiding by the rule can positively impact your neighborhood.

In general, the overnight street parking restriction helps the Association to foster a more aesthetic neighborhood. Not having cars in the street allows better visibility for pedestrians and motorists and makes vehicles less accessible for vandalism, burglary or theft. By not allowing overnight street parking, the Association is able to monitor any vehicles that are being "stored" or have potentially been abandoned.

By having the restriction from 12 a.m. to 5 a.m., residents also get in the habit of parking in the garage or driveway during the day. This also has benefits, including more effective trash/recycle pickup and street sweeping, improved neighborhood aesthetics, less street repair and better access for emergency vehicles.

As with any other violation of the association's rules and regulations, fines can be incurred if there are excessive violations to the overnight street parking policy. If needed, a temporary variance may be provided. Please contact the Grayhawk Community Association office at 480-563-9708 if you have questions.



GRAYHAWK \$189 SPECIAL

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Residents enjoying Ladies Night Out at Parma





CREATING A HOLISTIC FINANCIAL PLAN FOR THE RESIDENTS OF THE GRAYHAWK COMMUNITY

Mike Kelley, a new homeowner in the Grayhawk Community, is a Financial Advisor with Northwestern Mutual, A Wealth Management Company.

Mike provides a unique personal and/or business planning analysis to deliver and implement a financial plan that integrates a wide spectrum of world-class insurance products such as life insurance, long-term care insurance, disability income insurance

> as well as annuities, investment products, and investment advisory products & services.

> "I'm excited to be living in the Grayhawk Community! I look forward to meeting with you soon and am eager for the opportunity to earn your business" ~ Mike Kelley

MIKE KELLEY | FINANCIAL ADVISOR 406-270-5030 | michael.kelley@nm.com michaelkelley.nm.com

Life Insurance Company, Milwaukee, WI (NM) life and disability insurance, annuties, and life insurance with long-term can NM and Northwestern Long Term Care Insurance Company, Milwaukee, WI, (long-term care insurance) a subsidiary of NM ces, LLC (NMIS) (securities), a subsidiary of NM, broker-dealer, registered investment adviser and member FNRA and SPC



Our Desert, Our Home



Cordón vs. Saguaro

By Victoria Kauzlarich, Volare

Saguaros are a plant geek's dream: massive, iconic, distinctive and unique to the Sonoran Desert. But we (plant geeks) can be a fickle bunch and when it comes to massive cacti, most of us would choose a Cordón over a Saguaro. Just

watch. The competition is one-sided.

Saguaros begin this challenge at a distinct disadvantage; there is literally nothing that rivals a Cordón. Larger - much larger - than a Saguaro, Cordóns are in a class by themselves.

They are the tallest cacti in the world. Generally, they grow to be about 30 feet, but can reach heights of 70 feet and tip the scales at up to 25 tons.

Their central trunks can be over 4' across. And, in a real quirk of natural adaptation, they can grow on rocky hillsides totally devoid of soil.

Vive la différence

While these cacti share some characteristics - they are both large, columnar with arms, and hundreds of years old, it's their differences that make us swoon.

Native to northwestern Mexico, the Cordón has a flexibility that the Saguaro doesn't. While the Cordon is not native to our desert, it can grow here. The Saguaro uniquely requires two rainy seasons for survival and grows naturally nowhere else. And then there are the details.

Skin & Ribs

Cordón skin is a light gray/green with a distinctive chevron pattern that runs the length of the space between the ribs. Saguaro skin is darker and has no such patterning.

The Cordón also has far fewer ribs than a Saguaro. It isn't uncommon for a Saguaro to have up to 24 ribs. Cordóns have about half as many, allowing them to show off that lovely chevron design.

Spines

Now that you're looking for differences, you've doubtless noticed the difference in the spines of the two plants. Cordón spines are light gray to white. Saguaro spines are dark gray to black and they look a bit shaggy, an effect which comes from clusters of spines of different lengths.



Cordón Ribs



Saguaro Ribs

Arms - Many More Arms

There is no other way to describe them: Cordóns are heavily armed. Their arms are closer together and curve upward, all in a similar pattern and shape. Note how the arms begin low on the center stem. This is typical of the species. As the plant matures, these arms cluster so close together that the effect is of a "cactus tree".

Here is an example of a fairly young Cordón. This arming feature is easy to see even at this early stage of its development, at around 70-100 years old.

Botanically known as the *Pachycereus pringlei*, one of this plant's common names is Elephant Cactus because the base looks like an elephant's foot. Hence the 'pachy' in its scientific name.



Cordón in a Grayhawk Landscape





Trust me, you need to Google this. Start with "Pachycereus pringlei" and look at the images. Then, add "osprey nest" to the botanical name and resume your search. Seeing a giant Osprey nest atop a Cordón defies description.



When they flower, Cordóns do so well down onto the ribs. By contrast, Saguaros bloom on the crown of their stems. Sometimes, you'll see a stray flower off from the rest but, generally, Saguaros have that charming look of someone wearing flowers on their head while also holding them aloft.

Both bloom in the spring with the Cordón going first sometime in April. Both have brightly-colored fruit that is irresistible to birds. Birds eat the seeds and later poop them so that these magnificent cactus seeds fall to the ground in their own package of fertilizer.



Now That You Know

Even if you think you've never seen a Cordón, I'll bet you can tell the difference between these and a Saguaro.

Take a look at these two towering cacti. Can you tell which is the Cordón? Of course you can. BTW, that little nub in the photo on the right is the beginning of an arm.

And, finally... Here is a rare photo of the two, side-by-side. Which one do you like best? Um hmmm... I thought so.

Community Updates

Monument Sign Renovation Project

The monument sign renovation project continues to move forward. The GCA Board-approved contractor began installation of the new stone at the large community monuments found at the corners of Pima Road and Thompson Peak Parkway; Hayden Road and Deer Valley Road; and Scottsdale Road and Thompson Peak Parkway in early July. Those monuments are nearing completion and work has started on the smaller neighborhood monument signs.

There are a total of 55 monuments that will be renovated during this process. It was the Architectural Review Committee's recommendation to have all of the monument signs be consistent to create one uniform look for Grayhawk. Monuments signs that do not currently have stone will have stone added. This will create consistency throughout the community, which is also being achieved by using the same lettering on all of the signs.







Fire Mitigation in Avante/Renaissance

A Natural Area Open Space (NAOS) fire mitigation project was recently completed in the Renaissance and Avante neighborhoods. NAOS is designated through the City of Scottsdale's Environmentally Sensitive Lands Ordinance (ESLO).

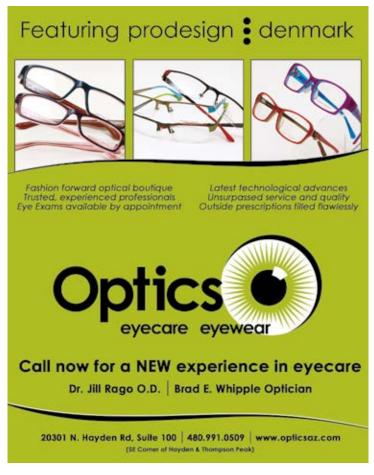
NAOS areas must be preserved in their natural desert state and remain free of obstruction. No grading, filling, clearing, manicuring of plants/trees or excavation of any kind is permitted in the NAOS easement. The Grayhawk Community Association works with the City of Scottsdale to obtain approval for fire mitigation projects when needed.



Painting Project

The GCA completed painting all of the common area walls and fences in the Talon Retreat in July. The GCA is scheduled to paint the exterior common area walls and fences in the Avian condominium development along Thompson Peak Parkway and Hayden Road beginning in August. The common area walls and fences in the Monterey Park, Featherwind, Ridgecrest, Pinnacle, and Montevina neighborhoods are also scheduled to be painted later this year.





Still Sweet and Salty



Carrot Cake Overnight Oats

By Lori Bosch and daughter, Stephanie, Cachet at Grayhawk

Steph and I enjoy making a variety of delicious and hearty overnight oats, which are basically a no-cook method of making oatmeal. You can prepare

this recipe in less than 10 minutes and start your morning stress-free...just grab it and go!

Sometimes we spoon it into individual jelly jars the night before, give it a good shake in the morning, and take a prepared, chilled breakfast with us. This cold version of oatmeal is also perfect for warmer months.

This recipe tastes like carrot cake, but you can also make it with blueberries instead of carrots and it will remind you of blueberry muffins, or use bananas and cacao chips and it will taste like cookie dough. Our favorite natural sweetener for overnight oats is maple



Prep time: 10 minutes • Servings: 2-3

Ingredients:

- 1 cup old-fashioned oats, uncooked
- 1½ cups milk of choice (we like unsweetened coconut milk or almond milk)
- ¼ cup freshly grated carrots
- 2 tablespoons real maple syrup

- ½ teaspoon vanilla
- 1 teaspoon cinnamon
- 1/8 teaspoon ground ginger
- 3 tablespoons raisins
- 1 tablespoon coconut flakes
- ½ cup walnuts, chopped
- 1. Place all ingredients in a large bowl and mix well.
- 2. Cover and refrigerate overnight.
- 3. In the morning, give it a good stir and scoop into individual bowls.
- 4. Enjoy cold, with toppings of your choice and extra milk if desired.



syrup, not only for the rich flavor it adds, but also because a serving of ¼ cup provides a full day's serving of manganese (aids in energy production), and half of your daily allotment of zinc (supports your immune system). Maple syrup also contains natural antioxidants and anti-inflammatory compounds.

Give overnight oats, sweetened with maple syrup a try...it is loaded with nutrients and will start your day off on the right foot!

And always, always, always start your day off with a nonprocessed, naturally sweetened breakfast...you'll feel energized the whole day! We welcome your feedback, suggestions and recipe requests! Please feel free to email us at boschl@me.com.





Sip and Tell

By Sue Lukenbill, Encore Resident

I seem to be struggling to get my creative juices flowing this month, and I have a sneaking suspicion the heat has something to do with it. And to think ...we

still have several months before it cools off again! In addition to the pesky weather problem, I have quite a bit going on personally and details are swirling around in my head. I have officially started the countdown to Lake Tahoe, where I'll be spending one glorious week enjoying heavenly weather and pure relaxation with my family. I'll return to celebrate the last of the family's birthdays that take place in the summer, which happens to be mine.

But on with my review! We seem to be reviewing and eating at healthier restaurants this year. I'm a burger and fry loving lady, but we all need balance in our lives, right?

This month we visited **Daily Jam**, an exciting breakfast, brunch and lunch restaurant with unique items such as their famous Red Velvet Waffles (voted best waffles in Arizona by Food Network in 2018), Pecos Grille Sandwich, PB&J smoothie, a variety of omelettes and breakfast cocktails. You can also order and taste the fresh-from-scratch pastries or get creative with their Build-Your-Own breakfast sandwich.

For a little history on this restaurant, it was formerly **Ncounter** which originally opened in the heart of Tempe in 2011 and immediately became Tempe's neighborhood breakfast spot. Their Downtown Phoenix location opened in 2017 and their Scottsdale location opened in 2018. Daily Jam plans to expand via franchising in the Arizona market as well as Las Vegas, Colorado, Texas and Florida.





On our recent mid-morning trip, Grayhawk's Director of Communications and editor of the *Grayhawk Flight* Jennifer Sheets ordered the Hot Juan Omelette which was made with chorizo, green peppers, onion, jalapeños, cheese and salsa. It is gluten free. I ordered the Focaccia Roma-Chicken Sandwich. It was grilled chicken with marinated roma tomatoes, balsamic mayo, lettuce, and provolone on fresh baked focaccia bread. Both of our meals were yummy.

The restaurant is fairly basic, but that's not a bad thing. The service we received, both at the counter and the table, was very pleasant and helpful. We noticed the room was pretty full, both when we arrived and when we left. That's always a good sign! I'd say this is a good standby for quick, reliable service and good food.

Whether you're in the mood to relax and dine in, or just grabbing a quick healthy bite, I recommend that you go and stop by the **Daily Jam** and check it out.

Until next month, take care, enjoy the rest of your summer, have fun, and stay hydrated.

Daily Jam 7000 E. Mayo Blvd. #1032 (480) 476-8787 • Mydailyjam.com





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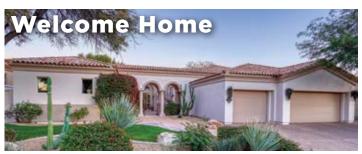
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