



Member Update

For safety, the golf course and cart paths are for golfers only. We encourage all outdoor exercise, and for non-golf activities please use sidewalks or the Glenmore trail system. Our front line heroes at the hospital are working hard enough without having to treat injuries from stray golf balls.

The Store at Glenmore - Let us save you a trip to the grocery store for household basics and pantry staples. [Online ordering](#) is open until 5pm on Sun for pick up or delivery the following Tue.

Mother's Day To-Go - After the positive response to our Easter Buffet To-Go, we're offering a similar menu for Mother's Day. [Order online](#) by 5pm on Thu 5/7.

Dining To-Go or Delivery - The full lunch and dinner [menus](#) are available for delivery (within Glenmore and Rivanna Village) or pick up, 11:30-8, Tue-Sun. You can also order online with a few clicks [here](#). This week's "family-style" specials are:

- Cottage Pie (Shepherd's Pie with Ground Beef instead of Lamb).
- Seafood Pot Pie (Shrimp, Salmon and White Fish in a Sherry Tomato Cream Sauce with Puff Pastry Topping).
- They're available sized to serve either 4 or 6, with salads and desserts offered a la carte. Call the Grill to order (817-0507), allowing at least 30-45 minutes of lead time.

NEW! Charity Work in the Time of COVID-19 -

- Social distancing got in the way of our plans to raise a glass with friend and club member Michael Kaminski while presenting his organization, Gratitude C'Ville, with proceeds from last fall's first annual Glenmore

Town Day. For more info on Gratitude C'Ville's unwavering support of our veterans, active military and first responders click [here](#).

- 100+ Women Who Care C'ville donated \$6,250 to the [Emergency Food Network](#) this month. Pictured below is Nancy Markos making their first ever masked hand-off to Meghan Cloud, President of the EFN Board. To learn more about (or join!) these 100+ women and the great charity work they do, click [here](#).



NEW! Masks, Masks, Masks - We've been busy on several fronts since the CDC changed their guidance regarding masks. In addition to our team donning masks we're partnering on the fulfillment of [250k masks](#) created by our friends at C'ville based activewear startup [Rhoback](#) which they are selling at their cost. They were featured on [local](#) and [national](#) news and the masks sold out within hours. We're also working with UVA students who have supply chain connections in China to bring PPE to C'ville. Funds are being raised within the UVA community for production, and Glenmore is helping organize donation requests from medical facilities, restaurants, grocery stores, senior care centers and more. Share [this link](#) with friends in those fields.

Golf Save-the-Dates -

- Memorial Day Stableford, Mon 5/25.
- Ladies member-member, Sat-Sun 6/27-28.
- Men's member-guest, Thu-Sat 7/16-18.

Online Tee Times - Members can book tee times by [logging in](#) to the members' side of the website and clicking "book tee times." If you're bringing guests, please make a note in the comments section about who the guest is and which member to charge--absent notation we'll charge the member listed in the first slot. Note: for household members booking different times, please login separately to avoid the software's de-duplicating defaults. Thanks to everyone who has helped us chase bugs and provided feedback for improvement on this

new system.

NEW! Online Score Posting - The computer outside of the 19th Hole has been disabled in accordance with best COVID-19 practices. You can post scores by [logging into](#) the members' side of the website and clicking on "golf," or bookmark the direct link [here](#). You can also download the [VSGA app](#) and use it to post scores from your phone. For more info on the new-for-2020 World Handicapping System now being used by the USGA see [here](#).

NEW! Touchless Golf Ops Tipping - The golf operations hourly team is cleaning and sanitizing carts and range balls among other things. The only way to tip them until now has been cash, which is understandably out of favor in the pandemic. Beginning this weekend, Glenmore is beta testing a tipping app called [Tack](#) that was developed by a team at UVA Darden. We are the first golf course in the country to use this technology. There are two ways to tip, QR code or online. Future iterations could include credit card and member number storage, and whatever other ideas our members come up with. [Give it a try](#).

Practice Areas - Please be sure to bring your own balls when using the short game practice area and practice putting green. We're no longer leaving balls so as to eliminate potential common-touch items. Please also collect all of your balls when finished.

Superintendent's Update - After an inch of rain and with more on the way please the course is very wet--please follow daily cart rules without exception. Earlier in the week we cleaned up stumps from downed trees along Piper Way (left), and cut the rough for the first time this year (right).



Fitness - The Fitness Center is still closed, with classes taking place outside or via Skype. All classes are complimentary, with a maximum participation of 8 people per class. Email [Mark](#) to signup, and bring your own mats. Current offerings are:

- **Glenmore Fitness** (meet outside the Clubhouse) - Mon-Fri 8-9am.
- **Yoga** (meet at the Tent Pad) - M/W/F 10-11am.
- **Tai Chi** - At the Tent Pad Tue 4-5pm, via Skype Wed 4-5pm.

- **Outdoor Xtrain** (meet outside the Clubhouse) - M/W/F 7-8am.

NEW Classes!

- **Yoga Nidra Class via Zoom with Holly Hedstrom** - Also known as yogic sleep or sleep with awareness, Yoga Nidra is an ancient practice that is rapidly gaining popularity in the West. This evening class is intended to induce full-body relaxation and a deep meditative state of consciousness, holistically addressing physiological, neurological, and subconscious needs. Email [Mark](#) to sign up. Thu 7pm.
- **Coming in May - Power Yoga for Respiratory Health and Golf Fitness.** This Baptiste-based class will have a two-pronged focus: developing strong, pliable muscles for supporting a powerful and technically sound golf swing outside of the gym, and increasing circulatory and breath awareness to support the immune system. With Karen Kopf via Zoom, dates and times TBD.

Racquets - Please call 817-0539 or email [Mark](#) to reserve a court. Courts must be reserved in advance. Reminder that in Pickleball doubles teams must be comprised of members of the same household, and for all play the [single-touch ball rules](#) we've devised must be followed.

Repair and Restringing - We've adjusted the usual procedure as follows:

- Let Colin or Mark know in advance if you would like to have your racquet(s) restrung/regripped/repared.
- We'll advise on the time and location to leave the racquet(s).
- Allow 3-5 days for us to complete the requested work while safely handling equipment: receive, disinfect, maintenance/repair, disinfect, return.
- Following completion, we'll advise on pickup time and location.

New Member Spotlight - Barbie and Spence Stouffer are enjoying retirement in Hilton Head as members of Long Cove. They have a daughter in Earlsyville, a grandchild at UVA, and 7 others split between VA & FL. Spence is W&L '64 and was a partner at Miller & Smith in McLean which is the 100th largest home building company in the country. Barbie hails from New Mexico and has been in the area since '68. They have visited every continent, and are looking forward to making new friends here.



Suggestions are always welcome at:
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