



High Meadows "Hummer"

Roaring Gap, NC

January 2016

General Managers Message

Happy New Year 2016! I wish all of you a happy, healthy and prosperous New Year!

We want to thank all of you for your kindness and generosity during the year and especially for the staff Christmas bonus. You help make the season bright for all of your staff! I want to thank my team, all of the members and your families, along with members that have given so selflessly to work on committees and the Board of Directors. We appreciate all of your work and need all of our members to share in this responsibility to help your club grow and be sure that all of you to have a voice in that growth. We know that because of this effort we all will have a wonderful, fun and fulfilling New Year 2016!

WOW, 2015 has been a year! The year started with us scrambling to put the club back together after a winter pipe break. We moved through that into improving the club in a lot of areas and strengthening our resolve to deliver a better, updated club house. You have seen your capital dollars at work for all of our members with everything from a new front entrance and new metal roof to a new kitchen steamer and line freezer; by the end of January 2016 we'll complete a facelift to the clubhouse dining space—these are just a few things representing over \$130,000.00 of our capital dues. We've also done lots of little things to enhance your time at the club like updating our WIFI in the clubhouse and at the pool, adding music to the pool deck, improving and lengthening the walking trail which now has a picnic area across from 18 green along with many other improvements around the club—your money is not being used just for the golf course! I am very excited that we have stopped talking about things and started working on improvements to all aspects of your club for the future! Join me in congratulating the last 3 Presidents, Boards of Directors and committees for their amazing vision and strength! As I stated in one of my first newsletters, HMG&CC has so much potential and the members make it the club that it is. For all of you that have been such an integral part of all of this success, saying "thank you" will never be enough! I am so proud of all we done together.

2016 will be the "Year of the Members", both current and new. Some growth has been seen recently with a few

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A Word From The President

As the Holiday season comes to an end, I hope you had a Merry Christmas and wonderful time with your families and friends. It is that special time of year when we give thanks for all the fortunes that God has given us.

We wrap up 2015, with several completed projects and a couple of projects currently in process:

- ✂ The new maintenance free metal roof on our Clubhouse is finished. It adds to the mountain ambiance that is High Meadows.
- ✂ The trim work in the clubhouse has been completed.
- ✂ The new chandeliers are installed in the great room.
- ✂ The Great Room has been painted.
- ✂ The Dining Rooms are being painted.
- ✂ The hardwood floors in the great room, which are badly worn and warped, will be replaced over the winter.
- ✂ We now have Wi-Fi available in both the clubhouse and the pool area for the convenience of our members and their guests.
- ✂ And for the 2016 golf season, we have some exciting plans for improving our Pro Shop.

Mike Carlton and Nathan Biggs have negotiated a terrific price to replace the failed computer and its programing software for the golf course sprinkler system. Nathan, Mike

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Snow Removal

Although the weather has not been very wintery so far, chances are this will change before winter is over! Although the club no longer scrapes driveways, as our equipment is better suited for roads than the smaller spaces in driveways, we are happy to recommend both Kenneth Miles and Johnny Simons for driveway scraping.

KENNETH MILES - 336-200-1377

JOHNNY SIMONS - 336-657-1052



President (Continued from page 1)

Carlton and his committee have a number of things planned to enhance our golf course. Nathan will supervise the deep tining and dry sticking of our greens in the spring of 2016. This process is essential to prevent the devastating effects of compaction on aging greens.

Pat Green and her committee are working hard to plan several activities that will benefit all our members this year. We hope you will sign-up for as many as you can, to get full enjoyment out of our club.

Chef Nicole has been buying Choice meat and quality seafood for over six months. She plans to mix up our menu to have different offerings on a weekly basis. She will continue to offer a variety of desserts for the enjoyment of our dining members.

Paul Perlik and his committee are working hard to involve the local realtors. The realtor kiosk is installed and being maintained. We are continuing to market the Winston-Salem, Greensboro, Raleigh-Durham and Charlotte areas for membership opportunities and looking into ways to enhance our efforts in 2016. Bringing in new members is a job for all of us; please bring your friends, guests and other potential new members to enjoy this truly unique Club we call High Meadows.

All of the Board and their Committees are working to make this another great year for your club. We will report on their activities as the year progresses. We are fortunate to have such an outstanding staff in all areas of our Club. No matter what area you go into they are knowledgeable and helpful. Please let them know how much they are appreciated when you have the opportunity. Mark Updike is a very knowledgeable Club Manager that will do whatever it takes to get the job done. He has made it possible for your Board of Directors to concentrate on their goals while he concentrates on the day to day operations.

2015 was a very good year for the club. As we begin 2016 we remain debt free and have a cushion to begin the season. We are trying to plan our cash flow to cover our expenses and also be able repair club assets that need repair as a result of age and day to day wear and tear. We think that this is the most prudent way to manage the assets of our members. We will continue to work on long range plans and an acceptable method to set aside the money to execute those plans.

Please feel free to contact me, Mark Updike, or any Board member if you have questions or recommendations regarding our Club. High Meadows is a very special place with many wonderful and caring people. We are fortunate to live in this little slice of Heaven.

Brad Bishop
President HMCC

GM Message (Continued from page 1)

homes selling with memberships attached and new members joining the club while other members are making the commitment that this club is important enough to them to help with future growth. We've teamed up with real estate agents in the area in a new "Follow the Hummingbird" approach to marketing your homes for sale: guests can follow our signs to the real estate kiosk in front of the tennis courts where they can begin their search for your home. Check out our web site www.highmeadowscountryclub.com and be sure your "For sale" property is listed! You can even see it from your smart phones! Also join us on Facebook (High Meadows Country Club) or Twitter (High Meadows NC) to help us grow in 2016!

Please check out upcoming emails for events and happenings around the club over the next few months. We encourage you to have your dinner parties here or just come out to the club for an evening meal; we need your help during the winter. Stop by the office and say "Hi!" or to ask any questions you may have for me or our team. Take this time to share some hopes, needs or desires with me so I can better serve all of you!

Happy New Year, See you around the fire,
Mark

Ladies News & Notes

Happy New Year to all! We wish everyone good health, fun, and lots of pars and birdies for in 2016. As a reminder, our annual dues are \$55 for golf or \$30 for social. Your dues will be charged to your HMGCC account in January.

We invite all High Meadows Golf and Country Club ladies to join the LGA. Your dues cover Thursday and Saturday play days, monthly social luncheons, various tournaments, and fun activities for all levels of golfers.

If you are not a member and would like to join or change your status in any way, please contact Donna in the Business Office at 336-363-2622 prior to the end of January. If you have any questions about the LGA, contact Janet Knott, Dian Ramey, Peggy Cooper, or Cindy Lee Middleton.

We look forward to seeing all of you. Come and join in the fun.

Thank you, Janet Knott



Happy New Year 2016



House Committee Update

By the time you read this, the painting and floor refinishing on the main level will be near completion. The House Committee is excited for you to see and enjoy the work that has been done thus far in transforming the foyer, great room, dining rooms and bar. New draperies for the dining rooms will be next, followed by the renovation of the main level bathrooms. And these are only the visible improvements - many upgrades behind the scene have taken place as well.

On another aspect of the House Committee, Nicole and the food and beverage staff is starting to think about our menu for the spring and we will be sending out a survey to the membership asking for your suggestions on dining. Be thinking and keep an eye out for this in the next month or two.

As always, we thank you for supporting your club!

Sally Earnhardt
House Committee

The Adventurers

The Adventurers will meet on Saturday, January 16, 2016. This will be your chance to share with the group your most recent favorite book.

We will also have a Pot Luck Luncheon. Join us at Caroline's house 580 Longview Circle at 10:30.

Please call Judy Ann or Caroline if you plan to attend.

Caroline: 336-363-2913 or 336-725-0878

Judy Ann: 704-212-7481 or 336-363-6233

Attention LGA & MGA

Remember the Co-Ed Points Chase! We've had some good turn out so far!

Let's see if we can continue to have good turnouts! As always, please call the Golf Shop to sign-up.

Tommy Thompson

Make Your New Years Resolution Stick!

Lose weight? Check. Start exercising? Check. Stop smoking? Check.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start small

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and **OK**. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

January 2016

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1 F&B & Golf Shop Closed	2 Co-Ed Points Chase 11:00
3	4	5	6 Co-Ed Skins Game 11:00	7	8	9 Co-Ed Points Chase 11:00
10	11	12	13 Co-Ed Skins Game 11:00	14	15 F&B & Golf Shop Closed	16 Co-Ed Points Chase 11:00
17	18	19	20 Co-Ed Skins Game 11:00	21	22	23 Co-Ed Points Chase 11:00
24	24	26	27 Co-Ed Skins Game 11:00	28	29	30 Co-Ed Points Chase 11:00

Coming Events

February 2016

Feb 13..... Valentine Dinner & Dance

March 2016

Mar 2 - 5 Cinco de Mayo Dining Specials
 Mar 8 - 12 Mardi Gras Dining Specials
 Mar 16 - 19 St Patrick Dining Specials
 Mar 25 Grille Opens Fri-Sat & Sunday's
 Mar 27..... Ester Sunday Feast

Hours of Operation

January Dining Hours

Wed, Fri & Sat 6:00 - 9:00

Side Door Lounge Hours

Sunday 12:00 - 6:00
 Bar opens at 12:00; Food Service at 3:00