



Grayhawk Flight

November 2023

Inside:

*Meet Grayhawk's Newest
Staff Member*

*Grayhawk Book Club
Celebrates 25 Years*



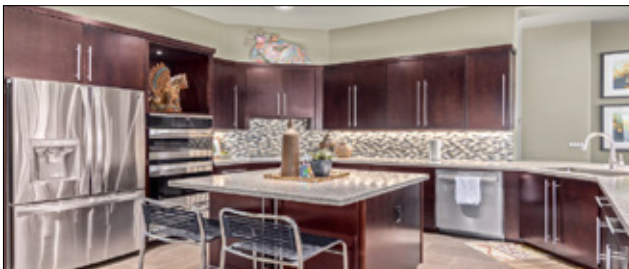
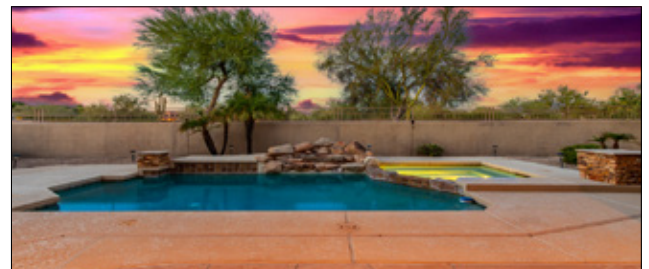
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Grayhawk Community Association

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

GRAYHAWK STAFF



Stacey Harvey
Executive Director
sharvey@ccmcnet.com



Ashley Scott
Community Manager
ascott@ccmcnet.com



Cierra Austin
Assistant Community Manager
caustin@ccmcnet.com



Jenn Sheets
Director of Communications
jsheets@ccmcnet.com



Kristen Hammond
Lifestyle Director
khammond@ccmcnet.com



Nian Quinn
Administrative Coordinator
nquinn@ccmcnet.com



Richard Dearo
Facilities Director
rdearo@ccmcnet.com



Chantel Martin
Maintenance Assistant



Martha Castaneda
Maintenance Assistant



Gabriel Rivera
Maintenance Associate Lead

Manager's Corner



With the holiday season quickly approaching and Thanksgiving just a few weeks away, this is a perfect time to reflect on all that we are thankful for in our lives. For some that may be their family, others, their health or friendships they have developed over the years.

I am fortunate to have the privilege to be the Executive Director of Grayhawk and have had the pleasure of spending the last 17 years at Grayhawk working with so many truly amazing people. I am thankful to work with the outstanding on-site staff at the Grayhawk Community Association. Ashley Scott, Jennifer Sheets, Kristen Hammond, Cierra Austin, Nian Quinn, Richard Dearo, Chantel Martin, Martha Castaneda and Gabriel Rivera are all extremely dedicated and professional employees, and I don't think I have ever worked with a better group of people. I am also thankful to work for a company like CCMC who gives us the necessary support and guidance to effectively do our jobs at the on-site association office.

I am also thankful to work with a talented and devoted Board of Directors for the Grayhawk Community Association and the Retreat Village Association. These homeowner board members all have a true passion for the community of Grayhawk and a desire to make this an even better place in which to live. I am also thankful for the work that is done by the many homeowner committee members who volunteer their time by contributing their knowledge and experience toward the betterment of this great community.

I am thankful for those of you who attend and take part in the many social events that we have throughout the year. It is because of you that these events continue to be successful and distinguish Grayhawk from most other communities.

I sincerely appreciate all of you as homeowners, as you show such outstanding pride of ownership in your property and in doing so, help to make Grayhawk one of the Valley's premier communities.

Finally, I think we should all be thankful to be living in such a beautiful area of this great country, especially this time of year when the weather finally starts to cool off!

On another note, the Grayhawk Community Association (GCA) and Retreat Village Association (RVA) Annual Meetings, which are held every year in March, will be here before you know it. It is not too early to begin thinking about running for election to the Board of Directors. We will be electing three members to the GCA Board of Directors and two members to the RVA Board of Directors. If you have questions regarding these elections or what is involved in serving on the Board of Directors, please feel free to contact me.

Have a safe and happy Thanksgiving.

Stacey Harvey

Executive Director, Grayhawk

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 – NOVEMBER 2023

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

Grayhawk Board of Directors

Monday, Nov. 6 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, Nov. 6 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, Nov. 6 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, Nov. 6 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 Kristen Hammond 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, Nov. 7 and 21 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.

2023-2024 Grayhawk Community Association

David Van Omen
President

Paul Alessio
Vice President

Derek Moore
Treasurer

Richard Zielinski
Secretary

Randy Brown
Director

Arlene Smith
Director

Don Morse
Director

2023-2024 Retreat Village Association

Michael Loya
President

Don Morse
Vice President

Richard Fowler
Treasurer

Jim Ball
Secretary

John Williams
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 – October 2, 2023

Homeowner Forum

A homeowner commented that there have been miners driving motorized scooters through the common areas and greenbelt. Stacey Harvey advised that there is a Wheeled Recreational Equipment Policy that was adopted by the Board of Directors and residents can contact patrol if they see a violation.

Development Committee

Paul Alessio discussed a meeting with DMB representatives pertaining to potential development updates to the parcel just south of Legacy Drive. Additional information will be provided to members as it becomes available.

Stacey Harvey and David Van Omen met this month with representatives from Honor Health to discuss maintenance concerns regarding landscape as well as their position on the potential development of Banner Health on Hayden and the 101. Honor health discussed staffing concerns for the area if another hospital is added.

Operational Review Committee

Don Morse reported that the street reconstruction project in Retreat is going very well. There have been some patrol members working overtime due to the additional staffing needs for this project.

Gabriel Rivera, Maintenance Assistant Lead, started this month and has been learning quickly and working well with the team.

Based on board feedback, the committee obtained competitive bids for a landscape lighting upgrade and redesign for monuments throughout the community. The Operational Review Committee recommended approval of a lighting enhancement project at a sample monument for evaluation. Motion to approve a sample monument lighting installation on the north west corner of Hayden Rd and Thompson Peak Pkwy up to \$5,000 to be funded from the community enhancement account. Seconded, Motion Passes.

Landscape Committee

Arlene Smith reported that the Second Educational Garden Ad Hoc Committee met this month to discuss plant selections for the board approved educational garden on 76th Street.

Overseeding is scheduled to begin on October 4 and the Fall plantings will be installed at the end of this month or early November.

Renaissance in Retreat was the only neighborhood to have plants installed in the Spring and they did not perform well due to the extreme Summer heat. The lost plants will be replaced with the Fall plantings.

Community Enhancement Committee

Richard Zielinski reported that the committee did not meet.

Event Planning Committee

Kristen Hammond reported that the committee met this month and planned out events for the rest of 2023. September events included Ladies Bunco, a Volunteer Day at Arizona Helping Hands and an Odysea Aquarium “Fish and Sips” Happy Hour Event.

Communications Committee

Jennifer Sheets reported that the committee had a lengthy meeting this month and discussed the GCA Board of Directors conversations at the September meeting regarding potentially discontinuing print of the Grayhawk Flight. The committee discussed the changes in communication if the printed version is eliminated or number of publications are reduced.

Costs associated with a reduced publication were presented for the boards consideration.

Architectural Review Committee

Paul Alessio reported that since the last Board meeting, the committee met on September 6 (four submittals) and September 21 (ten submittals). The committee is continuing to see a wide range of categories for submittals.

Budget/Finance Committee

Derek Moore reported that the committee met to review a second draft of the budget as well as the updated draft Reserve Study prepared by Association Reserves.

At the September board meeting, a request was made to Jennifer Sheets to prepare various cost breakdowns (printing monthly, printing bi-monthly, printing quarterly or going solely digital) for the Budget Finance Committee to review. A draft budget was prepared for each of the printing frequency for discussion.

Linda Shaw, Communications Committee Member, discussed concerns regarding communication if the frequency of publication changes.

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Motion to reduce the printing frequency of The Flight in 2024 to reduce the annual cost of publication by approximately \$58,950 with ability to re-evaluate , Seconded, Motion Passes.

The GCA Board-approved the update reserve study prepared by Association Reserves which reflects a lower funded percentage due to the rise in inflation. The Budget/Finance Committee recommends approval. Motion to approve the GCA and Pinnacle reserve study updates. Seconded, Motion Passes.

The Budget/Finance Committee recommends that the GCA Board of Directors approves the 2024 GCA assessment rate to be increased by \$8.00 per month, per home bringing the assessment to \$82.00 per month, per home, \$7.00 per month, per home for the Pinnacle neighborhood bringing the assessment to \$43.00 per month, per home and that the GCA Board of Directors approve funding the GCA reserve contribution in 2024 GCA budget of \$288,000 which includes a contribution of \$44,964 from the community enhancement fund. Motion to approve the recommendation as presented. Seconded, Motion Passes.

Executive Committee

David Van Omen reported that the committee met on September 26 and discussed the CCMC Management Contract Renewal, 2023 Annual Meeting date, 2024 draft budgets and a potential board holiday.

New Business

Motion to set the 2024 Annual Meeting Date of record as Wednesday, March 20, 2024. Seconded, Motion Passes.

Stacey Harvey presented the proposed management contract renewal between the GCA and CCMC. The proposed contract is for a term of five years with staggered increase of 3% every other year beginning in 2024 with 0% increase. The

Exhibit A reflects an increase in the additional services charged to the association and charges to others based on usage and collection fees (paid by association and charged back to unit owners): The recommended increase is to cover additional administrative costs that have resulted over the past years. Motion to approve the proposed management contract as presented. Seconded, Motion Passes.

Treasurer's Report

Derek Moore reported that financials for the month of August were in line with budgeted amounts.

Management Report

Stacey Harvey reported that the office has been very busy with the return of seasonal residents. All other items were covered elsewhere.



GET CONNECTED to grayhawk

Whether you just moved in or you've been here for years, make sure you follow the steps below to stay up to date with everything happening in the community.

JOIN OUR MAILING LIST

The Grayhawk Buzz enews goes out weekly and is your best resource for everything happening in the community. to receive the Buzz emails. reach out to Jenn at jsheets@ccmcnet.com



VISIT OUR WEBSITE

Visit grayhawkcommunity.org to find the community governing documents, ways to pay your assessments, community standards information, the event calendar and more.



FOLLOW US SOCIAL MEDIA

On our official Facebook Page and Instagram, you can find information about community events, reminders about things happening in the community, and share photos with us!

GrayhawkAZ 

GrayhawkAZ 





In & Around Grayhawk

Adopt-a-Road Cleanup

Saturday, Nov. 4 from 9 a.m. to 11 a.m.

GCA Office

Join other Grayhawk volunteers and local students to help keep your community beautiful! Meet at the GCA office at 9 a.m. to go over some quick instruction and break into teams. We will then start along Hayden Rd. north of Thompson Peak Pkwy. If we get enough volunteers, we will also conquer Grayhawk Trail on the interior of the community. 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 will be supplied with necessary items such as trash bags, safety vests, and cold water. Volunteers 17 years of age and under must come with a guardian. This is a great way to complete community service hours for school or appreciate as a family activity. Register at grayhawkcommunity.org by Nov. 1



Arizona Helping Hands – Create Birthday Bags

Wednesday, Nov. 15 from 1 p.m. to 3 p.m.

Talon Room, GCA Office

Volunteers are invited to join us to color birthday bags, which are a much needed supply for Arizona Helping Hands' Birthday Dreams project. For this activity, all that is needed is your time. We will have stencils, stickers and markers and bags so you can create a "Happy Birthday" for a child in foster care in Arizona. All ages are welcome! Space is limited. Register on grayhawkcommunity.org by Nov. 13.

Arizona Helping Hands Virtual or In-Person Donation Opportunity

Nov. 1 through Dec. 15

Experience another heartwarming Grayhawk tradition as we team up with Arizona Helping Hands to collect new, non-holiday patterned pajamas and books. You can donate hardcover books for infants to toddlers or teenage reading genres. Pajamas are needed for all sizes, but especially teens that are size L or XL and appropriate to young adults through age 21.

We've made it effortless for you with our Grayhawk Amazon Wish List items delivered directly to the office. We are also accepting drop off donations during office hours. To show our gratitude, all adult residents who contribute to the donation drive will receive a special thank-you gift: a drink ticket! This ticket can be used at our fantastic fourth quarter events, including our Welcome Back Snowbirds mixer, Holly-Jolly Happy Hour or our Evening Breakfast with Santa. It's our way of saying "cheers" for your kindness and community spirit.

Welcome Back Snowbirds Mixer

Thursday, Nov. 16 from 6 p.m. to 8 p.m.

Hilton Cavasson Red View Terrace, 7965 E Cavasson Blvd.

Join us for this 21+ event on the indoor-outdoor Red View Terrace overlook deck, which promises to be the larger of our community events for the season. For just \$35 per person, you will enjoy appetizers, one drink ticket and a live musician quietly serenading us as we indulge this amazing overlook view of the McDowell Mountains and North Scottsdale city lights. The outdoor deck will have heaters and firepits. Anticipate desert winter weather for this evening event and dress warmly. Register on grayhawkcommunity.org by Nov. 7 for a night of meeting new neighbors and reconnecting with friends.

STAY CONNECTED!



/GrayhawkAZ



@GrayhawkAZ



/AZGrayhawk

Paper Document Shredding Day

Saturday, Nov. 18 from 9 a.m. to 11 a.m.

7940 E Thompson Peak Pkwy.

Join us for a FREE Document Shredding day in the Offices at Grayhawk parking lot. Please bring only paper documents for shredding. we cannot accept electronics, batteries or household goods. Each registered vehicle will be allowed up to two bankers box sized boxes. Documents will be shredded on site once the trash receptacle is full and placed inside the truck. Additionally, we will have a donation box on-site to accept pajamas and hard cover books for Arizona Helping Hands. All donations will receive one drink ticket, redeemable at our fall events.

Holly Jolly Christmas Mixer

Saturday, Dec. 2 from 6 p.m. to 8 p.m.

Federal Grill, 7000 E Mayo Blvd.

Join your neighbors for a festive evening of holiday cheer and merriment. For just \$35 per person, savor delectable appetizers and a welcome cocktail while mingling with friends. A cash bar will be available for those who wish to indulge. Get ready to discover who's been naughty and who's been nice in the joyful spirit at the Federal Grill! This event is age 21+ with a maximum of 50 guests. Secure your spot early! Register on grayhawkcommunity.org by Monday, Nov. 27.

Evening Breakfast With Santa

Sunday, Dec. 3 from 4 p.m. to 6 p.m.

Hilton Cavasson, 7965 E Cavasson Blvd.

Get ready for a magical encounter with Santa Claus at his new home away from the North Pole – the Hilton Cavasson! Enjoy a delightful evening holiday breakfast in your coziest jammies an an event filled with reindeer games and kids' crafts while we await a visit from Santa himself. We will hold your child's gift ahead of time for it to be delivered and presented by Santa Claus during the event. Full details of our Santa partnership with the North Pole will be emailed to parents in advance. Cost is \$15 for adults and \$12 for children ages 5 and up. Breakfast will be served and a cash bar will be available. Register on grayhawkcommunity.org by Monday, Nov. 27 to secure your spot. Parents should drop off a wrapped gift at the GCA office for Santa to give your child by no later than Nov. 27. Clearly mark your child's first name, last name and age on the gift.



Celebrate Hanukkah

Wednesday, Dec. 13 from 6 p.m. to 8 p.m.

Talon Room, GCA Office

Join neighbors for a delightful Hanukkah gathering complete with kosher catering, engaging conversation, and a heartwarming community blessing. All are welcome who are interested in enjoying a community day with neighbors. Cost is \$10 per person. Register on grayhawkcommunity.org by Monday, Dec 11.



**SCAN TO REGISTER
FOR ALL CURRENT
GRAYHAWK EVENTS**

Ladies Bunco Night

Wednesday, Dec. 27 from 6 p.m. to 8 p.m.

Talon Room, GCA Office

Ladies, mark your calendars for a delightful evening of Bunco on Wednesday, Dec. 27 from 6 p.m. – 8 p.m. Enjoy an exciting night of games, laughter and camaraderie. Don't forget to secure your spot by registering before the December holidays! Register on grayhawkcommunity.org and bring \$5 in exact cash to the office by Dec. 18 to hold your spot. Your \$5 will go into the pot for cash prizes at the end of the night.



Grayhawk Book Club

The Grayhawk Book Club (the first of many in Grayhawk) celebrated 25 years of friendship and reading in September. Members spent a wonderful afternoon reminiscing about favorite, or not so favorite, books they had read and reviewed over the years.

The book club has read 257 books since their first gathering in September of 1998 when a small group of women started getting together to share in their love of books.

The ladies meet each September with a roster of book possibilities and vote on their eight favorite books for the year. They volunteer as hosts and reviewers and after an engaged discussion, always rate the books at the end of the meeting.

They have continued to meet every year, even meeting via Zoom through COVID. They never missed a step!



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2/2 & 2/3 The Doo
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3/16 Rita Moreno
In Conversation



2/12 Brian Stokes Mitchell
& Lara Downes



3/22 Judy Collins

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What You've Been Missing

Did you know that you can find your Grayhawk Community and Retreat Village Association assessment information online? This includes how much your assessments are, when they are due, when they are late and how to set up eStatements. The website also has information for the various options including paying by check, recurring payments and one-time online payments. **To access the information, just log in and visit grayhawkcommunity.org and then navigate to Resident Resources/HOA Dues**



Welcome Gabriel Rivera!

Grayhawk is excited to welcome Gabriel Rivera to the community. In his new role as the Maintenance Associate Lead, Gabriel is responsible for general maintenance throughout the community.

Gabriel was born in the Dominican Republic and moved to Phoenix after living for many years in Boston. He has always worked in a maintenance capacity, and even spends his free time freelancing. He's "working when he's not working".

Gabriel loves nature and likes to "get lost on purpose" as his way of exploring the desert. If you see Gabriel out and about, please be sure to make him feel welcome!



Lovely, healthy Bermuda in Monterey Park. The greenbelt turf is looking much stronger than it has in several years!

All About Your Turf

By Kaipo Spenser, DLC Resources Field Manager

We often walk past it in parks and some yards. But do you ever think about grass and what it takes to grow it? Just as a farmer plants and watches over a crop, DLC Resources diligently adjusts irrigation, supplies nutrients like fertilizer and monitors issues to care for Grayhawk's turf. And yes, there are often challenges to overcome. Here are a few major questions we hear about the grass in your Community and some information to help you understand more about turf!

Why is Turf Care Different Throughout the Year?

In Arizona, our mild winters allow turf to be grown in cooler months as well as summer. In warm weather, Bermuda grass thrives. But to have green grass in winter, DLC overseeds with Ryegrass. This cycle requires two transition periods: in April-June, we encourage Bermuda and in Sept.-Dec., we work to grow Ryegrass. Therefore, those months will always have some variation in turf quality, as the grass is naturally transitioning.

Why is Some Turf Brown in Winter?

Your Bermuda turf will go dormant in the cooler months, and turn blonde or brown. It will feel stiff like straw. However, the roots beneath the soil are just waiting for warm weather to sprout again! Grayhawk practices turf rotation, where different turf areas are left dormant each year rather than overseeding everything with Ryegrass continually. Although Ryegrass is lovely to look at, the constant competition for nutrients can harm Bermuda's health, and it's horticulturally beneficial to allow Bermuda to be left alone to recover periodically.

Why is Some Turf Patchy in Spots?

Primarily in the summer, you may see areas where turf grows unevenly or even bare spots. Typically, this occurs on slopes and under shade. In sloping areas, irrigation tends to run off more easily, sometimes taking other nutrients with it. Our irrigators must run the system in brief cycles to help water soak in better and avoid as much run-off as possible. As for shade, Bermuda needs full sun to

KUDOS!

"I received a phone call from the community patrol earlier concerned about water running from my yard. It was simply my neighbor backlashing their pool and spilling over into my yard. I had already checked it out earlier, but can I tell you how awesome it is knowing someone is watching out for problems! Very grateful for the call from the community patrol and wanted to give the positive feedback. Appreciate the watchful eyes and for taking the time to have called me."



really thrive. It grows weakly under shade, like large trees, and there is little to be done without the main ingredient--sun! A solution would be to convert consistently shady spots to decomposed granite, which DLC has done in several spots around Grayhawk.

What Is DLC Doing to Improve Turf Quality?

DLC, along with Grayhawk's Community Management and the Landscape Committee, have put much thought and strategizing into improving Bermuda turf quality recently. We also consulted a sod-growing operation for additional expertise. Lingering Ryegrass from the previous winter frequently edged out emerging Bermuda, leaving sparse turf vulnerable to weeds. This year, we were able to phase out the Ryegrass earlier than usual to help the Bermuda have a strong start.

In addition, DLC regularly tests soil to determine what fertilizer/amendments (to improve soil texture) to apply, dethatches and aerates to help nutrients penetrate to turf roots. We treat weeds often with pre and post-emergent.

Is Our Community Using Too Much Water on Turf?

In a word, no. Grayhawk has a low turf-to-decomposed granite ratio; only 15% of your landscape is turf. Your water usage for 2023, through September, is almost precisely at our projected amount, even after the hottest summer on record. Thankfully, Grayhawk received a lot of rain early in the year, so we swiftly shut down controllers to save water. That allotment is helping to balance out the summer months when your thirsty landscape required additional water.

In addition, for 2023, the Community is leaving 25% of your turf dormant, which saves water as well. Of course, DLC's Master Irrigator for Grayhawk, Armando, keeps an eagle eye on your irrigation system, and he and his team quickly respond to leaks and breaks.

What is DLC Doing to Reduce Water Usage?

In coordination with Grayhawk Community Management and the Landscape Committee, we have proposed and completed several recent projects to help further reduce turf irrigation. They include:

- **TURF REDUCTIONS** – removing unused turf and replacing it with decomposed granite. Such as at 74th Way and Grayhawk Dr., which is in progress.
- **OVERSEED ROTATION** – As mentioned earlier, Grayhawk leaves sections of turf dormant to save water and help the Bermuda recover.
- **IRRIGATION BALANCING** – Sometimes sprinkler heads get out of place over time, and improper spray patterns waste water. DLC can thoroughly examine sprinkler operations and redirect/replace heads that are malfunctioning as needed.

They say the grass is greener on the other side, but we know the grass is greener where you plan wisely, take numerous steps and spend hours working to help it thrive. DLC will continue to do whatever is needed to keep Grayhawk's turf green and healthy for your Community for many years to come.

Eyes on the Future



On September 20, members of both the Grayhawk and Retreat Village Board of Directors met for a Strategic Planning session. This meeting is intended to help the Boards and management staff take a step back from day-to-day operations and develop larger goals for the future of Grayhawk.

Board members took a survey prior to the meeting to share their thoughts on what internal or external factors might have a positive or negative impact on the Association, as well as opportunities and priorities they believed were important for the community.

The Board and staff then worked toward unifying their sentiments in order to prioritize objectives and develop initiatives for the next two years and beyond.

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- Gravy/Butter
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- Chocolate
- Garlic and Onion
- Sage
- Ham
- Chocolate
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Grayhawk Elementary School Gives Back

By Jill Achacoso, PTO Volunteer Coordinator and Dorothy Jokerst, UPC Representative

While the word 'volunteering' may not make sense to all children they can still learn the value of helping people in need from a young age. And, at Grayhawk Elementary, the educators and parents know that getting children involved early and often is a great way to teach them about empathy and compassion.

This is why we provide students and their families opportunities to give back not only to their school but also to the community through the Grayhawk Gives Back program. This program includes a number of volunteer opportunities so that those who participate can choose one or more that align with their interests and availability.

ONGOING OPPORTUNITIES

The Food Recovery Program allows Grayhawk Elementary to help reduce food waste by collecting all unopened, cafeteria-purchased food items from lunch and delivering it on a weekly basis to a local food bank.



The Clothes Bin allows anyone in the community to recycle clothes, footwear, accessories and linens which helps the environment by keeping unwanted items out of landfills. If you wish to donate your textiles The Clothes Bin receptacle can be found in the school's back parking lot.



SERVICE OPPORTUNITIES

Feed My Starving Children teaches how to help break the cycle of poverty by packaging meals that are distributed around the world. Students and their families are encouraged to join one of the two packing sessions that are scheduled throughout the year.



Echo Mountain is our Title I sister school. We have implemented two opportunities where we give back to them throughout the year by hosting a Holiday Drive as well as providing a breakfast and gifts for teachers during Teacher Appreciation Week.

ACTIVITIES

Vi at Grayhawk has been receiving some extra love from the children in their community lately! Students created artwork for its 90 memory care residents and will be performing two choir concerts this year for all of its 400+ residents!

Schoolyard Beautification helps keep our schoolyard clean and beautifies the campus overall with projects completed in and around the school which have included trash pickup, outdoor

classroom maintenance and rock painting. Just as Grayhawk residents volunteer on Adopt-a-Road day we hope that by planting this seed with students now will grow within and one day they will widen their clean-up territory beyond the school grounds!

Grayhawk Elementary takes pride in fostering these opportunities for students to give back so they can experience how helping out makes others feel good AND makes them feel good, too! By making this connection we hope it motivates them to spring into action in the future to help someone else in need. Just as Mr. Roger's mother once advised him, "Look for the helpers. You will always find people who are helping." And Grayhawk Elementary says to that, "Look no further."



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HEALTHY EATS

Tasty and healthy cuisine to nourish your body and soul

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

As Thanksgiving is just on the horizon, it's a natural time to reflect on the good things in life. And what better way to do that than by considering the food that lands on our plates? Among the annual feasting, it's worth taking a moment to think about how we can fuel not just our taste buds but our bodies and minds.

This year, let's view the Thanksgiving table as more than just a spread of traditional dishes. Following are simple and easy healthy recipes to enjoy on Thanksgiving, or any time of year.

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

Oven Roasted Winter Veggies

INGREDIENTS

- 1 Red or Yellow Beet, peeled
- 1 Rutabaga, Turnip, or Parsnip, scrubbed
- 1 Sweet Potato or Yam, scrubbed
- 1 Head Broccoli or 12 Brussels Sprouts, trimmed
- 2 TB Coconut or Olive Oil

INSTRUCTIONS

1. Preheat your oven to 375-400 degrees. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once while roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight-fitting lid for 5-6 days in the refrigerator. Gently reheat them on the stove-top with a little bit of oil over medium heat.
6. If you don't like any of the ingredients listed above, you can certainly mix and match, or substitute. Other good options are cauliflower, mushrooms, and even chopped kale when added in the last 5 minutes of roasting.

Pumpkin Protein Snack Bites

Servings: Makes approximately 20-30 bites, depending on the size of the bites

DRY INGREDIENTS

- 1 cup gluten-free oatmeal
- 1/2 cup vanilla protein powder
- 2 tablespoons cacao nibs or mini dark chocolate chips
- 2 tablespoons dry roasted pepitas
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon

WET INGREDIENTS

- 1 cup nut butter (e.g., almond, cashew)
- 1/4 cup pumpkin puree
- 1 tablespoon raw honey
- 1 teaspoon vanilla

INSTRUCTIONS

1. Mix all dry ingredients together.
2. Mix in wet ingredients in with the dry ingredients; be sure to include the full amount of the wet ingredients or it will not mix well.
3. Mix the dry and wet ingredients thoroughly.
4. Roll into 1-inch balls and refrigerate or freeze.
5. If there were some dry ingredients that did not mix in, save and use in your next smoothie.



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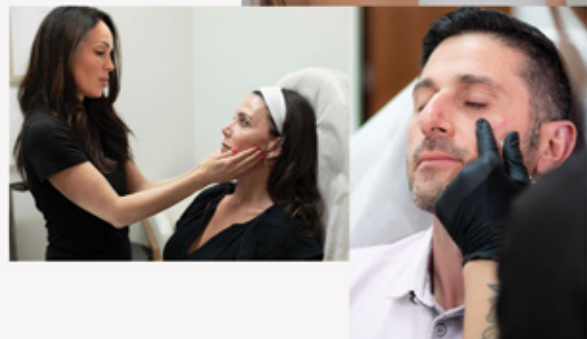
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Important Contact Numbers

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

Appaloosa Library	480-312-7323
Arabian Library	480-312-6250
Mustang Library	480-312-6050

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

UTILITIES

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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
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