



High Meadows "Hummer"

Roaring Gap, NC

January 2018

A Word From The President

We have had a good year at High Meadows. Mike West, our new General Manager has settled into his job, which means he has pretty much learned all the people and the quirky ways we operate. We have a remarkably talented and qualified staff. The operation of the Club is running smoothly. As this article is being written, it looks like operating revenue/expense budget and the operating capital fund will both break even for the year. Cash reserves continue to be in good shape.

- ◆ The new Short Game Practice Facility and the Driving Range renovation are complete and look great.
- ◆ The new sign at the front entrance finally identifies High Meadows in a graceful way.
- ◆ The new Fitness Center is open and operative.
- ◆ The new Web page and the Social Media Marketing program are helping us erase the old cliché that High Meadows is the best kept secret in North Carolina.
- ◆ Our Social events and Golf events were well attended and fun for all.

Many thanks to 2017 President Paul Perlik, the 2017 Board Members, all who served on committees, and our excellent staff. High Meadows continues to be a wonderful community of friends and a great place to be. We look forward to a good 2018, and I wish each of you a great new year.

Allen Williams

Social Happenings

FOOTBALL FINALS AND CHILI COOK-OFF

On January 21st we will gather at the Club to watch the AFC/NFC final playoffs and have a chili cook-off competition. We will have several televisions set up in order to watch the football games and if you have a favorite chili recipe bring a big pot for everyone to enjoy and participate in the "Golden Ladle Chili Cook-off". Please let Donna know if you would like to participate in the chili cook-off or would just like to come and enjoy the evening.

This will be a casual evening of food and fun so come hungry! More specific details will be forthcoming shortly.

The Social Committee,
Lou Garner, Vicki Cox, Susan Googe, Bebe Payton, Cindy Lee Middleton and Jenny Braswell

General Managers Message

Winter certainly has arrived here on the mountain. An early December snowfall dropped 7-8 inches of snow, and quickly followed by some very cold temperatures. Thank you to Tony Shepherd and your team for the hard work clearing the roads following the storm. Our Member Holiday Party was a tremendous success in December, with over 90 members in attendance. Good food and fun was had by all, with the piano music and caroling following dinner making for a very festive evening. Thanks also to the Social Committee for all of their hard work decorating the clubhouse for the holiday season!

There are several capital projects that will be coming over the winter months. Replacement of the golf course's irrigation pump will take place over in February. The pump has already been ordered with installation expected in February. This will allow the pump to be ready for the season in the spring.

2018 promises to be an exciting year on our social event calendar here at High Meadows. The Social Committee has put together an excellent schedule of events for the upcoming year. Our first event for the year will be the Chili Cook-off on January 21. Come join us to see the member who is the "Chili Champion". While speaking of champions, we will have the NFL Football Divisional playoff games on television that afternoon to see which teams will make it to the Super Bowl. This promises to be an event you definitely will not want to miss! Please make sure to keep your eyes open for future events planned.

As a reminder, the clubhouse will be closed for cleaning Monday, January 1 through Tuesday, January 16. Please remember to contact Donna with any updates regarding address changes, phone numbers, pictures or e-mails so we can update your information in the 2018 Member Directory. New directories will be mailed mid-late March.

On behalf of all of your staff here at High Meadows, we wish you and your families a very happy, prosperous and healthy New Year in 2018!

Mike West
General Manager





Driveway Snow Removal



As we enter into our winter season and visions of snowflakes falling from the sky enter our minds, we wanted to give you a reminder of who to call to assist you with your driveway and sidewalk snow removal needs!



Stay Safe

Kenneth Miles - 336-200-1377
Johnny Simons - 336-657-1052



Roads, Security & Landscaping

First let me wish everyone a very, Safe & most importantly, Healthy, Merry Christmas & Happy Holiday season!

Winter is here so not much to report. I've spoken with Tony Shepherd our Building, Grounds & Fleet Manager and he asked me to thank all of our members for their courteousness during snow removal and clearing paths. The entire roads crew is working hard to maintain the roads and keep us safe while we travel in and out of our community.

Our new ground lighting for our entrance sign has been installed and I'm told that it looks great! By the time you read this Denise & I will have seen it first hand, yes, we're coming up from sunny Florida to experience Christmas on the mountain. I may have a comment or two in the next Hummer as to whether that was a good idea or not??

Just a reminder, as I mentioned in an earlier Hummer article. My intention and the entire Boards intention is to communicate & listen to our membership, please feel free to contact me with any suggestions or concerns.

Again, wishing everyone a terrific Holiday Season.

FOR THE GOOD OF THE CLUB!

Rich Kaplan



Out & About - Local Happenings

ALLEGHANY COUNTY

Crouse House Pickers - Mondays, 6pm – Open to the public
Local musicians perform live bluegrass and old time mountain music in an informal setting. **Crouse Park; 60 Cherry Street; Sparta; 372-5473**

Alleghany Jubilee; 25 N. Main Street; Sparta; 336-657-1441
Every Tuesday - \$5, & Saturday - \$6
Doors open at 6pm. Music begins at 7pm.
Mondays - Line Dancing classes. 6-7:30pm. \$3 per person

WILKES COUNTY

Fri, Feb 2, 2018 - Dr. Seuss's "The Cat in the Hat"

Fri, Mar 16, 2018 - One Night in Memphis

Thu, May 17, 2018 - The Heart Behind the Music

Walker Center on campus of Wilkes Community College
www.walkercenteronline.org - 336-838-6260

Golf Word Search Puzzle

E	K	O	R	T	S	W	E	X	J	G	R	A	S	S
E	F	T	U	E	I	V	E	I	D	R	I	B	T	W
B	O	G	E	S	J	M	U	M	S	T	I	B	T	E
W	O	H	A	Z	A	R	D	O	N	L	R	A	U	D
I	U	G	K	H	E	V	U	T	H	S	I	A	P	G
B	K	C	I	K	X	E	I	D	D	A	C	C	P	E
H	X	N	N	E	O	I	R	E	L	G	A	E	E	G
F	F	U	H	G	U	O	R	Z	L	H	F	X	E	N
L	B	M	W	U	B	E	K	O	O	Q	Q	S	E	I
A	B	O	F	T	T	H	Y	L	N	Y	R	C	C	W
G	O	U	J	A	B	B	E	T	S	U	N	L	T	S
D	Y	A	W	R	I	A	F	K	O	A	U	W	R	B
P	A	C	I	D	N	A	H	C	T	B	M	O	A	K
E	R	O	C	S	Q	M	E	S	S	T	T	V	C	C
M	K	U	D	G	R	E	E	N	D	R	I	V	E	R

BIRDIE	HOLE
BOGIE	IRON
BUNKER	PUTT
CADDIE	ROUGH
CART	SCORE
CLUBS	SLICE
COURSE	STANCE
DRIVER	STROKE
EAGLE	SWING
FAIRWAY	TRAP
FLAG	WATER
GRASS	WEDGE
GREEN	WOOD
HANDICAP	
HAZARD	

High Meadows Members Step Up!

Our very own Ricky & Kim Brown and Mark Stephens have stepped up to help lead the way for fundraising to benefit our local hospital!



We're very fortunate to be just a short drive from Allegheny Memorial Hospital, which has served our community since 1951. This fall, AMH announced a new partnership that will keep the hospital going strong and bring additional services, for years to come. The hospital has embarked on a campaign to raise funds for new construction and renovation, including a 22,000 sq. ft. medical office, new main entrance and renovating the emergency department, inpatient rooms and surgical suites.

High Meadows' residents **Rick and Kim Brown** are co-chairs of the capital campaign and High Meadows' past president, **Mark Stephens**, is leading the community's efforts at fundraising. Ricky and Mark have set a goal of \$500,000 for the High Meadows community to show our support for AMH and our neighbors.

Keeping House

Your house committee continues to work for you throughout the winter and has a big surprise planned for when our Florida members return in the spring. We hope you will be pleased as we continue to make necessary improvements to the club and it's amenities. No hints now, you'll just have to wait and see.

In the meantime we wish you a very wonderful holiday season and a safe and happy new year.

Merry Christmas from the committee,
Yon Demmink, Yvonne Orr, Cindy Lee Middleton, Chris Payton, Debbie Shelburne, and Tanya Wilson



What's Your New Year's Resolution for 2018?

By: Dushka Zapata, Avid learner.

Copied from: www.quora.com



Rather than choose a resolution I have instead decided to clean out the things I don't want in my life.

I start with my story. The story of my life is not fixed - it shifts. It's important that as the protagonist of this story I consistently be a character with power, rather than a victim. I keep a journal where I deliberately refocus the story of my life to banish blame. Making me the one responsible alters how I perceive things. I witness how as I change my story I change my life.

The things I tell myself. Every time I hear myself say I can't do that, I don't have that, I'm not good enough, I set aside some time to talk to her. You are trying to keep me safe but sabotaging my life to do so is not the way, Dushka.

Worry, anxiety and guilt. All these emotions are useless, fretful, circular. I practice changing the words. "Oh my god what if I miss my flight" becomes "I have always arrived at the airport on time." "I should have spent more time with my friend" becomes "I put effort into my relationships and trust that I was putting forth my best effort." Being less anxious takes a lot of effort. I find this logical: I spent years inadvertently practicing worrying more. The time to begin undoing this practice is now.

My tendency to envision the worst case scenario. The worst case scenario does not prepare me. All it does is keep me in a perpetual state of high alert. The best case scenario is equally plausible, so I change from the worst to the best and live the joy of a thousand perfectly possible outcomes.

Redirect self fulfilling prophesies. If I am so afraid that I won't sleep that my angst actually keeps me awake, this means I have the power to make my fears come true. It stands to reason I have the same power to make my dreams come true and I think about how to exercise it.

Relationships that hurt me. I want my relationships to be loving, supportive, joyous. If they are not, I know who I will be spending a lot less time with.

The people I surround myself with. The people around me either deplete me or energize me. I spend more time with those who fill my heart, less time with those who leave me exhausted, resentful, doubtful, confused.

A job I don't find fulfilling. I untangle the notion that I have to suffer to make a living. If I can get paid to do something I don't like I can also get paid to do something I do.

My stuff. If I have things that weigh me down, that fill my closet and my drawers, that are not either beautiful or useful, I find someone who needs them way more than me. I need a lot less than I think.

Junk food. Rather than telling myself I cannot eat certain foods, I tell myself that I deserve better than to feed myself with something that doesn't nourish me.

Cleaning out the old is what makes room for the new.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Club House Closed	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Club House Closed	17 Co-Ed Skins Game 11:00	18	19	20 Co-Ed Points Chase
21 4:00 Football Finals & Chili Cook-off	22	23	24 Co-Ed Skins Game 11:00	25	26	27 Co-Ed Points Chase
28	29	30	31 Co-Ed Skins Game 11:00			

Coming Events

February 2017

Feb 14 Valentine Day Sweetheart Dinner
 Feb 17 Let It Snow Party!

March 2017

Mar 11 Daylight Savings Time Begins
 Mar 16 Grille Opens (**Fri, Sat & Sun Only**)
 Mar 24 March Madness Party!

F & B Hours of Operation

January Dining Hours

CLOSED - Jan 1 - 16 (Re-opening on the 17th)
 Wed, Fri & Sat.....6:00 - 9:00

Side Door Lounge Hours

Sunday Closed - Jan 1 - 20
 Other days weather permitting - Call the Golf Shop (363-2445)
 Bar opens at 12:00; Food Service at 3:00

January Grille Hours

Closed