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19550 N Grayhawk Drive 1038 Scottsdale AZ 85255 2 Bedroom | 2 Bath | 1,666 Sqft | Grayhawk Offered at \$435,000



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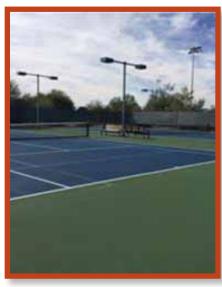


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Features



Our Desert
Our Home



Tennis Court Improvements

### **GRAYHAWK STAFF**



Michael Fee Community Manager mfee@ccmcnet.com



**Stacey Harvey**Assistant Community Manager sharvey@ccmcnet.com



**Jenn Sheets** *Director of Communications*jsheets@ccmcnet.com



Sarah Van Duyne Lifestyle Director svanduyne@ccmcnet.com



**Cierra Austin** *Administrative Coordinator*caustin@ccmcnet.com



Richard Dearo

Maintenance Supervisor rdearo@ccmcnet.com



**Chantel Martin**Maintenance Assistant



**Martha Castaneda** Maintenance Assistant

### **INSIDE SCOOP**

Board Briefs	Healthy Hints19
In & Around Grayhawk8	Still Sweet and Salty20
Grayhawk Elementary16	Sip and Tell2

## **Grayhawk Community Association**

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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



As many of you know, I have had the privilege of serving as the Community Manager for the homeowners and residents of Grayhawk for the past 15 years. I have met many incredible residents and dedicated homeowners who have volunteered their time to continue to make Grayhawk an even better community during this time. I have worked with Board members and committee members who have selflessly devoted their talents, expertise, and experience to improve and enhance the Grayhawk community they love and call home. I have also been blessed to be able to work with an amazing and professional team in

the GCA office and the CCMC shared services department who daily show their commitment to helping serve Grayhawk's homeowners and residents. They are the best!

After 22+ years in the community management industry, the last 15 of which I have had the pleasure to serve as the Community Manager at Grayhawk, I have decided to end my community management career at the end of the year. This was not an easy decision. The Grayhawk community has become an integral part of my life and I take great pride in what we as a community have been able to achieve during the last 15 years. I will miss the many wonderful people I have met during my time at Grayhawk. It has been said that the sign of success is if "you leave it better than you found it". Hopefully you will agree with me that this has been achieved over the past 15 years. I leave Grayhawk knowing that I have devoted more than a quarter of my life into always trying to make your community the best it can be and hopefully making Grayhawk a better place for you to call home.

Please welcome Stacey Harvey as Grayhawk's new Community Manager. Stacey has been Grayhawk's Assistant Community Manager for the past 14 years and I am sure you will be in good hands and continue to be well-served by the entire Grayhawk Community Association staff.

On another note, please join your Grayhawk neighbors by participating in some or all of the holiday programs scheduled in December. These include the Santa Parade on December 6, a Holiday Drink Mixology Class on December 9, a Drive-In Holiday Movie on December 12, Hanukkah Virtual Cooking Decorating Class on December 15, and Holly Jolly Bingo on December 22. Look for more information regarding these events in this month's Grayhawk Flight.

Have a safe and happy holiday season.

Michael Fee

Grayhawk Community Manager

#### **GRAYHAWK ADVERTISING**

The Grayhawk Community Association (GCA) offers advertising as a service to our community and does not support or endorse the products, persons or services advertised in the Flight. GCA shall not be held liable or responsible for any misleading or incorrect advertising.

## **Community Meetings**

#### **BOARD MEETINGS - DECEMBER 2020**

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

#### **Grayhawk Board of Directors**

Monday, Dec. 7 at 5:30 p.m. via Zoom Call the GCA Office at 480-563-9708 for more information.

grayhawk\_board@grayhawkcommunity.org

#### Grayhawk Board of Directors Executive Session Meeting

Monday, Dec. 7 at 5:00 p.m. via Zoom The Board of Directors will be meeting in Executive Session pursuant to A.R.S. Section 33-1804 (A)(3).

#### **Retreat Village Board of Directors**

Monday, Dec. 7 via Zoom following the GCA Board meeting. Call the GCA Office at 480-563-9708 for more information. retreat\_board@grayhawkcommunity.org

## Retreat Village Board of Directors Executive Session Meeting

Monday, Dec. 7 at 5:00 p.m. via Zoom The Board of Directors will be meeting in Executive Session pursuant to A.R.S. Section 33-1804 (A)(3).

#### **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**

Tuesday, Dec. 1 and 15 at 4:30 p.m. Call Stacey Harvey at 480-563-9708 for more information.

#### OTHER ASSOCIATIONS

## Avian Condominium Association Board Meeting

Call Associated Property Management 480-941-1077 for details.

#### Cachet at Grayhawk Condominium Association Meeting

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

Call Amcor Property Professionals at 480-948-5860 for details.

## Tesoro Condominium Association Board Meeting

Call Kinney Management at 480-820-3451 for details.

## Venu Condominium Association Board Meeting

Call Vision Community Management at 480-759-8683

#### Village at Grayhawk Condominium Association Board Meeting

Call FirstService Residential at 480-551-4300 for details.

## Vintage Condominium Association Board Meeting

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

Don Morse 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.



## Grayhawk Master Association Board of Directors Meeting – November 2, 2020

#### **Homeowner Forum**

A resident from a condominium community asked what was covered by her quarterly Grayhawk Community Association assessment. Michael Fee said that he will send her a detailed list of this information.

#### **Development Committee**

David Van Omen noted that the new restaurant Craftsman's Cocktails and Kitchen had opened at Hayden Peak Crossing and he had heard good reviews.

#### **Operational Review Committee**

Dick Zielinski reported that many of the newer members of the Trident Security staff have not been trained in snake removal. The City of Scottsdale Fire Department will be coming out to train the new staff members soon.

The Operational Review Committee made a recommendation, with the support of the Budget/Finance Committee, to fund a parttime Covenants Coordinator position through the GCA community enhancement fund.

Don Morse stated that he fully supported this decision, as the age of the community has warranted the need for an additional staff member to handle covenant enforcement. David Van Omen stated that he was not originally in favor of adding the additional position,

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but after speaking to other Board members and the GCA staff, he realizes that it will be a benefit to the community.

A motion was made and approved to fund a part-time Covenants Coordinator position through the GCA community enhancement fund for 2021

#### Landscape Committee

Arlene Smith reported that the committee did not meet.

The overseeding project is going well, and DLC Resources is reseeding areas where the turf didn't come through fully. There was a mainline break under the sidewalk at 76th Street and Tailspin Lane. A DLC staff member was able to excavate under the sidewalk and complete the repair and no sidewalk removal was necessary.

#### **Community Enhancement Committee**

Stacey Harvey reported that the committee did not meet.

#### **Event Planning Committee**

Sarah Van Duyne reported the Trunk or Treat event was very successful. Approximately 200 families were able to attend a safe event in shifts, with only 50 people max in attendance for each time slot. Many families commented that they were just grateful that Grayhawk provided an option for a Halloween event.

The Single Sippers group met recently to have a socially distant Happy Hour in the greenbelt and has asked to meet again in December.

The Pumpkin delivery event was also very popular. Parents seemed to appreciate that the pumpkins were smaller and kids had a lot of fun decorating.

December events are in the works, including a Santa parade, drive-in holiday movie, holiday drink mixology class and more.

#### **Communications Committee**

Jennifer Sheets reported that the GCA has been utilizing a polling app tied into Facebook with a lot of success. A poll ran to help determine which movie to show at the holiday drive-in coming up in December, and also to help us determine the winners of the best trunks for the Trunk or Treat event.

The committee will continue to work on planning communications for the upcoming guardhouse remodel project and will start planning soon for the 2021 GCA and RVA Annual Meetings.

#### Architectural Review Committee

Paul Alessio reported that there were two meetings with a total of 26 submittals in October.

#### **Budget/Finance Committee**

Jeanette Griswold reported that the social events expense line item was below budget in 2020 due to the pandemic. The committee is recommending that the social events budget be reduced by \$30,000 in 2021, but that if the Event Planning Committee needs to go over that allotted budget, the balance may

be paid from the GCA community enhancement fund in order to continue holding community events.

A motion was made to approve the GCA final 2021 operating budget with a \$1.00 per month increase in assessments, and to fund any excess social events expenses through the GCA community enhancement fund.

David Van Omen noted that the GCA assessments have only increased \$16.00 in the past 19 years.

The committee also reviewed the audit proposal from Mansperger Patterson and McMullin. A motion was made and approved to accept the proposal submitted by Mansperger Patterson and McMullin to perform the 2020 audit of the GCA financial statements and prepare the GCA 2020 tax return at a total cost of \$6,500.00.

#### **Executive Committee**

David Van Omen reported that the committee did not meet.

#### Treasurer's Report

Jeanette Griswold reported that the GCA had an operating profit for September, but still shows a slight loss for year-to-date. Water costs are under budget, but overall landscaping repairs are over budget.

# Proud to protect Grayhawk

#### I'm proud to be a part of this community.

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#### **Management Report**

Michael Fee reported that new Talon Room chairs were recently delivered. Also, the holiday lights are currently being installed and are planned to be turned on during the week of Thanksgiving.



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## In & Around Grayhawk

#### Santa Parade

#### Sun., Dec. 6 from 3 p.m. to 5 p.m.

Hopefully you've been NICE because Santa Claus is coming to Grayhawk! Santa will be riding through a neighborhood near you and his helpful elves will be handing out special goodies and collecting letters to Santa along the way. Santa will also be accompanied by our favorite DJ playing fun holiday tunes so be prepared to dance! In an effort to keep Santa healthy before Christmas, we will not be able to stop for pictures. We will send a map with the exact route to everyone who registers so you can set up chairs along the path. Please practice social distancing.

#### We want you to get involved!

We would love to give Santa a big Grayhawk greeting by dressing up in holiday attire and making colorful signs to say hello. Or, register to decorate your golf cart, sport utility vehicle or car and follow Santa and his crew in a very special holiday parade. Please register online at www.grayhawkcommunity.org by the end of day on Friday, December 4 so Santa knows how many treats to bring!

#### Holiday Drink Mixer Mixology Class

Weds., Dec. 9 from 6 p.m. to 7 p.m.

#### Virtual via zoom- link will be sent via email Monday prior to event

Join us in learning how to mix seasonally delicious cocktails at home via Zoom! We will be making holiday inspired cocktails that you will be proud to share with your guests. You will be emailed the ingredient list prior to the class so you can engage and follow along in real time. Bonus recipe cards will be e-mailed after the session. We will also drop off a cocktail infusion kit to each participant after the class to enjoy. The infusion kits are composed of all natural ingredients and are designed to pair perfectly with your favorite spirit. Three different beverages will be mixed during this class using Vodka and Bourbon. Cost to participate is only \$3. Space is limited to 25 participants. Register by December 7 on www.grayhawkcommunity.org to reserve your space.

#### floo-id YOGA in the Park

Sat., Dec. 5, and Dec. 19 from 9 a.m. to 10 a.m.

#### Grayhawk Greenbelt at 78th Way & 78th Pl., Park at 7940 E. Thompson Peak Pkwy.

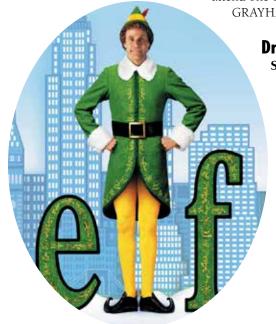
floo-id YOGA is a locally owned boutique yoga studio near the 101 Freeway and Scottsdale Road located in the same plaza as Whole Foods. They offer a wide variety of classes to accommodate all ages and skill levels and are proven to aid to a healthier, physically fit and less stressful lifestyle. floo-id has been kind enough to host a couple classes at **no cost** just for Grayhawk residents! This is a great way to clear your mind and social distance while exercising. Just bring your mat, a can-do attitude, and your body will do the rest. The classes will take place in the narrow beginning section of the greenbelt that starts at the tunnel under the Thompson Peak Parkway and Hayden Road intersection. Walk down, ride bikes over, or park in the Offices at Grayhawk Parking lot and head down to the greenbelt from there. Please register online with floo-id YOGA prior to each class at https://www.flooidyoga.com/schedule to help us coordinate with

the instructors! The class is set up as a free class so no need to purchase anything. If you would like to attend one of the other scheduled classes on Dec. 12 or 26 at a 50% discount, you can use the code GRAYHAWK at checkout, register, and pay at: https://bit.ly/32XrjlY



Sat., Dec. 12 from 6 p.m. to 8 p.m. Thompson Peak Park Parking Lot

The best way to spread Christmas Cheer is singing loud for all to hear! Join us at Grayhawk's very first Drive in movie to watch Elf with your neighbors. We provide the popcorn and movie, and you and your family get to enjoy the comfort and warmth of your own vehicles. We will have people walking around to safely hand out bags of popcorn, but you are also welcome to bring your own drinks and snacks. We do ask that everyone remains in their vehicles unless using the city park restrooms. If you do have to leave your vehicle at any time, we ask that you please wear a mask. The movie audio will be accessible through the radio, and everyone will be given a card with audio information. Cost to participate is just \$5 per vehicle. Space is limited! Register online at www.grayhawkcommunity.org by Dec. 10 to reserve your spot.



## In & Around Grayhawk

#### **Hanukkah Cookie Decorating Class**

Kit pick up - Mon., Dec. 14

Virtual Class held on Tues., Dec. 15 from 4:30 p.m. to 6 p.m.

Virtual via Zoom- link will be sent out with the kit pick up reminder email

We can't celebrate the Festival of Lights together this year but we do have a fun way for you to celebrate with family. Skip the prep work and join us to make some sweet cookie art that's pleasing to the eye and taste buds. This cookie decorating kit is baked to order by Smith-o-lator Cookies. Kits have a total of six Hanukkah themed sugar cookies in three different shapes. The kits include enough supplies for one adult or two kid decorators. All kit orders will need to be picked up from the Grayhawk office on Monday, Dec. 14 between 8am and 3:30 pm. The virtual instructional class will be held on Tuesday, Dec. 15 at 4:30 p.m. The first 25 orders that use the "grayhawk" discount code will receive a \$15 discount and get their kit for only \$5! Register for your discounted kit online at https://bit.ly/3pQuXrI. You may also purchase your own kit for \$20+ tax through Smith-o-lator cookies at www.smitholator.com. Please email Sarah with questions at svanduyne@ccmcnet.com.



#### Single Sippers S'more Happy Hour

Thurs., Dec. 17 at 4:30 p.m.

**Monterey Retreat Pool (Talon Retreat)** 

If you are a single looking for casual conversation, a friend or just to meet some other singles in your neighborhood, this event is for you! We are having a safe, social distancing gathering in the Monterey pool area in the Talon Retreat. Those who do not live in the Retreat Village will be given access for this event only. There is pool furniture at the pool but we encourage you to bring a chair if you want to be able to move it around easily. We will provide supplies for s'mores. Feel free to bring a cooler with drinks and snacks (no glass please). Masks are always encouraged in an effort to make everyone feel comfortable, and fun holiday hats are encouraged! This will be a small gathering but a great opportunity to make new friends and try something new. We will have a cozy fire going but please layer up and dress warm as it is sure to cool off after sundown. Directions to the location will be emailed two days prior to the event to all participants. Space is limited so please RSVP by Dec. 15 online at www.grayhawkcommunity.org.

#### 3 International Tenors Christmas Concert

Sat., Dec. 19, Performer Q&A: 6:15 p.m. Concert: 7:00 p.m. to 8:30 p.m.

#### Private Virtual showing thanks to TAD Management

Interested in an evening of beautiful music that is sure to get you ready for the holiday season? Join us for a night of amazing music from the 3 International Tenors. This live virtual concert starts with a performer Q&A at 6:15 p.m. and can be enjoyed from your TV, phone and/or tablet. Music will feature some Christmas classics and show-stopping performances that pay homage to the likes of Luciano Pavarotti, Andrea Bocelli, Enrico Caruso and others.

- Log on to https://bit.ly/3tenorslive to sign up.
- · Click 'Select Tickets'
- Scroll to bottom and enter offer code: grayhawk2020
- Cost is \$3.99 per household *after* applying the "grayhawk2020" discount code at the bottom of the registration page.
- Choose how many tickets you would like (per device, not per person) and pay!

#### **Holly Jolly Bingo**

Tues., Dec. 22 from 6 p.m. to 7 p.m.

#### Virtual via Zoom

Join us this month to play an interactive game of Bingo from the comfort of your own home via Zoom! We will have opportunities for Join us this month to play an interactive game of Bingo from the comfort of your own home via Zoom! We will have opportunities for holiday sing-alongs and chances to win prizes like a \$100 Amazon gift card and a \$100 Target gift card, holiday themed baskets and more! Spots are limited. Register online at www.grayhawkcommunity.org by the end of the day on Friday, Dec. 18. We will email you the link to print off your own cards at home once registration has closed. If you do not have a printer and would like to participate, we can print them at the Grayhawk office for you. Each person is allowed up to two cards at a time and cards are numbered 1-75. There will be a total of five games and the games will last approximately one hour depending on how fast the Bingos happen. Prizes are awarded for each round and will be sent or dropped off to the winners.



Thanks to sponsors Lisa Upper, Financial Advisor with Edward Jones Investments; Marcia Thompson for her sponsorship in memory of Pat Thompson; Crescent Park Agency with Allstate Insurance and David Van Omen and Andrew Bloom with Keller Williams AZ Realty for sponsoring.















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#### **Scottsdale Police Department**

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WEB www.scottsdalepd.com

October 19, 2020

Good Afternoon,

I wanted to take a moment to highlight some fantastic work by Security Guard Patrick Pittman. On September 21, 2020, Pittman noticed some odd behavior involving a male sitting in a vehicle and then quickly exiting leaving the car door open. The male then walked to another vehicle parked nearby and entered.

Pittman contacted the male and quickly realized something was amiss when the male could not prove he lived in the community. The male then started his vehicle and drove away.

Pittman called 911 to report what was ultimately determined to be an in-progress vehicle burglary. Pittman provided fantastic information to our dispatcher to include a detailed description of the male, the vehicle he was driving, and his last known location. Pittman also provided the suspect's license plate number. Pittman maintained sight of the suspect's vehicle as the suspect attempted to exit the community; however, the suspect unwittingly drove into a dead end. Once at the end of the street, the suspect stopped his vehicle and ran into the desert.

Officers arrived on scene and spoke with Pittman. Pittman was articulate and provided incredibly helpful information for the investigation that would ensue. After searching the suspect's vehicle, officers realized the suspect caught by Pittman was a prolific burglar wreaking havoc throughout the Valley.

Although the suspect was not apprehended that night, it was Pittman's keen observation skills that allowed us to return stolen property to several victims and pointed us in the right direction to locate and arrest the suspect. Numerous open burglary cases will be closed thanks to Pittman's efforts.

Please accept this written commendation in recognition of a job well done!

Respectfully,

Commander Patrick Regan #766

Foothills District

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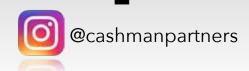


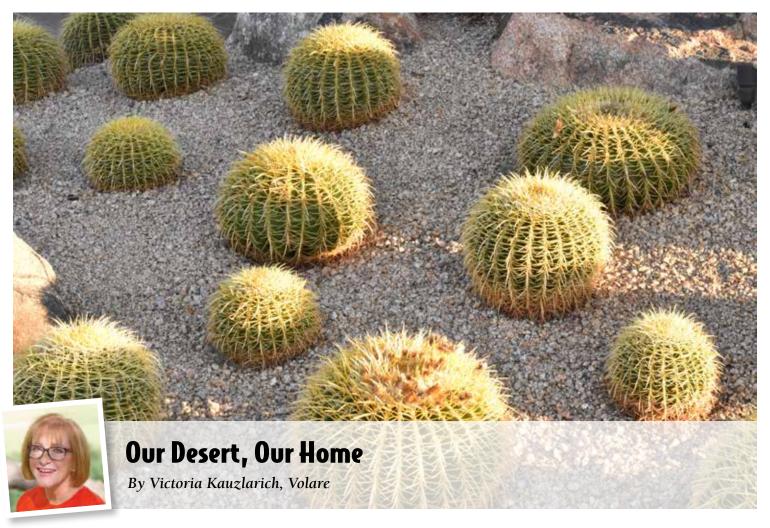




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## **Favorite Accents**

It has been a long time since I've written about accent plants (January, 2017, to be exact) and in rereading that column, I realize how my interests and tastes have evolved and so, too, has my understanding of what works.

Accent plants play an outsized role in a landscape, whether in the yard, on a patio, balcony or that all-important-location, near a front door. They also give us an opportunity to experiment without much effort or expense. So, let's take a look at these gems and what they can do for us.

#### What is an Accent Plant?

Accent plants get and keep our attention. Our eye is naturally drawn to them because of their color, texture and/or novelty. When you find one you like (and one that works), think about getting more of them because it is an easy design trick to create continuity in your landscape or in pots. If you plant 3-5 of these plants near one another, your eye will naturally be drawn to each of them, making your landscape into a coherent whole.

And, if you're planting in pots, select 3 similar pots of different sizes and plant the same species of plant in each. The effect is stimulating because of the 3 sizes of pots and serenity-inducing because of the repetition of of the plants.

An accent plant's job is to enhance. They play well with others. They are the right jewelry with an outfit. The right hardware on kitchen cabinets. The right frosting on a cake.

All of us have empty pots or empty spaces in our landscapes. Let's look at these as blank canvas opportunities, with an eye to making the whole greater than the sum of its parts.

#### Go Big

Our first example is the Outback Sunrise. If you have a big blank sunny spot in your yard, give this plant a try. It is dark green, evergreen with 1" yellow flowers from February to May. As an added bonus, hummingbirds love them.



Eremophila maculata 'Outback Sunrise'

Once these get established, they grow FAST, but will reward you by hanging in there through even the most desperate summer heat. Once the summer is over, they resumes their full beauty. As to size? If you let them, they can reach 10-15'w x 2-3'h.

## What Happens When You Plant Two Accent Plants Together?

Beauty. Here, these two funky plants seem made for each other. Why? The deep purple of the Purple Hearts compliment the truly gray Grey Slipper Plant. Purple Hearts attract attention everywhere, alone or with companions but the Grey Slipper needs contrast to enhance it. Both plants flower.

Purple Hearts bloom often throughout the year - 1/2" lovely pale pink blossoms. The Slipper Plant sports coral blossoms in late spring.

The space in this photo is only about 4' x 5', and it is confined by a driveway and walkway, next to a front gate. It serves that vital "near a front door" kind of welcome for visitors.

#### **Novelty**

Up next is a plant that is virtually bullet-proof. Moroccan Mounds are a bit on the expensive side but they are such reliable performers, they're worth the investment. These require full sun and like hot spots and as long as you provide both, they will love you back for years. Whether you plant it in the ground or in a pot, just don't over water. Think of all those fat stems as a water storage system; you and the plant will be fine.



Grey Slipper Plant Surrounded by Purple Hearts



Moroccan Mound

#### **Total Shade**

One of the most challenging conditions in an otherwise hot, sunny environment is total shade. But there are a couple of solutions and both of them are Sansevierias.

These plants thrive in full shade and one of them, pictured here, is often thought of as a house plant. Known generally as Snake Plant (and sometimes "Mother-in-Law's Tongue"), this is another plant that is nearly bullet-proof - just don't overwater it.

Plant these in a colorful pot or in the ground and they will reward you for years on end. And, the best part? You can pick them up at Fry's for about half the cost of your local nursery.



Sansevieria trifasciata laurentii aka Snake Plant

#### Massing

Our last example is in the banner photo that heads this month's column. A gaggle of Golden Barrels (18 in all) show what can happen when you mass an otherwise single accent plant. The trick here is to randomly plant together barrels of different sizes.

Want a lot of year-round color? Give this some thought. Do you have an area that is mounded or shaped? Think of "sprinkling" golden barrels across it for a one-of-a-kind look.

#### **More Than Just Pretty Pictures**

All of these plants are workhorses. They thrive in our inhospitable environment and require little attention or water. They can be mixed and matched to produce surprising and lovely combinations.

So, when you look at your own blank canvass and wonder what to do next, start with these plants. They are low-risk, high-reward options that actually like it hot and dry. It doesn't get any better than that.

## Grayhawk Elementary School News

By Grayhawk Elementary School PTO

The holiday season is officially here. Grayhawk Elementary School had a three day recess to enjoy Thanksgiving and recharge for the remainder of the first semester. The school is thankful for the support of the families, teachers, staff and community

The teachers, staff, and parents are prepared to continue to support each other as the students transition back to online learning. The Paradise Valley School District adopted metrics that stated they would return online if COVID cases in the district reached a testing positivity of above 10% or more than 100 cases per 100,000. In mid November, the cases jumped to 106 and therefore the district made the decision to stop in person learning on November 20.

Most of November was filled with Grayhawk Elementary students and teachers enjoying special treats to celebrate fall holidays, as well as for recognizing teachers for their efforts during conference week. Volunteers were not allowed on campus, so the PTO and Room Parents came up with creative new ways to celebrate without the traditional parties and while following safety guidelines. There were easily run games, take home goodies, and do-at-home parties in a bag. During conference week, teachers were provided dinner sponsored by the PTO. They were given their own designated ordered meals from Flower Child to enjoy while they stayed at school to conduct virtual conferences. The resourcefulness seen at the school to continue to provide traditions



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that teachers, staff and students are familiar with but in different ways is heartening.

The positive connection within the Grayhawk Elementary school community was also seen in a recent School Board decision. A significant topic that was recently voted on was middle school boundaries. As a school that is part of the Paradise Valley Unified School District and resides in the city of Scottsdale, Grayhawk Elementary students go west to reach their assigned middle and high school. Mountain Trail Middle School, which is near Pinnacle Peak Rd. and Cave Creek Rd., was the zoned middle school for students living within the boundaries of Grayhawk. With the encouragement of many Grayhawk Elementary families the School Board recently voted to change the designated middle school to the closer Explorer Middle School, which is found in Desert Ridge.

This change has a positive neighborhood impact. Many families are happy about this change due to the diverse options offered at Explorer such as pre-AP core subjects, foreign languages, STEM programs and the Arts. Buses will now be available to Explorer, which will reduce the amount of people driving their students there, as many have open enrolled in the past. Being zoned for the closer middle school is also a selling point for families moving into the neighborhood. PVUSD is currently in the open enrollment period, but Grayhawk students will no longer need to open enroll if they would like to attend Explorer for the 2021-2022 school year. Current Grayhawk neighborhood students attending Mountain Trail can remain at that school for the next school year and will continue to have a bus for that year. Now through January is the time to register for middle school, as well as at Grayhawk Elementary for kindergarten or for anyone transferring in next year.

The first semester is wrapping up and Winter Break will soon be upon us. With travel still being lighter than average, it is likely that we will see a lot of students out safely enjoying the weather, playgrounds, parks, and holiday festivities close to home this year. Grayhawk Elementary wishes all of their families and neighbors a safe and healthy break and looks forward to a fresh New Year. For more information on Grayhawk Elementary School visit www.pvschools.net/schools/grayhawk-elementary/home or www.grayhawkpto.com





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## Grayhawk Neighborhood Park Tennis Court Improvements



The City of Scottsdale recently completed a renovation of the tennis courts at Grayhawk Neighborhood Park off of 76th St. The renovation included installing a post-tension concrete overlay which should minimize court cracking in the future. The City of Scottsdale typically completes a crack fill and resurfaces



the courts about every 12-18 months. The new concrete surface may have hairline cracks but will not need to be resurfaced for 5 to 7 years. depending on the amount of play and surface wear. Resurfacing will also take less time. The post tension concrete has approximately a 30 year life span.

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## **HEALTHY HINTS: Healthier Eating for the Holidays**

By Tina Uphoff, Grayhawk resident, Certified Health Coach and Fitness Trainer

Eating healthy over the holidays can be difficult given all the events and activities. Furthermore, it's a busy and stressful time of year that can result in poor eating and over-indulging. Below are strategies that you can incorporate to eat healthier and still enjoy many of the foods you like.

#### 1. SHOP WISELY

Having healthy foods on-hand that are easy and fast to make is half the battle. This is one of the top strategies to consume healthier foods. Here are some key tips:

- **Plan Ahead:** Plan your meals before shopping so that you can have everything you need to prepare for at least 3-5 days.
- **Double-Up:** Plan to double recipes so that you have leftovers.
- Easy Recipes: Have easy "go-to" recipes on-hand. Examples may include your favorite salads or burrito bowls where you can mix-and-match ingredients.
- **Stock Up:** Fill your pantry and refrigerator with healthy foods by shopping the exterior part of the grocery store (fresh and frozen whole foods). Minimize filling your cart with processed foods. Generally, try to keep on-hand:
  - Nuts and seeds
- Ouinoa
- Washed greens
- Brown rice
- Hard-boiled eggs
- Canned beans
- Cut-up vegetables
- Leans meats and fish
- Chopped fruit
- Protein powder
- Frozen fruits and veggies
- Healthy fats

#### 2. BE MINDFUL OF FOOD CHOICES

Choosing and eating healthy (or healthier) at events can be challenging, especially if you are not the host and did not set the menu. If it's a potluck event, you may have no idea what the options will be when you arrive. Here are some strategies so that you can still enjoy some of the foods at the event, yet be healthier in the process:

- **Eat Ahead:** Have something healthy to eat prior to attending an event. Like grocery shopping, it's never a good idea to go there hungry.
- **Share a Healthy Option:** Bring a healthy food option to share at the event. I like to bring one of my favorite salad recipes that feel appropriate for a special occasion.
- **Healthy First:** Fill your plate with healthier food options first. This includes a lean protein and a healthy salad or vegetables. This strategy is focused on crowding out the less healthy foods.
- **Be Selective:** Be strategic on how you choose the unhealthier food options and keep to smaller portions. Only spend calories on the items you really like and keep them to a minimum.
- **Avoid Grazing:** Calories consumed by eating through the day can add up. Try and eat enough at each meal to feel satisfied throughout the event.

- **Hydrate:** Be sure to hydrate with healthy beverages. People often mistake being thirsty for hunger. Great options include water, sparkling mineral water, and herbal tea.
- **Plan Ahead:** Pack a healthy snack to have available if needed. You want to always have something at your fingertips if you are hungry and only have access to unhealthy food options. I like to have a bag of mixed nuts with me at all times.

## 3. CHANGE YOUR FOCUS FROM FOOD TO FAMILY AND FRIENDS

It has become increasingly evident on the importance of human connection over the last many months. Regardless of whether you are congregating with a small or large group, or virtually, the intent is to put the focus on people and less on food. Some strategies include:

- **Mindset:** Keep your mindset on the social aspect of the holiday season and less about the food.
- **Be Creative:** Bring new activities and games to add interest and fun to each event. Go online and search for creative ways to connect with others.
- **Socialize:** Set a goal of talking to as many individuals at the event as possible, driving social connection.

With a little planning, it is possible to be healthier over the holidays. Not only will you feel better, you will have more energy to combat this busy time of year. The primary goal would be to enjoy the holidays since they only come once a year.

Happy Holidays! Feel free to contact me at tina@tinahealthcoach.com with any questions.



## Still Sweet and Salty

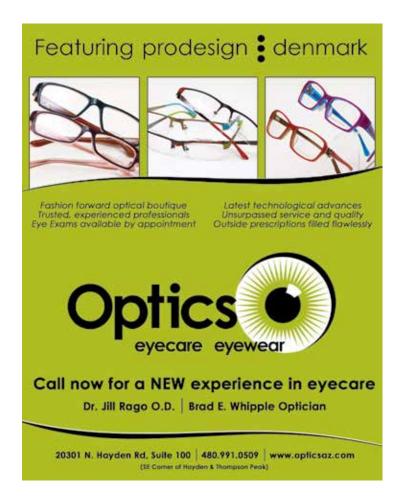
By Lori Bosch and daughter, Stephanie, Cachet at Grayhawk

There are all kinds of restaurants that offer a variety of bowls blending protein, grains, vegetables, seasonings and

sauces. But I think fried rice may be the original all-in-one dinner bowl. I consider it the comfort dish of Chinese food. Getting Chinese takeout food is so easy and delicious that you might wonder why I would try to make it at home. There is one good reason...to control exactly what goes into it. Maybe you don't like garlic or onions, or perhaps you are on a restricted diet and can't have gluten or MSG (monosodium glutamate). If you make fried rice at home you can make it exactly the way you like it.

This chicken fried rice has flavorful, tender chicken, organic vegetables and moist sushi rice. I used all organic ingredients and found everything at Whole Foods. You can make this recipe unique by substituting the chicken with shrimp, beef or pork. Or skip the meat and make it vegan. You can also use brown rice instead of white, or any of your favorite vegetables instead of the frozen carrots and peas. It honestly was the best fried rice that I have ever had and as I'm writing this article I am already craving it again! I am certain you will love this better than takeout fried rice.

And always, always always try making your favorite takeout dishes at home! It may take a little more time, but it will be well worth the effort. We welcome your feedback, suggestions and recipe requests! Please feel free to email us at boschl@me.com.





## BETTER THAN TAKEOUT CHICKEN FRIED RICE

Prep time: 5-10 minutes Cook time: 25 minutes

Servings: 4 Ingredients:

- 4 tablespoons vegetable oil
- 1 ½ pounds boneless skinless chicken breasts, diced into ½ inch pieces
- 4 green onions, trimmed and sliced into thin rounds
- 1 ½ cups frozen peas and diced carrots blend (no need to thaw)
- 2 to 3 garlic cloves finely minced
- 3 large eggs lightly beaten
- Salt and pepper
- 4 cups cooked rice (I prefer white sushi rice)
- 5 tablespoons soy sauce or Tamari
- ½ cup chicken broth

#### **Instructions:**

- 1. Cook rice according to directions on package.
- 2. When rice is completely cooked, set aside.
- 3. Heat a large non-stick wok or skillet on medium-high heat and add oil and chicken. Continually flip and stir chicken for 4-5 minutes until completely cooked and lightly golden. Remove chicken from wok with a slotted spoon so that oil and juices remain in wok. Set chicken aside.
- 4. Add onions, peas and carrots and cook for 2-3 minutes until vegetables begin to soften.
- 5. Add garlic and cook for one additional minute.
- 6. Push vegetables to one side of wok, and add the eggs to the other side and scramble. Flavor eggs with salt and pepper.
- 7. Add the chicken and rice to wok.
- 8. Drizzle with soy sauce and add chicken broth.
- 9. Stir and cook everything for 2 minutes or until all ingredients are re-heated.



## Sip and Tell

By Sue Lukenbill, Encore Resident

We are about to close the door on 2020, which I'd imagine brings with it possibly the most joyous New Year's celebration in some time. Despite COVID-19, I am thankful for all the restaurants I have been able to review and enjoy with Jennifer Sheets, Grayhawk's Director of

Communications. We definitely had to get creative most months, but it was worth it! Even with all the hard things this year, it's hard not to brag about the life here in Grayhawk. I know that I must sound like a broken record, but come December 18, we will celebrate 24 years living in this great community. I feel like one of the luckiest people in the world because family and friends have provided me with all the riches that I will ever need.

I love reminiscing this time of the year about many things. However, I would like to take a moment talking about the events and programs we have had this year despite COVID-19. Grayhawk's Lifestyle Director Sarah Van Duyne has been amazing and very creative stepping outside the box with many of the events. I'm looking forward to all she has planned in December and next year.

This is the time of the year when many of us are thinking about getting out of the house and enjoying time with visiting family and friends. While that might look a little bit different this year, it is still possible to have a safe, healthy meal with your loved ones. *Culinary Dropout* opened at Scottsdale Quarter on October 14 and is an open, airy restaurant perfect for these unusual times. This gastropub is the fifth location in metro Phoenix and sixth in Arizona. With crowd favorites like their pretzel bites and provolone fondue, the 36-hour pork ribs, and their famous fried chicken drizzled with honey, you'll want to taste everything. Thirsty? Try an ice-cold craft beer or one of their killer house-made cocktails. They also offer ping pong, corn hole and live music (Thursday-Sunday). They are open for lunch and dinner every day and brunch on the weekends.

Jennifer and I had a delightful lunch at *Culinary Dropout*. It was relaxing and fun. I was worried about needing a reservation, but this location is extremely spacious and the lunch crowd was relatively minimal. We ordered the *Soft Pretzels & Provolone Fondue* with sea salt. It was very filling but delicious.

Pizza is only on the menu at this location, so I decided to try that for my entrée. I chose the *Black Truffle Mushroom* pizza, which is a Detroit style deep pan pizza (somewhere between a regular pizza and Chicago deep dish) with smoked onion Alfredo, mozzarella cheese and arugula. It was delicious. The pizza was like foccacia bread only better. Because I enjoyed the pretzels and fondue so much, I took two thirds of the pizza home and had it for dinner and lunch the next day.

Jenn ordered the Harvest Kale Salad with roasted Brussels sprouts, cauliflower, green apple, medjool date, pine nut, parmesan, maple tahini vinaigrette. She added salmon and said it was very good. It looked like a great salad, and she noted that the salmon was delicious.









My family members are all big fans of *Culinary Dropout*. My daughter and husband have been trying to get reservations for a Friday night and finally were able to go last month. They are great fans of the pretzel and fondue, so they ordered that and salads. My daughter loves their *Avocado Caesar* with little gem romaine, shaved parmesan, croutons. Her husband enjoys the *Chopped Chicken* with avocado, bacon, heirloom tomato, white cheddar, deviled egg, bacon and bbq ranch.

I recommend you go to eat at *Culinary Dropout* when you are out and about Christmas and Hanukah shopping, etc. You won't be disappointed!

Until next month, stay safe and healthy, and Happy Holidays!

**Culinary Dropout** 15125 N. Scottsdale Rd. 480-653-9701 • culinarydropout.com

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Darren shares updates on the housing market and lease back programs available for sellers.

**VISIT:** thegrayhawkgroup.com/grayhawkpodcast November 4, 2020 Episode

"The Valley of the Sun is seeing a listing success rate of 90%. This is the highest I've seen it in the 23 years I've been in real estate."

"We thought the market would slow down as we got closer to the presidential election and end of the year but it has not. In fact is has done the opposite. With the listing success rate topping 90% now is the time to put your home on the market as you are virtually assured of it selling. On the flip side inventory is very low. But don't fret because we have a few creative strategies to find those ideal homes for our buyers."

-Darren



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