



401 TABERNA WAY ❖ NEW BERN, NC 28562 ❖ 252.634.1600 ❖ WWW.TABERNACC.COM



Hello Members, April was a very busy and packed month with tournaments, events and changes in the club. The staff and I appreciate your patience as we navigate our way through!

Congratulations to Rob Moleta our Master's champion and to Barbara Clark who won the Ladies open! Well done!

Months of planning for the New Bern Cup paid off on April 28th – the tournament was a huge success with money donated to a great cause (True Justice), great food and great service. Although we didn't keep the trophy, third place is better than last! Well done to the players who represented us!

Coming up in May; we have our 1st Annual Kentucky Derby party on Saturday, May 4th. The event is filling up and it is promising to be a fun time with great food and contests. Make your reservations now! We have a delicious Mothers' Day Buffet planned for Sunday, May 12th. The Member/Member tournament is scheduled for Saturday and Sunday May 18th and 19th and other events are as listed on the calendar.

I want to apologize for the delay of the pool opening, we got marked on a couple of issues during inspection and those issues are being addressed as quickly as possible!

Also beginning in May, we have decided to open the restaurant to Taberna residents on Thursdays, Fridays and Saturdays. On those days, reservations will be required for members and residents for parties of four or more. With that being said, I will be removing everyone's food minimums and in addition, members will receive a member discount

for dinner on those nights (similar to the pro shop members discount). Members who dine with us on Thursdays, Friday's and Saturday's will get 10% off their total food bill (not alcohol).

Beginning June 1st, any private functions will be subject to the rates below. This does not include events that have already been booked.

TABERNA COUNTRY CLUB BANQUET AND EVENT RATES

Full dining room rental: \$500.-
Member rate: \$250.-

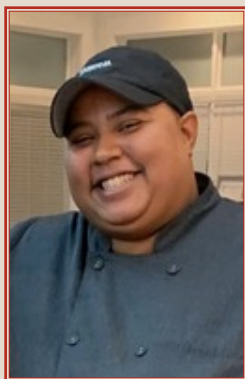
Half dining room use (room divider)\$250.- Member rate: \$125.-

There is a \$1000.- Food and Beverage minimum expenditure on weekends and \$500 minimum on weekdays, 50% non-refundable deposit due at time of booking, 18% service charge and 6.75% NC sales tax will apply to all events.

*Thank you for being a member,
Shannon Nunn*

Chef Ashley at TCC...

Hello Taberna, Chef Ashley here. I hope you guys are enjoying the new food. I know what we are all saying about the menu..."That's it?" I can assure you that I can make more than just tenders and fries. The bar menu is just a short preview to the many options we plan to provide. It was proposed that we close for a couple of months before we reopen and I insisted that we can surely offer something in the



meantime. I know the menu is small now, but I assure you all that more is soon to arrive!

The pool and snack bar will be opening this month. We will be open the same hours as the pool and we will be offering a variety of food and beverage selections for the kids, golfers and, of course, the pool moms!

We are very excited to have the snack bar fully operational and offering our now famous "Turn Dogs." This is not the only exciting thing coming; our goal is to have our dinner menu including house-made desserts!

Thank you all for being patient with us and we hope you will continue to enjoy!

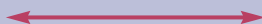


HERE ARE SOME FUN FACTS ABOUT MAY 2024:

- ❖ May is named after the Greek goddess Maia.
- ❖ Maia was one of the Pleiades, seven sisters who were said to be very beautiful.
- ❖ May is known as a month of transition.
- ❖ In the Southern Hemisphere, May is the start of Autumn.
- ❖ **May Day:** May 1st is celebrated as May Day in many cultures. It's a day to welcome spring with dancing, singing, and flower crowns.
- ❖ **Birthstone and Flower:** The birthstone for May is the emerald, symbolizing love and rebirth. The birth flower is the lily of the valley, known for its delicate white blooms and sweet fragrance.
- ❖ **Cinco de Mayo:** On May 5th, Cinco de Mayo is observed in Mexico and other countries. It commemorates the Mexican victory over the French at the Battle.
- ❖ **Mother's Day:** Mother's Day is celebrated on the second Sunday of May in many countries. It's a

day to honor and appreciate mothers and maternal figures.

- ❖ **Star Wars Day:** May 4th is affectionately known as Star Wars Day because of the pun: "May the Fourth be with you!"
- ❖ **Memorial Day:** In the United States, Memorial Day falls on the last Monday of May. It's a day to remember and honor those who died while serving in the military.
- ❖ **Maypole Dancing:** Traditional Maypole dances involve winding ribbons around a tall pole. These joyful dances are performed during May Day festivities.
- ❖ **Gardening Season:** May is a prime time for gardening. The soil has warmed up, and flowers, vegetables, and herbs thrive.
- ❖ **Transition Month:** May bridges the gap between spring and summer. It's a time of blooming flowers, longer days, and outdoor activities.



Remember, May is a month of renewal, celebration, and natural beauty!

April was an exciting month for us here at Taberna CC. We closed the first week for a transition of new management of the restaurant and it is now managed by Taberna staff. We welcome these fresh new changes of new employees along with the necessary training, cleaning standards and service levels all have been improved and so far, membership appreciation has been great. Come try our new Breakfast menus.

WE ARE REALLY
EXCITED
TO WELCOME
OUR NEWEST MEMBERS
AND FAMILIES
TO TABERNA CC!

Kay Hyden
Ann Sweeney
Rhett and Elena Gerrald
Steve and Christi Bunting
Karen Sprenkle
Dave Bruchstein
Ben and Allison Bunting
Adrienne Wallace
Charles and Karen Nobles
Mary Dowd
Kelly Cormier
Sarah Proctor
Robert Barnhill
Jeffrey Schmidt
Charles Williams
John Jerome
Tim Potter
Dan Nguyen
Beth Lampinen
Anthony Jameison
Jacob and Alexandra Drahos
Kenneth Helfrich
Irina Covington
Windy Kent
Carol Norton
Jane Kiernan



TMGA WITH JOE VASKO...



I don't know about you, but my life plan has been to make it to 100... daunting, I know. So, I am constantly thinking about how to achieve this. In high school

I played all the major sports – baseball, football, wrestling. Later in life, I took up running and, after the kids were gone, golf. I felt as though golf might not be as physically challenging, so I looked into it. I was surprised at all the health benefits from playing golf.

I like to walk the course occasionally for aerobic benefits, but when I'm using my cart there are still positive health outcomes to be had. Like using your core for a good swing which will also increase your heart rate.

Golfers also have a lower mortality rate. Spending time out in green

spaces can lower depression and anxiety... well, I guess that is dependent upon how your round goes.

There are even eyesight benefits; having to hone in on dropping that little white ball into the cup. Or watching your shot so that after you shank it you have an idea where it is as you go through the poison ivy to find it. That's why I play inexpensive balls.

How about the club throw? This is where you twist at the waist while using your dominate arm to heave your club into the water. This also helps with flexibility. And there is the two fisted smash – using both hands, legs shoulder width apart, you smash your club into the ground. This is good for the triceps, which should help your drives.

Besides your body, you can exercise your mind. By counting strokes, you exercise your memory. This is where you can use the age excuse to your advantage, i.e., "I forgot about that shot".

Seriously though, we all know somebody who has had a health concern only to see them playing again. I am encouraged to see mature golfers out



there swinging the clubs. I love that as you age, you can adjust by changing tee boxes. The hybrid tees also allow for a gradual transition.

Not sure which tee boxes we use when we reach 100, but stay tuned, I'll keep you posted.

Joe Vasko
TMGA President

GOLF CHAT...



The fairways are getting green, the temperatures are warming up, this is my kind of golfing! During the weekend of April 12,13 and 14, Taberna played

the Masters golf tournament right along with the pros. Our TWGA congratulations to Gail Schultz who was a par 3 winner on Friday, Florence Brewer who was a closest to the pin winner on Saturday, and a big

Congratulations to the women's overall winner, Barbara Clark! You're on a winning streak, Babs. Well done, ladies.

Have any of you seen this fellow by the pond on hole 13? It's a nutria and, according to a National Geographic article I read recently, they are not good neighbors. We had one a few years ago when Fred Leonard was here and he got rid of it, I don't care to know how, thank you. They say the best way is trapping. They are very destructive to wetlands and golf courses because of their burrowing and, when feeding, they eat the whole plant including the roots of grass. They came from South America and were brought

to Louisiana for their fur, but when the fur industry crashed they were turned loose into the wild. They are prolific breeders and can weigh up to 20 pounds. I believe Wade is aware of this one but keep your eyes open for any you might see and let him know.



Debbie Polacke
President, TWGA

THE TENNIS CORNER

WITH BARBARA FLYNN



May is National Tennis Month. The USTA is sponsoring various events around the state, however, that closest event is in Greenville which is "Hit to Be Fit" Day on May 19th.

As you are reading this newsletter, you should have noticed that our tennis courts have been resurfaced. The resurfacing started on April 17th. I have played on the resurfaced courts and they are in excellent shape. All four courts were done; even Court 4 is now playable. An additional plus is that they will be ready for the April 29th Nuese River Senior Games. TCC is the official site for the tennis competition.

Now that the weather is warming up, we need to think about the importance of hydration. That is drinking sufficient amounts of water/liquids during and before play. It should be noted that thirst is not an accurate indicator of the hydration of one's body; if you are thirsty, you have waited too long. Drinking is the key to replenishing

lost fluids and electrolytes. Liquid intake before, during, and after activity is of the utmost importance. Athletes lose a surprising amount of body weight through fluid loss due to sweating during sports. One should know however, to avoid caffeinated drinks prior to playing as caffeine acts as a diuretic and can lower electrolyte levels.

1. Try to drink at least 4-6 ounces of water every 15-20 minutes
2. Sports drinks are good for quick rehydration since they contain carbohydrates and electrolytes like sodium and potassium.
3. Even if you are mildly thirsty take a sip or two of water. Ignoring thirst is not good for the body.

REMEMBER, WATER IS THE ULTIMATE ENERGY BOOSTER.



For info about tennis at Taberna, please call the Pro Shop at 634-1600, ext. 1

We had just finished the 16th hole the other day and came around the cartpath going to the 17th tee box when we came across this little family crossing the cartpath. Coming to a stop to let the mama and goslings cross to the grass toward the water, Mother Goose was very leery of us and, as I slowly edged the cart to the grass on the left side of the cartpath, she hissed to let us know she wasn't amused... The babies were oblivious and were tripping all over each other following Mama and inspecting their new world. Spring is here, what a lovely treat that was!





May

2024

HAND & FOOT
 1ST, 2ND & 3RD FRIDAYS
 EACH MONTH AT 11AM

CANASTA
 EVERY FRIDAY OF THE
 MONTH AT 10:30AM

Sun Mon Tues Wed Thurs Fri Sat

TABERNA COUNTRY CLUB
 Dinner & Special Events Reservations - Call 634.1600, Ext.3
 PRO SHOP HOURS: 7:30AM - 6PM
 RANGES OPEN 7:30AM - 7PM (HOURS MAY CHANGE)
 THE DINING ROOM WILL BE OPEN TUESDAY THROUGH SATURDAY FROM 9AM - 9PM AND EVERY SUNDAY FROM 11:30AM - 6PM.
 ✪ BREAKFAST WILL NOW BE AVAILABLE ✪
 ✪ THE DINING ROOM IS CLOSED ON MONDAYS ✪

TMGA
 DINING ROOM OPEN
 9AM - 9PM



MUSIC BINGO
 6PM
Thirsty Thursday
 Dining Room Open
 9AM - 9PM

DINING ROOM OPEN
 9AM - 9PM

U.S. KIDS GOLF FOUNDATION
U.S. KIDS' TOURNAMENT
 1PM SHOTGUN
 HABITAT FOR HUMANITY
 9 - 11AM
KENTUCKY DERBY PARTY
 4PM

DINING ROOM OPEN
 11:30AM - 6PM

North Carolina
 Fraternal Order of Police
 Golf Tournament
 1PM Shotgun

TWGA
 DINING ROOM OPEN
 9AM - 9PM



TMGA
 DINING ROOM OPEN
 9AM - 9PM

THIRSTY THURSDAY
 Lunch & Dinner Service
 9AM - 9PM




Couples' Twilight Golf
 5:30PM



DINING ROOM OPEN
 9AM - 9PM



HAPPY MOTHER'S DAY
MOTHER'S DAY BUFFET
 11:30 - 6PM



GOLF COURSE AND CLUBHOUSE CLOSED

TWGA
 DINING ROOM OPEN
 9AM - 9PM

TMGA
 DINING ROOM OPEN
 9AM - 9PM

DJ TRIVIA
FRIED CHICKEN BUFFET



DINING ROOM OPEN
 9AM - 9PM

MEMBER-MEMBER TOURNAMENT

 CLOSED FOR LUNCH
 OPEN FOR DINNER
 5 - 9PM

MEMBER-MEMBER TOURNAMENT

 CLOSED FOR LUNCH - DINING ROOM CLOSURES AT 6PM

GOLF COURSE AND CLUBHOUSE CLOSED

TWGA
 DINING ROOM OPEN
 9AM - 9PM



Bunco night!
MEATLOAF BUFFET



THIRSTY THURSDAY
 Lunch & Dinner Service
 9AM - 9PM




DINING ROOM OPEN
 9AM - 9PM

DINING ROOM OPEN
 9AM - 4PM
 CLOSED FOR PRIVATE PARTY IN THE EVENING

DINING ROOM OPEN
 11:30AM - 6PM

MEMORIAL DAY
 REMEMBER AND HONOR
VEMA NewBern
 Golf Tournament
 9:00 Registration
 10:00 Shotgun



TWGA
 DINING ROOM OPEN
 9AM - 9PM

TMGA
 DINING ROOM OPEN
 9AM - 9PM



THIRSTY THURSDAY
 Lunch & Dinner Service
 9AM - 9PM



DINING ROOM OPEN
 9AM - 9PM

May, the month of sunshine, blooming flowers, and endless possibilities...

