



401 Taberna Way v New Bern, NC 28562 v 252.634.1600 v www.tabernacc.com



Dear Members,

Happy New Year! I hope all of you had a Merry Christmas and a happy and safe New Year! A new year

signifies an opportunity for change and growth and that is my goal for Taberna Country Club.

I mentioned in a previous newsletter that we would be making some changes at the start of 2025, so I am going to just jump right into it!

Starting in 2025, the newsletter will become a quarterly publication. We will continue to send out our monthly calendar.

Beginning in January, the food minimum has returned; for an individual membership the food minimum is \$30 monthly and for a family membership it is \$60. This minimum does not include alcohol. Anyone wishing to dine in the restau-

rant must be a member or the guest of a member.

We have been assessing our food and beverage prices over the last couple of months and we will be adjusting some beer and liquor prices. It will not be a significant increase, but it is necessary.

Taberna Country Club is a great place to hold your special event or celebration our Banquet and Event rates are as follows for 2025:

Full Dining Room Weekday (Monday – Thursday) \$500/member rate \$250;

Full Dining Room Weekend (Friday, Saturday, Sunday) \$750/member rate \$350;

Half Dining Room Weekday (Monday – Thursday) \$250/member rate \$125;

Half Dining Room Weekend (Friday, Saturday, Sunday) \$500/member rate \$250;

There is a \$1,000 Food and Beverage minimum expenditure on weekends and \$500 on weekdays.

Taberna Country Club will no longer be allowing membership account holds for illnesses or surgeries and as always, we do not allow membership holds for vacations and traveling plans. The only exception to this policy is active duty deployment.

In regards to memberships, Donna and I are beginning our audit. We will be reaching out to you via email if we have questions regarding your status.

If you are a social member and you play golf; please be aware that we will be tracking the number of times per month that you play. After your 2nd round you will be charged the public rate.

Beginning March 1st, Social Members will no longer be eligible for discounted golf rates. We encourage our social golfers to consider a golf membership and enjoy the benefits that it brings.

Thank you for being a Member,
Shannon Nunn
General Manager

GOLF TIPS FROM STEVE SEWELL

THE TURN, GOLF'S "SECRET MOVE!"



Actually, in golf there are no secrets to the swing.

Since the golf swing, (as in other sports' moves), is based on physics and

geometry, all good players make the same basic moves. Qualified golf pros know "the secret" and now, you will know!

The turn is also called: rotation, transition, weight transfer, getting off the right foot or getting onto the left foot (for right handed players), horizontal

move and many other terms.

When I was a young and successful player, the turn was much easier. As we age, the turn becomes a little more difficult, but generally possible. Usually our legs and back are the culprits which lends credibility to the old phrase, "when an athlete loses their legs, retire." However, there are ways to somewhat circumvent this motion so as to rebuild or improve the motion we make away from the target, and then back to the target.

The horizontal turn is about 3" going back and 9" forward. Remember, the golfer's rotation is merely the center (axis), of the swing. If a player can negotiate

this move, he will have unbridled ability to consistently hit the ball an appreciable distance with accuracy. This move also gives him something for the vertical plane to coordinate with during the swing. By vertical plane, I mean; arms, hands, shoulders and club. By the way, both planes have a constant element. There is no variable associated with either plane. Most amateurs have no idea there are constant factors contained within the golf swing! We'll address that point in a future article!

I hope this tip encourages all golfers to focus on their turn, or lack of turn.

Good Golfing!

TMGA WITH JOE VASKO...



As 2025 arrives, the winter golf season is underway. We also welcome our new pro, and I'm coming after your wallet.

With the help of Larry Napolis, winter golf will continue until March 5th. The summer season will begin on March 12th with the continuation of closest to the pin and skins when the format allows.

I would like to welcome our new pro, Steve Sewell. I look forward to Steve helping me take off about seven strokes from my game. I would love to get my handicap down to 25.

If you are new to Taberna and looking to play golf with a wide range of players, we would love to have

you. There is a "new member" form in the pro shop for your information. We play on Wednesday mornings. You can reach me at: jvasko58@gmail.com.

If Wednesday doesn't work for you, Dan Walczak runs a Saturday morning group. You can reach Dan at: danimal11345@gmail.com. Why not join both? It's a great way to find someone with a common interest.

It's that time again. TMGA membership dues of \$50 are being collected as we speak. You can pay with a check or cash. Make checks payable to "TMGA". Leave it at the desk in the pro shop, and our treasurer, Brian Binn, will pick it up.

Wishing you all a Happy New Year!

***TMGA President,
Joe Vasko***



With cold January temperatures abounding, there isn't much golf being played and, therefore, not too much to write about. I know the first fun tournament to come up in the new year is the Chili

Bowl that will be played on Saturday, February 8th.

I thought I would come up with an inspirational golf poem to fill the space, but, as I read through them, they seem to be all about ladies who are really good golfers. Not to say that we don't have some good lady golfers out there, but I think most of

us are happy to be average or, in some cases, just happy to be out there trying! I did find some quotes from lady golfers that certainly hit home with me – maybe with you as well.

"Golf is a game of precision, not power" ...Annika Sorenstam. (Keep this in mind, ladies, when, no matter how hard you swing that club, the ball just doesn't go as far as it used to go.)

"I have always had a drive that pushed me to try for perfection, and golf is a game in which perfection stays just out of reach." ...Elizabeth "Betsy" Rawls. (Don't we all feel this way on some level?)

"Golf is a puzzle without an answer. I've played the game for 50 years, and I still haven't the slightest idea how to play" ...Kathy Whitworth. (This seems to be me

right now, although I've only been playing for 25 years.)

The next two are by Joanne Gunderson Carner. The first one also applies to me. Too many things to remember!

"The trouble with me is I think too much. I always said you have to be dumb to play good golf."

"When I'm into my 80's, I'll have exactly one goal for my golf game: to keep being able to play!"

Some of you are already there and some of us are waiting and hoping to turn that corner, but, we keep swinging and, in my opinion, that makes us all winners!

HAPPY NEW YEAR!
Debbie Polacke
President, TWGA

Bourbon Slush

Ingredients

6 cups hot brewed tea
1 cup granulated sugar
1 (12-oz.) can frozen lemonade concentrate
6 oz. frozen orange juice concentrate
2 cups bourbon



Directions

Combine tea and sugar:

Combine the hot tea and sugar in a heatproof bowl; stir until the sugar dissolves.

Add juice concentrates and bourbon:

Add the lemonade concentrate and orange juice concentrate; stir until blended. Let stand until cool, about 1 hour. Stir in the bourbon.

Freeze bourbon mixture:

Pour the bourbon mixture into a large freezer-safe container. Freeze until almost firm, about 8 hours or overnight.

Freeze bourbon slush mixture:

Let stand at room temperature until partially thawed, about 1 hour. Spoon into glasses, and serve immediately.

WINTER GOLF



The Tennis Corner

with Barbara Flynn

“Tennis uses the language of life. Advantage, service, fault, break, love – the basic elements of tennis are those of everyday existence because every match is a life in miniature.”

– Andre Agassi



Another year is upon us. When I started playing tennis, I had no idea that my “tennis career” would extend into 2025. With this new year, we in the Taberna tennis community are hoping that we will get some new members. In the event you can’t locate the open tennis group’s schedule, it is as follows:

**Open Tennis (men and women):
Sundays 12:30PM;**

**Men’s Tennis: Doug Griebing informed me that the men decided not to play during the winter months. They are planning to start up again in March.
Tuesdays at 8:30AM and Thursdays at 7:00PM. Doug can be reached at: douglasgriebing@gmail.com.**

Women’s Tennis: Tuesdays 6:15PM.

On the home front, Davis Hall, a senior at the Epiphany School of Global Studies, has started a nonprofit which allows him to raise money by using his tennis skills. He started Serving for a Cause in 2022 and

began giving tennis lessons as well as other tennis related activities. He chose the name of his nonprofit which serves the community but also serving as in a tennis serve. He is using his tennis skills to give back.

Starting in 2023 and continuing through August, Hall raised \$7,000 for the Interfaith Refugee Ministry in New Bern. In 2022, he donated \$3,000 to the Boys and Girls Club of the Coastal Plain.

Davis is currently in the process of scouting out colleges. With leaving

for college in mind, he is working with two youth tennis players in hopes that they will be able to continue Serving the Cause. Regardless of where he goes to college, Davis plans to get involved in the college community “to start making an impact in that area and that community as well.”

Great job, Davis – good luck in college!

To continue with last month’s topic of impact of playing tennis, I researched the mental and cognitive benefits of playing tennis. Listed below are three good reasons for taking up tennis:

1. The intense focus required during games promotes stress reduction and uplifts moods.
2. The strategic nature of the game, demands concentration and sharpens cognitive abilities via problem solving and decision making.
3. The third major plus is the social aspect. The interaction and camaraderie contributes to overall mental and emotional health.

There is one area of tennis which in recreational play which I think is overlooked and that is stretching either before and/or after play. We’ll go into that subject next issue. Don’t forget the first grand slam of 2025, the Australian Open will be played Sunday, January 12 – Sunday, January 26 in Melbourne.

“If you think love is confusing, try understanding tennis scoring.”



**FOR INFO ABOUT TENNIS
AT TABERNA, PLEASE CALL THE
PRO SHOP AT 634-1600, EXT. 1**

Photos of 2024 Events...



Men's Member-Guest Tournament and More



Memories of 2024 Events...



Many Fine Times



Muriel Perrigo Celebrates Her 100th Birthday!



From Ghosts & Goblins to Ghosts of Christmas Present...



Good Times...

Music Bingo — Such Fun!



Brunch with Santa and Mrs. Claus



Holiday Decos in the Dining Room



Merry Christmas, Happy Holidays at Taberna



Many Blessings and Much Happiness in the New Year!



January 2025

HAND & FOOT
 1ST, 2ND & 3RD FRIDAYS
 EACH MONTH AT 11AM
HHHHHH
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: 7AM - 5PM Range is open 7:30AM - 5PM THE DINING ROOM WILL BE OPEN THURSDAY THROUGH SATURDAY FROM 11AM-7PM AND ON SUNDAY FROM 11AM-6PM. ON TUESDAY, LUNCH IS SERVED FROM 11AM-4PM. THE DINING ROOM IS CLOSED ON MONDAYS			NEW YEAR'S DAY GOLF COURSE OPEN!	 THIRSTY THURSDAY Lunch & Dinner Service 11AM - 8PM	DINING ROOM OPEN 11AM-8PM 	DINING ROOM OPEN 11AM - 7PM
DINING ROOM OPEN 11AM - 6PM	GOLF COURSE & CLUBHOUSE CLOSED	TWGA DINING ROOM OPEN 11AM - 4PM 	TMGA DINING ROOM OPEN 11AM - 8PM	THIRSTY THURSDAY Lunch & Dinner Service 11AM - 8PM 	DINING ROOM OPEN 11AM - 8PM 	DINING ROOM OPEN 11AM - 7PM
DINING ROOM OPE 11AM - 6PM	GOLF COURSE & CLUBHOUSE CLOSED	TWGA DINING ROOM OPEN 11AM - 4PM	TMGA DINING ROOM OPEN 11AM - 8PM 	Music BINGO BINGO AT 6PM REGULAR MENU AVAILABLE	DINING ROOM OPEN 11AM - 8PM 	DINING ROOM OPEN 11AM - 7PM
DINING ROOM OPEN 11AM - 6PM	GOLF COURSE OPEN KITCHEN & BAR OPEN 11AM - 6PM	TWGA DINING ROOM OPEN 11AM - 4PM 	TMGA DINING ROOM OPEN 11AM - 8PM	THIRSTY THURSDAY Lunch & Dinner Service 11AM - 8PM TCC GENERAL MEMBER MEETING 6PM	DINING ROOM OPEN 11AM - 8PM 	DINING ROOM OPEN 11AM - 7PM
DINING ROOM OPEN 11AM - 6PM	GOLF COURSE & CLUBHOUSE CLOSED	TWGA DINING ROOM OPEN 11AM - 4PM 	TMGA DINING ROOM OPEN 11AM - 8PM	THIRSTY THURSDAY Lunch & Dinner Service 11AM - 8PM BEER TASTING DINNER PAIRING 6PM	DINING ROOM OPEN 11AM - 8PM 	Happy New Year 2025