

CULLASAJA

July 2024

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

Club To Go Orders

Cullasaja Club Member App
or (828) 526-3531

Front Security Gate

(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

With the arrival of a busy July, we look forward to witnessing the many family traditions that are prevalent during the month. We have plenty of fun-filled activities for you to enjoy with children and grandchildren this month. The week of July 4th is always chockfull of great times and memories and this year is no different. Starting with the Annual Bingo Night on Tuesday, July 2nd, followed by a Kids Play Day on Wednesday, July 3rd, the very popular July 4th cookout on the 4th so you can enjoy local area fireworks afterwards, the traditional Annual Cart Parade and Duck Race on July 5th, a Strawberries and Cream Tennis Mixer on Saturday, July 6th, and concluding with a Patriots Play Croquet Mixer on Sunday, July 7th. 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 including the Ladies Doubles and Singles and the Men's Doubles. Tennis will offer the Ladies and Men's Doubles Tournaments and the Red & Blue Event, and in Golf we will host the Annual Couples Cup, WGA President's Cup, and the Annual Men's Invitational Golf Tournament.

Please remember to make reservations for these and other exciting activities or for Clubhouse 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. As a reminder, the Club does have an event/Club dining cancellation policy that is in effect for most events and for dinner reservations. Please review this policy on page 14 and page 15 of the printed Member Directory.

The Club Board of Governors continues to move forward on several amenity enhancements including converting the 1785 home into a new state-of-the-art Wellness Center, and the final phase of the Golf Improvement Plan to enhance the driving range and short game practice areas. More details on the potential plans will be forthcoming as we get cost estimates from general contractors.

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.

Chris Conner, CCM, CCE
General Manager /COO





Steve Sheridan
Food & Beverage Director

How time flies when you're having fun! As we welcome July, let's take a moment to recap some of the wonderful events we've enjoyed at the Club recently.

Our Welcome Home Party saw a record number of attendees, filling the clubhouse with members who enjoyed great food, drinks, and music. The weather was on our side, making it a perfect evening to reconnect and celebrate. If you missed out on our first annual Karaoke Night, it was a huge success and is set to become a regular feature on our

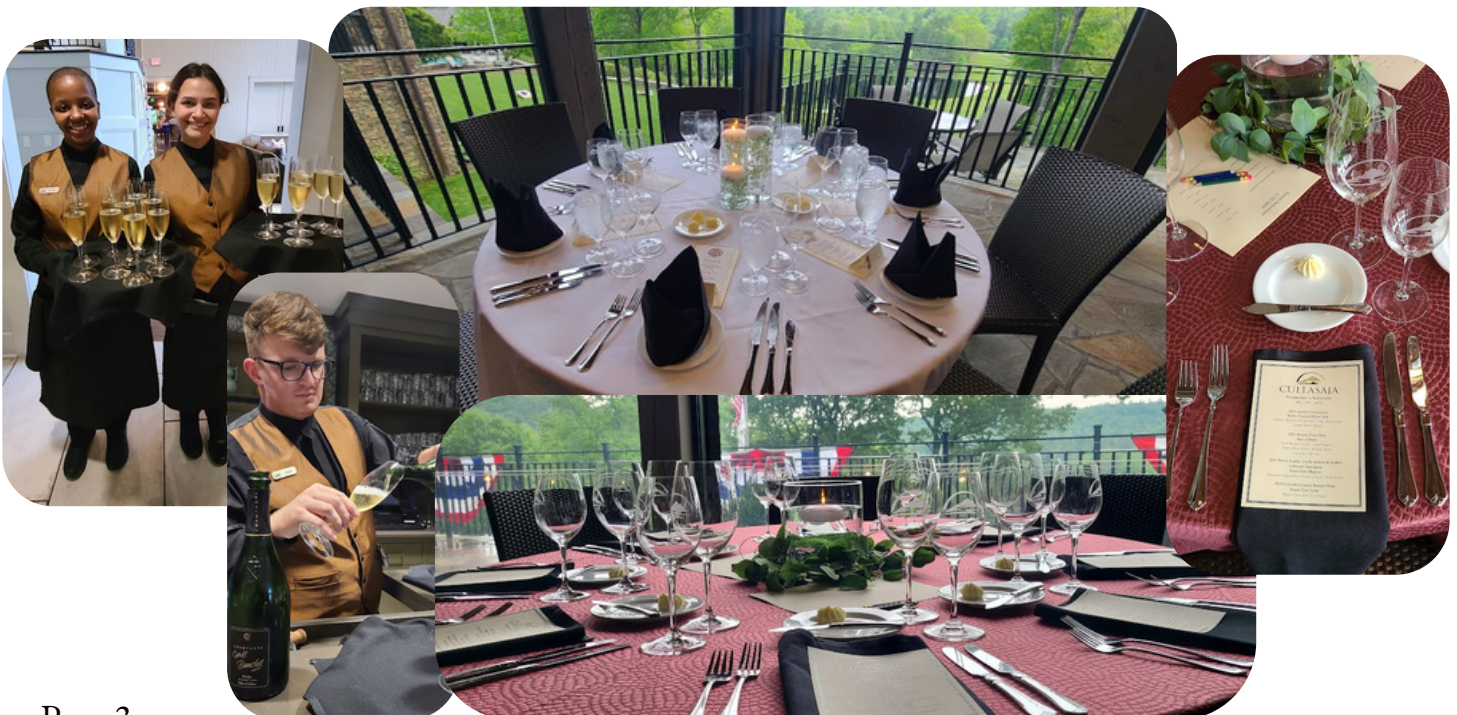


calendar moving forward. The energy and enthusiasm were contagious, and we look forward to many more fun-filled evenings of music and camaraderie.

Father's Day Brunch was another highlight, breaking attendance records with over 150 members. The event was a heartwarming tribute to fatherhood, filled with delicious food and delightful company.

We also hope you've had the chance to interact with our wonderful staff this season. With team members representing six different countries, both front of house and heart of house, they bring a rich diversity of experiences and skills to Cullasaja Club. These individuals are dedicated to providing you with exemplary service while honing their talents in our vibrant club environment.

As new members continue to arrive at Cullasaja Club, we look forward to providing them with a wonderful season filled with successful events and memorable experiences. July promises to be an exciting month, starting with a bang.



On July 2, we kick off the month with our Family Bingo Night, an event that promises fun for all ages. The following day, July 3, we host Kids Day, which has already garnered a great deal of interest and is expected to be very well attended according to reservations. Independence Day on July 4 will be celebrated with a festive cookout, bringing members together to enjoy traditional holiday fare and community spirit. Rounding off the week, on July 5, we will have our much-anticipated Cart Parade and Duck Race, where members can cheer on their ducks and enjoy the lively atmosphere.

In addition to these events, we have scheduled two evenings of live music at the Clubhouse this month. These musical evenings provide a perfect opportunity to unwind. You don't need to come for dinner to enjoy the music; simply grab a bar stool inside the bar or relax on the verandah with a drink in hand and soak up the sounds.

We would also like to remind you of our bulk wine sales and bulk food program, which are designed to make your entertaining easier. All wines purchased through the Club come at a price of cost plus 20%, making it convenient and affordable to stock up for any celebration. Whether you are planning a small gathering or a large family event, our food program can assist you with a variety of options including salads, lasagna, chicken, and beef. Just give us a call at the Clubhouse, and we will ensure that your needs are met with high-quality food and exceptional service.

Additionally, we encourage you to use the "Compliments and Comments" section on the Member App for immediate feedback. This feature allows you to quickly and efficiently provide us with any type of feedback. While we appreciate the positive comments, it is also imperative that we receive any negative feedback to help us swiftly address issues and enhance our services to meet your expectations.

July holds a wonderful calendar of activities for us. We hope to see you around the Club, enjoying these events with friends and family. Let's make the most of this season together. Cheers to a fantastic season ahead!

Cheers,
Steve Sheridan
Food & Beverage Director



Family BINGO Night & Buffet Dinner

Tuesday, July 2nd | 5:00 p.m. | 75-minute seatings

Adult: \$34; Children (ages 5-12): \$18; 4 & Under Free

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.



RSVP USING THE CULLASAJA MEMBER APP STARTING JUNE 2ND!

JULY 4th COOKOUT

Thursday, July 4th | 4:00 p.m. - 8:00 p.m. | 75-minute seatings

Adult: \$38; Children (ages 5-12): \$18; 4 & Under 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, “Tea for Two”.

RSVP USING THE CULLASAJA MEMBER APP STARTING JUNE 4TH!



Annual Independence Day Cart Parade

Friday, July 5th | Beginning at 3 p.m.

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!

Friday, July 5th | After Cart Parade (around 3:45 p.m.)

Join other families on the 2nd hole to take part in the 2024 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. 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.

Twilight Golf Specialty Dinners

Wednesday, July 3rd: French Bistro Action Stations

Wednesday, July 17th: Tex-Mex Action Stations

Wednesday, July 24th: Prime Rib Night



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.

Cullasaja Carry-Out

Sunday, July 21st | 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.



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.

Speaker Series: Cherokee Heritage



Thursday, August 1st | 1:00 p.m.

Free | Come enjoy lunch with us before this event!

You're invited to our Speaker Series on Cherokee Heritage, featuring esteemed members from the Cherokee Cultural Museum. Join us for an enlightening discussion on Cherokee traditions, stories, and customs, offering a deeper understanding of their rich history. Let's celebrate and honor this vibrant culture together.

RSVP USING THE CULLASAJA MEMBER APP STARTING ON JULY 1ST!

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

Thursday, July 11th

Drayton & The Dreamboats

Starting at 6:00 p.m.



Drayton & The Dreamboats perform timeless music with the class and charisma to match. With a well-crafted mix of old school swing jazz, honky tonk, & rock 'n roll from the golden age of radio, Drayton & The Dreamboats have captured the attention & imagination of fans in western North Carolina & beyond.

Thursday, July 18th

Caribbean Cowboys

Starting at 6:00 p.m.



The Caribbean Cowboys Band have been entertaining audiences for over 33 years. They play primarily in Western North Carolina but have traveled from Key West, Florida to New York City & through the British Virgin Islands. They provide a wide variety of music & complete their shows in a respectable, professional manner. They are highly respected in the entertainment industry in WNC & beyond.

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)

\$140 first child, \$120 second child, \$100 third or more children

Twilight Golf

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 Start at 4:00 p.m. (75-Minute Seatings)

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 3:45 p.m.



Strawberries & Cream Tennis Mixer

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



Patriot's Play Croquet Event

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





Scott Craig
Executive Chef

Ladies and Gentlemen,

It is my pleasure to connect with you at this midpoint of our vibrant season. Reflecting on the culinary journey we have embarked upon together, I am filled with gratitude for where we've been and excitement for what is to come.

Season Overview

Our season began with an emphasis on the feedback we received at the end of last year. This invaluable input shaped our strategic plan, guiding our efforts since last October and over the winter to create an exceptional experience for our entire membership.

We were fortunate to start this season with a larger team, reaching our full roster by the third week of May. Impressively, 100% of our team members returned from last season, along with several new recruits from the winter months. These team members have been fully trained on our modernized equipment, enhancing our capabilities and improving efficiency. Our partnerships with vendor sponsors during the PlateCraft event in November allowed us to upgrade our equipment at a significant discount, which has been immensely beneficial.

New Additions and Improvements

Our new Pastry Sous Chef, Natalia Arias, has been warmly welcomed. Chef Nat joined us from the Patterson Club, and her house-made ice creams have been a big hit this season. Flavors like Dark Chocolate with Luxardo Cherries, Peach Cobbler, and Strawberry-Rhubarb have delighted members, with dessert sales significantly outpacing last season.

Our house-made French fries, a favorite among many members, have also been very well-received this season. Although we've had a few comments about the "crispiness" of the fries, which can be challenging to control, overall sales have significantly increased, and feedback has been positive. Last year, we received feedback regarding "dry fish" or "dry chicken," particularly on busy service evenings. Our new ovens have largely mitigated this issue. We now cook all proteins with 30% humidity in the chamber, using a probe to ensure accuracy. This has removed much of the human error, and adjustments for specific preferences are easily made. Feedback in the dining room has been largely positive following these changes.

We have moved away almost entirely from sous vide techniques this season. All the beef we use is Certified Angus Beef, Prime, or Wagyu, including our hamburgers.

We have also evolved our pizza this season, using a traditional, four-ingredient, semolina-based crust. Our San Marzano sauce, made with tomatoes imported from Italy, brings a unique flavor filled with natural sweetness and umami. The platters which deliver our pizzas were designed and created by Staveley Woodworks in Georgia, who also crafts bespoke dining pieces for Ritz-Carlton and the U.S. Culinary Olympic Team.

A La Carte and Events

Lunch service has been a particular target for improvement and has been largely successful, with menus changing monthly and ticket times averaging around 12 minutes. Although Club participation started slower than in '23, lunch volume has increased.

Club events have been well-received, with the Welcome Home Party garnering particularly positive feedback. Overall, feedback has been very positive, occasionally constructive, but not indicative of any systemic issues in our operation.

Dinner menus have evolved to include more reasonably-priced selections and a greater variety of our Club's traditional favorites. We have added an additional position to assist with the execution of our first course, ensuring that meals begin more promptly. We've had one challenging evening in terms of volume and unsatisfactory ticket times, but we have adjusted our staffing and systems accordingly.

Feedback and Future Plans

Looking ahead, I am thrilled for our upcoming events, including three more Chef's Tables, three more cooking classes, and two more wine dinners.

The Chef's Table offers a small group of members a multi-course meal curated and prepared right before your eyes. Set in an intimate setting, it provides a behind-the-scenes look at the artistry and precision involved in crafting each dish. It is an opportunity for you to engage directly with the culinary team, ask questions, and gain insights into our cooking techniques and ingredient selection. This experience is not just about the food; it is about the stories behind each dish and the passion that drives our culinary team. Wine Dinners have become a hallmark of the Cullasaja dining experience. These evenings celebrate culinary diversity, transporting your taste buds to different corners of the globe while maintaining the unique Cullasaja touch.

As we transition into late summer and early autumn, our focus will shift to seasonal specialties. One of the most anticipated events on our culinary calendar is the "Fall Festival," scheduled for early October. This grand celebration will feature dishes that highlight the best of the fall harvest. From roasted root vegetables and hearty stews to freshly baked pies and artisanal breads, the Fall Festival is a tribute to the flavors and traditions of autumn.

In addition to our regular dining offerings, we have expanded our culinary programming to include cooking classes and workshops. These sessions are designed to be both educational and enjoyable, providing you with the skills and knowledge to recreate some of our most popular dishes at home. From mastering the art of sauce making to perfecting grilling and smoking techniques, these classes offer something for everyone and are a great way to connect with fellow members who share a passion for cooking and food.

FROM THE KITCHEN

Beyond these special events, our commitment to culinary excellence remains unwavering. We are constantly exploring new ingredients, techniques, and flavor combinations to ensure that every meal at Cullasaja is unique and delightful. Our partnerships with local farmers, fishermen, and artisans allow us to source the freshest, highest-quality ingredients available. This not only supports the local economy but also ensures that our menus reflect the season and the region.

We are dedicated to catering to the diverse tastes and dietary preferences of our members. Whether you are looking for vegetarian, vegan, gluten-free, or other specialty options, our culinary team is here to accommodate your needs. Our goal is to create an inclusive dining environment where everyone can enjoy the rich flavors and culinary artistry that define Cullasaja Club.

As we continue to innovate and elevate our culinary offerings, your feedback remains invaluable. We are always eager to hear your thoughts and suggestions, as they help us continually refine and improve our menus and dining experiences. Whether you have a favorite dish you would like to see more often or a new idea you would like us to explore, please do not hesitate to share your insights.

In closing, I extend my heartfelt thanks to each of you for your continued support and enthusiasm. Your appreciation and passion for great food make my role as Executive Chef so rewarding. I look forward to the many memorable dining experiences we will create together in the months ahead as we continue to cook seasonally, source locally, and make it from scratch.

Warm regards,
Scott Craig

CEC, CCA, WCMC
Executive Chef





Charles Beurmann
Head Golf Professional

Summer is off to a HOT start! We had beautiful weather helping us create new memories and crown many deserving champions.

Congratulations, Lee Martino & Mark Jason on winning our Men's Member/Member Championship. Lee and Mark held off a tight field of competitors shooting a two-day total 131. Lee and Mark seemed unstoppable shooting under par in all three formats, Pinehurst, Scramble, and Better Ball. Clay Alliston and Joe Maxey did everything they could to catch them but fell short finishing Runner-Up with a score of 133. Our Men's Invitational is July 25th – 27th. We have 48 teams with 4 teams on a waiting list.

Men's Interclub needs your support! Please contact the starter to sign up! We play Burlingame on July 11th & 12th. This interclub match was originally scheduled for May but was postponed due to lack of participation. A list of our monthly Interclub events can be found on the Cullasaja Golf App under Golf Guidebook.

The Laurel Cup, the first of three WGA major tournaments, was won by Jacquie Harris & Audrey Feuerbacher. Jacquie won our 18-hole division shooting a two-day ringer score of 8 under par 64. Audrey Feuerbacher won our 9-hole division shooting a two-day ringer score of 4 under par 32. Great playing ladies! Our next WGA major event will be the Presidents Cup held on July 16th & 17th.

Lights, Camera, Action! Our 2024 Mixed Member Guest, "A Night at the Oscars" was a huge success. Rick & Georgie Taylor and Fred & Ingrid Fulmer won in outstanding fashion. Rick's 16-foot par save on the last hole of the shoot-out got their team into a chip off. Ingrid's chip to 8 feet was all they needed to secure their victory over Greg & Eileen Pater and Dodd & Heather Disler. The Couples Cup is scheduled for Sunday, July 14th. There will be a 1:00pm – 18-hole shotgun and a 3:00pm – 9-hole shotgun. Please come join us for another exciting couples' tournament.

You're June Shoot-Out Champions were Lee Martino & Tim Heaviside who prevailed victorious over a large field. The game of survival proves to be a highlight each month. Please continue to come out and support us even if it's just to watch! Our next Shoot-Out will be contested on Saturday, July 20th at 4:00pm.

Round One of our season long Match Play tournament is in the books. Round Two will be played during the month of July. If you wish to follow along, there is a match play bracket in the hallway outside the Golf Shop!

See you on the course!
Charles Beurmann
Head Golf Professional

2024 TOURNAMENT SCHEDULE

	<u>DATE</u>	<u>TOURNAMENT</u>
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

TWILIGHT GOLF

Wednesday, July 3rd | *Action Stations*
 Wednesday, July 10th | *Pre-Order Dinner*
 Wednesday, July 17th | *Action Stations*
 Wednesday, July 24th | *Prime Rib Night*
 Wednesday, July 31st | *Pre-Order Dinner*

DEMO DAYS in JULY

11 a.m. - 4 p.m.
 Wednesday, July 11th | *XXIO*
 Wednesday, July 12th | *Titleist*
 Wednesday, July 19th | *Callaway*

JULY SATURDAY NIGHT SHOOTOUT

Saturday, July 20th | 4:00 p.m.
 \$40 per Team (*Top 3 Teams are awarded*)

June Winners: Lee Martino and Tim Heaviside

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)

REMAINING 2024 MAJOR GOLF EVENTS:

MEN'S INVITATIONAL

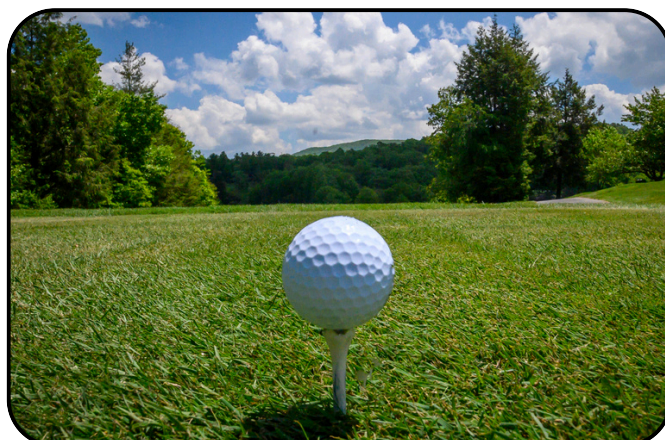
July 25th - July 27th

CLUB CHAMPIONSHIPS

August 9th & August 10th

WGA MEMBER-GUEST

August 22nd & August 23rd





2024 CHAMPIONS



Congratulations to Mark Jason and Lee Martino who posted a scorching 63 in the final round to win the 2024 Men's Member-Member Golf Tournament.

Congratulations to our 2024 Mixed-Member Guest Golf Champions, Rick & Georgie Taylor and Fred & Ingrid Fulmer, who won in exciting fashion in a chip-off on the 18th hole after a playoff shoot-out.

MEN'S MEMBER-MEMBER

MIXED MEMBER-GUEST



*Lee Martino
Mark Jason*

*Rick and Georgie Taylor
Fred and Ingrid Fulmer*



COUPLES CUP



**RICK & GEORGIE TAYLOR
DAVID & LINDA STETSON**

SUNDAY, JULY 14TH

1P.M. Shotgun - 18 Holers

3P.M. Shotgun - 9 Holers

FORMAT

Modified Net Best Ball of the Foursome

One Best Ball of 4 on the Par 5's

Two Best Balls of 4 on the Par 4's

Three Best Balls of 4 on the Par 3's

HANDICAPS: PLAYERS WILL RECIEVE 100% OF THEIR HANDICAP

PRIZES: AWARDED TO THE LOW NET SCORES

\$95 PER COUPLE

Includes: Dinner & Prizes

CALL OR TEXT THE STARTER TO SIGN-UP 828-526-6446

MEN'S Invitational



MEN'S INVITATIONAL PACKAGE

- Optional Practice Round Wednesday
- Optional Wednesday Couple's Twilight
- Breakfast, Lunch & Dinner (Thursday & Saturday)
- Breakfast & Lunch (Friday)
- Awards for all Flight Winners & Overall Champion
- Cocktails & Awards Concert at Conclusion
- Tee Gifts

\$1,100 PER TEAM

THURSDAY - SATURDAY JULY 25TH - JULY 27TH

TOURNAMENT SCHEDULE OF EVENTS

WEDNESDAY, JULY 24TH

9:00 am - 5:00 pm Registration
10:00 am Shotgun - Optional Practice Round
4:00 pm - Optional Couple's Twilight Golf

FRIDAY, JULY 26TH

7:30 am Breakfast
9:00 am Shotgun Start - Match 3 & 4
Lunch for Participants
3:00 pm Optional Short Course Tournament
(Open Evening with Spouses)

THURSDAY, JULY 25TH

7:30 am Breakfast
9:00 am Shotgun Start - Match 1 & 2
Lunch for Participants
6:00 pm Stag Night
(Country Club Casual)

SATURDAY, JULY 27TH

8:30 am Breakfast
10:00 am Shotgun Start - Match 5
12:30 pm Scoring & Lunch
2:00 pm Flight Winners' Shoot-Out
6:00 pm Cocktails & Awards Concert
(Country Club Casual)

CALL OR TEXT THE STARTER TO JOIN WAITING LIST: 828-526-6446

Includes: Food, Alcohol, Tee Gift & Awards



Tom Nelson
Golf Course
Superintendent

I hope that you are enjoying your new Golf Course. The new greens have come along great and we have been able to maintain them virtually the same as the existing greens leading to very similar putting conditions.

The process of lifting, storing and reusing the sod is extremely tedious however, it preserves continuity throughout the course vs having 6 new greens that look, feel and putt completely different. Having good weather during the construction phase allowed us to finish the greens earlier than the prior year, which let us spend more time preparing them for the season. They do need a full growing season to mature to look identical to the rest of the greens, but they are putting and rolling virtually the same as the 35 year old greens.

The Golf Maintenance Staff has put in a tremendous amount of effort to make the greens project a success and the results are evident.

We are experiencing some growing pains associated with all of the renovations. When the course is manipulated as heavily as it has been the last two years, it takes time to “re-learn” best management practices. We have new areas that behave differently and require attention, whether it’s adjusting sprinklers, altering mowing patterns, directing traffic, increasing fertilizer inputs, etc. I feel like once we have a full season under our belt we will have the nuances figured out and 2025 will be the best season we have had.

We are also hard at work to get the final phase of improvements scheduled and contracts signed. The work will include a total refresh of our existing practice facility, and a new short game area located near the Fairway Café. We are excited to get the last portion of the work completed so that we can begin to focus on the finer details of the course.

Sincerely,
Tom Nelson
Golf Course Superintendent



WGA LAUREL CUP



18 - Hole
Jacquie Harris



9 - Hole
Audrey Feuerbacher

2024 CHAMPIONS

WGA PRESIDENT'S CUP

Tuesday, July 16th & Wednesday, July 17th

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

Format: 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 JULY WGA EVENTS

<u>18-Hole Events</u>	<u>Date</u>	<u>9-Hole Events</u>
Team Stableford (HDCP)	July 2	Ts & Fs
9 & 18 Play Together! 18-Hole Scramble	July 9	9 & 18 Play Together! 18-Hole Scramble
18-Hole Interclub at Cullasaja	July 11	
Let's Talk at 1785 House	July 16	Let's Talk at 1785 House
Stroke Your Own Card - Individual Low Net	July 23	Stroke Your Own Card - Individual Low Net
Fourball Team Match Play (HDCP)	July 30	Team Scramble



Brian Lozano
Croquet Director

The Cullasaja Croquet Program has started off strong in the 2024 season. Our croquet enthusiasts have swiftly reacquainted themselves with the intricacies of the lawns, honing their pendulum swings, and, above all, rekindling connections within the cherished Cullasaja Croquet Association community.

The CCA's Welcome Home event was a resounding success! It featured a Hawaiian themed celebration to warmly welcome everyone back to the premier croquet program and Club on the plateau. This event struck a perfect balance between competitive spirit and social enjoyment, setting a fantastic tone for the croquet season ahead. In addition to our regular

Mallets and Martinis gatherings on Tuesdays and Thursdays, we eagerly anticipate our next social croquet event on Sunday, July 7th: the highly anticipated Patriots Play Croquet Event.

Congratulations to Tim and Julie Wright for their victory in the 2024 Mixed Doubles Championship. This year's competition featured a diverse mix of experienced players and newcomers, with an open format ensuring fair play for all teams regardless of their experience levels. The event produced challenging matches for everyone involved, with several exciting upsets achieved by our newer players. Ultimately, it was the seasoned players who prevailed in tightly contested matches throughout the tournament. Congratulations to all!

We extend our gratitude to all members who participated, and to the spectators who were present and showed encouragement. Your support was invaluable. Looking ahead, we anticipate our upcoming Club tournaments, starting with the Ladies' Doubles Championship on July 8-9, followed by the Men's Doubles on July 15-16. Wishing good luck to all competitors as they continue their journey this season.

The CCA eagerly anticipates another fantastic croquet season, offering a rich variety of social gatherings and mixers, competitive events, and private coaching opportunities.

We are excited to introduce more individuals to this lifelong sport. If you're curious, drop by on a Wednesday morning and let's introduce you to the joys of croquet!

Warm regards,
Brian Lozano
Croquet Director

WEEKLY CROQUET SCHEDULE

Subject to Change

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.

2024 Mixed Doubles Champions

Congratulations to **Tim and Julie Wright** for clinching this year's Mixed Doubles Championship! The Wrights demonstrated flawless play over two days, securing a 7-5 victory in the finals. Their names will be added to the perpetual Champions Board in the Activity Center. Despite challenging opposition, all 10 teams put their best shots and tactics into play, delivering thrilling matches that kept spectators engaged. Many matches were closely contested, often decided by a single crucial shot. After running with this title last season, the Wrights celebrate the double in this year's Championship. Well-deserved!



JULY 4th Weekend CROQUET EVENT

Sunday, July 7th | 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!



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

JULY INTERCLUB MATCHES

Thursday, July 11th | *Home vs. CCSV*

Thursday, July 25th | *Away at Burlingame*



BURLINGAME



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

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 round-robin format in a highly social and fun atmosphere.



Intro to GOLF CROQUET

~ with Brian Lozano

WEDNESDAYS AT 10 A.M.

White attire is encouraged, but optional for new players. Please 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 of Golf Croquet.

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



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.



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.

2024 CROQUET CHAMPIONSHIPS

SINGLES CHAMPIONSHIPS

MEN'S SINGLES

Monday & Tuesday

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



Tim Wright

LADIES' SINGLES

Monday & Tuesday

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



Jacquie Harris



2023 CHAMPIONS

DOUBLES CHAMPIONSHIPS

MEN'S DOUBLES

Monday & Tuesday

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



Dennis Howard
& Tim Wright

MIXED DOUBLES



2024 Champions
Julie Wright & Tim Wright

LADIES' DOUBLES

Monday & Tuesday

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



Mary Evelyn Feibelman
& Julie Wright



Chris Harris
Tennis Director

A GREAT START TO THE 2024 TENNIS SEASON

This season started a little slow due to cooler than normal temperatures, but we are now off and running with a brand new Tennis and Croquet Shop that I know everyone loves, two newly built tennis courts at the lower level, and a new windsock.

Joe Sewell has returned this season to help with court maintenance, and we have successfully put our watering system on a scheduled timer that starts each morning around 6:00 am so that the courts are dry by 8:00 am each morning. Heather Bell remains as our Communications Director and Tennis Pro, providing clinics and lessons with the help of our new

Tennis Assistant and Shop Attendant Kate Phillips. Kate, a young accomplished high school tennis player plays on Heather's Highschool team in Franklin, NC. Please note that we are all available to hit with membership when our schedules allow.

In addition to tennis, pickleball remains a popular racquet activity at the Club. Please note that we continue to provide organized play on every Monday afternoon at 1:30pm. Everyone is welcome; come on out and give it a try!

Make plans now to join us for the Strawberries & Cream Tennis Mixer on Saturday, July 6th. It's one of the most popular mixers of the tennis season. Last year, we had over 30 participants for this event. Due to its popularity, we will continue to have two start times. Please sign-up for either the 9 a.m. start time or the 10:30 a.m. start time. Fresh strawberries and cream will be served by one of our staff members courtside at both start times. Please sign up for this event on the Cullasaja App. All tennis playing family members and their guests are invited to participate. Please also note that the day before, Friday July 5th, we will also offer an open mens, ladies and guests organized double morning starting at 10:00 a.m. for all that would like to join us. All levels of players welcome.

Warm regards,
Chris Harris
Tennis Director

TENNIS CLINICS THROUGHOUT JULY:

Tennis Clinics for both kids and adults continue throughout the month of July! Whether you are a beginner looking to learn the basics or an advanced player aiming to sharpen your skills, our clinics offer something for everyone. *SIGN-UP ON THE MEMBER APP*

Kids' Tennis Clinics: Our kids' tennis clinics cater to age groups 5-8 and 9-12. Sessions are held every Tuesday, Thursday and Friday in the afternoon. Activities include fun drills, basic techniques, match play, and tennis-related games.

Adults' Tennis Clinics: We offer clinics for adults at all skill levels. Sessions are every Tuesday and Friday, 8:45- 9:45. Activities cover stroke development, strategy sessions and point play.

WELCOME HOME / NEW MEMBER TENNIS MIXER BIG HIT

This was our first major event of the 2024 tennis season. We had a great turnout with around 20 players who participated in our social mixer.. After the mixer we enjoyed a nice Tex-Mex Happy Hour on our fabulous Tennis Shop deck catered from the Club Culinary Team, inspired by Pam Burge and our Tennis Committee. This Happy Hour, after event, was a welcome addition and a big success.



JULY WEEKLY SCHEDULE

Monday	10:00 a.m. 1:30 p.m. 1:30 p.m.	Ladies' Doubles Men's Doubles Har-Tru "Pickleball"
Tuesday	8:45 a.m. - 9:45 a.m. 10:00 a.m. 2:00 p.m. - 2:45 p.m. 2:45 p.m. - 3:45 p.m.	Strokes Clinic Men's Doubles Tiny Tots Junior Clinic
Wednesday	10:00 a.m. 1:30 p.m.	Ladies' Doubles Men's Doubles
Thursday	10:00 a.m. 2:00 p.m. - 2:45 p.m. 2:45 p.m. - 3:45 p.m.	Men's Doubles Tiny Tots Junior Clinic
Friday	8:45 a.m. - 9:45 a.m. 10:00 a.m. 2:00 p.m. - 2:45 p.m. 2:45 p.m. - 3:45 p.m.	Intermediate Drills & Games Ladies' Doubles Tiny Tots Junior Clinic
Saturday	10:00 a.m.	Men's & Ladies' Doubles
Sunday	Open Play All Day	

UPCOMING JULY EVENTS:

JULY HOLIDAY STRAWBERRIES & CREAM TENNIS MIXER:

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

Join us for the Strawberries & Cream Tennis Mixer on July 6th. It's one of the most popular mixers of the tennis season. Sign-up for either the 9 a.m. start time or the 10:30 a.m. start time. Fresh strawberries and cream will be served by one of our staff members courtside at both start times. No partner is required for this event. Guests are welcome.



RSVP USING THE CULLASAJA MEMBER APP

RED AND BLUE TENNIS TOURNAMENT, JULY 13TH

Saturday, July 13th | 10:00 a.m.

This is a rather new tennis tournament and happy hour at the Club where we will have a red team selected by a captain play an opposing blue team. We will play mens, ladies and mixed doubles. Please note that we require 16 players to hold such an event so please sign up early. Red and Blue team captains will be selected by the Tennis Committee. The captains will select their teams from those signed up for the event. Rather than have prizes for the winners of this event, the losing team will host a Happy Hour at 5pm for our happy winners on our new Tennis Shop deck with their homemade appetizers and/or purchased treats. We will have a beer and wine bar as well. All of our tennis membership are welcome to attend.

RSVP USING THE CULLASAJA MEMBER APP

LADIES DOUBLES INTERCLUB SCHEDULE FOR JULY

We currently have 2 lady interclubs scheduled for the month of July.

Wednesday, July 10th at 2 p.m. AT Mountain Top

Wednesday, July 17th at 2 p.m. AT Cedar Creek

Wednesday, July 24th at 2 p.m. AT High Hampton

Wednesday, July 31st at 2 p.m. HOME vs. Mountain

Please sign up for these interclubs on the Cullasaja Club mobile app or on the clipboards hung in the gazebo between courts 3 and 4. We have openings for 6 to 8 lady players to sign up for each interclub dependent upon the number of courts available at each club. Levels 2.5, 3.0, 3.5 and 4.0 are welcome.



HIGH HAMPTON



MOUNTAIN TOP



LADIES DOUBLES

Championships



2023 CHAMPIONS

EILEEN PATER & ANNE SCHAEFER

FRIDAY, JULY 19TH
10 A.M.

FORMAT FOR TENNIS CHAMPIONSHIPS:

Participants will play with set teams in a tournament style event for all Championships.

Four teams required to play/hold Championships. The set teams will compete in a round robin rotation of opponents. You will play the entire event with your partner. 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.

TENNIS TOURNAMENTS ARE OPEN TO ALL PLAYERS OF ALL SKILL LEVELS
SIGN-UP USING THE CULLASAJA MEMBER APP



Elizabeth Holt
Wellness Director

We extend our heartfelt gratitude to everyone who attended the Annual Wellness Mixer on June 1st at the Activity Center. It was a joy to introduce you to our exciting new offerings and state-of-the-art equipment. Reconnecting with many familiar faces was a highlight of the event. Special thanks to Manu and Brian for their invaluable assistance during the Wellness Mixer and for their, and Erica, and Robert’s outstanding classes this season! Thank you for being part of our vibrant wellness community. Stay active, stay healthy, and enjoy the journey!

Warm regards,
The Cullasaja Club Wellness Team

UPCOMING EVENTS

First Ever Family Fun-Run

Thursday, July 4th | 7:00 a.m.

Location: Outdoors (weather permitting) – Start at the Driving Range with course along the front nine of the golf course and the finish at the Fairway Café’

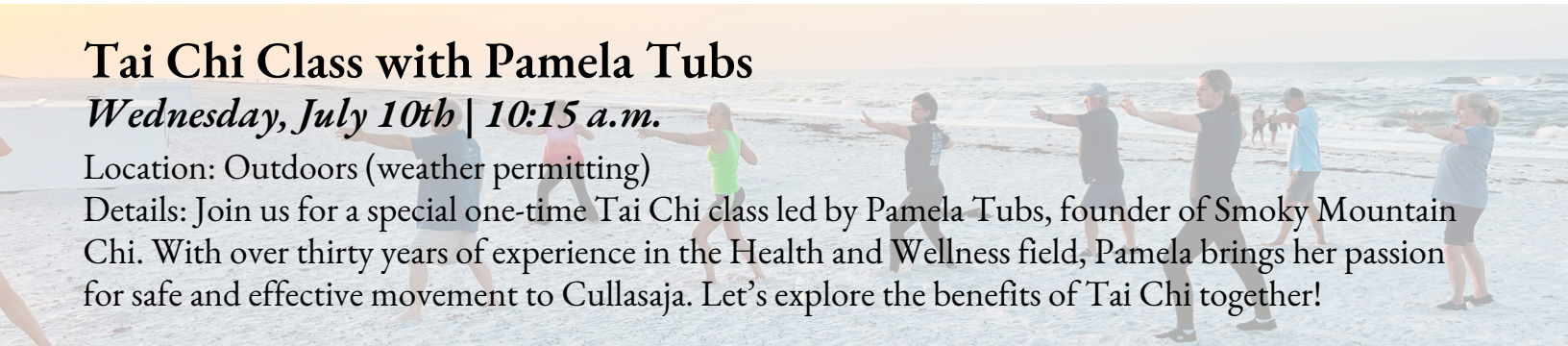


Tai Chi Class with Pamela Tubs

Wednesday, July 10th | 10:15 a.m.

Location: Outdoors (weather permitting)

Details: Join us for a special one-time Tai Chi class led by Pamela Tubs, founder of Smoky Mountain Chi. With over thirty years of experience in the Health and Wellness field, Pamela brings her passion for safe and effective movement to Cullasaja. Let’s explore the benefits of Tai Chi together!



JULY MASSAGE SPECIAL

Almond, Orange Nut, or Ginger-Lime Scrub

Enjoy a 90-minute massage paired with our popular June Massage Special. Treat your feet or hands to the luxurious Almond, Orange Nut, or Ginger-Lime Scrub. This offer continues through July—don’t miss out!



NEW PRODUCTS AND EQUIPMENT

EmerginC Rawceuticals: Discover our ultra-rich, all-natural skincare products (*testers are available at the Entrance to the Activity Center*).

Restocked Favorites: The Organic Ginger-Lime Scrub and Organic Body Butter are back by popular demand.

Life Fitness Aspire Treadmill: We’ve ordered a new treadmill, one of six that will be available in our upcoming Wellness Center for Spring 2025.



2024 JULY CLASS SCHEDULE

Subject to Change

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

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.

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)

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, 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. (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)

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)

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)

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 | **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:

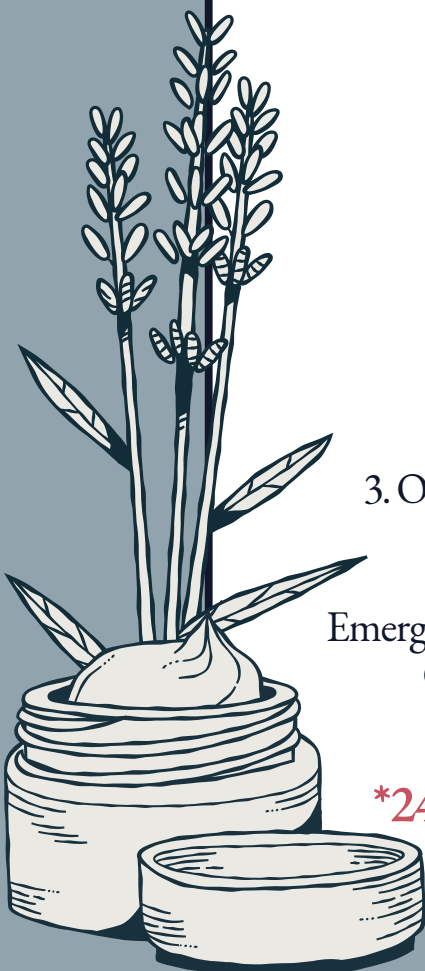
1. Organic Ginger-Lime Scrub
 2. Organic Firming Serum
 3. Organic Grape Stemcell White Tea Seaweed Body Butter
- Hands and Feet Scrub \$25

2 Steps:

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

Products are on sale in the Activity Center

24 HOUR CANCELLATION POLICY





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 2024

*Dress Code Relaxed for July 1st through July 7th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> Activities Croquet Golf Tennis WGA Wellness 	1	2	3	4	5	6
		FAMILY BINGO NIGHT & BUFFET DINNER	ACTION STATIONS for TWILIGHT DINNER KID'S DAY (3-9 pm)	Fairway & Pool Cafe OPEN for Lunch Clubhouse OPENS at 4 pm JULY 4TH COOKOUT 4pm-8pm	Clubhouse OPEN for Lunch until 2 CLOSED for Dinner CART PARADE & DUCK RACE	STRAWBERRIES & CREAM TENNIS MIXER
7	8	9	10	11	12	13
PATRIOT PLAY CROQUET EVENT	Ladies' Doubles Croquet Championship		Pre - Order Dinner for TWILIGHT	LIVE MUSIC in Bar or on Arnie's Verandah (6pm - 8pm)	CWO LUNCHEON	Red & Blue Tennis Tournament
14	15	16	17	18	19	20
COUPLES' CUP GOLF EVENT	Men's Doubles Croquet Championship		ACTION STATIONS for TWILIGHT DINNER WGA PRESIDENT'S CUP	LIVE MUSIC in Bar or on Arnie's Verandah (6pm - 8pm)	Ladies' Doubles Tennis Championship	SATURDAY NIGHT SHOOT-OUT @ 4pm
21	22	23	24	25	26	27
CULLASAJA CARRY-OUT	HOA-BOD Meeting @ 9:00am			Clubhouse CLOSED for Lunch & Dinner	Clubhouse CLOSED for Lunch & OPEN for Dinner	Clubhouse CLOSED for Lunch & Dinner Fairway Cafe CLOSED
	Ladies' Singles Croquet Championship		PRIME RIB DINNER for TWILIGHT	MEN'S GOLF INVITATIONAL		
28	29	30	31			
	CLUB BOG Meeting @ 8:30am		Pre - Order Dinner for Twilight			