

Avocet Tennis

This summer we will have three mixed doubles teams playing out of Avocet on Saturday mornings. April Hughes is the captain of the very competitive A6 team. Leah Scharff is the captain of the also highly competitive B6 team. Julie Dominguez is the captain of a brand new lower level team. Come on down and support your neighbors.

Our neighborhood women will have a lower level C4 team captained by Ashu Manoj playing in the fall, and Jennifer Lee hopes to form a higher level team.

We have many children in the neighborhood swinging rackets now and Ashu Manoj would like to form a children's team if there is enough interest.

Please contact the appropriate captain if you are interested in joining a team. It is a good way to learn how to play tennis, get acquainted with your neighbors and take out your frustrations on a little yellow ball.

Reservations are required for the tennis courts. You can reserve the courts at <http://reservemycourt.com/> or call 1-877-ON-COURT (1-877-662-6878). If you are new to Avocet, click on the link for player signup and follow the instructions.

www.jdominguez@sjha.org
www.tina@giberson.us
www.ahughes12@bellsouth.net
www.Nurseleah@gmail.com
www.ashumanoj@hotmail.com
www.msJenniferlee@hotmail.com

News and Notes

The next Avocet Board meetings are scheduled for May 20 and June 17 at 7:00 PM at the clubhouse. Please feel free to join us.

Please remember if you are making any changes to the exterior of your home to obtain approval from the Architectural Control Committee prior to signing the contract. You can see the requirements and download the ACC Request form at <http://avocet-hoa.org/committees/architecture/architecture.htm>.

For real time neighborhood news, sign up for the Avocet Forum at http://avocet-hoa.org/general/forms/request_avocetclub.htm. Or visit the Avocet website regularly for updates <http://avocet-hoa.org>.

Rob Hiller Landscaping

5 years experience

Avocet Resident

References available

robhillerlandscaping@yahoo.com

404-312-2284

THE UPS STORE

Special Pricing for Avocet Residents!!!

Color Copies - 33 cents each; Black and White Copies - 5 cents each.

Mail Box Rental - 1 month free with a 3-month mailbox services agreement, 2 months free with a 6-month mailbox services agreement, 3 months free with a 12-month mailbox services agreement.

Bring this ad or mention you are a resident of Avocet

Peachtree Industrial Boulevard and Summit Ridge Parkway
 (Publix Shopping Center)

3870 Peachtree Industrial Blvd, Ste. 150 • Duluth, GA 30096
 (770) 623-8222 • store3857@theupsstore.com

Great Offer from Georgia Pressure & Steam!

The folks from Georgia Pressure & Steam have teamed up with the Avocet Property Owners Association to bring you a great 20% discount on their pressure washing services.

To get a firm estimate, you can call William at 770-729-6200 and let him know you are an Avocet resident. You can also visit their website at www.georgiapressure.com.



Welcome Avocet's new management service

Association Management Advisory Group, Inc. (AMAG) will take over the management responsibilities from Heritage Property Management Services, Inc. on May 15th. A decision was made to move to a new management

Commissioner Nasuti to Speak at Avocet

The United Gwinnett Community Alliance (UGCA) is an alliance of Home Owners Associations and concerned homeowners here in Gwinnett County. They work with communities and government in Gwinnett to support and improve the quality of life here. Their goal is to maintain a community that is safe, clean, economically sound, and supportive of its residents' educational and recreational endeavors. Avocet is a member of this organization. You can read more about UGCA at <http://www.unitedgwinnett.org>.

To meet their goals, UGCA sponsors and leads training events for HOA board members. Our board has taken advantage of this training. UGCA also hosts round table meetings with members of government, including our county commissioners and state representatives. One of these events will be held in Avocet.

On June 12, Avocet and UGCA will host a round table event with our County Commissioner, Bert Nasuti at the Avocet clubhouse from 7 - 8:30 PM. The topic will be the AAA Gwinnett Braves team. Homeowners are welcome to attend, but there will be limited seating. If you are interested in attending, please e-mail us at bod@avocet-hoa.org to reserve your seat.

company after working very proactively, but unsuccessfully, with Heritage to resolve on-going issues with the level of service provided to Avocet.

Four management companies were recommended to us by very trustworthy sources. Three of these companies were invited back for a second interview. All of the references provided by the three finalists were checked as well. AMAG was chosen because they offer the best fit for Avocet. Not only do they handle the normal financial and inspection functions, but they believe that a management company should partner with the community. To quote them, "We offer your community professional management which will help preserve its architectural integrity, promote the community's concept, and protect your property values. We know how important it is to live in an environment that promotes harmonious living."

In our interviews with AMAG, and from their references, we heard that they offer a fresh, personalized and creative approach to community management. They will assist the board in ensuring our common areas are maintained properly and will work to coordinate projects like the tennis court resurfacing. They have already begun working with us on some maintenance projects. This will allow the board to work more efficiently going forward.

You can see more information about AMAG on their web site, www.associationmgmt.com. You will also have the opportunity to meet Leisa and Laurie this Saturday, the 17th at the cookout at the clubhouse from 11:00 am to 1:00 pm.

See profiles of Leisa & Laurie inside on pg. 2.

Avocet Pool Party!!

Saturday, May 17, 2008 • 11:00 a.m. - 1:00 p.m.

RSVP to bod@avocet-hoa.org

Hamburgers • Hot Dogs • BBQ and more

Avocet Needs YOU!!

Our annual meeting is held every year in the last week of September. At that meeting, you have the opportunity to elect members of Avocet to the Board of Directors. Many of our current Board members will not be serving again next year. We need your help!

While it may seem strange to talk about this so soon, we believe it is important for those who may be interested in serving in the coming year to become informed and involved prior to that election. Serving on the Board is not the easiest job in the world, but it can be very rewarding. You can have a positive impact on our community.

How much time does it take to serve? Not as much as it has in the

past, for 2 reasons. First, our biggest Capital Reserve Analysis (CRA) and other projects are close to completion. With these major projects completed, the job will, hopefully, become more routine. Second, AMAG will take over much of the work required to coordinate projects and everyday maintenance that the board has handled in the past. Their philosophy is that the board makes the decisions and the property management company implements them. The job, going forward will, hopefully, be less time consuming.

What are your responsibilities as a board member? Broadly speaking, ensuring our community is financially sound, enforcing our covenants and maintaining our common areas. To see a more detailed description, you can go to <http://avocet-hoa.org/Documents/nominating/BODJobDescription.pdf>.

How can you become involved?

The easiest way is to plan on joining us at our monthly board meetings, generally held the third Tuesday of each month at 7:00 pm at the clubhouse. Our next meeting is May 20.

You can review the minutes of previous board meetings at our web site, <http://avocet-hoa.org/bod/minutes.htm>. You can review our financial statements online as well at <http://avocet-hoa.org/bod/financial.htm>.

You can talk to the current or past members of the board. You can e-mail us at bod@avocet-hoa.org with questions to start. Any of us would be happy to sit down with you and talk about our experiences.

If you want to serve our community but are concerned about the time involved, please consider joining one of our committees. You can see our committee information at <http://avocet-hoa.org/committees/committees.htm>.

Profiles of our new management company associates

Laurie McClain

Laurie is a Certified Public Accountant and has managed a successful accounting practice for 21 years. She has served for many years as a board member of her own community association. Laurie has a BBA from Georgia State University. She has earned a Certified Manager of Community Associations Designation and she is also currently working toward the Professional Community Association Managers Certification. Laurie serves as a volunteer Ambassador for the Gwinnett Chamber of Commerce. She has lived in Gwinnett County for 35 years. She is active in her church, is an avid ALTA member. Laurie is married and is the proud mother of three children.

Leisa Ballew

Leisa has 26 years real estate and management experience. She received a BBA from Georgia State University and earned the Certified Property Manager designation from the Institute of Real Estate Management. She is a Georgia Broker and has held a real estate license for over 23 years. Her experiences includes management of communities, office & individual buildings, shopping centers and residential properties. She has lived in Gwinnett County for 18 years. She is active in the community and is a member of the Gwinnett & Metro Chambers of Commerce, and a participant in IREM's local chapter, Board of Directors, CREW, Compassion in Action, Atlanta Commercial Board of Realtors and the I-85 North Board of Realtors. She has also served on the Great Day's of Service, Relay for Life, Stephen Ministry and is a trained Facilitator. Leisa has been happily married for 16 years.

Watering restrictions are still in place

Hand watering of existing landscape must be done between midnight and 10 a.m. on designated days based on odd-numbered and even-numbered addresses for no more than 25 minutes.

Odd-numbered addresses may water Tuesday, Thursday and Sunday. Even-numbered addresses may water Monday, Wednesday and Saturday. Hand watering is defined as one person with one garden hose with a spray nozzle that shuts off automatically when it is released. Completion of the Outdoor Water Use Registration Program is not required for hand-watering.

Newly installed landscapes can be watered up to three days per week, between the hours of 12:00 midnight to 10:00 a.m., following the odd/even schedule for a period of ten weeks following planting. Completion of the Outdoor Water Use Registration Program is required for newly installed landscape exemption.

Odd-numbered addresses may water Tuesday, Thursday and Sunday. Even-numbered addresses may water Monday, Wednesday and Saturday. Newly installed landscape is defined as any plant that has been in place less than 30 days.

Congratulations to Avocet's 2008 Graduates, all from Duluth High School

DJ Reese

Lauren Levin

Chris Lohrmann

Melissa Harrell

Kelly McGuffin

Kevin Lee

Eric Josovitz

Take care of your skin this summer

Exposure to ultraviolet light, UVA or UVB, from sunlight accounts for 90% of the symptoms of premature skin aging such as wrinkles and skin cancers. The most important skin-care product available to prevent wrinkles and skin cancer is sunscreen, but most people do not use sunscreen correctly.

Important factors to consider with sunscreen use are the spectrum of UV radiation absorbed, amount of sunscreen applied, and the frequency of application.

UV Radiation

The sun gives off ultraviolet (UV) radiation that we divide into categories based on the wavelength. UVC radiation is absorbed by the atmosphere and does not cause skin damage. UVB radiation affects the outer layer of skin, the epidermis, and is the primary agent responsible for sunburns. UVB does not penetrate glass, and the intensity of UVB radiation depends on the time of day and the season. UVA radiation penetrates deeper into the skin and works more efficiently. The intensity of UVA radiation is more constant than UVB without the variations during the day and thru the year. UVA is also not filtered by glass.

Sunscreen Ingredients

Sunscreens ingredients can be divided into compounds that physically block radiation or compounds that absorb radiation. The radiation blockers are very effective at reducing the exposure of the skin to both UVA and UVB radiation. Older formulations like zinc oxide are opaque and may be cosmetically unacceptable. However, a newer formulation of micronized titanium dioxide is not as opaque and provides excellent protection. The radiation absorbing ingredients are differentiated by the type of radiation they absorb - UVA absorbers and UVB absorbers.

Picking the Proper Sunscreen

The SPF measures the amount of UVB absorption, but there is no method of

reporting the UVA absorption. The only way to determine if a sunscreen protects against UVA and UVB radiation is to look at the ingredients. A good broad-spectrum sunscreen should have an SPF of at least 15 and contain avobenzone, titanium dioxide, or zinc oxide.

Applying Sunscreen Properly

Most people use sunscreen improperly by not applying enough. They apply only 25% to 50% of the recommended amount. Sunscreen should be applied liberally enough to all sun-exposed areas that it forms a film when initially applied. It takes 20-30 minutes for sunscreen to be absorbed by the skin, so it should be applied at least a half an hour before going out in the sun. Sunscreen should also be the last product applied especially on the face since some sunscreens can break down in the presence of water contained in water-based foundations and moisturizers.

Reapplying Sunscreen

Most instructions on sunscreen labels recommend reapplying sunscreen "frequently", but the definition of "frequently" is vague. A common instruction is to reapply sunscreen after 2-4 hours in the sun. However, one study has shown that reapplying sunscreen 20 to 30 minutes after being in the sun is more effective than waiting 2 hours. It is possible that this time period is more effective because most people do not apply enough sunscreen initially, and this second application approximates the actual amount needed. Sunscreen should also be reapplied after swimming, excessive sweating, or toweling.

Daily Sunscreen

Sunscreen should be applied daily. The daily use of a low-SPF sunscreen (15) has been shown to be more effective in preventing skin damage than the intermittent use of a higher SPF sunscreen.

Sunscreen and Insect Repellents

Insect repellents reduce the sunscreen's SPF by up to one-third. When using sunscreen and insect repellent together, a higher SPF should be used and reapplied more often.

From **Heather Brannon, MD**, *Your Guide to Skin & Beauty*.