



Grayhawk Flight

January 2023

Inside:

*Make exploring
Arizona one of your
2023 resolutions*

*Better habits for
better health*



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David Van Omen
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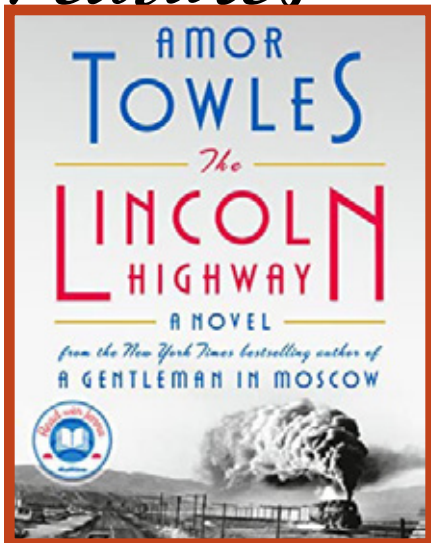
HOA board member for 15+ years



FIND OUT WHAT YOUR
HOME IS WORTH



Features



11 Book Club Recommendations

15 2023 Resolutions

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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



Stacey Harvey
Executive Director
sharvey@ccmcnet.com



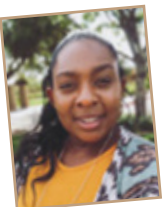
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Chantel Martin
Maintenance Assistant



Martha Castaneda
Maintenance Assistant



Manager's Corner



It is the beginning of a new year and with that usually comes a chance to reflect on the year ending. Many of us will make resolutions for the upcoming year that will be meaningful and important not only for 2023, but for many years in the future. As members of the Grayhawk Community Association here are a few resolutions that may be beneficial in 2023:

- Take an active role in your association by volunteering to serve on a committee, attending or participating in the many social events/activities offered by the association, or running for election to the Board of Directors.
- Get to know your neighbors.
- Keep your homeowner information up-to-date with the association office (i.e., billing address, phone number, e-mail address, emergency contact information).
- Invoke the "Golden Rule" (treating others as you would like to be treated) when dealing with association staff members and the association's contracted service providers, such as security and landscaping personnel.

These are just a few suggested resolutions for you to consider as a member of the Grayhawk Community Association. Many of you already subscribe to most or all of these recommended resolutions and the association thanks you for being a good neighbor and association member. For those of you that do not abide by some or all of the resolutions listed above, please make 2023 the year that you make the most out of being a member of the Grayhawk Community Association.

Looking ahead:

The March 9, 2023, Grayhawk Community Association (GCA) and Retreat Village Association (RVA) Annual Meetings, you as homeowners in Grayhawk will elect four GCA Board members and, if you live in the Retreat Village, three RVA Board members to serve your community for the following two years.

With strong effort the association has been able to gain greater community involvement in the election process. Our efforts have proved to be successful, resulting in an increase in homeowner ballots submitted in the past three elections, but we know we can do better. We would like to thank all of you for your participation in past Board of Director elections.

This month you will be mailed information regarding the Annual Meeting and how to become a candidate for election to either the GCA or RVA Boards. We know that there is a wealth of talented homeowners who would make excellent Board members and we are encouraging you to seriously consider serving your community by becoming a candidate for election to either the GCA or RVA Board of Directors.

Happy New Year.

Stacey Harvey

Executive Director, Grayhawk Community Association

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 – JANUARY 2023

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

Grayhawk Board of Directors

Monday, January 9 at 5:30 p.m. Call the GCA Office at 480-563-9708 for more information.
grayhawk_board@grayhawkcommunity.org

Grayhawk Board of Directors Executive Session Meeting

Monday, January 9 at 5 p.m. 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, January 9 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, January 9 at 5 p.m. 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, January 17 at 4:30 p.m. Call Ashley Scott 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 Ashley Scott 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 Associated Property Management
480-941-1077 for details.

Tesoro Condominium Association Board Meeting

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

Venu Condominium Association Board Meeting

Call Vision Community Management at
480-759-4945

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.

2022-2023 Grayhawk Community Association

David Van Omen
President

Paul Alessio
Vice President

Derek Moore
Treasurer

Richard Zielinski
Secretary

Randy Brown
Director

Lou Ender
Director

Don Morse
Director

2022-2023 Retreat Village Association

Michael Loya
President

Don Morse
Vice President

Richard Fowler
Treasurer

Steve Berk
Secretary

Jim Ball
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 – December 5, 2022

Homeowner Forum

Resident Pat Seago commented that the holiday lights looked great.

Avian Board President Trude Boodt asked management to take a look at the landscaping around the Avian entrance as there had been requests from multiple residents to upgrade landscaping in that area.

Development Committee

David Van Omen reported Banner Healthcare had intended to build a medical campus on the northeast corner of the 101 freeway and Hayden Rd. At the auction for the land, the CEO of Honor Health outbid Banner. Paul Alessio reported that he believes Banner Healthcare is now looking at the land on the southwest corner of the 101 and Hayden Rd.

Jim Ball reported that additional development (Mack Innovation Park) is taking place in north Scottsdale was not accounted for in the improvements taking place on the 101. There is some concern regarding traffic issues. It was suggested that Grayhawk work with DC Ranch and McDowell Mountain Ranch as a unified force.

Operational Review Committee

Don Morse reported that the committee did not meet.

Landscape Committee

Arlene Smith reported that the committee is taking a property excursion next to visit various greenbelts to inspect the health of the Rye grass and the success of the pre-emergent for weed control. They will also be looking at the site chosen for the next Education Garden, and areas that will be considered for turf transition.

The fall tree planting has been completed in both the Park and the Retreat, the plants collected from the Plant it Forward Program were planted in various neighborhoods. In the future, we are suggesting that these plants be concentrated in one specific area.

Randy Brown asked about a DLC staff member driving a bit too fast on a mower, stating that this was unsafe and could potentially be damaging the turf. Management noted that this issue has already been addressed with that particular staff member.



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LIVING TRUST SEMINAR

January 31 • 10:00am

GCA Office • Talon Room

Register to reserve your seat: www.grayhawkcommunity.org

Planning is Essential. Do You Have a Plan?

Learn The Latest Strategies To Protect Your Estate. A good estate plan coordinates what happens to your home, investments, savings, and retirement accounts. Why a Will is not enough. Learn how to set up a Power of Attorney for Healthcare or Finances. Why many people with Living Trusts will end up in Probate and how to avoid it! Find out what may have changed, needs updating, or is still applicable in AZ.

Join us for an information packed session!

Richard M. Dwornik, MBA, JD, Attorney at Law



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

Community Enhancement Committee

Ashley Scott reported that the committee did not meet. Randy Brown inquired as to how often this committee meets as he does not believe there has been a report in some time. Stacey Harvey noted that the committee moving forward will meet once quarter or as needed. The committee will be meeting in January to appoint a new chair and create a meeting schedule for 2023.

Event Planning Committee

Sarah Van Duyne reported that the Butterfly Garden Tour had been a nice way to show off the Butterfly Garden to residents and spend a little time out in the community.

Sunday in the Park was a huge success, with over 600 people in attendance. The restaurants did a great job with the food, the music was fantastic and everyone seemed to enjoy the various activities.

Upcoming events include the Christmas Light Parade, Holiday Happy Hour and Hanukkah Donut Party.

Communications Committee

Jennifer Sheets reported that the original microphones that the Board of Directors approved for the Talon Room will not ship to CompuNet until May of 2023. CompuNet was able to find an alternate option and can hopefully install them the week of December 26.

The committee reviewed the initial layout concept for the website and all loved the direction. CivicPlus is now putting together a more robust mockup, which the committee will review in January.

Architectural Review Committee

Paul Alessio reported that the committee had reviewed 13 submittals at the November 1 meeting and six submittals at the November 15 meeting.

The committee will be working to introduce new paint colors to the community early in 2023.

Budget/Finance Committee

Derek Moore reported that the committee did not meet.

Executive Committee

David Van Omen reported that the committee did not meet.

Condo Board Presidents Meeting

David Van Omen reported that this group did not meet.

New Business

Historically, Grayhawk Community Association had utilized The Ballot Box for voting service for the annual meeting which only offers paper ballots. Last year management recommended utilizing a different platform which offers electronic voting options for the convenience of homeowners.

The 2022 Board-approved proposal from VoteHOA Now was \$1,955 for election processing costs and up to \$3,800 for additional printing/postage costs.

The first year of electronic voting in 2022 we received over 1299 votes vs the 833 paper ballot votes received in 2021.

A motion was made and approved to accept the proposal from Vote HOA Now to conduct the 2023 GCA Board election at a cost of \$1,955 for election processing and up to \$3,800 for additional printing/postage costs.

A motion was made and approved to hold the Annual Meeting on Thursday, March 9, 2023.

Treasurer's Report

Derek Moore reported that income was over budget in October, in large part due to the events income being over budget. There was \$23,975 taken in to the Community Enhancement Fund in October.

Management Report

Stacey Harvey reported she continues to work with Dave Deatherage at Copperstate Engineering. Dave has supplied a report regarding drainage in the Deer Valley Wash but feels additional information regarding the original drainage designs relative to the split in flows is needed to confirm this was the permitted design intention.

Trail cameras have been installed at Pima Rd. and Thompson Peak Pkwy. to keep an eye on holiday lights.

Maintenance is working to replace some pedestrian keypads.

The new guardhouses should be complete in late December or early January, but the entire project will not likely be complete for another month or two after as they work to landscape and put finishing touches on building and surrounding areas.

Stacey Harvey and Ashley Scott recently had a second meeting with Advance Painting to discuss quality control on common area painting projects.

In & Around Grayhawk

COLORME Pen and Ink Art Class

Tuesday, Jan. 17 from 5:30 p.m. to 7:30 p.m., Raptor Room, GCA Office, 7940 E. Thompson Peak Pkwy. Ste. 102

Local artist Debra Lee Murrow wants to inspire you to take an art break and join her for our first pen and ink art class. In this class you will get to create your own personal word art piece, learn to create with the pentel color brush, and explore with mediums like oil pastels, chalk pastels and watercolor pencils. Debra is great at drawing out your inner artist! Bring a bottle of wine to share and enjoy a creative night with your friends and neighbors. Cost to participate is \$40 per person. This will include all necessary supplies and sweet treats. Register at grayhawkcommunity.org by Friday, Jan. 13. Pay for this in-person workshop on Debra's website at <https://colorme.weebly.com/workshops.html>.

floo-id YOGA in the Park

Sat., Jan 21 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 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 to help you become a better version of yourself and has proven to aid in a healthier, physically fit and less stressful lifestyle. floo-id has been kind enough to host a class 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 class 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. Register at grayhawkcommunity.org to help us coordinate with the instructors!

Grayhawk Single Sippers Club

Wednesday, Jan. 25 at 5 p.m., Parma Italian Roots, 20831 N Scottsdale Rd #117

If you are a single looking for casual conversation, a friend, or just to meet some other singles in your neighborhood, then this event is for you! Grab yourself a bite to eat and a drink on the patio at Parma in the Grayhawk Plaza and meet some new people. This is a great way to broaden your circle of friends and to try something new. We must give the restaurant our final count of attendees by Friday, Jan. 20. Register at grayhawkcommunity.org to reserve your seat.

Adopt-a-Road Clean up

Saturday, Jan. 28 from 8 a.m. to 10 a.m., Meet at the GCA Office, 7940 E. Thompson Peak Pkwy. #102

CALLING ALL VOLUNTEERS!! In an effort to keep our community beautiful, we are looking for volunteers to help us on this clean up day. The City of Scottsdale will provide all volunteers with gloves, trash bags, safety vests, and cold waters. We will not be in the road so all litter pick up will be on the property beyond the curb. We will meet in the GCA office at 8 am, go over some quick instruction, and then will start walking the trails along Hayden Road north of Thompson Peak Parkway. The walk will be approximately 1 mile each direction, a little over two miles in total after both sides of the road are cleaned. All volunteers 17 years of age and under must come with a guardian. This is a great way to complete community service hours for school. Please register at grayhawkcommunity.org to sign up today!

FREE LIVING TRUST SEMINAR

Learn The Latest Strategies To Protect Your Estate

Tues, January 31 from 10 a.m. to 11 a.m., Talon Room, GCA Office, 7940 E. Thompson Peak Pkwy. Ste. 102

Planning Is Essential – Do You Have A Plan? Have you considered what would happen to your loved ones in the event of your disability or death? Everyone should attend this seminar – Even if you have a Will or a Trust. Learn why a Will is not enough. Why many people with Living Trusts will end up in probate. Learn how to avoid it. Learn how to appoint someone to make healthcare and financial decisions for you when you are unable to do so. If you do not, a court may decide for you. A good estate plan coordinates what happens to your home, savings, investments, businesses and retirement accounts. Come learn how to put a plan into action to help protect your legacy, your family and your future. Guests will have an opportunity for questions after the seminar with Attorney Richard M. Dwornik. Presented by: Dwornik Law Firm. Register by Jan. 27 at grayhawkcommunity.org to reserve your seat!

**STAY
CONNECTED!**



/GrayhawkAZ



@GrayhawkAZ



/AZGrayhawk

SAVE THE DATE: Upcoming February Events

Curbside Bicycles Pop-up Shop

Sun., Feb. 5, 12 and 19

Bike drop off at 9 am

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

It is that time of year where 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. 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. Curbside Bicycles is teaming up with Grayhawk to offer affordable and convenient bicycle repair pop-up shops around the community! Ian is giving an exclusive discount to Grayhawk residents, offering a comprehensive tune-up for only \$60 per bike with a same day turnaround. Be sure to reach out to Ian at info@curbsidebicycles.com or (920) 574-5585 to register so that he knows how many bikes to expect. Find more information on his website at curbsidebicycles.com.

POP-UP SHOP LOCATION & SCHEDULE:

Sun., Feb. 5, Monterey at the Park Totlot (21329 N. 73rd Way)

Sun., Feb. 12, Talon Retreat/ Peregrine Pool (must be a Retreat resident to participate in this location)

Sun., Feb. 19, The Park - Grayhawk Event Greenbelt at 78th Pl and 78th Way

Tubac Festival of the Arts Day Trip

Thursday, Feb. 9

Vans depart from the Offices at Grayhawk parking lot at 8 a.m.

(Directions for parking and to the pick up parking lot will be emailed prior to event)

Spend the day visiting hundreds of visiting artists, crafters and musicians from around the country at the very popular Annual Tubac Festival of the Arts. Beautiful paintings share the streets with whimsical sculptures, jewelry and so much more! You will find many fine restaurants along with a packed food court ranging from tacos to gyros. Grayhawk residents will depart in passenger vans at 8 a.m.

from the Offices at Grayhawk parking lot. I will email all guests with instructions on parking. Please arrive 15 minutes prior to departure. Price is \$20 per person and includes water and snacks for the ride. Register at grayhawkcommunity.org by Feb. 6. We will have limited seating in the vans to make sure it is a comfortable ride. A trip waiver must be completed for this event and no refunds will be given if cancelled less than 24 hours prior to the trip.



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Ladies Bunco

Tuesday, Feb. 14 at 6 p.m.

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

Join neighbors this Gal-entine's Day for a night of food, drinks and Bunco! Never played before? Don't worry! It's an easy dice game- all you need to know is how to roll dice and count! We will do a quick lesson before we get started. All you need to do is bring yourself and pay \$5 exact cash to the office by 5 pm on Friday, February 10. Your \$5 will go into the pot for cash prizes at the end of the night. Register at grayhawkcommunity.org by Friday, Feb. 10 to save your seat. Spots are limited, so register early! This Bunco will be potluck style. Each person will be asked to bring either a bottle of wine and/or an appetizer to share with the group. Please list what you plan to bring when registering so we can plan ahead.



Lou Malnati's "Pizza By Me" Class

Thurs., Feb. 16 from 5:30 p.m. to 7:30 p.m.

Lou Malnati's Restaurant, 17787 N Scottsdale Rd.

When life gives you tomatoes, make deep dish pizza! Considered by many the oldest family name in Chicago pizza, Lou Malnati's is as rich in history as its cuisine is in flavor. Guests will learn the art of creating the perfect deep dish and take an exclusive look behind the scenes in the kitchen at the famous restaurant. After watching your very own creation go into the oven, you will get to enjoy an assortment of Malnati's salads, bruschetta, calamari, and enjoy bottomless beer, wine, and soft drinks! Beer and Wine selection will be emailed to registered participants. To make this even more tempting, the event will end with your very own chocolate chip cookie pizza dessert. Cost to participate is \$60 per person and will be paid at the end of the event with cash from each participant. Space is limited to 30 people. Register on grayhawkcommunity.org by Monday, Feb. 13.

floo-id YOGA in the Park

Sat., Feb. 18 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 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 to help you become a better version of yourself and has proven to aid in a healthier, physically fit and less stressful lifestyle. floo-id has been kind enough to host a class 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 class 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. Please register prior to class at grayhawkcommunity.org to help us coordinate with the instructors!

Daddy Daughter Dance - A Night in Hollywood

Saturday, Feb. 25 from 5:30 p.m. to 7:30 p.m.

Grayhawk Elementary School Multi-Purpose Room, 7525 E. Grayhawk Dr.

Walk the red carpet and pose for paparazzi at this year's "A Night in Hollywood" Daddy Daughter Dance. We are planning a glamorous party complete with pizza dinner, delicious dessert, a glam station, games and crafts, and will end with an epic dance party. The girls will get to take photos with their favorite celebrities at our photo booth and bedazzle their very own pair of fabulous sunglasses. Girls will be able to get dolled up at the glam station and get their hair braided with a touch of glitter, and get a touch up with makeup. We will have 6 exciting raffle prizes available to win with purchased tickets, and a fun take home so no one goes home empty handed. Price is \$30 per couple and \$10 for each additional person. Register on grayhawkcommunity.org early as this event always fills up fast and space is limited! Registration will close by 5 p.m. on Tuesday, Feb. 14 **No day of walkups or registrations after Feb. 14 will be accepted**, as food and supplies are purchased days prior.

RAFFLE PRIZES (Tickets available for purchase at the event).

Please bring cash for Raffle prizes

This year's raffle prizes for the girls includes exciting gift cards, Bath & Body Works, glitter pillows, crazy slime kits, colorful decor, and so much more! Don't worry Dads, we didn't forget you. You also have the chance to win baskets stuffed full of goodies that includes a \$100 gift card to the Grayhawk Golf Club!

Mimi's Paper Flower Art Class

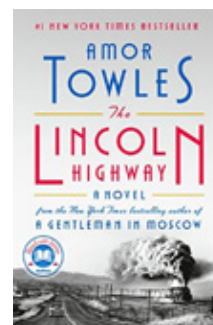
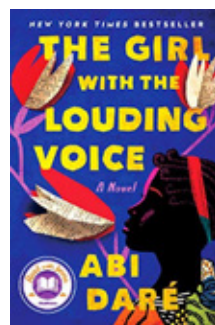
Tuesday, Feb. 28 from 5:30 p.m. to 7:30 p.m.

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

Learn how to construct a beautiful elegant giant paper flower that you can display on its own or as a part of a flower wall. Mimi will teach us using only card stock and a glue gun so you can take your new skills home to create even more! Bring your favorite beverage to share and have your friends join you for a fun craft night out. Class is \$40 per person and includes all the supplies, instruction, and some light snacks. Register on grayhawkcommunity.org by Friday, Feb. 24 to save your seat. Payments will be made via Venmo to Mimi prior to the class. The Venmo handle will be emailed to all registered participants prior to the class date.

Book Club Recommendations

In the fall of 2022, Grayhawk's seven book clubs got together for their annual social. These Grayhawk women, all intelligent, interesting, funny individuals who have a passion for reading, attended the event. They ate, drank and shared their favorite reads of 2022. The women compiled a list of their picks in hopes that their Grayhawk neighbors would be able to use the list to find their next book. They hope that you are inspired to read more in 2023!



FICTION

* *The Girl with the Louding Voice*,
Abi Dare

The Violin Conspiracy,
Brendan Slocumb

* *Lessons in Chemistry*,
Bonnie Grams

We Are Not Like Them
Christine Pride, Jo Piazza

The School for Good Mothers,
Jessamine Chan

* *American Dirt*,
Jeanine Cummins

The Sentence, Louise Edrich

Notes on Your Sudden
Disappearance, Alison Espach

Remarkably Bright Creatures,
Shelby Van Pelt

Nothing to See Here,
Kevin Wilson

Our Missing Hearts, Celeste Ng

HISTORICAL FICTION

* *The Personal Librarian*
Marie Benedict,
Victoria Christopher Murray

The Rent Collector,
Camron Wright

Jackie and Me, Louis Bayard

Eli's Promise, Ronald H. Balson

Outlander, Diana Gabaldon

The Switchboard Soldiers,
Jennifer Chiaverini

* *The Lincoln Highway*,
Amor Towles

The Girl from Vichy,
Andie Newton

Song of the Jade Lily,
Kirsty Manning

* *The Outside Boy*,
Jeanine Cummins

The Crooked Branch,
Jeanine Cummins

Demon Copperfield,
Barbara Kingsolver

Where the Crawdads Sing,
Delia Owens

MEMOIR / BIOGRAPHY

The Last Lecture, Randy Pausch

An Invisible Thread, Laura Schroff

MYSTERY/THRILLER

Portrait of an Unknown Woman,
Daniel Silva

* *Call Me a Cab*,
Donald E. Westlake

Tyndall, James L. Thane
(AZ author can visit book
club meeting)

The River, Peter Heller

House Across the Lake,
Riley Sager

The Last Thing He Told Me,
Laura Dave

NONFICTION

Caste: The Origins of Our
Discontent, Isabel Wilkerson

Nomadland, Jessica Bruder

The Snake Head, Patrick Keefe

*Highly Recommended



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StMarysFoodBank.org

St. Mary's Food Bank, 2831 N. 31st Avenue
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January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 GCA and RVA Board Mtg. 5:30 p.m. Talon Room	10	11	12	13	14
15	16	17 ARC Mtg. 4:30 p.m. GCA Office Art Class 5:30 p.m. Raptor Room	18	19	20	21 Yoga in the Park 9 a.m. Grayhawk Greenbelt
22	23	24	25 Single Sippers 5 p.m. Parma	26	27	28 Adopt-A-Road 8 a.m. GCA Office
29	30	31 Living Trust Seminar 10 a.m. Talon Room	WHO TO CALL ROVING PATROL (480) 502-7685 GRAYHAWK ASSOCIATION (480) 563-9708 SCOTTSDALE POLICE (480) 312-5000			



Thanks to all of our sponsors and restaurant partners for a FANTASTIC Sunday in the Park! Jeremy Mueller with State Farm, BVO Luxury Group at Keller Williams Northeast Realty, Hilton North Scottsdale at Cavasson, Rattlesnake Solutions, Premier Fitness Systems, Impact Physical Therapy, Dwornik Law, Jena Ritchie- doTerra Wellness Advocate and International Leader, Lou Malnati's, Ling's Wok Shop, The Capital Grille (Scottsdale), Chula Seafood, Pitch Cavasson, The Italian Daughter, Desert Pony Tavern and Kasai Japanese Steakhouse.



23 Resolutions for



A fresh start to a new year is always appealing, and after what we've been through over the past few years, 2023 will be no different. Let's all make a resolution to make this year better than ever! Here are 23 ways you can make 2023 a fantastic year, right here in your own neighborhood:

1 Update Your Curb Appeal

Consider a front yard refresh. You could replace your house numbers, add pavers or spruce up your landscaping. A little can go a long way! Just make sure before you do any work you submit to the Architectural Review Committee for approval. Contact the GCA Office at 480-563-9708 for more information.

2 Get Some "Me" Time

Join floo-id YOGA for Yoga in the Park on January 21 from 9-10 a.m. This is a great way to clear your mind and social distance while exercising. There is no experience necessary! Just bring your mat, a can-do attitude, and your body will do the rest. Check the activities section on grayhawkcommunity.org for more information.

3 Run for the Board of Directors

This month you will be mailed information regarding the Annual Meeting and how to become a candidate for election to either the GCA or RVA Boards. We encourage you to consider serving your community by running for either the GCA or RVA Board of Directors. Call 480-563-9708 if you have any questions.

4 Join a Virtual Neighborhood Watch

If you have a security or doorbell camera, you can register it with the City of Scottsdale CameraEyes program. Through CamerEyes, if a crime occurs in your neighborhood, police can refer to a secure database and contact you to see if anything may have been recorded around the time of the crime. If something suspicious was captured on your camera, you may choose to notify the police department and share the video. Participants are not obliged to provide any surveillance video to police.

5 Get Social

Follow Grayhawk on Facebook ([Facebook.com/GrayhawkAZ](https://www.facebook.com/GrayhawkAZ)) and Instagram ([Instagram.com/GrayhawkAZ](https://www.instagram.com/GrayhawkAZ)) and stay up-to-date on events, activities and important community news updates. If you haven't signed up for The Grayhawk Buzz, the community eblast, you can do so by sending an email to Jennifer Sheets at jsheets@ccmcnet.com.

6 Throw on a Fresh Coat of Paint

The Architectural Review Committee has been working hard on selecting new paint palettes for each of Grayhawk's 18 neighborhoods. The new paint colors offer a fresh alternative to previous colors and new paint is just one way that the committees and Board of Directors are ensuring Grayhawk stays a viable community. Remember that if you are painting or doing any modifications to your home visible from the street or a neighboring property, you will need to submit to the Architectural Review Committee for approval. More information can be found on grayhawkcommunity.org under Resident Services/Design Review. If you have any questions regarding paint schemes in your neighborhood, please reach out to Ashley Scott at ascott@ccmcnet.com or 480-563-9708.

7 Take Control of Your Health

Check out the regular Grayhawk Flight article "Healthy Hints" from resident Tina Uphoff, a Certified Health Coach and Fitness Trainer. She'll share tips on how to improve your overall health in 2023.

8 Serve on a Grayhawk Committee

The Grayhawk Board of Directors relies heavily on the support of the various committees. From Operations to Event Planning, Communications to Landscape, there is a committee for you. Committees start seating new members after the Annual Meeting in March, so you have plenty of time to research what committee might be the best fit for you!

9 Be a Responsible Pet Owner

City of Scottsdale and Grayhawk regulations state that dogs must be on a leash when they are in common areas. Regulations also require pet owners to clean up after their pets. Please use the bags provided throughout the community for your convenience, and dispose of them in proper trash receptacles. Neighbors will appreciate your efforts!

10 Get Some Fresh Air

The early part of the year will offer the perfect weather and opportunity to explore the 30+ miles of trails found in your community. Head to grayhawkcommunity.org and then follow the Life at Grayhawk/Amenities menu tabs to access the trail map.



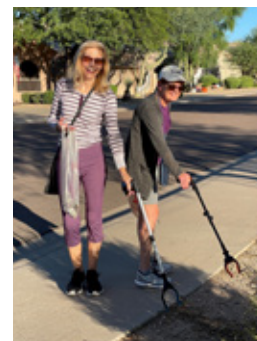
11 Clean Up the Neighborhood

While you are out enjoying that fresh air, consider picking up a little trash! Grayhawk will host an Adopt-A-Road cleanup along Hayden Rd. on Jan. 28. Visit the activities section of grayhawkcommunity.org for more information. If you aren't able to participate in the Adopt-A-Road cleanup, that's okay! There are lots of residents who are keeping Grayhawk beautiful on their own.

Resident Melanie Johnston recently shared her appreciation to her neighbors, who stop along their morning walks to grab trash.

"Every morning residents Gail Martin and Chris Bond set out on their morning walk," said Melanie. "Unlike others who are just walking their dogs or taking a morning stroll, these women, armed with their trusty grabber tools and grocery bags, spend their walks beautifying our neighborhood by picking up trash along the way. Be sure to thank them if you see them taking their time to benefit us all."

A group of Grayhawk Elementary Students and their families also took time to clean up the school and area around Grayhawk Neighborhood Park. It's great to see students people taking pride in their community at such a young age!



12 Utilize your ABDI Account (Retreat Village Residents)

If you live in the Retreat Village, take a minute to get your ABDI Gate Access account set up. You can use gateaccess.net or the ABDI Gate Access App to update your guest list, which will come in handy when the guardhouse remodel project starts later this year. Visit [grayhawkcommunity.org/Resident Services/ABDI Gate Access](http://grayhawkcommunity.org/Resident_Services/ABDI_Gate_Access) for more information and to request your username and password.

13 Spend Quality Time with Family and Friends

The Grayhawk community hosts a number of events each month, all designed to connect residents in various walks of life. Visit the activities section on grayhawkcommunity.org and sign yourself up for a few. You'll have fun, see people you've been missing and maybe make a few new friends.

14 Get to Know Your Trident Community Patrol Staff

They drive the community 24 hours a day with the sole responsibility of observing and reporting any issues on Association property. Community patrol also offers various services for residents including snake removal and a jump start for a dead car battery. Get to know their names, and give them a good wave when they come by. They'll appreciate it!

15 Get Your Affairs in Order

No one wants to think about it, but now is as good a time as any to prepare a will. In addition, you can learn how to appoint someone to make healthcare and financial decisions for you when you are unable to do so. Join Dwornik Law for a Living Trust webinar on Jan. 31 to do just that. Visit the Activities section on grayhawkcommunity.org for more information.

16 Pick Up a New Hobby

Now is a great time to find your passion. It could be photography, baking, knitting, or maybe painting! There are plenty of great classes offered through the Association. Make sure to check the activities section of the website or watch for options in the Grayhawk Flight.

17 Recycle

The City of Scottsdale offers a great recycling program, but you have to do it right! For example, don't place plastic bags or liners in your recycling container as they can damage the equipment used at the sorting facility. Check out the Recycle Right wizard at scottsdaleaz.gov/solid-waste/collection-guidelines.

18 Practice Gratitude

Sip N Tell author Sue Lukenbill talks about gratitude quite a bit. Maybe she's on to something! Pick up a gratitude journal or even a cheap blank notebook, then write down one thing you are thankful for each day. It'll boost your mood and instantly make 2023 better than 2022!

19 Contribute to a Cause

Giving back to society is a great way to kick off the New Year. Organizations always get a surge during holidays and then tend to see a drop off in support. Check out our community partner, Arizona Helping Hands, at azhelpinghands.org. They have lots of great opportunities to give back!

20 Develop a Green Thumb

Desert landscaping is unique in so many ways, but that doesn't mean you can't take on the challenge. Let "Our Desert, Our Home" author and Grayhawk resident Victoria Kauzlarich be your guide. Through her blog at ourdesertourhome.com, Victoria helps give those who are new to (and unfamiliar with) the Sonoran Desert a source for what works when landscaping in this environment.

21 Read a Book

At the end of 2022, Grayhawk's seven book clubs got together for their annual social. They all shared their favorite reads of 2022 and compiled one big list to share with their neighbors in hopes that they would inspire others to read more in 2023. A complete list of books they selected can be found on page 11.

22 Explore Arizona

There is so much to see in this great state. From mountains to arboretums, castles to lakes, there is something for everyone! If you aren't sure where to start, join us as we take our annual trek south to the Tubac Festival of the Arts on Feb. 9. Visit the activities section on grayhawkcommunity.org more information or to sign up.

23 Let Go of 2022! 2023 is a new year and deserves its own story.



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City of Scottsdale

2023 Brush Pickup Schedule

Scottsdale Solid Waste provides monthly brush and bulk collection for residents who pay for residential collection services. This service provides an easy and convenient way for you to dispose of items too big to fit in your curbside container.

To get the most out of this service, please put out the right stuff, at the right time in the right way.

THE RIGHT STUFF

Brush and bulk collection is for things like yard waste, furniture, mattresses and other large items. Please do not put out tires, paint, paint thinners, strippers, pesticides, batteries, motor oils, chlorine or pool acid for bulk collection. Dispose of these at our Household Hazardous Waste drop-off events.

Please do not put out trash, construction or remodeling debris, sheet glass, windows or mirrors. Residents are responsible for debris like this – when you're remodeling, make sure your contractor hauls this stuff away.

Schedule your trimmings and cleanup projects to coincide with the brush removal schedule, so we can remove your material from the curb or alley in a timely manner. Your neighbors will appreciate it!

THE RIGHT TIME

Have your brush and bulk out for collection by 5 a.m. the Monday of the week your area is scheduled. Please do not place brush or bulk items out for collection more than one week prior to the Monday of the week your area is scheduled.

THE RIGHT WAY

Remember that each homeowner is responsible for the manner in which material is placed out for collection, whether or not you hire someone else to do the work. Please stack items neatly, parallel to the street on your front property line, where your trash collection typically takes place. The pile should not exceed 10 feet long by 6 feet wide by 4 feet tall.

Collection crews can only spend 20 minutes per residence, and anything in excess they have to leave behind must be removed from the curb until the next collection.

PREPARE ITEMS FOR COLLECTION

- Cut tree limbs into 6-foot segments and stacked neatly so that all cut ends point in the same direction. Tree limbs and other objects must be less than 12 inches in diameter.

- Wood panels and wood fencing must be no larger than 5 feet square.
- Keep glass separate from other items, in small, sturdy cardboard boxes and clearly labeled. Boxes should be 2'x2'x2' or smaller.
- Place yard clippings (grass, leaves, palm tree skins and bark) in plastic bags. Bags must be securely tied.
- Place cacti in sturdy closed boxes with lids. Boxes should be 2'x2'x2' or smaller.
- Refrigerators must have the doors, hinges, lids and latches removed and have the refrigerant removed by a licensed technician (per Arizona Revised Statutes 36-1651)
- Crews will only remove large debris. The equipment we use often leaves behind small debris, which is the homeowner's responsibility to cleanup
- Do not place bulk trash on or within four feet of city-owned containers or bins, water meters, cable boxes, fire hydrants, block walls or other fixed objects.

The schedule for Grayhawk (in Area 4) can be found below.

Also, remember that regular recycling (pink cans) are picked up on Tuesday and trash (black cans) are picked up on Thursday. 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 scottsdaleaz.gov/solid-waste.

January 2	June 26
January 30	July 31
February 27	August 28
March 27	October 2
April 24	October 30
May 22	December 4



HEALTHY HINTS

Better Habits for Better Health

By Tina Uphoff, Grayhawk resident, Certified Fitness Trainer, Health Coach & Yoga Teacher

By the time this article goes out I will be back in sunny Arizona for the winter. A new environment, a new year, and time for new healthy habits. At the start of every year, I step back and look

for ways to further advance my health. That may mean getting rid of old habits and/or bringing in new habits. Healthy lifestyle habits have a direct impact on your overall health, as well as longevity. As Melissa Parisi cited, "As of 2020, in the United States, multiple conditions within the top 10 causes of death can be linked to lifestyle habits. They include heart disease, cancer, stroke, and diabetes." ¹

By definition, a habit is a behavior that has been repeated enough times to become automatic. I continually try to incorporate small healthy habits into my life to progress along a positive health journey. One key habit that I'd like to reinstitute this year is having a regular meditation practice. Not only is there a lot research on the benefits of meditation, I have seen the positive impact on my attitude when daily life throws me a curveball. And, like everyone else, when life gets busy healthy habits can fall by the wayside.

Atomic Habits by James Clear is one of my favorite books on the subject of habits. James expresses the importance of making tiny changes over time to see results. He has some excellent content including the psychology of habit forming and a process for adopting a new habit or eliminating an old one. Three key takeaways from the book for forming better habits or on breaking old ones include: ²

Takeaway 1: Habits are based on a four-step process of cue, craving, response and reward.

- **Cue:** A piece of information suggests there's a reward to be found. A cue can be a smell, a sound, an event or anything that triggers a desire.
- **Craving:** The motivation to make a change to get the reward. Your brain anticipates an opportunity for a change in your physical or emotional state.

- **Response:** Taking the action required to get the reward. Your brain prompts you to take action as it anticipates a reward.
- **Reward:** The satisfying physical or emotional feeling you get from the response.

Takeaway 2: To form habits you must make them obvious, attractive, easy and satisfying.

- **Obvious:** Don't hide your fruit in the fridge, put it on display on the counter.
- **Attractive:** Start with fruit you like the most, so you're more likely to eat it.
- **Easy:** Don't create additional hurdles with fruits that need to be peeled, rather grab a bunch of apples.
- **Satisfying:** If you liked the fruit you picked, you'll love eating it and feel healthier.

On the contrary, do the opposite for bad habits. Make them invisible, unattractive, difficult and unsatisfying. For example, keeping your guilty pleasure snack in a hard-to-reach cabinet or adding a pushup penalty.

Takeaway 3: Tracking your habits over time is a great way to measure your progress and stick with them.

Tracking progress is one of the best ways for personal accountability. This can easily be done by tracking in an app, Excel document, or simply with a pen and paper. Also consider soliciting a family member or friend to serve as your accountability partner.

Being healthy requires consistent, healthy lifestyle habits. There are **no** short cuts, **no** magic bullets, or **no** catch-up tricks. The sooner that you start moving along the path of adopting healthy lifestyle habits, the faster you will see the results.

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

Source

¹ Importance of Healthy Lifestyle Habits: What Matters and Why, Living Free Dietitian. Retrieved from <https://livingfreedietician.com/importance-of-healthy-lifestyle/>.

² James Clear (2018). *Atomic Habits*. Penguin Random House LLC.



Sip and Tell

By Sue Lukenbill, Encore Resident

Happy New Year to all of you! I love this time of the year in North Scottsdale with all of the activities and events taking place over the next couple of months. I also love a fresh start. There is something exciting about the opportunity to wipe last year clean and aim to be a new and improved you.

Typically I like to kick off the New Year with a restaurant that caters to the health conscious to help us all stay on target with our 2023 goals. If you are like me, living a healthier lifestyle is on your list of resolutions every year. After all the cookies and happy hours in December, I could use the boost! But I realized that Chinese New Year starts on January 20 in 2023 and thought this was the perfect opportunity to try out a place I've heard a lot about, **Liz's Modern Asian**. Located in Scottsdale Quarter, they serve both tradition and modern Asian dishes prepared from fresh, high-quality ingredients.

The menu includes everything from Asian BBQ Brisket and Roast Pork Belly to Salt and Pepper Shrimp and Crispy Chicken and Vegetables. They do special orders for Peking Duck and Crispy Roast Pork, but you are asked to order those in advance. They also have many vegetarian and gluten free options.



I'll be honest, this place doesn't have much atmosphere, but the food is fantastic. The staff is also friendly and attentive, particularly the owner, Liz. If nothing else, I would recommend it for take-out.

Jennifer Sheets and I grabbed lunch on a busy December day and I was surprised how busy it was. We ordered the Potstickers as an appetizer. For our entrees, Jennifer ordered *Garlic Shrimp and Noodles* and I ordered the *Mongolian Beef* and rice. The presentation was great, and we both loved the food. The portions were enough for two people, so Jennifer took the leftovers back to the office to share with the rest of the staff.

There will be several new eateries opening up soon, so be sure to read Sip and Tell in January and see what has opened.

Until next month, Happy New Year!

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Grayhawk Community Patrol	480-502-5078
Talon Guardhouse	480-502-7685
Raptor Guardhouse	480-502-5078
After Hours Answering Service	602-234-9288

UTILITIES

Southwest Gas	877-860-6020
City of Scottsdale Water	480-312-5650
City of Scottsdale Solid Waste	480-312-5600
APS	602-371-7171
Street Light Repair (SA/ ID prefix on pole)	602-371-7171

CITY OF SCOTTSDALE

Non-Emergency Police Department	480-312-5000
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

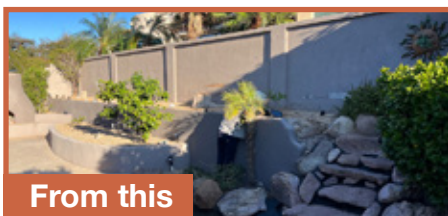
LIBRARIES

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
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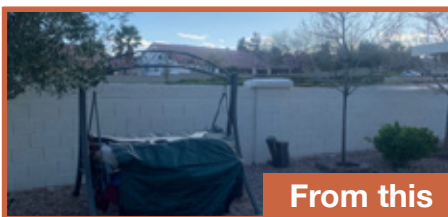
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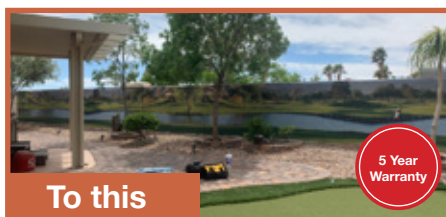
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- James Ball, Grayhawk Board Member



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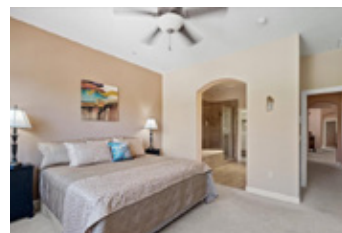
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