

# CULLASAJA CURRENTS



May & June 2025

A Publication for Members & Friends of Cullasaja Club

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## IMPORTANT NUMBERS

Cullasaja Club Main  
(828) 526-3531

Clubhouse Dining  
Reservations

Cullasaja Member App  
or (828) 526-3531

Club To Go Orders  
Cullasaja Member App  
or (828) 482-4373

Front Security Gate  
(828) 526-3954

Golf Tee Times

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

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

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

## DINNER & 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 Member App or by calling 828-526- 3531, 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.





MAY/JUNE 2025

# WELCOME BACK

## A REMARKABLE SEASON AHEAD



Join us in welcoming **NEW TEAM MEMBERS**, including **Kassidy Henkel (Staff Accountant)**, **Onifer Wilmoth (Wellness Director)**, and **Robie Mendoza (Clubhouse Manager)**.

**STAY INFORMED** with the Pacesetter Member App and department Guidebooks, which provide real-time information, event updates, dining menus, to-go ordering, and the Member Directory. Bookmark them for convenience! The Club website (<https://cullasajclub.buzsoftware.com/>) offers resources like a Concierge List, Cullasaja Culture, and Dress Code guidelines.

As we kick off our 38th season, we're thrilled to share the May-June edition of the Currents Newsletter, packed with many exciting events including the Annual Derby Day Party (May 3), Mother's Day Brunch (May 11), First Wine Dinner (May 15), Opening Golf Scramble (May 17), Memorial Day Weekend celebrations, and the Welcome Home Party (June 7). In addition, there are Chef's Tables and Cooking Classes with Chef Scott, new speakers as part of our lunchtime speaker series, the Karaoke Party, several Member golf events, croquet events, and tennis events; and finally, a fresh emphasis on wellness with new class offerings and updated equipment.

As I write this intro for the newsletter, the Club is nearing completion of the newly renovated driving range. Featuring freshly sodded tees, new bunkers, and updated

target greens, this will surely enhance your golf practice experience going forward. The new short-game and putting green near the Fairway Café is on track for mid to late July completion, while the new Wellness Center is slated for a late October opening.



## GM/COO Article - Continued

Please join me in welcoming our many new team members! **Kassidy Henkel** has joined as our new Staff Accountant, replacing Meredith MacNevin, who is enjoying retirement. **Onifer Wilmoth** is our new Wellness Director, and **Robie Mendoza** has returned to Cullasaja Club as Clubhouse Manager, overseeing food and beverage, housekeeping, maintenance, and valet operations.

Our food and beverage team will see several new faces this season, including new sous chefs, nine culinarians, and ten servers or bartenders. With our seasoned H-2B workers returning home to reset their visas, we've welcomed a new group, hoping they'll stay with us for the next 2-3 seasons. We appreciate your patience as they acclimate and train in our procedures and expectations.

I also want to remind you of the two best ways to stay apprised of the Club's operation schedule and the many activities and events. The Pacesetter Member App and our department Guidebooks provide you with real-time up to date information that can be easily referenced 24 hours a day. Simply bookmark the Guidebooks for ease of access and use the Member App to communicate with the Club, look at the upcoming event flyers, See dining menus, place to-go lunch orders from the Clubhouse or Fairway Café, and have digital look at the Member Directory. In addition, there is valuable information available on the Club's website which can

be accessed by going to <https://cullasajaclub.buzsoftware.com/>. The website provides you with a Concierge List with contact info for babysitters, car detailers, pet sitters, housekeepers, transportation companies and more. Each of the companies on the list has provided services within the community and have been rated very satisfactorily. The website also has a section on Cullasaja Club's Culture which is worthy of review, and also, a section for the Dress Code throughout areas of the Club. Please view the Club's website and bookmark it for future reference.

We're thrilled about the exciting experiences awaiting you this season and can't wait to welcome you back. Our mission is to provide remarkable, memorable moments for you and your family, and we're committed to creating unforgettable memories together.

If you need assistance, feel free to contact me at 828-526-3531, via email at [cconner@cullasaja-club.com](mailto:cconner@cullasaja-club.com), or through the Member App's STAY CONNECTED section under Compliments and Complaints. We look forward to seeing you in the NC Mountains!

Best Regards,



Chris Conner, CCM, CCE  
General Manager /COO



# WELCOME ABOARD!

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## KASSIDY HENKEL

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We are pleased to announce a new addition to the Administrative Team. Please join us in welcoming Kassidy Henkel, our new Staff Accountant. Kassidy is a native North Carolinian, originally from Wilkesboro, NC. She moved from the foothills to the mountains to pursue her education at Western Carolina University where she graduated with degrees in Business Administration Law and Accounting. After graduation, Kassidy obtained her Real Estate Broker License, NC Notary Public Commission, and utilized her Accounting and Business Law knowledge working in the property management field in Cullowhee.

Kassidy was recently married and makes her home in Cullowhee with her husband and two dogs. When she is not crunching numbers, you will find her enjoying the outdoors with her husband and dogs, solving a puzzle, or diving into a good book.



**“You can count on me to bring enthusiasm and sunshine to every conversation! I am so excited to be a part of the Cullasaja Family and look forward to meeting you soon!”**

**– Kassidy Henkel**

Kassidy will be responsible for managing member billing and accounts payable, as well as assisting with other accounting functions including financial reporting and budgeting. With a keen eye for detail and a commitment to upholding the highest standards of professionalism, she will play an integral role in ensuring your monthly billing is accurate and the financial operations of the Club and HOA run smoothly.

Kassidy has a passion for delivering exceptional customer service and is anxious to meet each of you and learn everything about

Cullasaja. We believe Kassidy will be a great asset to our Cullasaja Family. Please stop by the Club offices when you return this spring to introduce yourself.



## MEMBERSHIP UPDATE

# Welcome to the Club!

We are excited to introduce our newest Members to the Cullasaja Club family! Let's give them a warm welcome and help them feel right at home. Whether through a friendly conversation, sharing Club traditions, or simply offering a helping hand, your support can make all the difference in making them feel connected and valued. Together, let's continue to build a vibrant and welcoming community!



**Dr. Eric & Tricia Berry**  
*From Panama City, Florida*



**David & Betty Botts**  
*From Atlanta, Georgia*



**Bruce & Jan Brownell**  
*From Ponte Vedra, Florida*



**Steve & Kelly Colamarino**  
*From West Palm Beach, Florida*





**Eric & Martha Eubank**

*From Charlotte, North Carolina*



**Kevin & Laura Grooms**

*From Sullivan's Island, South Carolina*



**Tom & Sandy Kite**

*From Austin, Texas*



**Ron & Cindy Price**

*From Ponte Vedra Beach, FL*



**Laura Kohler**

*From New Albany, Ohio*



**Jack Rettig**

*From Fort Lauderdale, Florida*



**Matt & Linda Wilson**

*From Jupiter, Florida*





# CLUB COMMUNICATIONS



**Heather Bell**

Social & Communications  
Director

As we eagerly prepare to kick off the 2025 season, I want to take a moment to share just how excited we are for what promises to be a truly memorable year. There are so many exciting things in store, and we are all looking forward to the experiences and opportunities this season will bring. As we continue to communicate with you throughout the season, I want to make sure you feel informed and connected. If you ever have any questions about the various communication channels the Club uses — whether it's newsletters, social media updates, or any other platform — please don't hesitate to reach out. I'm always happy to assist, and I encourage you to stop by my office, which is located in the beautiful new Tennis Center, to have a chat or ask any questions you might have.

I'm looking forward to not only a wonderful season but also to getting to know more of you over the coming months. Your involvement and feedback are what make this community so special. Here's to a fantastic year!

## Stay Up-To-Date:

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

## *Have a memorable photo to share?*

Many of you are taking beautiful photos of the Club, special events, and candid pictures of your family that are worthy of sharing! We would love for you to share these photos with us! To submit a photo, simply email it to [communications@cullasaja-club.com](mailto:communications@cullasaja-club.com) or send it via direct message on our Instagram or Facebook.

Kind Regards,

*Heather Bell*

Communications Director



 Share



# Clubhouse News

## Welcome Robie!

I wanted to start by thanking Chris, the Board and Leadership at Cullasaja for giving me the opportunity to return home. My name is Roberto Mendoza, but most of you know me as Robie, and I'm genuinely thrilled to be back as your Clubhouse Manager. Cullasaja holds a truly special place in my heart and my career, and when this chance arose to grow professionally while also having more time with my family, it felt like a perfect, once-in-a-lifetime opportunity. I feel incredibly blessed to be back in a place that gave me my start in the club industry, and I'm eager to augment the amazing culture and team that makes the Club so special. While I might be a familiar face to many who call Cullasaja home, I know that there have been some wonderful changes and additions to both the team and membership who might not know me.



**Robie Mendoza**  
*Clubhouse Manager*



**Robie, Carla and Elena**

I'm truly looking forward to rejoining this exceptional team and helping Cullasaja continue to thrive. My goal is to build upon our existing strengths and explore new opportunities to make remarkable and memorable experiences, drawing on both my familiarity with Cullasaja and the unique operation at Lonesome Valley. I'm eager to contribute to this team's innovation and growth, building upon Cullasaja's unique nature to create evocative lifelong memories in 2025.

*Robie Mendoza*  
*Clubhouse Manager*

Growing up in Jupiter, Florida, clubs were a big part of my life. I was always fascinated by the warmth and the relationships built between staff and members. That feeling of belonging, of being part of a family, led me to pursue Hospitality Management at UCF's Rosen School, which ultimately brought me to Cullasaja in 2016 for a Food & Beverage internship. That summer, something clicked. I knew I wanted a career in clubs. What was meant to be a short internship became home, and I returned in 2017 as Dining Room Manager, then Food & Beverage Manager in 2018. I cherished the team that I was a part of, especially working every day alongside Steve. After six wonderful seasons, I accepted an opportunity as Food & Beverage Director at Lonesome Valley, overseeing Canyon Kitchen. I'll always be grateful for my time at Lonesome Valley; the people and experiences were both humbling and rewarding. I'm incredibly proud of the financial, operational, and cultural growth I oversaw, including securing a significant renovation as a result. Yet, the opportunity for personal growth, the feeling of belonging at Cullasaja, and the desire to be closer to my family brought me back to Cullasaja in the end.

My wife, Carla, whom I met at Cullasaja in 2016 as an intern, is from Manila, Philippines. She is an immensely talented hospitality professional, and her work ethic, passion and innate warmth are a few traits that brought us together; we got married in 2017. After years in Food & Beverage Management on the Plateau, she is currently Lonesome Valley's Resident Services & Marketing Director. We're also proud parents to our two dogs, Woody and Archer, and our beautiful daughter, Elena, who joined us in April of 2024. I'm so excited to have the opportunity to spend more time with them.

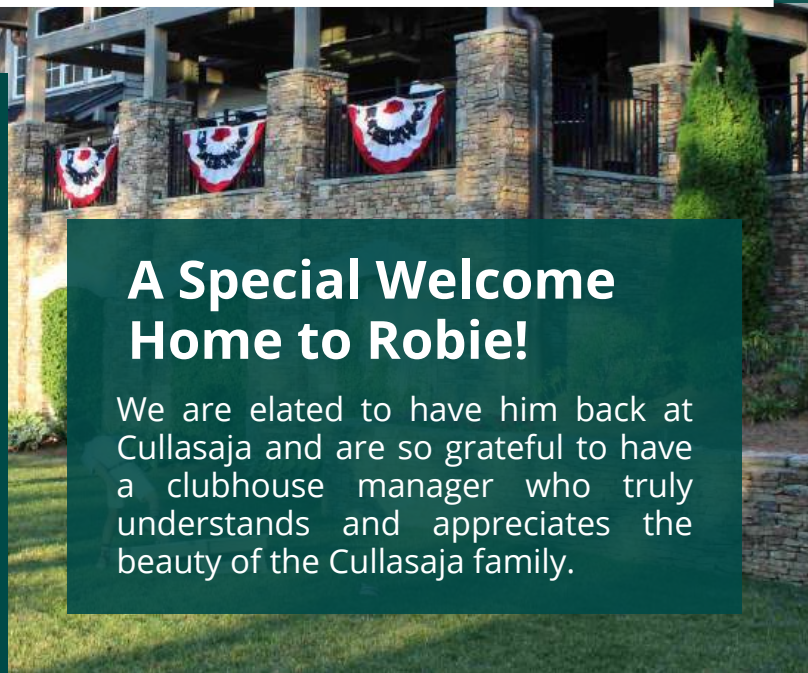


**Jessica Spaulding**  
F & B Director

## FOOD & BEVERAGE UPDATE

### Welcome Home to Cullasaja Club, it's going to be a season full of excitement and familiar faces

As we gear up for the 2025 season, there is an undeniable buzz of excitement in the air at Cullasaja Club as we welcome home our cherished members and staff, and I'm personally thrilled to have the opportunity to lead this exceptionally talented group. We are all dedicated to making Steve proud and ensuring another unforgettable year. We are fortunate to have Jadyn and David continuing in their management roles, providing valuable continuity and expertise. Their contributions are essential to our success.



### A Special Welcome Home to Robie!

We are elated to have him back at Cullasaja and are so grateful to have a clubhouse manager who truly understands and appreciates the beauty of the Cullasaja family.

### NEW! Seasonal Employee Look Book



Heather has been working diligently to create a Seasonal Employee Look Book, giving everyone a sneak peek at the many smiling faces you will be seeing around the Club this year. This will help you connect with our team and feel right at home from day one.

You will be greeted by many familiar and friendly faces in the front of the house. Silvahna, Jessica, Katie, and Patience are returning to the floor, forming a strong foundation of experience and dedication. Their presence will be invaluable in training and mentoring our new team members. We are also delighted to welcome back James and Heinrich from our 2022 season, joining David and Rocky to create what promises to be the best bar team Cullasaja Club has ever seen. Adding to our team's strength, Phoenix, our wonderful Host from last year, has accepted a position as our Resident Director. We are thrilled that she will still be a familiar face, assisting us on the Clubhouse floor in the evenings.

### Live Music Nights

Beyond our exceptional team, we are enhancing the Cullasaja experience in other ways. I am excited to share that we'll have more live music this season than ever before. Be sure to check your calendars for your favorite performances and get ready to enjoy the sounds of the season.



Following the tremendous success of last year's **Afternoon Lecture Series**, we're expanding the program with new and exciting topics. We believe these enriching experiences will add another layer of enjoyment to your time at the Club.

And, by popular demand, **Karaoke Night** is back! Get ready to grab the mic and showcase your singing talents. It's sure to be an evening of laughter, fun, and, ahem, unforgettable performances.

**A Reminder About Reservations:** To ensure you don't miss out on any of our special events or dining experiences, we want to remind everyone of our reservation policy. Reservations for all

special events will open at 9:00 a.m. one month prior to the date of the event. For your convenience, reservations for traditional dining services will open two weeks prior to the date. We encourage you to mark your calendars and make your reservations promptly, as availability can be limited. Additionally, a Food and Beverage hours calendar has been created to assist everyone in keeping up with our busy schedule.

We look forward to seeing you all soon, ready to embrace the joys of the season, and create lasting memories together that embody our mission: "Making remarkable and memorable happen." We will cherish these moments for years to come!

*\*Pricing is subject to change based on market cost.*

Cheers,  
*Jessica Spaulding*  
Food & Beverage Director



## Dinner Dress Code in the Clubhouse

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

After 6:00 p.m., the Sweetwater Room (white linen tablecloths) requires slacks and button-down shirts, golf shirts, or camp shirts for men unless variations are approved by the Club. Sport coats are popular in the Sweetwater Room.

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 guest in violation to visit the Golf Shop to purchase appropriate attire, or to return home to find a suitable replacement. Your continued adherence to the Dress Code is appreciated.

## Kentucky Derby Party

*Saturday, May 3rd | 5:00 p.m. - 7:00 p.m.*

Adult: \$55 for Derby Drinks & Food Stations

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



**RSVP USING THE CULLASAJA MEMBER APP!**

## Mother's Day Brunch

*Sunday, May 11th | 10:30 a.m. - 2:00 p.m.*

Adult: \$39; Children (ages 5-12): \$20; 4 & Under Free

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

**RSVP USING THE CULLASAJA MEMBER APP!**

## Wine Dinner: Tournament of Wines: California vs. France

*Thursday, May 15th | Cocktails: 5:30 p.m.; Dinner: 6:00 p.m.*

Adult: \$155

Grapevine Distributors with Michael Searles

**RSVP USING THE CULLASAJA MEMBER APP !**

## Memorial Day Cookout

*Sunday, May 25th | Reservations: 5:00 p.m. - 8:00 p.m.*

Adult: \$41; Children (ages 5-12): \$20; 4 & Under Free

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

*75-minute Seatings*

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



## Welcome Home Party

*Saturday, June 7th | 6:00 p.m. - 10:00 p.m.*

\$75 Adults; \$20 Children (Ages 5-12); 4 & Under Free

Reunite with old friends and meet new friends as we kick off the 2025 Cullasaja season! Share in creative cocktails and a variety of delicious food stations. Dress attire for this event is Country Club Casual. Come enjoy the firepit, good conversation & great company. Open Seating throughout the Clubhouse. Live Entertainment by: Michel Jons Band

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

## Member Karaoke Night & Cocktails

*Thursday, June 12th | 7:00 p.m. - 9:00 p.m.*

\$58 Adults

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



**RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 12TH!**

## Father's Day Brunch

*Sunday, June 15th | 10:30 a.m. - 2:00 p.m.*

Adult: \$39; Children (ages 5-12): \$20; 4 & Under Free

You are cordially invited to join us for our Father's Day Brunch! Come celebrate the special fathers in your life with a delicious, creative buffet & complimentary specialty drinks for Dad. Plus, enjoy the live entertainment of Eric Barnes while you dine.



**RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 15TH!**

## Twilight Golf Specialty Dinners

*Wednesday, June 4th*  
Creole Action Stations

*Wednesday, June 11th*  
Southern Comfort Buffet



We acknowledge that plans can be subject to change & 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 reach out to us at 828-482-4373 to cancel.**

## Speaker Series: Nashville Songwriters

*Featuring: Josh Pruno & Lew Garrison*

**Friday, May 23rd | 1:00 p.m.**

Free | Come enjoy lunch off the menu with us before this event!



Exciting news for music lovers! Nashville songwriters Josh Pruno and Lew Garrison will be joining Cullasaja Club's Speaker Series for an exclusive talk. Known for their musical passion and deep knowledge of the music industry, Josh and Lew will share insights into the craft of songwriting, their creative processes, and the stories behind their most memorable tunes. Don't miss this opportunity to hear firsthand from two talented artists who have helped shaped Nashville's vibrant music scene.



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

## Speaker Series: Tara Henderson

*Horticultural Specialist, Highlands Biological Station*



**Thursday, June 5th | 1:00 p.m.**

Free | Come enjoy lunch with us before this event!

The Highlands Biological Station (HBS) is a multi-campus center of Western Carolina University. It is made up of the Highlands Nature Center, Laboratory, and Botanical Garden. Their mission is to foster research and education focused on the rich natural heritage of the Highlands Plateau, while preserving and celebrating the integrity of the "biological crown of the southern Appalachian Mountains."

**RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 5TH!**

## Speaker Series: Cherokee Heritage

*From the Cherokee Museum*



**Thursday, June 26th | 1:00 p.m.**

Free | Come enjoy lunch off the menu 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 MAY 26TH!**



# LIVE MUSIC NIGHTS

*(in the Bar or on the Verandah)*

Thursday, June 5th

*Starting at 6:00 p.m.*

**LILAH PRICE**



Lilah Price is a talented musician and educator based in the Highlands-Cashiers area. She serves as the Director of Music at Plains Methodist Church and is an instructor at Junior Appalachian Musicians, Inc. Known for her engaging performances & deep connection to Appalachian musical traditions, Lilah is expected to offer a rich and authentic musical experience. Attendees can look forward to an evening filled with heartfelt melodies and a celebration of the region's musical heritage.

Thursday, June 19th

*Starting at 6:00 p.m.*

**MADISON OWENBY**



Raised in Savannah, Georgia, Madison developed a passion for music at a young age, with a voice described as soft and mystical. Now based in Franklin, North Carolina, she performs a diverse range of covers, tailoring her setlists to fit the atmosphere of each venue. While working on original music, Madison aims to create a deep, emotional connection with her audience through heartfelt performances. Her goal is to craft a natural and authentic experience that resonates with every listener.

# 4TH OF JULY

## *Week at Cullasaja*



### **Bingo Night & Buffet Dinner**

Tuesday, July 1st | 5:00 p.m. – 7:00 p.m. (75-Minute Seatings)  
Adult: \$39; Children (ages 5–12): \$20; 4 & Under Free



### **One Day Kid's Camp**

Wednesday, July 2nd | 3:00 p.m. – 9:00 p.m. (Ages 6–12)  
\$140: first child, \$120: second child, \$100: third or more

### **Twilight Golf**

Wednesday, July 2nd | 4:00 p.m.  
With Action Stations for Dinner Following Play



### **Annual Cullasaja Club Cart Parade**

Thursday, July 3rd | Starting at 11 a.m. at the Clubhouse

### **The Annual Duck Race**

Thursday, July 3rd | Begins after Cart Parade around 11:45 a.m.

### **Cart Parade & Duck Race Lunch Buffet**

Thursday, July 3rd | From 11:30 a.m. until 3:00 p.m.  
Adult: \$35; Children (ages 5–12): \$20; 4 & Under Free



### **July 4th 5K Fun-Run & Walk**

Friday, July 4th | 7:00 a.m.  
\$25 per participant (includes Race Shirt & Refreshments)

### **July 4th Cookout**

Friday, July 4th | Reservations Beginning at 4:00 p.m.  
Entertainment by: Parks Brothers  
Adult: \$42; Children (ages 5–12): \$20; 4 & Under Free



### **Strawberries & Cream Tennis Mixer**

Saturday, July 5th | 9:00 a.m. & 10:30 a.m. Sessions



### **Patriot's Play Croquet Event**

Sunday, July 6th | 10:00 a.m.

Look for More Details in the July Newsletter!



# FROM THE KITCHEN

## Welcome Back to Cullasaja Club: A Season of Growth, Excellence, and New Beginnings

As spring breathes new life into Highlands and the mountain awakens from its winter slumber, we are delighted to welcome our members back for the 2025 season. Each year brings fresh energy, new faces, and an opportunity to refine and enhance the experience that makes our Club so special. This season is shaping up to be one of our best yet, with an outstanding new culinary team, exciting developments, and a renewed commitment to culinary excellence and service.

## A Fond Farewell and a Bright Future

This season begins with bittersweet news: Chef Mario, whom I've been fortunate to work with for seven years, has departed to become the Executive Chef at Blowing Rock Country Club. During his time at Cullasaja, Mario made a lasting impact on our culinary program, and we are grateful for his dedication and contributions. We are always proud to see our teammates leave us to join the industry in positions of leadership and influence. Even more exciting, Mario married his fiancée, Meridith, in a beautiful Charleston wedding this past March—a heartfelt congratulations to him as he embarks on both a new professional and personal chapter.



Though transitions bring change, they also bring opportunity, and we are thrilled to introduce the incredible new talent joining our culinary team. After reviewing over 70 applications, we have assembled a team of skilled professionals from prestigious properties across the country, including Governor's Club, Bonita Bay Club, Mizner Country Club, and Copper Mountain Resort. This infusion of fresh talent, combined with the strength of our returning leadership team, ensures that our Culinary team remains positioned to deliver a great season.

## Welcoming Back Our Culinary Leaders



This season, we are proud to welcome back our two outstanding sous chefs, Natalia Arias and Jeff Balvich. Their leadership, dedication, and culinary expertise are invaluable to the success of our team.

Natalia Arias has had an incredible year, earning national recognition as one of the “40 Under 40” honorees by Club + Resort Chef magazine. This prestigious acknowledgment is a testament to her skill, creativity, and contributions to the culinary arts and the private club industry. We are incredibly proud of her achievement and excited to see how she continues to elevate our program this season.

Jeff Balvich returns for another year, bringing his steady leadership and deep expertise to our kitchen. His ability to mentor young chefs, refine techniques, and execute at a high level makes him an invaluable asset to our team. Together, Natalia and Jeff will help lead and develop our new staff, ensuring that every dish reflects the exceptional standards of Cullasaja Club.



## Listening, Learning, and Elevating the Experience

At Cullasaja, your feedback drives our continuous improvement. The insights we gathered from last season's end-of-year survey have been carefully reviewed, and we are implementing strategic refinements to make 2025 the best season yet.

Some of our key areas of focus this year include:

- Enhancing our a la carte menus by incorporating seasonal, creative “featured items” to provide variety and excitement.
- Improving service efficiency and ticket times, supported by investments in new kitchen equipment that streamline operations.
- Expanding our dessert offerings, thanks to insights gained from last year's work with world-renowned pastry chefs Susan Notter and Andy Chlebana. Expect new and innovative desserts that are as visually stunning as they are delicious, as well as expanded house-made ice cream offerings.

Beyond the menus, our goal is to elevate every aspect of your dining experience—from the way we interact with members to the small, thoughtful details that make each meal special.

## Looking Ahead to an Exceptional Season

With an extraordinary team, a commitment to continuous growth, and the return of our talented leaders, 2025 is shaping up to be an incredible season at Cullasaja Club. We are excited to share this journey with you, crafting unforgettable meals, meaningful moments, and the warm hospitality that defines our club.

We look forward to welcoming you back to your home in the mountains, where great food, great friends, and great memories await.

Warm regards,  
*Scott Craig*  
CEC,CCA,WCMC  
Executive Chef





## May Cooking Class

*Thursday, May 22nd | 12:00 Noon - 2:30 p.m.*

\$75 per person | In the Sweetwater Room \*Please note that there is a 20 person limit

Join Chef Scott for an exciting and hands-on cooking class where you'll learn professional techniques in a fun and supportive environment. Whether you're a beginner or seasoned cook, Chef Scott will guide you through each step, sharing tips and tricks to elevate your culinary skills and create delicious dishes. See the Member App for the Class theme.

**RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 22ND!**

## June Chef's Table

*Sunday, June 22nd | Cocktails: 5:30 p.m.; Dinner Promptly at 6:00 p.m.*

\$210 per person

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

*\*This event is limited to 1 dinner per season, per Member\**

**RSVP ONLY USING THE CULLASAJA MEMBER APP STARTING ON MAY 22ND!**

## Cullasaja Carry-Out

*Sunday, June 29th | Pick-up 3:00 p.m.*

Please join us for the Cullasaja Club Carry Out event. Pre-order & pick up locally sourced goods to support our community's farmers & 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.



# UPDATE

from

# STEVE

#STEVESTRONG



Hello, everyone,  
As we stand on the precipice of spring, I can't help but reflect on the past seven months and how much my life has changed. This journey began in late August, though looking back, there were small signs leading up to what became a pivotal moment—a car accident. It was a minor fender bender, but it was caused by depth perception and peripheral vision issues. Like most people, I shook it off and went to work the next day—only to have another small accident. That's when my wife picked me up and took me to the hospital.

At first, doctors thought I had suffered a stroke. Things moved quickly here in Franklin. Within 25 minutes, I had undergone a CT scan and MRI, which revealed something no one ever wants to hear: cancer. But not just any cancer—glioblastoma, one of the most malignant and elusive brain cancers. I was immediately rushed to Frye Hospital in Hickory, NC, where I underwent surgery within two days.

The surgery was successful, and I soon began radiation treatment and oral chemotherapy, which concluded just

before Thanksgiving on November 20th. Afterward, I had the opportunity to travel with my family to the Outer Banks of North Carolina, where we laid my father, Steve Sheridan Sr., to rest in the Atlantic Ocean.

Now, I am in the maintenance phase of treatment, undergoing five-day rounds of oral chemotherapy followed by 23 days off—a 28-day cycle. Today, March 24th, marks the beginning of my fourth cycle. Every day, I work on my physical therapy, staying

committed to regaining my strength. I am also now an established patient at Duke University, where we look forward to exploring additional treatment options.

This journey has taught me patience, grace, and empathy—and, most importantly, the power of maintaining a





***THIS JOURNEY HAS TAUGHT ME PATIENCE, GRACE,  
AND EMPATHY—AND, MOST IMPORTANTLY, THE  
POWER OF MAINTAINING A POSITIVE ATTITUDE.***

positive attitude. From the moment of my diagnosis until now, I have challenged myself to stay optimistic and to be a beacon of light for anyone going through a similar battle. Having dedicated my life and career to hospitality, I know no other way to face this than with resilience and hope.

With the unwavering support of my family, friends, and colleagues, we continue making great progress. I want to express my deepest gratitude to everyone—from Ohio to Florida, from the Pacific to the Atlantic—who has lifted me and my family in prayer, thought, and action. Every message, every kind word, and every gesture has made a difference. I truly believe that I would not be sitting here today, feeling as strong as I do, without your support.

You have my word: I will face this with positivity, knowing that together, we will overcome it. While 2025 may not look exactly as we had planned, I sincerely hope to see each and every one of you in and around the club at some point. Thank you again for everything—your kindness has not gone unnoticed. Every day, I open cards with a smile, thinking of the memories we've created at Cullasaja Club, and I look forward to making many more with you in the future. Wishing you all the best, and I'll see you soon.

With gratitude,  
*Steve Sheridan Jr.*



***“YOU HAVE MY WORD: I WILL FACE THIS  
WITH POSITIVITY, KNOWING THAT  
TOGETHER, WE WILL OVERCOME IT.”***



# GOLF UPDATE

May & June Highlights



**CHARLES BEURMANN**  
HEAD GOLF PROFESSIONAL

## MAY 17TH OPENING SCRAMBLE

We kick off the season with one of our most beloved traditions, the **Opening Scramble**. This is the perfect way to get back onto the course, reconnect with fellow members, and enjoy a fun and friendly round of golf. Whether you're a seasoned player or just getting back into the swing of things, the Opening Scramble is a lighthearted and enjoyable event that sets the tone for the season. Don't miss out on this great opportunity to start the season with some great golf and even better company! Congratulations to the defending champions, Alice Quinif, David Stetson, Rich Blue, and Andy Roberts.

## GLIMPSE OF EXCITEMENT IN MAY & JUNE

As the warmth of spring takes hold, the Club is gearing up for a fantastic lineup of events that will offer something for everyone. From exciting golf tournaments to social gatherings and special club events, May and June promise to be filled with camaraderie, friendly competition, and memories in the making.

## WGA OPENING DAY!

We celebrate the official start of the WGA season with **Opening Day** on Tuesday, May 20th, at 9:30 a.m. This event is always a highlight for our female Members, as it marks the beginning of a season filled with exciting golf, friendly competition, and plenty of socializing. It's a day to come together, enjoy the course, and reconnect with old friends while making new ones. Monica Treadwell and Karen Roberts have been busy creating an amazing 2025 program. If you're a WGA member, be sure to mark your calendar —this is an event you won't want to miss.



## MEN'S MEMBER-MEMBER

The end of May brings one of our most highly anticipated events of the season, the **Men's Member/Member Championship**. Scheduled for May 30th and 31st, this tournament promises to be an action-packed weekend filled with intense competition and sportsmanship. Whether you're teaming up with a partner or cheering on your fellow members, the championship weekend is one of the most exciting and fun-filled events of the summer. The course will be in pristine condition, setting the perfect stage for a memorable championship experience. Is this the year for Lee Martino and Mark Jason to defend their title? Sign up today and find out!



## JUNIOR GOLF OPPORTUNITIES

The Club is excited to offer a variety of **Junior Golf** opportunities this summer, catering to both new and advanced junior golfers. Whether your child is just starting out or looking to sharpen their skills in a more competitive environment, we have clinics and programs designed for all levels. These programs are a fantastic way to introduce your child to golf, help them develop their skills, and have fun while learning the game. Spots are limited, so be sure to sign up early! Please refer to the flyer for clinic dates, times, and costs.

With the golf course and social calendar buzzing with energy, there's no better time to be a part of the Cullasaja community. In addition to these signature events, there will be plenty of opportunities for Members to connect, enjoy the beauty of our surroundings, and create lasting memories. As we celebrate the start of a new season, we look forward to seeing everyone out on the course, at the Clubhouse, and participating in the camaraderie that makes Cullasaja Club so special.

Stay tuned for more details on these events, and be sure to sign up with the Starter via call or text at 828-526-6446 or email [starter@cullasaja-club.com](mailto:starter@cullasaja-club.com) early, as spots tend to fill up quickly. We can't wait to welcome you back for another memorable season at Cullasaja Club!

See you on the course!

*Charles Beurmann*

Head Golf Professional

The graphic features the word "GOLF" in large, orange, 3D block letters. A golf club head is positioned behind the letter "O", and a golf ball is visible inside the letter "O". To the right of "GOLF" is a logo consisting of a stylized mountain range in green and blue, with a white arc above it representing a golf ball in flight. Below the logo, the word "TOURNAMENT" is written in a green, hand-drawn, blocky font. Underneath "TOURNAMENT", the word "Schedule" is written in a black, cursive script font.

# GOLF TOURNAMENT Schedule

	<u>DATE</u>	<u>TOURNAMENT</u>
Saturday	May 17	<u>Opening Scramble*</u>
Friday & Saturday	May 30 & 31	<u>Men's Member-Member*</u>
Sunday	July 13	<u>Couples' Cup*</u>
Thursday-Saturday	July 24 - 26	<b>Men's Invitational</b>
Friday	August 1	<u>Three Club Tournament*</u>
Friday & Saturday	August 8 & 9	<u>Club Championships*</u>
Thursday & Friday	August 21 & 22	<b>WGA Member-Guest</b>
Friday & Saturday	September 19 & 20	<u>Cullasaja Cup*</u>
Friday & Saturday	October 3 & 4	<b>Mixed Member-Guest</b>

A white golf ball is shown on a wooden tee, partially obscured by the text. The background of the entire page is a lush green grass field.

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

*\*Sign-up on Golf Genius*



## OPENING SCRAMBLE

*Saturday, May 17th | 11:00 a.m. (Shotgun Start)*  
Cost is \$75 per player (includes lunch, cart fees and prizes)

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

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



**SIGN-UP**

## MAY & JUNE MEN'S INTERCLUB MATCHES

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

*Thursday, June 5th | Away at Highlands Falls*

*Friday, June 6th | Home vs. Highlands Falls*



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

## MONTHLY SATURDAY NIGHT SHOOTOUT

*Saturday, June 21st | 4:00 p.m.*  
\$40 per Team (*Top 3 Teams are awarded*)

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

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

# MEN'S MEMBER-MEMBER *Championship*

## FRIDAY & SATURDAY

### MAY 30TH & 31ST

#### Friday, May 30th

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

#### Saturday, May 31st

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



## 2024 CHAMPIONS

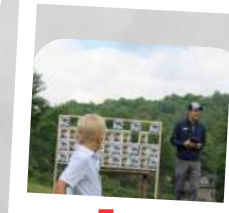
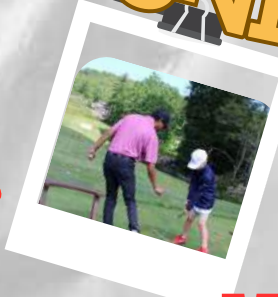
MARK JASON & LEE MARTINO

**\$225 PER PLAYER**

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

**SIGN-UP**

# JUNIOR GOLF CAMP



**Monday - Thursday,**  
**June 9th - 12th**

**\$335 PER CHILD**

*Ages 7 & Up (Recommended)*  
*Includes: Lunch & Prizes*

#### SCHEDULE OF EVENTS:

9:30 a.m. - 10:15 a.m.	Pitching vs. Chipping
10:15 a.m. - 11:00 a.m.	Putting & Bunker Play
11:15 a.m. - 12:00 p.m.	Full Swing
12:00 p.m. - 1:00 p.m.	Lunch in Clubhouse
1:00 p.m. - 2:00 p.m.	Operation 36

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

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





# MAY & JUNE Junior Clinics

## **Beginner Junior Clinics**

These clinics are geared to the new or beginner golfer. Each session will cover the basic fundamentals of the short game and full shots.

*The program will be limited to 12 junior members.*

**Sunday, June 15th                      1:30 p.m. - 2:30 p.m.**

**Sunday, June 29th                      1:30 p.m. - 2:30 p.m.**

**Cost: \$30 per clinic**

## **Junior Clinics**

These clinics are geared to all levels of ability. Each session will cover the basic fundamentals of the short game and full shots.

*The program will be limited to 12 junior members ages 7-12 years old.*

**Sunday, June 15th                      3:30 p.m. - 5:00 p.m.**

**Sunday, June 29th                      3:30 p.m. - 5:00 p.m.**

**Cost: \$30 per clinic**

## **Junior Round-Up**

The Junior Round-Up is geared to the Advanced Junior Golfer. The purpose of the Junior Round-Up is to strengthen a child's interest and development in the game in a more competitive atmosphere. The sessions will emphasize the importance of the basic fundamentals, golf course etiquette and rules of golf. All children must be experienced in WALKING and CARRYING their own bag. Each session will consist of a 1/2 hour instructional clinic and nine holes of golf with a variety of formats and contests.

**Tuesday, June 3rd                      3:00 p.m. - 5:30 p.m.**

**Tuesday, June 17th                      3:00 p.m. - 5:30 p.m.**

**Tuesday, July 1st                      3:00 p.m. - 5:30 p.m.**

**Cost: \$45 per Round-Up**

*\*Please sign-up for each scheduled clinic separately.*

# TWILIGHT GOLF

Join us for the most popular weekly golf event throughout the season. In May, we play Twilight Golf on the first three Friday afternoons of the month and then move to Wednesday afternoons starting on May 21st. Sign up with the Starter as a pair, or as a single and we can pair you up.



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

Friday, May 2nd | Off the Menu  
Friday, May 9th | Off the Menu  
Friday, May 16th | Off the Menu  
Wednesday, May 21st | Pre-Order  
Wednesday, May 28th | Pre-Order

Wednesday, June 4th | Creole Action Stations  
Wednesday, June 11th | Southern Comfort Buffett  
Wednesday, June 18th | Pre-Order Dinner  
Wednesday, June 25th | Pre-Order Dinner

## 2025 DEMO DAYS

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



June 19th  
Woods & Irons  
June 20th  
Wedges & Putters  
August 29th  
September 26th



May 23rd  
June 26th  
July 25th  
August 28th  
September 19th

 **TaylorMade** June 27th



## WGA 2025 OPENING DAY

*Tuesday, May 20th | 9:30 a.m.*

We will kick-off the 2025 WGA season with a 9-hole scramble with teams of A/B/C/D players from both the 9 and 18-holers. Chef Scott will prepare an amazing lunch, and our opening WGA meeting will also occur. Please make sure you attend this fun event!

Scorecards need to be turned in by 12:00 p.m. to be eligible for competition. Please bring scorecards to the Sweetwater Room at the conclusion of play for the luncheon and WGA meeting!

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

## WGA LAUREL CUP

*Tuesday, June 24th & Wednesday, June 25th*

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 ringer tournament;  
18 & 36-hole divisions

### HANDICAPS:

Played with 95% Handicap



**2024 CHAMPIONS**

**AUDREY FEUERBACHER**  
9 HOLE

**JACQUIE HARRIS**  
18 HOLE

## OTHER JUNE WGA EVENTS

### 18-Hole Events

One Best Ball of Threesome (ABC)  
Pink Ball (HDCP)  
Strike 3  
Odds & Evens

### Date

May 27  
June 3  
June 10  
June 17

### 9-Hole Events

One Best Ball of Threesome (ABC)  
Reverse Pink Ball (HDCP)  
Interclub at Wildcat Cliffs  
Scramble (Random Pairings)

**WGA UPDATE // MAY & JUNE 2025 27**



# FROM THE GREEN

T O M N E L S O N



We are thrilled to announce that the third phase of the Golf Course Improvement Plan has been successfully completed! After 2 years of making changes and improvements to the course, it was time to focus on our practice facilities.

## PRACTICE RANGE IMPROVEMENTS

The **Practice Range** was first on the agenda. The acquisition of the 1785 House gave us the opportunity to extend the length of the range by roughly 25 yards and move the net up the hill by nearly 20' in elevation. The added length, increase in elevation and taller net have dramatically improved the ability to contain

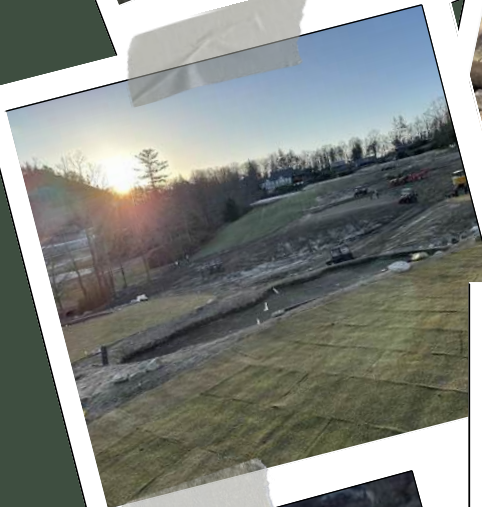
practice balls within the footprint of the range. Upon clearing the area of trees and brush, it became evident that this was long overdue. We uncovered literally thousands of practice balls that had been lost over the net or into thick vegetation. There wasn't much we could do with the back left corner of the range from a grading standpoint, however we cleared the brush and planted grass seed. This will allow for a much simpler process of retrieving balls a few times each season.

In addition to extending the length of the range, we incorporated nine new catch basins to help manage the rain water. Previously, there were no drains to handle the surface water which led to excessively wet conditions for a prolonged period following rain events.



## PRACTICE RANGE IMPROVEMENTS CONT.

The excessive moisture prevented the golf staff from efficiently picking the range, leading to countless hours of hand picking. The practice tees were reconstructed incorporating drainage and greens mix as the growing medium that will provide a much firmer surface. Without a complete redesign of the entire area, we were limited on how much we could expand the practice tee size, but we did utilize every available square foot that we could. With the rocky conditions and steep terrain, we weren't able to create perfect conditions, but we were able to dramatically improve the aesthetics and functionality.





# MORE IMPROVEMENTS!



## NEW! SHORT GAME PRACTICE AREA

Our next project was the new **Short Game Practice Facility**. Available real estate has always been a challenge for us, and we had to get creative to find a suitable area for this facility. After some exploratory work, we settled on the area to the left of #9 and below the Fairway Café.

**Before Construction | Fall 2024**



We first had to clear the area of trees and brush giving us a raw piece of land to shape into a practice facility. Once the area was roughly shaped, we began building a boulder retaining wall using rock harvested from the driving range. After the footprint was established, construction of the two greens and fairway area began. While the area is a bit smaller than we would have liked to have, I feel like Bill Bergin maximized what we had to work with, creating an excellent area to practice putting along with a variety of short shots around the greens and approaches.



**After clear cutting**



**Breaking ground**



# SHORT GAME PROJECT



## A SPECIAL THANK YOU!

I would like to thank the Architect, contractors, vendors and the In-house crew for their hard work and dedication to making all of these projects successful. The mountains create a very challenging work environment and everyone involved was able to persevere and leave us with a facility we can be proud of.



# Tennis News

Tournaments, Social Mixers, Clinics & More!

**Chris Harris**  
Director of Tennis

## MAY & JUNE HIGHLIGHTS

### Tennis in the N.C. Mountains

We hope you have enjoyed your winter away and are looking forward to another great tennis season in the mountains. As the spring winds subside and the warmer temperatures approach, the Tennis Program has been preparing for another remarkable season of social and competitive tennis at the Club. In preparation for the 2025 Cullasaja Tennis Season, we have created a fun, robust calendar of events that include social mixers, competitive tournaments, fun tournaments and tennis clinics.





# A WORD FROM **CHRIS HARRIS**

The first tennis event to put on your calendar is the **Welcome Home / New Tennis Member Mixer on Friday, June 6th**. I encourage anyone interested in playing the game of tennis to join us for this fun social event. All skill levels welcome...This is a great opportunity to get to know our newest tennis playing Members and to familiarize yourself with the current skill levels of your fellow Members.

The second tennis event that will quickly approach is our very popular **Ladies Member Guest Tournament to be held on Friday, June 20th**. This tournament represents one of the finest tennis events the ladies have each season. The ladies on our Tennis Committee go to great lengths to see that our esteemed guests have an enjoyable morning of tennis followed by a spectacular luncheon. This leans more towards the category of a social as you're amongst your best friends.

Be on the lookout for tennis **Inter-Clubs starting in June** and make sure to sign up via the Member app. These events boasts team doubles play against other clubs in the area within a 45-minute drive. Level of play will be stated during signups along with the aid of our opponent's tennis pro, we do our best to seed everyone accordingly to make sure fun is had by all.

Heather's clinic schedule will begin the first week of June. These are a great way to improve tennis skills while meeting other players! She is a wonderful instructor and will definitely help you.

Tennis is a life-long sport that can be enjoyed by all at any age and skill level. Please don't hesitate to come talk with us about how we can get you involved in a sport that is best enjoyed during the cool summers in the mountains. Feel free to use one of our loaner racquets and come see what the Cullasaja Club tennis program has to offer.

As a reminder, all our courts will be refurbished (top dressed and lined,) the last week of April and we will do our best to see that we have at least two courts available for play starting May 1st.

Sincerely,  
*Chris Harris*  
Director of Tennis



## MAY WEEKLY SCHEDULE

*Men's and ladies' doubles play will be on Monday, Wednesday, Friday and Saturday at 10 a.m.*

## WEEKLY TENNIS SCHEDULE (JUNE - AUGUST)

MONDAY	10:00 a.m.	Ladies' Doubles
	1:30 p.m.	Men's Doubles
TUESDAY	10:00 a.m.	Men's Doubles
WEDNESDAY	10:00 a.m.	Ladies' Doubles
	1:30 p.m.	Men's Doubles
THURSDAY	10:00 a.m.	Men's Doubles
FRIDAY	10:00 a.m.	Ladies' Doubles
SATURDAY	10:00 a.m.	Men's & Ladies' Doubles
SUNDAY		Open Play All Day

*\*No need to sign-up*



## WELCOME HOME / NEW MEMBER TENNIS MIXER

*Friday, June 6th | 10:00 a.m.*

Whether you are already a member of Cullasaja's tennis playing community or a new Member, looking to get involved in our tennis program, please join us for a fun and light-hearted tennis mixer. No partner is needed as this event will be a round-robin format with no set teams. After play, join us for hors d'oeuvres at 12:00 p.m. at the Tennis Shop! We are eager for your return and excited to get to know those of you joining for their first season!



**RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 6TH!**

## LADIES' MEMBER-GUEST TOURNAMENT

*Friday, June 20th | 10:00 a.m.*

We're excited to announce that the Ladies' Member-Guest Tournament will be held earlier this season, offering more Members the chance to participate in this highly anticipated event. Known for its friendly competition and camaraderie, the tournament will feature exciting matches, followed by a luncheon and gift bags for each guest. The \$50 per-team entry fee includes the tournament, luncheon, and prizes for the top teams. Don't miss out on this highlight of the season!



**RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 20TH!**

## MEN'S DOUBLES INVITATIONAL TOURNAMENT

*Monday, June 23rd | 1:30 p.m.*

The Men's Doubles Invitational Tournament brings together our club's men tennis players for an exciting day of competitive doubles action. With thrilling matches, strong sportsmanship, and great fellowship; this exclusive event is a highlight of the season. Afterwards, participants can relax and socialize with fellow players and guests. It's a perfect blend of competition and camaraderie!

**2024 CHAMPIONS:** Domingo Moreira & Rick Eichman



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

## **JUNE TENNIS CLINICS - *Minimum Participation Required***

There will be tennis clinics offered beginning the first week of June until the end of July.

**Beginner Adult Tennis Clinic** | Tuesdays | 8:45 a.m. - 9:45 a.m.

Join us for an hour instructor-fed drills, individualized skill instruction! Great for players who are still learning to rally or intermediate players who want some reps on a specific stroke.

**Tiny Tots Tennis Clinic** | Tuesdays, Thursdays & Fridays | 2:00 p.m. - 2:45 p.m.

Great for ages 4-7. This clinic is designed to introduce hand eye coordination, balance, and movement through tennis in a fun and exciting setting.

**Junior Tennis Clinics** | Tuesdays, Thursdays & Fridays | 2:45 p.m. - 3:45 p.m.

Great for ages 8-14. This clinic is designed to improve agility as well as introduce and build tennis specific skills and knowledge through drills and fun-filled games.

## **TENNIS BALL MACHINE**

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

## **PROPER TENNIS ATTIRE REQUIRED**

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

## **REMINDER FOR GUEST FEES**

Please note: this season we will be enforcing the \$10 tennis guest fee. Guest fees will be charged automatically to the sponsoring Member's Club account.

## **2025 TENNIS COMMITTEE**

I would like to take this opportunity to announce our Tennis Committee for the 2025 season. Please feel free to offer suggestions to them about ways we can improve our tennis program so we can discuss your suggestions in our meetings.

**Anne Schaeffer, Chairwoman**

Betsy Butler

Don Feibelman

Mary Alice Collins

Pam Burge

Paul Pavlis

Tim Heaviside



# 2024 TENNIS CHAMPIONSHIPS

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



2024 CHAMPIONS

## MEN'S INVITATIONAL

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



Rick Eichman &  
Domingo Moreira

## MIXED DOUBLES

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



JoEllen Ross &  
Jorge Giroud Jr.

## LADIES' DOUBLES

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



Bianca Yohe &  
Caroline Yohe

## MEN'S DOUBLES

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



## LADIES' MEMBER-GUEST

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



# CROQUET NEWS

MAY/JUNE 2025



Brian Lozano  
Croquet Director

## 2025 SEASON:

- ☑ **Mallets & Martinis and Wine & Wickets:** We're thrilled to continue two weekly social-themed events each Tuesday and Thursday starting at 4:00 p.m. These fun-filled afternoons will combine croquet with delightful food, drinks, and great company. We'll make sure to give you plenty of time for both play and socializing. (Starts in June)
- ☑ **Beginner's Clinic:** Every Wednesday at 10:00 a.m., we'll be offering a complimentary 'drop-in' clinic for beginners. Whether you're new to the game or just want a refresher, this is the perfect way to get up to speed and meet fellow players.
- ☑ **Advanced Clinics:** Throughout the season, Wednesdays will also serve as the day when advanced clinics will be offered. Introducing higher level concepts of play and strategies for those interested in more competitive croquet opportunities.

## Welcome Home!

We hope you've had a restful and refreshing winter. With the arrival of spring, we are beyond excited to invite you to join us on the lawns for what promises to be an incredible 2025 croquet season. The Croquet Committee, alongside Terry and myself, has put together a dynamic and diverse calendar of events for this season. Whether you're looking for laid-back social play or the thrill of competitive action, we've designed something for everyone to enjoy and celebrate our favorite sport.

**Club Tournaments:** The heart of our season is, of course, our Annual Club Tournaments. From the Men's and Ladies' Championships to the Doubles and Mixed Doubles, these tournaments are always a highlight. The energy, support, and camaraderie during these events are what make the Cullasaja croquet experience so memorable and unique. We can't wait to see you all competing (and cheering each other on) this year!

**Inter-Club & Regional Competitions:** One of the things that makes our croquet program so special is the chance to connect with enthusiasts from other clubs. We're continuing our commitment to the Inter-Club Program, offering opportunities to represent Cullasaja Club and build relationships with neighboring clubs. Don't miss the opportunity to play in our Inter-Club matches, both at home and away at neighboring clubs. The Croquet Mountain Challenge will again take place in September, where the Cullasaja Team will compete against others from the Highlands and Cashiers area. We have been close to winning it, and I'm excited to work with Members to be in a position to bring the trophy home for the first time! It's a wonderful chance to showcase Cullasaja's spirit and talent!



## Welcome Home Continued

I am also thrilled to work alongside the our leadership of the **Cullasaja Croquet Committee (CCA)**. Together, we are committed to making the 2025 season even more exciting, accessible, and rewarding for players of all levels. Thank you for your continued passion and support of the Cullasaja Croquet Program. We are so excited to reconnect with all of you and create new memories together this summer!

See you on the Lawn!

*Brian Lozano*  
Croquet Director

## MAY & JUNE INTERCLUB MATCHES

Thursday, May 22nd | *Away at Wildcat Cliffs*

Thursday, May 29th | *Away at Highlands CC*

Thursday, June 12th | *Home vs. Sky Valley*

Thursday, June 26th | *Home vs. Chattooga Club*

*Limited to First 8 to Sign Up Each Week*



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

## WEEKLY CROQUET SCHEDULE

*Subject to Change - Starts in June*

<b>MONDAY</b>	10:00 a.m.	Ladies on the Lawn
<b>TUESDAY</b>	10:00 a.m. 4:00 p.m.	Men on the Lawn Mallets & Martinis
<b>WEDNESDAY</b>	10:00 a.m.	Intro to Croquet
<b>THURSDAY</b>	10:00 a.m. 4:00 p.m.	Ladies on the Lawn Wine & Wickets
<b>FRIDAY</b>	10:00 a.m.	Competitive Match Play
<b>SATURDAY</b>		Open Play All Day
<b>SUNDAY</b>	4:00 p.m.	Open Play until 4 p.m. Sunday on the Lawn @ 4 p.m.

## BEGINNER CLINIC, DRILLS, AND PLAY

*Wednesdays | 10:00 a.m.*

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

## COMPETITIVE MATCH PLAY

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

This event is competitive match play for both men and women. It is a great way for tournament level players to hone their skills by competing against some of the best players at the Club. Advance sign up is not required, so feel free to “drop in”.

## “LADIES ON THE LAWN”

*Mondays & Thursdays | 10:00 a.m.*

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

## “MEN ON THE LAWN”

*Tuesdays | 10:00 a.m.*

This weekly event allows gentlemen to compete in doubles format. You do not need to sign up in advance, but please arrive a little early so as to not interrupt pairings and to get warmed up in advance of 10:00 a.m.

## “SUNDAYS ON THE LAWN”

*Sundays | Each non-holiday Sunday beginning at 4:00 p.m.*

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



## SOLIDS & STRIPES FOREVER (*Memorial Day Croquet Event*)

*Saturday, May 24th | 2:00 p.m. - 4:00 p.m.*

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



RSVP USING THE CULLASAJA MEMBER APP STARTING ON APRIL 24TH!



## WELCOME HOME CROQUET MIXER

*Tuesday, June 10th | 4:00 p.m.*

Join us for the official start to the 2025 Croquet Season at our Welcome Home Croquet Mixer. Enjoy music, cocktails, & great camaraderie with other croquet players at this very popular event! This event will be a very special gathering and is always one of the highlights of the season. We will create some outstanding skill challenges and games for you to participate in and enjoy while vying for prizes. This event will fill up quickly, so sign up on May 10th or soon after if you plan on participating.

RSVP USING THE CULLASAJA MEMBER APP STARTING ON MAY 10TH!

## MIXED DOUBLES CHAMPIONSHIP

*Monday & Tuesday, June 16th & 17th | 4:00 p.m.*

The Mixed Doubles Croquet Championship, is a fun and competitive event that brings together players of all skill levels for an event full of strategy, precision, and friendly rivalry. Teams will face off on the lush croquet courts, aiming for victory while enjoying the relaxed yet exciting atmosphere of this unique tournament. With a perfect mix of competition & camaraderie, the championship promises great matches, plenty of laughter, and a chance to connect with fellow Members.

2024 CHAMPIONS: Tim and Julie Wright



RSVP USING THE CULLASAJA MEMBER APP! DEADLINE: JUNE 13TH AT 5 P.M.

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# 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 Including Mallets and Martinis and Wine & Wickets
- 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 are generally available for play from 9:00 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 the lawns 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 Annual Member Directory. All players should wear smooth soled shoes to protect and preserve the integrity of our beautiful lawns.



# Mallets & Martinis

**TUESDAYS**  
**4:00 P.M. – 5:30 P.M.**

Whether you're a novice, play for fun, or an advanced tournament player, join us for Mallets & Martinis and Wine & Wickets. These events are a mix of croquet play & socializing with other Members & it is a great way to meet new people! No partner is needed as we will pair you up.

- Member charge bar service for all participants
- CCA sponsored light hors d'ouvres
- Please make separate reservations if having dinner in the Clubhouse.
- Please Pre-Register via the Member App if you can participate.

*(Starting the first week in June)*



# Wine and Wickets

**THURSDAYS**  
**4:00 P.M. – 5:30 P.M.**

*FREE Beer & Wine for CCA Members*  
Non-CCA Members \$10 + Normal Drink Fees

## 2025 CROQUET COMMITTEE

**Julie Wright, Chairwoman**

Barbara Knight

Beth Felvey

Debbie Thompson

Don Feibelman

Emily Adkins

Frank Forrest

Rick Doty

Terry Fisher

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



# 2024 CROQUET CHAMPIONSHIPS

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

## SINGLES CHAMPIONSHIPS

### MEN'S SINGLES

*Monday & Tuesday*

August 25th & 26th



Joe Harris



### LADIES' SINGLES

*Monday & Tuesday*

August 18th & 19th



Julie Wright

## DOUBLES CHAMPIONSHIPS

### MEN'S DOUBLES

*Monday & Tuesday*

July 15th & 16th



Dennis Fisher &  
Tim Wright

### MIXED DOUBLES

*Monday & Tuesday*

June 17th & 18th



Tim Wright &  
Julie Wright

### LADIES' DOUBLES

*Monday & Tuesday*

July 8th & 9th



Emily Adkins &  
Jacquie Harris



CULLASAJA CLUB

# WELLNESS

I am excited to join the Cullasaja Club team as your Wellness Director. To give you a little background on myself, I am a graduate of Western Carolina University with an undergraduate degree in Sport Management and Exercise Science, as well as a Master of Business Administration. I worked for Cullasaja Club as the Assistant Wellness Director in 2004-2005. For the last 19 seasons, I was employed at Highlands Falls, where I served in several different capacities, namely Wellness and Croquet Director. I am thrilled to be able to re-join the Cullasaja family!

There are lots of exciting activities upcoming this summer season. Our team has been diligently planning and preparing a full complement of group exercise classes for you.

If you are looking to get a fresh start on your exercise journey, or if you need to revamp your routine, please contact our Wellness Team for a fitness consultation. Our personal training staff will work with your specific needs to design a path that is right for you.

Sincerely,  
*Onifer Wilmoth*  
Wellness Director

Please contact the Activities Center at 828.482.0614 or [wellness@cullasaja-club.com](mailto:wellness@cullasaja-club.com) if you have any questions, or if we can help in any way.

MAY & JUNE 2025

WELCOME HOME! YOUR  
MOUNTAIN OASIS HAS BEEN  
WAITING FOR YOUR RETURN.



# Importance of Exercise



## Exercise and Bone Health

As we age, exercise becomes a more important factor in living a high quality of life. I'm sure everyone is aware that as we grow older, our bones become more fragile. If started from an early age, calcium intake through diet or dietary supplement helps to build strong bones. But, did you know exercise also helps to build a stronger bone structure?

## Weight Training

Weight training is an excellent way for older adults to increase bone density. Most people expect that weight training will increase power in muscles, but fewer realize that resistance training will also increase the strength of our bones.

Another benefit of weight training that many people may not be aware of is that adding

resistance to your workouts decreases pain from arthritis. By being active through physical activity and weight training, you increase the movement of the joints. Increased movement in the joints will help to better lubricate the joint and as a result, you will have less pain from arthritis.

Weight training also affects balance. Many people, of all ages, have issues with balance. Resistance training increases the strength in targeted muscle groups that will improve balance. Stronger muscles and bones will make it less likely for you to have problems with your balance.



## Find out More

If you have any questions about any of the benefits of weight training, or if you would like to know more about the benefits of adding resistance to your exercise program, please contact our Wellness Team at the Activities Center and we will design a program that meets your needs.

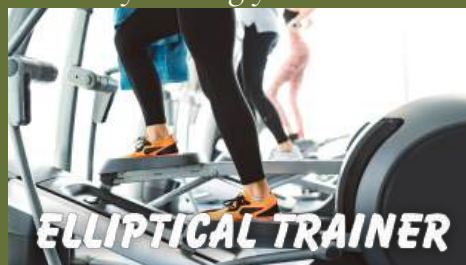


# What's new in 2025?



TWO TREADMILLS

I'm excited to announce the addition of three new pieces of cardio equipment. Two treadmills and one elliptical trainer have been added to our selection. These new pieces are slimmer in design and have upgraded consoles with Bluetooth technology and added streaming options. Please give them a try during your next workout session.



ELLIPTICAL TRAINER

## 2025 Class Schedule

- MONDAY** 9:00 a.m. Roll Your Pain Away with Erica (begins May 12)  
10:00 a.m. Yin Yoga with Robert (begins May 5)  
10:15 a.m. Aqua Mix with Carol (begins June 2)
- TUESDAY** 8:30 a.m. Spin & Strength with Onifer (begins May 13)  
9:00 a.m. FUNCTIONal Fitness with Brian (begins May 13)  
10:00 a.m. BeMoved with Gay (begins May 13)  
11:00 a.m. Ball, Balance, & Beyond with Onifer (begins May 6)
- WEDNESDAY** 9:00 a.m. Roll Your Pain Away with Erica  
10:00 a.m. Yoga Fit with Robert  
10:15 a.m. Aqua Mix with Carol
- THURSDAY** 8:30 a.m. Spin & Stretch with Onifer  
9:00 a.m. FUNCTIONal Fitness with Brian  
10:00 a.m. BeMoved with Gay  
11:00 a.m. Ball, Balance, & Beyond with Onifer
- FRIDAY** 9:00 a.m. Roll Your Pain Away with Erica  
10:00 a.m. Yin Yoga with Robert  
10:15 a.m. Aqua Mix with Carol
- SATURDAY** 9:00 a.m. FUNCTIONal Fitness with Brian  
10:00 a.m. Flexibility Basics with Brian

*Monday, May 5th – Group Exercise Classes Begin*  
*Monday, June 2nd - Aqua classes begin*



**JOIN US FOR A GUIDED HIKE!**

# GRAN CER Falls

**Saturday, May 31st**  
9 a.m.

**Drive Time:** 15 minutes  
**Trail Length:** 3.1 miles loop  
**Difficulty:** Moderate  
*Waterfall, Creek, and Foliage Views*

ALL PARTICIPANTS SHOULD MEET AT THE ACTIVITY CENTER AT  
8:45 A.M. AND BE READY TO CARAVAN TO TRAILHEAD.

Sign up using the Cullasaja Club Member App.

*A minimum of 6 participants for hikes to occur.*





# WELCOME HOME

## Wellness Mixer

### SATURDAY, JUNE 14TH

### 10:30 A.M.

Stop by the Activity Center to meet and greet the 2025 Wellness team, get oriented on the fitness equipment & discuss any health or fitness goals with our Wellness Team!

Check out our class schedule, massage therapy offerings, and personal training options all while enjoying healthy snacks and juices.

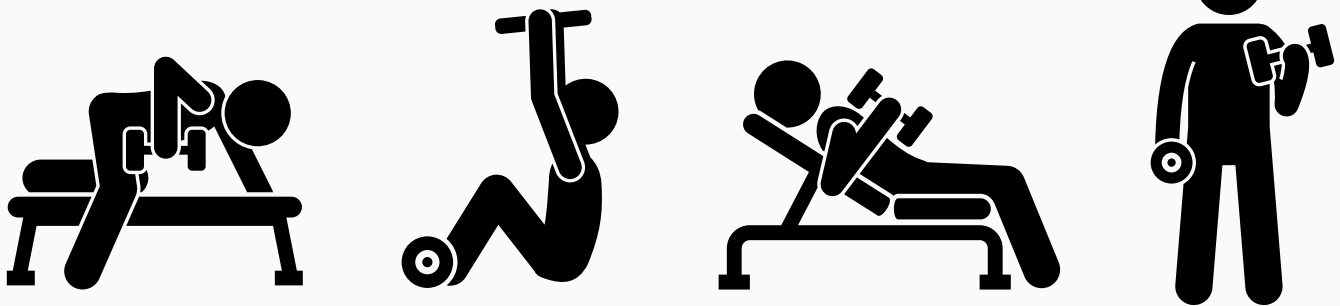
*The Wellness Team can't wait to see you & work with you in 2025!*

**NO REGISTRATION REQUIRED**



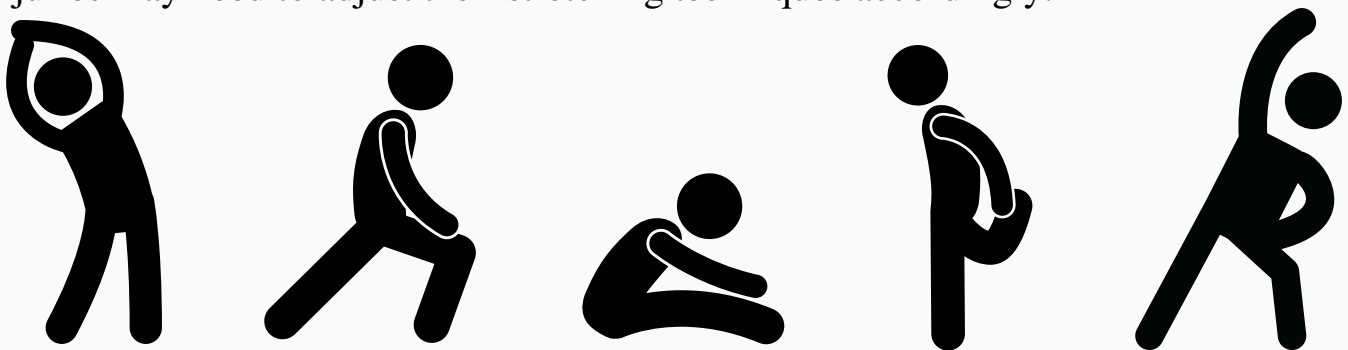
# PERSONAL TRAINING

Working out with a personal trainer offers numerous benefits. Members who train with a personal trainer experience notable improvements in lean body mass and overall fitness. Additionally, they enjoy increased energy levels, better health, enhanced self-confidence in exercising, and improved life satisfaction. The primary advantages of hiring a personal trainer lie in the areas of accountability and motivation. Ultimately, the main objective is to effectively achieve a healthier life and live the life one deserves.



# STRETCHING

Stretching is important because it keeps the muscles flexible, strong and healthy, allowing us to maintain a range of motion in our joints. Without stretching, the muscles can shorten and become tight, resulting in weakness and limited extension during physical activity. Stretching offers several benefits, including improved performance in physical activities, decreased risk of injuries, enhanced joint mobility, increased muscle blood flow, and improved ability to perform daily activities. Doctors suggest that each one of us should stretch one day a week for every decade of life. To ensure safe stretching, it is important to remember not to consider it a warm-up, strive for symmetry, focus on major muscle groups, avoid bouncing, hold stretches for 30 to 60 seconds, avoid aiming for pain, make stretches sports-specific and maintain a consistent stretching routine. Additionally, individuals with chronic conditions or injuries may need to adjust their stretching techniques accordingly.







# PRICING

*\*Onifer, Manu, Kristen and Brian can be contacted for  
Personal Training and/or Stretching*

## **Personal Training/Therapeutic Stretching/ Individual Yoga**

\*55 minutes \$80

\*40 minutes \$65

\*25 minutes \$50

Duet + \$25 (*Personal Training*)

## **Pilates Reformer**

\*55 minutes \$85

## **Percussion Therapy**

(*Vibration on a Stretch Table*)

\*55 minutes \$80

\*25 minutes \$50

## **Specialty Class**

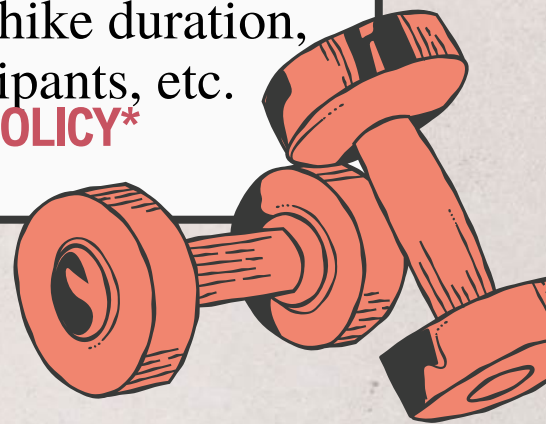
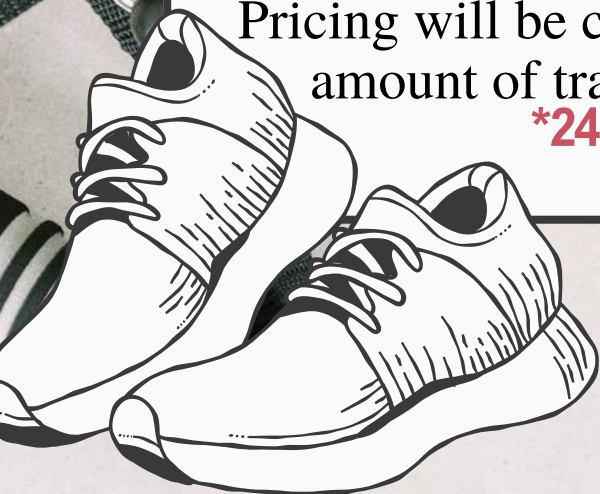
(*5 or more people*)

\*60 minutes \$150

## **Private Hikes**

Pricing will be case by case based on hike duration,  
amount of travel, number of participants, etc.

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



# 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.

**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.

**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.

**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.

**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.

**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.

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

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

**Hot Stone Massage** - incorporates warm stones into a 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.

**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.

*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 | 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/ 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)

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



# MAY 2025

Full Season Clubhouse Dining Hours Begin on Tuesday, May 20th - See Calendar Below for May Dining Hours Prior to May 20th

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

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Activities</b> Croquet Golf Tennis WGA Wellness				1 Clubhouse is <b>OPEN</b> for Lunch & Dinner  FAIRWAY CAFE OPENING DAY	2  Twilight Golf @ 4pm	3 Clubhouse <b>OPEN</b> for Lunch  RUN FOR THE ROSES Kentucky Derby Party
4  Sunday Brunch Menu (No Buffet)	5  FITNESS CLASSES BEGIN	6  Fairway Cafe <b>OPEN</b> for Lunch No Lunch or Dinner in Clubhouse	7	8  Clubhouse is <b>OPEN</b> for Lunch & Dinner	9  Twilight Golf @ 4pm	10
11  MOTHER'S DAY BRUNCH BUFFET	12 HOA-BOD Meeting @ 9:00am  FCA GOLF OUTING Golf Course <b>CLOSED</b>	13  Fairway Cafe <b>OPEN</b> for Lunch No Lunch or Dinner in Clubhouse	14	15 Overlook is <b>OPEN</b> for Lunch & Dinner  WINE DINNER	16  Clubhouse is <b>OPEN</b> for Lunch & Dinner  Twilight Golf @ 4pm	17  OPENING GOLF SCRAMBLE EVENT
18  CULLASAJA CARRY-OUT  Sunday Brunch Menu (No Buffet)	19 Club BOG Meeting @ 8:30am	20  Clubhouse <b>OPENS</b> for Lunch Tuesday-Sunday and <b>OPENS</b> for Dinner Tues, Wed, Fri & Sat WGA OPENING DAY	21 Weekly Duplicate Bridge Begins  Twilight Golf @ 4pm	22  COOKING CLASS  Clubhouse <b>CLOSED</b> for Dinner	23  NASHVILLE SONGWRITERS Speaker Series  POOL & POOL CAFE OPENS FOR SEASON	24  SOLIDS & STRIPES MEMORIAL DAY CROQUET EVENT
25  Clubhouse <b>CLOSED</b> for Brunch  MEMORIAL DAY COOKOUT	26  Clubhouse & Pool Cafe <b>OPEN</b> for Lunch  HAPPY MEMORIAL DAY	27  Fairway Cafe <b>OPEN</b> for Lunch  Clubhouse <b>CLOSED</b> NO F&B Service	28  Twilight Golf @ 4pm	29  Clubhouse <b>CLOSED</b> for Dinner	30  MEN'S MEMBER - MEMBER	31 Ranger Falls GUIDED HIKE Clubhouse Closes at 2:30 p.m. Today for a Member's Grand- daughter's Wedding

## Clubhouse Dining in June

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

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

# JUNE 2025

Activities
Croquet
Golf
Tennis
WGA
Wellness

## Dinner Dress Code in the Clubhouse

"Country Club Casual Attire" is the standard in the Clubhouse in the evenings in the Bar and the two covered outdoor dining patios (Overlook and Sweetwater Terrace). This includes collared golf or button-down shirts, "Tommy Bahama or UnTucked" brand shirts (aka camp shirts), knee-length shorts, or "Country Club" denim without holes or tears. All shirts should remain tucked-in, with the exception of "camp shirts" with equal hem designed to be worn untucked. Gentlemen should wear slacks, button-down shirts, golf shirts, or camp shirts while dining in the Sweetwater Dining Room (white linen tablecloths).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SUNDAY BRUNCH BEGINS	2	3	4  CREOLE ACTION STATIONS FOR TWILIGHT DINNER	5 WCU Speaker Series  LIVE MUSIC on Arnie's Verandah (6pm - 8pm)	6  WELCOME HOME & NEW MEMBER TENNIS MIXER	7  WELCOME HOME PARTY
8	9 HOA-BOD Meeting @ 9:00am	10  WELCOME HOME CROQUET EVENT	11  SOUTHERN COMFORT FOR TWILIGHT DINNER	12  KARAOKE NIGHT/ Member Talent Show	13  CWO WELCOME HOME COCKTAIL PARTY	14  WELCOME HOME WELLNESS MIXER
15  FATHER'S DAY BRUNCH	16  Mixed Doubles Croquet Championship	17	18  Pre-Order Dinner for Twilight	19 Welcome Home MAHJONG EVENT  LIVE MUSIC on Arnie's Verandah (6pm - 8pm)	20  Ladies' Member/Guest Tennis Tournament	21  SATURDAY NIGHT SHOOT-OUT @ 4pm
22  CHEF'S TABLE	23 CLUB BOG Meeting @ 8:30am  Men's Doubles Tennis Invitational	24  WGA LAUREL CUP	25  Pre-Order Dinner for Twilight	26 CHEROKEE 101 Speaker Series	27	28
29 CULLASAJA CARRY-OUT	30					