



The Cove

September—October, 2024



Inside this issue:

Events Committee News	2
Pickleball News	3
Blue Zones Project	4
Victory Garden	5
Fitness Center	6
Calendar Tennis	7
Real Estate News	8

EVENTS COMMITTEE NEWS

INDEPENDENCE DAY CELEBRATIONS

The kids' games in the morning were lots of fun as always. Thanks to the volunteers who helped us out either with manpower or the loan of games and equipment. We couldn't do it without you.

Fortunately, we were able to complete the evening's events without getting soaked!

The Golf Cart Parade was led by Larry and Caryl Mobley. Larry was Cummings Cove's Citizen of the Year 2023. "America Thru the Ages" was the Golf Cart Theme this year. Thanks to this year's judges: Rob Walmsley, Rachel Moran, David and Eva Holler. And... THE WINNERS of the golf cart decorating contest were as follows:

- Most Whimsical:** Black/Grizzle Family
- Best Representation of Theme:** Pettigrew Family
- Most Original:** Honeycutt/Pelle Family
- Best Overall:** Young Family



Thanks to "Lightning Larry" Mobley and his fireworks crew for the fireworks show to complete another fantastic Independence Day celebration!!

CUMMINGS COVE'S GOT TALENT—ACT II



On August 20th, we hosted the second Cummings Cove's Got Talent Show. One hundred residents came to enjoy an evening filled with a variety of fun acts and musical performances. Thanks to all of the talented performers — you were outstanding! Thanks to everyone who came to support their neighbors and have a great evening. It was a fabulous production!

Also, thanks to Palmer's II for their heavy appetizers.

PICKLEBALL NEWS

It's been a busy summer for Cummings Cove pickleball players. Don Stedman has organized Round Robins that have been held on the 2nd Friday of the month beginning in May. Twenty-four enthusiast players have participated in each of these events.

SOCIAL EVENTS

The pickleball social committee organized monthly evening events that included a potluck, a game night and a visit to Trailside Brewing Co. Unfortunately, the BBQ had to be postponed due to rain, but is rescheduled for September. All of the events have been very well attended; we're looking forward to additional events in the future. Keep an eye out for upcoming event notices from Evite.

PICKLEBALL MACHINE

A ball machine was purchased by the Cove pickleball players. In mid-July several players were trained by Tom Virbickis. Training is required in order to sign out the machine. When reserving a court on Sign Up Genius, please note if you are using the machine.



SIGN-UP FOR PICKLEBALL

Sign Up Genius is the tool used for scheduling our community pickleball play. Please continue to use SUG to sign up for scheduled play and skills and drills as well as any additional play you organize. If you have questions about the schedule, or how to get involved, contact Nancy Rader at bnrader@hotmail.com.

An Ode to Olde Pickleball Players

By Donnajoy Bogdan

With a click and a clack
And a groan and a grin
The Pickleball addicts are at it again.

Some have a few problems,
Like funky knees,
But when they get on the court,
They play with ease.

They can dink, they can lob,
Hit a blazing smash,
You might even think,
That they're playing for cash.

They may forget the score,
Or even your name.
But it doesn't matter because
They all love the game.

This pickleball game,
That's so much fun,
Just may be the secret
To staying young!

BLUE ZONES PROJECT PRESENTATION & DINNER

On Friday, August 9, seventy-two Cummings Cove residents gathered for a healthy Mediterranean dinner, catered by Palmers, followed by a presentation and discussion of the “Secrets for Living Longer” productive and active lives. The dinner was complemented by a tasting table of three plant based and one chicken based, healthy delicious dishes, compliments of Swee Wong and Sandi Corbo.



The after dinner presentation was delivered by one of our own residents, Landry Fuller, has lived in one community which has adopted the 9 lifestyle strategies that resulted from 20 years of research studying the life styles of five communities from around the world, with an unusually high concentration of people living productive lives at or above 100 years old.

The presentation was followed by a Q&A as well as a general discussion about how fortunate we are to live in a community where many of the attributes identified in the Blue Zones research are available to us here, in the special community we live in.

Special thanks to Sandi Corbo and Steve Dolan for organizing the dinner presentation, Landry Fuller for delivering the presentation, and Palmers for providing an especially healthy dinner for all. To learn more, there is a four part Blue Zones series on Netflix you can watch, as well as Blue Zones books that are available to provide additional information.



The VICTORY GARDEN is A-Buzz With Activity!!

In July did you hear the call, the shout-out, the 911, about the need for more Victory Garden volunteers? The message was loud and clear: HELP! We need somebody, not just anybody, we need many bodies to help work and harvest in the Victory Garden!!

The veggies are growing so fast, right before our eyes, so fast that we need to harvest them 6 days a week! These beautiful veggies are grown for the sole purpose of providing healthy, tasty, nutritious food to those in need in our community – to our neighbors who depend on local food pantries to supplement the foods they do purchase.

The vegetables we grow are blossoming, thriving and providing immense nutrition. The body and brain health of adults and children are being enriched through the fresh, unprocessed food we offer.



Currently, in mid-August, 3.5 tons (7,000 lbs.) of fresh, nutritious vegetables have been harvested and distributed to several food pantries! And the Fall planting will be happening soon. What a gift this garden is to so many in our community!

Won't you come and visit the garden? You are always welcome to come by and see for yourself why we are so excited to be volunteering at the Victory Garden! And, if you would like to join us, please feel free to contact Rod Hansen, Joani Robson, Robin Virbickis, Barbie Fricker, Charlene Weaver, or Bill (Blue) Haymond. You will not only help others, but you will also gain knowledge about growing vegetables, make new friends here in the Cove, you will also have a ton of fun!!

**Many, many thanks to one and all, the remarkable volunteers of the
Cummings Cove Victory Garden!**

NEWS FROM THE FITNESS CENTER

Hello cooler weather! This is the perfect time of year to find yourself in Western North Carolina! Did you know September is National Yoga Awareness Month? Speaking of yoga, we have two yoga-focused offerings at the fitness center every week. We offer a traditional class called "Yoga for mobility," as well as a chair class called "Chair fitness." Learn more about the physical and emotional benefits of yoga in my recent blog article at <https://harvestinghealthandhappiness.com/yamas-and-niyamas-transform-your-life-from-within/>. In addition to yoga, we also offer classes that are strength-focused, low-impact movements, Pilates, and more! See descriptions below. Classes through September. Keep your eye out for a new schedule. Sign up at <https://harvestinghealthandhappiness.com/fitness-classes-sign-ups/cummings-cove-fitness-classes/>

Tuesday and Thursday 10 am: **Total Body Strength**: A full body strength beginner friendly workout for all levels using your body weight as resistance as well as light weight work. Class will use body resistance to build strength and stability. All equipment provided. Meet inside the aerobics room.

Monday 11:15 am: **Pilates**: A full body workout done while standing, sitting, and lying. Uses body movements to improve strength, balance, posture, and flexibility in the body. A great workout for the core and entire body. Meet inside aerobics room.

Thursday 11 am: **Yoga Flow for Mobility**: All levels yoga flow class for mobility. This class offers yoga poses and dynamic movements that relieve tightness and stress. Each class offers a seated and standing sequence on the mat. Plenty of modifications are offered. Meet inside aerobics room.

Wednesday 11:15 am: **Chair Fitness**: This chair fitness class includes strength, stretching, balance, and light cardio. We will use dumbbells, mix in some dynamic movements, and yoga moves. This is a well rounded class offering a seated and standing portion. Meet inside the aerobics room.

Tuesday 11 am, Wednesday 12:15 pm: **Standing Strength**: A full body standing strength and light cardio circuit workout. This is a beginner-intermediate class using your body weight as resistance as well as dumbbell work. The entire class is done in a standing position. Each class offers balance work and stretches. All equipment provided. Meet inside the aerobics room.

Monday and Wednesday 10 am: **Water Aerobics**: Meet us at the pool for a cardiovascular/ strength workout that is a lot of fun! This exercise class takes place in the pool, no sign up required, equipment provided. Join in on a fun and effective class!



See you at the fitness center! Candy



ACTIVITIES CALENDAR

Euchre: The Howenstine’s 937-470-7796
September 16, October 21

Hand & Foot: Cindy Kopperud, 414-265-6776
September 9, October 14

Mexican Train: Steve & Mary Culp, 770-329-9975
Maureen Handy & David Martine, 908-319-1738
September 23, October 28

Shanghai: Cindy Kopperud, 414-265-6776
September 2, October 7



ABOG Meeting:
September 10, October 8

CCCA Meeting:
September 17, October 15

DRB Meeting:
September 3, October 1

FALL TENNIS NEWS

Come out to play tennis with the group or practice to improve your game with the ball machine on the hard court.

Scheduled weekly tennis will be played on the clay courts in the morning as the weather permits. To stay up to date on days and times for organized tennis events contact Craig Swenson at cjswenson123@gmail.com.

For tennis lessons contact Roy Riley at 828-551-1227.

PALMER’S II Restaurant

Now has their liquor license!



Stop by anytime or after your round of golf for a bite and a beverage.
Come join us for our weekly specials on Wednesday, Thursday and Friday nights.

Hours: Monday and Tuesday 11 am—3 pm (light menu); Wednesday through Saturday 11 am—7 pm;
Sunday 10:30 am to 2:30 pm. Weekly Dinner Specials on Wednesday, Thursday and Friday.

Check our Facebook page for other specials!



20 Cummings Cove Parkway
Hendersonville, NC 28739
Phone: 828-891-1512 Fax: 828-891-5633

EXECUTIVE DIRECTOR OF OPERATIONS
Harry Grymes 828-891-1512 ext. 3

ADMINISTRATIVE OFFICE
828-891-1512, Fax 828-891-5633
Mary Henderson, Accounting, ext. 4
Nancy Trahan, Admin. Assistant
and Membership Coordinator, ext. 5

GOLF SHOP/RESTAURANT/CLUBHOUSE
828-891-9412, 828-891-3035,
Fax 828-891-9475
Chad Bell, Director of Golf, ext. 9

SPORTS COMPLEX
828-891-3458
Tim Dixon, Sports Facilities Director
Candy Price, Fitness Director

GOLF COURSE MAINTENANCE
828-551-4734
Tim Wemple, Golf Course Superintendent

REAL ESTATE OFFICE
828-891-5848, fax 828-891-7271
Andrew Brooks Broker-in-Charge/Realtor
Denise Wagner, Admin. Assistant, ext. 0

GOLF & COUNTRY CLUB
ADVISORY BOARD OF GOVERNORS
President Marcia Hern, Keith Stewart, Debra
Scott, Terry Buonomo, Robin Virbickis, Lyn
Blake, Jane Young, Mike Herrick, and Mike
Howenstine.

COMMUNITY ASSOCIATION
ADVISORY BOARD OF DIRECTORS
President Baird Blake, Dirk Cummings, Allison
Violette, Steve Salter, Kim Taylor, David Leach,
and Rob Walmsley.

The Cove newsletter is published by
the Cummings Cove Golf & Country Club
Community. The deadline for the newsletter
is the 10th of each month prior to issue.
Publisher: Cathy MacEwan

REAL ESTATE NEWS

2024 started off strong for resales, but by the end of the second quarter, it was evident that the market was slowing as buyers became much more specific in what they were seeking and fewer in number. Overall, the market has taken a bit of a wait and see position in hopes for lower mortgage rates and a more stable industry outlook. Sellers that decide to sell in this increasingly volatile real estate landscape must be very wise in who they choose to assist them, how they price and present their homes if they want to avoid extended days on market.

However, here at Cummings Cove, we are still seeing a steady interest in specific listings and just the community in general as prospective future residents come to visit in search of their next residential location. As of July 30, we have had a total of 168 first-time visitors interested in Cummings Cove as a residential prospect and 19 more that have been here before and returned for another look. So far in 2024 and as of 8/12/24 Cummings Cove Realty has sold/closed 4 resale homes, 5 lots and 1 Lot/Build Package. As of 8/12/24 Cummings Cove Realty also has 3 pending closings. Currently there are 12 active residential builds in progress inside Cummings Cove with 8 of those builds having started this year.

As of 8/12/24 Cummings Cove Realty has 3 resale homes actively for sale: MLS: 4121611-2010 Golfside Lane, 4119948-117 Whistlewood Lane, 4167945-1310 Mountain Meadow Drive.

NAR Lawsuit Settlement Implementation:

On August 1st North Carolina Canopy MLS and the NC Realtor Association began implementation of the new rules that have been put in place. By August 17th all realty firms and agents must be in full compliance with the new rules. The changes are many and far reaching for consumers and the profession of Realtors. One of the main changes that greatly affects home sellers inside Cummings Cove has to do with what is required for an agent to show a listed home to a prospective buyer. Agents can show their own firm's listings to prospective buyers without first having the now required pre-signed "Buyer's Agency Agreement" in place. They can do this because they are already representing the seller which allows them to show their seller's home to consumers as "Unrepresented Buyers." However, agents wanting to show any prospective buyer another firm's listing can only do so after first obtaining a signed "Buyer's Agency Agreement" with that consumer agreeing to what that agent expects to be paid for their services, something that many consumers will be hesitant to do. Many industry experts are predicting that many consumers will start directly seeking out the listing agent for any home they are interested in to avoid having to sign the now required pre-showing agency agreement contracts.

Cummings Cove Realty has an ethical responsibility to exclusively promote and show its clients' listings first to any potential buyer. Listing your home with Cummings Cove Realty is the only way to fully benefit from all our proven expertise, promotional advertising and established reputation that generates consistent volumes of visitor traffic. Listing your home with Cummings Cove Realty also ensures your home will be fully and easily accessible to all unrepresented visitors because of the new MLS rules that only affords listing firms the ability to show their listings to anyone without requiring any pre-showing agency agreements.

