



## GM'S CORNER

### Continuously Improving

I am a strong believer in continuous improvement and doing so on a daily basis. One of the ways we continuously improve FG is by making necessary major renovations and upgrades to our facilities. Following are a few projects I mentioned at the Annual Employee Awards Breakfast:

\*Renovate the Stonehenge Golf Course bunkers so they don't hold water after a rain; this will correct one of the major issues with the course we have heard from our members, and reduce the amount of staff time needed to get the bunkers ready for play after a rain; and

\*Adding a covered rear porch to the Stonehenge clubhouse so golfers and diners have a nice outside gathering space protected from the rain and sun.

Both of these projects are scheduled to be completed in March so we can open the golf course by April 1<sup>st</sup>.

We are upgrading the Racquet Center by adding 8 Pickleball courts to the north side. Once we have warmer weather the contractor can install the coatings over the concrete base, finish the fencing and install the nets. We are planning a Grand Opening event for these courts at the end of April/early May with many other events at the Racquet Center all that week. Pickleball is predominantly an outdoor sport and one of the fastest growing sports among retirees so we will have both indoor courts (CCC and Racquet Center) and outdoor courts to enjoy the sport.

It's My Pleasure, To Assist You, to continuously improve the resort lifestyle experience at FG.

*Bob*

### In this issue

Safety Spotlight

Birthdays & Anniversaries

Happenings Around the Club

It's My Pleasure

Health and You

Service Recognition



Each year, Fairfield Glade Community Club chooses a cause to support. In years past, we have supported Relay for Life. This year we have decided to change it up a bit and focus our efforts on Alzheimer's TN. We have a Fundraising Committee in place to brainstorm new and innovative ideas to help us achieve our \$5,000 goal. Below you will see we have already started raising money!

On February 9<sup>th</sup>, the Police Department held "The Disaster Resistant Senior" seminar at the Library and raffled off a Wise Survival Kit backpack (donated by Chief Mike Williams). We raised \$225.00 from the raffle!

On February 10<sup>th</sup>, the annual **CUPCAKE WARS** event was held at the CCC. This year's winners were Karen Bertram from Happy Hound Realty taking home Grand Champion & Best Taste for her "Harvey Wallbanger" cupcakes (see page 4 for her recipe) and Best Display for her Limoncello Lemon Drop cupcakes. Mary Jo Paige won Originality for her Carmel Pecan Brownie Cupcakes. Best Appearance went to Meg Beato for her Pink Moscato "The Proposal" cupcakes. After the competition, the CCC staff sold the remaining cupcakes with the proceeds going to support Alzheimer's TN. The event raised over \$550.00!

On February 13th, we gave away a **"BE MY VALENTINE" GIFT BASKET** which included 2 Rocky Top Ten Movie Tickets (donated by Rocky Top Ten), a \$40 Legends gift certificate (donated by Neil Archibald, Director of F&B), a bottle of Sparkling Grape Juice, 2 Champagne Flutes, a box of Hershey's chocolates, and a Chocolate Scented Teddy Bear. The winner was Chuck Hutchens (Road & Bridges). We raised over \$250 on the raffle!

We kicked off our **KRISPY KREME DOUGHNUT FUNDRAISER** on February 10th!!! If anyone would like to purchase donuts, contact Pat Davis, Ashley Dixon, Grant Goodwin, Pat Raskauskas, Janice Stine, or Becky Waters.

Next up will be **SHAVE YOUR HEAD FOR THE CAUSE**, so start thinking about your goal. Details to follow at a later date!

We will be participating in the Plateau Walk in September here in Cumberland County. If you would like to join the FGCC team, please contact Ashley Dixon or Pat Davis.

We would like to thank everyone who graciously donated and/or participated in all these events. Each one of you has brought us closer to our goal!



## OUR FAVORITE RECIPES

### Sweet-and-Sour Short Ribs



2 Tbsp. vegetable oil  
3 lbs. boneless short ribs, cut into 3 x 2-inch pieces  
Salt and pepper, to taste  
1/2 cup water  
1/2 cup ketchup  
1/2 cup rice wine vinegar  
1/3 cup packed brown sugar  
1/4 cup soy sauce  
1/2 onion, minced  
2-inch piece of ginger, peeled and minced  
3 garlic cloves, minced  
1 Tbsp. chili paste, such as sriracha  
2 tsp. Chinese 5-spice  
Cooked white rice  
Scallions, sesame seeds and cilantro, for garnish (optional)

Heat oil in a heavy skillet over medium-high. Pat the beef dry with paper towels; season with salt and pepper. Brown the meat, about 3 to 4 minutes per side; remove from skillet and set aside. Add water to the skillet and bring to a simmer, scraping brown bits up from the bottom of the pan.

Transfer the water with deglazed pan drippings to the slow cooker. Add ketchup, rice wine vinegar, brown sugar, soy sauce, onion, ginger, garlic, chili paste and 5-spice. Add the short ribs; stir to coat evenly. Cover. Cook on high for 6 to 8 hours, until the beef shreds easily with a fork. Serve with white rice topped with scallions, sesame seeds and cilantro. Refrigerate any leftovers.

Serves 4 to 6.

## February 2017 Service Recognitions 5 - 25 Years



### Mark Knaebel, Golf Course Superintendent Heatherhurst Golf Course, 25 Years Supervisor, Jeff Houston

Mark Knaebel came to Heatherhurst 25 years ago. Mark left the mountain retreat of Renegade Golf Course for the challenge of the then 18 hole Mountain and Pine course at Heatherhurst. Later that year Mark oversaw the building of the Creek nine holes with future plans for another nine already in the works. The new nine, as some still call it, was started in 1998 and opened in 2000. With any great facility you have to have a great leader. Mark has been that for Heatherhurst all these years. While overseeing the develop-

ment of 18 holes, he also has continued to improve as a superintendent. His attention to detail and his desire to make every tee, fairway and green play at the highest level is very impressive. When Mark is not at work, he is cheering on his Kansas City Chiefs or visiting his ever growing list of grandchildren. He is blessed with three successful children and six grandchildren. We are lucky to have him on the staff.

### Zach Bilbrey, Sr. Assistant Golf Course Superintendent Dorchester Golf Course, 5 Years Supervisor, Jason Pillow

Zack's experience in golf maintenance at various courses in Fairfield Glade helped him become a reliable and knowledgeable assistant superintendent at Dorchester. Zack is a hard worker who leads by example and is willing to learn to help us improve course conditions. When Zack's not at work, you can usually find him coaching basketball at Pine View or helping his wife coach softball at Stone Memorial High School. Thank you Zack for the 5 years of service, and I look forward to working with you many more.



### Dan Linskins, Safety Manager Human Resources, 5 Years Supervisor, Becky Waters

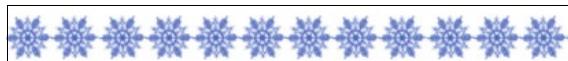
Holy moly! Dan Linskins, AKA Dan the Safety Man, is celebrating 5 years as FGCC's Safety Manager. In this time, recordable injuries have decreased from 9 to 3 in 2016 and lost time injuries decreased from 4 to ZERO. That means that by the end of 2016 total injuries decreased from 13 in 2012 to 3. This is due to the fact that he is "out and about" training, inspecting, following up and generally keeping SAFETY on everyone's radar. He is a pleasure to work with and FGCC is fortunate to have him at the helm

of the Safety Department. When he isn't working, he is cheering on his beloved Green Bay Packers. Thanks Dan!



To Those Born in  
March

MICHAEL PENDER	Mar-1	MICHAEL HEAP	Mar-15
LISA WIMMER	Mar-2	PATSY HUME	Mar-16
JIMMY DIXON	Mar-2	SHEILA LARSEN	Mar-17
JAMES MASSON	Mar-3	CHARLIE LAXTON	Mar-17
BOB SHARKEY	Mar-6	TYLER YODER	Mar-18
LISA BRAMLETT	Mar-6	KATHY ATKINSON	Mar-20
CARL BACK	Mar-7	CELIA WHITESITT	Mar-20
LISA DORSHORST	Mar-7	JOHN JOHNSON	Mar-21
JANE WALKER	Mar-10	JILL BARNES	Mar-22
ZACHARY MILLER	Mar-10	ANDREW PRUNEAU	Mar-24
JACK SIXKILLER	Mar-11	NOLAN DORSHORST	Mar-25
WYATT FLETCHER	Mar-12	ANGIE CLANTON	Mar-25
WES PEMBERTON	Mar-13	LEONARD PICKERING	Mar-25
COREY WADE	Mar-13	GRADY PELFREY	Mar-27
STEVE COY	Mar-15	JAMIE TANNER	Mar-28
JOSH RASH	Mar-15	WILLIAM TAYLOR	Mar-30



## FGCC Standing Ovation Award

Beth Hicks, AP Clerk  
Angie Clanton, Supervisor

Beth really stepped up this past month, fulfilling not just her job duties, but taking on the responsibilities of the other AP position while Irene was out. This was not an easy task as January is the busiest time in the Finance Department due to year end closing. She has shown herself to be a real team player, and we all appreciate her so much for her "It's My Pleasure....To Assist You" attitude. Thanks again Beth for going above and beyond!



You deserve  
a standing "O"!

Congratulations



Words of  
Wisdom  
& Funnies

I live in a semi-rural area. We recently had a new neighbor call the local township administrative office to request the removal of the Deer Crossing sign on our road. The reason: Too many deer were being hit by cars, and he didn't want them to cross there anymore.

Always remember that you are absolutely unique, just like everyone else.

One day a guy on a vacation heard of an American Indian with an amazing memory, so he decided to visit the guy and see what the big deal was. He went to the Indian and asked him, "What did you eat for breakfast on July 2, 1961?" The Indian replied, "Eggs." The same man came back 10 years later to see the Indian again. He greeted him by saying, "How." The Indian said, "Fried."

When all is lost, ask the I.R.S. —they'll find something.

Everyone has a photographic memory. Some just don't have film.

Smith: I hate paying my tax bill.

Brown: You should pay up with a smile.

Smith: I've offered them a smile, but they insist on money.

# Harvey Wallbanger Cupcakes

## Ingredients

1 box yellow cake mix  
1 small box vanilla instant pudding mix  
1 cup vegetable oil  
4 eggs  
 $\frac{1}{4}$  cup Galliano liqueur  
 $\frac{1}{4}$  cup vodka  
 $\frac{3}{4}$  cup orange juice  
 $\frac{1}{2}$  cup powdered sugar  
1 tsp orange juice  
1 tsp Galliano  
1/2 tsp vodka  
1 8 oz package cream cheese  
2 cups powdered sugar  
 $\frac{1}{2}$  tsp vanilla  
1 Tbsp. Galliano

## Preparation Steps

1. Preheat oven to 350°. In a large bowl, combine the two mixes, oil and eggs. Mix on medium speed (if using a stand or electric mixer) for about a minute, or until the ingredients are well combined. Add the liquids. Turn to medium-high speed and beat for about 3 minutes more.

2. Pour batter about  $\frac{3}{4}$  of the way up lined muffin tins (this will make about 48 mini cupcakes or 24 regular sized cupcakes). Bake about 20 – 22 minutes, or until a toothpick inserted into the center comes out clean.

3. Meanwhile, combine the  $\frac{1}{2}$  cup powdered sugar, 1 tsp orange juice, 1 tsp Galliano and  $\frac{1}{2}$  tsp vodka in a small bowl. Stir to combine, adding more of the juice if the mixture is too thick. It should be a runny glaze consistency.

4. As soon as cupcakes are removed from the oven, poke each several times with a toothpick. Slowly pour a spoonful of the glaze over each cupcake, allowing to soak in. Allow the cupcakes to cool (at this point, they can be covered until you're ready to frost them).

5. In a large bowl, beat the cream cheese until smooth. Slowly add in the powdered sugar, about  $\frac{1}{4}$  cup at a time and mixing in between additions. Add the vanilla and Galliano. If the frosting is too runny, add more powdered sugar.

6. Frost the cupcakes as desired.

# MARCH

# ANNIVERSARIES



BRIAN BURKOSKI	1 Year	MICHAEL AYLESWORTH	2 Years	MARVIN KING	9 Years
CALLAN CRAWFORD	1 Year	PETER "ROCKE" BAKER	2 Years	DONALD ASHMORE	9 Years
DAVID HAINES	1 Year	JEFF BOGART	2 Years	RICHARD SMITH	9 Years
CURTIS RICHARDSON	1 Year	GREG WENGER	2 Years	ROBERT BERGHAUSER	9 Years
PATRICE BERDNIK	1 Year	TERRY GAHAGAN	3 Years	DONALD CONKLIN	9 Years
RONALD POHL	1 Year	MICHAEL RODTS	3 Years	DON FAIRCHILD	9 Years
GARY YODER	1 Year	NOLAN DORSHORST	3 Years	CINDY TULLAR	10 Years
PAMELA PARKER	1 Year	KIM BURSTYNE	3 Years	SKIP VOBER	10 Years
ELDON CLOUSE	1 Year	JIM PIERSOL	3 Years	MIKE EELBODE	10 Years
DENNIS HAVEMAN	1 Year	VIDCAR MARTINEZ	3 Years	MARK TULLAR	10 Years
SHANE MATHUS	1 Year	BILLY WALKER	3 Years	BARBARA CAMPBELL	11 Years
HAL LYNES	1 Year	WALTER SHUMATE	3 Years	JAMES HAMM	11 Years
RICHARD SANSON	1 Year	LISA DORSHORST	3 Years	JOE KLEIN	11 Years
JIMETTA LEWIS	1 Year	HOLLY VILLHAUER	3 Years	RICHARD VAJDIK	12 Years
PAMELA LEVI	1 Year	ROBERT MADON	3 Years	SHANE BILBREY	12 Years
WYATT FLETCHER	1 Year	KENNETH QUARLES	4 Years	RICHARD EDLER	12 Years
KATHRYN JEFFREY	1 Year	ADAM FORGEY	4 Years	LARRY PREDIGER	12 Years
JESSICA PATENAUME	1 Year	HAROLD SHAW	4 Years	JANET O'KEEFE	12 Years
SHERI TODD	1 Year	JERRY MCNALL	5 Years	RICHARD MARSICH	13 Years
PAUL KING	1 Year	TED LANCASTER	5 Years	DON WARNER	13 Years
LEONARD HYATT	1 Year	CHRISSEIE SELVAGE	5 Years	BOBBIE PULLEN	14 Years
STEVE WALLACE	1 Year	PAM WOLSCHON	5 Years	SOPHIE NAHOD	14 Years
DION PIKE	1 Year	DOUG MUNDT	5 Years	CAROL BENNETT	15 Years
JEFF MILLER	1 Year	JEFF RASH	6 Years	RICHARD HOMAN	16 Years
CHRIS MAUCH	2 Years	PAUL KUPP	6 Years	WILLIAM PIPPIN	17 Years
JANIS GIFFORD	2 Years	DAVID LEFEVRE	6 Years	LARRY RICHARDSON	17 Years
BOB WALTERS	2 Years	WILLIAM TAYLOR	6 Years	TYRONE PERRY	19 Years
JANETTE BOGART	2 Years	KIMBERLY TOTH	7 Years	STEVE COY	21 Years
JAMES KING	2 Years	RON ERICK	8 Years	ANGELA MCNEIL	25 Years
DEBBIE GIDDENS	2 Years	ROSS SALVESON	8 Years	EUGENE "FROG" MCDANIEL	25 Years
TOM THOMPSON	2 Years	SAMUEL HALL	8 Years	LEON WOODY	26 Years
JIM MARSHALL	2 Years	JOHN MURPHY	8 Years	SANDRA RUSSELL	30 Years
BOB WALCZAK	2 Years	BOB BENNETT	9 Years	KENNY COOPER	37 Years
PAUL COWAN	2 Years	JENNIFER STOCKUS	9 Years	VERA SWICEGOOD	38 Years
SABRINA TURNER	2 Years				

# SAFETY FIRST

## SAFETY IS EVERYBODY'S JOB



## Flashifieds



### Preventing Slips, Trips & Falls

Each year many people are disabled from falling accidents. Slips, trips and falls often result in serious injuries including strains, sprains, broken bones and fractures.

**Slips** occur when there is not enough friction between your feet and the surface on which you work or walk. Wet surfaces, occasional spills, weather hazards such as snow or ice, and wearing shoes without appropriate traction are all causes of slips.

**Trips** are caused when your forward motion is interrupted by some object, although you can also trip when you are walking or running backwards. Common causes of trips include taking short cuts, leaving clutter in walkways, working under poor lighting, and walking on loose, uneven flooring.

**Falls** occur when you move too far off your center of balance. Using makeshift ladders, reaching too far up or to the side while on a ladder, or placing ladders on uneven ground can cause falls. Slips and trips can also end in falls.

If you're in a hurry or thinking about something else and you don't look where you're going or at what's around you, you may end up on the floor.

Your best protection against hazards is to be alert! Look where you're going; check the condition of floors, stairs, ladders and the work area.

Slippery floors are always dangerous. Be especially careful if they're waxed or polished, icy or wet. Other possible problems: oil, grease or chemical spills, or floors made of tile, marble, or other slippery surfaces.

### General Hazards

There are a number of common causes of slips, trips and falls. Among the most common are:

- Slippery or uneven surfaces
- Improper shoes
- Moving too fast
- Obstructions in walkways or on stairs
- Unsafe stairs
- Poor lighting
- Being tired or distracted
- Not paying attention

### Slip, Trips and Falls

Second Only to  
Auto Accidents

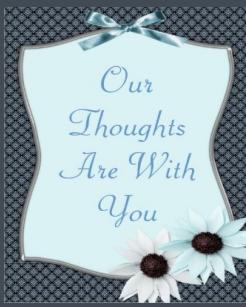
Over 20%  
Of all Accidents



Presented by  
Bill Taylor



GE 30" Smooth Surface Double Oven for Sale Excellent condition. Used for 11 months before we switched to gas. Slate gray. Original price \$1,300.00. Asking \$400.00. Call Joe at (931) 202-2176.



**Kevin Clendenen**  
(Police Dept)  
Health Concerns

**Larry Lawson**  
(Police Dept)  
Wife Health Concerns

**Cathy Winingham**  
(Police Dept)  
Health Concerns

### **Continuing thoughts for**

**Irene Wallace**  
(Finance)  
Recovery From Surgery

**Wes Pemberton**  
(Police Dept)  
In-Laws Health Concerns

**Jonathon Goodman**  
(Finance)  
Mother-in-law  
Health Concerns

**Tim Haston**  
(Roads & Bridges)  
Wife Health Concerns

If you would like to be included in future "In Our Thoughts," please contact Becky Waters at the Admin Building or email her at [bwaters@fairfieldglade.cc](mailto:bwaters@fairfieldglade.cc)



## **FEELING TIRED???**

There are many possible causes of fatigue with the majority of diseases often resulting in general malaise or extreme tiredness. However, fatigue can also occur in otherwise healthy individuals as an expected response to physical and mental exertion. While normal fatigue is to be expected after some physical or mental activity, the problem can become chronic if fatigue continues to persist without any apparent reason. Here are some common causes of prolonged, chronic fatigue.

### **1. Sleep Disorders**

Not getting enough sleep or even poor quality sleep can have an adverse effect on concentration and health.

### **2. Emotional Stress or Depression**

Emotional stress can be painful but bearable, but when the same turns into chronic stress, it starts to take a toll on the body. This can be seen as a continual feeling of fatigue where experiences like worry, irritability and total exhaustion are always wearing the individual down. Likewise, depression is not solely an emotional disorder but it can also contribute many physical symptoms as well.

### **3. Use of Certain Medications**

Certain types of prescription medications can trigger fatigue in individuals. Ask your doctor if your medication could be contributing to fatigue.

### **4. Regular Alcohol Consumption**

Although alcohol has sedative effects that can bring on drowsiness, there are also others which can interfere with the quality of sleep experienced. Regular alcohol consumption at night can trigger the release of certain stress hormones that increase heart rate and stimulate the body, resulting in nighttime awakenings.

### **5. Poor Dietary Habits**

While eating too little can obviously cause fatigue, eating enough but consuming the wrong foods can also be a problem. Poor nutrition can interfere with blood sugar levels triggering a sluggish feeling when glucose levels drop. Staying away from processed foods is a good starting point.

### **6. Anemia**

One of the most common medical reasons for feeling fatigued is iron deficiency anemia. This is a condition in which a lack of iron in the body causes a reduction in the number of red blood cells.

### **7. Hypothyroidism**

An underactive thyroid means that the individual has too little thyroid hormone and so consequently their metabolism slows down as well. Slow metabolism translates into a slower speed at which the body converts fuel into energy. The result is a constant sense of feeling tired.

### **8. Diabetes**

One of the main symptoms of diabetes is feeling excessively tired. In individuals with diabetes, abnormally high levels of sugar remain in the bloodstream instead of entering the body's cells where it would be converted into energy. The result is the body runs out of steam despite having enough to eat.

### **9. Dehydration**

When in a state of dehydration, the body's internal cleansing system becomes congested.

### **10. Chronic Fatigue Syndrome**

This complicated disorder is distinguished by extreme fatigue that is not traced to any underlying medical condition. And while the fatigue may become worse with activity, it does not get better with rest.

### **11. Fibromyalgia**

Similar to chronic fatigue syndrome, this is a severe and debilitating tiredness that goes on for at least six months. If fatigue persists for six months or longer and is so severe that every day activities become too much to handle, fibromyalgia is a possibility.

# HAPPENINGS

## Around the Club

### Bunker Work at Stonehenge Golf Course



Work in Progress



Finished Work on #10



Grady, with Facilities Maintenance, was caught working hard on office renovations at the CCC. Thanks for a fantastic job to the Facilities Maintenance crew!



Stonehenge Clubhouse Rear Porch



Pickleball Courts



Congratulations to Bob Ringle, Roads & Bridges, on his retirement. Thanks Bob for your service.

### Legends' Staff Recently Had Lots of Fun With An Authentic Sock Hop for Progressive Savings Bank



The Crew



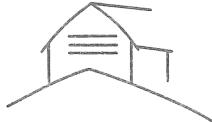
Hopping in the Kitchen



The Pink Ladies



Producing Director: Bryce McDonald  
Artistic Director: Britt Hancock  
Business Manager: Janet Kluender



Ticket Office: 931/484.5000  
Administrative Office: 931/484.4324  
Public Relations: 931/484.8402  
Fax: 931/484.6299

## Cumberland County Playhouse

Tennessee's Family Theater ~ P.O. Box 484 ~ Crossville, TN 38557 ~ [www.ccplayhouse.com](http://www.ccplayhouse.com)

### Sponsor Days

Thank you so much for your sponsorship!! Below is a list of Half Price Sponsor Days that you and your employees can take advantage of per your 2017 sponsorship agreement. Please call the box office at 931.484.5000 to make reservations. Let the clerk know where you work and you would like the half price discount (for yourself and immediate family living with you). When picking up tickets, please bring a recent check stub (you may black out any information you don't want to share, ex: rate of pay, ss#, etc).

**\*\*Tickets are subject to availability**

Show	Dates
The Odd Couple	January 21 - February 11
Seussical the musical	February 4 - February 18
Greener Pastures	March 10 - March 26
A Second Helping (sequel to Church Basement Ladies)	April 7 - April 25
Million Dollar Quartet	April 28 - May 16
Smoke on the Mountain	June 2 - June 22
Disney's Beauty & the Beast	June 16 - July 5
Sister Act	July 21 - August 6
Lying in State	August 18 - September 7
The Drowsy Chaperone	September 15 - October 1
Sleepy Hollow	October 13 - October 29
Inspecting Carol	November 3 - November 19
A Sanders Family Christmas	November 17 - December 5

**Board of Directors:** Rob Harrison (Chair), Larry Lively (Vice Chair), Judy Wojta (Secretary), Ken Hobbs (Treasurer), Carol Beck Boston, Jane Burnett, David Crabtree, Steve Douglas, Phil Hodge, Jim Mansfield, Mark Nickell, Dick Shilling, Cosby Stone, Jose Arbelaez, Mayor Kenneth Carey, Dr. Dirk Davidson, Art Gernt, Nicole Graham, Martha Hill, Medard Kaluszka, Phil Magdich, Mayor James Mayberry, Regina Villaruz

The Cumberland County Playhouse is a non-profit organization