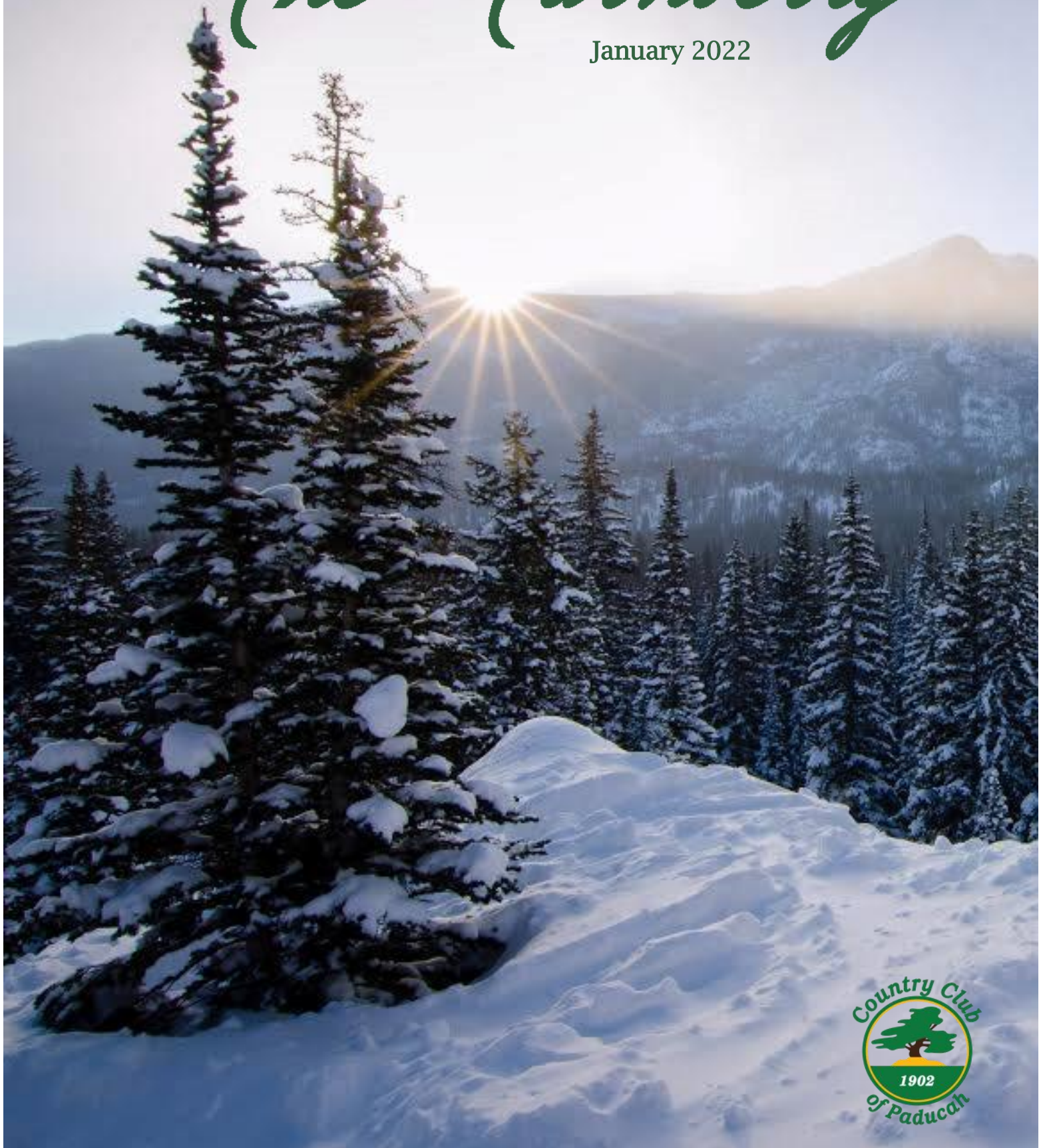


The Turnberry

January 2022





HOURS OF OPERATION:

Club Office

(270) 554-7914 option 4
Mon-Fri 8:00am - 4:30pm

Dining Room

(270) 554-7914 option 3
(270) 448-3463
Tues-Fri 11:00am - 9:00pm
Sat 10:30am - 9:00pm
Sun 10:30am - 8:00pm

Golf Shop

golfshop@ccofpaducah.com
(270) 554-5330 option 5
Tues-Sun 9:00am - 6:00pm
Closed on Mondays.

Tennis Shop/Fitness Center

ccptennis@ccofpaducah.com
(270) 554-7065
Mon-Thu 7:00am - 8:00pm
Fri 7:00am - 4:30pm
Sat 7:30am - 2:00pm
Sun 12:00pm - 5:00pm

Pool

Closed for the season.

Snack Bar

Closed for the season.

CLUB CONTACTS:

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Course Superintendent
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Oscar Imhof

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and up-to-date on all the social, dining, golf and tennis events your Club has to offer by following us on Facebook, Instagram, the Club App, and on our website at www.ccofpaducah.com

Smartphone App

Apple scan below



Android scan below



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Golf Chairman
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Dr. Chad Bassi

House/Pool Chairman
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Mark Curtis

Finance Chairman
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Krista Lea

Social/Membership Chairwoman
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Bill Ragland

Greens Chairman
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Elliot Treece

Tennis Chairman
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Kevin McEwan

Past President
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President's Message

MIKE KARNES

Happy New Year!! I write this with mixed emotions as this is my last newsletter. I'm really going to miss that monthly email from Hollie that seems more like a weekly email, telling me she needs my newsletter. It has been a wonderful year and I have many people to thank. First of all my wife, Gena and my Partners at Williams, Williams & Lentz who have been a great support this year. But I was told that if I signed up for another year that I would be on my own, I'm not really sure what that meant, but I did take note of their advice. I also want to thank the Country Club staff. Until you have the pleasure of working closely with Chad Martin, Shannon Watson, Angie Skees, Hollie Treas, Michael Methot and Whitney Stone-Leyhue, you don't realize what a great staff we have. And I have been privileged to work with an awesome Board. While we don't always agree, we always respect each other's opinions and support whatever decision was made. It has made for some long but productive meetings and I appreciate their hard work.

As of now we only have two candidates who have agreed to run for the Board, Michael Martin and Chris Miller. We should have an email coming out soon with their bios and letting everyone know the process if the membership wants to nominate another candidate. Whoever gets elected, they will have big shoes to fill, Kevin McEwan and Bill Ragland will be rolling off this year. It's been a pleasure working with both of them the last few years and they will be missed.

And now for the big historic news, I would like to announce that the Board has elected Krista Lea to be President for 2022. Krista will be the Club's first female President and I have complete confidence that she will do a phenomenal job guiding the Club.

Lastly, thank you for the opportunity to serve as Club President this past year. I appreciate all the encouragement and kind words that have been spoken to me. Gosh I even appreciate the complaints, it's much better to know where we missed the mark so we can deal with the issue than to keep it quiet and unresolved.

I hope everyone has a great New Year and hopefully I will see you at the Club this upcoming year.

General Manager's Message

MICHAEL METHOT, CCM

I hope that you and yours had a wonderful holiday season and you did something special to ring in the New Year. It's hard to believe that 2022 is already upon us! Although I was not here the entirety of 2021, I want to thank you for helping to make it a great year at the Club. I came on board April 1, and I can honestly say that the past nine months have been exceptional. Thank you very much for welcoming me, and for all the assistance, guidance, and insight that you have given me. There is no doubt in my mind that we have a remarkable membership, and that you genuinely care about the ongoing success of this Club.

The holidays are always a time to stop and give thanks. I would like to thank everyone who hosted their events at the Club throughout the month. It was a busy holiday season, and I couldn't be prouder of the staff for their efforts! As always, the Club was decorated beautifully. Now that the parties are over, and the wreaths and trees are tucked away, please continue to support your Club through the upcoming months. Included in this edition of *The Turnberry* is the full listing of annual events for your review. Although they are subject to change, we hope to stick to the hallmark and core events for your enjoyment. If you're not doing so already, be sure to take some time and plan so you are able to capitalize on all that the Club has to offer.

As we look ahead, I ask that you continue to refer your friends and colleagues for membership. Encourage them to join you for a meal, a round of golf, and a tour of the facilities. There's no better way to promote healthy membership growth than by hosting friends at the Club.

The upcoming year will be filled with all the excitement, activities, and amenities you have come to expect. Our goals for 2022 include enhancing the food and beverage experience through diversified programming, upgrading all the Club's offerings and bringing value and enjoyment to every member! Further, we hope to streamline Club communications as the battle for your time and attention is fiercer than ever. As you know, it is a fine line between bombarding you with content and keeping your eyes engaged for proactive planning. We plan to tackle that challenge head on with the ultimate goal of getting maximum participation and engagement.

The team looks forward to welcoming you back in the Clubhouse on Tuesday, January 18. There are several events planned upon reopening as outlined on the Food & Beverage page, and we hope to see you there! Tennis operations remain open, and our new Director of Racquets will be onboarded this week. After a few months and an extensive search, I am confident he will take our program to new heights.

I wish everyone good health and prosperity in 2022!

OFF THE TEE

Chad Martin, PGA Director of Golf

WINTER SCORE POSTING

During the months of December, January, and February the Kentucky area is inactive for score posting. If you play in a warm season climate during these months, the scores can be posted. We will begin score posting for 2022 on March 1st.

PRO'S CORNER

Happy New Year to everyone! Now that the holiday season is over, the golf shop staff can start to concentrate on the upcoming season of golf events. The 2022 schedule of club events is included in this edition of the Turnberry. Please take time to mark your calendar for the events that you wish to participate in this year. As the season progresses, we will most likely add a few more events and I will make sure to notify the membership of these dates.

I would like to thank the membership for the tremendous support that was given to the Golf Shop this holiday season. We had a great turnout at our Golf Shop Holiday Drop In, and many shoppers throughout the holiday season. I look forward to another great season in the Golf Shop and hope that everyone will continue to think of your Golf Shop as a place to shop for all your golf/lifestyle needs. For spring 2022 we have already booked men's apparel from Travis Matthew, Straight Down, Johnnie-O, FootJoy, Harlestons, and Donald Ross. On the lady's apparel front we have booked merchandise from Straight Down, GG Blue, IBKUL and FJ Leisure. New for 2022 we will offer kids apparel from GARB.

The 2022 golf season will look a bit different than years past. We are currently in the application process to find a replacement for Ryan. Gabe is now beginning his journey into becoming a PGA Member and will begin his bookwork soon. I look forward to the process of training and mentoring our new staff. Without change everything stays the same and we are looking forward to offering our members a new and upgraded member experience this season at CCP.

Lastly, I would like to thank those that donated to our fundraiser for the Merryman House. We were able to help them purchase over \$1,300 of gift cards that went towards Christmas gifts for their clients. There are innumerable charities out there to support and I THANK YOU for helping to support this great cause. I would also like to thank the numerous members that donated to our "Stuff a Cart" donation drive which assists those affected by the tornados that ripped through Western Kentucky.

Happy New Year!!!!

GREEN SCENE

Shannon Watson, CGC Superintendent

As 2022 begins, we as a staff are busy working on winter maintenance tasks. I say winter with a bit of sarcasm, as December temperatures were Spring like for most of the month, and there were quite a few rounds played as a result. Each off season, our maintenance staff goes thru all machinery with tremendous detail. Gabe sharpens all reels and bedknives, changes bearings or seals in the cutting units, changes all fluids, and inspect all wear points on the equipment. Sometimes modifications are needed to insure optimal performance for the coming golf season. Additionally, we clean each unit with the same detail. The machines are hand washed and polished. In certain instances, we will repaint any rust spots. Our goal is to keep our fleet in the best shape possible and take pride in the appearance and performance of each unit. We are putting the finishing touches on the golf course accessories as well. We paint and refinish all the trashcans, tee markers, and ball washers too. Our full-time staff puts a significant effort of detail in these important winter tasks! I am preparing our plant protectant and cultural practice schedule for the course during this time. We will systematically plan these events around the golfing schedule to ensure maximum playability during the Clubs' major events. During January, I evaluate our previous years maintenance programs on the course and staff performances. The evaluation looks at the whole turf care operation and helps me, and staff discuss what worked, what might need tweaked, or what we need to change. This reflection helps set goals for the new year and leads to better worker satisfaction and playability on the course.

We are spending a fair amount of time on the golf course when weather allows. We will redistribute sand in the bunkers and pick any weeds. We will be cutting dead trees and pruning trees around fairways and greens. This process will take time to complete but will dramatically improve the playability and aesthetics of the course. There are several irrigation heads that need to be raised around the green complexes. Raising the irrigation heads to the appropriate height is important not only for its potential hazard, but to insure proper irrigation uniformity to the greens. Additionally, we will be mowing greens, changing holes, and doing any additional leaf cleanup as needed.

We hope your holiday season was filled with joy! We as a staff are excited about the coming year and the new set of challenges that each year brings. We will keep building off our momentum from 2021 and hopefully put the Club in position for its best golfing year yet. We look forward to seeing you on the course.

AROUND THE CLUB

Whitney Stone-Leyhue, Dining Supervisor
& Event Coordinator

Hello 2022! 2021 was a great year at CCP. We were happy to reopen the clubhouse and host events that were cancelled or extremely limited in 2020. We were able to add tables back into dining rooms and see faces that had been sorely missed during the mask mandate. I am looking forward to another great year with our amazing staff and members! The holiday season was a very busy time, we hosted at least 3 holiday parties nearly every day of December.

Our annual Club shutdown is approaching but we are excited to host our Welcome Back Buffet on Friday, January 21st. Chef Joel and his staff have created a great menu full of member

IN THE KITCHEN

Joel Corwin, Interim Executive Chef

The culinary team ended the year strong, keeping up our positive momentum through the annual New Year's Eve Dinner! We welcomed just over 100 members and based on the comments I received while walking through the dining room, members were thrilled with their dining experience. The staff prides itself on providing both new and trendy items, as well as traditional fare, and I think this last meal of 2021 checked both boxes. A first for me, I was surprised by the counts and variation of menu items ordered, where members typically gravitate towards just a few of the many dishes offered. This was certainly not the case this time around, and I am happy to see that some members stepped out of their comfort zone.

Speaking of variation, I am proud to bring you Brunch every weekend at the Club, starting on Sunday, January 23 with our Bonjour Brunch. We will then have our signature Grand Buffet the last Sunday of the month on January 30. As you look ahead to February and beyond, know a buffet will be offered each week with our All-American Buffet occurring every Sunday, with the Grand Buffet being offered the last Sunday of each month. The All-American Buffet will be a limited offering to include a continental plus a rotational protein, starch, and egg dish. The latter will be more of what you are used to, including breakfast and brunch items, as well as an omelet station and plentiful dessert display. As always, a limited a la carte menu will be offered each week in conjunction with these new concepts, should you wish to order something else.

favorites to mark the occasion. If you aren't available Friday then come on out Sunday, January 23rd for our Bonjour Brunch featuring Parisian fare and of course, champagne specials! Reservations are strongly recommended for both events so let me know if you'd like to come on out for two great all-you-can-eat events!

Coming up in January, we have our first Trivia Night of the year and the theme is going to be movies. Come on out for a night of cocktails, questions, and plenty of laughs. We will conclude the month with a Sunday Brunch Buffet on the 30th that is sure to please the whole family.

I can't wait to see what the next year brings us. Wishing you nothing but happiness in the new year!

Upon reopening, new menus will be launched and I am eager for you to try some new items! Look for cooler weather and heartier fare, as well as a few new twists on some long-standing member-favorites. As temperatures drop and you hunker down in your homes these next few weeks while we're closed, I wanted to share a recipe with you that resonates well with family members and guests alike, especially when entertaining in your homes:

Honey-Glazed Carrots and Parsnips

Ingredients:

1/4 c. olive oil
2 lb. carrots, peeled and cut into sticks (about 1/2 inch thick)
2 lb. parsnips, peeled and cut into sticks (about 1/2 inch thick)
2 tsp. kosher salt
Black pepper, to taste
2 tbsp. salted butter
1 tbsp. chopped fresh thyme, plus more for topping
3 tbsp. honey

Directions:

Heat the olive oil in a large skillet over medium-high heat. Add the carrots, parsnips, salt and pepper and toss to coat. Cook, gently tossing occasionally, until the carrots and parsnips are tender and golden in spots, 15 to 20 minutes. Reduce the heat to low and add the butter, thyme and 2 tablespoons honey. Toss until the butter is melted and the vegetables are well coated, 2 to 4 minutes. Transfer to a serving platter, drizzle with the remaining 1 tablespoon honey and top with more thyme.

2022 Calendar of Events

JANUARY

21-Welcome Back Buffet

22-Pickleball Fiesta Social Mixer

23-Bonjour Brunch

A first here at CCP, rise and shine with us as we bring you some festive fare to include Oysters, Shrimp Cocktail, Salads, Croissants, French Toast, Fresh Eggs to Order, Haricot Verts, Croque Monsieur, Pommes Dauphinoise, Spinach-Mushroom Crepes, Chicken Coq au vin, Paupiettes de Sole, and a variety of desserts. A full Children's Corner and libations by signature will also be offered, so make this a full-family feast on the first Sunday we re-open. Please make your reservations early as we expect to be busy upon returning.

28-Ladies Doubles FUN Morning Tournament

29-Trivia Night: Movies

MARCH

1-LNO Mardi Gras Madness

3-Family Night Buffet

Food for all and family fun will be offered this evening! A themed, value-driven buffet will be available. This would be a perfect evening for you to entertain those perspective member friends of yours.

5-Chili Open

6-All American Brunch

8-Guest Day \$40

12-Rendezvous Along Route 66

Get those road maps out and join us on a one-of-a-kind journey as you sip, savor, and socialize across state lines! Stops at your favorite destinations will include Chicago, St. Louis, Tulsa, Albuquerque, Flagstaff and Santa Monica. It's a long drive we know, so several Rest Stop refreshment and grazing stations will hold you over until your next stop. Form a group and find your road to good food and drink, just like they used to.

13-All American Brunch

17-Crafting with Kids-St. Paddy's Day

20-All American Brunch

22-Guest Day \$40

25-Formal Dining

26-Klondike Classic

27-Sunday Brunch Buffet

31-BYO Burger Night

FEBRUARY

3-Family Night Buffet

4-LNO National Wear Red Day

5-Aspen Nights

This indoor-outdoor event is meant for blizzard-like conditions and appropriate attire is a necessity – snow pants, flannels, ski boots! Festive fare and libations will be sure to please, so come beat these cool temperatures with ease. This first-time event will hopefully be an annual tradition, so come make it a wintery celebration.

9-Crafting with Kids-Valentine's Day Crafts

12-Mamas & Mimosas

13-Valentine's Dinner

17-Pastabilities

19-Men & Women Doubles Club Championship

25-Formal Dining

26-Date Knight with a Queen

APRIL

1-Family Night Buffet

2-Tween Night Out

3-All American Brunch

7-LGA Opening Luncheon

10-Sibling's Day Brunch

13-LNO Spring Has Sprung

14-New Member Mixer

16-Easter Egg Hunt & 3 In a Row Social Mixer

17-Easter Brunch

20-Men's Night Begins

21-Thirsty Thursday

23-Kickoff Scramble

24-Sunday Brunch Buffet

27-Admin. Professional Day Buffet

28-Crafting with Kids-Mother's Day Edition

29-Formal Dining

30-CCP 2-Man Open & Trivia: True or False Facts

Food • Music • Fishing • Photos

MAY

1-CCP 2-Man Open & All American Brunch

4-LGA Spring Handicap Tournament

5-LGA Spring Handicap Tournament
Family Night Buffet: Cinco De Mayo
Thirsty Thursday

6-Spring 1-Day Member-Guest

7-Couples Golf & Kentucky Derby

8-Mother's Day Brunch

14-Youth vs Experience

14-Youth vs Experience & All American Brunch

16-Spring Fishing Derby

19-Thirsty Thursday

21-CCP Concert: Tacos & Tequila

New in 2022, the well-liked concert series of the past will be revitalized for you to participate in. A theme will be applied to each occurrence and the first of the season will have you tempted to taste more tacos. Tequila cocktails and tastings will pair perfectly with your chips and guac!

Mixed Doubles Club Championship

22-All American Brunch

26-LNO White Jeans Party

Who said you could only wear white jeans from Memorial Day to Labor Day? Dust off your favorite pair and kick off your summer in style. Join your fellow members for a night of comradery, can't miss cocktails and catch up as you plan out your summer here at the Club.

27-Pool Opens at 3:00pm

28-School's Out for Summer Swimming Social

29-Arbor Day Event & Spring Family Photo Shoots

Join us for an eventful afternoon filled with environmental awareness and some fun activities! This family event will feature giveaways, a youth poster contest, refreshments, and a tree care demonstration.

Sunday Brunch Buffet

30-Memorial Day BBQ & Memorial Day Tournament

31-Clubhouse Closed

JUNE

2-Thirsty Thursday

3-Family Night Buffet

4-Milkshake Mayhem & CCP Family Cup
CCP Concert Series Tapas on the Terrace

Live music, small plates and spending time with your friends is what's on the menu for this special evening. Sangria and succulent snacks will have you sampling the night away.

5-All American Brunch & Couples Golf

8-LNO National Best Friends Day

11-Spring Family Photo Shoot
Golf/Tennis Combo Event

12-Golf/Tennis Combo Event & All American Brunch

16-Thirsty Thursday

18-Ice Cream Float Social

I scream, you scream, we all scream for Ice Cream! We have two unique opportunities for you to indulge in during the heat of summer, Milkshake Mayhem, and this event. Here's the scoop, you won't want to miss sweet celebration.

19-Father's Day & CCP Family Cup
All American Brunch

23-Member-Guest Stag Night

24-Member-Guest Tournament

25-Member-Guest Tournament & After Party

26-Sunday Brunch Buffet

28-LGA Memorial Tournament

30-Family Night Buffet

- Dining/Clubhouse
- Golf
- Ladies Golf
- Tennis
- Social Events

As you browse through the endless opportunities for you to partake in, be sure to cut out and save the 2022 Calendar of Events pages for proper planning! They are intended to be placed in an easily viewed place in your home, and we hope to see you often. There are truly opportunities for the entire family to participate.

Tennis • BBQ • Ice Cream • Golf

JULY

- 2-Milkshake Mayhem & CCP Concert Series
- 3-All American Brunch
- 4-July 4th BBQ & Red, White & Blue Tournament
- 5-Clubhouse Closed
- 7-Thirsty Thursday

- 9-Jr.Club Championship
Breakfast in Wimbledon Social Mixer

You sure you didn't mean at Tiffany's? Join your fellow members at the Tennis Center for a watch party and social on the final weekend of Wimbledon. What better way to watch the action than with some like-minded friends and European selections?

- 10-All American Brunch
- 14-LNO Arabian Nights
- 16-Ice Cream Float Social & Parent-Child Tourn.
- 17-All American Brunch

- 21-Thirsty Thursday
- 22-Member-Member Auction
- 23-Member-Member Tournament
- 24-Member-Member Tournament
Parent's Day Brunch

- 30-Trivia: Talk Nerdy to Me
Form a group of up to 6 people and test your luck at our quarterly trivia offering. The theme will bring about all things happening in and around today's society, so be sure to brush up on your B vitamins to have all your knowledge come to light. Prizes will be awarded to the winning team.

- 31-Sunday Brunch Buffet

- Dining/Clubhouse
- Golf
- Ladies Golf
- Tennis
- Social Events

AUGUST

- 4-Thirsty Thursday
- 5-International Beer Day BBQ
- 6-Sr. Club Championship & Milkshake Mayhem
- 7-Sr. Club Championship & All American Brunch
- 12-Family Night Buffet
- 13-Ladies Member Guest & CCP Family Cup
- 14-All American Brunch & Couples Championship
- 18-Thirsty Thursday
- 20-Club Championships & Ice Cream Float Social
- 21-Club Championships & All American Brunch
- 27-CCP Concert Series: Flights & Bites
- 28-Sunday Brunch Buffet

SEPTEMBER

- 1-Family Night Buffet
- 3-Milkshake Mayhem
- 4-All American Brunch & Couples Golf
- 5-Last Splash Labor Day Luau & Golf Tournament
- 6-Clubhouse Closed
- 7-Last Men's Night
- 8-Crafting with Kids-Grandparent's Day Crafts
LGA Fall Tournament
- 9-Ladies Doubles Morning FUN Tournament
Glow Golf
- 11-Grandparent's Day Brunch
- 17-Ice Cream Float Social & Year End Scramble
- 18-All American Brunch
- 22-New Member Mixer
- 24-Fall Family Campout & Doubles Member-Guest
- 25-Sunday Brunch Buffet
- 29-LNO Fall Nights Event

Crafts • Brunch • Pickleball • Santa

OCTOBER

- 1-International Coffee Day Tasting Breakfast
- 2-All American Brunch & Family Photo Shoot
- 9-All American Brunch
- 14-CCP Fall Classic
- 15-CCP Fall Classic
- 16-All American Brunch & Family Photo Shoot
- 19-LNO Witches Night Out
- 20-Crafting with Kids-Halloween Crafts
- 21-Fall Family Night
- 22-CCP Player's Shootout
Halloween Tennis Social Mixer
- 23-All American Brunch
- 27-Ladies Witches 9-Hole Scramble
- 30-Spooktacular Brunch

No tricks, just treats on this spooky occasion. Costumes or festive attire is encouraged. The team plans to deck out the Clubhouse in décor, so eat, drink and be scary on the Sunday prior to Halloween.

SPECIAL NOTE

As with all our events, your reservations in advance are extremely helpful and encouraged for proper planning and execution. The team puts forth great effort in producing all the themed events and dinners for you to attend, and your assistance is much appreciated. There were several events we held in 2021 where our numbers were extremely low in advance, yet we ended up having a substantial increase at the last minute. A few member-favorite events of note are our annual Memorial Day, 4th of July and Labor Day BBQ's. We understand plans may change, yet thousands of dollars go into making an event successful and there was one we eliminated inflatables due to low participation, yet a few hundred people showed up and questioned where they were. We hope to collaborate with you on this ever-challenging dynamic in 2022 and beyond!

NOVEMBER

- 3-Family Night Buffet
- 5-RTJ's Revenge (Tough Day)
- 6-All American Brunch
- 12-Stock the Cellar Party
We hope to have you dine with us here all through the holidays, yet we know that isn't a realistic request. Having said that, join us on this special evening and take advantage of one-time discounted pricing for you to procure product to take home for your family and friends.
Men & Women's Doubles Pickleball Tournament
- 13-All American Brunch
- 17-Crafting with Kids-Thanksgiving Edition
- 19-Tween Night Out
- 20-All American Brunch
- 24-Thanksgiving Brunch
- 27-Sunday Brunch Buffet

DECEMBER

- 1-Family Night Buffet
- 4-Santa Brunch
- 7-Kid's Christmas Crafts-Gingerbread Edition
- 9-Clubhouse Closed-Private Event
- 10-Santa Tennis Social Mixer
- 11-All American Brunch
- 14-Holiday Lunch Buffet
Golf Shop Holiday Drop-In
- 15-LNO Christmas Dinner Party
- 16-Candlelight Dinner
- 18-Holiday Brunch Buffet
- 24-Christmas Eve-Clubhouse Closed
- 25-Christmas Day-Clubhouse Closed
- 31-NYE Dinner

ON THE COURT & IN THE GYM

I hope everyone had a Merry Christmas and Happy New Year. I am so excited to be the new Director of Racquets at The Country Club of Paducah. I wanted to take this time to thank the entire Tennis Committee, Michael Methot and Elliot Treece. Everyone was so welcoming and kind during my interview visit.

The Country Club of Paducah has a beautiful tennis facility, and I cannot wait to maximize its usage. Our membership has a great sense of belonging, and an eagerness to have a program to be proud of. I cannot wait to get to work and help build that program.

Beginning January 11th, our staff will be offering a weekly schedule of **adult tennis clinics**, **junior tennis programs**, and **pickleball clinics**. We will also have a calendar of social events, leagues and tournaments for all age groups, levels, and experience. I cannot wait to meet all our members and get everyone involved in the program!

If you have any questions about our Racquets Department, please do not hesitate in contacting me.

All the best,

Oscar



It's a Fiesta: Pickleball Clinic, Mixer and Welcome Reception:

Saturday, January 22, 2022

Join your fellow members for an afternoon to remember as I host my first formal event, beginning at 2:30pm. Be sure to come out and support me as I begin my tenure here at the Club! The schedule for the day will be the following:

Optional Pickleball Clinic - 2:30pm-3:30pm

Pickleball Mixer - 4:00pm-6:00pm

Welcome Reception - 6:00pm-8:00pm at the Tennis Center

*You do not have to participate in play to attend the reception portion of the event and expressive attire is encouraged.

Festive fare will be offered, as well as a Member Signature Bar. The Cost for the entire day is \$10 Per Person, regardless of your participation level.

Reservations are necessary and can be made by calling or emailing the Tennis Center - 270.554.7065 or ccptennis@ccofpaducah.com

ON THE COURT & IN THE GYM

Complimentary Clinics: As I begin my new journey at the Club, what better way to get acclimated than to get right on the court. I will be offering complimentary clinics my first week, and the days and times can be found below. These Clinics will then be part of my normal programming set to begin the following week:

Wednesday, January 5

Pickleball Round Robin

6:00pm-7:30pm

Thursday, January 6

Ladies Clinic

9:00am-10:30am

Men's Night

6:00pm Start

Saturday, January 8

Men's Cardio

9:00am Start

Co-ed Intermediate Clinic

10:00am-11:30am

**Available to the first 8 registrants.*

To register, call or email the Tennis Center as spots are expected to go quick. I look forward to meeting all of you!

WATER AND YOUR HEALTH

Many resolutions will be made about maintaining a healthier lifestyle for the upcoming year and when you make yours, be sure to include WATER! Many times when we are trying to lose weight the first thing we do is start drinking water. A lot of it. We all know that to flush out excess water weight, we have to drink more water. There are plenty of reasons we hold water weight. Sometimes, it's because we are eating too many refined sugars, too much salt, or we even had a bit too much to drink the night before. Research has shown that water speeds up your metabolism, cleans the body of toxins and generally helps to make everything in your body run smoothly. Considering an adult male is 60 percent water, this all makes sense. You need water to digest food, circulate blood, keep your mouth from drying out and to do a number of things we often take for granted. Drink up! H₂O is free, easily accessible and has major health benefits.

Quality of Life – Earlier this year, scientists from the University of Maastricht in the Netherlands found that patients who suffered from severe headaches and migraines enjoyed an improved quality of life by drinking about seven glasses of water a day. Don't wait until you're thirsty – be proactive about it.

The Fountain of Youth – Body organs aren't all internal like the brain or heart. There's one we wear on the outside. Skin is our largest organ, and just like our other organs, skin is made up of cells and cells in the body are made up of water. Without water, the organs may not function properly or at their best. Skin also needs a lot of water to keep its elasticity and help with collagen production. If your skin is not getting sufficient amounts of water,

the lack of hydration will present itself by turning your skin dry, tight and flaky. Dry skin has less resilience and is more prone to wrinkling.

It keeps you Happy – Researchers at Tufts University studied the effects of mild dehydration on college athletes and found that a lack of water can affect your mood. Participants who engaged in aerobic activities for 60 to 75 minutes but didn't properly hydrate reported feeling more depressed, tense, confused, angry and fatigued than athletes who drank enough. The researchers concluded that inadequate fluid balance has a negative effect on your mood.

Keep Things Moving – Insufficient fluid intake is one of the primary causes of constipation. When you don't drink enough fluid, your body gets the water it needs by pulling it out of its internal sources, like your colon. This leads to a dry colon and dry, hard stools that are difficult to pass. When you drink enough water, your colon stays hydrated and lubricated, which keeps stools soft and easy to pass.

Muscle Recovery – Many times when we exercise, we experience extreme muscle soreness the next day. If we have sweated out a lot of water and we aren't replacing it then our muscles have lost water. Muscle is approximately 80% water. When you're well hydrated, the water inside and outside the cells of contracting muscles provides adequate nutrients and removes waste efficiently so you perform better. Water is also important for lubricating joints. If you are a person that suffers from arthritis, water is an integral part of managing the pain.

Member News

Thank You for hosting or sponsoring an event in December at the Club!

Luncheon Club:

Anne Gwinn

Private Events:

Mark Owens
Dr. Rachel Lowdenback
Ramona Tanner
Jan Crawford
Ryan Conn
Dr. Lloyd Housman
Kathryn Joyner
Nancy Alexander
Steve Bright
Paul Bradford

Charles Moffitt - Moffitt CPA

Larry Seay - Seay Motors

Tim Farmer - Systems Solutions

Sam Thompson - Southgate

Kyle Yancey -
River Valley Ag Credit

Sandra Wilson -
Paducah Chamber

Joe Framptom - Paducah Bank

David Huyck -
Westlake Chemical

Keith Wilke - Banterra

Dr. James Hunt -
Broadway Dental

John Anderson III-
Temps Plus

Nancy Black & Phil Justice -
RE/MAX

Nancy Powless - Book Club

John Eckstein -
Marquette Transportation

Andrea Higdon - Century 21

Cory Hicks & Myrna Redfield -
FRNP

Molly Blythe - Blythe CPAs

Drs. John & Justin Colgan -
Colgan Pediatric Dentistry

Dr. Bobby Learch -
Baptist Primary Care

Member Milestones

55 Years

Connie & Donna Trogolo

50 Years

Thomas & Pam Whittemore

45 Years

Dr. Ted & Suzanne Borodofsky
Joseph & Jean Meredith, Jr.
Thomas & Phyllis Russell

40 Years

Dr. William & Barbara Conyer

5 Years

Chris Reck
Mark & Jessica Toren

WELCOME to your CLUB!

Recreation

***Shane & Jamie O'Dazier
(Finley & Silas)***

Social

***Allison Bryant
(Samuel)***