

September 2024

LEGENDARY TIMES

A monthly newsletter for the residents of Kissing Tree



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KISSING TREE®

SAN MARCOS ★ TEXAS

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Dear Community,

I recently enrolled in two continuing education classes focusing on financial analysis and organization management. As a seasoned Large-Scale Manager of Community Associations, I have come to realize you never truly arrive, in the sense of having all the answers or being the subject matter expert on every knowledge base in your industry. The further one progresses in life and in a career, the more you realize there are levels of knowledge, performance, and perspective to which you aspire.

There are many ways to educate ourselves that do not require a formal classroom or student-teacher scenario. Examples of self-made individuals who put in the time to learn new things through personal study, research, and grit are just as inspiring as the effort put into earning a degree. I have always told my children that a degree, professional designation, or self-taught base of knowledge is the key to a door you can open. Once you enter the room, a new perspective is gained and how you apply the knowledge you gain starts the learning process all over again.

Having recently completed my third annual budget for the community, the process of evaluating historic trends, building out projections, subsidy needs, reserve funding, forecasts, return on investment, etc. was quite a puzzle to solve. The important thing to emphasize during this process is the fiduciary role of all the parties involved and how that level of attention and integrity is reflected in how the community is thriving.

Kissing Tree is also full of talented people with an incredible knowledge base and professional experience. I regularly talk with people I have met who may have insight into a problem or situation I do not have an answer to. Throughout my career, these types of people from all walks of life, cultures, and parts of the world have given me their time and perspective to improve things for the communities I have managed.

As we prepare to enter the fourth quarter of the year, I look forward to sharing more of this financial information with our membership and working with you to establish a strong foundation for Kissing Tree's financial, civic, and social well-being. Thank you for your continued support, counsel, and advocacy of the Community Life, Golf Course, and Development teams. We have a bright future ahead of us and a lot to be thankful for. The best is yet to come.

Sincerely,
Matthew Dozier CMCA, AMS, PCAM, LSM

Featured Events

Tuesdays, 6 - 9 p.m.

Live Music

Join us for an evening of live music featuring a range of talented local bands. Grab a drink, settle into a comfy seat, and enjoy the tunes while making new friends

Fridays, 9 - 11 a.m.

Farmers Markets

The KT Farmers Market provides various local vendors every Friday of this month in the Biergarten.

Monday, Sep. 2

Labor Day

Community Life team offices are closed in observance of the holiday. Independence Hall and other amenities remain open and staffed.

Tuesday, Sep. 17

Website Orientation

New to KT or need a refresher? The next website orientation is at 10 a.m. in The Depot. Bring the device you would use to log in.

Wednesday, Sep. 25

KTMC Town Hall

Join the Community Life team and board of directors for a Kissing Tree Master Community Town Hall in Independence Hall at 6 p.m.

Friday, Sep. 27

DJ Karaoke

Party with DJ Henry spinning all your favorite tunes, plus a chance to try your shot at a little karaoke fun!

For more information, navigate to the [electronic calendar](#) on our resident website



Did you receive a friendly email reminder from the Community Standards Coordinator?

If **yes**, what happens next?

Two Options:

1. You may reach out by phone or email to let the Community Standards Coordinator know that you are fixing the issue or if you have concerns or questions. Call: 737-215-8499 or Email us at ktmc@coherelife.com
2. Take care of the issue and wait for me to close it after doing a follow-up inspection.

Information:

- Compliance Corner will continue to be released every Monday or Thursday in the weekly highlights.
- Compliance Corner for the time being, will highlight one trend every week to keep things new and fresh.
- Please utilize the compliance corner as a way to be proactive about potential violations.
- Please know that I am flexible and always willing to talk or meet with you. I am in the office Monday-Friday during regular business hours!

Kylee Holte, Community Standards Coordinator

Micahmentaions

The Best Cardio for Seniors in the Texas Heat

As August rolls in, the Texas heat can make outdoor activities feel more like a battle against the sun than a path to better health. Finding the right form of cardio that's both effective and safe is crucial, especially when temperatures soar. Here's my take on the best cardio options for seniors, while staying cool and safe in the sizzling Texas summer.

Water Aerobics: The Ultimate Cool-Down Cardio

Water aerobics tops the list for several reasons. First, the water provides natural resistance, making every movement count without putting strain on the joints. Plus, the pool is the perfect place to stay cool while getting your heart rate up.

Micah's Tip: Remember to stay hydrated, even when you're in the water.

Indoor Walking: Climate-Controlled & Convenient

Walking is my usual go-to cardio option, but in August, outdoor trails and parks can be uninviting. Instead, consider indoor walking paths around campus that allow you to stop into a building to cool off like Independence Hall or check the weather and schedule your walks early in the morning or later in the evening when temperatures are a little bit more moderate.

Micah's Tip: Make it social! Invite a friend or join a walking group to keep the activity fun and engaging.

Stationary Cycling: Heart-Pumping Fun Without the Heat

Stationary cycling is another excellent indoor cardio option. It's easy on the joints, allows for adjustable resistance levels, and can be done in the comfort of your own home or at the Fitness Center. Plus, you can catch up on your favorite shows or listen to music while you pedal away (with headphones if you're in the gym!).

Micah's Tip: Set up your bike near a fan or air conditioner to stay cool. If you're new to cycling, start with shorter sessions and gradually increase the time as your stamina builds.

Chair Exercises: Perfect for those Needing Extra Support

Chair exercises provide a great way to get your heart rate up while seated. These can include marching in place, arm circles, or using resistance bands. It's an excellent option for those with mobility issues or who prefer a more controlled environment. We have several chair classes that are very popular and fill up quick, so book early if you'd like to join! If you can't get into class, consider working with a personal trainer, check the residents website under the fitness tab for their bios, or there are lots of free classes on Youtube.

Micah's Tip: Set up your exercise area near a fan and stay hydrated. Consistency is key, so try to make these exercises a daily habit.

When it comes to cardio for seniors, especially during the August heat in Texas, the key is to find activities that are safe, enjoyable, and sustainable. Whether you're taking a dip in the pool, strolling through the mall, or cycling indoors, there's a form of cardio that can fit into every lifestyle. Always listen to your body, stay hydrated, and don't hesitate to adjust your routine as needed. The most important thing is to keep moving, even when the temperatures rise.

Stay cool and keep your heart healthy, y'all!

Meet Linda Mott

Community Engagement Coordinator



I moved to Texas in 2003, after living in 8 states throughout my lifetime, I have to say Texas is my favorite! My background is in fitness, I got my first certification in 1996 and began teaching various fitness classes in local gyms throughout the following years.

After moving to New Braunfels, I worked for the YMCA as a certified fitness instructor and their Aerobic Coordinator to manage classes and instructors. I enjoyed working for them, but in 2009 I accepted the position of gym manager at the local McKenna New BraunFit Gym. While managing the gym, I also taught a variety of fitness classes, from “Kids Fun-Fitness” to active older adult classes, and all ages in between.

I also taught a few fitness classes at a local retirement community. While at that community in 2012 I was offered the position of Lifestyle Director and that’s when my life went in a different direction. I accepted the position and fell in love with the job! In February of 2023 I was looking to move on, so that’s when I found Kissing Tree!

How would you describe your role at KT?

Being part of the Community Engagement team, I’m involved with Kevin’s activities and events and I help with the promotion of the fun & exciting things he brings to the KT community. I’m also responsible for making the calendars and scheduling the room

reservations for where & when our groups & clubs meet and scheduling all room rentals for KT residents planning their special events.

What makes you most excited about working for KT?

I'm very grateful to be part of the Cohere team and to experience the KT community culture. I enjoy the variety of tasks I get to work on and the opportunity to help residents schedule and attend all the fun activities and events.



My daughter & grandson.

What is one interesting fact about you?

I've always been interested in law enforcement. After moving to New Braunfels, I attended & graduated from the NB Citizens Police Academy and the Comal County Sheriff's Citizens Academy. I also attended the New Braunfels Police RAD self-defense course and highly recommend it to women of all ages.

TARBOX & BROWN

Chef David's Culinary Corner

We are excited to announce that we hosted our one-year anniversary party on August 24th. We will soon be unveiling a new series of Chef's Table events, and we have several more exciting gatherings planned for you to attend. Looking ahead, I'm particularly enthusiastic about the dinners we have scheduled for September and October. We've been experiencing a significant increase in reservations, welcoming both new guests and our loyal regulars who have been incredibly supportive throughout our journey in establishing a restaurant for everyone at Kissing Tree to enjoy. Thank you all for your continued support!

David Rhoads, Tarbox & Brown Executive Chef

Hours

Breakfast

Sunday, 7 a.m. - 10 a.m.
Monday - Saturday, 7 - 11 a.m.

Lunch

Sunday, 1 - 6 p.m.
Mon., Tues., Sat., 11 a.m. - 6 p.m.
Wed.- Fri., 11 a.m. - 4 p.m.

Dinner

Wed., - Fri., 5 - 8 p.m.

Happy Hour

Daily, 3 - 5 p.m.

Bar Window Service

Sat. - Sun, 6 - 8 p.m.

KT GOLF CLUB

It took longer than it has the past couple of years, but summer is officially here and has come in with a vengeance. We're seeing highs forecast all the way up and above 105 degrees at the time of writing this. As such, it's vitally important that you take plenty of cold drinks on the course with you and that you listen to your body. If you feel out of sorts, faint, or dizzy, please take a break and call it quits for the day. We want our players to be safe and have fun out there! Cooler temps and beautiful fall weather are just around the corner!

As I'm sure you have heard, we have some exciting things on the horizon for the remainder of the year. First, our new golf maintenance facility is ready to go! We'll be moving in around the beginning of September and will have a fun open house event shortly to follow. We'd love to have a chance for all the residents to see our new shop as well as see some of the equipment we use to take care of the golf course on a regular basis. Next, construction on the new restroom for the front 9 should be beginning any day. Brookfield was working on pulling the final permits necessary for them to start construction of that. We have heard loud and clear how much y'all have been looking forward to that and we're glad it's finally on the horizon!

Lastly, things continue to move forward toward our bunker renovations this winter. While I don't have any dates or timelines yet at this point, we intend to keep the golf course open for play as much as possible while that project is completed. We may have some periodic hole closures and the bunkers will likely play as ground under repair most of the winter, but we should be able to remain open and continue playing golf. The bunkers will look and play great once completed so the temporary inconvenience will be well worth it in the long run.

Let's finish out the summer on a high note and as the fall weather gets here, expect some fun football viewing parties on the patio at Tarbox & Brown, the Jim West Challenge golf tournament, and many other fun and exciting things to look forward to.

Ryan Andrews, Kissing Tree Golf Club General Manager

Updates From The Green

A note from the SPI

The last aerification of the year is scheduled for Sep. 3-4 and the course will be closed for us to complete this process. We will use a slightly larger tine to remove thatch, improve water percolation, and increase pore space for roots to grow and nutrients to be more available to the grass plant. We will also be mowing out all native areas throughout the month as well as applying our fall fertilizer to all in play areas. This includes tees, fairways, and primary rough.

Please avoid leaving items in our maintenance area. Our team would really appreciate starting their day without having to manage extra clutter. Charitable organizations or correctly disposing of household items should be made instead.



Pro Tips

Greenside Bunkers

We all hate sand traps, here is an easy checklist of six things to do, to get out of bunkers consistently. If you end up in a god-awful bunker, try these six things and you will be a better player out of greenside bunkers.

1. Weaken your lead hand on the grip.
2. Add more knee bend, widen your stance, and almost sit down on an imaginary chair.
3. Keep your chest/sternum behind the golf ball.
4. Anchor weight on lead foot 70/30.
5. Open the face of the wedge and hit the sand first, then the ball. Explode the sand out of the bunker (splash) onto the green.
6. Extend down into the sand, don't short-arm the swing and pull up. Fully extend your arms and slide the bounce across the ball and under through the sand.

Good luck y'all and maybe you can make one out of that dreadful sand.

Gabe Ross, Kissing Tree Golf Club Head Golf Professional

2024 TOWN HALLS

KTMC

QUARTER 3: SEPTEMBER 25TH

QUARTER 4: DECEMBER 11TH

COTTAGES

QUARTER 3: SEPTEMBER 26TH

QUARTER 4: DECEMBER 12TH

VILLAS

QUARTER 3: SEPTEMBER 26TH

QUARTER 4: DECEMBER 12TH

COMMUNITY LIFE TEAM

Matthew Dozier - Executive Director

Rebecca Rounds - Director of Community Operations

Kevin Wilson - Director of Community Engagement

Stephanie Gregorie - Director of Community Assets

Andy Pina - Manager of Community Assets

Sandee Miller - Community Care Manager

Anitra Martinez - Design Review Coordinator

Austin Rounds - Fitness Coordinator

Linda Mott - Community Engagement Coordinator

Ashlyn Wilson - Communications Coordinator

Kylee Holte - Community Standards Coordinator

Ivan Smith - Maintenance Technician

Hayden Gregorie - Maintenance Technician

Jeremy Mott - Custodial Engineer

Gerald Hayward - Custodial Engineer

Richard Salinas - Custodial Engineer

Reagan Porter - Fitness Attendant

Trent Rodgers - Fitness Attendant

Michael Martin - Fitness Attendant

Elise Salinas - Front Desk Ambassador