



Grayhawk Flight

February 2021

Inside:

*How the Montevina
neighborhood spread love
this past holiday season*

#1 Team in Grayhawk 20+ Years

Virtual Tours Available



7487 E Nestling Way Scottsdale AZ 85255
4 Bedroom | 3 Bath | 3,331 Sqft | **Grayhawk**
Offered at \$865,000



7525 E Phantom Way Scottsdale AZ 85255
5 Bedroom | 3 Bath | 3,705 Sqft | **Grayhawk**
SOLD FOR \$825,000



7623 E Wing Shadow Road Scottsdale AZ 85255
4 Bedroom | 2 Bath | 3,081 Sqft | **Grayhawk**
SOLD FOR \$750,000



19550 N Grayhawk Drive 1113 Scottsdale, AZ 85255
3 Bedroom | 3.5 Bath | 2,623 Sqft | **Grayhawk**
SOLD FOR \$617,000



7513 E Whistling Wind Way Scottsdale AZ 85255
4 Bedroom | 2.5 Bath | 2,473 Sqft | **Grayhawk**
SOLD FOR \$750,000



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



20121 N 76th Street 1023 Scottsdale AZ 85255
3 Bedroom | 2 Bath | 1,585 Sqft | **Grayhawk**
SOLD FOR \$349,000

"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®,
Operating Principal
Andrew@BVOLuxury.com

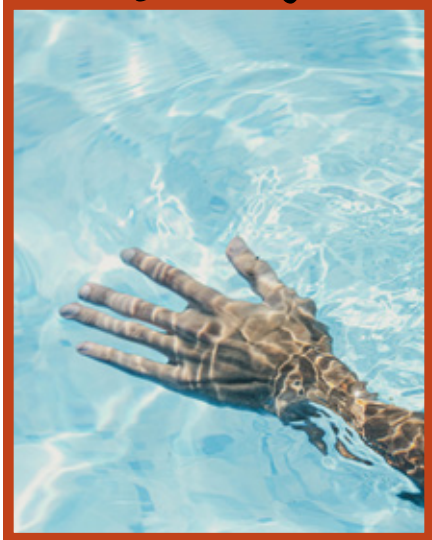


David Van Omen
Associate Broker,
Senior Partner
David@BVOLuxury.com



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Grayhawk Community Association

Professionally Managed By



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

GRAYHAWK STAFF



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Community Manager
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Jenn Sheets
Director of Communications
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Sarah Van Duyne
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Cierra Austin
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rdearo@ccmcnet.com



Chantel Martin
Maintenance Assistant



Martha Castaneda
Maintenance Assistant

Manager's Corner



Due in large part to Valentine's Day, the month of February is often associated with all things love and kindness related. Many of you may not be aware that I am from an Italian family from Buffalo, New York. As Italians, one of the ways that we show our love for family and friends is with food. Whether making homemade pizzas as a way to spend time together, or throwing together a meal for friends, my family loves gathering in the kitchen. In addition to Valentine's Day, February is National Bake for Family Fun month and Feb. 9 is National Pizza Day. These are both great opportunities to spend time with your family and maybe even show your love for another family member or friend.

There are also many things you can do for others in your neighborhood or community to show your appreciation and/or kindness. You can offer to keep an eye on a neighbor's house when they are away, pull a trash can out for someone in need or watch a neighbor's pet(s) for them. You can welcome new homeowners to your neighborhood with a "hello" and waive to those you have been seeing for years. It might even be a good time to consider a kind email or letter of thanks to the GCA or RVA Board of Directors for all their hard work and for volunteering their time to continue to make Grayhawk an even better community.

Speaking of the Board of Directors, later this month you will be mailed a ballot for voting in the Grayhawk Community Association 2021 Board of Directors election and, if you live in the Retreat Village, a ballot for voting in the Retreat Village Association 2021 Board of Directors election. In this mailing, you will also receive information about the candidates and their responses to a questionnaire regarding their qualifications, goals for the association, and community interests if elected as a Board member. In the 2021, we are hoping to have our largest voter turnout ever at Grayhawk. This is your community so we are encouraging you to do your part and become involved in the Board election process. Please take the time to read the candidate information and questionnaire, and vote in this year's election(s).

Stacey Harvey

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.

BOARD MEETINGS – FEBRUARY 2021

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

Grayhawk Board of Directors

Monday, Feb 1, 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, Feb. 1 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, Feb. 1 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, Feb. 1 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, Feb. 2 and 16 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 – January 11, 2021

Homeowner Forum

Resident Tim Mouer (Pinnacle) asked a question about the common area wall and landscaping of neighbors. Stacey Harvey will communicate with him following the meeting.

Development Committee

David Van Omen reported that there were no major developments to share. Arlene Smith asked what was being built next to the Nationwide building near the 101 freeway and it was noted that a Choice Hotel was being build in that location.

Operational Review Committee

Dick Zielinski reported that the committee did not meet. David Van Omen said that there is a possibility of hiring an off-duty police officer to enforce speeding on Hayden Rd. and 76th St.

Landscape Committee

Arlene Smith reported that the committee did not meet. DLC Resources continues to work on the routine cycle maintenance of the community landscaping. During the past month the trim crew has been working on the seasonal pruning from the sidewalk to the curb in the Park and Retreat sections of

the community. The on-site landscaping crew has been working on monitoring site line obstructions, and trimming plants and trees in the medians on Thompson Peak Parkway and Grayhawk Drive.

Arlene Smith will be meeting with the Maintenance Supervisor, Richard Dearo, to look at each Retreat pool in the coming week in preparation for the proposed upgrades by DLC Resources.

Community Enhancement Committee


Stacey Harvey reported that the committee did not meet. The next scheduled meeting is in April and will be held to review the Condo Community Enhancement Project submittals.

Event Planning Committee

Sarah Van Duyne reported the Santa Party was a success, with approximately 200 residents participating.

The Drive-In Holiday Movie went well, although was a bit stressful in the planning stages due to a last minute Covid-19 mitigation plan request from the City of Scottsdale. All-in-all it was successful and those in attendance seemed to enjoy the experience.

Upcoming events include Dwornik Law Living Trust seminar, a painting class and Jindo, a game of bingo with a beat.



Dwornik Law^{LLC}

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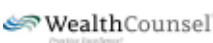

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A Good Estate Plan Coordinates What Happens To Your Home, Investments, Savings, Businesses And Retirement Accounts. Let us help you put a plan into action to help protect your legacy, your family and your future.

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Richard M. Dwornik, MBA, JD
Attorney at Law





480•809•1014 | info@dworniklawaz.com | www.dworniklawaz.com

Communications Committee

Jennifer Sheets reported that the Board of Directors candidate application is linked through the website and the Buzz. There are four positions open on the GCA and three on the RVA.

The committee will be meeting on January 12 to further discuss the details of the Annual Meeting and the guardhouse remodel project communication plan.

Architectural Review Committee

Paul Alessio reported that there were two meetings with a total of 23 submittals in December. Most submittals involve garage door replacements, new address numbers and window/door replacements, which he anticipates the committee will review more of due to the age of the community.

Budget/Finance Committee

Jeanette Griswold reported that the committee did not meet.

Executive Committee

David Van Omen reported that the committee did not meet.

New Business

A motion was made and approved to hold the 2021 Grayhawk Community Association Annual Meeting virtually. This decision was made to avoid potential costs associated with canceling the reservation at the Grayhawk Golf Club Fairway House last minute, and to aid in the preparations moving forward.

Don Morse noted that the Communications Committee and GCA staff members may need to spend a bit of additional money in order to host a virtual meeting at the full potential. Board members agreed that this was acceptable, as there is already a budget for the annual meeting in place.

Treasurer's Report

Jeanette Griswold reported that the GCA revenue is below budget, mainly to the lack of facility rentals and in-person special events. Expenses are over budget in November due to water costs. Expenses are over budget approximately \$85,400.00, primarily due to the water budget being over by approximately \$73,300.00. Professional fees are also over budget by approximately \$6,600.00, mainly due to legal fees.

In November, the GCA took in \$135,966.00 in Community Enhancement Fees, with a year-to-date total (as of November) of \$923, 225.00 and a balance of \$2,577,631.00.

Management Report

Stacey Harvey reported that CCMC has hired an internal candidate to fill the open Assistant Community Manager position and they are working on a transition plan.



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floo-id YOGA in the Park

Saturdays – February 6, 13, 20 and 27 at 9 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 right off the 101 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 is proven to aid to a healthier, physically fit and less stressful lifestyle. floo-id has been kind enough to host regular classes in the Grayhawk community! This is a great way to clear your mind and social distance while exercising. The classes will take place in the narrow beginning section of the greenbelt that starts at the tunnel under the Thompson Peak Pkwy and Hayden intersection. Walk down, ride bikes over, or park in the Offices at Grayhawk Parking Lot and head down to the greenbelt from there. Registration will go through floo-id directly. Please register online with floo-id YOGA prior to each class at <https://www.flooidyoga.com/schedule>. The Grayhawk FREE class is scheduled for Sat., Feb. 13 and will be registered for separately at this website: <https://flooidyoga.brandbot-checkout.com/outdoor-single.html>. Register early to save your spot!

Where's Gertie Grayhawk?!

February 8 – February 19

Gertie is our resident hawk that has come out of retirement to help get you out of the house and to explore your community. She is currently playing in one of the 8 Tot Lots through out the community. Can you guess which neighborhood tot lot she's at by looking at the advertised picture? Be sure to post your guess on our facebook page and get entered to win a \$50 Amazon gift card. Want a better chance of winning? Add a picture of you at the location you believe Gertie was hanging out. She will not be there, so please reference the picture in the post. We can't wait for you to find Gertie! Have fun and good luck!

Backyard Bicycles Pop-up Shop

Sun., Feb. 7, 14 and 21 – Bike drop off at 9 a.m.

(pick up time may vary depending on amount of bikes dropped off)

It is the time of year when we are grateful for living in beautiful Arizona where we can enjoy the outdoors year round. One of the things you may enjoy most is riding your bike through the community, along the trails, or through the mountains. What you may not know is that it is a good idea to have regular tune ups on your bike so it doesn't fail you during your ride. Backyard Bicycles is teaming up with Grayhawk to offer affordable and convenient bicycle repair pop-up shops around the community!

Pop-up Shop Location & Schedule:

Feb. 7: Raptor Retreat at the Los Vientos Pool

Feb. 14: Talon Retreat at the Peregrine Pool

Feb. 21: The Park – Grayhawk Greenbelt at 78th Pl and 78th Way



Ian started Backyard Bicycles during COVID-19 to bring mobile bike shops directly to neighborhoods - no more schlepping your bike across town and waiting days to get it back. Ian is giving an exclusive discount to Grayhawk residents, offering a comprehensive tune-up for only \$55 per bike with a same day turnaround. Be sure to call or email Ian to RSVP so he knows how many bikes to expect. You can reach him via email at: info@backyardbicycles.com or by cell: (920) 574-5585. If you have any questions about the pop-up, or cannot make a date but are still interested in a tune-up, don't hesitate to reach out to Ian! You can also find more information on his website at www.backyardbicycles.com.

Jindo Jams - Bingo/Music Mashup Game Show

Fri., Feb. 12, Tues., Feb. 16 and Fri., Feb. 26 at 7 p.m. (Arizona Time)

Virtual via Zoom – Zoom link emailed prior to each event.

Join neighbors for an exciting game of Jindo, bingo with a beat! It is a family-friendly game of music, skill and luck that combines name-that-tune with Bingo. Challenge your friends, family and colleagues to a virtual game and test your luck and music knowledge. Jindo is free for you, easy to play, fun for everyone and is played virtually. There are chances to win \$5 and \$10 Amazon gift cards as well! Register online at www.grayhawkcommunity.org by the day before each event to receive your zoom link.

Podcasting 101

Mon., Feb. 22 from 5:30 p.m. to 6:30 p.m.

Virtual via Zoom

'Podcast' is a word we hear often, but maybe don't take full advantage of what they offer or look deep enough to find which ones strike our interests. Did you know that the Grayhawk Community has its very own Podcast? We have an incredible and innovative way for residents to find out about upcoming neighborhood events, City of Scottsdale events and discussion on hot topics. Join Grayhawk Podcast Host, Alicia Haygood, as she takes you on the journey of podcasting. She'll guide you through a short tour of their studio, the process of what it takes to host a podcast, and what kind of equipment is needed for it to function. Not only will you get a behind the scenes look at your community podcast, but Alicia will also teach everyone how to find the podcast on your phone or computer, and how to subscribe to the podcast so you'll never miss an episode. This is a great opportunity to get informed about all the great people and businesses in the community. Register online at www.grayhawkcommunity.org and the zoom link will be emailed to you a couple days prior to the event.

Sneaky Snakes Educational Class

Wed., Feb. 24 at 6 p.m.

Virtual via Zoom

Presented by Rattlesnake Solutions

"There is a rattlesnake on the trail in front of me!! What do I do?"

"I have a rattlesnake in my yard!! Now what do I do?"

"Will rattlesnakes chase me??"

If you have ever asked yourself any of these questions, join us and get your answers! Jill Rials of Rattlesnake Solutions will be leading us in a fun night of Fact vs. Fiction on rattlesnakes of Arizona. She will be talking about the many myths that surround these animals, touching on some of the different kinds of snakes/reptiles you could find in your area, and what to do when you encounter one, both on the trail and at your home. In this class you will get to meet some of her friendly creatures like a gopher and king snake and a tortoise. But she will also have some Gila Monsters and rattlesnakes in boxes to look at. This is a great opportunity if you have ever thought you would like to know a little more about these misunderstood creatures! Register online at www.grayhawkcommunity.org and we will send you the zoom info prior to the event.



Daddy Daughter Dance- Sweethearts Dance

Sat., Feb. 20 from 6 p.m. to 7 p.m.

Virtual via Zoom

The Daddy Daughter Dance is one of Grayhawk's longest running and most treasured events for so many reasons. This is a special time for Dads and their girls that we are just not willing to miss out on. We are calling on all Moms, siblings and other family members because we are bringing the dance party to your own homes! This is a great opportunity for everyone to finally be a part of the beloved Daddy Daughter Dance. We will be providing a 'Dance in a bag' full of goodies to help decorate your own living rooms AND we will have a live DJ playing your favorite dance tunes via Zoom. The theme this year is Sweethearts Dance and will surely allow Dads little sweethearts to pull out their favorite dress for the occasion. Get excited because we are not skipping out on the raffles this year! We will have four beautiful raffle baskets that we will draw for during the event. Everyone registered will be put into the raffle once and you will have to listen carefully for your name to see if you are a big winner! Don't worry Dad's we didn't forget about you. We will be drawing for a dad basket that will include a \$100 gift card to the Grayhawk Golf Club, Weber grilling tools, and so much more! Cost to participate is \$5 per child. Register online at www.grayhawkcommunity.org by Wednesday, Feb. 16 to reserve your spot! Your 'Dance in a bag' will be delivered Thursday and Friday prior to the event.

City of Scottsdale Waste Trivia

"What do you think is the proper way to dispose of cooking oil?"



1. Place it out for collection, in a labeled container, for the brush and bulk service
2. Bag and tie the container of unwanted cooking oil and place it in your black trash bin
3. Have it collected using the city's hazardous waste collection program
4. Dig a hole in the back yard, pour the oil in the hole, and cover it back up

The answer is....have it collected using the City of Scottsdale hazardous waste collection program!

Bagging and tying your unwanted cooking oil and placing it in your black garbage bin sounds like the right thing to do but the reality is, City of Scottsdale garbage trucks compact garbage or recyclables. Containers of oil can be ruptured and leak out of the truck leaving a mess on the road. The same applies for our bulk and brush program. Pouring unwanted cooking oil into a hole in your yard is never a good idea.

For more information about City of Scottsdale's waste programs, visit scottsdaleaz.gov and search "waste".



YOUR GO-TO FOR ALL THINGS GRAYHAWK

Resident Host Melinda Medina brings you a new episode every Wednesday. From resident guests to happenings around town, Melinda brings you the best of the best in Grayhawk.

How to listen:

Go to www.grayhawkpodcast.com to listen on the website or use your favorite podcast app of choice. Don't have an app to listen on? Go to your phone's app store and download Apple Podcasts, Spotify, or Google Podcasts. Search **Grayhawk Podcast**, listen and hit the Subscribe button!

You can also subscribe to the **Grayhawk Weekly Newsletter** by filling out the form on www.grayhawkpodcast.com to stay informed of our weekly episodes via your email inbox.

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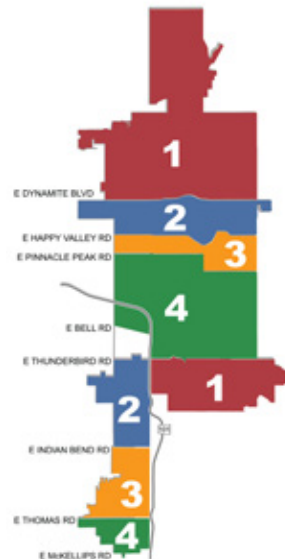
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City of Scottsdale 2021 Brush Pickup Schedule

Brush pickup is designed to provide an easy and convenient way for residents to dispose of items generated from their homes which are too large in size or too large in quantity to dispose of in their refuse container. Please stack items neatly, parallel to the street on your front property line, where your trash collection typically takes place.

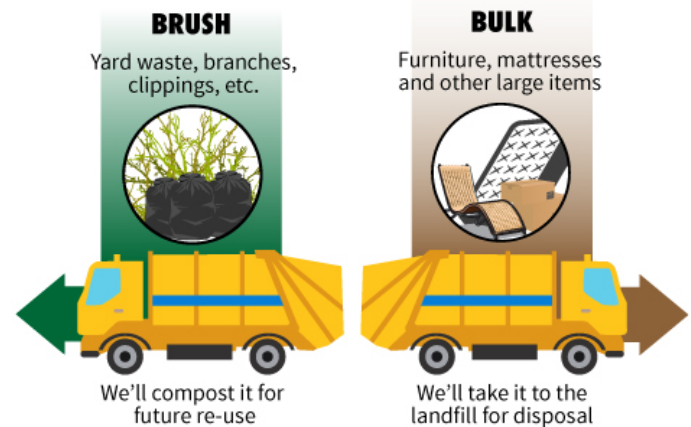
Please follow these simple guidelines relating to Brush Pickup:

- Piles should not exceed 10' long by 6' wide by 4' tall.
- Solid waste crews will only spend 20 minutes per residence so if you exceed these limits, materials left behind will be picked up on the following month's brush pickup collection date and must be removed from the curb until the next collection.
- Crews are responsible for large debris only, and small debris left behind is the responsibility of the resident to clean up.
- Do not place construction waste, loose grass, remodeling materials, rocks, loose leaves or twigs, dirt, loose refuse or uncovered/unboxed cactus out for collection. City crews cannot collect these items.
- Do not mix trash, rocks, dirt, wire, cactus, grass, bricks, cement, or other materials in with your brush. Crews will be unable to collect your brush until these items are removed.
- **Please separate your brush and bulk pickup into two piles –** one for green waste and one for everything else. The piles will be picked up by separate trucks during your designated brush and bulk pickup week. The green waste – yard clippings, branches and trimmings – will be composted to help grow new plants, while the rest will be taken to the landfill for disposal.
- Tree limbs and other objects must be less than 12 inches in diameter.
- Keep glass separate from other items in sturdy boxes measuring no more than 2'x2'x2'. Please clearly mark these items.
- Do not put out paint, paint thinners, strippers, pesticides, batteries, motor oils, chlorine, pool acid, or other prohibited items. Each homeowner is responsible for proper disposal of these items. Any size tires will not be collected.
- Do not park within 10 feet of bulk piles.



A BETTER WAY FOR BRUSH & BULK

Place your items in separate piles 3 feet apart



Schedule and program guidelines: ScottsdaleAZ.gov, search "bulk trash"

Remember that each homeowner is responsible for the manner in which their material is placed out for collection, whether or not they hire someone else to do the work.

Your items will be collected sometime during the week collection is scheduled, beginning on the Monday shown in the schedule below. Please have your items placed by 5:00 a.m. the Monday of the week scheduled for pickup, however, do not have your items out more than five days prior to that. Thank you for your cooperation.

February 22	June 21	October 25
March 22	July 26	November 29
April 19	August 23	December 27
May 17	September 27	

Also, remember that regular trash containers are picked up on Mondays and recycling containers are picked up on Thursdays. Please have your cans out no earlier than dusk the day prior to pickup and no later than dusk the day of pickup. For more information on trash, recycle or brush pickup, visit www.ScottsdaleAZ.gov/recycle.



SURVIVING THE PANDEMIC – FROM THE INSIDE OUT

Using the right tools for anxiety and finding your stride with mindfulness

By Vanessa Gorelkin, MA, OTR/L, Avian Resident

Are you tired of the pandemic? Whether you've quarantined, are an essential worker, or have been less observant of (admittedly confusing) guidelines for keeping well, there is no doubt that your life has been altered. Social interactions, work relationships, and educational processes are virtually unrecognizable these days. We're collectively challenged to cope with the ongoing stresses of an ever-changing environment

As an Occupational Therapist, my work-life has completely changed due to the pandemic. I used to work with patients in person. With telehealth available, I've transitioned to an entirely online private practice where I see patients via secure video visits. There's not a session that goes by where the topic of skill development for coping in an uncontrollable world does not come up.

If you are feeling overwhelmed and stressed or you'd just like to improve the quality of your life with some simple steps, check out these tips to manage in an unpredictable world.

COPING WITH ANXIOUS MOMENTS:

Start with a simple anxiety check-in

On a scale from 0-10, rate your anxiety level at this moment, where a "0" represents complete calm and a "10" represents an anxiety attack. Rating your anxiety level will help you determine which of the exercises below will be most helpful. Check out your score below and the suggested exercises that match your score.

High Anxiety (7 or greater out of 10) responds to "Grounding"

"Grounding" is the place to start if you're experiencing a lot of anxiety. Grounding is the process of reconnecting in an immediate way with your environment. Since you're feeling stirred up, you will want a simple method to cope in the moment. Here's a highly effective grounding exercise to try right now:

Name 5 things you see.

Name 4 fruits you've tasted.

Name 3 items that are round.

Name 2 cities in the state of Arizona.

Take 1 breath.

Repeat the exercise a few times, aiming at feeling some relief once you've stopped.

Make this grounding exercise your own!

You can name cities, counties, states, countries or continents if you like geography. Or you can focus on your 5 senses, one right after the other (5 things you can see, 4 things you can hear, and so on.) The most important outcome of the exercise is giving your anxious mind an activity to process to get some immediate relief. Check in with yourself when you've done the exercise, and you can re-rate your anxiety to see how grounding affected your stress level.

Moderate Anxiety (4 or greater out of 10) responds to "Refocusing"

"Refocusing" is tuning in on a bodily sensory experience. Choose a part of your body that you'd like to be your "landing place." Popular "landings" are the tip of your nose, one of your big toes or a fingertip. Get into a comfortable position, either sitting, standing or lying down. Direct your gaze downward or close your eyes. Take a breath and deliberately focus on your landing place for about a minute. Consider what you're feeling at your landing. There are no wrong answers, even if you're drawing a blank. Just notice the sensations and avoid judging the feelings. Name the sensations, such as "blank," "itchy," "cold," or "tingly." When your mind wanders, gently redirect your attention back to your landing place until you've completed the exercise.

Do a self-check in when you're done, how did this exercise affect you?

Low Anxiety (0 to 3 out of 10) or not feeling anxious, do a "Focused Task"

Choose a simple chore for your focus point and do this chore without any distractions like music, television or conversation. For example, the next time you are washing the dishes, focus on the feeling of the water as it flows over your hands, the weight of the objects you're washing, the smell of the soap you are using. What is the sound that the water is making and what are other sounds or sights in your immediate vision. Stay in this focus for a brief period of time and check in with yourself afterwards. How is your anxiety and focus level?

Mindfulness to improve your quality of life

Now that you have some strategies to manage anxious moments, you're probably wondering how you can help improve your overall stress management. A simple, powerful answer is a using your new anxiety skills to build the foundation of a regular "mindfulness" practice.

"Mindfulness" is the process of paying attention, on purpose, to the present moment. In the activities listed above, you'll get some practice in basic mindfulness. But as with all things, mindfulness skills need frequent practice to yield lasting benefits. Research

has shown that using mindfulness helps nurture the parts of the brain that manage stress effectively while quieting the areas of the brain that are hyperactive to anxiety. I can't think of a better way to advertise a stress management technique!

In my experience, people don't practice mindfulness because they don't have a way to regularly incorporate it into their daily lives. A foolproof strategy for getting mindful on a daily basis is to connect mindful practice with an activity you do daily. Examples include: getting dressed, taking a shower, brushing your teeth or hanging clothes in your closet.

If you're ready to try daily mindfulness: choose an activity you do each day and deliberately focus on the experience of that activity. You do not need to be attentive during the whole activity, rather, start with a minute or two during your daily activity. Be sure to tune in to your senses as you complete your task. What do you hear, see, taste, smell as you are completing this task? How does your body feel and what are your movements like as you complete this activity? Is this activity different for you now that you've focused on it, and if so: how?

Final words for the stressed

A simple daily mindfulness practice is a great place to begin to take hold of pandemic stress. I suggest trying out a few of the ideas as we make our collective way through the ongoing pandemic. If you want or need more help: don't hesitate to reach out for help!

Support is more available than ever before, and through telehealth therapy, you can build your skills right from the comfort and safety of your home or office.

Vanessa can be reached at Vanessa.gorelkin@gmail.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 GCA and RVA BOD Mtg. 5:30 p.m. Via Zoom	2 ARC Mtg. 4:30 p.m. Via Zoom	3	4	5	6 floo-id YOGA 9 a.m. Grayhawk Greenbelt
7 Bike Pop Up Shop 9 a.m. drop off Los Vientos Pool	8	9	10	11	12 Jindo 7 p.m. Via Zoom	13 floo-id YOGA 9 a.m. Grayhawk Greenbelt
14 Bike Pop Up Shop 9 a.m. drop off Peregrine Pool	15	16 ARC Mtg. 4:30 p.m. Via Zoom Jindo 7 p.m. Via Zoom	17	18	19	20 floo-id YOGA 9 a.m. Grayhawk Greenbelt Daddy Daughter Dance 6-7 p.m. Via Zoom
21 Bike Pop Up Shop 9 a.m. drop off Grayhawk Greenbelt	22 Podcasting 101 5:30-6:30 p.m. Via Zoom	23	24 Snake Class 6 p.m. Via Zoom	25	26 Jindo 7 p.m. Via Zoom	27 floo-id YOGA 9 a.m. Grayhawk Greenbelt
28	<p>WHO TO CALL</p> <p>ROVING PATROL (480) 502-7685</p> <p>GRAYHAWK ASSOCIATION (480) 563-9708</p> <p>SCOTTSDALE POLICE (480) 312-5000</p>					

Montevina Shares the Spirit of Giving

This past holiday season was the 18th year that the residents of Grayhawk's Montevina neighborhood collected canned goods and monetary donations for St. Mary's Food Bank in trade for holiday cheer in the form of over-the-top lights and warm cocoa.

In a year where Covid-19 seemed to make everything more difficult, one would expect Montevina would see a slight dip in donations. After all, they could not hand out cookies or top the cocoa with marshmallows. Surely not as many people would be walking the streets to peek at Christmas gnomes and reindeer.

However, goodwill beat Coronavirus this year as Montevina neighbors collected over \$17,000 and 6,052 pounds of food. That is \$9,985 and 4,214 pounds more than they collected in 2019! The monetary and food donations from December of 2020 combined to feed 132,436 people in need in the valley. That is 132,436 people who had their 2020 made a little better by the kindness of others.

The generosity shown by the Montevina neighbors, who volunteer precious time during one of the busiest months of the year to man the Cocoa Hut, is a wonderful example of the spirit of Grayhawk. Thank you, Montevina residents, for your selflessness. And thank to all that stopped by to donate!



Hunger in Arizona

St. Mary's Food Bank Alliance, the world's first food bank, has distributed more than hundreds of millions of pounds of food to the hungry of Arizona. St. Mary's disperses donated food across the state of Arizona with nearly 330 partner agencies at approximately 430 sites, including domestic violence shelters, dining halls, schools, churches, children's shelters, food pantries, halfway houses, and senior centers



In November of 2020, the Retreat Village Board of Directors voted to convert the neighborhood pools and spas in the Retreat from chlorine tablets to a salt water chlorinating system.

The decision came after a shortage in 2020 caused by an increase in the price of chlorine. The option to convert the pools to a salt water chlorinating system was recommended by the RVA pool maintenance contractor Excel Pools. The salt water system will provide a long-term solution as well as save \$800-\$1,000 per year on chemicals. The cost of installing the salt systems is between \$3,175 and \$3,900 depending upon the size of the pool, which is being funded through the neighborhood reserve funds, all of which are very well funded. Given the anticipated savings on chemicals, these systems will pay for themselves in 3-5 years.

Why a Salt system?

The salt system produces a stream of free chlorine, virtually eliminating the need to shock the pool. That means that there is no need for swimmers to stay out of the pool during shock treatment and no build up of chloramines. By adding salt, the water is softened giving it a silky, comfortable feel. That softer water and the absence of chloramines means that the water in the pool will be less irritating to the skin and eyes.

Utilizing a salt system also means that staff does not have to buy, store or handle chlorine. Storage of both acid and chlorine can be dangerous, because if they were to be accidentally mixed they could cause serious injury.

How is the pool sanitized without chlorine?

Grayhawk pools and spas will still be using chlorine to sanitize the water. The difference is now the pool **makes** chlorine from breaking the salt into its two main parts; sodium and chloride.

Won't it be too salty?

The concentration of salt in the ocean can be as high as 35,000-40,000 parts per million (PPM). In comparison, our body is about 4,000 PPM and fresh water is considered anything below 1000 PPM. The salt water pool's "sweet spot" for salinity is between 2,700 and 3,400 PPM.

What is the process?

It will take approximately 72 hours to drain and refill each pool, and potentially could take even more time to warm to the regular operating temperature. The pools will be transitioned two locations at a time, one each in the Raptor and Talon Retreat allowing for alternate pool use if requested. Crown Point will be converted last and will be closed for about four weeks in total for the pool interior resurface project to include new pebble sheen finish.

A tentative schedule for converting the pools can be found below. Watch the weekly eblast for any updates as move through the project.

- Feb. 1-4** Halcon and Monterey
- Feb. 7-10** Volare and Avante/Renaissance
- Feb. 14-17** Los Vientos and Peregrine
- Mar. 22** Crown Pointe

If you have any questions, please reach out to Stacey Harvey at sharvey@ccmcnet.com or 480-563-9708.

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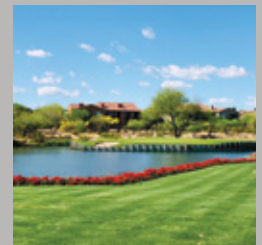
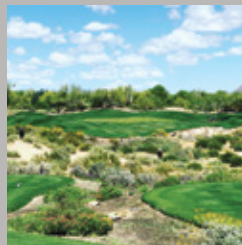
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End of Winter Tips

DLC Resources

When observing your landscape, you may often think of the typical maintenance that you should be doing to properly care for your space. However, it is equally important to recognize what you should NOT be engaging in at your property. Included below are several tips for things to avoid in your landscape and what to do instead.

First, you should never trim frost-sensitive plants when there is still a risk for frost damage, or if they have already suffered frost damage. Trimming a plant while it has frost damage or is at risk for frost damage can have a significant impact on the healing and growth of the plant moving into future blooms. When not allowed to heal properly, this may leave the plant more susceptible to further damage moving forward. You should wait until after the plant has begun blooming in the next season before trimming any frost damage. This way, the plant will have already started to regenerate and will replace the frost damage foliage or blooms with new spring growth.

Second, you should not overwater or over-fertilize plants or turf during the winter. This can cause unwanted weed and fungi growth, amongst other potential inflictions. Plants typically need less water in the winter than during the warmer times of the year. While your plants will still need water and the proper amounts of fertilizer, resist the urge to grab that extra bag!

Lastly, you should avoid mowing turf when it is wet. Cutting down turf when it is wet may lead to an increased risk of fungal growth. You also risk spreading the growth with the mower. To best reduce this risk, simply wait until turf has enough time to fully dry after a rain or watering before mowing.

Along with general care and attention, these tips should help move you through the short remainder of winter and help your landscape peak with the warm weather!



Our Desert, Our Home

By Victoria Kauzlarich, Volare

A Helping Hand Part 1: Fertilizing Basics

Spring is virtually here and as we look to seasonal renewal, we think about flowers and flowering plants. Here in the desert, we have a few winter bloomers but, for the most part, plants stop actively growing during the winter months and generally wait until Spring to resume their growth cycle and begin to bloom.

I have long marveled at desert plants' adaptability. They grow in apparently impoverished soil and they keep at it, year after year - sometimes for millennia on end.

Still, like all plants, they can use our help from time to time. If you want your leafy plants to look and perform their best, fertilizing is a must.

Why Fertilizer is Important

Fertilizer helps get new plants established, helps ailing plants, supplements deficient soil, gives plants in pots needed nutrients for their confined space, and promotes rapid growth. If you fertilize, your plants' leaves will be greener and they will flower more robustly. Below the surface, fertilizer gives roots a boost: making them stronger and more numerous which in turn promotes absorbing additional nutrients.

Fertilizer also keeps your plants healthier and less prone to disease and insect infestations. The key to success is to feed your plants regularly, throughout the growing season.

Here, that means from February through September. In the Sonoran Desert, the rule of thumb is to fertilize three times a year - in February, July and September.

While you can buy fertilizer for just about any type of plant, here we're going to focus on just the leafy ones - the shrubs, ground covers, vines and perennials.

My Favorite Fertilizer

There are a wide variety of fertilizers but my favorite is Sea Grow. This is only available at nurseries and costs about \$12 for a 1.5 lb. container. I get mine at Summer Winds on Tatum. I've been using it over five years.

I like this product because it is all natural. Think of this as a gentle way to feed your plants.

Sea Grow is a granular and water soluble concentrate, meaning you have to mix it with water. My rule of thumb is 2 tbsp in 2 gallons of water which is just right for fertilizing nearly any shrub, ground cover or perennial. Yep. You DO have to do this by hand but your plants will thank you by rewarding you handsomely.

Got Fertilizer on Hand?

If so, here's what you need to know before you use it.

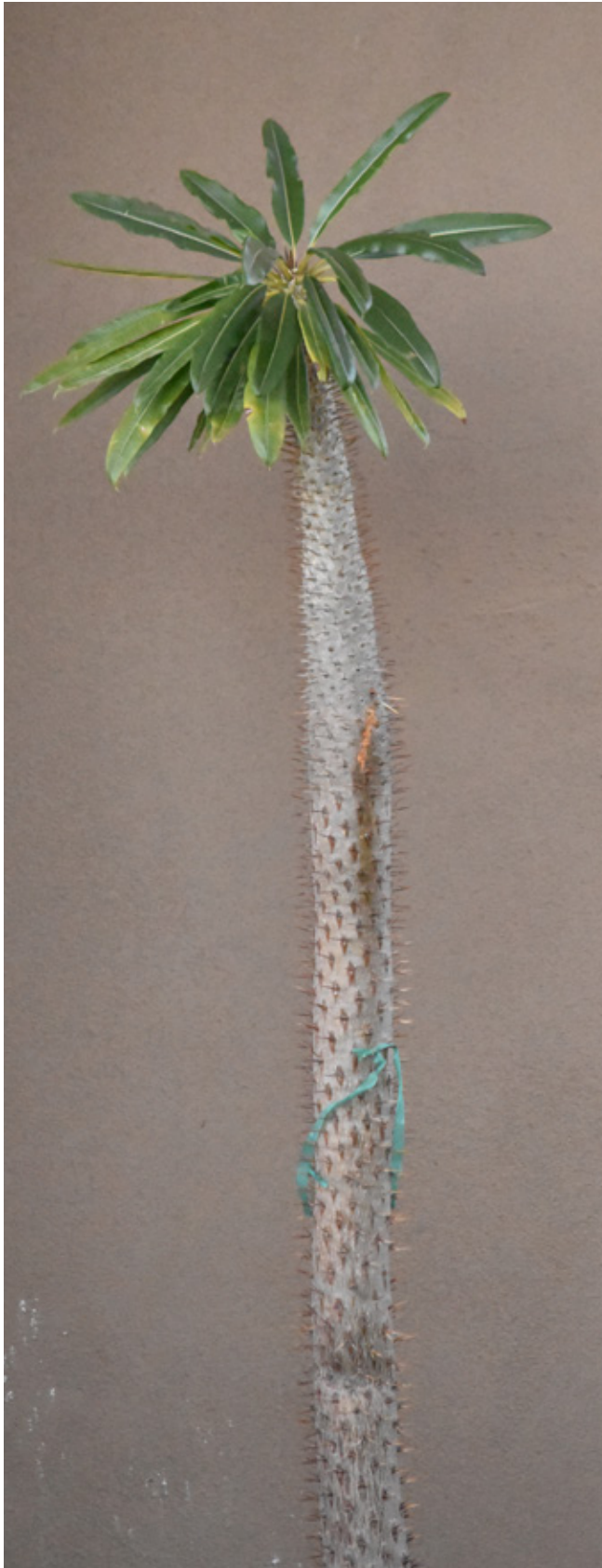
All fertilizers have a numerical designation. Sea Grow boasts 16-16-16 meaning that it gives equal attention to leaves, roots and flowers. I have a MiracleGro house plant fertilizer that is 8-7-6; this is a chemical fertilizer designed for plants in pots.



5 Year Old Madagascar Palm – Fertilized 3x/yr

This three number-designation will appear somewhere on the label and it tells you what the fertilizer is designed to do. The first of these numbers (nitrogen) is designed to promote leaf health. The second (phosphorous) is for root development. The third (potassium) is to promote blooming. Plants often bloom less as they age and regularly fertilizing them will restore their enthusiasm for producing flowers.

This three number-designation represents a percent of these elements by weight. Sea Grow's numbers tell us that it has 16% each nitrogen, phosphorous and potassium, adding up to 48% of the total volume by weight.



Madagascar Palm (Age Unknown) – Never Fertilized

Without getting too far into the weeds on this, that total means that the other 52% of the volume is made up of micronutrients and filler.

Some Caveats

Plants with exceptionally fast growth rates - shrubs such as Sage, Valentine Bush, Blue Emus and Outback Sunrise for example - should be fertilized when planted but not after that because their already-fast growth rate will accelerate even more. On the other hand, if any of these plants look like they're ailing, don't hesitate. Fertilize them.

When it comes to vines, give them twice the amount of fertilizer that you would give a shrub. Many vines grow to be 25-30' and with that much height, you want to give them enough food to reach all the way to the tips of the plant. I've often been guilty of under-watering and under-fertilizing my vines. Having learned that lesson, my vines look much better.

A Fertilizing Trick

If you have herbs or flowering annuals in pots, here's a tip for getting the most from them. Use 1/4 tsp of Sea Grow in a quart of water every time you water them. This will steadily feed them each time you water. Your herbs will be prolific with the added bonus of being organic and your flowering plants will reward you with healthy-looking foliage and lots of blossoms.

Fertilizing has another beneficial, if unintended consequence. Once you start doing this, you'll get to know your plants a bit better. You'll notice if they're ailing and if they need something more from you, like water or a good pruning. More about that next month.



Grayhawk Elementary School News

By Grayhawk Elementary School PTO



Grayhawk Elementary School began the second semester in January in a virtual setting. The school community continues to persevere through the pandemic with optimistic anticipation of a safe return to in person schooling in the near future.

As many people around the country await access to the COVID vaccine, Paradise Valley Unified School District has already been able to offer scheduling of the first dose to many employees. The school district has continued to be cautious with reopening the schools, and the vaccine is a step closer to ensuring the reopening will be safe and supported.

While Grayhawk Elementary School waits for the green light of reopening, teachers and students continue to make connections virtually. The teachers have done an inspiring job with positive classroom management, detailed organization, engaging assignments, and diverse ways for interactions. Creating small break out groups, being proactive in getting materials out, offering rewards systems, and using online forms for assignments and

assessments are just a few examples of the variations that teachers have implemented to provide a successful environment for their students.

February will bring Valentine's Day parties. The PTO room parents have been working hard to put together a fun event for the holiday that follows the safety protocols. Strength, Friendships, and Happiness will be themes seen among the parties.

Grayhawk Elementary School thanks the teachers, staff, parents, students, and community members for their constant and diligent support. With the frequent changes throughout the state and school district in regard to and in response to the pandemic, you may find more information at the following sites for Grayhawk Elementary School www.pvschools.net/schools/grayhawk-elementary/home or www.grayhawkpto.com

Grandson of Grayhawk Resident Nominated for Leukemia and Lymphoma Society Student of the Year

Leo Weber has spent a good amount of time in Grayhawk, as his grandparents have lived here since 1995, well before he was born. As his extended Grayhawk family, we're calling on you to rally for him.

Diagnosed at the age of four with Stage Four Burkitt's Lymphoma, Leo endured 10 months of intense chemotherapy. Thankfully his treatment was successful, and he has been cancer free for 10 years. He is now a freshman in High School at Desert Mountain and was recently selected as a nominee for The Student of the Year with the Leukemia and Lymphoma Society.

The LLS Arizona Chapter has chosen exceptional students from across the state to participate in this unique program. These students, all active in their communities, put together a

campaign and fundraise for six weeks. Students of the Year is a philanthropic leadership development program during which students foster professional skills such as entrepreneurship, marketing and project management in order to raise funds for The Leukemia and Lymphoma Society (LLS), the world's largest nonprofit fighting blood cancer. The title of Student(s) of the Year is awarded to the candidate or co-candidate in each community who raises the most funds during the competition.

Leo is not new to fundraising. Since his diagnosis his family has participated in a variety of fundraising activities regarding pediatric cancer and cancer research. His father Adam has ridden his bike hundreds of miles and raised thousands of dollars. His family has held numerous bake sales for Cookies for Kids Cancer and held countless lemonade stands via the Alex Lemonade Stand Foundation.

Leo has made a personal goal of raising \$50,000 for Leukemia and Lymphoma Society. If you're interested in helping him, you can donate through March 5. No donation is too small. Leo is also looking for raffle items like gift cards and autographed sports memorabilia for his grand finale event on March 5.

To make a donation: <http://tinyurl.com/LeoWeberDonate>
For more information about LLS, visit www.lls.org.





HEALTHY HINTS: Being More Mindful Moving into the New Year

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

“Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won’t).”

— James Baraz

What does it mean to be mindful?

Here is the technical definition:

Mindful: conscious or aware of something

Other Synonyms: sensible, alive, alert

I especially resonate with the synonym of “alive.” It’s about being alive, being present, and living life and not letting it pass you by.

According to research cited in an article on American Psychological Association website,¹ mindfulness has been proven to have the following benefits:

- Reduced rumination
- Stress reduction
- Boosts to working memory
- Increased focus
- Less emotional reactivity
- More cognitive flexibility
- Relationship satisfaction

Here are 5 things to consider for being more mindful in your day:

1. **Upon Waking** – Setting an intention to bring mindfulness into the very first moments of your day is a gentle way to set the tone for the day—rather than bolting out of bed in the morning. Consider starting your day with a meditation. There are some great meditation apps available if you are new to meditation. My favorite is the Calm app.
2. **In Conversation** – Try to be attentive to the person speaking. Instead of forming judgments or worrying about what you are going to say next, truly ‘listen’ to what they are saying.
3. **Eating and Drinking** – Slow down while you eat or drink cutting out all distractions. Smell the aromas and truly taste what you are consuming.

4. **Walking** – Just like eating, every day is comprised of some walking—whether it’s a long walk to work, or a short one to the kitchen. Every step brings with it a chance to be mindful.
5. **While You Wait** – When waiting for different events or activities (e.g. at the doctors’ office, in line at the grocery store) focus on your breathing and any thoughts you are having. Take advantage of the ‘dead’ time to be present and gather your thoughts.

Mindfulness takes practice and effort. No one is good at it when they first start. Your mind is likely to wander repeatedly. But, with practice and patience, you’ll get better. And eventually, you’ll recognize that you’re living a more mindful life and you’ll be free to enjoy many of the benefits mentioned earlier.

Feel free to contact me at: tina@tinahealthcoach.com or my cell (612.720.3596).

SOURCE

¹Davis, D.M., & Hayes, J.A. (2012).

What are the benefits of mindfulness? American Psychological Association, 43 (7).
<https://www.apa.org/monitor/2012/07-08/ce-corner>



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Still Sweet and Salty

By Lori Bosch and daughter,
Stephanie, Cachet at Grayhawk

I started making this recipe many years ago after ordering this delicious grilled salmon in Hawaii that was topped with this delicious sweet and spicy salsa. It tastes amazing on grilled chicken or makes a tasty appetizer when served with tortilla chips. It is visually appealing and brightens any table of appetizers when you are entertaining. Choose mangos and kiwis from the produce section that are ripe by gently squeezing them. Ripe mangos and kiwis will give slightly when you press on them, similar to avocados.

Mangos can be tricky to cut because they have a very large off-center pit. There is actually a specific tool that can be purchased to cut mangos, but you can also use a regular knife cutting off two slices avoiding the pit. Keep the peel on the two slices of mango and carefully cut a grid pattern, avoiding cutting through the peel. Then you can simply scoop out the small chunks of mango with a spoon and discard the peel. If you have never cut a mango I recommend watching a YouTube video. But mangos are worth the extra effort since they are a sweet, low calorie fruit that is also considered a superfood because they contain over 20 different vitamins and minerals. Kiwis are also nutritious and loaded with vitamins. I hope you'll give this colorful, nutritious and delicious salsa a try!

And always, always, always choose a rainbow of colorful produce! The more colorful the produce--the more nutritional value it contains.

We welcome your feedback, suggestions and recipe requests! Please feel free to email us at boschl@me.com.



MANGO KIWI SUPERFOOD SALSA

Prep time: 15 minutes

Servings: 4-6

Ingredients:

- 1 tablespoon olive oil
- juice of 1 large lime or two small limes
- few splashes of hot sauce
- 4 kiwis peeled and cut into small chunks
- 2 mangos cut into small chunks
- 1 orange bell pepper diced
- 1 large jalapeno finely diced
- 1 red onion finely diced
- 1 tablespoon fresh cilantro chopped

Instructions:

1. Whisk olive oil with lime juice and hot sauce.
2. Chop all fruits, peppers, onion and cilantro.
3. Lightly toss all ingredients together and chill before serving.

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Sip and Tell

By Sue Lukenbill, Encore Resident

Welcome to the fun-filled month of February. Normally, I refer to this as the *Scottsdale Event Season*. I suppose even with some Covid restrictions, we'll still get our day to shine! Between the Waste Management Phoenix Open, the Super Bowl, Valentines Day, Chinese New Year, President's Day Weekend, and Spring Training, I'm sure we'll find a way to have some fun. Keeping up with all of that is exhausting, and I know we'll all need a safe place to enjoy a break. And I've got just the place!

Cooper's Hawk recently opened in the Promenade in the location formerly occupied by Cantina Loreda. The new restaurant brought a high-end winery concept to the valley. I like wine and food, so I was just positive that I'd love this place!

Cooper's Hawk has locations in 10 states. The Scottsdale location offers wine tastings, a wine club, a shop and an expansive eating area with a nice patio. The menu features dishes that pair naturally with Cooper's Hawk wines. Wines are made at the company's main winery in Illinois and then aged and served at locations onsite. Their shop features high-end decanters, wine accessories, and gifts, along with their own gourmet food line.

They've really created a casual yet upscale setting that is inviting but still feels special. The American menu is infused with flavors from around the world, with each dish made fresh in their kitchen. With selections from appetizers, soups, salads, beef, pork, pasta and burgers, there is a little something for everyone. The menu even features a bin number alongside the food to help you find the perfect wine match. It's like wine for dummies!

Despite the very versatile menu, we didn't have any trouble deciding on what to order. Jennifer Sheets and I fell back on our



favorites. I love burgers and sandwiches and Jenn loves salads. I ordered the **Leonard Burger** which is a tribute to founder Tim McEnery's father. It is a double patty with signature sauce, caramelized onion, American cheese, lettuce and tomato. And naturally I picked the seasoned fries for my side. Jenn ordered from the Flatbread and Salad Combination selections. She chose the Caprese flatbread with the Shaved Brussels Sprouts Salad. Neither of us were disappointed in our entrées. We enjoyed our meal so much that there wasn't anything left on our plates to take home. I sample Jenn's flatbread and it was delicious. We both agreed the what made it great was that it was very thin and extra crispy on the bottom. All in all, I'd say their food was a hit!

Jenn and I didn't have the opportunity to visit the Tasting Room or enjoy a glass of wine with our lunches due to our schedules, but I'm told that the wine is really the star of the show. I'd recommend checking out how to becoming a Wine Club Member, which allows you to experience their Friends of Cooper's Hawk events. These dinners, book signings, wine tastings and chef presentations are an opportunity to interact with celebrity chefs and sommeliers. These special events are a great way to expand your knowledge of both food and wine.

Please note that they are at half capacity now and have enhanced spacing measures. Until next month, enjoy the month of February and Happy Valentine's Day.



Cooper's Hawk

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Welcome TO THE NEIGHBORHOOD

Susan Arcuri	Jack Lentz and Arunee Singhchawla
Evan Baldwin	
Adrian Barry	John and Barri Marion
Tom Dischmann	Kenneth and Jennifer Pirt
Jamie Foreman	
Walter and Yong Hassig	Stephen and Janine Richardson
Scotrt and Beverly Holland	Lisa Spake
Gary Hubartt and Emma Garrison	Dustin and Avery Young
Curtis and Michelle Lang	Rick and Barbara Wong

Important Contact Numbers

Grayhawk Onsite Office	480-563-9708
Capital Consultants Management Corp.	480-921-7500
Grayhawk Community Patrol	480-502-5078
Talon Guardhouse	480-502-7685
Raptor Guardhouse	480-502-5078
After Hours Answering Service	602-234-9288

UTILITIES

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City of Scottsdale Solid Waste	480-312-5600
APS	602-371-7171
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CITY OF SCOTTSDALE

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Fire Department Main Phone	480-312-8000
Police or Fire Emergency	911
Parks and Recreation	480-312-2771
Street Light Repair (SS prefix on pole)	480-312-5483

SCHOOLS

Grayhawk Elementary School	602-449-6600
Mountain Trail Middle School	602-449-4600
Pinnacle High School	602-449-4000
El Dorado Private School	480-502-6878

LIBRARIES

Appaloosa	480-312-7557
Arabian	480-312-6250
Mustang	480-312-6050

Grayhawk Golf Club	480-502-1800
Boys and Girls Club, Thunderbirds	480-538-9547
Motor Vehicle Division	602-255-0072
Poison Control	602-253-3334
US Post Office, Kachina Branch	480-513-2935
Southwest Wildlife	480-471-9109

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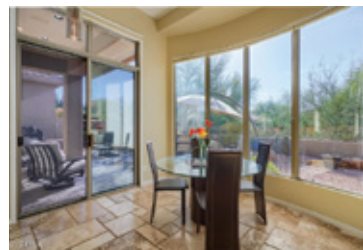
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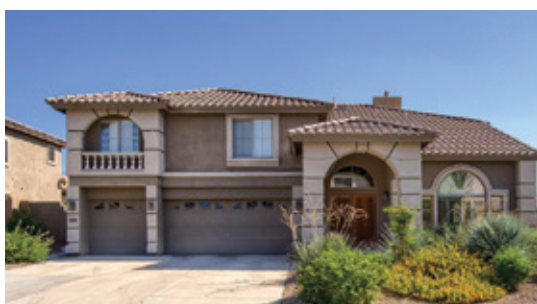
JUST LISTED IN RAPTOR RETREAT OF GRAYHAWK



7699 E Fledgling Dr
2 Bed | 2.5 Bath | 2,616
SQFT | MLS #6178843
Asking \$820,000



UNDER CONTRACT



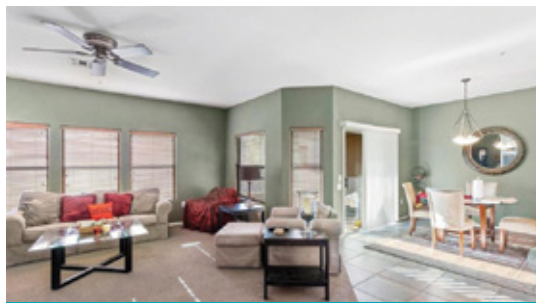
7659 E Windwood Ln | 6 Bed | 4.5 Bath | 4,461 SQFT
Under Contract In 88 Days Asking \$825,000



7344 E Overlook Dr | 4 Bed | 2 Bath | 1,873 SQFT
Under Contract In 32 Days Asking \$575,000



23383 N 73rd Way | 2 Bed | 2.5 Bath | 1,957 SQFT
Under Contract In 41 Days Asking \$550,000



19700 N 76th St #2111 | 2 Bed | 2 Bath | 1,403 SQFT
Under Contract In 34 Days Asking \$325,000



Darren shares his shares his personal outlook for the new year!

VISIT: thegrayhawkgroup.com/grayhawkpodcast 12/29/2020 Episode

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