



Member Update

Burns Night Dinner CANCELLED

Thanks to everyone who gave us feedback on plans for a COVID-limited Burns Night Dinner. We're going to take this year off and we'll look forward to having a bigger celebration to properly honor the Scottish bard next year. If you've already placed a to-go order for special menu previously scheduled for 1/24 please consider it cancelled. In its place we'll offer our Sun night [burger specials](#), plus the regular dinner menu. Thank you for your understanding.

Golf

NEW - Superintendent's Update - Our crew is nearly back to full strength with almost everyone through COVID testing protocol, minus two who are still in quarantine for a few more days. We took down another five ash trees this week, all victims of the Emerald Ash Borer. We've spread more lime, a soil amendment that encourages a healthy pH level. If you see small green pellets that's the lime. It's inert, so harmless to humans and animals, and it'll finish dissolving with the next rain. 13 holes down and 5 to go on lime application.

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 Sun 1/31 and we'll add it to our pile.

Fitness & Racquets

NEW - Pickleball Instructor - Let new instructor Megan Washburn help you improve your play no matter your skill or experience level. Email pickleball@theclubatglenmore.com.

NEW - Youth Sports Conditioning for Grades 7-10 - This five week program is designed to get your junior athlete ready in advance of spring sports season. We'll focus on speed, agility and quickness training, plus injury prevention and core strength/stability. 10-11am on Sat from 2/6 through 3/6, \$75 per member, \$100 non-member/non-resident, \$125 non-member resident. Taught by Coach Dave Kamienski, a Certified Personal Trainer whom some of you many know through his work with the Rotella Academy juniors. Email [Mark](#) with questions or to sign up.

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 - Wine List - The new year brings a new [wine list](#). New wines include a Chenin Blanc from Ernie Els's Big Easy vineyard, a Spanish Rose from Ucles, Shooting Star's CA Zinfandel, a Columbia Valley Syrah and more. We'll also be rotating house reds and whites, starting with Finca la Estacada's Ocho y Medio Chardonnay from Castile-La Mancha, Spain, and California Landscape's 2016 Cab Sauv.

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

- **Baked Seafood Penne** with Shrimp, Salmon and White Fish, Cream Sauce and Vegetables (\$35/50)
- **Whole Roasted Chicken** with Herbed Basmati Rice, Vinegar Slaw and Lemon Thyme Cream Sauce (\$35/50).

NEW - Glenmore Supports Startups -

- **Coffee Kombucha** - Chef Frederick has been helping UVA Darden student Jing Xu who some of you may have seen in the pool kitchen recently. Her company is Cobouchy, a coffee kombucha beverage company. Coffee kombucha is sparkling, probiotic coffee that has been fermented, similar to how tea is fermented to make kombucha. The benefits are that it is less sour and more caffeinated than typical kombucha, so it is a nice way to get a little more energy for the rest of your day without keeping you up at night. Jing just received regulatory clearance to begin tastings so click [here](#) if you'd like to be among the first to try Cobouchy in an outdoor tasting at Glenmore, date TBD.
- **Rhoback at the Inauguration** - Our friends at [Rhoback](#) were both amazed and totally surprised to see former president George W. Bush wearing one of their face coverings at Joe Biden's inauguration. They received some great press [locally](#) and [nationally](#), and we're proud they turned to Glenmore to help fulfill 250k masks when the country badly needed them. Those masks – often worn by our team – are the same as President Bush's, only in the color black. At a time of fear about how to maintain employees and navigate the pandemic early on, being able to use our food and beverage team to ship masks to desperate people boosted our sense of purpose.

Reminder - Seasonal Beers on Tap - We're rotating through a series of special seasonal beers in the Piper Pub, new last 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 - 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 back returning members Eric and Kelley Johnson. Eric is currently a Client Strategist for [Brown Advisory](#), is a former Market President with Bank of America and Managing Director of US Trust here in Cville, and is the former Chairman of the Board of the [Charlottesville Area Community Foundation](#). Kelley runs the household and has previously led [First Night VA](#). They're both originally from Culpeper and have two grown sons, one who's settled in Montana, the other in Kashsiung, Taiwan. In addition to travelling, Eric and Kelley enjoy walking, hiking, and are expert sailors. In 2017-18 they took a year off to sail from the Chesapeake to the FL Keys, trying to scrupulously honor their daily "toddy time" along the way.



Personnel Update

Join us in congratulating Event Coordinator Kaitlin Moran who has taken a position in the software industry. We'll miss her here and wish her well. If you were planning a future event with Kaitlin please [check in](#) with her before the end of the month so we can make a seamless transition. Events questions can also be directed to [Thomas Leroy](#) until we have Kaitlin's successor on board and up to speed. We're still interviewing candidates, if you know someone who you think would be a good fit have them email [Thomas](#).

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

The Club at Glenmore
1750 Piper Way, Keswick, VA 22947
(434) 817-0506

[unsubscribe from this list](#)