

THE HICKORY STICK

THE COUNTRY CLUB OF ASHEVILLE
JANUARY - FEBRUARY 2016

YOUR CLUB | 2

JANUARY AND FEBRUARY HOURS OF OPERATION

DONALD ROSS DINING ROOM

Monday | Closed
Tuesday | 11:30am-5:00pm
Wednesday | 11:30am-10:00pm
Thursday | 11:30am-10:00pm
Friday | 11:30am-10:00pm
Saturday | 11:30am-10:00pm
Sunday | 10:00am-5:00pm

FITNESS CENTER

Monday | 5:30am-5:00pm
Tuesday | 5:30am-5:00pm
Wednesday – Friday | 5:30am-9:00pm
Saturday | 7:00am-9:00pm
Sunday | 7:00am-5:00pm

GOLF SHOP, GOLF COURSE & PRACTICE FACILITY

Monday | Closed
Tuesday – Friday | Golf Shop 8:30am-5:30pm
First Tee Time during the week is 9:30am*
Saturday – Sunday | Golf Shop 7:30am-5:30pm
First Tee Time on the weekend is 8:00am*
Driving Range is open from 8:30am-5:30pm
*Weather Permitting

BUSINESS OFFICES

Monday – Friday | 9:00am-5:00pm

HOLIDAY HOURS

Friday, January 1 | On New Year's Day the club and golf course will be closed. The Golf course will be open for walkers.

Friday, January 1 – Monday, January 11 | The clubhouse will be closed for annual maintenance. The business offices will remain open on an adjusted schedule. The Golf Course will remain open throughout the closure. The clubhouse will re-open on Tuesday, January 12.

MCCONNELL GOLF MAGAZINE

The McConnell Golf Magazine returns in Spring of 2016 to bring you the latest happenings of the McConnell community and beyond. This edition features historical and modern day golf stories as well as member highlights, wellness and culinary tips with recipes from our executive chefs, and upcoming events. You are encouraged to submit story ideas to Communications Director, Casey Griffith, at cgriffith@mcconnellgolf.com and direct Sales inquiries to Kasey Olive at kolive@mcconnellgolf.com. Distribution continues to grow and the magazine staff looks forward to providing a best-in-class publication to our members.

CLUB STAFF

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CLUB NUMBERS

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Turn House	828.258.2622
Membership	828.398.2741
Events & Catering	828.398.2742
Member Services	828.398.2744

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SOCIAL-IZE | 3

BUZZ: A BIG NEW YEAR!

McConnell Golf is growing and our service to the membership has never been stronger! In 2016 we are excited to expand our wellness goals, our community giving, and our encouragement of membership activity! With more and more to offer each year, we hope you enjoy all that is to come during every season and every part of the year!

PINTEREST: RECYCLE, REUSE, FUN!



Sustainable crafts are fun for the whole family! Here are two inexpensive and entertaining ways to reuse some house hold items:

ANIMAL MAGNETS: Purchase plastic animals from the Dollar Store (or

round up some from your playroom!) and cut them in half. Spray paint them gold and glue a magnet to the bottom!



FUN AND ELEGANT GLASS

CONTAINERS: Reuse those finished spaghetti and pickle jars and repurpose them for fun storage of small toys, kids

art supplies, or hair accessories in the house—the possibilities are endless! Gather some more plastic animals and spray paint them gold along with the lid of your jar. Once dry, superglue the animals in the center of these lids. (For a more classic style, instead of using animals, superglue or drill in wooden hardware to the metal top.) With that—you are done!

MCCONNELL GOLF EXPANDING TO TENNESSEE



We are excited to announce that McConnell Golf will be acquiring another Donald Ross golf course, but this time outside of the Carolinas. Located in Knoxville, Tennessee, Holston Hills Country Club boasts a gem of a golf course that has been well preserved ever since Donald Ross created it in 1927. Unlike Pinehurst No. 2, every tee and green is still located exactly where it was originally built, allowing golfers to play this pure golf course the way it was intended to be played. In 2010, Holston Hills Country Club was ranked No. 52 on *Golf Week's* Top 100 Classic Courses in the United States.

This place truly is special. The clubhouse has incredible views, overlooking the entire property that follows the Holston River with the Smoky Mountains in the background. Beginning in 2016, McConnell Golf members will have access to this historic property which is an hour and 40 minutes from Asheville.

TWITTER @ MCCONNELLGOLF



After three We Care Golf Classic events, the WSMGA (Wakefield Senior Men's Golf Association) has raised over \$200K for the North Carolina Military and their families. \$25K was recently presented to The Soldiers and Airmen Assistance Fund (SAAF) at the North Carolina National Guard Joint Force Headquarters .

IN PRINT: BEVERLY MARLER



Beverly Marler, Club Manager at Sedgefield Country Club, was featured in the Two Operator profile in an issue of January's *Golf Business Magazine*. She has been a stand out in the golfing industry and represents McConnell Golf's drive to do something different or unique to operate more efficiently.

MENUS: NEW LOOK, NEW ICONS

As we enter into a new year, we are excited to announce that we have purchased new menus! Additionally, we are excited to expand our offerings as a healthy organization for our membership. Over the next few months, you will continue to see subtle changes and new focuses that align with this goal. One new feature we would like to share is our icons related to specific items. All McConnell Golf menus will feature allergen and lifestyle symbols to identify the concerns and restrictions so many of you deal with on a daily basis.



MEMBERSHIP | 4

WELCOME: Please extend a warm welcome to our newest Country Club of Asheville members:



ROGER AND BETH ALFORD



BRIAN O'LOUGHLIN



EMILY AND FORD WILLIS

ROGER AND BETH ALFORD joined as Sport members. Before retirement, Roger's profession was Engineering/Business Development with Lockwood Greene Engineers, Inc. He was born in Augusta, GA and graduated from Georgia Tech. Beth is a Physical Therapist. She grew up in Aiken, SC and graduated from the University of Florida. They have four grown sons, Roger, Steve, Mike and Luke. They lived in Dallas, TX for twenty five years, moved to Savannah, GA and then to Asheville three years ago. They were golf members of The Landings Club in Savannah, GA. Their hobbies and interests include tennis, bridge, good food, and music events as well as being involved in the community with the Osher Life Long Learning at UNCA, book clubs and the symphony downtown. They look forward to maintaining an active lifestyle and participating in the fitness opportunities at CCA. Our thanks to Dr. Carlo and Kathleen Mainardi for their sponsorship.

BRIAN O'LOUGHLIN joined as a Resident member. Brian is the General Manager of Sodexo Campus Services. He was born and raised in Columbus, OH and has lived in Buncombe County for twenty five years. Brian is an avid golfer and after many years of playing in the CCA Member -Guest, he looks forward to being a member and playing many rounds of golf with our great membership. Our thanks to Scott Sonnone for his sponsorship.

EMILY AND FORD WILLIS joined as Heritage members. Emily is the Director of Marketing with Blossman Gas. A native of Asheville, she grew up in the club, graduating from James Madison University and enjoys hiking, dancing and photography. Her community passion is the Junior League of Asheville. Ford graduated from UNC-CH and is the Studio Manager at Asheville Music School. They are looking forward to the sports and social opportunities of the club. Our thanks to Emily's parents, Stuart and Ann Weidie for their sponsorship.

FROM THE MEMBERSHIP DESK

Happy New Year! It wouldn't be an article in the month of January if I didn't mention a New Year's resolution—would it? As we continue to move forward with the renovations and rebranding of the Club, my resolution is to turn the trend of a net loss in members to a net gain.

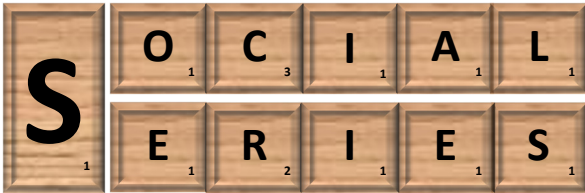
Ever heard "Behind every great person, there are a bunch of other people."? Indeed, that is so true here at the Country Club of Asheville. In fact, we are reliant upon our current members to aid with the recruitment of new members and without you, my job would be practically impossible. Therefore, I start 2016 with a "Thank You" to all the members who have supported me in my role and those who have sponsored a new member. At the same time, I ask for your help as we work to pursue new members. It was Helen Keller who said "Alone we can do so little; together we can do so much." So, I invite you to join me in the quest to build our membership in 2016! You might ask, "How can I help?" Therefore, I leave you with a few ideas of ways you can help:

- Invite friends, family and colleagues out to experience the Club (brunch, lunch, dinner, club event, golf, tennis, etc.)
- Host a personal celebration or business engagement at the Club

Cheers to a remarkable 2016 at the Country Club of Asheville.

Debbie Ponder
Membership & Marketing Director

JANUARY EVENTS | 5



MUSIC SCENE

Saturday, January 30 | Music starts at 6:00pm

Kicking off 2016's monthly social series are duo Nikki Ring and Parker Oakley. This music session is sure to bring a coffee house feel of some Rock n' Roll favorites to The Country Club of Asheville.

HEALTHY EATING TIP FOR THE COLD MONTHS

COLD? HUNGRY? STAY HEALTHY! Research shows that soups can help you lose weight: in one study, published in the journal *Physiology & Behavior*, people consumed the fewest calories on days when they ate soup rather than the same ingredients in solid form. Soup has a high water content, which can help you feel full. Broth-based soups packed with veggies give you the biggest bang for your calorie buck. And, just like salad, soup is a good vehicle for vegetables (the fiber in vegetables also promotes feelings of fullness for few calories). And in a study published in *Appetite*, people who started lunch with vegetable soup ended up eating 20 percent less than those who skipped the soup.

\$20.16 PRIX FIXE

The best time for new beginnings, is now. Ring in the New Year with us as we offer a three course menu all for \$20.16. Start with your choice of soup or salad, an entrée, and finish with a decadent dessert. And don't forget to pair your prix fixe dinner with one of Kyle's famous drink specials. But, don't hesitate; this menu will only last through January.



APPLE WALNUT OATMEAL COOKIE

By: Mike Marques, Grande Dunes

INGREDIENTS

Butter Salted: 8oz	Sweetened Condensed Milk: 7oz
Light Brown Sugar: 1 cup	Whole Eggs: 2 each
Vanilla: 2 tsp	Oatmeal: 1 cup
All Purpose Flour: 2 cup	Cinnamon: 0.5 tsp
Allspice: 0.5 tsp	Baking Soda: 1 tsp
Hot Water: 1 cup	Walnuts Chopped: 1 cup
Apple Red Delicious: 1.5 cup (diced)	

PREPARATION

Soften butter and cream together with the sweetened condensed milk and brown sugar. Slowly add in the eggs while continuing to mix until all ingredients are well incorporated. Add hot water and continue mixing. Measure out the flour, oatmeal, spices, and baking soda. Mix together slowly, then add to the butter and egg mixture. Mix until incorporated. Remove to a stainless steel bowl. Add the chopped walnuts and diced apples. Hand mix until everything is mixed in, Using a #60 scoop measure out and bake at 325 degrees for 8-11 minutes until edges are golden brown.

MANAGERS MESSAGE

I hope that you and yours had a wonderful holiday season and did something special to ring in the New Year. It's hard to believe that 2016 is already upon us. Although I was not with you for all of 2015, I want to thank you for helping to make it a great year at the Country Club of Asheville (CCA). I came on board March 1, and I can honestly say that the past ten months have been exceptional. Thank you very much for welcoming me to CCA, and for all of the assistance, guidance, and advice that you have given me. There is no doubt in my mind that we have a remarkable membership, and that you genuinely care about the ongoing success of this club.

The holidays are always a time to stop and give thanks. Again, on behalf of the staff, I say thank you for your contributions and generosity to the employee holiday fund. It gives the employees such pride and feelings of belonging to work for the greatest club in all of Western North Carolina.

I would like to thank all the members who hosted their Christmas Dinner Parties and Corporate Outings at the club this past December. It was a busy holiday season, and I couldn't be any prouder of all the staff and their hard work! As always, the club was decorated beautifully. Now that the parties are over and the wreaths and trees are tucked away, please continue to support your club through the upcoming months. Look to your newsletter to find out about what's happening around the club. If you're not doing so already, take some time to enjoy and utilize all that our club has to offer. Encourage your non-member friends to join you here for a meal, a round of golf, and a tour of our club's facilities. There's no better way to promote healthy membership growth than by hosting friends at the club.

The upcoming year will be filled with all the excitement, activities and amenities you have come to expect from this wonderful club. Our goals for 2016 include enhancing the food and beverage experience through diversified programing, upgrading all the club's offerings and bringing value and enjoyment to every member.

Lastly, I'm excited to announce the acquisition of Holston Hills Country Club, as well as the potential purchase of Providence Country Club in Charlotte. Beginning in 2016, McConnell Golf members will have access to this historic property located less than two hours from Asheville. I encourage you to utilize your membership to the full potential and head west to play this outstanding track. At the time of publication, when asked about the Providence acquisition (the club is located in the state's largest metro area) CEO John McConnell stated that it "is still be evaluated at this point". I hope to share more soon on this exciting opportunity for corporation growth.

I wish everyone good health and prosperity in 2016. And, I look forward to seeing you around your club soon.

FEBRUARY EVENTS | 6

FOOD TRUCK & FLIGHT NIGHT

Thursday, February 4 | 5:30pm Start | A La Carte

We listened!! You want food truck favorites again. We will have a special menu featuring some of your childhood favorites, as well as those items only enjoyed when good eats get brought to the streets. That's not all...we will be offering some local flights to go along with your tasty bites.

CULINARY DEMO: STEWS & SOUPS

Tuesday, February 9 | 6:30pm Start | \$19.95 per person

Join Chef Bruce and Bonnie Rush in the kitchen as they show you how to create some savory, yet simple creations that will have your mouth watering. Make your reservations early. Space is limited to the first 24 registrants.

BRIDGE NIGHT

Thursday, February 11 | 7:00pm Start

Bridge is a fun and challenging game to be enjoyed by all ages. It is the perfect game for beginners and experts alike. Having said that, please get your group together or come and join a group as we host our first Bridge Night here at the club. We have had several requests to host this kind of evening so for those who would like to learn, or those who are already an expert, come out and enjoy the fun! We are hoping to have many players so that we can continue on a reoccurring basis.

SYMPHONY DINNER

Saturday, February 13 | 5:45pm Start

Dinner: 6:00pm | Departure: 7:15pm

Show Time: 8:00pm

Dinner and Transportation: \$50

Dinner Only: \$35

Transportation Only: \$15



Enjoy a delicious multi-course dinner prepared specially for you at the club to start the night off. Then, let Garrick whisk you away to the front door of the Civic Center to enjoy Beethoven's Violin Concerto conducted by Daniel Meyer and performed by violinist Stefan Jackiw. To learn more about the musical story you will be listening to, please visit ashevillesymphony.org.

VALENTINE'S DAY

Saturday, February 13 | 5:30pm Start

Bring your sweetheart to CCA this Valentine's Day. Whether you are desiring a casual night out with local brews and a simple menu, or a more elegant evening of fine dining, we have you covered. You can either join us in the Reynolds Room (Fireplace Room) for formal dining, or in the Donald Ross Dining Room (Sunset Room) for a more casual dining experience. Live, soft music from harpist Carroll Ownbey, will be sure to set the mood for the evening.

SAVE THE DATES

March 17 | St. Patrick's Day Celebration
March 27 | Easter Brunch

TRIVIA NIGHT

Thursday, February 18

6:00pm Cocktails | 6:30pm Dinner | 7:00pm Start

Now that the holidays are over, better brush up on your knowledge of sports, history, science, pop culture, geography and literature! Round up your friends and form a team of up to 6 people. Seating is by teams so please let us know who will be at your table. A member signature bar and "comfort classics" menu will be available!

PRIME RIB BUFFET NIGHT

Thursday, February 25 | 5:30pm-8:00pm

It's prime time to enjoy a mouthwatering cut of Prime Rib! Are you ready? We are bringing back our popular Prime Rib Buffet so don't miss it! Make your reservations today!



MENU

Slow Roasted Tender Prime Rib of Beef

Choice of House Salad, Caesar Salad, or a Cup of Soup

Baked Potato | Creamed Spinach | Au Jus Horseradish Cream

Yorkshire Pudding



CHOCOLATE AND PEANUT BUTTER RICE KRISPIES DROP COOKIE

By: James Patterson, Sedgfield Country Club

INGREDIENTS

Unsalted Butter: ½ cup

Whole Milk: ½ cup

Pinch of Salt

Vanilla Extract: 2 tsp

Granulated Sugar: 2 cup

Unsweetened Cocoa Powder: 4 Tblsp

Peanut Butter: ½ cup

Rice Krispies: 3 cup

PREPARATION

Add the first five ingredients (through the salt) to a 4-quart saucepan. Bring to a rapid boil for one minute. Remove from heat. Stir in the peanut butter and vanilla extract until smooth, then stir in the Rice Krispies. Using a small cookie scoop (or two teaspoonful), drop onto parchment-lined baking sheets. Let cool until set, about 30 minutes. Cookies can be stored in an airtight container at room temperature (or in the refrigerator) for up to two weeks. Yield: 80 bottle cap sized cookies.

OPTIONAL ICING INGREDIENTS

Butter: ½ cup

Milk: 3 Tblsp

Cocoa Powder: 2 Tblsp

Powdered Sugar: 2½ cup

ICING PREPARATION

In a medium saucepan combine butter, cocoa powder and milk over medium heat, whisking until melted together. Remove from heat and whisk in powdered sugar. Place cookies on a grated cooling rack and begin to pour icing over cookies. Allow icing to set before serving.

KIDS CORNER

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SNOWBALL FIGHT NIGHT

Friday, January 15
Ages 2-12 | 5:30pm-9:00pm

Come and get crafty with cotton, paint, and markers as we create paper planes snow art. Afterwards we will have an "inside" snowball fight! Don't miss this fun evening at the club. We will also be celebrating all of our January Birthdays with balloons and cake!

DESSERT COMPETITION

Friday, January 22
Ages 2-12 | 5:30pm-9:00pm

Snowman dessert competition on this fun night. The best part is you will get to eat the finished project.

KID'S COOKING CLASS: TACO'S

Saturday, January 23
Ages 6-12 | 11:00am-1:00pm
\$10.50 per child

Chef Bonnie will be teaching us how to make Tacos. After the demonstration, we will enjoy lunch together before going down to the Tween Room for some game time.

BACKWARDS NIGHT

Friday, January 29
Ages 2-12 | 5:30pm-9:00pm

What do you think would happen if everyone actually did everything backwards for the day? Come and find out! In honor of Backwards Day, we will be doing everything backwards on this night. Our dinner will be "breakfast food" ... how silly is that?? Wear your clothes backwards if you dare, there will also be backwards themed games. Sign up early!!

BIRTHDAYS AT THE CLUB

Is your child's birthday coming up? Let the team at the club do all the work! You let us know what you want and we will make it a birthday to remember. In the early part of 2016, we will be creating all new "themed menus" for you to choose from. Whether it be an outdoor party in the warmer months or an indoor gathering in our new tween room, we've got you covered. We can provide an array of recommendations to spice up your event such as a clown, bounce house, magician or even a juggler. For more information, please contact Director of Hospitality Operations, Jessica Cruttenden at jcruttenden@ccofasheville.com or 828.398.2742. We look forward to helping you plan your child's special day!

GROUNDHOG'S DAY

Friday, February 5
Ages 2-12 | 5:30pm-9:00pm

What is Groundhog's Day you ask? According to folklore, if it's cloudy when a groundhog emerges from its burrow on this day, then spring will come early. If it's sunny, the groundhog will see its shadow and retreat back into its burrow. If it retreats, winter weather will persist for six more weeks! Come and make an interactive craft of this critter to take home, and share the history of Groundhog's Day with your family! This night is also Birthday Night! We'll have cake and balloons to celebrate all of our February Birthdays!



VALENTINES PARTY

Friday, February 12
Ages 2-12 | 5:30pm-9:00pm

Get crafty with colored paper, glitter, markers and ribbon, and decorate Valentines to share with family and friends. There will be a special surprise for you too!

TWEEN VALENTINE'S DANCE

Saturday, February 13
Ages 13-15 | \$15.95 per person

Bring a friend and have a fun time in the Cardinal Game Room, our NEW Tween Room. We will have great food, along with your favorite tunes. Please RSVP by February 6th.

PRESIDENTS NIGHT

Friday, February 19
Ages 2-12 | 5:30pm-9:00pm

President's Day is a celebration of both George Washington and Abraham Lincoln's birthdays. In honor of this day, we will learn about these two historical presidents, and will also make a craft to use at school or home.

DR. SEUSS DAY: GREEN EGGS AND HAM

Friday, February 26
Ages 2-12 | 5:30pm-9:00pm

Come one, come all, big and small... and bring your favorite Dr. Seuss book. In honor of Dr. Seuss Day, we will be having a reading marathon! We will also be making a dessert called "Green Eggs and Ham".



MONTHLY DINING

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CCA SUNDAYS

We are listening to what you are saying! As many of you already know, we tried several different concepts at the end of 2015 in an effort to define what is and is not a popular dining experience for our members to enjoy. Some of those were well accepted, others not so much. Starting on January 17th, the first Sunday we are open in 2016, we will be launching our new schedule and offerings for the new year. After much discussion, there will be a la carte brunch on the first Sunday, while having the All American Breakfast on the 2nd and 3rd Sundays followed by a Grand Buffet on the last Sunday of the month. Join us each Sunday for special treats just for you! Please note, we will be open from 10:00am-2:00pm every Sunday for these concepts.

A LA CARTE:

Market Price. We will offer brunch features for you to enjoy!

THE ALL AMERICAN BUFFET:

Adults \$10.50; Children 4-11 \$7.00; 3 & under dine as our guest

THE GRAND BUFFET:

Adults \$14.00; Children 4-11 \$10.50; 3 & under dine as our guest

January 17 & 24	All American Breakfast Buffet
January 31	Grand Buffet
February 7	A la Carte
February 14 & 21	All American Breakfast Buffet
February 28	Grand Buffet

MONTHLY BIRTHDAY NIGHT

Friday, January 15
Friday, February 5

As we ring in the new year, we are happy to announce the addition of monthly Birthday nights. Whether it be at the beginning, middle or end of the month, join us for your special day. How it works...One other person must pay for a regular priced entrée off the menu in order for you to receive your birthday special. So invite your friends and family to come dine with you on this special night! This is the only night that birthdays will be celebrated.



THE CARVING BOARD

Thursday, January 21 | 5:30pm Start
Thursday, February 11 | 5:30pm Start
Market Price

We're bringing the excitement from the kitchen into the dining room! Each month, we will feature a different carved item for you to enjoy. Whether it be ham, prime rib, turkey or flank steak, this will be an experience you won't want to miss. The buffet will feature the carved selection, salads, soups and vegetables along with JB's savory sweets.

"OPEN THAT BOTTLE' NIGHT" AND FORMAL DINING

Saturday, January 23 | Saturday, February 27 | 5:30pm Start

Dust off that bottle of wine you have been saving for a special occasion and bring it to the club. Enjoy your own bottle of wine during dinner as we are waiving corkage fees.



TEXAS HOLD'EM

Wednesday, January 27 | 7:00pm Cards
Wednesday, February 24 | 7:00pm Cards

As the days are freezing cold, the cards are heating up! Come early to order from a special limited menu beginning at 6:00pm.

CHEF'S CORNER

We are blessed with many locally sourced vegetables and fish, offering the members the freshest food possible, while supporting our local economy. AB Tech has also become a welcomed local resource. In the culinary world, it offers students an Associate Degree in the Culinary Arts.



Our Club has been able to rely on AB Tech for Interns and Externs looking to expand their knowledge. This is a win-win situation. Interns looking to fulfill their requirements to graduate are able to work in a well-rounded kitchen to gain the skills necessary to succeed upon graduation. Interns work each station starting with two weeks as a prep cook, two weeks in cold prep, two weeks on the hot line, two weeks on an action station, and one week in pastry, gaining wisdom from the expertise of the existing Chefs. We currently have three interns on our team - Ward, Taylor and Jordan.

We as a club benefit from this as many of our interns become externs and after graduation, they remain on board. With their culinary degrees, these Chefs return so they can fine-tune their chosen path within the kitchen and gain some in-depth knowledge of those areas. Our externs are Chef Andrew, Chef Bonnie, Chef Julie and Pastry Chef JB. So, with the partnership, seven of our current team members are either enrolled or previous students of the program.

As an Executive Chef and former AB Tech graduate, I take pride in developing the next generation of culinary talent and I am thankful to have them by my side in serving all of you each and every day. As the door to the kitchen says...Our finest assets enter here.

BRANDIED CRANBERRIES

Preheat oven to 300 degrees

MIX:

1 lb of fresh or frozen cranberries (clean if necessary)
1 Orange, both zest and juice
1 1/3 cup of granulated sugar

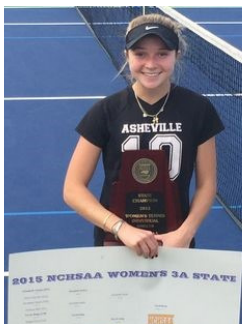
SPREAD: Brandied Cranberry mix into a 9" X 13" glass pan

BAKE: 300 degrees for 1 hour stirring every 15 minutes

POUR: 1/3 cup Brandy over the baked cranberries and allow to cool.



TENNIS NEWS: JUNIOR SPOTLIGHT



First, I wanted to take a moment to share the accomplishments of one of the juniors here at CC of Asheville. Adrienne Haynes won the NC High School 3A Championships in October. She won the title last year and joins a very select group who have won back to back titles. She had an undefeated season and was the WNC girls tennis player of the year. She will be a top contender for the WNC female athlete of the year. She is currently being recruited for some great Division 1 universities and

we look forward to the decision she makes in the next few months.

HAPPY NEW YEAR

Happy New Year to all! I hope that everyone got everything on their wish list this holiday season. If you are looking for something new in your tennis game, I hope that we can help. There are clinics in place that should be able to improve your game. We are both available for private or semi-private lessons during the week or on weekends.

If you are not on my current e-mail list, please make sure that your e-mail information is correct on the club website. For sign on information, please contact Sandy or myself. Once you are in your club account, you can sign up for the different tennis groups that I have set in place.

ADULTS

Most people have formed up groups for the winter months but if you are interested in playing with a group, please contact me and I will get you in touch with the appropriate people. There are plenty of courts open for online reservations especially on weekends.

JUNIORS

The after school clinics are going great right now. We have classes every day of the week for different ages. If you would like more info, please contact me at the shop. The times of classes are:

Mon/Tues/Thurs	3:30-4:30	Ages 4-9	Beginners to intermediate
Wed	3:45-4:45	Ages 4-9	Beginners to intermediate
Mon	4:45-6:15	Ages 10-14	Intermediate tournament player
Wed	4:30-6:00	Ages 10-14	Intermediate tournament player
Tues/Thurs/Fri	4:30-6:00	Ages 13-17	Advanced Tournament player

SHOP HOURS

The pro shop hours are listed below. If you would like an indoor court before or after shop hours, please contact me and we will work something out with you.

Mon thru Thurs	9:00am - 9:00pm
Fri	9:00am - 6:00pm
Sat	11:00am - 5:00pm
Sun	11:00am - 5:00pm

H2O & YOUR HEALTH

Many resolutions will be made about maintaining a healthier lifestyle for 2016 and when you make yours, be sure to include WATER! Many times when we are trying to lose weight the first thing we do is start drinking water. A lot of it. We all know that to flush out excess water weight, we have to drink more water. There are plenty of reasons we hold water weight. Sometimes, it's because we are eating too many refined sugars, too much salt, or we even had a bit too much to drink the night before. Research has shown that water speeds up your metabolism, cleans the body of toxins and generally helps to make everything in your body run smoothly. Considering an adult male is 60 percent water, this all makes sense. You need water to digest food, circulate blood, keep your mouth from drying out and to do a number of things we often take for granted. Drink up! H2O is free, easily accessible and has major health benefits.

QUALITY OF LIFE

Earlier this year, scientists from the University of Maastricht in the Netherlands found that patients who suffered from severe headaches and migraines enjoyed an improved quality of life by drinking about seven glasses of water a day. Don't wait until you're thirsty – be proactive about it.

THE FOUNTAIN OF YOUTH

Body organs aren't all internal like the brain or heart. There's one we wear on the outside. Skin is our largest organ, and just like our other organs, skin is made up of cells and cells in the body are made up of water. Without water, the organs may not function properly or at their best. Skin also needs a lot of water to keep its elasticity and help with collagen production. If your skin is not getting sufficient amounts of water, the lack of hydration will present itself by turning your skin dry, tight and flaky. Dry skin has less resilience and is more prone to wrinkling.

IT KEEPS YOU HAPPY

Researchers at Tufts University studied the effects of mild dehydration on college athletes and found that a lack of water can affect your mood. Participants who engaged in aerobic activities for 60 to 75 minutes but didn't properly hydrate reported feeling more depressed, tense, confused, angry and fatigued than athletes who drank enough. The researchers concluded that inadequate fluid balance has a negative effect on your mood.

KEEP THINGS MOVING

Insufficient fluid intake is one of the primary causes of constipation. When you don't drink enough fluid, your body gets the water it needs by pulling it out of its internal sources, like your colon. This leads to a dry colon and dry, hard stools that are difficult to pass. When you drink enough water, your colon stays hydrated and lubricated, which keeps stools soft and easy to pass.

MUSCLE RECOVERY

Many times when we exercise we experience extreme muscle soreness the next day. If we have sweated out a lot of water and we aren't replacing it then our muscles have lost water. Muscle is approximately 80% water. When you're well hydrated, the water inside and outside the cells of contracting muscles provides adequate nutrients and removes waste efficiently so you perform better. Water is also important for lubricating joints. If you are a person that suffers from arthritis, water is an integral part of managing the pain.

GOLF & CLUB INFO | 10

PROFESSIONAL STAFF

Derek Sauser | First Assistant Golf Professional
ccagolfshop@gmail.com

Patrick Poole | Assistant Golf Professional
ccagolfshop@gmail.com

CCA HONORS EMPLOYEES OF THE MONTH

We are very proud to announce that Hanitua Teai and Bonnie Rush are the recipients for November and December.



Hanitua Teai started working for CCA in May of 2014 and transitioned into a hostess position early in 2015. She was born in Tahiti and moved to the United States with her family twelve years ago. She has been in Asheville for three years, and is a junior at UNCA, majoring in Biology with a concentration in Ecology and Evolutionary Biology. After graduation, she is planning on either

going to graduate school at the College of Charleston, or joining the Navy as part of the research team for ocean conservation. Her main goal is to live life to the fullest like her idol, Sylvia Earle. When Hanitua is not at school or work, she enjoys hiking, paddle boarding, shopping and traveling. Her positive energy, smiling face and hard work have been welcomed by all at the Country Club of Asheville, and that is why she earned her title as 'employee of the month'. Great job, Hanitua!



Bonnie Rush works in the kitchen as Lead Garde Manger. Her responsibilities include leading the cold food station here at the club. She has been with CCA for 3 ½ years, having started as a summer intern. She graduated from AB Tech's culinary technology program in 2013, following a 26 year career as a computer programmer. She is also a part-time adjunct instructor for her alma mater.

She and her long time sweetheart, Bill have been married less than a year. Bill is a mover and owner-operator for Tru Pac Moving Systems, moving military families all over America. Her son, Michael, is an English teacher in Seoul, South Korea and daughter, Samantha, is a green engineering recruiter in San Diego, CA. Step-daughter, Chelsea, is a marketing coordinator at UNC Chapel Hill.

Bonnie loves her work at CCA, and tries to absorb all the knowledge she can from her many talented coworkers. Of the job, she said "The kitchen is an amazing team and I'm grateful to be a part of it".

CCA Employee Recognition

We are honored to share the following individuals were awarded the 2015 Employees of the Month: Millie King, Jessica English, Tyler Reed, Garrick McCray, Darrell Garrison, Jewel Rose, Bill Beard, Jerry Jones.

We are proud to announce of the employees that are listed above that Millie King was honored as our 2015 Employee of the Year!



WINTER LESSON SPECIAL

To help you sharpen your game for the New Year, the Golf Shop Professional Staff will be offering a lesson discount. During the months of January and February we will be offering lessons for \$30. Please call or stop by the Golf Shop to sign up!

TURF TALK

Over the past 4-5 years we have had projects that consumed all of our time until spring. This winter, we are going to keep things low key like we did last winter and focus on the playability of the course and fine tuning what we have. There are a few dead trees around the course that need to be removed, like the corkscrew willow on #5 and the oak on #9. We also have a few spots around the course that need sod. The constant rainfall has made it almost impossible to work on these areas, but dryer weather is expected in the future. We are also trying to lightly top dress greens and some of our wet fairways to firm them up.

With temperatures reaching the freezing mark almost every night it is important that we as golfers preserve our cup edges. We limit changing cups to twice a week because the turf is slow to recover and we do not want multiple visible plugs on the green. The other problem is when the ground freezes solid, making changing the cup impossible. So, please remove the flag when putting, and remove your ball either with your hand or with a suction cup on your putter. Using the head of your putter to dig the ball out leaves a rough edge for your fellow golfer and could ruin a putt for you in the days that follow. Also, be careful when removing the flag, because the flag can sometimes stick to the cup, causing the cup to be pulled out of the hole.

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HAPPY NEW YEAR! Clubhouse Closed	2 Clubhouse Closed
3 Clubhouse Closed	4 Clubhouse Closed	5 Clubhouse Closed	6 Clubhouse Closed	7 Clubhouse Closed	8 Clubhouse Closed	9 Clubhouse Closed
10 Clubhouse Closed	11 Clubhouse Closed	12 Clubhouse Re-Opens	13	14	15 Member Birthday Night Member Mixer Kids Mixer	16
17 All American Breakfast Buffet	18 Clubhouse Closed	19	20	21 Carving Board Night	22 Member Mixer Kids Mixer	23 Kids Cooking Class Formal Dining Open that Bottle Night
24 All American Breakfast Buffet	25 Clubhouse Closed	26	27 Texas Hold'em	28	29 Member Mixer Kids Mixer	30 Social Series With Nikki Ring
31 Grand Buffet						

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed	2	3	4 Food Truck & Flights Night	5 Member Birthday Night Member Mixer Kids Mixer	6
7	8 Clubhouse Closed	9 Cooking Demo in the Kitchen	10	11 Carving Board Night Bridge Night	12 Member Mixer Kids Mixer	13 Valentine's Night Symphony Night Tween Dance
14 All American Breakfast Buffet	15 Clubhouse Closed	16	17	18 Trivia Night	19 Member Mixer Kids Mixer	20
21 All American Breakfast Buffet	22 Clubhouse Closed	23	24 Texas Hold'em	25 Prime Rib Buffet	26 Member Mixer Kids Mixer	27 Formal Dining Open that Bottle Night
28 Grand Buffet	29 Clubhouse Closed					

COUNTRY CLUB OF ASHEVILLE
170 WINDSOR ROAD
ASHEVILLE, NC 28804



NEW COMMUNICATIONS DIRECTOR FOR MCCONNELL GOLF

Please join me in extending a very warm welcome to our new McConnell Golf Communications Director, Ms. Casey Len Griffith.

With an Advertising degree in tow, Casey got her start at a software development firm before proceeding to an advertising agency and later a search engine marketing firm. Her roles have varied from Marketing Assistant to Project Manager and spanned a multitude of industries, with her work always centering on digital advertising. Having served Fortune500 companies and small business alike, Casey's passion lies in helping smart, innovative companies connect with customers in meaningful ways.

Casey attended the University of Nebraska, receiving her Bachelor of Journalism degree with a major in Advertising and minors in Marketing, English, and French. She moved to Raleigh from Arizona in January 2015. She and her husband, Will, love to travel and spend time outdoors.

Casey Griffith | cgriffith@mcconnellgolf.com | 919.231.5501

TECH TALK

McConnell Golf is in the process of planning an exciting new digital presence for its organization. What does this mean for you? This spring, we will be launching a new online experience for our members. This will allow you to interact online with our family of clubs in a more efficient and interactive manner. In addition to an updated look and feel, we will be implementing new booking engines along with a more tailored experience for each member.

If you have not updated your contact information recently, please take the time to do this in your current online member profile. This will help us as we transition to our new system and ensure that you are receiving the most relevant communication from your club. If you need assistance in updating this information, please contact Kasey Olive at kolive@mcconnellgolf.com.