



September & October 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

Despite the pleasant weather we've enjoyed in August, we're all eagerly anticipating the arrival of fall, one of the most beautiful times in the N.C. Mountains. The changing colors and the aroma of wood-burning fireplaces are just around the corner. The Club remains bustling with activities and events for your enjoyment in September and October. Please note that a la carte dining on Thursday nights has ended for the season to make way for specialty dinners, including two Wine Dinners, Chef's Tables, a Lobster Dinner, and an Oyster Roast.

The Board of Governors has recently approved the final phase of the Golf Improvement Plan, which includes enhancements to the Short-Game Area and Driving Range. Additionally, the conversion of the 1785 House to a Wellness Center is nearly approved. By the time you read this, both projects should have start dates set for late October or early November. If all goes as planned, the Driving Range will open on May 1st, the new Wellness Center will open by mid to late June, the Short-Game Area by mid to late July next year.

In late September, you'll receive an email link to complete the 2024 Club Member Online Satisfaction Survey. We highly encourage each Member to participate. Your feedback is invaluable as we assess our strengths and areas for improvement. The survey should take no more than 5 to 10 minutes.

Please remember that day-to-day tipping is prohibited at Cullasaja Club. If you wish to show appreciation to staff members, you may present an envelope at the end of the season or when you leave Highlands. This gesture is a nice way to recognize exceptional service. Additionally, there is an annual employee holiday fund to which you can contribute later this year.

Reflecting on this remarkable season, I am incredibly proud of our team at Cullasaja. Their dedication to ensuring your satisfaction has been outstanding. I also want to thank our department leaders for their exceptional work. In my opinion, they are the best group of leaders I've ever had the privilege to work with. We truly hit our stride this year and look forward to building on this success in the future. Thank you for your continued support of Cullasaja Club and for another fantastic season.

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:*



Mike & Diane Jones  
Key Largo, Florida



Robin Norris & Mark Olthuis  
Kiawah Island, SC

Welcome to  
the Club!



Fall is soon to arrive on the plateau, and I truly believe that this is the reason why so many of us call this wonderful place home. From the changing colors of the leaves to the cool mornings and the enjoyable days, there is something very special that ties us to this place. This has been a phenomenal season and I believe the F&B team hit their stride this year. I am so proud of our managers who outperformed my wildest expectations. Scott, Mario, Nat, Jessica, Jadyn, and David worked diligently to create an atmosphere of excellence and fun for our seasonal F&B employees. Your enjoyment of our offerings was the driving force this season, and I hope you had many remarkable and memorable moments dining with us.

We are thrilled to share some exciting updates from the past month. Our in-home catering events have been met with resounding success, and it's with profound gratitude that we thank you for entrusting us with your special occasions. From intimate gatherings to grand celebrations, it has been an honor to be a part of your cherished moments. Please know that our doors are always open, and we stand ready to assist you with any future catering needs you may have. Your satisfaction is our constant driving force.

As we move forward, please take note that the Clubhouse is now closed for regular a la carte dinner service on Thursday evenings. We will use these nights to showcase specialty dinners until the end of the season. We invite you to join us on September 5th for a Champagne 101 Class, and a special Twilight Golf Dinner on Friday, September 6th with southern themed creations where the flavors of the south will take center stage. September will also offer a Cooking Class with Chef Scott, a Chef's Table, Grandparent's Day Brunch, the Burgundy Wine Dinner and several opportunities to enjoy live music in the bar.

Looking forward to October, mark your calendars for the Annual Fall Festival on Saturday, October 12th. This promises to be an event filled with laughter, merriment, and seasonal delights. A perfect opportunity to embrace the beauty of autumn and connect with fellow members in a festive atmosphere. We are also thrilled to announce the highly anticipated Lobster Dinner scheduled for October 3rd and the popular Oyster Roast scheduled for October 17th. These culinary journeys will transport you to coastal landscapes as you indulge in the finest flavors from the sea. We recommend reserving your spots early, as these events tend to fill up quickly. There is also a Wine Dinner with ZD Winery planned, a Ladies Luncheon, a Chef's Table and a Cooking Class all planned for the final month of the season.

And finally, recruitment is already underway for the 2025 season. We are already hosting interviews with students that have heard about Cullasaja Club from word-of-mouth marketing from our employees who value the experience and the culture that you helped us create. This is delightful in the fact that former students are traveling home or back to school and spreading the brand of Cullasaja Club and the wonderful N.C. Mountains. We also have several H2B staff members express their interest in returning next year. The goal when hiring H2B is to have them return, and it seems we are seeing success in this avenue as well. The knowledge and experience one employee can bring back for another season pays off when they return. Thank you for making our international staff members feel so welcomed here and also for being such caring Members. Thank you for a truly great season!

Cheers,

*Steve Sheridan*

Food & Beverage Director



**Steve Sheridan**

Food & Beverage Director

# SEPTEMBER LIVE MUSIC NIGHTS

*(in the Bar or on the Verandah)*

Saturday, September 7th

**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.

Friday, September 27th

**Matt Williams**

*Starting at 6:00 p.m.*



Multi-instrumentalist, singer-songwriter & producer, Matt Williams, has a unique approach to making music. Composing & singing for several completely different projects while performing as a guest regularly with others. Equally astonishing in a variety of styles on violin, guitar, mandolin, bass, lap-steel, percussion & voice; Williams is just as an original musician compositionally as he is while improvising.

## Cullasaja's Annual Soup Market

*Sunday, October 6th | Pick-up 3:00 p.m.*

The Cullasaja Club's Annual Soup Market is a cherished seasonal event where members can order and pick up a variety of delicious, house-made soups crafted by the club's talented chefs. Perfect for the cooler months, this event allows members to enjoy an assortment of gourmet soups, carefully prepared in the club's kitchen, from comforting classics to inventive new flavors. The soups are available for pre-order, and members can conveniently pick them up to enjoy at home, bringing a taste of the club's culinary expertise to their own dining tables.



## Labor Day Picnic

*Sunday, September 1st | 5:00 p.m. - 8:00 p.m.*

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

Join us on Sunday, September 1st for a memorable final summer holiday picnic. We will have live music from *One Leg Up Duo* to entertain you, and we ask you to dress casually for indoor and outdoor dining. With anticipated demand, we will offer 75-minute seatings, so please arrive a little before your reservation time to listen to the music and visit with Rocky.



**RSVP USING THE CULLASAJA MEMBER APP!**

## Grandparents' Day Brunch

*Sunday, September 8th | 10:30 a.m. - 2:00 p.m.*

Adult: \$25 | Children (ages 5 to 12): \$15 4 & Under FREE

We are delighted to invite you to a special Grandparents' Brunch, where you can enjoy a delightful morning with your loved ones. Join us for a delicious spread of brunch favorites, and create cherished memories with your grandchildren in the beautiful setting of our clubhouse. Whether you're indulging in gourmet dishes or simply enjoying the company of family and friends, this will be a day to remember. We look forward to celebrating the joy of family with you!



**RSVP USING THE CULLASAJA MEMBER APP!**

## Wine Dinner: Wines of Burgundy

*Thursday, September 12th | Cocktails: 5:30 p.m., Dinner: 6:00 p.m.*

\$150 per person

The annual tradition of hosting Steve Pignatiello continues. Steve will bring some of his favorite Burgundys and offer stories about each vintner. This is always the most popular wine dinner. We hope you can attend.

**RSVP USING THE CULLASAJA MEMBER APP!**

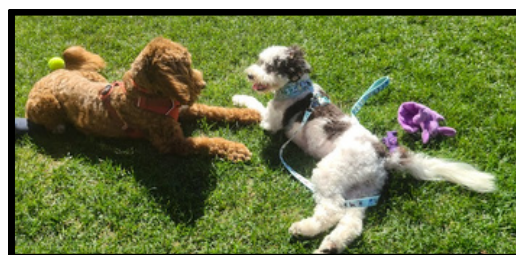


## Yappy Hour

*Thursday, September 26th | 4:00 p.m. - 5:00 p.m.*

PUPS: Flavored water | Toys | Pup Cream

HUMANS: Appetizers | Drinks - \$20



**RSVP USING THE CULLASAJA MEMBER APP!**

## F&B EVENTS

### Lobster Dinner

*Thursday, October 3rd | 6:00 p.m. - 8:00 p.m.*

\$85 per person

Enjoy a Lobsterfest! This event is always popular, and due to demand, we will be building tables of 8 people to accommodate every member. There will also be a dinner option for those who do not prefer lobster. The menu will be published one week in advance to guarantee the best offerings from our seafood providers.

**RSVP USING THE CULLASAJA MEMBER APP STARTING SEPT. 3RD!**



### Wine Dinner: ZD Winery

*Thursday, October 10th | Cocktails: 5:30 p.m., Dinner: 6:00 p.m.*

\$150 per person

**RSVP USING THE CULLASAJA MEMBER APP STARTING SEPT. 10TH!**



### Fall Festival

*Saturday, October 12th | Cocktails: 6 p.m. Fall Fest Food: 7 p.m.*

Adult: \$47 | Children (ages 5 to 12): \$20 | 4 & Under FREE

Entertainment by: Asheville Junction | Open Seating | Casual Dress  
This year, we will feature local bluegrass favorite, Asheville Junction, as we salute the end of a great 2024 season at Cullasaja Club. The event starts with cocktails at 6:00 p.m. and dinner service with food stations at 7 p.m.

**RSVP USING THE CULLASAJA MEMBER APP STARTING SEPT. 12TH!**

### Oyster Roast

*Thursday, October 17th | 6:00 p.m. - 8:00 p.m.*

\$42 per person

**RSVP USING THE CULLASAJA MEMBER APP STARTING SEPT. 20TH!**



### HALLOWEEN Spooky Boo-fet

*Wednesday, October 30th | 5:00 p.m. - 7:00 p.m.*

Adult: \$32 | Children (ages 5 to 12): \$18 | 4 & Under FREE

The final dinner service for 2024 will be a spooky good time as we offer a themed buffet for Twilight Golf. Join us between 6:00 p.m. and 8:00 p.m. for dinner.





# FALL SPEAKER SERIES



## Champagne 101

*Thursday, September 5th | 1:00 p.m. - 3:00 p.m.*

Free | In the Sweetwater Room

Come enjoy lunch in the Clubhouse with us before this event!

Join us for an exclusive experience tailored for champagne enthusiasts. Embark on a journey through the illustrious champagne region with Gwen as your knowledgeable guide, as we explore & savor an assortment of distinctive champagne varieties. Immerse yourself in the rich history and exquisite flavors of this celebrated beverage. Throughout the event, you'll have the opportunity to taste and purchase a selection of fine wines to enhance your enjoyment and deepen your appreciation of champagne's allure.

## More Than You Want to Know about Cardiology & Cardiac Surgery by: Dr. Irv Kron & Dr. Morris Williams



*Wednesday, September 25th | at 1:00 p.m.*

Free | In the Sweetwater Room

Come enjoy lunch in the Clubhouse with us before this event!

With a combined 80 years of cardiology experience Dr. Irv Kron & Dr. Morris Williams will cover topics including prevention, recognition of cardiac emergencies, diagnoses and imaging, choosing type of procedures if necessary, choosing physicians and institutions. Dr. Williams trained in cardiology at the University of Alabama and was a long term cardiologist in Greenville. Dr. Kron trained in cardiac and vascular surgery at the University of Virginia and was Professor and Chair of Surgery at UVA.

## The Bartram Trail by: Brent Martin



*Thursday, September 5th | 1:00 p.m. - 3:00 p.m.*

Free | In the Sweetwater Room

Come enjoy lunch in the Clubhouse with us before this event!

Brent Martin lives in the Cowee community in western North Carolina and is the full-time director of the Blue Ridge Bartram Trail Conservancy. He has served as the Southern Appalachian Regional Director for the Wilderness Society, Executive Director of Georgia Forestwatch, & Associate Director of the Land Trust for the Little Tennessee, now Mainspring Conservation Trust. He has an M.A. and ABD in History from Georgia State University and worked for several years on a dissertation on historical land use patterns in the northwest Georgia mountains.



**Scott Craig**  
Executive Chef

Ladies and Gentlemen,

As we approach the final stretch of our season at Cullasaja Club, I find myself reflecting on the incredible culinary journey we've shared so far this year. It's been a season filled with vibrant flavors, innovative dishes, and countless memorable moments in our dining rooms and kitchens. The changing leaves and crisp mountain air signal that autumn is upon us—a time of year that brings both a sense of nostalgia and a renewed excitement for the culinary opportunities that lie ahead.

### **A Warm Welcome to Our New Sous Chef**

I'm thrilled to announce a significant addition to our culinary team, Jeff Balvich, who has joined us as our new sous chef. Jeff comes to us from Myers Park Country Club, where he honed his skills in an environment that, like ours, values tradition, creativity, and excellence in every dish. Jeff's experience, passion, and fresh perspective make him an invaluable asset as we continue to elevate the dining experience here at Cullasaja. He is stepping in as we lost two of our treasured H2B visa employees (Junaid and Brumilda) who had to return to their home country to reset their visas.

From our very first conversation, it was clear that Jeff shares our commitment to quality and innovation. His enthusiasm for seasonal ingredients and his ability to blend classic techniques with modern flair will undoubtedly enrich our offerings. Jeff has already begun to make his mark, and I know that his contributions will be felt throughout the kitchen as we prepare for the exciting events that mark the end of our season.

### **Celebrating the Bounty of Fall**

September and October in Highlands are truly special. The changing seasons bring a bounty of fresh, local ingredients that inspire creativity and flavor in our dishes. This is the time of year when we embrace heartier fare, incorporating the rich, earthy flavors of fall into our menus. Expect to see more dishes featuring root vegetables, squash, and other autumnal ingredients that highlight the season's natural beauty.

As the days grow shorter and the evenings cooler, we're turning our attention to comfort food with a sophisticated twist. Think braised meats, roasted vegetables, and sauces that warm you from the inside out. We'll be showcasing these flavors in a variety of ways, from our à la carte dinner menu to special events that allow us to explore these ingredients in more depth.

### **Upcoming Culinary Events**

The final months of the season are packed with exciting culinary events that you won't want to miss. Our Chef's Tables in the kitchen will continue to be a highlight, offering an intimate dining

experience where I, along with Chefs Mario, Natalia, Jeff, and the rest of our team, will prepare and present a multi-course meal that reflects the best of what the season has to offer. These events are a great opportunity to interact with the culinary team, learn more about our creative process, and enjoy a meal that is both exclusive and memorable.

In October, we'll also be hosting our annual Fall Festival, a celebration of the season's bounty. This event is always a favorite, as it allows us to really lean into the flavors of the season. We'll be featuring a menu that is as diverse as it is delicious, with a focus on local ingredients and traditional fall flavors.

### **Looking Ahead**

As we move toward the end of the season, I want to take a moment to express my gratitude to all of you—our members—for your continued support and enthusiasm for the culinary experiences we strive to create. Your feedback, whether it's a word of praise after a meal, constructive feedback, or a suggestion for a future menu, is invaluable. It's what drives us to keep pushing the boundaries, to innovate, and to ensure that every dining experience at Cullasaja is nothing short of exceptional.

I'm particularly excited about the opportunities that lie ahead with our exceptional team. Together, we're already brainstorming ideas for next season, exploring new trends, and thinking about how we can continue to surprise and delight you. But before we get there, we still have two incredible months left to enjoy, and I can promise you that we're going to make the most of them.

### **Final Thoughts**

Seeing the changing leaves at the end of the season is bittersweet, as we know that the final service is inevitably approaching, and we may not cook another service with our teammates that we've grown so close to. Our team will value every minute of the coming months, and I encourage you to join us for as many meals and events as possible. Whether you're stopping by for a casual lunch, enjoying dinner by the fireplace, or attending one of our special events, we look forward to these opportunities to make sure that all of your meals exceptional.

On behalf of Chefs Mario, Natalia, Jeff, myself, and the entire culinary team, thank you for making this season so special. We look forward to serving you in the coming weeks and to ending the season in memorable fashion. Here's to the flavors of fall and to the many more culinary adventures that await us at Cullasaja Club.

Warm regards,  
*Chef Scott Craig*  
Executive Chef

# COOKING CLASSES

*Thursday, September 19th AND Thursday, October 24th*  
*12 Noon - 2:30 p.m.*

\$75 per person | 20 Person Limit

Each cooking class is designed to inspire and elevate your culinary skills. Often times hands-on class is perfect for those who love to cook and want to learn new techniques or for beginners looking to build confidence in the kitchen. We'll cover a variety of topics throughout the season.

Each classes topic will be announced as the class draws closer.



**RSVP USING THE CULLASAJA MEMBER APP!**

# CHEF'S TABLE

*Thursday, September 26th AND Thursday, October 20th*  
*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\**



**SIGN-UPS OPEN ONE MONTH PRIOR AT 9 A.M.**

**DUE TO THE POPULARITY & LIMITED SEATING FOR THIS EVENT, OFTEN SEATS FILL WITHIN THE FIRST COUPLE OF MINUTES. DO NOT SEND AND EMAIL OR LEAVE A VOICEMAIL TO RSVP, BUT BE SURE TO SIGN-UP WHEN REGISTRATION OPENS VIA THE APP.**



**Charles Beurmann**  
Head Golf Professional

### August Highlights and Upcoming Events

August was a fantastic month for our Club Championship, featuring a competitive field across seven flights and perfect weather conditions. Both Matt Avril and Betsy Butler opened with impressive rounds of 72, despite double bogeys on the 18th hole. Their strong performances in round one set a challenging pace for the rest of the field, making them our 2024 Champions. Congratulations to Matt and Betsy!

A special shoutout to Collin Yohe, who was the only player to shoot under par over the two days—truly showcasing his talent as our 2024 Junior Champion. We also celebrated back-to-back champions in our Senior and 9-Hole Championships, with Ed Fielding and Ray Joelson taking top honors. John Helmer emerged as the champion of our Stableford flight. Well done to all our champions!

In Interclub play, Lake Toxaway had the upper hand in August. Despite the tough competition, we're looking forward to upcoming matches against Old Edwards Club on September 18th & 19th and Highlands Country Club on October 2nd & 3rd. If you're interested in participating, please contact the Starter.

The WGA outdid themselves once again! Barbara Knight and her guest, Jeanne Marie McNellis, clinched this year's tournament with a decisive victory in the four-hole shootout, overcoming Diane Warren and Yoshi Mizuno. Their strategic play truly earned them the title of Champions! Kudos to Karen Roberts and her committee for their remarkable work in recreating the Dirty Dancing theme and Kellerman's Mountain Resort. Karen's innovative changes made this year's event one of the best ever.

Our final Saturday Night Shootout of the season took place on August 24th with a highly competitive field. The closest spread in handicaps I've seen in a while made for a tough competition. Last-minute entry Ed Fielding and guest/former member Bob Fulton showcased their skills with stellar play and error-free ball striking, proving to be unbeatable.

Looking ahead, we have a busy schedule for September and October. The WGA Member/Member event is set for September 10th & 11th.

Don't miss the highlight of the year, the annual Cullasaja Cup, on September 20th & 21st. This Ryder Cup-inspired event is always a blast, full of great stories and new memories. Sign up with the Starter to join in the fun.

Prepare for the inaugural Superintendent's Revenge on Friday, September 27th. This unique tournament will be a four-person scramble with teams drawn randomly (ABCD) and an 11:00am shotgun start.

# GOLF UPDATE

Finally, mark your calendars for the Fall Member-Guest on Saturday, October 5th, which will wrap up our tournament schedule for 2024. This event offers exceptional value at \$95 per person, including golf, food, gifts, and awards. Don't miss out on this fantastic opportunity to showcase our club one last time before the season ends.

See you on the course!

Best regards,

*Charles Beurmann*  
Head Golf Professional



**AUGUST SATURDAY NIGHT SHOOTOUT:  
ED FIELDING & BOB FULTON**

## TOURNAMENT SCHEDULE



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

### SEPTEMBER/OCTOBER MEN'S INTERCLUBS

Wednesday, September 18th | *Away AT Old Edwards*

Thursday, September 19th | *Home VS Old Edwards*

Wednesday, October 2nd | *Away AT Highlands CC*

Thursday, October 3rd | *Home VS Highlands CC*



OLD  
EDWARDS  
CLUB

Highlands Country Club

**SEPTEMBER TWILIGHT GOLF**  
*4:00 p.m. Shotgun*

Friday, September 6th | *Action Stations*  
Wednesday, September 11th | *Pre-Order Dinner*  
Wednesday, September 18th | *Pre-Order Dinner*  
Wednesday, September 25th | *Pre-Order Dinner*

**OCTOBER TWILIGHT GOLF**  
*3:30 p.m. Shotgun*

Wednesday, October 2nd | *Pre-Order Dinner*  
Wednesday, October 9th | *Pre-Order Dinner*  
Wednesday, October 16th | *Pre-Order Dinner*  
Wednesday, October 23rd | *Pre-Order Dinner*  
Wednesday, October 30th | *Pre-Order Dinner*

**CULLASAJA CUP**  
**FRIDAY & SATURDAY**  
**SEPTEMBER 20TH & 21ST**

*Cullasaja Cup Schedule*

**Thursday, September 19th**

6 p.m. Pairing Party (Bar)

**Friday, September 20th**

10 a.m. Shotgun - Match 1  
12 p.m. to 12:45 p.m. - Lunch @ Bar  
1 p.m. Shotgun - Match 2  
6:30 p.m. Cocktails  
7 p.m. Dinner  
(Spouses Welcome, Additional Charge)

**Saturday, September 21st**

10 a.m. Shotgun - Match 3  
12 p.m. to 12:45 p.m. - Lunch @ Bar  
1 p.m. Shotgun - Match 4  
Scoring & appetizers in the Bar



**Teams:** Two balanced teams will be formed  
(Maximum of 48 players)

**Captains:** GOLF (Jim Moore) - red team  
GREENS (Lee Martino) - blue team

**Formats:**

Match 1 (Modified Alternate Shot) "Foursomes"  
Match 2 (Scramble) "Two Person Scramble"  
Match 3 (Best Ball) "Four Ball"  
Match 4 Individual Matches "Singles"

**\$195 PER PERSON**

**Includes: Food, Alcohol, Tee Gift & Awards**

# SUPERINTENDENT'S REVENGE DAY



**FRIDAY, SEPTEMBER 27TH**  
**11:00 A.M. SHOTGUN**

**\$75 PER PERSON**

*Includes: Lunch & Prizes*

## FORMAT

18 Hole "ABCD" Scramble. Each team will play a scramble comprised of an A, B, C, & D player. Each team must contribute four drives from each player.

HANDICAPS: A-25% | B-20% | C-15% | D-10% players



# FALL MEMBER-GUEST



**SATURDAY, OCTOBER 5TH**

**11 A.M. Shotgun**

FORMAT: TWO BEST BALLS OF THE FOURSOME

\*Twosomes will be paired with other twosomes\*

Members may bring one or three guests

HANDICAPS: HANDICAPS WILL BE GIVEN 85%

**2023 CHAMPIONS**

**FRANK WILLIAMS & TOM CLINTON**  
**STAN FRAMBURG & PAUL WELLANDER**

**\$95 PER PERSON**

**LUNCH AT FAIRWAY CAFE & AWARDS WITH COCKTAILS AND HORS D'OEUVRES AT SCOREBOARD**



# 2024 Cullasaja Club Champions



MATT AVRIL

MEN'S CHAMPION



COLLIN YOHE

JUNIOR CHAMPION



BETSY BUTLER

LADIES' CHAMPION



EDDIE FIELDING

SENIOR CHAMPION



RAY JOELSON

9-HOLE CHAMPION



JOHN HELMER

MEN'S STABLEFORD



GINNY DUNWODY

LADIES STABLEFORD

# WGA MEMBER-GUEST

## 2024 CHAMPIONS

Barbara Knight &  
Jeanne Marie McNellis



Congrats to our Overall 2024 WGA Member-Guest Golf Champions, Barbara Knight & Jeanne Marie McNellis, who won in exciting fashion with a par (net birdie) on the 18th hole in the Championship Shootout. Way to go Barbara and Jeanne Marie!



# WGA MEMBER-MEMBER

## TUESDAY & WEDNESDAY

SEPTEMBER 10TH & 11TH

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

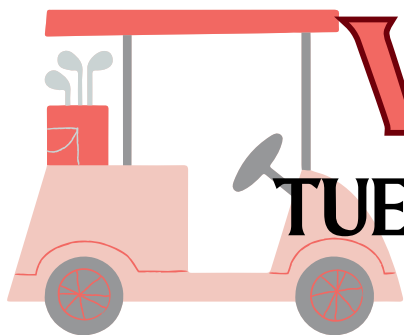
**FORMAT:** Better Ball of Two; 18 and 36-hole Divisions

**HANDICAPS:** Played with 85% Handicap



2023 CHAMPIONS

JACQUIE HARRIS & CINDY KUYKENDALL



# WGA Closing Day

## TUESDAY, SEPTEMBER 24TH

9:30 A.M.

*Luncheon following play in the Sweetwater Room*

Scorecards need to be turned in by 12:00 p.m. to be eligible for competition. Please bring scorecards to the Sweetwater Room for closing luncheon & awards.

**FORMAT:** ABCD Scramble | **HANDICAPS:** 25% - A | 20% - B | 15% - C | 10% - D



**Tom Nelson**  
Golf Course  
Superintendent

Wow! I have a hard time believing that September has arrived, and we are in the final 2 months of the season. It seems like we just finished up the project work a couple of weeks ago. We have had exceptional weather for summer in Highlands with only one poorly timed wet week during the Men's invitational. Dry times do require extra effort from the Golf Maintenance staff; hand watering, returning to the course in the early evening to run some supplemental water etc. but the course plays so much better when it's dry. We do see some areas of burned-out turf, but we view that as an opportunity to improve. Now that the temperature has cooled off, we will be inter-seeding those areas and have them grown in by the time winter arrives. Typically, September and October are the two

driest months of the year giving us great playing conditions surrounded by beautiful fall color.

The renovation of the course has been a huge success! The new bunkers are performing great, the new greens have been well received and the addition of 26 new tees has helped make the course more playable while keeping plenty of challenge for the low handicapper. We have struggled a bit with 10 green since late July but it has turned around and is on its way to catching up with the rest of the greens. The first season with so much new turf is always a challenge and we are looking forward to next season being the best ever.

The Board of Governors has approved the final phase of course improvements which include a short game practice facility to be located near the Fairway Café and a refresh of the existing Practice Range. The short game area will include a nearly 10,000 square foot putting green along with a 5,000 square foot chipping green with a bunker and lots of room for creating variable lies from both fairway and rough height turf. This area will be great for working on the touchy shots around the greens. The Practice Range will be getting all new tees, target bunkers, improved drainage, new irrigation, gaining some distance and a new netting system. Weather permitting, the Range will be open and ready for use May 1, 2025. The greens on the short game area will be seeded which requires time to grow in and be mature enough to handle traffic. If all goes well, we plan to have it open mid July 2025. I would like to thank all of you for your continued support in striving to make our course remarkable!

Sincerely,

*Tom Nelson*

Golf Course Superintendent



**Brian Lozano**  
Croquet Director

Dear CCA Members,

Can you believe we're already approaching the final two months of our summer season? The weeks have flown by and it feels like not that long ago we were welcoming everybody back home for the summer! Your enthusiasm for our croquet events—whether social mixers, club tournaments, or competitive inter-club matches—makes our time here in the mountains truly enjoyable, both on and off the lawns.

Please join me in re-congratulating Julie Wright and Joe Harris, our Ladies' Champion once again, and our new Men's Champion. This season's club tournament produced many of the season's highlights, with new players making exciting runs. A standout classic was Joe's road to victory in the Men's Singles. Doubting his entry due to a busted ankle (3rd time in the season) from attempting jump shots with a very tight stance, he managed to squeeze through to the knockout rounds and finesse his way to the top by shooting his way through not one, but two past club champions. Congratulations to all participants for a fantastic season of tournament play and to everyone who supports our program and its remarkable events.

This season's Highlands Championship, hosted by Highlands Country Club, involved four clubs: Highlands Falls, Highlands CC, Wildcat Cliffs, and Cullasaja Club. Our Cullasaja Team, featuring a mix of 2024 club champions, finalists, and semi-finalists—Tim and Julie Wright, Jacquie and Joe Harris, Tom Guffey, and Frank Forrest—competed admirably. While we played strongly, we fell just short of victory, needing to win all three matches in the last round to clinch first place. Croquet can be a tough to us all sometimes, but we are grateful for the lessons and the opportunity to continue improving. We finished in 2nd place by a mere one point, behind the Wildcat Cliffs team. I'm proud of our team's performance both on and off the lawn, and I look forward to future team events and the opportunity to bring home our first club trophy as a team!

Lastly, a heartfelt thank you to all our CCA members, both longstanding and new. It's a true pleasure to share croquet with you. To those who have left to be closer to family, we appreciate the years of friendship and memories. Thank you to everyone who contributes to our program, including Chris Conner, Steve Sheridan and the entire F&B team, Heather Bell, Terry Fugate, and our Grounds Maintenance and Club staff. Your support and dedication is deeply appreciated.

Thank you, and let's keep the ball rolling!

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.

## 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



Joe Harris



2024 CHAMPIONS

### LADIES' SINGLES



Julie Wright



## DOUBLES CHAMPIONS

### MIXED DOUBLES

### MEN'S DOUBLES



Dennis Fisher &  
Tim Wright



Tim Wright &  
Julie Wright

### LADIES' DOUBLES



Emily Adkins &  
Jacquie Harris



# SEPTEMBER INTERCLUB MATCHES

Thursday, September 5th | *Away at Trillium*

Thursday, September 12th | *Home VS Highlands Falls*

Trillium



*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.

## 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**



## 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.



## CULLASAJA CUP

*Tuesday, September 17th | 9:30 a.m. - 12 Noon*

\$50 per person

*(Includes: Team Cap, Champions Luncheon on Tuesday)*

Sign up early & be part of the annual battle between Red & Blue!  
Field of 32 total players with 16 players on each team.

Non-playing spouses & guests are encouraged to attend the  
Champions Luncheon for a cost of \$30 per person.  
This is a fun doubles social event in a great team format!



**RSVP USING THE CULLASAJA MEMBER APP! LIMITED TO 32 PLAYERS**

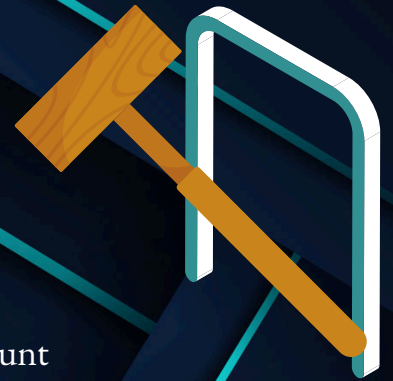
## Annual End of Season Croquet Awards Banquet

*Tuesday, September 24th*

4:00 p.m. - 5:30 p.m. - Play  
5:30 p.m. - 6:00 p.m. - Cocktails (At Clubhouse)  
6:00 p.m. - Dinner (In Sweetwater Room)

Join Us for a Celebration of our 2024 Croquet Season!  
Dinner provided by the CCA | Drinks will be applied to your Member account

**RSVP USING THE CULLASAJA MEMBER APP!**





**Chris Harris**  
Tennis Director

## TENNIS AT THE TOP

### THANK YOU FOR ANOTHER ENJOYABLE TENNIS

**SEASON:** The temperatures swung a little from hot to cold this season but with few rainouts I thought we had a perfect mid-season for playing tennis at the Cullasaja Club. The tennis program was very active in the month of July with close to 1500 hours of tennis played at the Cullasaja Club compared to the prior month of around a 1000 hours. The July 4th weekend alone we saw close to 200 tennis players that came out that extended weekend. I think at the height of the season, it's fair to say, we saw a 20% increase in tennis being played at

the Cullasaja Club when you include Heather and Kate's clinics and lessons. What was special is that we saw over 20 children under the age of 12 that participated in clinics and/or lessons on a regular basis over a 9 week period.

Please join me in thanking Heather Bell, our Communications Director and Tennis Professional, for her significant role providing lessons and clinics throughout the season with help from our new shop assistant, Kate Phillips. Heather and Kate successfully built an adult and children's tennis clinic program that was regularly attended by membership and their children throughout the months of July and August. Kate has now returned to school in Franklin to finish her senior year. We wish her well and hope to see her return next season. Congratulations ladies for a job well done.

I would also like to thank Joe Sewell for his return this season as my tennis assistant. Joe prepared our tennis courts each and every morning this season without much help from myself. When finished with his morning preparations Joe also took the opportunity to play with membership a couple of times a week while maintaining a part time position with Security. Thank you Joe for a job well done this season.

### LADIES' MEMBER/GUEST TENNIS

**TOURNAMENT & LUNCHEON:** On August 16th we held an enjoyable Ladies Member-Guest Doubles event and Luncheon. This year we chose to have more of a social mixer rather than a tournament with two levels of play which made for a more enjoyable and inclusive event for all skill levels. The luncheon that followed this event at the club house has always been a fun time for a ladies to share with their guests. Please thank the ladies on our tennis committee and Steve Sheridan for their efforts on this well-received event.





**MODIFIED TENNIS SCHEDULE GOES INTO EFFECT ON MONDAY SEPTEMBER**

**2nd:** Each year on or after Labor Day we continue to play tennis each week but with a modified schedule. In an effort to get 2 or 3 courts of players we combine the men and women each Monday, Wednesday, Friday and Saturday at 10:00 A.M. We will offer Open Play each Tuesday, Thursday and Sunday mornings and afternoons. This schedule may seem crowded with players to start but will quickly make sense the closer we get to the end of the season.

**TENNIS FINALE ON FRIDAY, SEPTEMBER 27TH AT 10:00 A.M.**

It's a Grand Finale finish to an extraordinary year at the Cullasaja Tennis Center. This will be our last social mixer of the season followed by a luncheon at the Clubhouse. All skill levels and family members are welcome to play. Each year we try to have this event early enough in the fall season so that we have a good turnout. So, come on out and help us celebrate another great tennis season here at Cullasaja Club.

**ADDITIONAL TENNIS NOTE:**

Please note that we have started to require that our tennis guests sign-in each visit in our new tennis / croquet shop. The sign-in / liability waver form is currently identical to the one found in the activity center. This will allow us to better track guest activity on our courts as well as collect often missed guest fees.



Warm regards,  
*Chris Harris*  
Tennis Director



# SEPTEMBER WEEKLY SCHEDULE

**Monday**      **10:00 a.m.**      **Men's & Ladies' Doubles**  
                         **1:30 p.m.**      **Men's Doubles**

**Tuesday**                      **Open Play All Day**

**Wednesday**      **10:00 a.m.**      **Men's & Ladies' Doubles**  
                         **1:30 p.m.**      **Men's Doubles**

**Thursday**                      **Open Play All Day**

**Friday**      **10:00 a.m.**      **Men's & Ladies' Doubles**

**Saturday**      **10:00 a.m.**      **Men's & Ladies' Doubles**

**Sunday**                      **Open Play All Day**



## TENNIS SEASON FINALE

SATURDAY, SEPTEMBER 28TH

10 A.M.

*Join us as we celebrate the 2024 Tennis Season in a fun round-robin team format with multiple partners. This event will not have fixed teams, so you are sure to play with several partners. After play, we will head up to the Clubhouse for a wonderful luncheon and reminisce about all the great memories of the season.*

*Lunch at Clubhouse following Play*



# 2024 TENNIS CHAMPIONSHIPS

## LADIES' DOUBLES



Bianca Yohe & Caroline Yohe

## LADIES' MEMBER-GUEST



**2024 CHAMPIONS**

## MEN'S DOUBLES



Rick Eichman & Domingo Moreira

## MIXED DOUBLES



JoEllen Ross & Jorge Giroud Jr.

## RED & BLUE TOURNAMENT



Red Team  
Captain: Scott Taylor





**Elizabeth Holt**  
Wellness Director

### **AUGUST HIGHLIGHTS AT THE ACTIVITY CENTER**

August has been bustling at the Activity Center, and we've loved seeing all of you. Your Wellness visits have been a wonderful addition to life in these beautiful mountains. As fall approaches, it's time to swap our bathing suits for cashmere. Hello, cool weather!

### **SEPTEMBER MASSAGE SPECIAL**

Enjoy a complimentary back scrub with any 90-minute massage this September. Choose between an orange-almond scrub or a ginger-lime scrub. Both have been very popular. We look forward to seeing you for this special treat.

### **TAI CHI WITH PAMELA**

Pamela's Tai Chi classes have been a hit! Join us on Fridays for two sessions:

- Bamboo Fusion at 10 AM
- Tai Chi for Health at 11 AM

Please note, there will be no classes on September 20th as Pamela will be out of town. Classes will now be held at our 1785 House. Tai Chi is excellent for mental clarity, balance, coordination, and overall body conditioning.

### **UPCOMING HIKE**

Join us for a hike to Rabun Bald on Saturday, September 21st. We'll depart from the Activity Center at 9 AM. This moderate, uphill 2.2 mile one way hike with an elevation gain of 1,100 feet, offering a stunning 360-degree views from the top. Bring water, snacks, and lunch. We'll return by 1 PM. Sign up on the Cullasaja Member App.

### **MASSAGE GUN AND ROLLER TUTORIAL**

On Wednesday, September 4th at 9:30 AM, join me for a 30-minute tutorial on using the massage gun and roller in the Pilates room.

As my second season comes to a close, if we haven't met yet, please stop by the Activity Center and say hello. It's been a joy to be part of the Activity Center Team at Cullasaja Club. We hope to see you continuing your wellness journey with us over the final two months of the season.

Yours in Health,  
*Elizabeth Holt*  
Wellness Director

# STRETCHES WITH YOUR GOLF CART

## 1. UPPER BODY PULL



## 2. CHEST STRETCH



## 3. HIP FLEXOR STRETCH



## 4. FIGURE "4" STRETCH



Ten consecutive reps with five second holds during each rep is recommended for each stretch. 1-3 sets are recommended prior to playing golf. Six consecutive reps for 30 second holds are recommended after.

*Elizabeth is happy to assist anyone with a demonstration of proper form of each stretch.*

## WATER: How Much Should You Drink Every Day?

*Article Written by: Mayo Clinic Staff*

[www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256](http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256)

**How much water should you drink each day?** It's a simple question with no easy answer. Studies have produced varying recommendations over the years. But your individual water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

**What are the health benefits of water?** Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

**How much water do you need?** Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:



- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

**What about the advice to drink 8 glasses a day?** You've probably heard the advice to drink eight glasses of water a day. That's easy to remember, and it's a reasonable goal. Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more.

You might need to modify your total fluid intake based on several factors:

- **Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during and after a workout.
- **Environment.** Hot or humid weather can make you sweat and requires additional fluid. Dehydration also can occur at high altitudes.
- **Overall health.** Your body loses fluids when you have a fever, vomiting or diarrhea. Drink more water or follow doctor's recommendation to drink oral rehydration solutions. Other conditions that might require increased fluid intake are bladder infections and urinary tract stones.
- **Pregnancy and breast-feeding.** If you are pregnant or breast-feeding, you may need additional fluids to stay hydrated.

**Is water the only option for staying hydrated?** No. You don't need to rely only on water to meet your fluid needs. What you eat also provides a significant portion. For example, many fruits and vegetables, such as watermelon and spinach, are almost 100% water by weight. In addition, beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake. But go easy on sugar-sweetened drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which may provide more calories than needed.

**How do I know if I'm drinking enough?** Your fluid intake is probably adequate if you rarely feel thirsty or your urine is colorless or light yellow. Your doctor or dietitian can help you determine the amount of water that's right for you every day. To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's a good idea to drink a glass of water with each meal and between meals, before, during and after exercise or if you feel thirsty.

**Should I worry about drinking too much water?** Drinking too much water is rarely a problem for healthy, well-nourished adults. Athletes occasionally may drink too much water in an attempt to prevent dehydration during long or intense exercise. When you drink too much water, your kidneys can't get rid of the excess water. The sodium content of your blood becomes diluted. This is called hyponatremia and it can be life-threatening.



## CURRENT CLASS SCHEDULE

*Subject to Change*

<b>MONDAY</b>	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
<b>TUESDAY</b>	10:00	Functional Fitness	Brian
	11:00	Roll, Restore & Stretch	Brian
<b>WEDNESDAY</b>	8:30	Spin	Manu
	9:15	Roll Your Pain Away	Erica
	11:00	Aqua Mix	Manu
	11:15	Yoga Fit	Robert
<b>THURSDAY</b>	10:00	Functional Fitness	Brian
	11:00	Restorative & Yin Yoga	Elizabeth
<b>FRIDAY</b>	10:00	Bamboo Fusion	Pamela
	10:15	Pilates & Barre	Elizabeth
	11:00	Aqua Mix	Manu
	11:00	Tai Chi for Health	Pamela
<b>SATURDAY</b>	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 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:

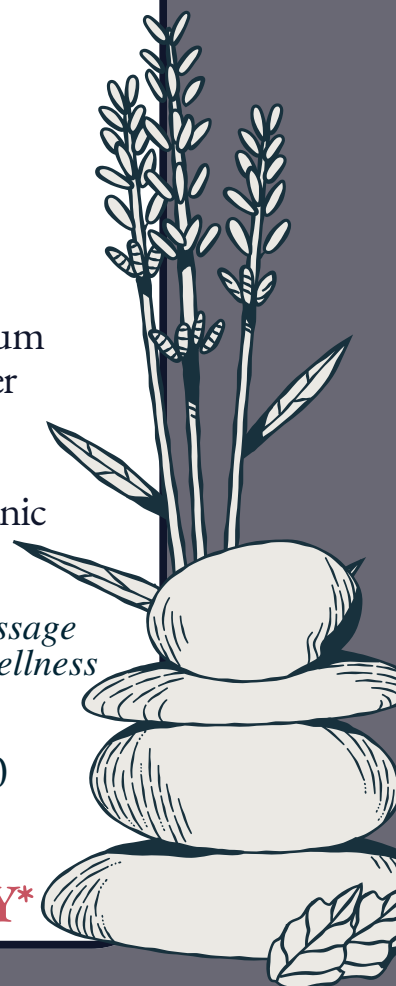
EmerginC Organic Ginger-Lime Scrub finished with Organic Grape Stemcell White Tea Seaweed Body Butter.

*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](mailto:wellness@cullasaja-club.com).*

**Manu:** 828-331-8444 | **Elizabeth:** 561-762-0910

**Brian:** 727-403-6151

**\*24 HOUR CANCELLATION POLICY\***



**Clubhouse Dinner in September**  
 Dinner is served on  
 Tuesday, Wednesday, Friday and  
 Saturday Nights in September

# SEPTEMBER 2024

\*Dress Code Relaxed Over Labor Day Weekend

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Clubhouse <b>CLOSED</b> for Brunch <b>LABOR DAY PICNIC</b>	2 Clubhouse & Pool Cafe <b>OPEN</b> for Lunch <b>HAPPY LABOR DAY</b>	3 Clubhouse, Golf Course, Fairway Cafe & Driving Range <b>CLOSED</b> <b>AERIFY GREENS &amp; CROQUET LAWN</b>	4	5 <b>CHAMPAGNE 101</b> Speaker Series	6 <b>SPECIALTY DINNER</b> for <b>TWILIGHT</b> Twilight Golf @ 4 pm	7 <b>LIVE MUSIC</b> in Bar or on Arnie's Verandah (6pm - 8pm)
8 <b>GRANDPARENT'S DAY BRUNCH</b>	9 <b>MOUNTAIN CLUBS CROQUET TOURNAMENT</b>	10 <b>WGA MEMBER-MEMBER</b>	11 Pre - Order Dinner for Twilight	12 <b>"BURGUNDY" WINE DINNER</b>	13	14
15 Sunday Brunch Menu (No Buffet)	16 HOA-BOD Meeting @ 9:00am "Highlands Scholarship" OUTING Golf Course <b>CLOSED</b> <b>CULLASAJA CUP CROQUET TOURNAMENT</b>	17	18 Pre - Order Dinner for Twilight	19 Cullasaja Cup Pairings Party <b>COOKING CLASS</b>	20 Clubhouse is <b>OPEN</b> for Lunch & Dinner	21 <b>CULLASAJA CUP GOLF EVENT</b>
22 Club Members' Annual Meeting @ 3:00pm Sunday Brunch Menu (No Buffet)	23 CLUB BOG Meeting @ 8:30am	24 <b>END of SEASON CROQUET BANQUET</b> <b>WGA CLOSING DAY @ 9:30 a.m.</b>	25 Pre - Order Dinner for Twilight	26 MAHJONG TOURNAMENT <b>CHEF'S TABLE</b>	27 <b>LIVE MUSIC</b> in Bar or on Arnie's Verandah (6pm - 8pm)	28 <b>TENNIS SEASON FINALE</b>
29 Sunday Brunch Menu (No Buffet)	30					

**Clubhouse Dinner in October**  
 Dinner is served on  
 Tuesday, Wednesday, Friday and  
 Saturday Nights in October

# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Activities Croquet Golf Tennis WGA Wellness		1	2	3 <b>LOBSTER DINNER</b>	4	5 Clubhouse <b>OPEN</b> for Lunch & Dinner <b>FALL MEMBER-GUEST</b>
6 <b>CULLASAJA'S ANNUAL SOUP MARKET</b> Sunday Brunch Menu (No Buffet)	7	8 <b>BARTRAM TRAIL</b> Speaker Series	9 <b>ACTION STATIONS</b> for <b>TWILIGHT DINNER</b> Twilight Golf @ 3:30 pm	10 <b>WINE DINNER</b>	11	12 <b>FALL FESTIVAL</b>
13 Sunday Brunch Menu (No Buffet)	14 HOA-BOD Meeting @ 9:00am	15	16 Twilight Golf @ 3:30 pm	17 <b>OYSTER ROAST</b>	18	19
20 <b>CHEF'S TABLE</b> Sunday Brunch Menu (No Buffet)	21	22	23 Twilight Golf @ 3:30 pm	24 <b>COOKING CLASS</b>	25	26
27 Sunday Brunch Menu (No Buffet)	28 CLUB BOG Meeting @ 8:30am	29	30 Pre-Halloween <b>"BOO" FET Dinner</b> for Twilight Final Twilight Golf of the Season @ 3:30 pm	31 Clubhouse <b>OPEN</b> for Lunch & <b>CLOSED</b> for Dinner		