



Member Update

Burns Night Dinner - Sun 1/24

Assuming current VA indoor dining restrictions remain unchanged, we'll offer a traditional Scottish menu for dinner in the main dining room on 1/24. For those not feeling adventurous we'll also offer pizzas to-go, though note that the Burns Night menu will be the only eat-in service on 1/24 (the Burns Night menu is also available to-go). RSVP to eat-in or order to-go [here](#). Note that due to COVID considerations this will be a scaled down version of Burns Night, without guests speakers, A/V presentations, etc. We'll look forward to their return in 2022. The menu is \$50 per person prix fixe:

- *First Course* - Haggis with Neeps & Tatties
- *Second Course* - Grilled Filet Mignon OR Pan Roasted Salmon with Potatoes Au Gratin & Roasted Brussels Sprouts
- *Third Course* - Sticky Toffee Pudding & Vanilla Ice Cream
- No substitutions/additions/subtractions please.

Golf

NEW - Superintendent's Update - The amount of cart traffic into wet areas continues to be a concern. Any area that looks darker than the

surrounding area (example below) needs to be avoided, whether or not it is roped off. The ruts created aren't just unsightly, they damage subsurface turf structure and make springtime recovery of these areas much more difficult. We ask that members help us keep the course healthy, not just by exercising common sense themselves, but also by anonymously letting us know when others are not doing the same. We've set up a new email address for that purpose: badcarts@theclubatglenmore.com. Emails and pictures sent there will be quickly dealt with in confidence by multiple people at the highest levels of club management.



NEW - Spring High School Golf - In years past we've hosted Monticello and Covenant's teams, both of whom are planning to play a spring 2021 season to make up for lost time in the fall. We'd love to host them again, but will pause for the time being. COVID and above average play on dormant grass are the key factors. We're big believers in junior golf and will keep investing in that area and revisit this next season.

Reminder - Recruiting Girl Golfers Grades 7-9 for Rotella Academy - The Rotella Academy continues to grow and is aiming to

develop an all-girls group. We're initially targeting grades 7-9, but welcome other girls interested in golf instruction in general or the Rotella Academy specifically. The Academy includes group and individual instruction led by Bill Fedder, group sessions with Dr. Rotella and on-course practices. Athletic skill and a positive attitude are more important than baseline golf skill in being considered. Email [Bill](#) for more info.

Reminder - Lost & Found - We've made a New Year's resolution to clear out our lost & found stash; additionally we'd like to encourage members to also clean out their own golf closet/garage stashes for a worthy cause. At the club we mostly have head covers and towels, along with a few clubs and some outerwear. Email [Jack](#) to inquire about anything you're missing. What's not claimed by 1/31 will be split into two categories: golf equipment and clothing. Equipment will go to the First Tee, and clothing will be distributed among local shelters. If you have anything you'd like to donate, drop it by the Pro Shop before 1/31 and we'll add it to our pile.

Fitness & Racquets

NEW - Pickleball Instructor - Welcome Megan Washburn. Some of you may already know her as the [Dink Doctor](#), or through her competitive 5.0 level play. She is an International Pickleball Teaching Professional Association (IPTPA) certified teaching pro and travels the country playing the game. Megan played softball and rugby at Radford and currently coaches travel/high school volleyball and softball. She loves helping players incorporate prior sports mechanics into their pickleball game and is looking forward to helping you improve your play.



Reminder - Jan/Feb Tennis Lesson Special - Special winter rates for lessons with Mark, only \$50 per hour for one or two players. [Email](#) to set up a time

Reminder - Slow Flow Yoga - Join Mary every Thu at 10am for a new “Slow Flow” yoga class. Appropriate for all ages and skill levels, we'll focus on mindful breathing and movements designed to improve flexibility, balance and alignment. In the Ballroom, limited to nine participants, email [Mark](#) to sign up.

Reminder - Evening Yoga Nidra via Zoom - Also known as yogic sleep or sleep with awareness, this ancient practice is rapidly gaining popularity in the West. Join Holly Hedstrom every Thu at 8:15pm for a highly relaxing class intended to induce full-body relaxation, overcome sleeplessness, and instill a deep sense of peace. Attendees are encouraged to wear pajamas and are welcome to turn video off if they wish to practice anonymously. For more info or to RSVP email [Mark](#).

Dining & Social

UPDATED - Family-Style Specials - Portioned for 4 or 6 servings. We regret that we cannot provide smaller portions of these specials.

- **Slow Cooked Beef Tips** over Egg Noodles (\$40/50)
- **Shrimp & Grits** with a Spicy Sausage, Onion & Pepper Gravy (\$45/55).

UPDATED - Seasonal Beers on Tap - We're rotating through a series of special seasonal beers in the Piper Pub, new this week are:

- [Tröegs Brewing](#) (Hershey, PA) Perpetual IPA. Dry-hopped with a mix of six different hops and three different grain, tasting of sticky citrus rind, pine balm and tropical fruit, with an ABV of 7.5%.
- [Pale Fire Brewing](#) (Harrisonburg) Red Molly Irish Ale. Blends Crystal and Munich malts with mild British hops for a complex but refreshing result with hints of chocolate wheat and a slight residual sweetness. It's 5.6% ABV and has won bronze in the 2019 Great American Beer Festival and gold at the 2018 VA Craft Beer Cup.
- [Starr Hill](#) Little Red Roostarr Coffee Cream Stout. Smooth and silky, a forward coffee aroma with hints of dark chocolate and black currants. ABV of 6.0% and gold medal winner in the 2019 VA Craft Beer Cup.

Reminder - Cooking with Chef Frederick - The third video class in the series starts the new year off healthy (to balance out the cupcakes of course). The menu is Flounder en Papillote, Julienned Vegetables, Brussels Sprouts, Brown Rice Pilaf and a Herb Vinaigrette. Each kit is \$29 and serves two. [RSVP](#) by **Wed 1/20**, then pick up on **Sat 1/23**.

Reminder - Tailgate Catering - Football playoffs are here and basketball season has begun. Let the club cater your watch party.

Menu and more info [here](#).

New Member Spotlight - Welcome Bob and Margie Armen. After professional careers divided between Washington's Beltway and VA's Northern Neck they are happy to escape Washington traffic and to trade the docks of the Chesapeake Bay for the foothills of the Blue Ridge. Wine aficionados and opera lovers, Bob and Margie also love to travel and dine out and hope to get back to these things one day soon. Until then, they're staying close to home and spoiling their little pup Pebbles.



NEW - "Point of Sale" Clarification

This language in our year end recap confused some members:

Point of Sale - We paused this joyless, but important, project that was scheduled for Q2 2020 because we wanted to avoid the disruption to operations with so much at risk from a safety perspective. We're now internally debating whether to take this

on over this relatively quiet winter or wait for next. If we move forward, you'll hear more about the transition.

"Point of Sale" refers to registers in the club's restaurants, pro shops, etc., plus all the behind-the-scenes software that runs them. We were referring to a planned major upgrade in that software environment which had to be postponed due to COVID. Our apologies for any confusion.

Links

- January club calendar [here](#).
- Summary of policies & procedures by department [here](#).
- Order take out & delivery [online](#).
- Household basics & pantry staples are available [here](#).
- [Suggestions](#) are always welcome.

Suggestions are always welcome at:
suggestions@theclubatglenmore.com

www.theclubatglenmore.com

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