July 2014 Issue TheWaterfallClub.com

cuisine down to The Overlook. Happy hour

begins at 4:30 pm with drink and beer specials.

Casual dining from 5:30 to 8:30 pm is \$22 per



W E L C O M E N E W M E M B E R S !

Tom and Maggie Corley Duluth and Lake Burton

David and Erica Cummings Atlanta and Lake Burton

> **Richard Gu**y Fayetteville, NC

Marc & Hilary Goldburg Atlanta & Lake Burton

WELCOME BACK:

Mike and Rachel Hammer Atlanta and Lake Burton

Jim and Dee Pope Florida and Lake Burton

> Gus McDonald Lake Burton

MEMBERSHIP INCENTIVES PROGRAM

There has never been a better time to be a Waterfall Club member and we hope you know someone who would enjoy the Club amenities and services. Plus it will add a credit to your account as a gift from the Club for referring friends and neighbors.

call Amy Giles 706.212.4000 x227 or e-mail: agiles@thewaterfallclub.com

Full Season Hours:

THE LODGE:

DINNER: Thursdays to Sunday & Holidays 5:30 pm - 9:30 pm HOLIDAY: OPEN July 2nd to July 7th ala carte BRUNCH: Sunday 11:00 am to 2:00 pm

WATERFALL GRILLE: Open Daily LUNCH: Friday - Sunday 11:00 am- 4:00 pm BAR & DELI: Monday, Wednesday, Thursdays 8:00 am - 4:00 pm

SAND TRAP GRILLE: Open Daily on Honor System. SATURDAYS:11:00 am to 4 pm & By Demand

THE SPA: Open Daily- By Appt. only

GOLF COURSE & SHOP: Open Daily- Weather Permitting

CLUB NEWS

The Overlook

The Overlook was debuted with a complementary social for about 80 members and guests on Friday, June 20th with a few hors d'oeuvres and some words from the ownership group. Chef Marco was introduced by Peter Anzo, while recognizing Antonio Gonzalez and Jen Price for the outstanding work they have been doing in the absence of a chef.

The overall consensus is that The Overlook is an exciting addition to the Waterfall Club portfolio and the staff is working hard to figure out how to best serve our members while utilizing the lounge seating, fire pit, bocce court and bar area. The proximity to the children's area, game room and theater open up many opportunities for families of all ages to utilize the space. We will have your favorite game on the TV over the outdoor bar and the bocce court ready to go!

Introducing Al Fresco Dining at The Overlook!

Beginning Sunday July 13th, and each Sunday weather permitting Chef Marco will bring casual









person and will include a cold assortment of green and prepared salads. Gourmet hamburgers, American style all beef Kosher hot dogs, and Chicago Dogs will come straight from the grill to your plate. For an additional charge choose a filet mignon, New York strip, Springer Mountain Farms breast of chicken, or the Catch of the Week. Waterfall's Pastry Chef will finish it all off with a Sweet Table of various house-made desserts.

Thursday to Saturday The Overlook is serving the Good Eats menu and drinks from either the downstairs or upstairs bar, depending upon demand.

Reservations are not taken for casual lounging, unless you have more than 8 people in your party. If so, please do let us know you are coming so our staff can properly prepare.

MEN'S MEMBER-GUEST GOLFTOURNAMENT



WINNERS CIRCLE

Waterfall Club member Scott Hutchison and his guest Wessel Oosthuizen won the Hogan Flight with a two day, team net of 115.

Congratulations to Waterfall Club member Jeff Gay and his guest Carson Allen for winning the annual Friday putting contest.





The two man teams had great weather for the kick-off putting contest on Friday evening and the great conditions prevailed all weekend!



To keep the golfers on schedule lunch was offered each day at the Sandtrap Grille. Waterfall Club members Chuck Sekula and Vey Weaver are pictured with their guests enjoying a freshly grilled brat for a "grab and go" lunch.

CONGRATS TO ALL THE WINNERS

Waterfall Club member John Crawford and his guest David Simpson held with the Hutchison/Oosthuizen team for 4 holes of playoff golf, but the Congratulations to Scott and Wessel for enduring the fierce competition and becoming the reigning Men's Member Guest Champions.



The Hogan, Snead, Nelson, and Sarazen flights proved to be very completive and produced one flight winner each for the annual play-off to crown the overall champion.





The first playoff hole was number 18 and they continued rotating from 18 to 1 until one team was left standing.



John & Cathie Crawford and Sandy & Betsy Morehouse were seen with some pretty good moves on the dance floor at the Saturday evening social following dinner.

The Golf Professional Staff and Club wishes to thank all of the participants for making this annual event something members, guests, and staff look forward to each year!



Waterfall Club member Donna Speed and guest Dana Seay, Waterfall Club member Pat Cunningham and guest Marie Gillespie. Again, the Club thanks all of the tournament participants. A great golf course and camaraderie make these events special to all!



Head Golf Professional Jakob Kleine at the scoring and prize table for the Ladies Member Guest tournament.





Waterfall Club member Lyn Eade and her guest Carol Oge turn their scorecard in following at great day of golf.



Waterfall Club member Diane Holland rolls a putt on #15 green to within inches while her guest Anne Schuette and Waterfall Club member Mary C. Kingery look on.

WINNERS CIRCLE



Pictured above are the winning teams of both net and gross divisions of the 2014 Ladies' Member Guest Championship. Waterfall Club member Fran Clinkscales and her guest Anne Nuckel (pictured above, 1st and 2nd from the right) shot a best ball team gross score of 79, two shots better than the next closest team to win the Gross Champion honors. Waterfall Club member Diane Holland and her guest Anne Schuette (pictured 1st and 2nd from the left) shot net 62 to claim the Net Champion honors. Following a Saturday dinner at The Lodge with guests and spouses, the Sunday competition went off with stellar weather

at 10 am and concluded with an awards luncheon at Waterfall Grille.

COMING UP NEXT: MEMBER TO MEMBER TOURNAMENT

Choose your fellow member to make your winning pair in the annual Waterfall Member - Member Tournament. On July 19th the fun begins with a 10 am shotgun from tees determined by handicap. Lunch is provided on the course at Sandtrap Grille. The format is team net best ball and we will crown both men's and women's net champions at the awards ceremony following play in the Waterfall Grille. Spouses are invited to the ceremony with complementary hors d'oeuvres. Entry fee is \$100 per team and includes golf, awards, prizes, lunch and hors d'oeuvres. Contact the Golf Shop to register your team today by calling 706.212.4020 or to send them an email to jkleine@thewaterfallclub.com



The team of Diane Holland and Fran Clinkscales took the overall ladies honors of the 2013 Ladies' Division of the Member Member Tournament.

2013 WINNERS CIRCLE



Overall Men's champions Marlan Wilbanks and Tommy West are pictured with their crystal trophies.



Waterfall Club members Sandy Morehouse and Stewart Hall celebrate their 2013 win of the Senior Division

THE ADVENTURE CLUB

Your Adventure Awaits...

Each month the newsletter will feature a new relationship with an area attraction or outfitter that you may or may not have known about in our local area.

Sylvia Hicks, your Activities & Lifestyle Coordinator is busy at work putting together these "adventures" in an effort to better enhance your time spent in the lake areas and Rabun County. When your family is feeling adventurous just give Sylvia a call and she can set up a great excursion and even provide a picnic lunch to keep you on the go! shicks@thewaterfallclub.com or 706.212.4000 ext. 232

SUNBURST STABLES



Adventure is waiting for you at Sunburst Stables, which is an amazing recreation park located on 114 acres adjacent to the Chattahoochee National forest. Sunburst is just 9 miles from Helen, GA, 3 miles from the Batesville General Store and just over 20 minutes from Waterfall Club and has a ton of activities for all

ages. The zip lining series takes you through the canopy of the trees along the mountain sides. The many horseback riding and ATV trails wind through

the serene national forests. Fly boarding is a relatively new sport and an amazing way to "surf" on the water while propelling to 15 feet or more in the

air. With gem mining and countless number of wildlife and farm animals Sunburst has something for horse-crazy children or thrill seeking adults. Come for an hour trail ride with your family, or stay for the day enjoying the zip line tour, lunch with us and horseback riding combined for a vacation to remember Sunburst offers experiences that are unmatched in quality with an attention to safety.

Complete the day with a swim in the Club pool, a cruise of Lake Burton on the Club boat, a nine hole round of golf and put a memorable day together for your family, or maybe a team building exercise for your colleagues and co-workers. Contact Sylvia in the Your Adventure Awaits office and let her take care of all of the details. Prices and discounts vary based on group size and the adventure you venture to take

WATERFALL KIDS CAMP



After dodging the typical summer pop up shower the Sports Campers found their way to Lake Burton for an afternoon of tubing and swimming.



Andy's Trout Pond is always a favorite stop amongst the campers.



The brave crew with camp counselors Sylvia and Drew before zip lining at Sunburst Stables.

There are 2 Camps left!

July 8-10 is the Adventure Camp!

An adventure is what it is all about! We will take the campers tubing Helen and going to the Helen Water park. We will be feeding Goats and gem Mining. We will also be having a surprise entertainment on that Wednesday for the Kids! And, don't forget time in the Pool and on the Lake in the Club's pontoon!

July 22-24 is the Kids Creative Camp! There we will something for everyone from Kids Canvas to Paint your own Pottery Plate, Create your own Ice cream Sundae and Tie-dyeing shirts and the kids can even make their very own instruments! Creative Camp is designed to be exciting for everyone!

Sign your Kids up today. Space is limited! Each camp is only \$135 per child. Call Sylvia Hicks for more information or to sign up! 706-212-4000 or send her an e-mail at shicks@thewaterfallclub.com



UPCOMING EVENTS July Couples

Golf Schedule

Couples Golf on July 6, 18, and 27. Join your fellow gregarious Waterfall Club golfing members this month of July for a light-hearted 9 hole round of golf. A fun format for all golfing abilities is chosen each outing by your golf professional staff. On course games and a team

competition give everyone a chance to cash in with prizes and credits to the golf shop. Relax after the round at The Waterfall Grille with complementary hors d'oeuvres and your favorite beverage.

Call the golf shop at 706.212.4020 to make your plans today, or send Jake Kleine, Head PGA Professional, an e-mail at jkleine@thewaterfallclub.com

Small Outing Offering

The Professional Staff at Waterfall Club would like to make it easier for members to share the Waterfall golfing experience with their friends, family, colleagues, and guests. Beginning July 8th and through the month of August any member that brings 2 foursomes (minimum 8 golfers including the member) or more to golf from Sunday to Friday will be treated as an outing with special privileges and pricing. Players names will be provided to Amy in the membership department or tracking through guest play guidelines.

For \$82.50 plus tax per player each member of the group will receive:

• Greens fee and cart fee

- Complementary lunch before, during, or after the round planned through Sylvia in the events department and Chef Marco
- Yardage book

• Personalized Waterfall bag tag for each player.

Contact Jakob Kleine, Head Golf Professional to begin planning your golf outing and share this great course with someone who will appreciate the experience! Call the shop directly at 706.212.4020 or e-mail jkleine@thewaterfallclub.com

For those dining at The Lodge on the 5th, the fireworks are visible in the distance over Meeting House Mountain!

COMMUNITY NEWS

4th Annual Earl Patton Ducktape Regatta

July 4, 2014 12 pm - 5 pm at LaPrade's Marina on Lake Burton



It's time for the 4th Annual Earl Patton Ducktape Regatta! If you have never experienced the regatta you are missing a riot!

Building the boats, racing the nautical creations and hanging out with friends all for a great cause...it's a ton of fun. This year the proceeds will go to FAITH - Fighting Abuse in the Home and there are several ways you can be involved:

- Sponsor a team
- Become an event sponsor
 Make a direct donation to
 FAITH into the Earl Patton

Memorial fund.

• Come spend the day at LaPrade's Marina and enjoy all the festivities.

Go to lapradesmarina.com and on the bottom left side click on the Ducktape Regatta logo for more information.



Annual Earl Pa

ktape Regatta

30th ANNUAL Lake Burton Fun Run

> "Bigger and Better than ever before"

Race Date Saturday July 5th, 2014 9 am

*New this year: Raffle for our safety personnel To purchase Raffle Tickets check out and like Lake Burton Fun Run on face book

Raffle items include 30 year Fun Run Commemorative Quilt, Yeti cooler, Big Green Egg, Paddle board, Gas Outdoor Grill and more!

Winners will be announced at awards ceremony

Because this is a 30th anniversary themed event, we encourage you to wear your favorite Lake Burton Fun Run Shirt from the past with a special prize for the oldest shirt

> CELEBRATING 30 YEARS OF THE LAKE BURTON FUN RUN! "Bringing friends and families together for fitness since 1984"

lan Murphy begins to launch the Waterfall Club boat at the 2013 Ducktape Regatta. Did the Club win? Let's just say we didn't come in last, but had a great time!



FITNESS NEWS



IMPROVE YOUR GAME

Golf requires as much of a warm-up as physical activity. Many golfers rarely perform one. They simply walk or drive to the range, hit a few balls, maybe chip and putt a little, but never spend a single minute stretching the body.

Warming up not only helps you maximize your golf swing but, your muscles are prepared for stress and it also helps prevent injury to keep you on the course all season.

The three golf stretches below focus on the major parts of the golf swing to help you drop your scores in no time!

Standing Twist:

Begin with a Standing Twist while keeping your hips and legs stationary. Hug yourself and twist approximately 90 degrees to loosen your back. Repeat the twist bilaterally. Twist 20 times per side. Once you have done this a few rounds in a row, try adding a 9 iron and pitching wedge held across your upper body to add focus to the movement.

Overhead Triceps Stretch:

Perform a static Overhead Triceps Stretch three times for 20 seconds per side to loosen up the largest portion of your upper arms. This will provide flexibility and strength to the biggest muscle group in your arms, assisting your power throughout the golf swing.

Dynamic Lunge With Twist:

This is where you need to decide if you want to shoot your lowest score or answer probing questions from your golfing buddies. Perform a Dynamic Lunge and Twist. Do one set of 12 reps twisting toward the side of your lead leg. You can do this in place with your lead foot bringing you back to your starting position and then alternating. This movement continues the warm-up for the twisting motion of the swing, but it also adds firing of the leg muscles to give you maximum distance for 18 holes.

Try this short golf stretching routine it's guarantee you will record lower scores this golf season. Preparing your muscles before each round is part of the daily routine for most professionals to maximize their potential on the course, whether for a major tournament or a practice round.

Personal Fitness Training

This golf season remember to make your massage appointment after your round of golf. Give us a 48 hour notice before your round of golf and receive 20% off your same day massage.

Fitness Director Dave Linn has been a great addition to the Waterfall Management Team. Besides his "can do" attitude, Dave has demonstrated an exceptional skill at personal training and motivation to help individuals achieve their health and fitness goals. Stop by and get to know him. Dave will be happy to drop a hint or two, or setup something more formal like a personalized workout program. Waterfall Club member Sheryl Trower has been quite impressed.

"I have been working with Dave Linn as my personal trainer for about a month. He pushes me each week to meet my goals and encourages me when I think I can't do one more rep! His method of training includes intervals of two minute segments. I`m thrilled with the results I am getting!"

~Sheryl Trower

Introducing your new Chef of Waterfall Club



Waterfall Club overlooking Lake Burton just got even more distinctive with the recent hiring of 20-year culinary veteran Marco Arguelles as executive chef. Arguelles has worked at some of

the most prestigious private clubs in the country. He most recently was executive chef and food & beverage director at Escondido Golf & Lake Club, an-award-winning club community in the Texas Hill Country. Prior to that Arguelles was executive chef at Old Marsh Club, an elite private golf club in Palm Beach that is the recipient of BoardRoom Magazine's Distinguished Clubs of the World award. He previously was executive chef at English Turn Golf and Country Club in New Orleans over several of the years when the club hosted a stop on the PGA Tour. During his time in the Crescent City, Arguelles worked many charity events with renowned chefs like Emeril Lagasse and Paul Prudhomme, with whom he became close friends.

A Certified Executive Chef® by the American Culinary Federation, Arguelles considers fusion cuisine as his trademark. Raised in New Orleans, his cooking is informed by the Creole and Cajun culinary traditions. Yet, he also brings to bear his classical training in French cuisine along with the timeless tastes of his Hispanic roots.

The Club is excited to welcome Chef Marco. During the recruiting process and even in his first couple of weeks at the Club he as shown creativity, passion for cooking and a dedication to excellence will certainly enhance the club experience for our members.



Chefs Recipe

From the Kitchen of Chef Marco

GEORGIA PEACHES & PROSCIUTTO SALAD

Sweet ripe Georgia peaches pair with peppery arugula and a hit of salty Parmesan and Prosciutto in this outstanding side salad.

INGREDIENTS

2 Tablespoons lemon juice
1 Tablespoon finely chopped shallot
1 Teaspoon Dijon mustard
1 Teaspoon honey
1/8 Teaspoon salt
3 Tablespoons extra-virgin olive oil
8 Cups arugula, trimmed if necessary
2 Ripe peaches, cut into wedges
1/2 Cup shaved Parmesan cheese
3 Paper-thin slices prosciutto (about

2 Ounces), torn into 2-inch strips Freshly ground pepper (optional)

PREPARATION

Combine lemon juice, shallot, mustard, honey and salt in a large bowl. Whisk in oil until combined. Add arugula and toss to coat. Divide among 4 plates and top with equal portions of Peaches, Parmesan and prosciutto. Serve with a grinding of pepper on top, if desired.

Nutrition Per serving:

212 Calories; 15 g Fat (4 g sat, 9 g mono); 19 mg cholesterol; 12 g carbohydrates; 1 g added sugars; 9 g protein; 2 g fiber; 611 mg sodium; 327 mg potassium. Nutrition Bonus: Vitamin A (27% daily value), Vitamin C (22% dv), Calcium (17% dv) Carbohydrate Servings: 1

Waterfall

D - Dining Room

- A Athletic Center
- G Golf Course/Shop
- Community Event

UPCOMING EVENTS

- **D** July 3 LBWS Annual Wine Expo Lodge
- O July 4 Ducktape Regatta At La Prade's Marina
- July 4 Fireworks Lake Rabun
- Fire Works Display On Lake Burton, AI A Carte Dinner Service
- D July 8 Lodge Will Be Open For AI A Carte Dinner Service
- ▲ July 8-10 Kids Adventure Camp
- G July 19 Member-Member Tournament
- G July 22 Course Closed for Scheduled Maintenance
- ▲ July 22-24 Kids Creative Camp
- G August 9-10 Club Championship Weekend
- G August 26 Course Closed for Scheduled Maintenance
- D August 30 Annual Labor Day Pig Pickin Lodge. Music By The Flying Oatsmen
- September 1 Par 5K & Putt Putt Fun Run
- September 8 Rhapsody at Rabun
- D October 25..... Lodge Closed Wedding Alternate Member Dinner TBD
- D November 1 Lobster Feast Lodge
- D Nov. 8,15, 22..... LBWS Fall Series Lodge
- **G** November 10...... Course Closed for Aerification
- November 27...... Thanksgiving Feast and Thanksgiving To Go Lodge
- December 20 Yuletide Dinner Lodge
- December 31 New Years Eve Bash Lodge



CONGRATULATIONS GARY!!! 15 YEARS OF OUTSTANDING SERVICE AT WATERFALL CLUB!!

As you see Waterfall Club Engineer Gary Speed throughout the facilities please help us in congratulating him for his 15th anniversary of working at Waterfall. The staff caught him in the kitchen while fixing a piece of equipment to honor him!



The Waterfall Club would like to say thank you for allowing us to serve & celebrate with you for your beautiful weddings! Congratulations to the Hardies and Goochers!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	KIDS Golf Clinic June 30	1 KIDS Golf Clinic	KIDS 2 Golf Clinic LODGE OPEN ala carte WATER AEROBICS 9:00 am Total Toning 10:15 am	3 Gentle Yoga 9:00 am	4 Water Aerobics 9:00 Am Total Toning Fitness Class 10:15 am Classic Yoga 4:00 pm	FIREWORKS Lake Burton
6 Couples Outings	7 LODGE OPEN ala carte	8 Kids Adventure Camp	Kids 9 Adventure Camp Water Aerobics 9:00 Am Total Toning Fitness Class 10:15 am	10 Kids Adventure Camp Gentle Yoga 9:00 am	11 Water Aerobics 9:00 Am Total Toning Fitness Class 10:15 am Classic Yoga 4:00 pm	12 Kids Movie FROZEN 2:00 pm
13 Pickle ball DEMO 3:00	14	15	16 Water Aerobics 9:00 Am Total Toning Fitness Class 10:15 am	17 Gentle Yoga 9:00 am	Couples 18 Outings Water Aerobics 9:00 Am Total Toning 10:15 am	19 Member Tournament Hike Tallulah Gorge Kids Movie DESPICABLE ME 2 2:00 pm
20	21	Kids 22 Creative Camp Course Closed for Maintenance	Kids 23 Creative Camp Water Aerobics 9:00 Am Total Toning Fitness Class 10:15 am	24 Kids Creative Camp Gentle Yoga 9:00 am	Water 25 Aerobics 9:00 Am Total Toning Fitness Class 10:15 am	26 Kids Movie THE CROODS 2:00 pm
27 Couples Outings	28	29	30 Water Aerobics 9:00 Am Total Toning Fitness Class 10:15 am	31 Gentle Yoga 9:00 am		