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### Cullasaja Club

(828) 526 – 3531

### Clubhouse Dining Reservations

Cullasaja Member App or  
(828) 526 – 3531

### Club To Go Orders

Cullasaja Member App or  
(828) 526 – 3531

### Community Security / Guard Gate

(828) 526 – 3954

### Golf Tee Times

Call or Text Starter @  
(828) 526 – 6446

Or use Member App to make a Tee Time

### Tennis / Croquet Shop

828-526-9185

Or use Member App to Reserve Lawn/Court

### The Fairway Café

Member App or (828) 482 – 4421  
to Place an Order



Chris Conner, CCM  
GM & COO

I want to officially welcome our newest Department Leaders and mid-managers who joined our team. We look forward to you getting to know Executive Chef, Scott Craig; Executive Sous Chef, Mario Trujillo; Assistant F&B Director, Jessica Spaulding; and our new Croquet Director, Brian Lozano. In addition, there are many new faces in the F&B department this season, and we look forward to you learning all about them as they learn about our remarkable culture. Speaking of food and beverage (F&B), don't forget the Club will be open on most Thursday evenings for regular ala carte dinner in June, July, and August. On certain Thursdays, dining may be offered only in the Overlook Verandah due to other functions or events in the bar and Sweetwater areas. Also, dinner service will not be offered on Thursday evenings when a premiere golf tournament is occurring. Please check the online calendar or Week at a Glance for the Thursday dinner schedule during the next three months.

As a reminder, if you are reserving a table in the Sweetwater Room for dinner, it is expected that gentlemen wear slacks and a golf shirt, button-down, or Tommy Bahama style shirt. More than half of the gentlemen will usually also be wearing a sport coat. Denim and shorts are not allowed in this dining area for regular dinner; however, for some specialty dinners, Holiday events, and live music events, the dress code is relaxed in this space. Also, valet service is offered in the evenings at the main entrance of the Clubhouse on most Tuesdays, Thursdays, Fridays and Saturdays this season.

The Golf Course Improvement Plan has gone out to bid with the top contractors in the southeast. We are expecting to receive their estimates by the middle of June and will then proceed with the contract. Golf Course Superintendent, Tom Nelson, the Green Committee and the Board of Governors have worked tirelessly to get this initiative off the ground, and we look forward to seeing the results of the bidding process and contractor selection. Work also continues on the redesign of the Activity Center with all efforts going into extending the existing building envelope and incorporating the many improvements desired by the membership. The Facilities and Property Committee will be heavily involved in reviewing the proposed improvements and we look forward to showcasing the updated design to you later this summer.

July 4<sup>th</sup> is just around the corner, and we hope you are able to participate in a week's worth of remarkable activities. The annual Duck Race and Cart Parade, Kids Camp, and July 4<sup>th</sup> Cookout are all long-standing traditions that are not to be missed. Look for more information on the July 4<sup>th</sup> week's activities throughout the month and let's keep our fingers crossed for wonderful weather.

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Thank you for your continued support of the Club and for allowing us the opportunity to serve you. If there is anything we can do to improve your Club experience, please contact me directly or any of the leaders on the Board of Governors. We look forward to seeing you at the Club and having a blast at 4,200' feet!

Best Regards,



Chris Conner, GM/COO





## Congratulations to Genevieve Maddox!

Genevieve Maddox, Daughter of Shawn Maddox Landscape Director for Cullasaja HOA, has been so blessed with the support from [Friends of the Cullasaja Club](#). She never took their kindness lightly and always used their belief in her and support as fuel for her efforts to be a well-rounded student and contributor to the Rabun Gap community.



Throughout her years at Rabun Gap Nacoochee School, she participated in

- Cirque (specializing in the Silks)
- Musicals
- Varsity soccer for 5 years
- Spanish club president for two years
- Honors Choir
- French Club
- Modern Science Club
- Service opportunities
- and many other activities.

Her passion is for science and always has been. But she strongly enjoys art and some of her best life lessons came through her visual arts teacher. She helped her find joy and relaxation through art, rather than the pressure she always puts on herself.

She has always enjoyed attending various activities on campus and supporting others in their specialized activities like dance, sports, etc.

Genevieve was honored as Valedictorian at graduation. (For the first time in history they had two students with the exact same GPA, so it was a shared win.) Needless to say, we were blown away.

What's next: G is off to the University of Pittsburgh to study biochemistry in their honors program. She has already been accepted to a master's program in public health but is excited to be exposed to many more science classes so she can determine exactly what she wants to do. The idea of working in a lab is thrilling to her. She plans to participate in intramural soccer and be involved in campus organizations. Why Pitt? She wanted to try some place new and different just for more diversity and learning opportunities.





**Charles Beurmann**  
Head Golf Professional

### Wow It's Already JUNE....

It is so great to have my Cullasaja Family back! I am so excited for our 2022 season and the many events we have planned. I am happy to report that we have 2 spots available in "Día de Muertos" Mixed Member-Guest Tournament; however, our Men's Invitational is full and currently accepting teams on the waiting lists. The Men's Member/Member the first weekend in June is a great way to meet new people, so please let the Professional Staff know if we can help you find a partner! Do you have a child or grandchild that wants to learn about golf? We have a lot of Jr. Golf opportunities in June! Please refer to the **2022 Golf Flipbook** for information on all of our tournaments and recurring events this summer.



Need a game? Want to sign up for a tournament? Call, text (828-526-6446) or email ([starter@cullasaja-club.com](mailto:starter@cullasaja-club.com)) the Starter!

### From the Lesson Tee:

*"Downhill Lies" ever have one?*

In the mountains, you experience lies unlike anywhere else. I hope these few tips help you to adjust your golf experience this summer! When playing a downhill lie, understand these two fundamental concerns created from this lie. First a downhill lie will always make the ball start further to the right than normal (for a right-handed player). Second the angle of attack will de-loft your club. Apply these three fixes and hit better shots from downhill lies!



1. Aim farther left
2. Use less club (more loft) than you would normally use from that yardage
3. Make sure your shoulders are parallel to the lie!





### What's Hot from the Shop? Johnny-O!

This is the first time we have carried johnny-O, and everyone is loving it! It offers a true Preppy fit like Peter Millar but has West Coast flare. Some words from company founder John O'Donnell...

"When we sit down every season and hash out our offerings we have one focus in mind - high quality. It's what the johnnie-O guy has come to expect, and we're not interested in offering anything but the best. Aside from the quality, there's something extra special about a johnnie-O garment. We like to call it our 'top spin'. To put a quick hammer on a nail here, it's about that

unexpected, but much appreciated add-on feature. Take our patented Tweener Button for example. It's a tiny button with a huge impact that's been a serious game changer for any guy that's come in contact with it. We just keep pushing that button...literally!"

See you on the course!

*Charles Beurmann*

Charles Beurmann, Head Golf Professional



Tim Carey & Doug Treadwell (2021 Champs)

### 2022 Men's Member-Member

Friday, June 3<sup>rd</sup> &  
Saturday, June 4<sup>th</sup>



Alice Quinif, 2021 Laurel Cup Champion

### 2022 WGA Laurel Cup

Monday, June 6<sup>th</sup> & Tuesday, June 7<sup>th</sup>

### Cap Patrol Seminar

Wednesday, June 8<sup>th</sup>







## Trackman Happy Hour

Friday, June 10<sup>th</sup>



## Junior Golf Camp

Monday – Thursday, June 13<sup>th</sup>-16<sup>th</sup>



Chandler Doughty & Steve Doughty

## Grandfather/Father Golf Challenge

June 19<sup>th</sup>

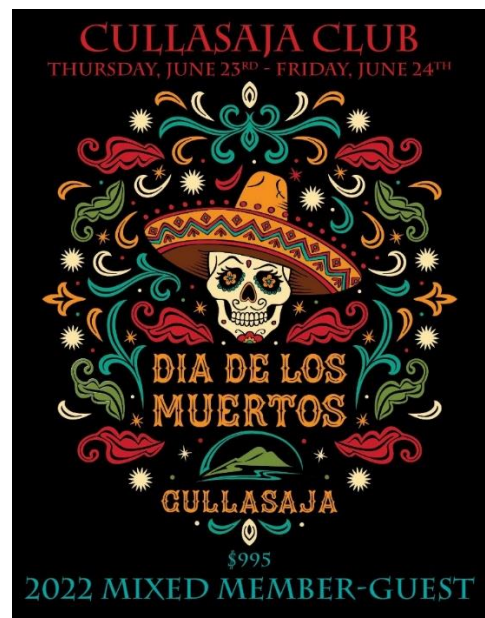


September 2021 Champions

Dave Giachos & Brent Yohe

## Saturday Night Shoot-Out

June 18<sup>th</sup>



## Mixed Member/Guest

Thursday, June 23<sup>rd</sup> & Friday, June 24<sup>th</sup>



## Junior Golf Clinics

Sunday, June 19<sup>th</sup>, Tuesday, June 21<sup>st</sup>, Sunday, June 26<sup>th</sup> & Tuesday, June 28<sup>th</sup>

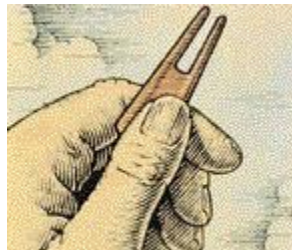




**Tom Nelson**  
Golf Course Superintendent

Each year I am asked about the particulars of how our golfers can help to properly care for the golf course. Each course is unique and maintained slightly differently according to the specific needs of a particular property. Different turf types, maintenance practices and budgets all influence what the golfers are asked to do at individual facilities to help compliment the maintenance staff's efforts to provide the best possible conditions. Ball marks are one universal maintenance item that should be performed by the golfer. We ask that you repair your mark and one other on each green. This not only keeps the putting surface smooth in the days to come, but it is also common courtesy to your fellow members playing behind you.

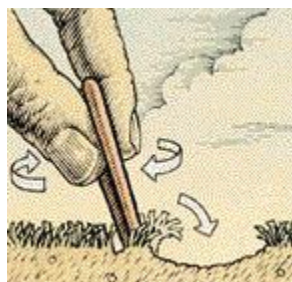
## Proper ball mark repair



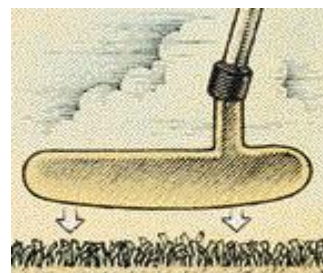
**Step 1:**  
Use a pronged ball mark repair tool, knife, key or tee.



**Step 2:**  
Insert the repair tool at the edges of the mark; not the middle of the depression.



**Step 3:**  
Bring the edges together with a gentle twisting motion, but don't lift the center. Try not to tear the grass.



**Step 4:**  
Smooth the surface with a club or your foot. Repeat steps until the surface is one you would want to putt over.

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While ball mark repair is universal on all greens, other items are more course specific, and I would like to take this opportunity to detail how to best care for our course during a round.

**Cart Traffic and Etiquette.** At or near the beginning of each fairway there are wooden poles indicating where to enter the fairway, and another set closer to the green indicating where to exit the fairway. Once you have entered the fairway, we ask that you keep the cart in the fairway turf and completely out of the rough. The only time a cart should be in the rough is upon entry or exit of the fairway. Our fairways can handle the traffic much better than our roughs for several reasons.

**Divots -** Generally, divots taken with shorter irons will be thicker than those made by longer irons or fairway woods. Bigger divots that do not disintegrate should be replaced and the edges filled in with the sand mix provided. Thin or disintegrated divots should be filled with the sand mix and smoothed out with your foot. The biggest mistake that I see people making is to fill the void with sand and lay the divot on top. Done like this the divot will dry out and die in a matter of hours. The sand mix used here does not contain any seed so it can be used in the rough if necessary. We do ask that you not fill any divots on tees as our staff tends to each tee box every day with a sand/seed mixture.

**Bunker Etiquette -** We have several very steep bunkers that should only be entered/exited in the low points. This prevents moving large amounts of sand off the steep slopes creating issues with proper sand depth and washing during heavy rains. Additionally, there are no official rules on whether the rakes are to be placed inside or outside of a bunker. To minimize the likelihood of a ball coming to rest on a rake, we ask that you replace the rake with the head of the rake in the sand and the handle resting on the edge or lip of the bunker.

By following these simple guidelines, you, the golfer, can help us to keep our course in great shape throughout the season.







**Steve Sheridan**

Food & Beverage Director

How time flies! It seems as if the winter has flown by, and we are welcoming our members back to the clubhouse. May has proven to be no different. With an excellent start to the season, we have been busy making remarkable and memorable in the mountains. The month started off with a Bang with the Derby Party that was highly attended. Congratulations to Mr. Griffin for winning the pot on an 80 to 1 long shot. We saw elevated numbers across the board with our events. Mother's Day, Welcome Home Party, and the Memorial Day cookout are still Club favorites.

The season of Spring is booming as well as our new F&B staff. We have six different countries represented this season, and I must say a big "Thank You" to our great membership that have provided a welcoming experience for them. We have Ghana, Sweden, Jamaica, South Africa, Mexico, and Saudi Arabia represented. Be on the lookout for future publications that will introduce all of them to you with pictures and bios.

Thank you to everyone that is utilizing the app for to-go ordering and reservations. We have experienced an ease of access on our end, and hope that you are as well. Right now, you can order to-go food for lunch at the Clubhouse and the Fairway Café. You are also able to book your dinner reservations from the palm of your hand. Event registration begins one month prior to the event, and dining reservations 14 days prior. Social & Communications Director, Carly Moser, and I are available to answer any questions you may have regarding the use of the app.

With our busy months on the horizon, I would like to ask everyone to place reservations when you know you will be dining in the dining areas. We have seen multiple table abandonments to dine at the bar and this leaves tables open in popular dining areas. This effects the membership when areas are full, and someone may not be able to secure the areas requested. Please assist us in providing the best experiences we can.

June is shaping up to be another great month for us. We have many great events scheduled and hope to see you there. Golf Member-Member, WGA Laurel Cup, CWO Welcome Home Cocktail Party, Father's Day Brunch, Junior Golf Camp, Mixed Member-Guest, our 1<sup>st</sup> Farmer's Market Pickup, and Family Bingo and Buffet.

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Thank you to everyone that has continued to support the Cullasaja Wine Program. We have a brand-new lineup of by the glass offerings as well as many new bottle options. I am readily available to discuss any wine needs at your request. We still have wine lockers available if anyone would like to participate in this great amenity. Wines are ordered and stored at the Club for you and pulled at your invitation. This is a wonderful way to have wines available that may not be

on the list with a reduced corkage fee.

Lastly, I would like to speak briefly about the Employee Excursion Program. We have had several members in the past inquire as to how they may assist or host fun weekly events for our international and domestic staff. We have one Member-sponsored event planned already for the month of July and would enjoy the chance to speak with anyone who may be interested in hosting an event. This can be as casual as a cookout or more upscale such as a wine tasting. The staff enjoys getting to know our members outside of the Clubhouse and vice versa.



Thank you to all for a wonderful beginning of the season and I wish all of you the very best.

Cheers,

*Steve Sheridan*

Steve Sheridan, Food & Beverage Director





Scott Craig  
Executive Chef

Ladies and Gentlemen,

Thank you all for the warm welcome that you have given me since arriving at the Club this season. I am humbled and extremely proud to have the opportunity to be a steward of Cullasaja Club's culinary legacy, and to spend the season working alongside a master like Chef Marie. There are many things that our team here already does very well, and there are also opportunities to make us better than we've ever been. We've been very busy in the kitchen, and we look forward to incorporating member feedback at every opportunity to make your Club experience even more special.

We are joined this season by some very talented and creative cooks and chefs in the kitchen. Chef Mario Trujillo, Executive Sous Chef, joined our team this season from Myers Park Country Club in Charlotte. Chef Mario is a graduate of Schoolcraft College, one of the most successful culinary programs in the United States, and has worked through Michigan and Montana before arriving in the Carolinas. Chef Mario has competed frequently at the professional level and has worked for two Certified Master Chefs.

We are also joined by a talented staff of cooks from all over, including a returning lead cook, Kopanang, who worked at Ballenisle during the Fall/Winter season. We are thrilled to have "Kop" back this year, and to have such an outstanding team.

Ultimately, our goal is to consistently create great product that will exceed our membership's expectations. Whether you are celebrating an occasion, watching the sunset over dinner, or entertaining guests, I hope you will love every meal here at your Club and spend the winter looking forward to returning. Please let our team or I know if we can ever be of service, or if you have any feedback regarding your experience with us.

Thank you for dining with us, and I look forward to meeting you and see you enjoying the F&B experience.

Scott Craig, WCMC  
Executive Chef

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Summer is right around the corner and with it come the light, fresh flavors of the season. Some of the best ingredients of the season were used on the salad pictured here, including beets, mint, baby carrots and local greens.

Early summer harvest beets are one of my favorite ingredients to work with, and they are one of the most useful vegetables in existence. Beets (as they are commonly referred to, although they are the taproot of the beet plant) are used to produce liquid food coloring,

for coloring tomato paste, for table sugar, as well as improving the quality of road salt, among other uses. Beets are also loaded with vitamins and minerals which have been shown to lower blood pressure and to increase blood flow. In fact, one study showed that distance runners performed 5% better after consuming baked beets.

As a cook, I enjoy using beets for their mellow, sweet, earthy flavor, which serves well as the basis for salads and contrasts nicely against tart vinaigrettes. It is a perfect flavor to use early in a multi-course meal while building flavors slowly towards a crescendo with the entree.

The beets for this dish were roasted and peeled, then diced. On the plate, the beets and carrots were dressed with a few drops of the vinaigrette, along with a few flecks of coarse sea salt and a grind of fresh black pepper. Goat cheese was blended with candied ginger to add some richness and creaminess to cut the tartness of the vinaigrette, and salted walnuts rounded out the flavors and added some needed texture to the dish. We utilized quinoa to add a complete protein and some great texture, as well as apples, torn mint leaves, and a bit of beet puree.

### **The recipe for Lemon-Thyme Vinaigrette is as follows:**

3 Tablespoons of lemon juice  
 Lemon zest from half a lemon  
 1 small garlic clove, finely minced  
 1 teaspoon fresh thyme, minced  
 3 teaspoons honey (or a bit more if you have a really sour lemon)  
 2 teaspoons white balsamic vinegar  
 ½ cup extra virgin olive oil  
 Salt and freshly ground pepper to taste

### **Instructions:**

1. In a small bowl, whisk together all of the ingredients except the olive oil, salt, and pepper.
2. While you are whisking, add the olive oil in a slow, steady stream. Continue whisking until the vinaigrette is emulsified. Correct the seasonings (sometimes I add a bit more vinegar or honey) and add salt and pepper to taste.





**Brian Lozano**  
Croquet Director

I want to start off by quickly saying thank you to all of you for your very warm welcome to your beautiful Club. I feel very fortunate to have the opportunity to lead the Cullasaja Croquet Program and I am excited to share the lawns with you this season.

As your Croquet Director, I will oversee and closely observe the current weekly Croquet Program, and work together with the Cullasaja Croquet Association (CCA) to find ways to improve the Cullasaja Croquet experience for our seasoned players, as well as our newcomers. In addition, I will be making myself available to the membership, and offer private lessons (days & times TBD). Lastly, as an active competitive croquet player,

I will have the honor to represent Cullasaja in regional, national, and international competitions.

The week of May 16-22, the United States Golf Croquet National Championship was hosted by four clubs here on the plateau; Highlands Falls CC, High Hampton, Chattooga Club and CC of Sapphire Valley. The Championship Flight of 32 players included 15 of the top 20 players in the US, 4 of whom have been selected from the World Croquet Federation to participate in the 2022 World GC Championships in England (July 30 - August 7).

In the Doubles event, I partnered up with Stephen Morgan, a very accomplished, world-class croquet player from Washington DC. Playing alongside a National Champion, and US Team player has pushed me to raise my level to heights that I hadn't understood before. Morgan and I fought through our doubles block and qualified to a quarterfinal knockout in 1st place. We faced Jeff Soo and Tom Balding, two MacRobertson Shield US Team players in best of three game matches, of which they took the first. We remained focused and stuck to our game plan—we came back, took games two and three, and punched our ticket to the semifinals where we met David and Kyle Maloof. A father/son team featuring two very dangerous croquet players with tons of experience. In the end, the Maloof's prevailed, our doubles run ended, and they went on to claim the doubles title, very worthy champions.

In the singles event, I was in Block B, also known by most of the players in the tournament to be the “group of death,” the most difficult group. Eight players of whom six had a good chance of going all the way, but only four would advance to the knockouts. I began the singles campaign, finishing day one with a 2-1 record, dropping a game against my partner and top seed in our block Stephen Morgan. Day 2 of had me beating the 2nd and 3rd seeds in my block. Those two wins put me through to the knockouts and gave me huge confidence. I qualified out of the block in 2nd place

with a winning record of 5-1. I reached the Quarterfinals and had to play against Tom Balding, a U.S. Team player who will be representing the U.S. in Australia for the MacRobertson Shield in November. I came out firing and took the first game 7/3. Balding recovered his form and began to hit everything dead center to win the 2<sup>nd</sup> match. In match #3, the decider, we played consistently and had a huge battle for hoop 9, which I eventually take to make it 5/4 to my favor. As we approach hoop #10, something strange happened. Something that I have never experienced in my career, the lightning alarm goes off in CC of Sapphire Valley. After a delay, Tom came back on the lawn refreshed and executed a series of shots that would make or break his chances, he beat me 7/5 and ended my run in this remarkable tournament. Although I did not make it to the final day, I learned some very big lessons. I made mistakes that I hope to never make again; and that is of great value to me. Performing in front of those of you who came out to watch me was a very special experience, and I want to say thank you for your incredible support. I feel blessed to represent Cullasaja Club, and I look forward to more opportunities in the future.



Yours Truly,

*Brian Lozano*

Brian Lozano, Croquet Director

## 2022 WEEKLY CROQUET SCHEDULE

*Subject to Change*

### Mondays

10:00 a.m. Ladies on the Lawn

### Tuesdays

10:00 a.m. Men on the Lawn

Mallets & Martinis 3:00 – 4:30 p.m.

Mallets & Martinis 4:30 – 6:00 p.m.

### Wednesdays

10:00 a.m. Clinic & Drills

4:15 p.m. Wednesday Wickets

### Thursdays

10:00 a.m. Ladies on the Lawn

Mallets & Martinis 3:00 – 4:30 p.m.

Mallets & Martinis 4:30 – 6:00 p.m.

### Fridays

10:00 a.m. Competitive Match Play

### Saturdays

Open Play

### Sundays

Open Play until 4:00 p.m.

4:00 – 6:00 p.m. Sunday on the Lawn



## **Mallets and Martinis - Tuesdays and Thursdays – Two Sessions**

(Session 1 from 3:00 p.m.-4:30 p.m. & Session 2 from 4:30 p.m.-6:00 p.m.) - This weekly event is by far the most popular CCA event we have on our schedule. The event features a round-robin format with a signature bar and light hors d'oeuvres available from 4:15-5:45 p.m. on most Tuesdays and Thursdays excluding Holidays and Tournaments. Please sign up ahead of time for the **Mallets & Martinis** event by using the Cullasaja App or by calling 526-9185.

**Wednesday Wickets - Wednesday Afternoons at 4:15 p.m.** - This weekly event offers an additional opportunity to join others not playing in Twilight Golf to enjoy a casual and fun croquet experience. Please sign up using the Cullasaja App in advance so that we can try to pair people up, and please arrive at the lawn after 4:00 p.m. to not interfere with the large number of golf carts participating in Twilight Golf.

## **Beginner Clinic, Drills and Play - Each Wednesday Beginning at 10:00 a.m.**

If you are a beginning level player and you want to raise the level of your game, this is your weekly opportunity. Terry will discuss different shots such as clearing shots, stop shots and basics of placement of your shots. Rules for double taps and crushes will also be explained. No sign up required, just show up at the lawn at 10:00 a.m. A minimum of two members are required for this weekly event to occur.

**Competitive Match Play Friday Mornings** - This event is held most every Friday from 10:00 a.m. to 12 noon and is for competitive match play for both men and women. This event is a great way for tournament level players to hone their skills by competing against some of the best players at the Club. Advance sign up is not required, so feel free to “drop in”.

## **“Ladies on the Lawn” - Monday & Thursday Mornings Beginning at 10:00 a.m. -**

Ladies on the Lawn offers a social and casual opportunity to play croquet with other ladies. You do not need to sign up in advance, but please arrive a little early so not to interrupt pairings, and to get warmed up in advance of 10:00 a.m.

**“Men on the Lawn” - Tuesday Mornings Beginning Promptly at 10:00 a.m.** - This weekly event allows gentlemen to compete in doubles format. You do not need to sign up in advance, but please arrive a little early so to not interrupt pairings and to get warmed up in advance of 10:00 a.m.



## **“Sundays on the Lawn” - Each Non-Holiday Sunday beginning at 4:00 p.m.**

This weekly event is hosted by various croquet playing members and occurs without Club staff present. It offers a wonderful way to meet your fellow croquet enthusiasts in a relaxed and social atmosphere. You may drop in on any Sunday, but please try to arrive a little before 4:00 p.m. to get paired up and not interrupt play.

## **SPECIAL NOTE REGARDING DAILY PLAY**

As a reminder, players who make reservations have priority to the lawns. We will do our best to make sure at least one lawn is available for casual play each day when there are no tournaments or weekly scheduled events. However, if you want to guarantee access you should always reserve the lawn in advance. Please call the Croquet/Tennis Shop to check for availability and to make a court reservation in advance to guarantee your space.

## **RULES & REGULATIONS REMINDER**

We publish the Croquet Rules and Regulations in the back of your printed Member Directory for easy access at any time. Please reference these rules if you are not sure of the etiquette and expectations for you and your guests while on the lawns. The Club Board and Croquet Committee task us with making sure all rules and regulations are adhered to without exception. All white attire is required for any CCA sanctioned event, and the normal Club-wide dress code is in effect during other times on the lawns. Please keep all shirts tucked in and baseball hats facing forward. For those wishing to play casually, please consult the Dress Code in the Croquet Rules section of the Directory. All players should wear smooth soled shoes to protect and preserve the integrity of our beautiful lawns.



## **CULLASAJA CROQUET ASSOCIATION (CCA)**

We strongly encourage those interested in playing croquet this summer to join the other 160+ members in the Cullasaja Croquet Association. Members of the CCA enjoy the following perks:

- Participation in all CCA Sanctioned Events
- Complimentary Food at the Season Opener, Special Events, and End of Season Awards Dinner
- Complimentary Food at the Weekly Mallets and Martinis
- Rules and Game Improvement Seminars
- Instruction by Visiting World Class Instructors
- Inter-Club Matches vs. Other Area Clubs
- All Weekly Croquet Events and Food

You do not have to join the CCA to use the beautiful croquet lawns, but you do have to be a member of the CCA to participate in all CCA sanctioned events. So, as you can see, you get a lot of bang for your buck with the joining fee of \$100 per person (\$200 per couple) for the entire season.



## 2021 INTER-CLUB CROQUET SCHEDULE (Home Matches in Bold)

6/2	<b>Home</b> vs. Highlands C.C. (Social)	8/4	Away vs. High Hampton (Social)
6/9	Away vs. Sky Valley (Social)	8/18	Away vs. Chattooga Club (Competitive)
6/16	<b>Home</b> vs. Wildcat Cliffs (Competitive)	8/25	Away vs. Cedar Creek (Competitive)
7/14	<b>Home</b> vs. Highlands Falls (Competitive)	9/1	<b>Home</b> vs. Lake Toxaway (Competitive)
7/28	Away vs. Burlingame (Social)	9/15	Away vs. Trillium (Competitive)



### **“LUAU ON THE LAWN” WELCOME HOME MIXER** **Tuesday, June 14<sup>th</sup> at 4:30 p.m. on the Croquet Lawn**

We will kick off the 2022 Croquet Season in grand style with a Luau on the Lawn! This island themed event will be a very special gathering and is always one of our more popular social events of the season. Sign up now and enjoy a mix of Island/Hawaiian music, themed food, and island cocktails. We will also create some outstanding skill challenges and games for you to participate and enjoy while vying for prizes. This event could fill up quickly, so sign up quickly if you plan on participating. You can register by using the Cullasaja App.

## **SINGLES CROQUET CHAMPIONSHIPS**

The format will once again be a Double Elimination draw. This means a team must be beaten twice to be eliminated from the event. The winning team will advance on one side of the draw, and the losing team moves to the opposite side of the draw. Depending on the size of the draw, we might have to have the semi-finals and finals on a second day.

- **Men's Singles Championship**  
June 20-21
- **Ladies' Singles Championship**  
June 27-28



## July 4<sup>th</sup> Weekend “Wacky Croquet” Croquet Mixer Sunday, July 3<sup>rd</sup> beginning at 10:00 a.m.

We have an interesting format this year for our Annual July 4<sup>th</sup> Weekend Mixer. As you know, usually when you get knocked off the playing surface, you bring your ball back to the boundary line nearest the point of exit. During this mixer, you will have to play using a club mallet and players will shoot through and around obstacles on the croquet lawn. Reservations are limited to the first 32 who sign up, so please use the Cullasaja App to sign up well in advance.

## DOUBLES CROQUET CHAMPIONSHIPS

- Men's Doubles Championship  
July 18-19
- Ladies' Doubles Championship  
August 1-2

## MIXED DOUBLES CROQUET CHAMPIONSHIPS

- Mixed Doubles Championship  
August 15-16







**Chris Harris**

Tennis Director

**IT'S A GREAT START TO THE 2022 TENNIS SEASON:** I would like to start by saying thank you for inviting me back as your Head Tennis Pro for the 2022 season. We are off to a great start for the year as we have received, calibrated, and installed a new Playmate Igenie ball machine. To go along with this ball machine, we purchased and received a new MD Sports smartphone mount for video recording one's tennis strokes. Tennis Assistant, Joe Sewell, and I completed several spring repairs and maintenance projects that included repainting the tennis gazebos and the wall along the cart path. We continued with power washing and staining the observation deck and teak furniture and now have hanging flowers along our observation deck. We are now looking forward to getting back to the game of tennis.

### **NEW PLAYMATE IGENIE BALL MACHINE:**

Within the past few weeks, we have received and installed our new ball machine with remote and an iPhone application for setting up custom drills. The ball machine can be controlled via Bluetooth using Apple smartphones or the Cullasaja Apple iPad in the Tennis Shop. You can access this light weight remote for starting, stopping, and pausing the ball machine by leaving your keys in the Tennis Shop. You can also use your own Apple smartphone to start, stop and pause by downloading the app. Download **"Likemydrill"** to use the ball machine with your phone.

### **NEW MD SPORTS CAMERA MOUNT AND AI SMARTPHONE APPLICATION:**

With the use of our new smartphone mount a player can attach their smartphone to the tennis fence to record and play back one's practice time on the ball machine or match play. It comes with an App called "Swing Vision" that stores your video content, provides shot tracking, and provides some video analysis of your shots. It's neat to see where technology may help to improve our game of tennis like what you may have seen in golf.

### **WELCOME TO THE NEWEST TENNIS PLAYING MEMBERS:**

I would like to take this opportunity to extend a warm welcome to our new tennis playing members: Tam O'Shaughnessy, Debi Weber, Katherine Maxey, Laura Diamond, Rebecca Alliston, Thomas and Laura Strahan, Cameron Tyer, Lisa Butts, Brent and Bianca Yohe, Greg and Eileen Pater, Courtney Reynolds, Charlene Johnson, and Chuck and Sheri Ford.



**WELCOME BACK TENNIS ASSISTANT, Joe Sewell:** Please also welcome back Tennis Assistant, Joe Sewell. Joe has returned to Cullasaja Club this summer to help prepare our courts each morning and will be available for daily play as needed. Joe is currently finishing up with some medical procedures in Asheville that have all gone very well. We expect to welcome Joe back sometime in July.

### **THE WEEKLY SCHEDULE FOR ORGANIZED DOUBLES AT 10:00AM**

Our regular weekly schedule starts June 1st with ladies playing Mondays, Wednesdays, and Fridays at 10:00 a.m. and the men playing Tuesdays, and Thursdays at 10:00 a.m. Both the men and ladies will play on Saturdays at 10:00 a.m. Sundays are open play days to organize your own games. For those of you that are new to Cullasaja Club, just show up a few minutes before play and I will organize the games for the morning. There is no need to schedule/organize your own games Mondays thru Saturdays. Joe and I will fill in as needed to even out the number of players for doubles each day.

**LADIES DOUBLES WARM-UP DRILLS and CLINICS:** Starting the first week in June I will continue to offer the half hour warm-up drill before the Ladies Doubles on Mondays, Wednesdays, and Fridays at 9:30 a.m. free of charge.

**WELCOME HOME TENNIS MIXER AND LUNCHEON:** The Welcome Home Tennis Mixer comes at the start of peak season here at the Club, with most tennis playing Members in attendance. The Welcome Home Tennis Mixer and Luncheon will be held on Saturday June 4<sup>th</sup> at 10:00 a.m. Lunch will immediately follow the Tennis Mixer at the Clubhouse. Please remember to sign up on your Cullasaja App ahead of time so that I have a list of names to organize the Tennis Mixer, and Food & Beverage can plan accordingly for the luncheon. All non-playing spouses are encouraged to join us for the luncheon.

**MENS & LADIES DOUBLES INVITATIONAL EVENT AND LUNCHEONS:** During the middle of June we have the Men's & Ladies Doubles Invitational Events. The Invitational Events allow for members to invite tennis playing guests from the surrounding area or another Member as your partner. Many of the members enjoy these events because it gives them the opportunity to play with one of their tennis playing friends that is not a Cullasaja Member. Each set team will compete in a round robin rotation of opponents. The team that wins the most total games will be determined our winners. If it's obvious we have two levels of players, we often have divided the group into two levels. Please let me know if you need a partner a few weeks before the event. Please sign up on the Cullasaja App early to ensure your spot in the tournament. A minimum of 4 teams are required for us to hold this event.





## INTERCLUB TENNIS MATCHES:

Starting in June we will offer Interclub matches with other country clubs in the area. I am currently contacting several clubs in the area to see if they have interest in fielding a team that we could play matches against. We would play one match away at our opponent's club and one match here at the Cullasaja Club, schedules allowing. We may also try an Interclub with a few clubs at one time to increase the number of participants. The Cullasaja Interclub Matches will be held during weekday afternoons to allow for a social gathering at the Clubhouse with drinks and appetizers after play. I will pursue these matches for the ladies first and then for the men, as this would be the first year that we have attempted Interclubs for the men.



## UPCOMING EVENTS

### LADIES DOUBLES INVITATIONAL & LUNCHEON

Friday, June 18<sup>th</sup> at 10:00 AM

### MENS DOUBLES INVITATIONAL & LUNCHEON

Saturday, June 25<sup>th</sup> at 10:00 AM

### JULY AT A GLANCE

### STRAWBERRIES & CREAM MIXER

Fresh strawberries served courtside.

Saturday, July 2<sup>nd</sup> at 10:00 a.m.

### MIXED DOUBLES CHAMPIONSHIP

Saturday, July 9<sup>TH</sup> at 10:00am

### LADIES DOUBLES CHAMPIONSHIP

Friday, July 15<sup>th</sup> at 10:00 a.m.

### MENS DOUBLES CHAMPIONSHIP

Saturday, July 16<sup>th</sup> at 10:00 a.m.



**Noelle Holland**

Wellness Director

Your Wellness Team is so grateful for your return, and we can't thank you enough for spending your time in the Activity Center, scheduling massage, participating in classes, and using our personal training services. We encourage and challenge you to step outside of your normal routines and try something different this year. Manu and I both have used yoga throughout our lives to strengthen and heal our bodies and minds and challenge you to give it a try.

Yours in Health,

*Noelle Holland*

Noelle Holland, Fitness Director

Your Cullasaja Wellness Staff offers a variety of fitness classes designed to motivate movement and support healthy lifestyles. ALL LEVELS are welcome in any class. Fitness classes are created so anyone can participate, regardless of their experience level or physical limitations. Instructors can help you find modifications to lessen intensity or increase intensity levels.

## 2022 CULLASAJA FITNESS CLASS SCHEDULE

~ Aqua begins Monday, June 6<sup>th</sup> and ends Friday, August 26<sup>th</sup> ~

### MONDAY

8:30 a.m. Spin - Noelle  
9:15 a.m. Roll Away the Pain - Erica  
10:30 a.m. Aqua - Noelle

### TUESDAY

9:15 a.m. Barre Reform - Noelle  
10 a.m. Barre Reform - Noelle  
11 a.m. Happy Back Yoga - Noelle

### WEDNESDAY

8:30 a.m. Spin - Noelle  
9:15 a.m. FUNctional Fitness - Noelle  
10:30 a.m. Aqua Noodle - Manu

### THURSDAY

9:15 a.m. Barre Reform - Noelle  
10 a.m. Barre Reform - Noelle  
11 a.m. Yoga for Hips and Knees - Manu

### FRIDAY

8:30 a.m. Spin - Noelle  
9:15 a.m. Cardio that won't kill you and Stretch - Noelle  
10:30 a.m. Aqua with Weights - Manu

### SATURDAY

10 a.m. Golf & Tennis Stretch - Noelle  
11 a.m. Rhythm Yoga - Noelle





### Yo-Kids!

Wednesday, June 29<sup>th</sup> @ 3 p.m. (Kids Campers!) & Monday, July 4<sup>th</sup> @ 10 a.m.

Introducing Yo-Kids! Noelle created a yoga technique to help today's youth better grasp humanity, build self-awareness, create an attitude of gratitude, and identify the inner courage it takes to walk a path of happiness and kindness. This class will inspire your littles to feel, move, breathe, and control their reactions to their emotions while learning fun yoga poses.



### Wellness Workshop #1 – Feel Good Food

Thursday, June 9<sup>th</sup> | Cost per person - \$140 (limited to 6)


Cooking classes are held in an old, lovingly restored - but rustic! - Barn. They are always fun, intimate, and hands-on. Your experience includes three hours or so of casual instruction, centered around a big island in the open kitchen - while we nibble on some of our creations - and then a seated meal of what we've prepared in the sun-filled Barn dining room. You will be welcomed with a seasonal cocktail and then it is BYOB. Most folks like to bring bubbly or wine to sip during the class and with the meal, although beer or even cocktails are always fun. The Barn is approximately 30-35 minutes from downtown Highlands.




# Planned Hikes:

Monday, June 13<sup>th</sup> | 2 p.m. | Whiteside Mountain

Monday, July 18<sup>th</sup> | 10 a.m. | Rainbow Falls

**WELLNESS** 



Mon.  
June  
13


## Hike - Whiteside


Monday, June 13<sup>th</sup> | 2:00 p.m. | Leaving from the Wellness Center

A 2 mile round trip hike! Join us to view the majestic view right in our backyard. This magnificent rock is about 390 to 460 million years old. A 'moderate' two-mile loop trail takes you to the top of sheer 750 - foot high cliffs (plenty of railings for safety) with outstanding views!

RSVP using the Cullasaja App or email [wellness@cullasaja-club.com](mailto:wellness@cullasaja-club.com)  
A minimum number of participants needed.

Club Cancellation Policy in effect – requires at least 48 hours cancellation notice.

**WELLNESS** 



Mon.  
July  
18

## Hike - Rainbow Falls

Monday, July 18<sup>th</sup> at 10:00 a.m.  
Leaving from the Wellness Center

This adventure begins in North Carolina's Gorges State Park, following a moderate 1.7-mile route (3.4 total) through a waterfall-filled valley. The route continues upriver to two additional waterfalls on the Horsepasture River, Turtleback Falls and Drift Falls. And along the way, a short side trail visits Hidden Falls, a short waterfall that tumbles over a blocky cliff framed in flowering rhododendron.

At just under four miles, round trip, it's a view-packed hike that's filled with photo-worthy waterfalls. It's no wonder that this is one of Western North Carolina's most popular waterfall hikes."

Please remember, dogs are NOT permitted on Club Hikes.

Club Cancellation Policy in effect – requires at least 48 hours cancellation notice.



Monday, August 22<sup>nd</sup> | 10 a.m. – 3 p.m. | Rough Run to High Falls  
3.9 Miles – Moderate Hike – Information coming soon...



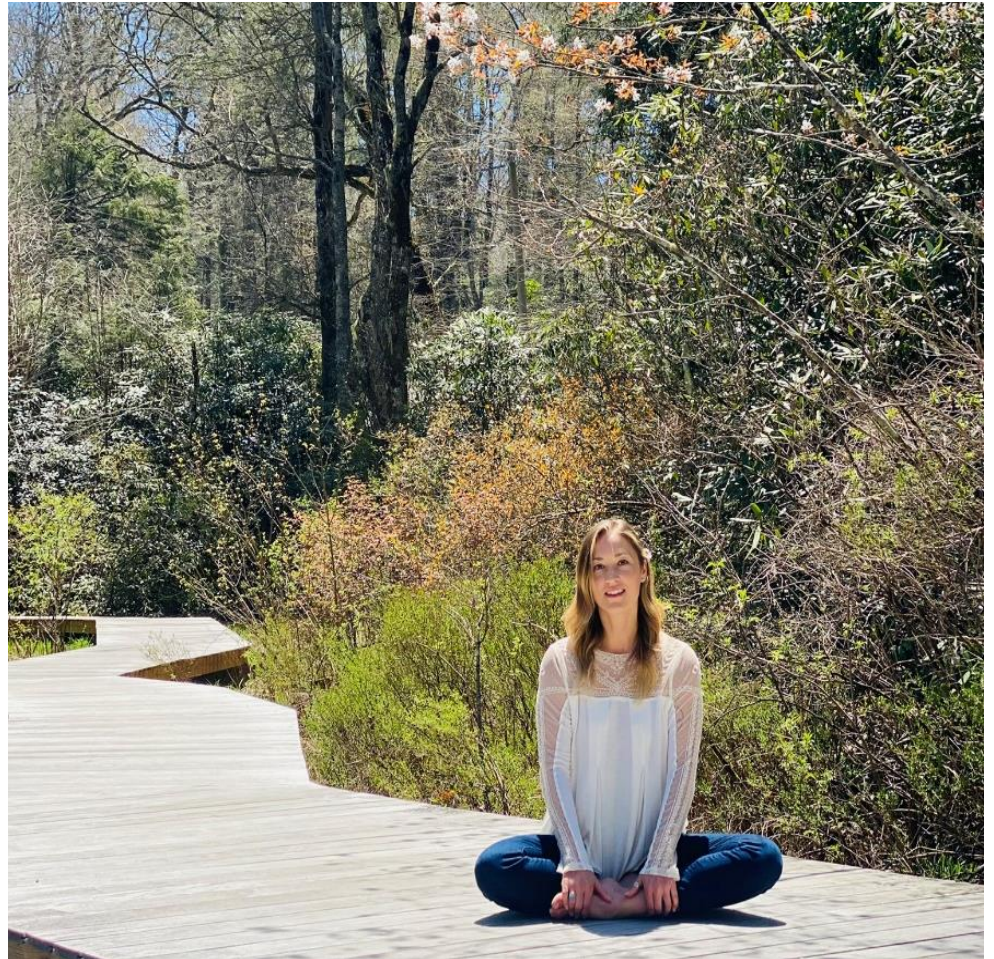
# Yoga for Everyone

Y.our O.utstanding G.rowth A.waits

Think about your internal conversation, your breath, your heartbeat... All have rhythm, and when you practice yoga, these rhythms begin to synchronize. You then receive an invitation to heal physically and emotionally. Whether you accept and go to the deeper layers of your being or stick to the physical aspects of yoga, it's your choice each time you come to the mat.

## **Motivation to Practice.**

So many are intimidated by yoga because it is not easy, no matter your reason for practicing. The most common misconception is that you have to be flexible to do yoga. Flexibility is not the goal,



rather a benefit. You can practice yoga for 20 years and still have tight muscles based on your anatomy. Most of the poses will have to be modified to work for your body, and some you will never be able to complete. There is no right, wrong, pass, or fail in yoga. The goals are to send breath to places that need to breathe. To better understand and respect our body's boundaries and limitations. To appreciate our humanity and the phases of our lives. To acknowledge that our minds constantly make noise, and ultimately to practice compassion so that we can love ourselves and others more. For example, I use yoga to heal emotional trauma, as a form of physical therapy, for aerobic purposes, to build lean muscle, and to deepen my relationships with gratitude. All that being said, yoga is whatever you need it to be for you on any given day.