

The Cove

May 2009



View of the Blue Ridge Mountains from the clubhouse.

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A monthly publication of the Cummings Cove Golf & Country Club Community

Restaurant Highlights

Cinco De Mayo May 5, 2009

6:00

\$16 inclusive

Taco Bar

Taquitos

Beef and Bean Enchiladas

Nacho Bar

Spanish Rice

Black Beans

Xangos (a really yummy dessert)

House Margaritas \$5.00++ each or
\$10.00++ for a pitcher

Mexican beers

Members may make reservations by
contacting Meg Stadler at 891-6501 or
meg.stadler@mchsi.com

Reservations not cancelled by May 1
will be charged in full.

Dress Code: smart casual



Sock Hop June 5, 2009

Members, break out your dancing
shoes; it's a Sock Hop!

We'll be Rockin' and Rollin'
to the music of
DJ Tom Ciaramitaro
of Mountain Top Entertainment

More information will
follow via e-mail.

Mother's Day Buffet

Sunday, May 10

One Seating—1:00

\$23.95 ++ per Adult

\$12.95 ++ Children (5-12)

\$5.75 ++ Children under 5

Menu

Soup & Salad Station

Garden Salad

Antipasto Platter

Broccoli Salad

Asian Lomein Noodle Salad

Fresh Mozzarella & Tomato Platter

Tomato & Basil Bisque

Main Dishes

✧ *Rice Pilaf*

✧ *Baked Scalloped Cheese*

Potato Casserole

✧ *Bronzed Swordfish with*

Warm Hawaiian Salsa

✧ *Spinach Lasagna*

✧ *Asparagus Bundles*

✧ *Carrots, Pearl Onions*

& Green Beans

Carving Station

Slow Roasted New York Strip Loin

Oven Roasted Turkey

Open to all residents.

For reservations call 891-3035.

Member reservations begin April 25.

Non member reservations

begin May 2.

Dress Code: Men—Jacket, no tie.

Ladies—Dressy Casual.

Lake Ridge Restaurant

Monday-Saturday Lunch

11:30-3:00

Members Friday & Saturday
Night Dinner

Drink Specials 5:30-6:30

**Please make dinner
reservations by 3:00.
Reservations will determine
dining hours—891-3035**

Sunday Brunch 10:00-2:00

*Celebrate your birthdays
and anniversaries at the Lake Ridge
Restaurant. On your birthday, you
will receive a complimentary dessert
with your dinner meal purchase. On
your anniversary, you will receive
an adult beverage with your dinner
meal purchase.*

*You may take advantage of this
offer anytime within the celebration
month. If you celebrated during
January, February or March, please
let our staff know and we will extend
this courtesy to you.*

Golfhouse Grill & Lounge

Monday-Saturday Lunch 11:30-3:30

**Note: "No-shows" and reservations
cancelled with less than 24 hours
notice will be charged in full.**

Membership

Bristol Shootout

May 31, 2009
3:00 p.m.

It's time for the annual Bristol Shootout.

Join us for this unique 9 hole handicapped elimination tournament.

Further details will follow via e-mail.

“Not until 1766 was a golf club formed outside Scotland, and the first outside of Britain, borne by the tide of imperialism, was in Bangalore, India in 1820.”—*The New York Times Guide to Essential Knowledge*

Keeping it Green

We have had a couple of questions recently on out-of-bounds markers and confusion with some of the survey stakes from the recent course survey. The out-of-bounds markers (short white stakes) are the ones that should be used when playing a round of golf.

In general, the out-of-bounds markers are aligned with the property lines. There are a couple of exceptions on the course and these are marked by out-of-bounds stakes. If you happen to be in an area that isn't marked, the ruling is that private property is out of bounds.

If you notice a place where markings look incorrect or some are needed, please contact Dave Burt, Chairman of the Greens Committee (xmoose@bellsouth.net), or any Member of the Board.

Update from Golf Course Superintendent

The fairways and greens are growing in nicely after the aeration in March and several inches of spring rain. Please observe “no cart rule” for carts since the Bermuda grass needs time to work its way out of dormancy. Thank you for your cooperation in this matter. If necessary, a handicap flag may be obtained from the golf shop. Please communicate any concerns or golf course needs to board member, Dave Burt at 698-1501.

We are looking forward to a terrific 2009 season,

Tim Wemple

Women's Golf Leagues

On Thursday, May 14 the **9 Hole and 18 Hole Women's Golf Leagues** will enjoy a day playing a scramble together followed by lunch.

The **Women's 9 Hole Golf League** started their season Wednesday, April 15 with golf and lunch.

The start time is 9 a.m. and check-in is at 8:45 a.m.

If you have any questions, or would like to join the Women's 9 Hole Golf League, please call Gail Gentsch at 890-3388.

Sherman's Sporting Goods Store Gives Discount to Cummings Cove Members

Sherman's Sporting Goods, located on Main Street in downtown Hendersonville, is offering Cummings Cove members a discount on all purchases. Shermans' is a family owned business that has served the Hendersonville community for many years. They carry tennis equipment, tennis shoes, and also re-string rackets. They provide swimming supplies including swimsuits, goggles, pool shoes and water aerobics equipment. Simply show your membership card when checking out to receive your discount. The discount will vary depending on the type of merchandise purchased.

2009

Member-Guest

Annual Golf Tournament

June 25, 26, 27



DEADLINE: JUNE 15, 3 p.m.

SIGN-UP TODAY VIA

POSTING STATION

OR ONLINE!

Format: 2 Day

“Match Around” Event

Sports Complex



Tim Dixon
Sports Facilities Director

By the time you receive this newsletter, all facilities at the Sports Complex will be up and running. Whether you like to lounge by the pool, work up a sweat on a treadmill, relax with a massage, express yourself with a NIA class, or have a great game of tennis, the Sports Center has something to offer everyone at Cummings Cove.

The big news for May is the opening of the swimming pool on Friday May 1. The hours for the pool and hot tub are 9 a.m. to 8 p.m. This is a “swim at your own risk” facility. Children under 16 must be supervised by an adult at all times. Shower and bathroom facilities are available in the pool area. Please, remember—no wet bathing suits allowed in the fitness facility. I’m sure everyone will enjoy this new state-of-the-art 48,000 gallon pool.

Water Aerobics classes will begin Monday, May 4th at 3 p.m. This class will include cardio, strength and flexibility exercises and will be appropriate for all fitness levels. By creating resistance and helping support body weight, the water allows us to have a great workout with much less impact. The class will also be offered on Thursday mornings at 10 a.m. You will leave feeling refreshed and invigorated!

Tennis News

The tennis group at Cummings Cove continues to grow. With two new clay hydrocourts and players of all ability levels, now is the time to join in the fun. If you are interested in tennis and have not played in a while, the Saturday “show-up mixer” is great way to meet other players in a less competitive atmosphere. We offer reasonably priced lessons and ball machine rentals to help you regain your form. I hope to see you on the courts.

Fusion Fitness

Fusion Fitness is a whole-body strength and flexibility class taught by Bridgett Bouvier. The class will be held on Saturdays at 9 a.m. and will include mat exercises that target all major muscle groups. This is an effective 30-45 minute routine that Bridgett has developed from several exercise modalities. A sign-up sheet will be posted on the bulletin board at the Sports Center—No Fee. For more details contact Bridgett at 891-1512 ext.3.

FITNESS CLASSES
Pilates
Tuesday 3:00 and Friday 10:00
NIA
Tuesday 9:00—all levels
Wednesday 4:00—level 1—Beginners
Water Aerobics
Monday 3:00 and Thursday 10:00

TENNIS		
Ladies Tennis	Monday	9:00
Men’s Tennis	Tuesday	9:00
Show up Mixer	Saturday	9:30
Call Tim Dixon at 828-891-3458		

SPORTS COMPLEX CURRENT HOURS OF OPERATION

Fitness Center

Monday through Friday
Staffed 8 a.m. — 5 p.m.
Members will have access by key during non-staffed hours.

Swimming Pool

9 a.m. — 8 p.m.

Hot Tub

9 a.m. — 8 p.m.

Tennis Courts

8 a.m.— dark daily
Routine daily maintenance on the Hydrocourts (clay) will take place from 7 a.m. — 8 a.m.

CURRENT FEE SCHEDULE

Personal Training

By appointment with Tim Dixon
\$45.00 per hour
\$25.00 per half hour
Special Introductory Package:
5 hours for \$150.00

Tennis Lessons

By appointment with Tim Dixon
\$60.00 per hour
\$40.00 per half hour
Special Introductory Package:
5 hours for \$150.00

Massage Therapy

By appointment
\$60.00 + per hour
828-698-1748

Note: prices and hours subject to change

Members: please bring your key, turn off the lights and lock up when you leave the fitness center. Thank you for your cooperation.

Around the Cove

May ~ Anniversaries

Dan & Carole Bogumil,
2nd, 1999
John & Judy McCormick,
6th, 1989
Bill & Lee Kowske
16, 1970
Roger & Judy Hill,
17th, 1969
Toby & Sigrun Mapes,
18th, 1980
Peggy & Bob Milam,
27th, 1967

May ~ Birthdays

David Woods	1
Joan Burke	5
Betty Musser	8
Norman Campbell	12
Harry Brown	14
Helen Dearborn	18
Dick Webber	20
Horst Wenz	23
Bud Sheline	26
John Burke	27
Kim Hibbs	28
Peggy Milam	29
Ellen Jones	29
Barbara Brown	29
Susan Knust	30
Toby Mapes	31

Cove Hike

On Friday, May 29, the hike will be to Point Lookout, near Black Mountain and Old Fort, North Carolina. The drive to the hike is about 41 miles, 58 minutes. This is an interesting hike on an old highway which was displaced by I-40. It is now paved for bicyclers and hikers, and is an easy, gradual grade up to a view point, and then back down. Total mileage is 5.5 miles. Meet at the fitness center parking lot at 8:30 a.m. Bring snack and water for the hike. We'll eat lunch in the charming town of Black Mountain. Call Susan Maybin at 890-9059 to register.

Lunch Bunch

On Thursday, May 14, the Lunch Bunch will dine at *Bistro 502* located at 502 Main Street in Hendersonville. Luncheon is scheduled for noon.

Meet at the clubhouse parking lot at 11:25 a.m. to carpool to the restaurant. RSVP to Maggie Carle at 891-2145 or Marty Brodsky at 685-2728 by 6 p.m., Friday, May 8. Please indicate if you will be meeting the group at the restaurant or at the clubhouse parking lot.

Cove Notes

Fred and I want to thank our dear friends at Cummings Cove for calls, cards, and concerns regarding Fred's recent surgery as of Wednesday, April 1st. He's now recovering amazingly well. What a guy!

He plans to be chipping and putting soon after two to three weeks post op. I cannot say enough for our dear "River Rat" friends and neighbors. A warm meal, hearty soup and the wonderful sharing of love and friendship expressed has nurtured and helped in Fred's healing and recovery along with encouraging me. Thanks to all who extended their thoughts and prayers to us.

Sue and Fred Trout

A grateful thank you for all the cards and concern from all our neighbors and friends, during my recent hip replacement. Seems Jim and I are on a roll with surgeries the last 3 winters, with his knees and my hip. I'm not completely healed but plan on getting there soon. We are truly blessed to live in Cummings Cove.

Sally and Jim Mulka

Dear Members and Residents,

I would like to thank you for your expressions of sympathy in the loss of my mother. In this difficult time, it is nice to know my family and I have so many friends surrounding us. We greatly appreciate all of your support.

Ele Peterson and Family

Jessica Dean and Family

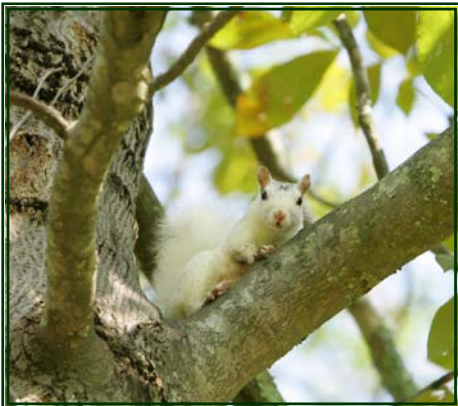
I don't think I fully appreciated what a remarkable community Cummings Cove was until Will and I experienced a crisis and received such loving, caring support from all of our neighbors. It's virtually impossible to adequately verbalize how much it's meant, so I'll just say "thank you."

Around the Cove

White Squirrels

White Squirrels live in only a handful of communities across the United States. Just 20 minutes from Cummings Cove, the town of Brevard boasts one of the largest colonies recorded. This year the White Squirrel Festival is scheduled for May 23-24. Visit whitesquirrelfestival.com for further details.

To catch a glimpse of these graceful creatures, take a drive along Golfside Lane in Cummings Cove. About half way down the street there is a park-like setting on the golf course side of the street. It is a normal occurrence to see the white squirrels scampering from tree to tree.



WWTP

The Waste Water Treatment Plant *Performance Annual Report—2008* is available for residents to view at the Sales and Information Center.

Summary: The system had no violations. The lift station near Hidden Falls has had the pumps pulled many times this past year and found them bound with dental floss. Both pumps had to be replaced during 2008 due to this problem. Please do not put dental floss into the sewer system.

Live in Harmony with Nature

Although bears are rarely seen in Cummings Cove, bear sightings occur in spring and summer when they emerge from their dens to look for food. If you see a bear, enjoy it through the eye of a long-range camera lens or a set of binoculars, and stay away from it. Black bears are naturally intimidated by humans. Following tips listed below will discourage an unwelcome visitor.

To discourage bear visits, it is recommended that you store your trash in a strong, secure building and set trash out the morning of pick up. Another good idea is to feed pets indoors, or if feeding outside, bring their bowls in once your pet has finished eating. Put out birdfeeders in the morning and bring them in an hour before dark. This includes hummingbird feeders. There has been some evidence of bears rummaging for birdseed on West Cumming Woods Lane. This area is close to the boundary of Cummings Cove property.

Book Clubs ~ May

Morning Group - Happy Bookers

African Queen:

Real Life of Hottentot Venus

by Rachel Holmes

Hostess: Tina Blum

Location: 70 Shadowleaf Drive

Time: 10:00 a.m.

Date: May 15

RSVP: 890-2414

Group I - PAGE TURNERS

Suite Française

by Irene Némirovsky

Hostess: Patti Farragher

Location: 95 Laurel Ridge Place

Time: 1:00 p.m.

Date: May 20

RSVP: 890-3275

Group II - Fun Readers

The Book of Joe

by Jonathan Tropper

Hostess: Susie Lowmiller

Location: 122 Mountain Crest Drive

Time: 1:00 p.m.

Date: March 18

RSVP: 808-2839

Design Review Board Spring Clean-up

The Design Review Board reminds all property owners of their maintenance responsibilities and will be sending out a team to inspect the community over the next few weeks. Each year, we receive a few complaints about yard issues (weeds) and improper disposal of yard debris. Please choose an off-site disposal center when discarding your trimmings, grass clippings or other organic yard debris and do not use the common areas. Please do your part to enhance the beauty of the community.

In addition to landscaping, painting, tree removal, re-roofing (color) and deck enclosures need Design Review Board approval. Follow the Guidelines in your Association Documents and provide a thorough explanation of the what, where and when details of your project.

We look forward to working with you,
John Mitchell

May

~ 2009 ~

June

2	Tournament/course closed	
3	Couples Golf	
5	Cinco de Mayo	6:00
7	Tournament/course closed	
7	Hearts	7:00
7	Social Bridge	1:00
8	Tournament/course closed	
10	Mother's Day Buffet	1:00
12	CCCA	3:00
14	Cribbage	7:00
14	Lunch Bunch	12:00
	<i>Bistro 502</i>	
14	Social Bridge	1:00
14	Women's Scramble	9:00
17	ABOG	3:00
20	Party Bridge	7:00
21	Social Bridge	1:00
27	DRB	4:00
23	Social Bridge	1:00
24	Social Bridge	1:00
28	Spades Friday	7:00
29	Hike	8:30
	<i>Point Lookout</i>	
30	Dinner Bridge	6:00
30	Tournament/course closed	
31	Bristol Shootout	3:00

Note: available tee times and tournaments are subject to change. Please verify with the golf shop if you are interested in scheduling a tee time. Phone 891-9412 ext. 1

If you would like to enjoy walking the cart paths, please walk only before 7:30 a.m. and after 7:30 p.m. Children may walk with a member, but the fairways and greens are for golf activities only.

All golf course property is private, including the ponds. Golf course property is reserved for members use only. Absolutely no pets are allowed on the golf course or the cart paths. Thank you for your cooperation.

Hearts

RSVP—The Dawleys—890-0679

Spades

Players bring a snack to share.
RSVP—The Cases—890-5920

Cribbage

RSVP—The Gregorays—891-5282

Social Bridge

RSVP—Joy Allen—891-1408

Party Bridge

RSVP—Joy Allen—891-1408

Dinner Bridge

RSVP—Jessica Dean—891-3035 ext. 2

GOLF

MGL 18 Hole - M W F	9:00
MGL 9 Hole - T TH	9:00
LGL 9 Hole - M W F	9:00
LGL 18 Hole - T TH	9:00

**Check in 20 minutes early.
Tee times subject to change
due to weather.**

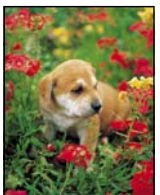
4	Social Bridge	1:00
5	Sock Hop	
6	Tournament	
9	CCCA	3:00
10	Hike	8:30
	<i>Skinny Dip Falls</i>	
11	Social Bridge	1:00
11	Tournament	
15	ABOG	3:00
17	Party Bridge	7:00
18	Social Bridge	1:00
20	Tournament	
20	Dinner Bridge	6:00
23	Spades	7:00
24	DRB	4:00
25	Social Bridge	1:00
25	Member-Guest	
26	Member-Guest	
27	Member-Guest	

Humane Society

Golf Tournament—June 6 ~ Entry Fee \$90 per player ~

The Blue Ridge Humane Society is a no-kill shelter, non-profit organization receiving no government funds.

Entry fee includes cart and green fees, box lunch, refreshments, and prizes for longest drive, closest to pin, door prizes and 1st, 2nd and 3rd place.



If you would like to participate, and golf is not your game, you may sponsor a hole in the name of a business or special someone. Call Steve Braznell to sign up at 692-1212.



20 Cummings Cove Parkway
Hendersonville, NC 28739

EXECUTIVE DIRECTOR OF OPERATIONS
Garry Sherrill 891-1512 ext. 5

ADMINISTRATIVE OFFICE
891-1512, Fax 891-5633

Mark Schnitzler, Accounting, ext. 2
Nancy Trahan, Admin. Assistant, ext. 7
Bridgett Bouvier, Membership, ext. 3
Nancy Miller, Accounting Assist. ext. 4

RESTAURANT/GOLF SHOP/CLUBHOUSE
891-9412, 891-3035, Fax 891-9475

Reservations, ext. 2
Matt Riddell, Golf Operations Mgr., ext. 1
Jeff Lloyd, Executive Chef, ext. 6
Jessica Dean, Dining Room Manager, ext. 4

SPORTS COMPLEX
891-3458

Tim Dixon, Sports Facilities Director

GOLF COURSE MAINTENANCE
891-9538

Tim Wemple, Golf Course Superintendent
Brooks Lowder, Assistant Superintendent

REAL ESTATE OFFICE
891-5848, fax 891-7271

Roger Hill, Director of Sales, Broker/Realtor
Patsy Fishel, Broker/Realtor
Bridgett Bouvier, Broker/Realtor

Lorraine Nash, Director of Marketing
Denise Wagner, Admin. Assistant, ext. 0
Nancy Miller, Admin. Assistant, ext. 0

GOLF & COUNTRY CLUB
ADVISORY BOARD OF GOVERNORS

President Bill Kowske, Dave Burt, Ben Campanella, Larry Kosowsky, Bill Oliver, Pat Robinson, Donna Sheline, Meg Stadtler and Linda Stocker.

COMMUNITY ASSOCIATION
ADVISORY BOARD OF DIRECTORS

President Jim Liebzeit, Victor Bogo, John Burke, Barbara Campbell, Clyde Case, Nelson Chandler, Bob Engstrom and Betty Westmoreland.

The Cove newsletter is published by the Cummings Cove Golf & Country Club Community. The deadline for the newsletter is the 10th of each month.

Food for Thought

Be the change you want to see in the world—Mahatma Gandhi

Two recently published books offer compelling arguments for consuming locally grown foods. Novelist and environmentalist Barbara Kingsolver co-authored *Animal, Vegetable, Miracle* with her husband and daughter. The book tells of their vow to live for a year on food grown in their neighborhood or raised by themselves, or to live without it. In addition to fresher, more nutritious food, buying locally-produced food saves energy spent shipping food from around the world and supports local business. Studies agree that buying goods from local businesses rather than national chains generates three times as much money for the local economy.

Michael Pollan, bestselling author of *The Botany of Desire*, writes in his new book—*In Defense of Food*—about the impoverishment of the Western diet with emphasis on food-like substances that are products of food science rather than nature. Despite spending a smaller percentage of income on food than any other industrialized country, the U.S. is ranked 45th in the world for life expectancy with diabetes now epidemic. An American born in 2,000 has a 1 in 3 chance of becoming diabetic although 80% of cases of Type II diabetes could be prevented with proper diet and exercise. A diet based on quantity rather than quality has resulted in an overfed and undernourished population.

In an increasingly complex world, we often feel helpless to solve problems. Here's one we can work on. Plant a vegetable garden. Even condo dwellers can grow a pot of tomatoes on a balcony. Buy locally grown produce—preferably organic. We are especially fortunate in this area to have an abundance of farmers markets. If you have surplus vegetables, donate to the Manna Food Bank, I.A.M. or Rescue Mission. During these difficult times, all of the outreach organizations are finding donations are down while requests for help have more than doubled in the past six months.

To sponsor a community project to contribute food to organizations who help our neighbors in need, Cummings Cove will provide a tilled garden area ready for planting near the Fitness Center if we can recruit enough volunteers to plant and maintain the garden throughout the summer. With level ground, available water, easy access and parking, anyone who enjoys seeing the magic produced by sun, soil, seed and water can volunteer to work in the garden. Resident Master Gardener Clyde Case has agreed to supervise this project. Please call Clyde at 890-5920 to let him know how much time you would be willing to volunteer for this worthwhile effort. Gardening is also good exercise.