

July 2023



CURRENTS

A Publication for Members & Friends of Cullasaja Club





CULLASAJA

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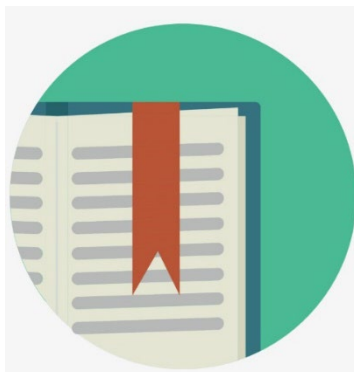
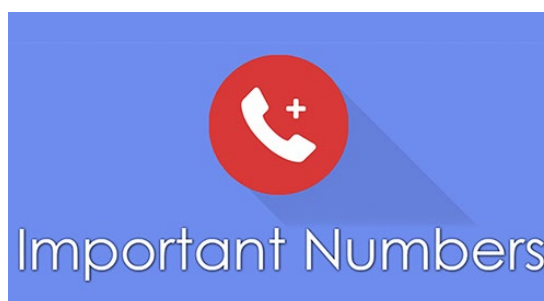


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Cullasaja Club Main

(828) 526 – 3531

Clubhouse Dining Reservations

Cullasaja Member App or
 (828) 482-4373

Club To Go Orders

Cullasaja Member App or
 (828) 526 – 3531

Golf Tee Times

Call or Text Starter @
 (828) 526 – 6446
 Or use Member App

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

Community Guard Gate

(828) 526 – 3954



Chris Conner, CCM
GM & COO

With the arrival of a busy July, we look forward to witnessing the many family traditions that are prevalent during the month. Having been a part of nine July's at Cullasaja Club, I can tell you it is our favorite month of the year. We all remember youngsters participating in Kids Camp, enjoying the July 4th Kids Buffet, running around at the Duck Race, and giving high-fives to the Duck. Many of these same youngsters are now driving through our entrance gate! It is a privilege to be able to be a part of their special moments visiting their grandparents for another wonderful time.

And with that being said, we have plenty of fun-filled activities for you to enjoy with children and grandchildren this July. The week of July 4th is always chock-full of great times and memories and this year is no different. Starting with the Annual Bingo Night on Friday, June 30th, followed by a Kids Play Day, Flag Golf Day, and a Strawberries and Cream Tennis Mixer on Saturday, July 1st; continuing with the traditional Annual Cart Parade and Duck Race on July 3rd; and concluding with the very popular July 4th cookout; there is so much to choose from to continue the remarkable memories with family and friends! Later in the month, we have three Croquet Championships to be contested, the WGA President's Cup, the Men's and Ladies' Doubles Tennis Championships, the Annual Men's Golf Invitational, and a special concert by Cullasaja Club favorite, Jenene Caramiello. Please remember to make reservations for the activities or for dining via the Member App or calling Zoe at 828-526-3531. Many of the special events will sell out quickly and we can also serve you better if we know in advance of your plans.

We have hosted several great events at "1785", our current name for the home the Membership purchased last fall. There have been many small private engagements along with three socials to showcase what is possible with this amazing new asset. We look forward to hearing from you on what you would like to see enhanced at the property to best serve you. We will also be asking your help to come up with a name that captures the essence of the home. The temporary name of "1785" was to denote the home's location; but I know we can come up with something much better than that! A naming contest will happen later this season. For now, let us know what you would like to see the property offer.

On behalf of the staff of Cullasaja Club, thank you for allowing us to serve you, and be a part of your family traditions. Please let me know if there is anything we can do to make your experience more remarkable and memorable.

Best Regards,

Chris Conner, General Manager /COO

We had a well-attended and informative event for our newer Members prior to the Welcome Home Party. There were Member representatives from different clubs within Cullasaja like Bridge, Canasta, Mah Jong, CWO and Women's Bible Study Group to name a few. The Department Heads were also on hand to answer questions and introduce some of our newest employees. The feedback was excellent, and it was a great way for the Members to learn more about the Club and meet other new Members.

We look forward to doing this again next year!



Amy Fine
Membership Director



Please join me in welcoming our newest Members to Cullasaja Club!



Van & Betsy Champion



Rick & Kathy Wagoner



John & Micah Mathews



Joe & Leslie Dzialo



Tony & Kathy Prosser



Steve Sheridan

Food & Beverage Director

I hope this newsletter finds you in high spirits as we dive into the heart of the summer season at our beloved Cullasaja Club. It has been an incredible beginning to the season, filled with friendship, great attendance at events, and delectable dinner offerings. We couldn't be more grateful for your continued support and enthusiasm.

We would like to extend a heartfelt thank you to all our members for their outstanding participation in the Club events and activities. Your presence and engagement have truly set the tone for an exceptional season ahead. The energy and camaraderie among our members have been absolutely fantastic, making every event a memorable experience. We deeply appreciate your continued dedication to making the Cullasaja Club a vibrant and welcoming community.

July will highlight our Twilight Hibachi Action Station as part of a Thursday Twilight Golf! Experience the artistry and precision of our skilled chefs as they create mouthwatering dishes right before your eyes. Join us on Thursday, July 6th, at the Clubhouse, and indulge in the sizzling flavors of our Japanese-inspired cuisine. It's an interactive dining experience you won't want to miss!

Calling all golf enthusiasts and couples! We are excited to announce our Sunday Couples Golf Event on July 9th. Challenge yourself and enjoy a round of golf with your partner, followed by a delightful dinner at the Clubhouse. This is a wonderful opportunity to connect with fellow members, strengthen relationships, and enjoy the natural beauty that surrounds us.

Great news for all wine enthusiasts among our members! We are excited to announce that we offer home wine sales at an exclusive rate of 20% above cost. Take advantage of this fantastic opportunity to expand your wine collection and savor exceptional vintages in the comfort of your own home. Our knowledgeable staff is available to assist you in selecting the perfect bottles to complement your palate and enhance your dining experiences. Swing by the Clubhouse or contact our team to explore our remarkable wine offerings today!

We understand that unexpected circumstances may arise, leading to the cancellation of our Twilight events. To ensure your convenience, we would like to inform you of our procedure. If a Twilight event is canceled due to inclement weather or any other unforeseen circumstances, your placement in the tournament will double as your dinner reservation with seating times at 6:45 and 7:05. If by chance you cancel your participation and the Twilight goes as planned, please make dinner reservations by calling us at 828-482-4373. We appreciate your understanding and aim to provide a seamless experience even in the face of changes.

We want to bring to your attention the Clubhouse F&B offerings during the Men's Golf Invitational. Please be informed the Clubhouse will be closed for both lunch and dinner service on Thursday, July 20th, and Saturday, July 22nd. Additionally, there will be no lunch service on Friday, July 21st. During these closure periods, we encourage you to explore the menus at the Fairway Café or the Pool Café for lunch.

We would also like to take this opportunity to remind you of the wonderful dining options available at Cullasaja Club throughout the rest of the week. The 4032 Market is open Thursday, Friday, and Saturday from 8:00 a.m. to 11:00 a.m. offering a grab and go breakfast option (DONUTS!) for your enjoyment. Sunday brunch is offered every Sunday from 10:30 to 2:00

I want to remind you of the Club's 48-hour cancellation policy for Special Events, which is listed in the Member Directory on page 101, #5. This policy requires us to charge the full price for any cancellation occurring within 48 hours of the event. This Board mandated policy is enforced unless there is a waitlist and the Members on the waitlist take the place of the Member who cancelled.

Another reminder, the maximum number of adults we can seat at a table on the Overlook, Bar Area, or Sweetwater Terrace is 8 comfortably, and 9-10 if you don't mind being very cramped. We can seat more than 10 adults in the Sweetwater Room in a variety of table configurations.

Valet service is offered during regular dinner service on Tuesday, Thursday, Friday and Saturday evenings at the Clubhouse. Valet is generally also available during special events at the Clubhouse and the 1785 property. There is no valet service on Wednesday nights due to Twilight Golf having the majority of our patrons traveling via their golf carts.

As always, the Cullasaja Club is dedicated to providing you with exceptional experiences, creating cherished memories, and fostering a sense of belonging among our members. We look forward to seeing you at the upcoming events and continuing to make this season one for the books.

Cheers,

Steve Sheridan

Steve Sheridan, Food & Beverage Director



Family Bingo Night and Buffet Dinner

Friday, June 30th

Reservations from 5:00 p.m. - 7:00 p.m. with 75 Minute Seatings

\$30.00 adult | \$14.00 for kids



Join us & Enjoy our Prime rib plate & “Create your Own Pasta Bowl” for Kids. Bingo will start at 7:00 p.m. sharp and will be offered in all dining spaces in the Clubhouse. Please bring cash to purchase bingo cards at \$5 each.

Annual Independence Weekend Cart Parade

Monday, July 3rd beginning at 3:00 p.m. (Inclement Weather Date is Sunday, July 2nd)

This is one of the best annual occurrences at the Club, and we are always so impressed with the creativity and craftsmanship of the remarkably decorated golf carts. Get your cart ready now for the Annual Cart Parade, or simply join the parade route to see all the great ideas and themes. The parade will start at the Clubhouse entrance circle, and go through the playground parking lot, into the Activity Center parking lot and back around the same loop again. Hope you can make this year's Cart Parade and see who wins the trophy for Most Patriotic, Most Creative, Kids Choice, and Best Overall!



A Special Cullasaja Tradition – the ANNUAL DUCK RACE!

Monday, July 3rd after the Cart Parade = around 3:45 p.m.

(Inclement Weather Date is Sunday, July 2nd)

Join other families on the 2nd hole to take part in the 2023 Duck Race. For those who have not attended, there will be food and drink, live entertainment, inflatables for the kids, and three great heats of over 600 ducks racing down the Cullasaja River. Don't forget to purchase your ducks prior to the event. Here are the details:

Each duck is numbered from 1 to 650. There will be 3 Qualifying Heats and then the final Championship Heat. The first 10 ducks in each heat shall advance to the final race. (30 total in the final championship race). All ducks are placed in the water at the same time, at which point the races begin. Golf Shop Credit will be awarded to the first-place duck in each of the 3 heats. Cash Prizes will be awarded in the final Championship Race for first, second and third place.



July 4th Cookout

Tuesday, July 4th with reservation times from 4:00 p.m. - 8:00 p.m.

\$34 per adult and \$16 per child aged 5 to 12, 4 & under are free

Join us for the Annual July 4th Cookout and enjoy burgers, brats and more from Chef Scott and the Club's culinary team. Reservations will run from 4:00 p.m. until 8:00 p.m. with 75-minute seating intervals so that every member has a chance to dine on this special night. Dress for this event is casual, and we have the live band, The Knotty G's, performing for your enjoyment. We hope to see you there!



Twilight Golf Specialty Dinners

Hibachi Action Station Night on Thursday, July 6th

Prime Rib Dinner Night on Wednesday, July 19th

Dinner and a Show with Jenene Caramiello

Thursday, July 13th Starting at 6:00 p.m.

A return engagement by Cullasaja Club favorite Jenene Caramiello, who will be showcasing the catalog of Celine Dion. For those who could not attend last year, Jenene is a phenomenal singer, and she will be performing for us prior to playing at the Highlands PAC. If you would like to attend this special dinner and a show (\$100 per person), RSVP quickly via the Member App.

Monthly Farmers Market

Sunday, July 16th

We invite you to join us at the Cullasaja Club Farmers Market on Sunday, July 16th, where we will be showcasing several local area farms and purveyors. Pre-order and pickup locally sourced goods while supporting our local farmers and artisans. Each month there will be an offering of some of the member favorites including Joyce Farms Chicken, Buckhead Beef and other proteins, Hidden Vale's Microgreens, house-made pastries and desserts, prepackaged to-go meals, and many other specialty items. We look forward to seeing you there and don't forget to pre-order and pick up at 3:00 p.m. on Sunday afternoon.





Chef Scott Craig
Head Chef

Greetings, esteemed members and friends of Cullasaja Club! As the summer season begins, I am delighted to share with you the latest culinary updates and exciting developments happening in our Club. From the kitchen to your plate, we are dedicated to delivering unforgettable dining experiences that reflect the unique flavors of Western North Carolina.

Welcoming a New Addition to Our Culinary Team

It is my pleasure to extend a warm welcome to our newest team member, Chef Geo Reyes. With an impressive culinary background that includes four years at Myers Park Country Club (Charlotte, NC)

and a passion for delicious cuisine, Chef Geo brings a wealth of experience to our kitchen. Her dedication to culinary excellence, attention to detail, and commitment to using fresh, local ingredients perfectly align with our philosophy here at Cullasaja Club. Chef Geo will be an invaluable asset in further elevating the dining experience we offer to our members. Please join me in extending a warm welcome to Chef Geo as she embarks on this exciting journey with us.

The Significance of Quality, Local Ingredients

At Cullasaja Club, we firmly believe that exceptional cuisine begins with the finest ingredients. We are fortunate to be situated in the heart of Western North Carolina, surrounded by a region renowned for its abundant natural resources. From the lush farmlands to the bountiful orchards and thriving vineyards, we have access to a remarkable selection of local ingredients that truly embody the flavors of this region.

By sourcing ingredients locally, we not only support our local farmers and producers but also ensure that our dishes are of the highest quality. When we use fresh, seasonal produce, meats, and dairy products, we not only enhance the flavor and nutritional value of our dishes but also reduce our environmental impact. It's a win-win situation that enables us to create exceptional meals while fostering a sustainable and vibrant local community.

Three generations of the Olsen family, raising our CAB cattle



Butchered in-house for our menu





Locally-sourced wild mushrooms, delivered each Tuesday

Our commitment to local ingredients extends beyond a mere buzzword; it's a way of life ingrained in every aspect of our culinary offerings. From the tender greens in our crisp summer salads to the succulent berries in our luscious desserts, we select each ingredient to showcase the essence of the region. Our talented culinary team works to craft menus that capture the diverse flavors and showcase the incredible range of ingredients available in Western North Carolina.

In our kitchen, you'll find an array of delectable dishes that highlight the bounty

of the surrounding area. Whether it's a savory grilled trout caught from nearby rivers or a Summer Berry Salad featuring local strawberries, each ingredient plays a pivotal role in delivering a memorable dining experience. By embracing the flavors of our region, we create a sense of connection between the plate and the picturesque landscapes that surround us.

Savor the Flavors of Summer

As we transition into the long-awaited summer season, our culinary team is excited to showcase a vibrant array of seasonal delights. The warmer months bring an abundance of local ingredients, and we take full advantage of this bounty to create inspired dishes that reflect the spirit of the season. Our menu features a variety of options designed to tantalize your taste buds while providing an authentic taste of Western North Carolina.

We encourage you to join us for our special themed dinners and culinary events throughout the summer. From farm-to-table dinners that celebrate the region's farmers and growers to wine pairing events that showcase the finest wineries, there is something for everyone to enjoy. These events are an opportunity to immerse yourself in the flavors and stories behind each dish, as our chefs curate a memorable culinary journey for you.

In addition to our regular menu offerings, we will soon launch a weekly "Chef's Selection" feature. This exciting addition will allow our culinary team to showcase their creativity and passion by creating unique dishes using the freshest ingredients available. Each week, you can look forward to



discovering new flavor combinations and innovative culinary techniques that truly push the boundaries of taste and presentation.

We understand that dietary preferences and restrictions may vary among our members, and we are dedicated to catering to these needs. Our team is well-versed in accommodating dietary requirements, whether it's gluten-free, vegetarian, or any other specific request. Your dining experience at Cullasaja Club is important to us, and we strive to ensure that each visit is tailored to your individual preferences.

In our quest for culinary excellence, we also value your feedback and input. Your opinions matter to us, and we encourage you to share your thoughts, suggestions, and experiences with us. We constantly endeavor to evolve and improve, and your valuable insights play an integral role in shaping our programming.

As we traverse this season together, I invite you to embrace the flavors, the stories, and the passion behind each dish we present. From the farm-fresh ingredients to the skilled hands that prepare them, every element is carefully orchestrated to provide you with an extraordinary dining experience.

On behalf of the entire culinary team, I extend my heartfelt gratitude for your continued support and enthusiasm. We are honored to serve you and look forward to creating memorable culinary moments that celebrate the remarkable flavors of Western North Carolina. Cheers to a season filled with exceptional cuisine, enjoyable conversations, and cherished memories.

Happy Dining,

Scott Craig, Executive Chef, WCMC



Charles Beurmann
Head Golf Professional

“Slow Down Summer”

I can't believe it's already July! Slow down Summer!

So much happened in June, I must tell you all about it. We had wonderful weather for the Men's Member-Member Championship. Jim Moore and Joe Dunning played extremely well and defeated the largest field we have ever had. Congratulations gentlemen on your amazing accomplishment. Playing in the Member-Member is a great way to meet other Members, and Jim and Joe played well against an exceptional field.

The next week we hosted the popular Junior Golf Camp. Thank you for your patience during June 12th-15th. We truly appreciate you allowing us to take over the range and putting green creating opportunity to mold the next generation of Cullasaja Club golf members. Jr. Golf camp was a massive success. We had 16 juniors participate. It sure is fun to see all the little golfers running around and learning about golf etiquette, basic instruction, and hopefully learning to love the game.

We had our first of four men's interclub matches on June 15th and 16th. Unfortunately, we were outplayed by Country Club of Sapphire Valley with a total of 26 points to 10 points. Don't miss out on your opportunity to participate in our next interclub vs. Highlands Falls on July 27th and 28th. The first 12 Members to sign up will fill the field. We currently have 6 spots remaining.

Our first Shoot-Out of 2023 was awesome. The weather was beautiful, and we had 13 teams participating. Michael Baragona and Tom Butts defeated Larry Thoele and David O'Connor in impressive fashion. Michael hit a spectacular shot out of the left fairway bunker to inside four feet. The shot ultimately was the deciding factor in the tournament's outcome. Congratulations Michael and Tom, and great teamwork!

Father's Day is always a great time spent golfing with your child. Growing up, my father and I always played. The memories created are ones I will never forget. We had a solid field this year with 8 two-man teams. Tony and Mark Palmisano proved to be too tough to catch shooting an impressive 64 in our two-man scramble format. Congratulations men, well played!

This year's Mixed Member-Guest was one for the record books. Our theme was "Tribute to our Armed Forces". I think anyone that played would agree that we represented Cullasaja and honored our Military in extraordinary fashion. Mother Nature tried so hard to prevent us from completing it, but our members and guests struggled through the extreme conditions. Jack and Cindy

Kuykendall and Micky and Christa Grindstaff held off an awesome field of competitors. Cindy and Christa hit tremendous tee shots which ultimately set their teams up for the win on both holes of the Shoot-Out. In 10 seasons of running events at Cullasaja, I have never seen anyone make birdie on 18 to win. Great putt Jack Kuykendall. It truly was a team effort and win on all accounts.



We have a ton of opportunities for you to be part of next month's newsletter recap. If you haven't signed up for our tournaments in July, call or text the starter immediately so you don't miss all the fun. I always say we can't have great tournaments without great people! Thank you so much for your support of the golf program!

See you on the course!

Charles Beurmann, Head Golf Professional

FLAG DAY GOLF EVENT

Saturday, July 1st (Anytime During the Day)

Cost is \$10 per player

Each player will receive a flag and get a score quota, which will be the course handicap + 72. Each player will then play the course and place the flag in the location where their quota shot lands. The player that places their flag the farthest is declared the winner of the event.



TWILIGHT GOLF ON **THURSDAY**, JULY 6TH AT 4:00 P.M.

Due to where July 4th falls this year, and Club dining being closed on Wednesday, July 5th, Twilight Golf the first week of July will occur on Thursday, July 6th.

SUNDAY COUPLES' GOLF EVENT

Sunday, July 9th – 1:00 p.m. Shotgun Start

Cost is \$90 per couple (includes dinner and awards)

Join us for a fun-filled 18-hole modified scramble format with 4 person teams! This is a great event where if a team records a birdie, the gentlemen move back a tee for the next hole. If the team records a bogey, all players get to move forward a tee on the next hole. Prizes will be awarded to the lowest net scores.

Handicaps will be allotted as follows: A-25% | B-20% | C-15% | D-10% players

WGA PRESIDENT'S CUP

Monday and Tuesday, July 10th & 11th

1:00 p.m. Shotgun Start for both 18 and 9-holers on Monday

8:30 a.m. Shotgun Start for 18-holers and 10:30 a.m. Start for 9-holers on Tuesday

WGA ladies are invited to play in this year's President Cup, which is a two-day Stableford ringer format tournament with 18-hole and 36-hole divisions. Note, players will receive 95% of their handicap.

MONTHLY SATURDAY NIGHT SHOOTOUT

Saturday, July 15th at 4:00 p.m.

Enter a team with the Starter 828-526-6446 (call or text)

Cost is \$40 cash per team – Top 3 Teams are awarded.

This entertaining event occurs on a Saturday of each month. Sign up as a two-person team and play an alternate shot format with elimination to have a monthly winner. The lowest net team scores will advance to the next hole until only two teams remain going to the 9th and final hole. Teams can be men or women or a mix. Handicaps will be given at 50% of the team total off the low team in the Shoot-Out. Strokes are given as they fall on the card and will be adjusted when the low team is eliminated. This event is always popular and there are a maximum number of teams permitted.

THE SHOOTOUT



2023 MEN'S INVITATIONAL

July 20th to July 22nd

The Men's Invitational is one of the premier golf tournaments of the season. This 3-day event kicks off with a practice round on Wednesday followed by five, 9-hole matches against others in a flight. The winners of each flight then participate in a final day shootout to crown the champions. The field fills quickly for this event, so if you were not able to get in this season, make a point to submit your entry card on the registration date next year. Good luck to all the participants in 2023 and here's to another great tournament!



The golf course will be closed for regular play on Thursday, Friday and Saturday during the Invitational. The Driving Range will be open for practice from 11:00 a.m. until 3:00 p.m. on Thursday, Friday and Saturday unless weather issues cause delays in the tournament schedule. The Clubhouse will be closed for Member dining on Thursday, July 20th and Saturday, July 22nd. The Clubhouse will be open for Member dinner on Friday, July 21st but closed for lunch on July 21st. The Fairway Café is also closed on Saturday, July 22nd.

WGA 18 - HOLE EVENTS

Please contact the Starter at 828-526-6446 to sign up

Tuesday, July 4 – Team Stableford (HDCCP)

Monday, July 10 - Day 1 of **President's Cup** (1pm Shotgun Start – Both 9 & 18) (Low Net by HDCCP)

Tuesday, July 11 - Day 2 of **President's Cup** (Individual Low Net Paired by Day 1 Score)

Tuesday, July 18 – 9 & 18 Holer's Play Together! 18-Hole Scramble from VII Tees!

Tuesday, July 25 – Fourball Match Play (ABCD pair)

WGA 9 - HOLE EVENTS

Please contact the Starter at 828-526-6446 to sign up

Tuesday, July 4 – T&F (Count Only Scores from Holes that Begin with T (2 & 3) or F (4 & 5)

Monday, July 10 - Day 1 of **President's Cup** (1pm Shotgun Start – Both 9 & 18)

Tuesday, July 11 - Day 2 of **President's Cup**

Tuesday, July 18 – 9 & 18 Holer's Play Together! 18-Hole Scramble from VII Tees!

Tuesday, July 25 – Team Shamble

JULY OPEN CLINIC

July 16th: Greenside Bunker Play at 1:00 p.m. (Cost is \$40)

Learn the secrets of how to effectively execute the high lofted pitch shot and greenside bunker play. The program size will be limited to 12 members.



JULY HAPPY HOUR

July 28th: Scoring Wedges at 1:00 p.m. (Cost is \$10)

The Clinic is geared to all levels of ability and will focus on the design and loft of the wedge, how to score best using a wedge, and the ways to use bounce to your advantage. The program will be limited to 12 members.

MEN'S INTERCLUB MATCHES VS. HIGHLANDS FALLS

Thursday, July 27th at Highlands Falls

Friday, July 28th at Cullasaja Club

12 Noon Lunch & Range | 1:00 p.m. Shotgun Start | \$75 per person

We have scheduled several home and away interclub matches this coming season. The event will be a fourball match play using 90% of the handicap of the low man in the group. Each team will get one point for a win and a ½ point for a tie. These events will be limited to the first 12 that sign up

Other Interclub Matches this Season

Wednesday, August 16th at Old Edwards Club (OEI)

Thursday, August 17th vs OEI at Home

Thursday, September 28th at Wildcat Cliffs

Friday, September 29th vs Wildcat Cliffs at Home

Remaining 2023 Major Golf Events

MEN'S INVITATIONAL

July 20th – 22nd

CLUB CHAMPIONSHIPS

August 11th & 12th

WGA MEMBER GUEST

August 24th & 25th





Tom Nelson
Golf Course Superintendent

Now that the course has been opened for a couple months, we hope that you have had the opportunity to play from several different tees and have found your favorite set to fully enjoy your experience. Both the Green and Golf Committees are closely watching and listening to Member feedback for potential tweaks to the current set up. With the second phase of construction drawing near, we are now fine tuning our plans that may include minor tee expansion and potentially a couple new locations to best suit your needs.

The new bunkers are performing wonderfully from a drainage standpoint. Following a rain event there is little to no wash for the crew to repair and they are back in playable condition with little effort. Bill Bergin did a great job of positioning the bunkers to be less penal for the higher handicapper and yet play similarly for a lower handicap player. Like all new bunkers the sand is soft, however, as time goes by and we receive more rainfall, the sand will compact and become firmer.

We are looking forward to the next phase of construction that will include rebuilding #3, 10 and 18 green complexes, all bunkers on 11- 15 and any tee adjustments that need to be made. The construction process is invasive, and it does take time to heal from the wounds. We appreciate your patience while we navigate through the growing pains of establishing our newly renovated golf course features.

Course Care

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 differently according to the specific needs of a particular property. Different turf types, maintenance practices, and operating budgets all influence what the golfers are asked to do at individual facilities to help complement 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, it provides a common courtesy to your fellow Members playing behind you.

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 a number of 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, every golfer can help us to keep our course in great shape throughout the season.



Brian Lozano
Croquet Director

The Cullasaja Croquet Program has hit the ground running this 2023 season. Our croquet players have wasted no time to get back in sync with the characteristics of the lawns, fine-tuning their pendulum swing, and most importantly, reconnecting with the great community for which the Cullasaja Club Croquet Association is so proudly known.

The CCA's Welcome Home event was a great success! A cowboy themed celebration to welcome everybody home to the best croquet program and Club on the plateau! This event offered a great balance of both competitive and social experiences and proved to be an excellent way to begin our croquet journey this season. Along with our weekly Mallets and Martinis on Tuesdays and Thursdays, we are looking forward to our next social croquet event on Saturday, July 2nd, the popular Patriots Play Croquet Event.

Congratulations to Mr. Tim Wright for winning the 2023 Men's Singles Championship. This championship was contested via a balance of experienced and relatively new players. A true open format meant everyone competed as equals, regardless of their experience. Results produced a very good challenge for all players, including several upset wins from our newer players. In the end, experience prevailed in very close matches throughout the event. Thank you to all member participants and spectators who joined us and for enduring the unpredictable weather that was less than ideal. We look forward to our next Club tournament, the Ladies' Singles Championship, July 17-18 followed by both the Men's and Ladies' Doubles Championships that follow on consecutive weeks. Good luck to all who compete this season.

The CCA is looking forward to another incredible croquet season with a great offering of weekly programming, social and competitive events, and private coaching. A new initiative that has only been online for two weeks and has already proved to be a positive experience is the Intro to Croquet Clinics held on Wednesday mornings at 10:00 a.m. All Club Members are welcome to participate in these weekly clinics. So far, I have had golfers and tennis players take the plunge into learning this beautiful game and some have been heard to say that they've "caught the bug." Looking forward to introducing more of you to the sport of a lifetime. Stop by on a Wednesday morning and let's get you involved in croquet!



2023 WEEKLY CROQUET SCHEDULE

Subject to Change

Sundays

Open Play until 4:00 p.m.
4:00 p.m. – 6:00 p.m. Sunday on the
Lawn

Mondays

10:00 a.m. Ladies on the Lawn

Tuesdays

10:00 a.m. Men on the Lawn
Mallets & Martinis 4:30 p.m. – 6:00 p.m.

Wednesdays

10:00 a.m. Intro to Croquet Clinic
With Brian Lozano

Thursdays

10:00 a.m. Ladies on the Lawn
Mallets & Martinis 4:30 p.m. – 6:00 p.m.

Fridays

10:00 a.m. Competitive Match Play

Saturdays

Open Play

JULY 4TH WEEKEND CROQUET EVENT

Saturday, July 2nd Beginning at 10:00 a.m.

Join other croquet enthusiasts and those just trying out the game during the Independence Day weekend Croquet Mixer. We will gather at the lawns from 10:00 a.m. until 2:00 p.m. for food and drink, along with some great croquet games. Sign up via the Member App as this event is limited to 64 players. Family and friends are welcomed and you can come dressed as you are, but we hope you will wear some red, white and blue!



MALLETS AND MARTINIS

Tuesdays and Thursdays from 4:30 p.m. to 6:00 p.m.

Enjoy light hors d'oeuvres and a signature bar while hanging out with other croquet enthusiasts. Please sign up ahead of time for each **Mallets & Martinis** event by using the Cullasaja Member App. The event features a round-robin format in a highly social and fun atmosphere for all CCA Members.

BEGINNER CLINIC, DRILLS AND PLAY

Each Wednesday Beginning at 10:00 a.m. (Complimentary)

If you are a beginning level player and you want to raise the level of your game, this is your weekly opportunity. Brian or 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 ON 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 as to not 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 to not interrupt pairings and to get warmed up in advance.

“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.



2023 MEN'S SINGLES CROQUET CHAMPION

Congratulations to **Tim Wright** for winning this year's Men's Singles Croquet Championship. Tim played flawlessly over two days and won in finals 7 to 3. His nameplate will be added to the perpetual Champions Board in the Activity Center. It was a tough two days due to weather, and all 16 competitors endured the rain to provide spectators with many reasons to watch. The matches were close, and many came down to just one errant or great shot. Tim Wright was runner up in 2022 and we are happy that he broke through to win the Championship this year. Thank you to all Members who participated in the event.



REMAINING 2023 CROQUET CHAMPIONSHIPS

Ladies' Singles Championship (Rescheduled from June)

July 17th and July 18th

Men's Doubles Championship

July 24th and July 25th

Ladies' Doubles Championship

July 31st and August 1st

Mixed Doubles' Championship

August 14th and August 15th

Intro to **GOLF CROQUET** ~ with Brian Lozano



**WEDNESDAYS
@ 10 A.M.**

White attire is encouraged,
but optional for new players;
must wear flat soled shoes

*This is not your backyard game. The lawn
is flat, it's faster and the wickets are set
tight. This game has the touch of Golf, the
strategy of Chess, and the angles of Pool.*



**NEW PLAYERS WILL LEARN HOW TO GRIP THE Mallet,
HOW TO SWING AND STRIKE THE BALL, AND WILL BE
INTRODUCED TO THE RULES GOLF CROQUET.**



**FREE | No need to sign-up, just show up on the main lawn
Contact Brian Lozano with any questions 858-242-9692**



Chris Harris
Tennis Director

A GREAT START TO THE 2023 TENNIS SEASON.

This season started a little slow due to cooler than normal temperatures, but we are now off and running with two newly built tennis courts at the upper level and a new medium bristle court brush that is showing remarkable results. Joe Sewell has returned to help me with court maintenance and the addition of Heather Bell as an additional Tennis Pro to help with events, lessons and some upcoming clinics has been a welcomed addition.

We have welcomed the increase in popularity of our version of Clay Court Pickleball early this season, often seeing as many as 10 come out to play on Monday afternoons at 1:30 p.m. We have tried a number of different types of balls and paddles to determine the most effective and enjoyable way to play pickleball on our clay court surface. Everyone is welcome; come on out and give it a try!



TENNIS BALL MACHINE

The state-of-the-art tennis ball machine is available for you to work on your game. The machine can be reserved on a first come, first serve basis by contacting Chris in the Tennis Shop. Fees and usage times will be determined and presented to those using the machine prior to use.

ADULT CLINICS COMING SOON FOR THE MONTH OF JULY AND AUGUST:

Heather has agreed to offer some adult tennis clinics during the month of July. The clinics will be every Tuesday and Thursday from 9 a.m. to 10 a.m., starting July 6th. These clinics are open to any level and will feature a variety of drills, games, as well as a shot of the day.

Sign-up on the Member App; \$18 per person; minimum of 3 participants must register.

THE WELCOME HOME AND NEW TENNIS MEMBER MIXER WAS WELL RECEIVED:

This was our first major event of the 2023 tennis season. We had a great turnout with around 18 players who participated in our doubles round robin event. We had scheduled a new happy hour after this event to socialize with our latest tennis playing members, but due to the unusually cold weather decided to cancel and try again next year.

OUR NEW EVENT THIS SEASON: THE “RED AND BLUE TEAM TENNIS TOURNAMENT” AND HAPPY HOUR WAS A BIG HIT.

Paul Pavlis’ Red Team with a team score of 70 beat Jan Pavlis’ Blue team with a score of 65. Rather than prizes for the winners, we had the losing team host a Happy Hour for all our tennis playing members on the Activity Center deck with homemade appetizers. All that joined us really loved the new event, especially the Red team.



THE 4TH OF JULY HOLIDAY STRAWBERRIES & CREAM TENNIS MIXER SATURDAY, JULY 1ST At 10:00 A.M.

We hope you can show us your best Independence Day colors and join us for the Strawberries & Cream Tennis Mixer, one of the most popular mixers of the tennis season. Due to its popularity, we will continue to have two start times. Please sign up for either the 9:00 a.m. start time or the 10:30 a.m. start time using the Member App. Fresh strawberries and cream will be served courtside. No partner is required for this event. All tennis-playing family members and guests are invited to participate.

Please note on Friday, June 30th, we will also offer an open men’s, ladies’ and guests’ organized doubles morning starting at 10:00 a.m. for all that would like to join us. All levels of players welcome.

2023 WEEKLY TENNIS SCHEDULE

Mondays:

9:30 A.M. Complimentary Warm-up Drill

10:00 A.M. Ladies' Doubles

1:30 P.M. Clay Pickleball or Spec Tennis

Tuesdays:

9:00 A.M. Adult Clinic

10:00 A.M. Men's Doubles

Wednesdays:

9:30 A.M. Complimentary Warm-up Drill

10:00 A.M. Ladies' Doubles

Thursdays:

9:00 A.M. Adult Clinic

10:00 A.M. Men's Doubles

Fridays:

9:30 A.M. Complimentary Warm-up Drill

10:00 A.M. Ladies' Doubles

Saturdays:

10:00 A.M. Men's & Ladies' Doubles

Sundays:

Open Play All Day



UPCOMING EVENTS

2023 TENNIS TOURNAMENTS

FORMAT FOR THE TENNIS CHAMPIONSHIPS: Participants will play with set teams in a tournament style event for all Championships. Four teams required for the Championships. The set teams will compete in a round robin rotation of opponents. You will play the entire event with your partner. The **MEN'S DOUBLES INVITATIONAL** and the **LADIES' MEMBER-GUEST TOURNAMENT** are our premier tournaments of the season. Please feel free to invite a guest, a current Member, or a family member to partner with you. If you need a partner, Chris will be happy to help you find one; just let him know when you sign up. An awards luncheon will be enjoyed by all participants after play for these events. If you need help finding a partner for these Championships, let me know a week or two in advance; I will be happy to help you find one.

MEN'S DOUBLES CHAMPIONSHIPS

July 15th at 10:00 a.m.

LADIES' DOUBLES CHAMPIONSHIPS

July 29th at 10:00 a.m.

MIXED DOUBLES CHAMPIONSHIPS

August 5th at 10:00 a.m.

LADIES' MEMBER-GUEST TOURNAMENT AND LUNCHEON

Friday, August 19th at 10:00 a.m.

This is often considered the highlight of the ladies' tennis season. Start thinking of a guest as partner and sign up soon. Volunteers are welcome to help organize this event.

MEN'S DOUBLES INVITATIONAL (RESCHEDULED FROM JUNE)

Saturday, September 16th at 10:00 a.m.



Elizabeth Holt
Wellness Director

I have thoroughly enjoyed my first two months as the Wellness Director at Cullasaja Club, and I graciously look forward to the rest of the 2023 season. It has been a pleasure to meet so many of you, and to teach classes, train privately, and give massages to so many wonderful Members and their families.

We are excited to have a new addition to our team, Mark Melancon (cell 239-404-7453). With more than three decades under his belt, Mark has made health and wellness his passion. As an Athletic Fitness Association of America (AFAA)/NASM Certified Personal Trainer and sports enthusiast, Mark specializes in designing personalized wellness and fitness sport specific programs with a focus on functional training. Mark is an avid paddle surfer, kite surfer, mountain biker and hiker. Please come by and welcome Mark. Hopefully, you will engage with him to train, stretch, or take some of his classes. He is currently teaching two classes on Saturdays: Ride the Parkway Spin Class at 9:30 a.m., and a Functional Fitness Class at 10:30 a.m. Mark will be teaching an additional Functional Fitness Class on Tuesdays at 10:30 a.m., with the first class starting on Tuesday, July 11th.

We are enjoying being busy not just at the Activity Center, but also on the local trails! The hikes have been very popular with great attendance, and we have enjoyed wonderful weather while out on the trails. We hope you can join us for our next hike on Saturday, July 15th, when we will head to the Rabun Trail. This is a moderately easy hike with a round trip total of 3 miles, which offers a tower deck to climb for a remarkable 360-degree view. We will meet at the Activity Center at 9:00 a.m. and caravan through Highlands, continuing to the Dillard Road, then to the Scaly Mountain area. The travel time is roughly 40 minutes from the Club.

Starting on Monday, July 2nd, Cullasaja Club Wellness will offer an additional treatment to our massage treatments. We are now able to offer an amazing EmerginC Organic Ginger-Lime Sugar Scrub with two moisturizing applications; followed with an EmerginC Organic Body Firming Serum, and then finishing with the Grape Stem Cell, White Tea + Seaweed Body Butter application. Also, we are very excited to soon be offering a great line of “EmerginC” Organic Scrubs and other products available for you to purchase at the Activity Center.

Thank you again for welcoming me to Cullasaja Club. I love being here and meeting everyone while we work in concert to attain your wellness goals. Please stop in anytime to say hello and we can develop a plan that works for you.

Yours in Health,
Elizabeth Holt, Wellness Director

JULY CLASS SCHEDULE

(Schedule subject to change)

Monday

8:00 a.m. Tonic Spin with Core & Arms with Elizabeth

9:30 a.m. Roll Your Pain Away with Erica

10:15 a.m. Aqua Weights with Manu

Tuesday

8:30 a.m. Sculpt Pilates Barre with Elizabeth

9:30 a.m. Restorative Yin Yoga for Flexibility with Elizabeth

10:30 a.m. Functional Fitness with Mark *(starting July 11th)*

Wednesday

8:30 a.m. Spinning Through the Decades with Manu

9:30 a.m. Senior Sports Conditioning with Manu

10:15 a.m. Aqua Fusion with Elizabeth

Thursday

8:30 a.m. Sculpt Pilates Barre with Elizabeth

10:15 a.m. Gentle Yoga Flow with Manu

4:15 p.m. Roll, Restore & Stretch with Mark

Friday

8:30 a.m. Tonic Spin with Core & Arms with Elizabeth

9:30 a.m. Stand Tall & Strong with Elizabeth

10:15 a.m. Aqua Noodles with Manu

Saturday

9:30 a.m. Spin & Ride the Blue Ridge Parkway with Mark

10:30 a.m. Functional Fitness with Mark

PLANNED 2023 LOCAL GUIDED HIKES

RSVP in advance for hikes as there is a minimum of 6 participants for hikes to occur.

All participants should meet at the Activity Center and be ready to caravan to the trailhead.

Saturday, July 15th 9:00 a.m. Rabun Bald
(40 min ride; 3.2 miles; easy to moderate; beautiful views from tower deck)

Saturday, August 19th 8:00 a.m. High Falls Dam Release
(30 minute ride; 4 miles total; moderate hike)

Saturday, September 23rd 9:00 a.m. Yellow Mountain
(15 minute ride; 2 miles total; light, uphill hike with great views)

RSVP via the Member App or contact the Wellness Department to sign-up



Manu Luebeck
Massage Therapist

Massage with Manu and Elizabeth

Massage is generally considered part of integrative medicine. The benefits of massage include reduced stress and increased relaxation; reduced pain, muscle soreness and tension; improved circulation, energy and alertness, lower heart rate and blood pressure; as well as improved immune function.

Some studies have found massage may also be helpful for anxiety, digestive disorders, fibromyalgia, headaches, insomnia related to stress, low back pain, myofascial pain syndrome, nerve pain, soft tissue strains or injuries, sports injuries, temporomandibular joint pain, and upper back and neck pain. People also enjoy massage for overall well-being, it often produces feelings of caring, comfort, and connection (Mayo Clinic, 2022).



Did you know, at Cullasaja Club we offer a wide variety of massage treatments? These include Relaxation Massage, Deep Tissue, Ashiatsu, Thai Yoga, Pregnancy Massage, Hot Stones, and Cupping. In addition, we also offer spa services such as Body Brush and Body Scrub.

What follows is a more detailed explanation of each massage treatment and spa service.

Relaxation Massage - uses light to medium pressure to relax the body and mind. Long, gliding strokes are used in the direction of the blood returning to the heart. Relaxation Massage helps relax muscles and increase circulation.

Deep Tissue Massage - uses firm pressure to relieve muscle tension in deeper layers of connective tissue. Forearms, elbows, and thumbs are used to apply deeper pressure in areas of focus.

Ashiatsu Barefoot Massage - uses light to deep pressure. Ashiatsu stems from the Japanese meaning “foot pressure”. Feet are used to massage the neck, back, arms and legs with the client lying face down and the massage therapist either seated or standing holding onto mounted bars.





Thai Yoga Massage - combines stretching techniques and massage strokes with the client fully relaxed. The client wears loosely fitted clothes on a massage table or Thai Yoga Mat. Thai Yoga massage sometimes includes client-assisted stretches.

Pregnancy Massage - is performed sideling when the client is past the first trimester. Pillows and bolsters are used to keep the client comfortable. Pressure is applied to the level of the client's comfort.



Hot Stone Massage - incorporates warm stones into a Relaxation or Deep Tissue Massage. Stones are placed on the back, palms, and under the neck with the localized heat and weight of stones aiding in muscle relaxation. Warm stones can be utilized to apply deeper pressure in areas of focus.

Cupping - incorporates suction cups into a Relaxation or Deep Tissue Massage. Suction cups are used to move connective tissue to help with inflammation, circulation, relaxation, and scar tissue. Cups are continuously moved to avoid broken blood vessels that leave the notable dark rings.



Body Polish/Brush - uses a soft brush to remove dead skin and increase circulation. It can be added to any massage treatment and is specifically recommended before a body scrub.

Body Scrub - exfoliates and softens your skin. We focus on the back, hands, and feet. A body scrub to these areas can be applied to any massage treatment and should be combined with a body polish. If you have any questions or would like to schedule a massage treatment, please contact Cullasaja Wellness at 828-526-2939 or email wellness@cullasaja-club.com.



Duck RACE

MONDAY, JULY 3RD

START TIME APPROXIMATELY 3:30 P.M.



Rubber Ducks can be purchased now at The Clubhouse

\$25 EACH OR 5 FOR \$100

*Live Music & Fun on The Course for The
Whole Family!*

**PROCEEDS FROM THE INCREDIBLE DUCK RACE
BENEFIT RAVENEL LAKE FISH STOCKING FUND.**

****RAIN DATE SUNDAY, JULY 2ND****



1371 Cullasaja Club Drive
Highlands, NC 28741

First-Class Mail
US Postage
PAID
Highlands, NC
Permit No. 99



Clubhouse Dining in July

Lunch and Dinner are served on
Tuesday through Saturday in July
excluding special events.

Sunday Brunch is 10:30 am to 2:00 pm

JULY 2023

*Dress Code Relaxed for June 30th through July 4th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activities Croquet Golf Tennis WGA Wellness					FAMILY BINGO NIGHT & BUFFET DINNER <i>Bingo calling in all areas of Clubhouse</i> <i>Themed Buffet Only Tonight</i>	1 Strawberries & Cream Tennis Mixer  Flag Day Golf Event
2 Patriots Play Croquet Event 10am - Noon Duck Race & Cart Parade <i>Rain Date Only If Needed</i>	3 Clubhouse OPEN for Lunch until 2 pm Planned Cart Parade & Duck Race Extravaganza	4 Fairway & Pool Cafe OPEN FOR LUNCH Clubhouse opens @ 4pm JULY 4TH COOKOUT 4pm-8pm	5 Fairway Cafe OPEN FOR LUNCH NO TWILIGHT GOLF Clubhouse CLOSED Today No F&B Service	6 Hibachi Action Station Dinner for Twilight Twilight Golf @ 4:00 p.m.		
9 Sunday Couples' Golf Event	10 HOA-BOD Meeting @ 9:00am WGA President's Cup 1pm-Shotgun 18 & 9	11 WGA President's Cup 8:30am - 18 & 10:30am - 9		13 Jenene Caramielo Dinner & Concert Overlook Open for Dinner from 6pm-9pm	14 CWO LUNCHEON	15 Men's Doubles Tennis Championship Saturday Night Shoot-Out @ 4pm
	17 Club BOG Meeting @ 8:30am Ladies' Singles Croquet Championship		19 Prime Rib Night for Twilight Dinner	20 Clubhouse Closed for Both Lunch and Dinner	21 Clubhouse Closed for Lunch Clubhouse OPEN for Dinner	22 Clubhouse Closed for Lunch & Dinner Fairway Cafe Closed
	MEN'S GOLF INVITATIONAL					
				27 Golf Interclub @ Highlands Falls at 1pm	28 Golf Interclub vs. Highlands Falls at 1pm	29 Ladies' Doubles Tennis Championship
30 Cullasaja Monthly Farmers' Market Pickup @ 3pm CFWNC Dinner Event						
	31 Ladies' Doubles Croquet Champ.					