

# Grayhawk Flight

July 2022

## Inside:

*Managing Irrigation  
at Grayhawk*

*Your Home During  
Monsoon Season*





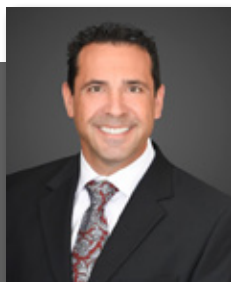


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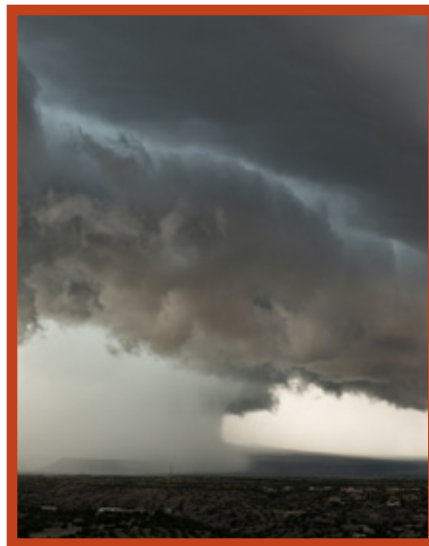


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# Features



## 11 Adopt-A-Road

## 19 Monsoon Season

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### Grayhawk Community Association

Professionally Managed By



7940 E. Thompson Peak Pkwy.  
Suite 102  
Scottsdale, AZ 85255

[www.grayhawkcommunity.org](http://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**  
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Assistant Community Manager  
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**Chantel Martin**  
Maintenance Assistant



**Martha Castaneda**  
Maintenance Assistant



# Manager's Corner



Most of you take great pride in the appearance of your home in Grayhawk, from the upkeep of the exterior of your home to the maintenance of your landscaping. However, it seems that in almost every neighborhood, there are one or two homeowners that do not share that same sense of pride in how their house and yard look. It is pretty easy to identify these properties when we are doing our inspections throughout the community. Unfortunately, many of these properties are habitual problems and only get “cleaned up” when the homeowners are notified of a maintenance concern by the association.

During the summer months, the Grayhawk management team will be very diligent in the enforcement of the Covenants, Conditions, and Restrictions (CC&Rs) and Design Guidelines within the Grayhawk community. Please keep in mind, however, that we truly believe that most of you want to abide by the covenants you agreed to when you first moved into the community. We understand that most of you inherently want to do what is necessary to keep your neighborhood beautiful and property values at their highest.

If you receive a “friendly reminder” letter from the association, please address the issue mentioned in the letter and feel free to contact the Grayhawk Community Association office if you have any questions or concerns about the notification. These letters are intended to help homeowners keep their property in compliance with the established covenants and guidelines.

Please take a moment to inspect your home and your property to see if any potential CC&R violations or maintenance concerns exist and, if so, please take the time to correct any of these situations. Your neighbors will appreciate your efforts and so will we.

On another note, for those of you who live in the Retreat Village (Raptor Retreat or Talon Retreat), the Board of Directors of the Retreat Village Association approved the construction of new guard houses in July 2020. After many months with the city of Scottsdale, permits were finally issued. Construction has officially begun and the framing of new structures is anticipated this month. We realize there might be some frustration gaining access to your home and encourage residents to use an alternate gate during this time. Please visit the Guardhouse Project section of the Grayhawk website at <https://bit.ly/GrayhawkGuardhouse> for ongoing updates and to sign up for the RVA email blast.

*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 – JULY 2022

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

### Grayhawk Board of Directors

No Meeting Scheduled. Call the GCA Office at 480-563-9708 for more information.  
grayhawk\_board@grayhawkcommunity.org

### Grayhawk Board of Directors Executive Session Meeting

No Meeting Scheduled. 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

No Meeting Scheduled. Call the GCA Office at 480-563-9708 for more information.  
retreat\_board@grayhawkcommunity.org

### Retreat Village Board of Directors Executive Session Meeting

No Meeting Scheduled  
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 Ashley Scott at 480-563-9708 for more information.

### Operational Review Committee

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

### Architectural Review Committee

Tuesday, July 5 and 19 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](http://www.theedgegrayhawk.com) or call  
480-584-4647 for details.

### Encore Condominium Association Board Meeting

July 18 at 6 p.m. via Zoom. 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 – June 6, 2022

### Development Committee

David Van Omen reported that the Hilton hotel at Cavasson is scheduled to be complete in October. San Diego-born Chula Seafood is scheduled to open in Hayden Peak Crossing. Don Morse asked about what was being built near the apartments on Scottsdale Rd. Paul Alessio stated that it is a Home2 Suites.

### Operational Review Committee

Richard Zielinski reported that Garda is now fully staffed at Grayhawk. Patrol training took place at the end of May with all guards and supervisors participating. Topics discussed included room rentals, general reminders, street sealing and the upcoming uniform change.

The committee and management will be working to obtain bids for Grayhawk Dr. in the Retreat Village. It is possible with rising costs that the Reserve Fund may not be adequate to cover the project. Stacey Harvey will receive options at the July committee meeting.

Pinnacle resident Tim Mouer inquired about solar speed indicators. Don Morse stated that those devices are permanent and do not record license plate numbers, which is why the committee had not looked into them.

### Landscape Committee

Arlene Smith reported that DLC has been busy removing Palo Verde and Ironwood droppings following heavy winds. They utilized their new "efficiency equipment", the mini sweeper and the Tacro (giant vacuum) which expedited clean up throughout the community.

DLC completed other landscape maintenance including repairing several lateral lines and stuck valves in the irrigation system, tree removal in the NAOS area and removing two fallen Saguaros.

### Community Enhancement Committee

Ashley Scott reported that the committee did meet on May 18 to review various submittals.

A motion was made and approved to accept the DLC proposal for Pinnacle to scalp the turf, spray two applications of herbicide, readjust irrigation sprinklers, relocate and add curbing, install rip rap to the top edging of concrete headers to alleviate erosion, and install several new plants at a cost of \$13,938.90.

DLC identified 5 culverts in the GCA (#101, #110, #91, #98, and #59) that are more than 40% blocked that would create "flow issues" during the monsoon season. The landscape committee is recommending that the community enhancement committee approve a portion of the proposal to be paid out of community enhancement, which is the difference between the operating budget amount and the cost of the total project.

A motion was made and approved to pay \$15,838.52 from the Community Enhancement Fund to clear the five culverts presented by DLC Resources.

A motion was made and approved to accept the DLC proposal of \$11,057.78 for four bench pads and an additional \$7,500 for purchasing five benches.

A motion was made and approved to accept Cachet's revised Condominium Community Enhancement request for a total of \$18,201.52. Of this total request, the board has already approved the installation of key pad locks for fitness center (\$1,067.09) and additional lighting for the water feature (\$2,806.70). The remaining \$14,527.73 will be used for upgrading landscaping around the front entrance and entrance to the clubhouse.

### Event Planning Committee

Lou Ender reported that the cost of supplies and rentals for larger scale events has increased by anywhere from 20-40%. It is possible that the committee will be making adjustments or looking for additional funds to continue providing the same level of events that residents have come to expect.

Sarah Van Duyn reported that the Pizza By Me class at Lou Malnati's had been very successful. The end of school Ice Cream Social with the Old School Ice Cream Bus had been well received as well.

### Communications Committee

Jennifer Sheets reported that the committee had last met to discuss additional changes to the website. The committee will not meet in June and July due to summer travel but is planning to meet again in August.

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# Scottsdale Curfew Reminder

During the summer months, Grayhawk patrol typically sees an increase in late night activity throughout the community, especially in the City of Scottsdale Parks. For parents, knowing the city's curfew laws helps make sure children are at home safe late at night and don't have to experience an unpleasant contact with their friendly Grayhawk patrol or Scottsdale PD.

In the City of Scottsdale, it is unlawful for minors under 16 to be outside unsupervised between 10 p.m. and 5 a.m. Minors ages 16 to 18 may not be outside unsupervised between midnight and 5 a.m. The City of Scottsdale park curfew, which applies to people of all ages, is 10:30 p.m. The curfew law applies seven days a week.

There are a few exceptions to the curfew, including times minors are accompanied by parents or legal guardians; going to or returning from work; or any reasonable, legitimate and specific business or activity, with permission by parent or guardian.



According to Scottsdale Code Sec. 19-11, it is also unlawful for a parent, guardian, or person having legal custody of a minor to knowingly permit, or by insufficient control, allow a minor to violate curfew. If you have a minor in your home, please make sure you understand the laws and have everyone home before curfew.

## Architectural Review Committee

Paul Alessio reported that there were 11 submittals at the April 19 meeting, nine submittals at the May 3 meeting and seven submittals at the May 17 meeting.

Resident Ron Paler asked how a resident would know if a neighbor had received approval for a project. It was suggested that a sign could be provided for the front yard. Stacey Harvey stated that might not work as the Association has a signage policy and many homeowners are completing renovation or landscaping projects. She stated that a resident can always call the office and inquire as to whether or not someone has received approval.

## Budget/Finance Committee

Derek Moore reported that the committee did not meet.

## Executive Committee

David Van Omen reported the committee did meet and discussed delays associated with the guardhouse project.

## Treasurer's Report

Derek Moore reported that income is down primarily due to landscape and irrigation, room rentals and community events.

There is approximately \$3.25 million in the Community Enhancement Fund.

The upcoming reserve study should offer insight into where the GCA stands during the current economic situation.

## Management Report

Stacey Harvey reported that the guardhouse project is underway. Common wall painting is taking place in Coventry at the Park and WIndsong.

Street sealing will take place in the Pinnacle neighborhood the week of June 13.

Sof' Fall is being place at the tot lots and maintenance will be working on painting mailboxes throughout the community.

# In & Around Grayhawk

## Red, White, and Brews Happy Hour

Thurs., July 14 at 5:30 p.m.

18 Degrees at the Ice Den, 9375 E. Bell Rd.

Take a break from the summer heat and cool off at 18 degrees at the Ice Den as you enjoy a cold beverage with other summertime residents. Each guest's first drink is sponsored. Participants are responsible for their own drinks after the sponsored first drink and any food. Be sure to register online to save your seat! Register at [www.grayhawkcommunity.org](http://www.grayhawkcommunity.org) by July 11. Thank you to Kathy Craig skin care consultant with Rodan + Fields for sponsoring this event!



## Sweet Summertime Bingo

Tues., July 19 from 6 p.m. to 7 p.m.

Virtual via Zoom

Link will be emailed the day before the event

Join us this month to play an interactive game of Bingo from the comfort of your own home via Zoom! We will have opportunities for summertime sing alongs and chances to win prizes like Amazon and Target gift cards, Summer themed baskets, and more! Register at [www.Grayhawkcommunity.org](http://www.Grayhawkcommunity.org) by the end of the day on July 15 to participate. You will receive the link to print off your own cards at home once registration has closed. If you do not have a printer and would like to participate, we can print them at the office for you. There will be 5 games total and will last approximately an hour depending on how fast the BINGO's happen. This is truly fun for people of all ages and fun for the whole family. Prizes are awarded for each round and will be sent or dropped off to those winners.

## Design Your Life Workshop

Hosted by Debra Murrow, Oola Coach

Thur., July 21 from 5:30 p.m. to 6:30 p.m.

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

Are you ready to break through barriers and create the life of your dreams? Are you seeking a new framework for your goals, dreams and visions? Join us for this interactive and inspiring workshop! Oola Coach, Debra Murrow, will show you how you can reset your life goals using a simple, organized 7-step process to achieve life balance, build deeper relationships. Break through limiting self-beliefs and discover your true purpose. With this tool, you will be able to set clear, achievable goals and move your life forward. Bring your open mind and get ready to dream again! This session is free for residents, but be sure to register on [www.grayhawkcommunity.org](http://www.grayhawkcommunity.org) by July 19 so the instructor brings enough supplies for everyone.

## FREE LIVING TRUST SEMINAR: Learn the Latest Strategies to Protect Your Estate.

Mon., July 25 from 6 p.m. to 7 p.m.

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

Planning Is Essential – Do You Have A Plan? Everyone should attend this seminar – Even if you have a Will or a Trust. A good estate plan coordinates what happens to your home, savings, businesses, and your retirement accounts. 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. Why a will is not enough. Why many people with living trusts will end up in probate. Learn how to avoid it. If you have your plans finalized, find out what may have changed, needs updating or is still applicable in Arizona. Guests will have an opportunity for questions after the seminar with Attorney Richard M. Dwornik. Presented by: Dwornik Law Firm. RSVP by Friday, July. 22 at [www.grayhawkcommunity.org](http://www.grayhawkcommunity.org) to reserve your seat!



## Night at the Movies

**Weds., July 27 at 5:30 p.m.**

**Harkins 101, 7000 E Mayo Blvd, Phoenix**

Gather your family and friends and come join us at Harkins 101 for a private Grayhawk viewing of Jurassic World. Our wonderful sponsor is providing the tickets; guests are just responsible for your own concession purchases. Big thanks to Jena Ritchie- doTerra Wellness Advocate and International Leader for sponsoring this event. Space is limited! Register at [www.grayhawkcommunity.org](http://www.grayhawkcommunity.org) to save your spot.

## SAVE THE DATE

### Drive-up Breakfast

**Fri., Aug. 12 from 7:15 a.m. to 9 a.m.**

**Grayhawk Neighborhood Park Parking Lot, 20726 N 76th St.**

We want to celebrate a successful first week of school by bringing breakfast to the wonderful teachers and families of Grayhawk! The first 100 to show up will receive a breakfast treat from Chick-fil-A on us! We will be in the Grayhawk Neighborhood Park near the large parking lot between Grayhawk Elementary and Guidepost Montessori handing out goodies to all the early birds until supplies run out. Welcome back to school and we hope you have a wonderful year ahead!



### Pinspiration Coaster Craft Night

**Weds., Aug. 17 from 6 p.m. to 8 p.m.**

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

Join us in some mindful creativity projects with Pinspiration. Make FUN-ctional craft for your home when you design a beautiful set of four coasters with alcohol ink. Pinspiration will be coming to us and is offering this class at a discounted rate of \$40 per person. Enjoy appetizers, sweets and water on us and bring your favorite beverage to share. Register at [www.grayhawkcommunity.org](http://www.grayhawkcommunity.org) by Monday, August 15 to save your spot. We must have 10 people to hold this class. Feel free to invite friends! A link to pay Pinspiration directly will be emailed to you after registering on our website.

### Tuesday Trivia

**Tues., August 23 from 6 p.m. to 7 p.m.**

**Virtual via Zoom**

**Featuring Gamenighttrivia.com**

Bar Trivia gone virtual! New York City's longest running pub quiz company is bringing their authentic NYC bar trivia experience right in your own home. Gamenighttrivia.com will have a live host directing our trivia night. The trivia will be randomly chosen for our group and will have some questions for all skill and knowledge levels. We are limited to 30 participants, so register early on [www.grayhawkcommunity.org](http://www.grayhawkcommunity.org) to save your spot! The zoom link will be emailed to participants two days prior to the event. Email Sarah Van Dyne with questions at [svanduyne@ccmcnet.com](mailto:svanduyne@ccmcnet.com).

## STAY CONNECTED!



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**71 volunteer groups.**  
**501 volunteers.**  
**142 miles of**  
**roadway cleaned.**

A total of 71 volunteer groups participated in the most recent City of Scottsdale Adopt-a-Road citywide cleanup to celebrate Earth Day by cleaning their roadway in April. It set a record for the most number of groups and the most number of volunteers! That means that 501 people cleaned more than 142 miles of roadway and removed more than two tons of trash during the cleanup.

Grayhawk is proud to participate in the city's Adopt-a-Road program, helping to keep our community and the city one we can be proud of. The next citywide cleanup will be on October 22, which is National Make a Difference Day. If you are interested in participating, keep an eye out for information in The Grayhawk Flight magazine or the Grayhawk Buzz, our weekly eblast. If you would like to be added to receive the eblast, email Jennifer Sheets at [jsheets@ccmcnet.com](mailto:jsheets@ccmcnet.com).







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<b>WHO TO CALL</b> <b>ROVING PATROL (480) 502-7685</b> <b>GRAYHAWK ASSOCIATION (480) 563-9708</b> <b>SCOTTSDALE POLICE (480) 312-5000</b>					1	2
3	4	5 ARC Mtg. 4:30 p.m. GCA Office	6	7	8	9
10	11	12	13	14 Happy Hour 5:30 p.m. 18 degrees	15	16
17	18 Encore Board Mtg. 6 p.m. Via Zoom	19 ARC Mtg. 4:30 p.m. GCA Office  Bingo 6 p.m. Via Zoom	20	21 Design Your Life 5:30 p.m. Raptor Room	22	23
24	25 Living Trust Seminar 6 p.m. Talon Room	26	27 Night at the Movies 5:30 p.m. Harkins 101	28	29	30
31						





## GRAYHAWK DANCERS MAKE THEIR WAY DOWN MAIN STREET AT DISNEYLAND

In April, three residents of Grayhawk, along with the rest of their dance troupe, were dancing their way down Main Street as part of the park's 'Dance the Magic' program.

After practicing for months at their dance studio, Lexi Baer and sisters Leila and Keira McFarland were ready for their big day and doing a walking, choreographed dance to the song "Zero to Hero" from the movie *Hercules*.

The troupe started at City Hall and the entrance to the park and danced their way down Main Street before veering off just before Sleeping Beauty's Castle and heading off to the back part of the park and ending at the 'It's A Small World' ride.

When asked about the experience, there was one common word used by all three girls, excitement. Who can blame them after this once in a lifetime opportunity?

As you can imagine, both sides of Main Street were packed with parents and parkgoers, but that didn't scare the girls one bit. For Keira McFarland, dancing in front of all of those people was the coolest part of the day. For Lexi Baer, it was getting to dance right up to the *It's A Small World* ride.

As for what they'll remember most about dancing down Main Street, Keira and Leila McFarland both talked about how fun it was and Leila said it was extra special because she got to be with her friends while dancing. For Lexi, the thing she'll remember most is seeing her families faces as she danced by and how proud they were of her.

Dance truly is magic and for these Grayhawk girls, it provided amazing memories that they'll have for the rest of their lives.



# Managing Irrigation at Grayhawk

By Schuyler Mares, DLC Resources Field Manager

Irrigation is a key part of any landscape, especially in native or desert landscapes. The key objective is to make sure plants, trees and turf are receiving just the right amount of water, and no more. DLC Resources has spent decades fine-tuning our irrigation management systems to help Communities like Grayhawk use the correct amount of water for a beautiful landscape. And no more!

## DLC's Water Experts

Your DLC team at Grayhawk regularly checks soil moisture and adjusts your irrigation system to react to any weather and moisture changes. Armando Ramirez is your Irrigation Foreman; he is considered a Master Irrigation Technician and is one of only four at that training and experience level at DLC. He receives in-depth information from our Water Management department with weekly notifications on recent rainfall/temperatures to approximate run times for plants, trees and turf. Additionally, Armando constantly does on-the-ground observation and testing to customize water delivery to individual spots around Grayhawk.

## Managing Trees

As Grayhawk's landscape reflects the rugged Sonoran desert around it, most of your Community's trees are desert-adapted and require little water. We only irrigate newly installed trees, and we purposely water a little less than necessary to help the trees become hardy. The trees stress some but become accustomed to the method. After trees reach a year old, the irrigation is capped off, and trees exist on natural rainfall.

## Water for Shrubs

When it comes to shrubs (and trees as well), DLC's motto is "Right plant, right place." So BEFORE planting, it's essential to consider things like:

- Does the plant need full sun or a mix of sun/shade?
- Is it near hardscape like walls that can reflect heat and cause the plant to need more water?
- How large will the plant will grow to be? Does it have enough space for the future?
- Any special considerations, such as keeping sharp thorns/spikes safely away from busy sidewalks?

Once we know a shrub is appropriate for the space, we install it with drip emitters and monitor the system. Of course, Grayhawk has many low-use, heat-tolerant succulents or plants like Agave, Yucca or Creosote. Cacti don't have emitters as they only receive water in the very worst of droughts, such as the summer of 2020.

When Grayhawk receives rain, irrigation cycles can be skipped. And during the Monsoon Season, rain and the humidity in the air reduces the amount of irrigation your plants need. Grayhawk's irrigation system can be managed remotely, and Armando can shut down the system even on the weekend. Being very responsive to rainfall is a KEY way DLC saves water and water costs for Grayhawk. Not to mention that plants can be adversely affected if they get overwatered.



Armando Ramirez, Grayhawk's Master Irrigation Technician. Grayhawk's 2021 water management chart shows your Community used 29% less water in 2021 than 2020.

## Turf Irrigation

Turf is a beautiful addition to your Community, and DLC very carefully manages the water as grass is more water-dependent than your trees and plants. Again, our Water Management Dept. processes the acres of turf, rainfall, humidity and temperature to recommend how frequently and how deep the grass should be watered. Your irrigators do reality checks on-site by testing the soil with a probe. If the probe goes in the ground at least six inches, enough moisture is present. Sometimes areas like slopes need additional water.

At Grayhawk, turf is on a rotation schedule for overseeding, which saves water as well as helps keep the Bermuda healthier. Irrigators watch over the sprinklers to help keep them balanced and working correctly. It's common for heads to occasionally get knocked out of place by mowers or foot traffic. Again, careful oversight keeps water spraying where needed and not running down the sidewalk!

By staying on top of your irrigation system, making just a few adjustments throughout the warmer months and taking advantage of any rain the Valley gets, DLC helps keep Grayhawk's irrigation water usage low while still keeping your plants and trees healthy. If you see any water leaks or concerns, please alert Community Management.

For more information on how you can manage irrigation in your yard, please visit <https://www.dlcresources.com/learning-center>.



## Pizza by Me Class at Lou Malnati's







*Thanks to Kathy Craig- Skin Care Consultant with Rodan + Fields, Jena Ritchie- doTerra Wellness Advocate and International Leader, Kelley Carter, Realtor with KELLEYSFINEHOMES@ My Home Group, and Impact Physical Therapy and Wellness for sponsoring the Concert in the Park with the Shari Rowe Band.*







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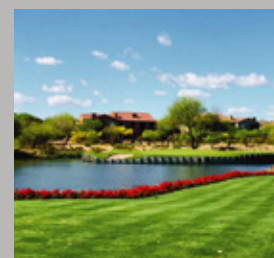
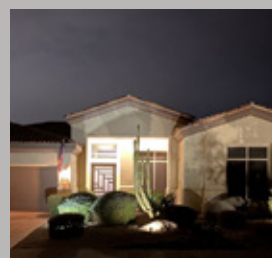
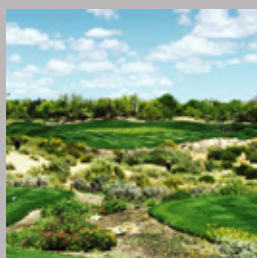
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As a resident of Grayhawk, I know the unique appeal of the neighborhood. As a Scottsdale, AZ native with over 20 years of real estate experience, I take great pride in the relationships formed and the community I serve.

Feel free to stop by and say hi as you see us at some of your favorite local Grayhawk spots!

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# Your Home During the Monsoon Season

*By Rylee Grum, Administrative Coordinator*

The Arizona monsoon season officially began June 15 and will be here until September 30. Monsoon season in Arizona brings high winds, down bursts, dust storms, high humidity, and flooding. The effects of this extreme weather can be wide ranging from debris strewn around to damage of property. The weather is so stable for much of the year, monsoon storms can take homeowners by surprise. Read below for preventative steps you can take to minimize damage to your property, and what to do if you do have damage at your home.

## **Landscaping**

Preparing your plants and trees is one of the best ways to get ahead of the monsoon damage. Trim any big tree branches that could snap off and damage your roof. Even small branches rubbing against your roof can remove some of the coating that protects the tiles or shingles. Secure young trees and plants so they don't bend or break.

Heavy monsoon rains that often come before strong winds can loosen the soil and make trees more prone to being uprooted. It is not uncommon for residents to lose trees during the monsoon season.

Grayhawk requires that each property have 2 vertical elements with at least one being a tree in your front yard. If you lose one of the trees to a monsoon storm, plan to replace it in a timely manner. Please call the office at 480-563-9708 so we can work with you on a timeline for replanting lost trees.

## **Roof**

There can't be anything worse than waking up in the middle of the night to the "drip... drip... drip..." of a leaky roof. If possible, inspecting your roof and patching up any cracks or holes before the storms hit is recommended. If you do find yourself with a leak, what to do next depends on whether or not you are replacing the actual roof tiles.

If you have to replace underlayment and are keeping the original tiles, there is no need for you to contact the Association. If you are going to be replacing your roof tiles, please reach out to Ashley Scott at [ascott@ccmcnet.com](mailto:ascott@ccmcnet.com) and she will walk you through the best course of action.

## **Weeds**

Rain is great for you landscaping, but too much rain can have unintended consequences. Weeds often pop up and quickly get out of control during the monsoon season.

If you do see weeds during monsoon season, you will want to address them quickly to avoid a violation. Manual removal is the easiest way to get rid of a small number of weeds, while larger patches require a post-emergent herbicide to be the most effective.

To avoid future weeds apply a pre-emergent before the winter rains or summer monsoons to reduce the number of weeds germinating.



## HEALTHY HINTS: Maintaining Muscle as we Age

By Tina Uphoff, Grayhawk resident, Personal Trainer, Health Coach  
Yoga Teacher & Certified Yoga for Golfers Instructor

Age-related muscle loss, called sarcopenia, is a natural part of aging. After the age of around 45, we lose about 1% muscle mass each year. By the time we're 65, we may have lost a quarter of our muscle mass or even more! Less muscle means greater weakness and less mobility, both of which may increase the risk of falls and fractures.

**Muscle mass has many different roles in our overall health such as:**

- Maintaining regular body functions such as walking, standing, and lifting items,
- Regulating blood pressure, and
- Regulating body fat levels.

Strength training is a great way to increase and maintain muscle mass. Below includes the basic benefits of strength training, as well as a typical training program as a starting point. It's always best to consult with your doctor before starting a new workout program. The purpose of this article is to simply provide some basic information as a starting point.

### Strength Training Benefits

Strength training has many benefits such as increased:

- Metabolism
- Balance
- Bone density
- Flexibility
- Energy



### Typical Strength Training Program

A typical weight training program is as follows:

- Complete 8 to 10 exercises that target all the major muscle groups (chest, back, legs, arms/shoulders, abdominal)
- For each exercise, complete 2-3 sets of 12 to 15 repetitions, performed at an effort of about 5 to 7 on a 10-point scale
- These workouts can utilize:
  - Weights/dumbbells
  - Bodyweight training like squats, sit-ups, pushups, pullups
  - Resistance bands

Bodyweight workouts are also a great option such as:

- Pilates
- Yoga
- Swimming or water aerobics
- Hiking with elevation

In order to increase or maintain your current strength and muscle mass, you should do strength-based training 2-3 times per week. Taking longer breaks between strength training makes it harder to maintain current strength levels, as well as increase muscle mass. In order to allow your muscles to recover, it's best to have a day between strength-based workouts, unless you are alternating muscle groups used.

Strength training, like most things, can be difficult and intimidating when you first start. But, the more you do it, the better at it you will become, and the more you will enjoy it. Mix it up, incorporate variety, and have fun.

Have a healthy summer,  
**Tina**

Cell: 612.720.3596  
Email: [tina@tinahealthcoach.com](mailto:tina@tinahealthcoach.com)

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## Sip and Tell

By Sue Lukenbill, Encore Resident

Welcome to the month of July, where summer has officially kicked off and days are mixed with monsoons and celebrations of freedom, hot dogs, swimming and barbeques. I actually love everything about this month except for the temperature!

One of the nice things about this time of year is that I can use the heat as a reason to cook less. It's a great time to get out and explore some of the new and hidden spots in our area! I recently lunched at **Birdcall** with Director of Communications Jennifer Sheets. It's a fun little spot just behind Jason's deli on the NE corner of Shea Blvd. and Scottsdale Rd. that has already received lots of great reviews.

Denver-based chicken restaurant **'Birdcall'** opened their first location in Arizona right here in Scottsdale in May. It marks the company's ninth location since its debut in 2016, and just the first of ten they plan to open in the metro Phoenix area over the next three years. Their mission is to make natural foods more accessible, and they are constantly improving their technology to make foods more affordable and create a better dining experience.

The menu features all things chicken including sandwiches, tenders, nuggets and salads. Garnishes include ingredients like bacon red onion jam, buttermilk herb mayo, and peanut slaw. They offer gluten and dairy free options, as well as a kids menus. Some of their ingredients are local, including the buns that are sourced from Phoenix artisan baker Noble Bakery. They also serve up a selection of house-made margaritas and beers on draft from local breweries like SanTan Brewing Co. and Greenwood Brewing; as well as Teatulia organic tea, Tractor organic beverages and milkshakes

The most popular item here, whether strips, sandwich or nugget definitely appears to be their crispy chicken. However, both Jennifer and I were after something grilled and were both eyeing the Rancher. Jennifer kindly let me order that so we didn't eat the same thing. I am glad she did. The Rancher was delicious! The all-natural chicken was topped with white cheddar cheese, bacon red onion jam and bird-b-q sauce. Next time I think I will order the *Grilled Chicken Caesar*, grilled chicken with parmesan cheese crisp, lettuce, tomato and Caesar dressing.

Jennifer ordered the *Deluxe* with grilled chicken, bacon, pepper jack cheese, tomato, lettuce and buttermilk herb mayo. We both tried their fries, although next time we will try the Tater Tots which also looked really good.

We both really enjoyed our lunch. Ordering is done on screens near the bar (yes, the bar!) and then put in a cubby for you to pick up. You just watch the TV screen to see an estimate on how long your food will take and then eventually, you will see which cubby you can find your meal in. It might take a little getting used to, but it was very efficient. Both the interior and exterior of the building are bright and fun, with a casual desert theme I really loved.

I would definitely suggest stopping by **Birdcall** if you are hoping to try something new this summer. It's fast, easy and delicious! Until next month...stay cool!



### **Birdcall**

7204 E Shea Blvd, Scottsdale, AZ 85260  
(480) 681-1060 • eatbirdcall.com

# 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

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
US Post Office, Kachina Branch	480-513-2935
Southwest Wildlife	480-471-9109

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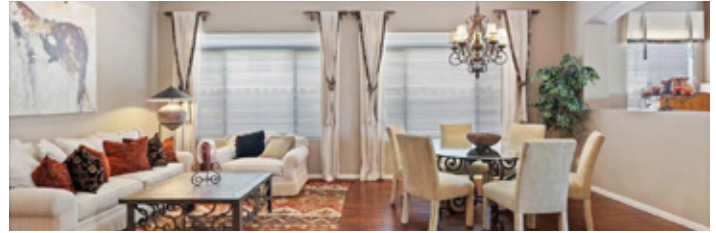


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