

CURRENTS

A Publication for Members & Friends of Cullasaja Club



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IMPORTANT NUMBERS



Cullasaja Club Main (828) 526-3531

Clubhouse Dining Reservations

Cullasaja Club Member App or (828) 526-3531

<u>Club To Go Orders</u> Cullasaja Club Member App or (828) 526-3531

<u>Front Security Gate</u> (828) 526-3954

Golf Tee Times

Cullasaja Club Member App or call or text the Starter at (828) 526-6446

Tennis/Croquet Shop

Cullasaja Club Member App for Lawn/Court Reservations or call (828) 526-9185

The Fairway Cafe Cullasaja Club Member App to place an order or call (828) 482-4421

Dinner and Event Reservations: Reservations are a must for all Club social events and for dinner. Reservations for Special Events may be made up to one month prior to the event (i.e. June 4th for July 4th reservations); and dinner reservations can be made up to 14 days in advance. Reservations can be made instantly via the Club Member App or by calling 828-526-3531 and speaking with the Receptionist or a Food & Beverage Manager. If you are not seated within 15 minutes beyond your reservation time, your table may be given to another member. Your assistance in adhering to this policy will enable us to further enhance your Club experience.



Chris Conner, CCM GM & COO

Welcome to the latest edition of the Currents Newsletter, your guide to the vibrant activities and events at Cullasaja Club in May and June. In addition newsletter. the Club's our website. accessible https://cullasajaclub.buzsoftware.com/ is a treasure trove of real-time You will find the always current Guidebooks for each department located under the MEMBER INFO section. Guidebooks show each department's event flyers and schedules for the season. There is also a section that provides a Concierge List with verified contacts for a variety of services, from babysitters, house cleaners, to transportation companies. You'll also find sections on Club Culture and Dress Code which are worthy of review prior to the season. We recommend bookmarking the Club website for easy access throughout the year.

I want to remind you of a wonderful way to keep us informed of any issues you encounter around the Club.On the Cullasaja Member App, there are two ways to send a text directly to Club Management. The first is simply clicking on the CONTACT icon on the bottom of the screen. This allows you to send a text or call the Club office. The other way is to click on MENU, then STAY CONNECTED. There is a section here titled COMPLIMENTS & COMPLAINTS that provides an easy way to send a text directly to me. We hope you will use these easy ways to communicate with us in a quick and easy manner when necessary.

We extend our heartfelt gratitude to Hugh Dillingham and Dr. Allen Hoffman, our dedicated 'trail-keepers', for their invaluable contribution in maintaining the Cullasaja Trail. Their efforts ensure that this 1.2-mile trail remains a cherished asset for our community.

This season promises an array of exciting experiences for you to enjoy this season, including a series of evenings dedicated to promoting local live music, a new speaker series that will include the actual Top Gun who did all the flying in the most recent movie with Tom Cruise, the return of the popular Oyster Roast, and many other great events withing events that we know you will enjoy.

The Cullasaja team is eager to create memorable experiences with you and your loved ones this year. Feel free to reach out for any assistance during your time at Cullasaja Club.

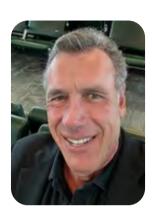
Best Regards,

Chris Conner, CCM, CCE General Manager /COO

Amy Fine Membership Director

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

*Please check the Cullasaja App for this information and associated photos:



Mark Jason From Naples, FL



Tom and Susan Lamb From Atlanta, GA



David and Nancy Ortiz From Miami Beach, FL



Tommy and Becky Isbell From Wichita Falls, TX

Bob and Lil Regan From Vero Beach, FL



Bill & Marti Rodamaker From Stuart, FL



Jerel and Deborah Verner From McDonough, GA



Jack and Patty Wilcox From Maitland, FL

As we look to kick off the 2024 season, I hope each and every one of you know and feel our excitement to begin what is bound to be a memorable year. Beginning my second season in the role of Social & Communications Director, I am thrilled to be able to get to know more of you in the coming months. As a native of Franklin, and having been at Cullasaja previously during the 2019 season, it has been a true joy to be able to return to this incredibly unique and rich community, and not something that I take lightly. If we have not had the chance to meet or have a conversation, I hope you will stop by my office (which will be located in the beautiful, new Tennis Center.) If there is any way I can be of assistance, please do not hesitate to reach out to me!



Heather Bell
Social & Communications
Director

Stay Up-To-Date:

- The Member App (Access Department Calendars, F&B menus, make dining reservations, sign-up for upcoming events, make a tee time, tennis court or croquet lawn reservation, sign up for tennis clinics & most club tournaments)
- Guidebooks (Golf, Croquet, Tennis & Wellness, Food & Beverage is a new addition this season)
- Email (If you are not receiving Club emails and would like to, let us know!)
- Monthly Newsletters (We try our best to keep information current and relevant so be sure to read important updates from each department head!)
- Follow Us: Instagram & Facebook (We plan to have a greater social media presence this year, whether you are on property and want to know what's happening, or if you are out-of-state and missing your mountain home, these platforms will allow us all to stay connected and feel a part of important moments)

Have a memorable photo to share?

It was brought to my attention last season that many of you are taking beautiful photos of the Club, special events, and candid pictures of your family that are worthy of sharing! We will have a photo of the week posted every Monday on our social media stories! To submit a photo, simply email it to communications@cullasaja-club.com or send it via direct message on our Instagram or Facebook.

Kind Regards,

Heather Bell

Communications Director





Steve Sheridan Food & Beverage Director

As we embark on another exciting year at Cullasaja Club, it is with great pleasure and warmth that I extend a heartfelt welcome to each and every one of you. With a myriad of captivating experiences planned ahead, I am thrilled to share the latest updates and announcements from the Food &Beverage department.

First, I would like to introduce the return of an exceptional crew whose dedication and expertise are instrumental in creating unforgettable moments for our cherished members. I am delighted to announce a remarkable 100% return rate in our back of house team, supplemented by new positions aimed at elevating our service standards. Moreover, in our front of house, we welcome back 50% of our staff, bringing with them

invaluable institutional knowledge and a deep understanding of our shared vision. A special mention goes to Jadyn DuRandt, stepping into the role of Dining Room Manager, and David Matthey, assuming the position of Bar Manager, following in the esteemed footsteps of our beloved Rocky.

The familiarity and dedication of our returning staff are pivotal in upholding the distinctive culture of excellence that defines Cullasaja Club. Their commitment to providing exceptional service amidst the breathtaking backdrop of the mountains ensures that each visit is nothing short of extraordinary.

As you peruse our calendar of events, you will discover a plethora of exciting offerings tailored to enrich your membership experience. One of our newest additions is the introduction of casual music sessions on our outdoor patio. On 12 Different evenings throughout the season, members will have the opportunity to unwind and enjoy live music in a relaxed setting, either before or after dinner, adding an extra layer of ambiance to your experience. Additionally, Cullasaja Club will host its inaugural karaoke and member talent show, promising an evening of fun and entertainment. Furthermore, we are delighted to introduce another Chef's Table, bringing the total to four for the season.

We are proud to present a series of engaging speaker events that promise both excitement and enlightenment. From thought-provoking seminars on African culture to captivating discussions on Cherokee Heritage in the region featuring esteemed representatives from the Cherokee Cultural Museum, to exclusive insights into the world of aviation from Frank Weisser, an experienced pilot who worked alongside Tom Cruise in Maverick, our lineup is designed to captivate and inspire our discerning membership.

In our ongoing commitment to culinary excellence, we have implemented several enhancements in and around our kitchen to streamline our service and elevate your dining experience to new heights. These improvements, coupled with our talented culinary team's dedication to innovation and quality, ensure that every meal at the Cullasaja Club is a culinary masterpiece to be savored and enjoyed.

Members will also notice some exciting changes to our wine list, designed to simplify the selection process and enhance your enjoyment of our extensive offerings. By categorizing wines by country and varietals, we aim to provide members with greater accessibility and confidence in

choosing the perfect pairing for their dining experience. As always, our knowledgeable staff stands ready to offer personalized recommendations and guidance should you require assistance in selecting the ideal wine for your palate.

For those who relish our Wednesday Twilight dinners, we have taken steps to enhance your experience by labeling themes on the calendar, allowing you to plan and anticipate these special evenings in advance. Whether you are drawn to the allure of Italian cuisine or the flavors of the Mediterranean or Asia, our themed dinners promise to delight your taste buds and create lasting memories.

As we embark on this journey together, I am filled with optimism and excitement for the adventures that lie ahead. Whether you are a seasoned member, or new to our community, I invite you to immerse yourself fully in all that Cullasaja Club has to offer. Here's to another unforgettable year of camaraderie, exploration, and discovery amidst the unparalleled beauty of the North Carolina mountains.

Cheers,
Steve Sheridan
Food & Beverage Director





Dinner Dress Code in the Clubhouse

Country Club Casual dress is permitted in the Bar and two covered outdoor dining patios at the Clubhouse. This includes collared golf shirts or button-down shirts, "Tommy Bahama or Untucked" style shirts, aka "camp shirts", knee-length shorts, slacks, nice denim without holes or tears. Shirts should be tucked in except that "camp shirts" with equal hem designed to be worn untucked may be worn untucked.

After 6pm, the Sweetwater Room (white linen tablecloths) requires slacks and button-down shirts, golf shirts, or camp shirts unless variations are approved by the Club for a special function. Please refrain from wearing t-shirts, denim with holes, or workout/tennis attire in the evenings if coming to dine at the Clubhouse. Realizing that oftentimes family is not aware of the Dress Code, the Dress Code is relaxed during the 3 summer Holiday periods as denoted on the Club Calendar. Members are responsible for informing their family and guests of the Club Dress Code requirements. The Club's Board of Governors has authorized Club Staff to invite any Members or guests in violation to visit the Golf Shop to purchase appropriate attire, or to return home to find a suitable replacement.

Kentucky Derby Party

Saturday, May 4th | 5:00 p.m.

Adult: \$50 for Derby Drinks & Food Stations

Join us for the first social event of the season, the annual Derby Party! We will have delicious food stations set up on the Overlook and Market for you to enjoy. Bring some cash and place wagers on your favorite horse. You can also participate in the Derby Hat or Bow Tie Contest to see if you can win prizes.



RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 4TH!



Mother's Day Brunch

Sunday, May 12th | 10:30 a.m. - 2:00 p.m.

Adult: \$36; Children (ages 5-12): \$18; 4 & Under Free Show true appreciation for Mom/Crandmom by letting us wow

Show true appreciation for Mom/Grandmom by letting us wow her with a creatively delicious special Mother's Day Buffet. Chef Scott and his culinary team will showcase many great offerings that are sure to impress. We will also have specialty drinks for all mothers, and offer entertainment by Carolina Music Planner, who are simply fantastic!

RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 12TH!

Wine Dinner: Sommelier's Selection

Thursday, May 23rd | Cocktails: 5:30 p.m.; Dinner: 6:00 p.m.

Adult: \$180

RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 23RD!

Memorial Day Cookout

Sunday, May 26th | Reservations: 5:00 p.m. - 8:00 p.m.

Adult: \$38; Children (ages 5-12): \$18; 4 & Under Free

Join us for the Annual Memorial Day Cookout and enjoy Chef Scott and his culinary team's remarkable offerings. The menu for this event will be posted online in late April. Dress for this event is casual and we have live band, The Knotty G's, performing for your enjoyment.

75-minute Seatings

RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 26TH!





Welcome Home Party

Saturday, June 8th | 6:00 p.m. - 10:00 p.m.

\$70 Adults; \$18 Children (Ages 5-12); 4 & Under Free

Reunite with old friends and meet new friends as we kick off the 2024 Cullasaja season! Enjoy the fire, good conversation, and great company. Share in creative cocktails and a variety of delicious food stations. Dress attire for this event is Country Club Casual. Open Seating throughout the Clubhouse. Live Entertainment by: Right to Party (One of the Southeast's most requested bands)

RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 8TH!

Member Karaoke Night & Talent Showcase

Thursday, June 13th | 7:00 p.m. - 9:00 p.m.

Join us for a fun and light-hearted night spent sharing your musical talents and/or listening to your fellow members rock the stage as they perform some of their favorite hits! It's bound to be a memorable night!



RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 13TH!

Father's Day Brunch

Sunday, June 16th | 10:30 a.m. - 2:00 p.m.

Adult: \$36; Children (ages 5-12): \$18; 4 & Under Free

You are cordially invited to join us for our Father's Day Brunch! Come and celebrate the special fathers in your life with a delicious and creative buffet and complimentary specialty drinks for Dad. Plus, enjoy the live entertainment of Austin Grant while you dine. We look forward to seeing you on Father's Day!

RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 16TH!

Twilight Golf Specialty Dinners

Wednesday, June 5th: Italian Action Stations Wednesday, June 12th: Buffet Dinner Wednesday, June 19th: Prize Fixe Dinner Wednesday, June 26th: Pre-Order Dinner We acknowledge that plans can be subject to change and adverse weather conditions may result in the cancellation of certain tournaments. In such instances, please note that your placement in the golf outing also secures your dinner reservation. Even if Twilight Golf is canceled due to weather, we anticipate hosting you for dinner at either the 6:45 or 7:05 seating. However, if you opt not to join us for dinner, please don't hesitate to reach out to us at 828-482-4373.

Speaker Series: Africa Awaits | Alastair & Laura Lamont



Thursday, June 27th | 1:00 p.m.

Free | Come enjoy lunch with us before this event!

Hailing from South Africa, Alastair's storytelling is second to none, and his top-notch hospitality training only complements his naturally caring nature and white glove expertise. Come listen and learn about the great continent of Africa!

RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 27TH!

Thursday Night Live Music (in the Bar or on the Verandah)

Thursday, June 6th
Anya Hinkle + Tellico
Starting at 6:00 p.m.



Based out of Asheville, NC, Anya, alongside her band Tellico, strives to provide pitch-perfect sounds to complement mountain settings & authentic culture. Their chosen genres have the power to evoke meaning & sentiment one minute, and lively floor-fillers the next.

Thursday, June 27th Harvest String Duo Starting at 6:00 p.m.



Hailing from the foothills of North Georgia, The Harvest String Duo consists of Teri Abler on violin and JP Hester on guitar. Performing throughout the Southeast, the duo's unique repertoire spans from Beethoven to Bob Dylan.

Cullasaja Carry-Out Sunday, June 30th | Pick-up 3:00 p.m.

Please join us for the Cullasaja Club Carry Out event.

Pre-order and pick up locally sourced goods to support our community's farmers and artisans. Each month, we'll offer member favorites like Joyce Farms Chicken, Buckhead Beef, Hidden Vale's Microgreens, soups, house-made pastries and desserts, prepackaged to-go meals, and various specialty items. Remember to pre-order and pick up on Sunday afternoon.



UPCOMING: JULY 4TH WEEK



Bingo Night and Buffet Dinner

Tuesday, July 2nd | *5:00 p.m. - 7:00 p.m. (75-Minute Seatings)*Adult: \$34; Children (ages 5-12): \$18; 4 & Under Free



One Day Kid's Day

Wednesday, July 3rd | *3:00 p.m. - 9:00 p.m. (Ages 6-12)* \$150: first child, \$120: second child, \$100: third or more children



Wednesday, July 3rd | 4:00 p.m.
With Action Stations for Dinner Following Play



July 4th 5K Fun-Run & Walk

Thursday, July 4th | *7:00 a.m.* \$25 per participant (includes Race Shirt & Refreshments after the race)

July 4th Cookout

Thursday, July 4th | Reservations Beginning at 4:00 p.m. Adult: \$38; Children (ages 5-12): \$18; 4 & Under Free



Annual Cullasaja Club Cart Parade

Friday, July 5th | Carts Lineup at 2:45 p.m. / Parade Starts at 3:00 p.m.

The Annual Duck Race

Friday, July 5th | Beginning after the Cart Parade around 3:30 p.m.



Strawberries & Cream Tennis Mixer

Saturday, July 6th | 9:00 a.m. & 10:30 a.m.



Saturday, July 6th | All Day



Patriot's Play Croquet Event

Sunday, July 7th | 10:00 a.m.



FROM THE KITCHEN



Scott Craig Executive Chef

Ladies and Gentlemen,

I trust this letter finds you in the best of health and high spirits as we eagerly anticipate the commencement of yet another season at our beloved mountain retreat. It is both an honor and a pleasure to extend a warm welcome to each and every one of you for the upcoming season, set to begin on May 1st.

With the mountains of Western North Carolina once again gracing us with their awe-inspiring beauty, we are thrilled to embark on a journey filled with delectable culinary experiences, breathtaking views, and the warm camaraderie that defines our unique community. Our culinary team has been hard at work over the winter, crafting a menu that not only

reflects the seasonal bounty of the region but also introduces exciting new items to excite your taste buds.

For Chef Mario and I, this winter was absolutely packed with learning experiences related to club culinary programming.

November gave us the inaugural PlateCraft event, bringing 17 of the best club chefs in America right here to our own Cullasaja Club to experience a collaborative educational experience unlike anything that has been done in the "club culinary" world. All chefs traveled here as colleagues, excited for a weekend of craftsmanship, and left as friends, enamored with this community at Cullasaja.

December through February gave us opportunities to work in different clubs, including Dunwoody Country Club (Atlanta, GA), Mizner Country Club (Delray Beach, FL) and Governor's Club (Raleigh, NC). We were fortunate to expand our network, to learn what makes these clubs successful for their members, and to freely exchange ideas.

In March, we attended "Chef to Chef", the largest gathering of professional club and resort chefs in the world. I have been proud to be an organizer and board member of this event for the past four years, and can confidently attest that this was our best year ever. Over 500 professional chefs gathered for four days' of education in Austin, Texas. Additionally, Chef Mario had the honor of being recognized as one of the Top 40 Under 40 in our profession, a powerful and humbling experience for our Executive Sous Chef.

This season, our menu is a celebration of rich flavors and ingredients sourced from the local farms and markets that surround our mountain haven. We received valuable feedback in last season's survey, and almost all of the work that we've done in creating our new menus and items have been based on that feedback.

Several of the projects that we've been working on includes hand-cut French fries, locally-sourced Wagyu hamburgers, new breakfast items in the Market, as well as freshly-spun ice cream. In addition to our exciting new menus, I am pleased to introduce our new team member to the family here at Cullasaja Club, Natalia Arias. "Chef Nat" was a team member of ours in Charlotte, at Myers Park Country Club for five years before becoming the Executive Sous Chef at the Patterson Club in Connecticut several years ago. Chef Nat specializes in pastry and cold food, but is also well-versed in

hot food as well. In addition to Chef Nat, we are immensely fortunate to be re-joined this season by 100% of our staff from last season, a first for the Cullasaja Club culinary team. Their dedication to excellence is sure to enhance the overall dining experience at our Club, and I encourage you to extend a warm welcome to these talented individuals.

As we embrace the upcoming season, our commitment to providing exceptional service and culinary delights remains unwavering. Whether you find yourself in the Sweetwater Room, the casual ambiance of the Overlook, or enjoying a picturesque picnic at the firepit, our culinary team is poised to exceed your expectations.

May this season be filled with laughter, joy, and the shared pleasure of exquisite meals in the company of cherished friends and family. I look forward to personally welcoming each of you back to our mountain retreat and I eagerly anticipate the unforgettable experiences that await us. Wishing you a season filled with culinary delights and unforgettable moments.

Warm regards,

Scott Craig
CEC,CCA,WCMC
Executive Chef



May Cooking Class

Thursday, May 16th | 12:00 Noon

\$75 per person | In the Sweetwater Room

Please note that there is a 20 person limit for this event.

RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 16TH!

June Chef's Table

Sunday, June 23rd | Cocktails: 5:30 p.m.; Dinner: 6:00 p.m. \$190 per person

We cordially invite you to partake in an enchanting evening filled with delectable cuisine and exquisite wines. The intimate setting of our kitchen will serve as the backdrop for this culinary soiree, where Chef Scott will skillfully guide you through a delightful journey of flavors. Elevating the experience, each course will be artfully paired with wines to complement and further improve your adventure. Your participation is certain to enhance the enchanting ambiance of this truly memorable occasion.

This event is limited to 1 dinner per season, per member

RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 23RD!

GOLF UPDATE - CHARLES BEURMANN



Charles Beurmann Head Golf Professional

"Best Summer Yet"

Tom Nelson and his exceptional team have accomplished an incredible feat once again! The second phase of our golf course renovation project is now complete, and we can't wait for you to experience our completely renovated golf course. I am immensely proud of what we were able to achieve. Bill Bergin and Tom Nelson did an outstanding job of catering to all levels of ability while making the necessary changes to our course.

You should have recently received an email with a link to our 2024 Golf Guidebook. This Guidebook contains information about our upcoming "Customs & Cultures" golf tournament, as well as other recurring events. You can access the Guidebook on our Cullasaja app under the golf tab. We have also scheduled several educational opportunities this summer, including clinics and

lessons. You can find more information about these opportunities on pages 11 and 12 of the Golf Guidebook. We encourage everyone to attend our "Golf App" clinic on Wednesday, May 29th, at 1:00 pm. During this clinic, we will explain how to use the golf section of the Club App to connect with the Golf Operation. The clinic is free of charge and open to all members. If you prefer a paper copy of the Guidebook or golf specific Club Calendar, please feel free to ask one of our professional staff members.

I want to remind you the Mixed Member-Guest tournament is coming up on June 19th–21st. It's going to be a "Night at the Oscars", so make sure to invite your favorite couple to come join the fun! The tournament will be a 36-hole two-best ball shamble format, and spaces are limited, so please submit your entry card as soon as possible. Don't miss the chance to receive an Oscar for Lowest Net Score!

We introduced a season-long Match Play tournament in 2023. This tournament provides members with the opportunity to play an equitable and competitive match. This tournament is limited to the first 32 players who sign up. Seeding will be by handicap index, with the defending champion assigned to seed number one. All members are encouraged, regardless of handicap level or gender. I hope we see another full field in 2024 and crown another deserving champion. Congratulations, Lindy Colson-Harrison, on winning the inaugural tournament.

The Golf Committee and I are delighted with the success of the Match Play, and we have decided to introduce three new events for 2024. On Saturday, May 11th, we will be hosting the "Opening Scramble", which will replace our Derby Day event. This new event will take place a week later and will provide more members with the opportunity to participate. The "Three Club Tournament" is scheduled for Friday, August 2nd, and it will be a two-person better ball event. Come prepared with your sense of humor, as this event will present multiple humbling moments. Lastly, on Friday, September 27th, we will have the Superintendents' Revenge Day, during which Tom Nelson will pull out all the stops to showcase the defense of our course. Remember to bring your positive attitude, as this event is all about revenge.

Make 2024 the season of golf! Our Weekly Games create an opportunity for you to meet and play with your fellow members. If you are interested in participating in one of our weekly games, please text the starter at 828-526-6446 to sign up.

Thank you for all your support in making 2023 memorable and remarkable. Our success is truly defined by your enjoyment and participation. If you need anything in preparation for your arrival, please reach out!

See you on the course!

Charles Beurmann, Head Golf Professional



2024 TOURNAMENT SCHEDULE

DATE	TOURNAMENT

Saturday May 11 Opening Scramble

Friday & Saturday May 31 & June 1 Men's Member-Member

Thursday & Friday June 20 & 21 Mixed Member-Guest

Sunday July 14 Couples' Cup

Thursday-Saturday July 25 - 27 Men's Invitational

Friday August 2 Three Club Tournament

Friday & Saturday August 9 & 10 Club Championships

Thursday & Friday August 22 & 23 WGA Member-Guest

Friday & Saturday September 20 & 21 Cullasaja Cup

Friday September 27 Superintendent's Revenge

Saturday October 5 Fall Member-Guest

Call or text the Starter to sign up: 828-526-6446

OPENING SCRAMBLE

Saturday, May 11th | 11:00 a.m. (Shotgun Start)
Cost is \$75 per player (includes lunch, cart fees and prizes)

FORMAT: 18 Hole "ABCD" Scramble. Each team will play a scramble comprised of an A, B, C, & D player. Each team must contribute two drives from each player. Teams are determined in a blind draw at 9:00 a.m. – ABCD drawing!! **HANDICAPS**: A-25% | B-20% | C-15% | D-10% players



MAY & JUNE MEN'S INTERCLUB MATCHES

12:00 Noon Lunch & Range | 1:00 p.m. Shotgun Start \$95 per person

Thursday, May 23rd | Home vs. Burlingame Friday, May 24th | Away at Burlingame Wednesday, June 26th | Away at Toxaway Thursday, June 27th | Home vs. Toxaway



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.

MONTHLY SATURDAY NIGHT SHOOTOUT

Saturday, June 15th | 4:00 p.m. \$40 per Team (Top 3 Teams are awarded)

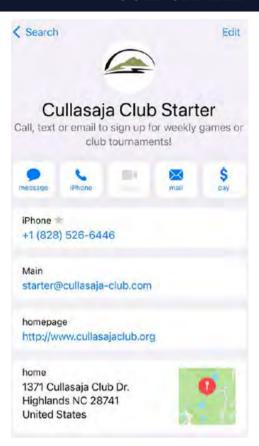
This entertaining event occurs on a Saturday of each month. Sign up as a two-person team and play an alternate shot format with elimination to have a monthly winner. The lowest net team scores will advance to the next hole until only two teams remain going to the 9th and final hole. Teams can be men 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.

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

TWILIGHT GOLF

Join us for the most popular weekly golf event throughout the season. In May, we play Twilight Golf on the first 3 Friday afternoons of the month and then move to Wednesday afternoons starting on May 22nd. Sign up with the Starter as a pair or as a single and we can pair you up.

We acknowledge that plans can be subject to change and adverse weather conditions may result in the cancellation of certain tournaments. In such instances, please note that your placement in the golf outing also secures your dinner reservation. Even if Twilight Golf is canceled due to weather, we anticipate hosting you for dinner at either the 6:45 or 7:05 seating. However, if you opt not to join us for dinner, please don't hesitate to reach out to us at 828-482-4373.



2024 DEMO DAYS

All events 11 a.m. - 4 p.m.



July 12th





May 31st (Ladies Only)

June 7th
July 19th

August 23rd (Men Only)



May 24th

June 14th

July 11th

August 16th

MAY & JUNE CLINICS

William State Control of the Control

The Golf App

This is your opportunity to learn about the 2024 Golf Program through the Cullasaja Golf App.

The program size will not be limited.
Wednesday, May 29th 1:00 p.m. - 2:00 p.m.

Cost: FREE

Beginner Junior Clinics

These clinics are geared to the new or beginner golfer ages 4-6 years old. Each session will cover the basic fundamentals of the short game and full shots.

The program will be limited to 12 junior members. Sunday, June 9th 1:30 p.m. - 2:30 p.m.

Sunday, June 23rd 1:30 p.m. - 2:30 p.m.

Cost: \$30 per clinic

Golf "Happy Hour" | "HIT FADES"

Each session will have a main theme or golf related topic. The sessions are designed to be interactive with member participation.

NO clubs will be required. Sign up for each "Happy Hour", Cash Bar will be provided.

Friday, June 7th 5:30 p.m. - 6:30 p.m.

Cost: \$10 per member

Junior Clinics

These clinics are geared to all levels of ability.

Each session will cover the basic fundamentals of the short game & full shots.

Limited to 12 junior members ages 7-12 years old.

Sunday, June 9th 3:30 p.m. - 5:00 p.m.

Sunday, June 9th 3:30 p.m. - 5:00 p.m. Sunday, June 23rd 3:30 p.m. - 5:00 p.m.

Cost: \$30 per clinic

High Flop

Learn the secrets on how to effectively execute the high lofted pitch shot & learn how to manipulate the height of your pitches. The program size will be limited to 8 members.

Wednesday, June 26th 1:00 p.m. - 2:00 p.m.

Cost: \$40 per member

Junior Round-Up

The Junior Round-Up is geared to the Advanced Junior Golfer. Each session will consist of a 1/2 hour instructional clinic and nine holes of golf with a variety of formats and contests. Following golf, we will conclude with dinner and prizes.

Tuesday, June 4th 3:00 p.m. - 6:00 p.m. Tuesday, June 18th 3:00 p.m. - 6:00 p.m. Tuesday, June 25th 3:00 p.m. - 6:00 p.m.

Cost: \$45 per Round-Up

MEN'S MEMBER-MEMBER

FRIDAY & SATURDAY

MAY 31ST & JUNE 1ST

Friday, May 31st

10:00 a.m. Tee Times Start Pinehurst (Modified Alt Shot - Holes 1-9) Two Person Scramble (Holes 10-18) 6:00 p.m. Stag Night Dinner

Saturday, June 1st

8:30 a.m. Breakfast 10:00 a.m. Shotgun Start Better Ball of Partners Lunch & Awards following play



\$225 PER PLAYER

Includes: Food, Alcohol, Tee Gift & Awards



MONDAY-THURSDAY

JUNE 10TH-13TH

\$335 PER CHILD

Ages 7 & Up (Recommended)

Includes: Lunch & Prizes

SCHEDULE OF EVENTS:

9:30 a.m. - 10:15 a.m. 10:15 a.m. - 11:00 a.m. 11:15 a.m. - 12:00 p.m.

12:00 p.m. - 1:00 p.m. 1:00 p.m. - 2:00 p.m. Pitching vs. Chipping Putting & Bunker Play Full Swing

Lunch in Clubhouse Operation 36

Camp participants receive 6 hours of group instruction each day covering all aspects of golf. The 4-day camp will review course etiquette, putting, chipping, bunker play & full swing. Each child will participate in goal setting through Operation 36. Operation 36 teaches each golfer how to break 36 in 9 holes beginning at 50-yards and advance backwards in 25-yard increments upon reaching their goal.

MEMBER-GUEST



DEFENDING CHAMPIONS

Jack & Cindy Kuykendall Nicky & Krista Grindstaff

WEDNESDAY - FRIDAY JUNE 19TH - 21ST

TOURNAMENT SCHEDULE OF EVENTS

WEDNESDAY, JUNE 19TH

10:00 am - Optional Practice Round Shotgun (Guest Cart Fee Included)4:00 pm - Optional Couples' Twilight Golf

(Guest Cart Fee Included)

THURSDAY, JUNE 20TH

10:30 a.m. - Registration & Lunch 12:00 Noon - Shotgun Start- Round 1

FRIDAY, JUNE 21ST

8:00 a.m. - Breakfast at Clubhouse

9:30 a.m. - Shotgun Start - Round 2

1:30 p.m. - Shoot-Out & Snacks 6:30 p.m. - "A Night at the Oscars"

(Featuring Live Entertainment by: Blaze the City)

This annual tradition marks the best couples' event of the season! The Mixed Member-Guest offers 3 days of remarkable fun. This event fills up quickly and there is sure to be a wait list.

Please inquire in the Golf Shop if you would like more information about this event.

\$1,100 PER TEAM

Includes:

Food, Alcohol, Tee Gift & Awards

WGA OPENING DAY

Tuesday, May 21st | 9:30 a.m

We will kick-off the 2024 WGA season with a 9-hole scramble with teams of A/B/C/D players from both the 9 and 18-holers. Chef Scott will prepare an amazing lunch, and our opening WGA meeting will also occur. Please make sure you attend this fun event!

WGA LAUREL CUP

Tuesday, June 4th & Wednesday, June 5th

Tuesday: 8:30 a.m. 18-holers - 10:30 a.m. 9-holers Wednesday: 8:30 a.m. 18-holers - 10:30 a.m. 9-holers

<u>Format:</u> Two-Day Individual Ringer Tournament with a Net Double Bogey Max score with 18-Hole & 9-Hole Divisions.

Handicap: Played with 95% Handicap

Round One pairing will be established by player's handicap and Round Two by your first round score. A Low Gross Prize will not be awarded because of the Net Double Bogey Max.





OTHER JUNE WGA EVENTS

18-Hole Events	<u>Date</u>	9-Hole Events
One Best Ball of Threesome	May 28th	One Best Ball of Threesome
		Reverse Pink Ball
1 Gross Plus 1 Net	June 18th	Odds & Evens
Guess Your Score!	June 25th	Guess Your Score!

FROM THE GREEN - TOM NELSON



Tom Nelson Golf Course Superintendent

I'm happy to announce the second Phase of the Golf Course Improvement plan has been completed. The scope of work included: rebuilding the greens on numbers 3,10 and 18, completing the bunker renovation on #11,12,13,14 and 15, sand capping #5 and 17 approach, a new back tee on #2, a new forward tee on #6, new tees on 14, numerous drainage improvements, re-grading and enlarging the 10th fairway, regrading the slope to the left of #12 fairway along with other more subtle improvements.

The new greens are going to be a great improvement to the playability of the course. The new putting surfaces are larger, more level and have many more options for hole locations. We used the same procedure of saving the existing turf along with growing a nursery to sod

the new greens with. Once they have healed in and have some time to mature you will not be able to discern a difference in the turf from the original, untouched greens to the new surfaces.

Completing the bunkers will also be a great improvement. The old bunkers had aged out and the drainage system was failing. The newly rebuilt bunkers are lined with Capillary Concrete, a drainage system that lets the bunkers drain rapidly and not washout. Having all new bunkers will allow the course to be in better shape more quickly following a large rain event, which is always a threat in Highlands.

In all, the project disturbed nearly 300,000 square feet of ground, all of which was covered in new sod. The newly renovated areas look great considering they are just a few months old; however, this season will require some patience while we nurture the new turf into maturity. Sodding a putting surface is an extremely tedious venture that requires countless man hours to get the green perfectly smooth and knitted in. We have been busy topdressing and aerifying surfaces to get them as close to perfect as possible, but this will need to continue throughout the season in order to get the new greens up to our standards.

Now that the course is finished, we are shifting our attention to improving the practice facilities. We are looking to maximize the practice tee size, improve drainage, revamp target greens, replace the netting system and build a short game practice area. If all goes well, this work will be completed in the upcoming off-season.

We hope that you enjoy your new course and that all of our members have an even better golf experience. I would like to extend many thanks to all of you that made this project possible: The Membership, the Green Committee, the Board of Governors, the Architect, the Contractors and the In-House Crew for their tireless efforts to put the finishing touches on the project work.

Sincerely, For Melson

Golf Course Superintendent

#10 Fairway



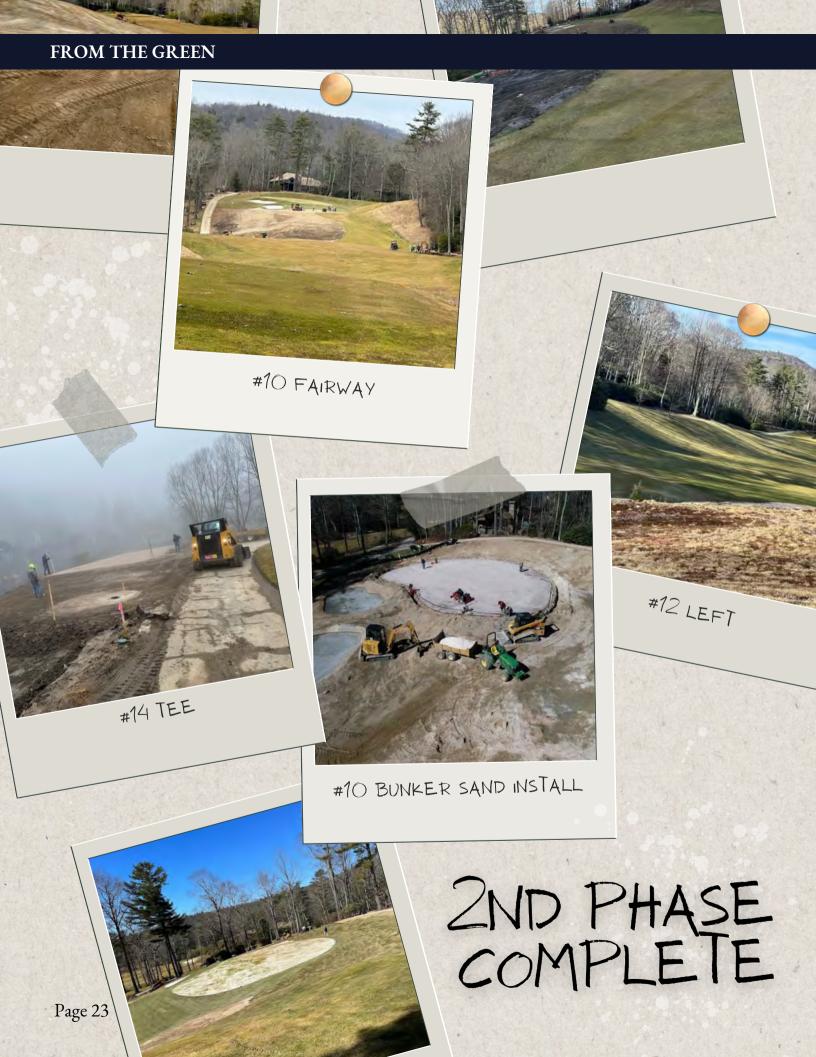
#12 Left



Cullasaja Golf Course Improvement









Brian LozanoCroquet Director

Dear Cullasaja Croquet Club Members,

Welcome back! We trust you had a wonderful and rejuvenating winter season. As we embrace the onset of spring, we're thrilled to invite you back to the lawns for what promises to be a spectacular 2024 croquet season.

The Croquet Committee, in collaboration with Terry and myself, has curated a comprehensive calendar brimming with engaging, social, and competitive croquet events designed to enhance your overall experience. Whether you're seeking friendly matches or competitive play, our goal is to provide a perfect blend of opportunities for everyone to revel in our beloved sport.

Commencing in May, we're introducing two weekly Mallets & Martinis social-themed events every Tuesday and Thursday afternoon, starting at 4:30 p.m. We'll initially offer one session to allow participants ample time for both playing and socializing over delightful food and drinks. Additionally, a complimentary 'drop-in' beginners' clinic will be available each Wednesday morning at 10:00 a.m., also starting in May.

One of the unique aspects of our growing sport is the chance to connect with fellow enthusiasts from other clubs. We remain committed to supporting the Inter-Club Program, providing a platform to showcase our Club to local players while fostering connections with neighboring clubs. Mark your calendars for the Croquet Mountain Challenge in September, where we'll compete as a club team against others in the Highlands and Cashiers area—a fantastic opportunity to proudly represent Cullasaja.

Our illustrious croquet program would be incomplete without the highly anticipated Annual Club Tournaments: The Men's and Ladies' Championships, Doubles, and Mixed Doubles. These events on our lush lawns are not only fun, but also create enduring memories. The waves of support and encouragement during these competitions exemplify the camaraderie that makes the Cullasaja croquet experience truly special.

I am excited to collaborate closely with the new leadership of the Cullasaja Croquet Committee (CCA). Together, we are committed to expanding our program for players of all levels, ensuring an exhilarating croquet experience on the plateau. Looking forward to reuniting with you all this summer!

Warm regards,

Brian Lozano

Croquet Director



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Subject to Change - Starts in June

MONDAY 10:00 a.m. Ladies on the Lawn

TUESDAY 10:00 a.m. Men on the Lawn

4:00 p.m. Mallets & Martinis

WEDNESDAY 10:00 a.m. Intro to Croquet

THURSDAY 10:00 a.m. Ladies on the Lawn

4:00 p.m. Mallets & Martinis

FRIDAY 10:00 a.m. Competitive Match Play

SATURDAY Open Play All Day

SUNDAY 4:00 p.m. Sunday on the Lawn

Open Play until 4:00 p.m.

BEGINNER CLINIC, DRILLS, AND PLAY

Wednesdays | 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. 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. A minimum of two members are required for this weekly event to occur.

COMPETITIVE MATCH PLAY

Fridays | 10:00 a.m. - 12:00 Noon

This event is competitive match play for both men and women. It 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"

Mondays & Thursdays | 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"

Tuesdays | 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 as to not interrupt pairings and to get warmed up in advance of 10:00 a.m.

"SUNDAYS ON THE LAWN"

Sundays | 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.

SOLIDS & STRIPES FOREVER (Memorial Day Croquet Event)

Saturday, May 25th | 2:00 p.m. - 4:00 p.m.

Start the Memorial Day Weekend off with a great event! Join us on the lawns for a round robin, fun croquet format. *Reservations are limited to the first 32 who sign up.*





RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 25TH!

WELCOME HOME "HAWAIIAN" CROQUET MIXER

Tuesday, June 11th | 4:00 p.m.

The official start to the 2024 Croquet Season will be Dress in your best Hawaiian attire & enjoy music, cocktails, & great camaraderie with others in this very popular event! This event will be a very special gathering and is always one of the highlights of the season. Sign up now and enjoy a mix of beach music, Hawaiian themed food, and tropical cocktails. We will also create some outstanding skill challenges and games for you to participate and enjoy while vying for prizes. This event will fill up quickly, so sign up on May 11th or soon after if you plan on participating.

RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 11TH!

MAY & JUNE INTERCLUB MATCHES

Wednesday, May 29th | Home vs. Highlands CC Tuesday, June 11th | Home vs. Wildcat Cliffs Thursday, June 13th | Away at Sky Valley Thursday, June 27th | Away at Chattooga Club









Limited to First 8 to Sign Up Each Week

PLEASE SIGN UP VIA THE MEMBER APP OR WITH CROQUET DIRECTOR, BRIAN LOZANO, IF YOU WOULD LIKE TO PLAY IN AN INTERCLUB MATCH.

MALLETS AND MARTINIS

(Starting June 4th)

Tuesdays and Thursdays | 4:00 p.m. to 5:30 p.m.

This weekly event is by far the most popular CCA event we have on our schedule each season. Enjoy light hors d'oeuvres and a signature bar while hanging out with other croquet enthusiasts. Please sign up ahead of time for the Mallets & Martinis event by using the Cullasaja App or by calling 526-9185. The event features a roundrobin format in a highly social and fun atmosphere.



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 email or call the Croquet Shop to check availability and to make a court reservation in advance to guarantee your space.

Reservations for croquet lawns may be made through the Cullasaja App. Except for weekly scheduled events and inter-club events, lawns may be reserved up to 5 days in advance for a period of one and a half hours. During holiday weekends and/or during peak times, courts may be double banked whenever necessary. Lawns available for play from 8:00 a.m. until dusk. Each day, there are scheduled events that will take up lawn space. Occasionally the lawn may need to be closed for mowing and agronomy reasons, but generally the lawn will be open 7 days a week during the times specified above.

CROQUET RULES & REGULATIONS REMINDER

The most up to date Croquet Rules & Regulations are 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 while on the lawns. All white attire is required for any sanctioned CCA 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 section of 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 150+ CCA members in the Cullasaja Croquet Association. Members of the CCA enjoy the following perks:

- Participation in all Sanctioned CCA Events
- Complimentary Food at the Season Opener, Special Events, & End of Season Awards Dinner
- Complimentary Food at the Weekly Mallets & 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.



We are very appreciative of our volunteer leaders on the Croquet Committee. They have done an outstanding job supporting the croquet program and helping us become one of the marquee programs on the plateau. Please join us in thanking this important Committee for helping grow the game at the Club, while providing guidance on social events and programming.

2024 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 may have to schedule the semi-finals and finals on a second day.

SINGLES CHAMPIONSHIPS

MEN'S SINGLES

Monday & Tuesday August 12th & 13th 10:00 a.m.





LADIES' SINGLES

Monday & Tuesday July 22nd & 23rd 10:00 a.m.



Jacquie Harris

DOUBLES CHAMPIONSHIPS

MEN'S DOUBLES

Monday & Tuesday
July 15th & 16th
10:00 a.m.



Dennis Howard & Tim Wright

MIXED DOUBLES

Monday & Tuesday
June 17th & 18th
10:00 a.m.



Julie Wright & Tim Wright

LADIES' DOUBLES

Monday & Tuesday
July 8th & 9th
10:00 a.m.



Mary Evelyn Feibelman & Julie Wright

TENNIS NEWS - CHRIS HARRIS



Chris Harris
Tennis Director

WELCOME HOME CULLASAJA MEMBERS: We are so excited for our tennis program this summer with the addition of a new tennis shop and observation deck. We look forward to showing off and welcoming you to our new Tennis Center when you return to Cullasaja. My hope is that it will be ready for our first event of the season, the Welcome Home Tennis mixer, Friday, June 7th. I encourage anyone interested in the game of tennis to join us for this event.

I am happy to announce that Heather Bell and Joe Sewell are returning this season to help with the tennis program. Please stop by the courts to say hello when you have returned and we can give you a tour or the new

Tennis Center. We also look forward to meeting our new tennis playing members and those that wish to start playing tennis for the first time. I don't want to forget those of you that have gone away from tennis but would like to return to the game. If you have interest, we can quickly get you set up playing with those members of your skill level or start you with lessons and/or our fabulous ball machine that is very easy to use. Tennis is a sport that can be enjoyed by all. I hope you will pick up a racquet and come join us.

As a reminder, the lower two courts will be rebuilt this April as we did the upper two courts last season. They will be top dressed and lined by the end of April and will be in perfect shape for our summer tennis season. We have many fun filled social and competitive tennis events planned. Please reach out to me if you would like to get more involved in tennis or our version of clay court pickleball. We can help you set up a weekly game, lessons, clinics, equipment selection, racquet stringing, etc.... I can be reached at tennis@cullasaja-club.com or by phone at 828-526-3590. Travel back safely, we look forward to seeing you on the courts.



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MODIFIED WEEKLY SCHEDULE DURING THE MONTH OF MAY

Men and Ladies play at 10:00am on Mondays, Wednesday, and Fridays. Courts may be reserved outside of these times via the Member App or by stopping in the tennis shop. As always, during the month of May we combine men and women for our weekly organized play. This helps ensure we have enough players for doubles on the days we do play. Chris, Joe, and/or Heather, when her schedule allows, can fill in as needed to even the numbers out for doubles play each morning. The month of May is a great time to regain your timing and balance for the tennis months to come.

LADIES WARM-UP

Each day before Ladies Doubles at 9:30 a.m., Chris will offer a brief warmup on court 1 or 2 with Chris or the ball machine so that you can be nice and warm before doubles play at 10:00 a.m.



WELCOME HOME / NEW MEMBER TENNIS MIXER

Friday, June 7th | 10:00 a.m.

Whether you are already a member of Cullasaja's tennis playing community or a new member, looking to get involved in our tennis program, please join us for a fun and lighthearted tennis mixer. No partner is needed as this event will be a round-robin format with no set teams. After play, join us for a Happy Hour at 5:00 p.m. located on the porch of our brand new Tennis Center! Your tennis staff is eager for your return and excited to get to know those of you joining for their first season!



RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 7TH!

PROPER TENNIS ATTIRE REQUIRED

Please remember to adhere to the published dress code while playing or practicing on the courts. The dress code is listed in the back of the Member Directory for easy reference. Please do not wear denim fabric, sports bras, tank tops or bathing suits. Please wear shoes that are appropriate for playing tennis on a har-tru surface.

TENNIS BALL MACHINE

Our "state of the art" ball machine, remote, and ball mower are all available to you most days on court #1, set up each morning. The machine can be reserved on a first come, first serve basis by contacting me in the shop. If you utilize the ball machine when Tennis Staff is not present, please return the remote to the control panel on the machine and replace the green rain cover or roll the machine under the gazebo on court #1 when you are finished. We built a ramp to make this easy.

2024 TENNIS COMMITTEE

I would like to take this opportunity to announce our new Tennis Committee for the 2024 season.

Please feel free to offer suggestions to them about ways we can improve our tennis program so we can discuss your suggestions in our meetings. We can always make improvements....

Anne Schaeffer, Chairwoman

Don Feibelman Mary Alice Collins Pam Burge Paul Pavlis Tim Heaviside



2024 TENNIS CHAMPIONSHIPS

The Men's Doubles' Invitational and Ladies' Member-Guest Tournaments are the premier tournaments of the season. Please feel free to invite a guest, a current Member, or a family member to partner with you for these two events. If you need a partner, Chris will be happy to help you find one; just let him know when you sign up.

MEN'S INVITATIONAL

Monday, June 17th 10:00 a.m.



Charlie Smith & Tim Godwin



MIXED DOUBLES Saturday, August 3rd 10:00 a.m.



LADIES' DOUBLES

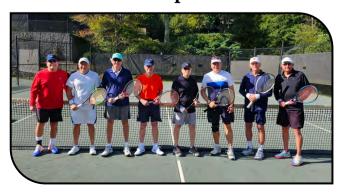
Friday, July 19th 10:00 a.m.



Eileen Pater & Anne Schaeffer

MEN'S DOUBLES

Monday, August 26th 1:30 p.m.



LADIES' MEMBER-GUEST

Friday, August 16th 10:00 a.m.



WELLNESS, MIND, BODY - ELIZABETH HOLT



Elizabeth Holt Wellness Director

Get Ready for a Revitalizing 2024 Season at Cullasaja Club!

Greetings, wellness enthusiasts! The 2024 season is here, and we can't wait to welcome you back to the serene beauty of the mountains. Our weekly fitness classes kick off on Monday, May 6th, with our invigorating Water Wellness sessions making a splash in the pool starting June 3rd. Check out the current class schedules included in this newsletter for more details.

As June rolls in with a flurry of activities and events, be sure to join us on Fridays at 2 p.m. for our Restorative & Yin Yoga 90-minute sessions. Start your weekend feeling refreshed and revitalized. Your body will thank you! Mark your calendars for our first hike to Yellow Mountain on June 22nd. This short, leisurely hike near Cullasaja promises outdoor fun and

breathtaking scenery. Join us as we explore the natural beauty of Yellow Mountain. For the artists among us, we're offering a beginner's acrylic art class once a week throughout June. Led by the talented Cath, a local Highlands resident and teacher at Bascom, this class is your opportunity to unleash your creativity in a fun and relaxing environment. Learn new techniques, make new friends, and immerse yourself in the world of art.

We are delighted to introduce Brian Grace, our new Fitness Trainer and Massage Therapist. With a background in medical massage and functional, corrective exercise, Brian brings a wealth of expertise to our team. Enjoy a unique massage modality at the end of each session with Brian. Try Brian's deep tissue neuromuscular/trigger point massage with additional sports focused stretching afterwards.

There has been an extra massage treatment room added at the tranquil 1785 house. We are eager to demonstrate the potential of this space for future massage and wellness services. We are confident you will appreciate the peaceful ambiance of this new addition to our regular massage rooms in the Activity Center.

We are looking forward to welcoming Robert Malone, a highly recommended yoga teacher from other clubs in the area. Join Robert for a Yin/Yang Yoga class on Mondays at 11:15 am. This class is designed to deepen your understanding of the mind/body connection. On Wednesdays at 11:15 am, Robert offers a Yoga Fit class, a blend of yoga poses, Qi-Qong practice, and gentle cardio to strengthen your stabilizer muscles and enhance your balance, strength, and stamina.

Manu has been busy and has expanded her extensive massage menu to include Foot and Hand Reflexology. Reflexology is known to decrease stress, anxiety, and pain. In addition, it's well known to increase blood flow by circulating the nervous system which also circulates oxygen. Blood flow is vital in ensuring healthy organs within your body. We hope you'll enjoy this treat—it's sure to leave you feeling wonderful.

We can't wait to see you back in the mountains for a season of wellness and rejuvenation!

ALL LEVELS are welcome in any class. Fitness classes are created so anyone can participate, regardless of their experience level or physical limitations. Any Member who participates in fitness classes or uses the fitness rooms should seek their physician's approval before beginning an exercise program, participating in a class, or using any of the exercise equipment. Any physical activity may pose a health risk for some individuals, and these risks can vary from minor sprains and strains to major injuries and sudden death. Each participant should exercise at a pace that is comfortable for them & seek medical advice prior to physical activity.

WELCOME HOME WELLNESS MIXER

Saturday, June 1st | 11:00 a.m.

Stop by the Activity Center to meet and greet the 2024 Wellness Team, get oriented on the fitness equipment, and discuss any health or fitness goals with our Wellness Team! Learn about our new fitness class schedule, massage therapy and personal training all while enjoying healthy snacks and juices. The Wellness Team can't wait to see you and work with you in 2024!



2024 MAY CLASS SCHEDULE

Subject to Change

Classes Begin Monday, May 6th – Aqua begins Monday, June 3rd

MONDAY	8:30 9:15 10:15 11:00 11:15	Spin Roll Your Pain Away Pilates & Barre Aqua Mix Yin Yang Yoga	Manu Erica Elizabeth Manu Robert
TUESDAY	10:00	Functional Fitness	Brian
	11:00	Roll, Restore & Stretch	Brian
WEDNESDAY	8:30	Spin	Manu
	9:15	Roll Your Pain Away	Erica
	11:00	Aqua Mix	Manu
	11:15	Yoga Fit	Robert
THURSDAY	10:00	Functional Fitness	Brian
	11:00	Roll, Restore & Stretch	Brian
FRIDAY	10:15	Pilates & Barre	Elizabeth
	11:00	Aqua Mix	Manu
	2:00	Restorative & Yin Yoga	Elizabeth
SATURDAY	10:00	Functional Fitness	Brian
	11:00	Roll, Restore & Stretch	Brian

MASSAGE

Swedish 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. This relaxation massage helps relax muscles and increase circulation. (All our therapists)

Custom Medium to Deep Tissue Massage - uses medium or firm pressure to relieve muscle tension in the deeper layers of connective tissue. Forearms, elbows, and thumbs are used to apply deeper pressure in areas of focus. (All our therapists)

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 & the massage therapist either seated or standing holding onto mounted bars. (Manu, Eric)

Reflexology Massage (*Hand and/or Foot*) - Reflexology aims to improve circulation, promote relaxation, and restore balance to the body by applying pressure to specific points on the feet and hands that correspond to different organs and systems to stimulate the body's natural healing processes. It is a non-invasive and natural therapy that can be used to alleviate stress, reduce pain, & enhance overall well-being. (Manu)

Sports Massage - combines various massages into a single session to relieve pain, ease tension, and promote healing. We will use techniques like Effleurage, Petrissage, Friction, and Vibration to relieve pain and to improve an injury. (Elizabeth, Eric, Brian)

Trigger Point Massage - will help work out knots and reduce the pain associated with them. Your therapist will be releasing and softening muscle knots with various levels of pressure and then stretching the affected area. (Eric, Brian)

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. (Manu, Eric)

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. (Manu, Eric)

Hot Stone Massage - incorporates warm stones into a Swedish or Medium to 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. (Manu, Elizabeth, Eric)

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. (Manu, Elizabeth)

MyoZen Massage - MyoZen massage therapy is based on aspects of medical massage incorporating components of neuromuscular, myofascial, and trigger point therapy. (Elizabeth)

If you have any questions or you would like to schedule a massage treatment, please contact the specific therapist or Cullasaja Wellness at 828-482-0614 or wellness@cullasaja-club.com.

Manu: 828-331-8444 | Elizabeth: 561-762-0910 | Eric: 415-300-5258 | Brian: 727-403-6151

PRICING

Custom Swedish Massage:

This relaxation massage targets muscles with a combination of friction, gliding strokes and kneading.

*90 minutes \$150

*60 minutes \$100

Custom Medium to Deep Tissue/Ashiatsu/Sports/Thai Yoga/Trigger Point-Neuromuscular/MyoZen Massages:

*90 minutes \$165

*60 minutes \$110

Reflexology Foot Massage:

*60 minutes (Hands & Feet) \$110 *30 minutes (Feet Only)\$70

ADD ONS:

\$15 (Hot Stones) \$10 per area (Kinesiology Taping)

EmerginC Organics

Luxurious Add-ons Full Body Scrub \$85

3 Steps:

1. Organic Ginger-Lime Scrub

2. Organic Firming Serum

3. Organic Grape Stemcell White Tea Seaweed Body Butter Hands and Feet Scrub \$25

2 Steps:

EmerginC Organic Ginger-Lime Scrub finished with Organic Grape Stemcell White Tea Seaweed Body Butter.

Products are a policie that Activities Contact

Products are on sale in the Activity Center

24 HOUR CANCELLATION POLICY

MAY 2024

Full Season Clubhouse Dining Hours Begin on Tuesday, May 21st - See Calendar Below for May Dining Hours Prior to May 21st

Lunch is served Tuesday through Saturday from 11:30 a.m. to 2:30 p.m.; and Sunday Brunch is served from 10:30 a.m. until 2:00 p.m. excluding Special Events

Dinner is served on Tuesday through Saturday Nights in June, July & August excluding Special Events; and on Tuesday, Wednesday, Friday, and Saturday Nights in September & October

Reservations are required for dinner tables, and preferred for Sunday Brunch. Please make dinner reservations via the Member App or calling 526-3531 (no more than 14 days in advance)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activities Croquet			1 FAIRWAY CAFE OPENING DAY	2	3	4
Golf	- 1	-	Clubhouse CLOSED	Clubhouse is OPEN	N for Lunch & Dinner	Clubhouse OPEN for Lunch
WGA Wellness			for Lunch & Dinner		Twilight Golf @ 4pm	RUN FOR THE ROSES Kentucky Derby Party
5	6 FITNESS CLASSES	7	8	9	10	11
	BEGIN	Fairway Cafe OPEN for Lunch No Lunch or Dinner in Clubhouse		Clubhouse is OPEN for Lunch & Dinner		
Sunday Brunch Menu (No Buffet)					Twilight Golf @ 4pm	OPENING GOLF SCRAMBLE EVENT
12	13 HOA-BOD Meeting	14	15	16	17	18
	2,000	Fairway Cafe OPEN for Lunch No Lunch or Dinner in Clubhouse		Clubhouse is OPEN for Lunch & Dinner		
MOTHER'S DAY BRUNCH BUFFET	FCA GOLF OUTING Golf Course CLOSED			COOKING CLASS	Twilight Golf @ 4pm	OVERLOOK CLOSED FOR DINNER
19 20 Club BOG Meeting	21	22 Twilight Golf @ 4pm	23	24 POOL OPENS FOR SEASON	ENS 25	
	@ 8:30am		Clubhouse OPEN for Lunch Tuesday-Sunday and OPEN for Dinner Tues, Wed, Fri & Sat		POOL CAF OPENING DA	SOLIDS & STRIPES
Sunday Brunch Menu (No Buffet)		WGA OPENING DAY	Weekly Duplicate Bridge Begins	WINE DINNER		CROQUET EVENT
26	27	28	29	30	31	
Clubhouse CLOSED for Brunch	Clubhouse & Pool Cafe OPEN for Lunch	Fairway Cafe OPEN for Lunch	Twilight Golf @ 4pm	Clubhouse CLOSED for Dinner		
MEMORIAL DAY COOKOUT	HAPPY MEMORIAL DAY	Clubhouse CLOSED NO F&B Service			MEN'S MEM	BER - MEMBER

Clubhouse Dining in June
Lunch and Dinner are served on
Tuesday through Saturday in
June, July and August
excluding special events.

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Golf patios (O brand shi tucked-in	Club Casual Attire" is the stan verlook and Sweetwater Terra rts (aka camp shirts), knee-le ,, with the exception of "cam rtton-down shirts, golf shirts,	ce), This includes collared g ngth shorts, or "Country Clu p shirts" with equal hem d	e evenings in the Bar and the golf or button-down shirts, "To ab" denim without holes or te- lesigned to be worn untucke	ommy Bahama or UnTucked' ars. All shirts should remain d. Gentlemen should wear		WELCOME HOME WELLNESS MIXER ER - MEMBER
SUNDAY BRUNCH BEGINS	3	4 WGA 14	ACTION STATIONS FOR TWILIGHT DINNER UREL CUP	6 LIVE MUSIC in Bar or on Arnie's Verandah (6pm - 8pm)	WELCOME HOME & NEW MEMBER TENNIS MIXER	WELCOME HOME
	10 HOA-BOD Meeting	WELCOME HOME HAWAIIAN CROQUET EVENT	12 BUFFET DINNER FOR TWILIGHT DINNER GOLF CAMP	13 KARAOKE NIGHT/ Member Talent Show	CWO WELCOME HOME	SATURDAY NIGHT SHOOT-OUT @ 4pm
FATHER'S DAY BRUNCH	Men's Doubles Tennis Invitational Mixed Doubles Cro	18 quet Championship	19 PRIX FIXE DINNER FORTWILIGHT DINNER	Ciubhouse OPEN for Lunch & Dinner	21 Clubhouse OPEN for Lunch & CLOSED for Dinner	22
CHEF'S TABLE	24 CLUB BOG Meeting #8:30am	25	26 Pre-Order Dinner for Twilight	27 AFRICA AWAITS Speaker Series LIVE MUSIC in Bar or on Amie's Verandah (6pm - 8pm)	28	29