

# CULLASAJA CLUB



July 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.





JULY 2025

# JULY KICKS OFF

## A MONTH FULL OF OPPORTUNITIES



**Chris Conner**  
GM/COO

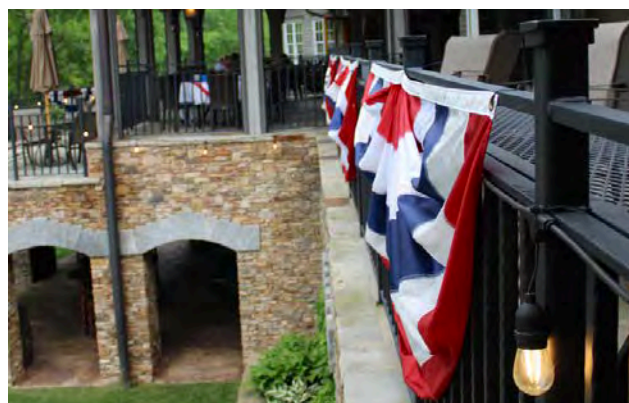
As summer kicks into high gear, we eagerly anticipate the arrival of the Independence Day Holiday and the exciting lineup of festivities we have planned for you!

This special week is brimming with opportunities to create lasting memories with family and friends, beginning with the beloved Family Bingo and Buffet Night on Tuesday, July 1<sup>st</sup> followed by the Annual Kids Day on Wednesday, July 2<sup>nd</sup> and continuing with a variety of events for all ages. Join us for the Annual Cart Parade and Duck Race on Thursday, July 3<sup>rd</sup>. Note, the Parade will start at 11:00 a.m. this year with the Duck Race on the 2<sup>nd</sup> hole following the Parade around 12 noon. On Friday, July 4<sup>th</sup> we start the day with a Family Fun Race/Walk at 7:00 a.m. and the Annual July 4<sup>th</sup> Cookout beginning at 4:00 p.m. We round out the Holiday weekend with a Flag Day Golf Event and Strawberries and Cream Tennis Mixer on Saturday, and Patriots Play Croquet Event on Sunday.

Later in the month, competitive spirit takes center stage with three Croquet Championships, featuring Ladies Doubles, Men's Singles, and Men's Doubles. Tennis players can test their skills in the Ladies and Men's Doubles Tournaments and the Red & Blue Event, while golf enthusiasts

can look forward to the Annual Couples Cup, WGA President's Cup, and the Men's Invitational Golf Tournament.

We kindly ask that all reservations for activities and dining be made in advance via the Member App or by calling Zoe at 828-526-3531. Your timely reservations not only ensure your participation but also help us serve you better. Please note that the Club's event and dining cancellation policy applies to most events and dinner reservations; details can be found on pages 14 and 15 of the printed Member Directory. On behalf of the staff at Cullasaja Club, we sincerely appreciate the opportunity to be part of your cherished family traditions. If there's anything we can do to make your experience even more memorable, please let us know—we look forward to celebrating with you!



# Welcome to the Club!



Amy Fine  
Membership Director

Please extend a warm and heartfelt welcome to our newest Members at Cullasaja Club. We look forward to getting to know you and to sharing many memorable moments together!

Our club is more than just a destination-it's a gathering place where lasting friendships are formed and traditions are celebrated. You've become a part of something truly special.

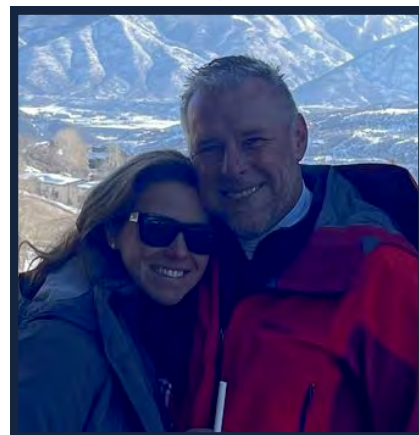
C. Brock Bauknight, Jr &  
Chris Bauknight  
*Palm Beach Gardens, Florida*



Mike & Cheryl Berardi  
*Palm Beach Gardens, Florida*



Evan & Amanda Berlin  
*Sarasota, Florida*



Tom Dove & Ashley Graber  
*Charleston, SC*



Bob & Debbie Fulton  
*Dallas, Texas*

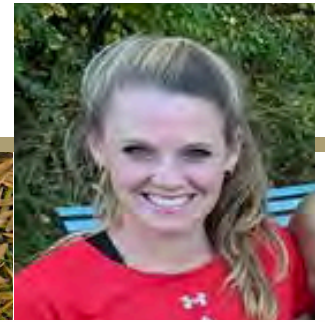


Ben & Megan Vinson  
*Tampa, Florida*

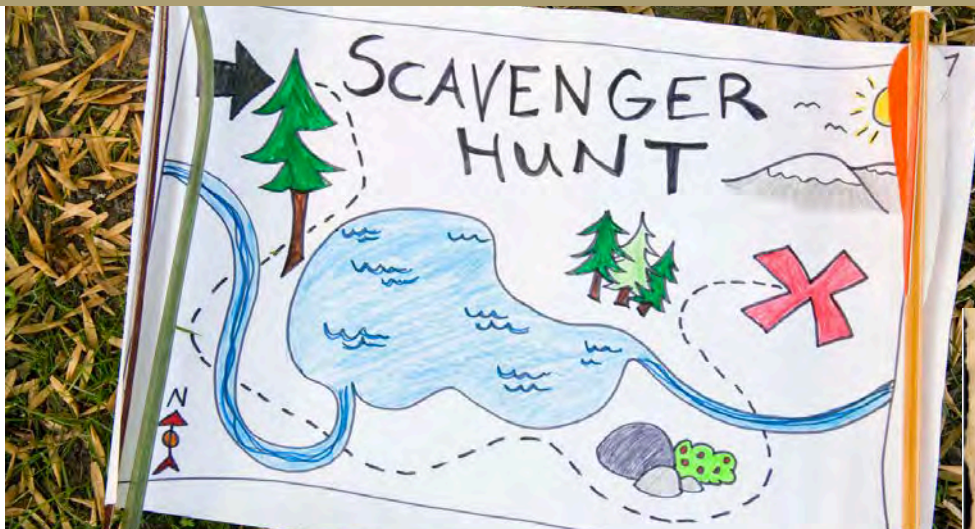




# COMMUNICATIONS



Heather Bell  
Communications Director



## Cullasaja Club's FAMILY SCAVENGER HUNT

Join us for Cullasaja Club's first Family Scavenger Hunt. The morning of Saturday, July 5<sup>th</sup> the first clue will be emailed out to all members and placed on Zoe's desk at the Clubhouse for those without email access.

### INSTRUCTIONS:

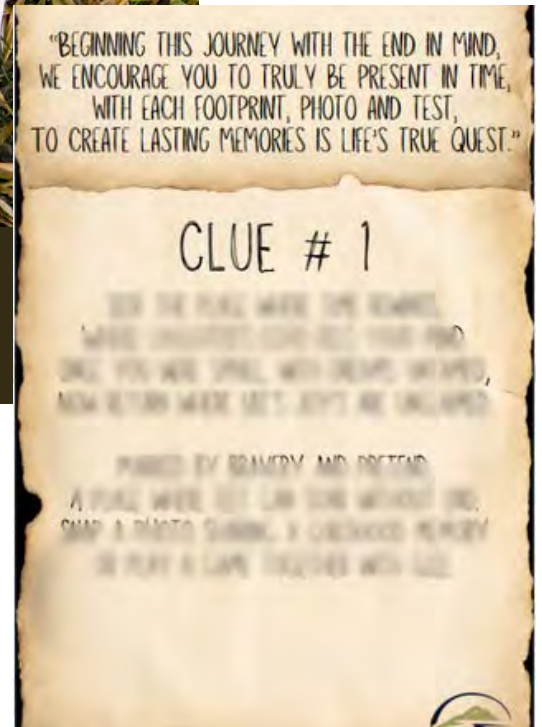
- Scan the QR Code in the email (online or app) to begin and receive your first clue.
- Follow each clue to the locations described, be sure to follow the instructions on the clue, and submit the described photo by following the directions on the bottom of this page.

### FAQ:

- Scavenger Hunt is active from Saturday, July 5<sup>th</sup> to Friday, July 18<sup>th</sup>, last clue must be found and completed by the 18<sup>th</sup>.
- There is no group limits for participation.
- You may contact [communications@cullasaja-club.com](mailto:communications@cullasaja-club.com) to request an additional hint for a clue twice upon your journey. (Please allow up to 24-hours for response)
- There are 10 clues total on the journey, be sure to complete each one in order as noted on the top of the clues and on the QR codes.

### Submitting your photos:

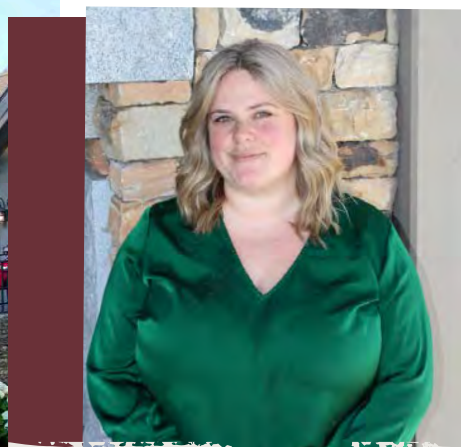
- Email the photos described in each clue to [communications@cullasaja-club.com](mailto:communications@cullasaja-club.com) or text them to 828-342-8922 along with your family name and clue number in the subject line. (Example: Conner Family Clue 3)





# F&B UPDATE

July Highlights



**JESSICA SPAULDING**  
FOOD & BEVERAGE DIRECTOR

## A HEARTFELT THANK YOU TO OUR MEMBERS

On behalf of the entire Food and Beverage team, we want to extend a sincere thank you for creating such a welcoming and positive environment. We've heard countless staff members gush about how incredibly kind and gracious our membership is, and it truly makes a difference. Your warmth makes coming to work a joy, and we're so grateful to be a part of such a wonderful community.

## JULY FUN HEATS UP AT CULLASAJA!

What an incredible start to the season we've had! Your enthusiasm and participation made May and June truly memorable, breaking attendance records for our events. We were especially thrilled to see so many of you brave the rain at our "Welcome Home" event, proving that a little drizzle can't stop a good time (or a good dance party!).

## JULY 4<sup>TH</sup> WEEK: FAMILY & FUN

As we move into July, prepare for even more excitement! This month is packed with member favorites, especially during our much-anticipated Fourth of July week.

This year, the beloved Duck Race will have a fun new twist! To ensure everyone's safety and enjoyment, especially with unpredictable summer weather, we're shifting the festivities. While the ducks will still race, the delicious lunch and all the celebratory fun will be set up right here at the Clubhouse during and afterward. We're excited about this new structure, as it allows us to keep the party going regardless of what Mother Nature has in store.



## RESERVATION REMINDERS

Just a friendly reminder about our reservation policies to help you plan your dining experiences! Special Event reservations open at 9:00 a.m. exactly one month prior to the event date. This means if you're eyeing a spot at our next big event, mark your calendars for a month out!

For a la carte dining reservations, you can secure your table starting at 9:00 a.m. two weeks before the desired service date. We've set these reservation times to ensure fairness for everyone. By opening reservations at 9:00 a.m., our offices are open and ready to assist those calling in, ensuring they have the same equal access as members using our app.

Get ready for a fantastic July filled with delicious food, refreshing drinks, and wonderful company. We can't wait to celebrate with you!

Cheers,

*Jessica Spaulding*

Food & Beverage Director

## JULY LIVE MUSIC NIGHTS

IN THE BAR OR ON THE VERANDAH, STARTING AT 6:00 P.M.



### AUSTIN GRANTT: THURSDAY, JULY 10TH

Austin Grantt is a rising local country music artist known for his heartfelt songwriting and soulful performances. With a blend of traditional country and modern influences, Austin's music resonates with fans who appreciate authentic, story-driven lyrics. His live shows showcase his strong vocal talent and genuine connection to his audience. Whether performing at intimate venues or larger events, Austin's music never fails to create a memorable experience for listeners.

### UNDERHILL ROSE THURSDAY, JULY 17TH

Harmonies. Soul-touching lyrics. Eye-catching stage presence. Underhill Rose has become synonymous with beautiful music, charming personalities, and rippling success. Since 2009, the band from Asheville, North Carolina has independently released four albums, with two landing in the top of the Americana Music Association Airplay Chart and Roots Music Report Chart, all the while garnering critical acclaim from around the globe.



# TWILIGHT GOLF SPECIALTY DINNERS

Wednesday, July 2nd: All-American Buffet

Wednesday, July 16th: Italian Night

Wednesday, July 23rd: Steakhouse Buffet



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

## SPEAKER SERIES: WCU MOUNTAIN HERITAGE CENTER



Thursday, July 31st / 1:00 p.m. in the Clubhouse

Free | Come enjoy lunch with us before this event!

Join us for an informative and thought-provoking presentation focused on the Civil War in Western North Carolina. This engaging session by the WCU Mountain Heritage Center will feature expert historians who will shed light on the significant yet often overlooked role our region played during this tumultuous time in history. From the struggles of local communities to the battles that shaped the course of the war, this event promises to offer fascinating insights into the lasting impact of the Civil War on Western NC.

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

## JENENE CARAMIELO IN CONCERT

Thursday, July 31st / 6:00 p.m.

\$75 per person

You're invited to an unforgettable evening of music at Cullasaja Club! Join us for a special live performance by the incredibly talented Jenene Caramielo, whose powerful voice and captivating stage presence have wowed audiences nationwide. Don't miss this exclusive concert—come enjoy an elegant night of entertainment, community, and exceptional music. We look forward to seeing you there!

RSVP USING THE CULLASAJA MEMBER APP!





## TUESDAY, JULY 1ST

### Bingo Night & Buffet Dinner

5:00 p.m. – 7:00 p.m. (75-Minute Seatings)

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



Join us & Enjoy our Prime Rib Dinner & “Create your Own Pasta Bowl” for Kids. Bingo will start at 7:00 p.m. sharp and will be offered in all dining spaces in the Clubhouse.

Please BRING CASH to purchase bingo cards at \$5 each.



## WEDNESDAY, JULY 2ND



\$140 First Child, \$120 Second Child, \$100 Third+

Join us for an afternoon packed full of fun and adventure doing all the things bugs do! Bounce on bounce houses, swim in the pool, explore with a nature walk and scavenger hunt, then dance with glow paint with a live DJ!

*See the Flyer & Member App for more details.*

### Twilight Golf

4:00 p.m. for Golf / 6:00 p.m for dinner  
All-American Buffet Twilight Dinner

We invite you to participate in Twilight Golf then join us at the Clubhouse for an All-American themed dinner buffet specially curated by our own Chef Scott.

## THURSDAY, JULY 3RD

### Annual Cullasaja Club Cart Parade

At 11:00 a.m.

Carts Meet in the Golf Parking Lot

This is one of the best annual occurrences at the Club, and we are always so impressed with the creativity and craftsmanship of the remarkably decorated golf carts. Get your cart ready now for the Annual Cart Parade, or simply join the parade route to see all the great ideas and themes. The parade will start at the Clubhouse entrance circle, and go through the playground parking lot, into the Activity Center parking lot, and back around the same loop again.

#### JUDGES AWARD:

MOST **Creative**  
MOST **PATRIOTIC**  
Kids Choice  
★ **BEST OVERALL** ★

#### 2024 WINNERS:

The Johnson Family  
The Rook Family  
The Thompson Family  
The Harris & Chain Families



# JULY 4<sup>TH</sup> AT CULLASAJA!

**THURSDAY, JULY 3RD**

## The Annual Duck Race

Join other families on the 2nd hole to take part in the 2025 Duck Race. Don't forget to purchase your ducks prior to the event. Each duck is numbered from 1 to 650. There will be 3 Qualifying Heats and then the final Championship Heat. The first 10 ducks in each heat shall advance to the final race. (30 total in the final championship race). All ducks are placed in the water at the same time, at which point the races begin. Golf Shop Credit will be awarded to the first-place duck in each of the 3 heats. Cash Prizes will be awarded in the final Championship Race for first, second and third place.

## Cart Parade & Duck Race Lunch Buffet

**From 11:30 a.m. to 3:00 p.m.**

**OPEN SEATING (Reservations only)**

**Adult: \$35; Children (ages 5-12): \$20; 4 & Under Free**

Join us for live entertainment by DJ Daniel Jordan, inflatables on the Back Lawn for the kids and a delicious lunch buffet planned by Chef Scott.



**FRIDAY, JULY 4TH**

## July 4th Cookout

**Reservations Required**

**Adult: \$42; Children (ages 5-12): \$20; 4 & Under Free**

Join us for the Annual July 4th Cookout and enjoy burgers, brats and more from Chef Scott and the Club's culinary team.

Reservations will run from 4:00 p.m. until 8:00 p.m. with 75-minute seating intervals so that every member has a chance to dine on this special night. Dress for this event is casual, and we have the live band, Parks Brothers.

**Sign-up on the Member App.**

**Second Annual  
July 4th**

# 5K

**Fun-Run  
& Walk**

**FRIDAY, JULY 4**

**7:00 a.m.**

**Start & Finish  
at the  
Fairway Cafe**

**\$25** per  
participant  
includes t-  
shirt

**Sign up on the  
Cullasaja  
Member App!**

**SATURDAY,  
JULY 5TH**

**STRAWBERRIES &  
CREAM TENNIS MIXER**

**9:00 a.m. & 10:30 a.m.**

**SUNDAY,  
JULY 6TH  
PATRIOT'S PLAY  
CROQUET EVENT**

**10:00 a.m.**



# FROM THE KITCHEN

## AN UNFORGETTABLE SUMMER IN FULL SWING

As we step into the heart of summer here at Cullasaja Club, there's a palpable energy in the air—one shaped by the sound of laughter echoing across the greens, the smell of charcoal drifting from the cookout grills, and the steady rhythm of great food, good company, and unforgettable experiences. July is already shaping up to be one of our most exciting months yet, and we couldn't be more thrilled to share everything that's unfolding across our beautiful mountain community.



Scott Craig  
Executive Chef

## RED, WHITE & YOU: OUR JULY 4TH CELEBRATION

Our Fourth of July festivities are nothing short of spectacular. With perfect weather, a festive crowd, and a cookout that showcases the best of summer dining, the celebration is a wonderful reflection of everything that makes Cullasaja Club so special. The culinary team will deliver a crowd-pleasing feast, from house-ground burgers and flame-kissed hot dogs to farm-fresh sides and locally inspired desserts. We are honored to celebrate the holiday with all of you, and we are already looking forward this year's patriotic celebration!



## CULINARY CREATIVITY IN FULL SWING

We're excited to introduce our new **Featured Items**, available every **Thursday through Saturday**, showcasing fresh, seasonal, and creative dishes that rotate weekly. These limited-time offerings give our culinary team a chance to stretch their legs a bit—bringing bold flavors, inventive techniques, and locally inspired ingredients to the table. Among the standouts is our new **Prime Steak Burger**, a house-made blend of New York Strip, Ribeye, Filet Mignon, and Applewood Smoked Bacon. It's juicy, rich, and downright addictive—raising the bar on what a burger can be. Be sure to stop in and see what's new each week... while it lasts!

The newly revamped Chef's Table series also continues to draw great feedback, and we're looking forward to hosting two more exclusive evenings this season. These intimate dining experiences allow us to push the boundaries of flavor and technique, presenting multi-course menus that reflect both global inspiration and local flair. If you haven't yet attended a Chef's Table, we highly encourage you to reserve a seat!



## COOKING UP COMMUNITY

We've been thrilled by the response to our summer cooking classes. These sessions are a wonderful way to bring members together in a more interactive setting—where cooking becomes both a skill and a shared experience. Whether you're a seasoned home cook or just getting started, our hands-on classes are designed to be educational, engaging, and (most importantly) a lot of fun. We're hosting two more classes this season, so keep an eye out for sign-ups—they tend to fill up quickly!

## LOOKING AHEAD: PLATECRAFT 2025



While we're still in the midst of an unforgettable summer, we're also excited to share something special on the horizon. For the first time, we'll be inviting our members to join us on Tuesday, November 4th for **PlateCraft: The Chef's Table** — a culinary experience like no other. What began as a private educational retreat for chefs has grown into a nationally respected program, and we're proud to host it right here at Cullasaja.

This year's PlateCraft will feature five acclaimed chef instructors and 24 invited chefs from around the country. Together, they'll collaborate, learn, and create—and the culmination of their time here will be a spectacular five-course dinner that members will now have the opportunity to attend. It's a rare chance to experience the kind of food, talent, and culinary camaraderie usually reserved for top-tier industry events. We'll be sharing more details and opening reservations soon, but for now—mark your calendars. You won't want to miss this.



## SUMMER IN HIGHLANDS

We encourage you to explore all the experiences that Cullasaja Club has to offer this season. Whether you're joining us for a cooking class, attending a Chef's Table, sponsoring your duck, or simply enjoying your favorite dish by the firepit—we're grateful for your presence and proud to be a part of your summer story.



## NEW FACES, FAST IMPACT

We're incredibly proud of the new team members who have joined us this season. Their professionalism, passion, and dedication have been felt across all departments. It's no small feat to jump into the height of a club season and immediately make a difference, but our new staff members have done exactly that. Their presence has strengthened our service culture, elevated our dining experience, and helped create a seamless sense of hospitality that defines Cullasaja.

Thank you for being part of this vibrant, welcoming, and always-inspiring community. Here's to another month of memories in the making.

Warm regards,

Scott Craig  
CEC, CCA, WCMC  
Executive Chef

## CULLASAJA CARRY-OUT

*Sunday, July 20th / Pick-up 3:00 p.m.*

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



# A Golf Family Reunited

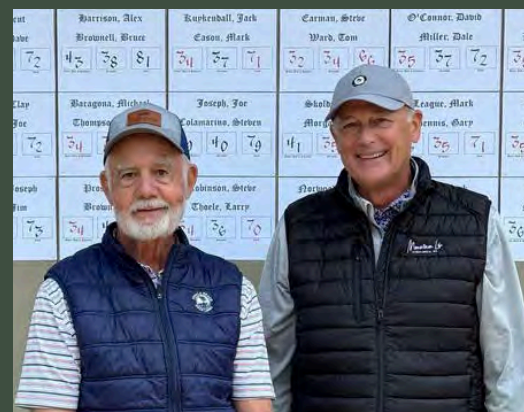


**Charles Beurmann**  
Head Golf Professional

It's wonderful to see Cullasaja in full swing again! As I begin my 12th season as your Head Golf Professional, I'm reminded just how special this Club truly is—and it's all because of you. The return of our Cullasaja Club family, the camaraderie, and of course the spectacular mountain views, make this time of year something I look forward to year after year.

We've had an exciting start to the season. The Opening Scramble set the tone perfectly. This year, we added a fun twist by playing in fivesomes, which added a fresh energy to the event and made for some fantastic team dynamics. Congratulations to our winning group — Mark Jason, Alex Harrison, Randy Sjaardema, Gary DiOrio, and Karen Roberts — on their well-earned victory. Thank you to everyone who came out to kick off the season with enthusiasm and sportsmanship.

## MEN'S MEMBER-MEMBER



The Men's Member/Member was another standout event in May. We saw a great turnout and some incredible competition throughout the weekend. I want to extend special **CONGRATULATIONS** to **Doug Treadwell** and **Tim Carey**, who emerged as champions with solid play and steady teamwork. This event continues to showcase not only excellent golf, but also the strong friendships that make this club what it is.



# SATURDAY NIGHT SHOOTOUTS AT CULLASAJA

One of the most exciting finishes we've seen this season came during the June Shoot-Out. The final came down to Lee Martino and Asa Alliston versus Brent and Colin Yohe—and what a match it was. After a hard-fought round, they went into extra holes where Asa calmly sank a 15-foot birdie putt to clinch the win in dramatic fashion. It was a moment that had everyone watching on the edge of their seats.



**Join us for our next Shootout, Saturday, July 19th at 4:00 p.m.!**  
\$40 per Team (Top 3 Teams are awarded)

**HOW THE SHOOT-OUTS WORK?** 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. Enter a team with the Starter 828-526-6446 (Call or Text)

*This event is always popular and there are a maximum number of teams permitted.*

## JUNIOR GOLF CAMP

Equally inspiring was this year's Junior Golf Camp. We had eleven bright, enthusiastic juniors take part, bringing energy and excitement to the course all week long. Watching their confidence grow and their skills improve was incredibly rewarding. The future of Cullasaja golf is in great hands with this next generation.



## CULLASAJA MEN'S INTERCLUB

Our Interclub season is also off to a strong start. On June 5th and 6th, we hosted and traveled to Highlands Falls—and our team delivered a commanding performance, earning a decisive victory. It was a fantastic couple of days filled with great play and excellent sportsmanship. Next up, we take on **Lake Toxaway** in our home-and-away matches on **July 9th and 10th**. Let's keep the momentum going!



Wednesday, July 9th | Away at Lake Toxaway  
Thursday, July 10th | Home vs. Lake Toxaway  
12:00 Noon Lunch & Range | 1:00 p.m. Shotgun Start  
\$95 per person



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

## SEASON-LONG MATCH PLAY!

Another exciting element of our season is the Season-Long Match Play competition, which is now in full swing. With matches being played throughout the summer, this format provides a fun and competitive way to stay engaged and test your skills in head-to-head play. It's been great to see so many of you embrace the format and enjoy some spirited battles out on the course. As the bracket progresses, we look forward to seeing who rises to the top.

## COUPLES CUP

Looking ahead, July is shaping up to be another memorable month. We'll kick things off with the Couples Cup on July 13th. It's always one of our most enjoyable events, where friendly rivalry meets good-natured teamwork. Let's see who's ready to challenge our defending champions, Jim and Jill Huston and Tom and Susan Ward.



SEE THE GOLF GUIDEBOOK FOR MORE DETAILS!

## UPCOMING EVENTS IN JULY

Our **Chipping vs. Pitching Clinic** is tentatively scheduled for July 17th, though we may adjust the date depending on when our new short game range opens. We're all eager to see that space come to life, it's going to be a fantastic addition to our practice facilities. I'll keep you informed once we have a confirmed opening date.

Then comes our signature summer event, the **MEN'S INVITATIONAL**, taking place July 24th through 26th. This tournament brings together strong competition, great camaraderie, and a few surprises we're keeping under wraps. Jim Moore and Bob Fisher will be back to defend their title, and I know many of you are ready to challenge them for the crown.

SEE THE GOLF GUIDEBOOK FOR MORE DETAILS!



**FREE Clinic!**

**USGA**



Finally, on July 30th at 1:00 PM, we'll host a USGA Rules Workshop. This interactive session will focus on key rules, recent updates, and practical scenarios to help keep everyone sharp. Whether you play competitively or casually, it's always helpful to refresh your knowledge of the game.



As always, the golf staff and I are here to support you, whether it's tuning up your swing, preparing for a tournament, or simply making your rounds more enjoyable. It's an honor to be part of your experience at Cullasaja, and I'm grateful for the energy and passion you bring to the Club. Here's to a fantastic July. I look forward to seeing each of you!

See you on the course!

*Charles Beurmann*

Head Golf Professional

## TWILIGHT GOLF

Wednesday, July 2nd | *All-American Buffet*

Wednesday, July 9th | *Pre-Order Dinner*

Wednesday, July 16th | *Italian Night*

Wednesday, July 23rd | *Steakhouse Buffet*

Wednesday, July 30th | *Pre-Order Dinner*

## DEMO DAYS in JULY

Friday, July 25th | XXIO

11 a.m. - 4 p.m.



# 2025 GOLF TOURNAMENT Schedule

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

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

*\*Sign-up on Golf Genius*

# WGA UPDATE

## WGA LAUREL CUP RESULTS



We want to congratulate **Jackie Martino** our 18 hole Laurel Cup Champion with a score of 66 and **Sammy Smith** was the 9 Hole Laurel Cup Champion with a score of 33.



## WGA PRESIDENT'S CUP

*Tuesday, July 15th & Wednesday, July 16th*

### 2024 CHAMPIONS



Anne Julian  
9 HOLE

Susan Ward  
18 HOLE

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

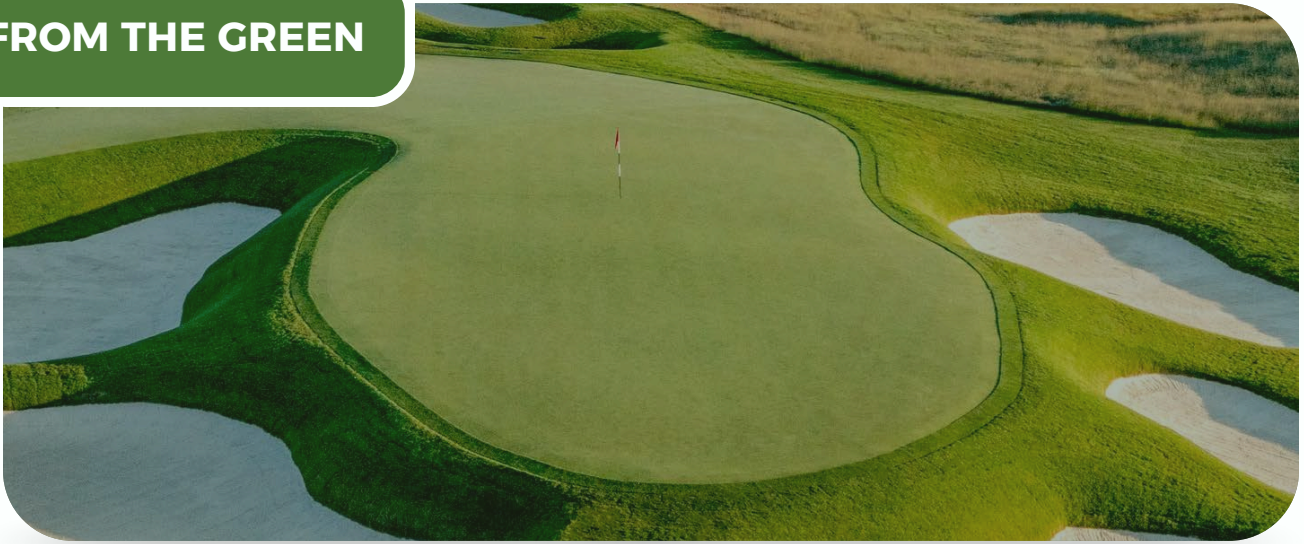
**Format:** Two-Day Individual Ringer Tournament with a Net Double Bogey Max score with 18-Hole & 9-Hole Divisions.

**Handicap:** Played with 95% Handicap  
Round One pairing will be established by player's handicap and Round Two by your first round score. A Low Gross Prize will not be awarded because of the Net Double Bogey Max.

## OTHER JULY WGA EVENTS

<u>18-Hole Events</u>	<u>Date</u>	<u>9-Hole Events</u>
Team Stableford (HDCP)	July 1	Ts & Fs
9 & 18 Play Together! 18-Hole Scramble	July 8	9 & 18 Play Together! 18-Hole Scramble
President's Cup	July 15-16	President's Cup
In the Box	July 22	Odds & Evens
Team Match Play	July 29	Team Stableford





# IN PRAISE OF POA ANNUA GREENS

**by: Darin Bevard, Senior Director,  
Championship Agronomy**

Poa annua greens don't always have the best reputation, but they can be a great putting surface in the right situation. The greens at Oakmont and many other USGA championship venues show just how well this grass can perform.



**Tom Nelson**  
Golf Course Superintendent

The greens at Oakmont Country Club, host site of this year's U.S. Open, are the stuff of legend. They are also almost entirely Poa annua – aka annual bluegrass – and they are great! In fact, the next four U.S. Opens will be conducted at courses with predominantly Poa annua putting greens. Many of the best-known golf courses in the world have Poa annua greens – and excellent Poa annua greens at that – so, why is it that this grass has a checkered reputation for putting quality in some circles? There are some valid downsides to Poa annua greens, there are some misconceptions, and of course there is a long list of exceptions to any broad statements. Taking all that into account, in the right situations there are plenty of reasons to praise Poa annua greens.

## WHAT ARE THE DOWNSIDES OF POA ANNUA GREENS?

**Seedheads:** One knock against Poa annua is the prolific amount of seedheads that the plant produces, mostly in the spring, but at other times of the growing season as well. Seedheads make greens look ugly and negatively impact ball roll when they emerge. In the past, reducing seedheads required carefully timed applications of growth regulators. If the optimal window was missed by three or four days, applications were ineffective. Improvements in growth regulators that reduce seedhead emergence combined with a better understanding of how to use them has significantly improved seedhead control. While timing is still important, the window for success is much wider. Seedheads can be a concern on Poa annua greens, but products that limit seedhead emergence have dramatically reduced the potential impact on surface smoothness.

**Appearance:** Forgetting seedheads, *Poa annua* greens can have a patchy appearance because many different types of the grass may be present on a single green. *Poa annua* evolves on greens over the decades, which means genetic differences can become visually apparent. The patchy appearance promotes a preconceived notion that *Poa annua* cannot possibly produce a smooth ball roll, but actually putting on the greens often tells a different story.



**Misconceptions:** Several televised golf events are played every year on *Poa annua* greens on the West Coast in January and February. Coincidentally, this is the rainy season in this region, when greens can be softer and easily affected by foot traffic. TV analysts often blame *Poa annua* for bumpy conditions around the hole, rather than all the golfer traffic. Spoiler alert: regardless of the type of grass, heavy foot traffic on soft greens reduces surface quality over the course of the day. Firm *Poa annua* greens hold up very well to routine traffic.

**It's a Weed:** In many instances, *Poa annua* is a weed! The divergence of being at one course where the goal is to eradicate *Poa annua* and going to another course that loves it creates confusion. This is one of the beauties of golf course maintenance. One person's weed is another's treasure, and both can be correct!

**Maintenance:** *Poa annua* generally has shallow roots compared to creeping bentgrass and can be challenging to maintain under stressful summer conditions. Increased summer watering may be needed at times, but we have better knowledge of managing *Poa annua* through stress with great success. *Poa annua* is also more vulnerable to certain types of winter damage than bentgrass.

### **WHY WOULD I WANT POA ANNUA GREENS AFTER THAT LIST OF DOWNSIDES?**

**Playability:** A firm, fast *Poa annua* green is hard to beat. *Poa annua* greens on many courses have evolved through decades of maintenance. The biotypes that remain often produce fewer, smaller seedheads and tolerate the rigors of daily maintenance and play to provide great surface conditions. Most of the downsides of *Poa annua* putting greens can be managed or eliminated with effective maintenance programs and adequate resources.

**Location:** In some regions and growing environments, keeping *Poa annua* from encroaching into creeping bentgrass greens is very challenging. More time can be spent trying to eradicate *Poa annua* than actually focusing on playing conditions. If resources are not available to maintain a *Poa annua* control program, it can quickly colonize a green. This may be a message that *Poa annua* is the right grass for a given location. For example, greens that experience heavy shade and traffic are often mostly *Poa annua* because it tolerates those stresses better than bentgrass.

The next time you play a course with *Poa annua* greens, know that it can be one of the best putting surfaces in the world. Preconceived notions are never a good idea when it comes to the grasses on a golf course because everything is site and management specific. Base your opinion on how the golf ball rolls rather than what you hear or think. You will realize that *Poa annua* may be worthy of high praise!



# CROQUET NEWS



Brian Lozano  
Croquet Director

The 2025 croquet season at Cullasaja Club is off to an exciting start! Our community of croquet enthusiasts has returned to the lawns with renewed energy—refining their pendulum swings, navigating the courts with precision, and most importantly, reconnecting with friends old and new through the Cullasaja Croquet Association.

We kicked off the season in style with the Welcome Home Celebration, where a vibrant Caribbean theme set the tone for the summer ahead. The event struck the perfect blend of friendly competition and social cheer, welcoming members back to the Plateau's premier croquet club. As always, our popular Mallets and Martinis evenings on Tuesdays and Wine and Wickets on Thursdays have been buzzing with great turnout and spirited play.





## STARS & STRIPES ON THE LAWN

Looking ahead, we're thrilled for our next marquee event: "Stars & Stripes on the Lawn" – our annual Patriots Play Croquet event – happening Sunday, July 6th. Bring your red, white, and blue and enjoy a day of festive fun, food, and fantastic croquet!



## MIXED DOUBLES CHAMPIONS

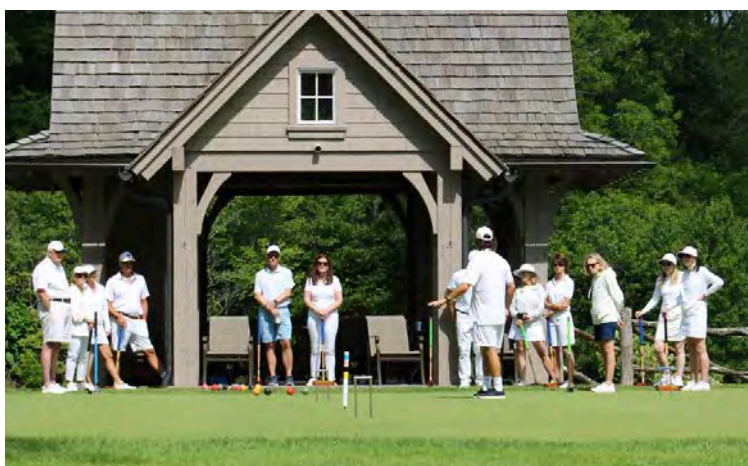
A big congratulations to our **2025 Mixed Doubles Champions** – **Tim and Julie Wright**! This year's tournament saw an exciting mix of veterans and fresh faces competing in an open format that encouraged spirited, balanced play. From surprising upsets to nail-biting finishes, the event was a showcase of both skill and sportsmanship. Hats off to all participants!

Special thanks to our spectators and supporters, your presence makes each event even more memorable.



## WEDNESDAY MORNING BEGINNER'S CLINIC

*with Brian Lozano*



If you're interested in discovering the joy of croquet, stop by on a Wednesday morning at 10:00 a.m. and let us introduce you to this wonderful lifelong sport.



# UPCOMING EVENTS

## Ladies' Doubles Championship

*Monday & Tuesday, July 7-8  
at 9 a.m.*



2024 CHAMPIONS  
Jacquie Harris & Emily Adkins

## Men's Doubles Championship

*Monday & Tuesday, July 14-15  
at 9 a.m.*



2024 CHAMPIONS  
Tim Wright & Dennis Fisher

## JULY INTERCLUB MATCHES

Friday, July 18th | *Away at CCSV*



Tuesday, July 22nd | *Home vs. Burlingame*



## BURLINGAME

*Limited to First 8 to Sign Up Each Week  
Please sign up via the Member App*

## Men's Singles Championship

*Tuesday & Wednesday, July 29-30  
at 9 a.m.*



2024 CHAMPION  
Joe Harris

Best of luck to all competitors—we can't wait to see more thrilling matches and great camaraderie on the courts. This summer, the CCA continues to offer a full calendar of social mixers, competitive play, and private coaching opportunities. Whether you're a seasoned player or curious to try something new, there's a place for you on the lawn. Here's to another unforgettable season at Cullasaja Club!

# TENNIS

JULY 2025



Chris Harris  
Tennis Director

## TENNIS AT THE TOP

A BUSY START TO THE 2025 TENNIS SEASON: This May started a little slow due to seasonally cooler temperatures but since May 15th, we've been extraordinarily busy. The courts are often full each morning, and we have already had our Welcome Home Mixer, the Ladies' Member Guest, a Mixed Doubles' interclub and the Men's Doubles Invitational. I've calculated that from mid-May thru mid-June the courts have seen approximately 805 hours of play.

Our tennis courts continue to play well and our computer-controlled watering system that delivers moisture each morning continues to operate as intended. This gives Joe Sewell a great base to prepare the courts at the start of each day.

Heather has been busy providing lessons and clinics with the help of our returning Tennis Assistant and Shop Attendant, Kate Phillips. Kate, our young accomplished high school tennis player has recently graduated from Franklin, NC. We are fortunate to have her back one more season before she begins classes at Auburn. Please note that we are all available to hit with you when our schedules allow.

## THE WELCOME HOME / NEW TENNIS MEMBER MIXER

The Welcome Home/ New Tennis Member Mixer and Happy Hour Lunch to follow was bigger than ever. This was our first major event of the 2025 tennis season. We had plenty of participation with over 25 players enjoying this social mixer. After the event, we enjoyed a nice Tex-Mex Happy Hour catered by our F&B team and located on the fabulous Tennis Shop deck. Thank you to our Tennis Committee, and especially Pam Burge, for all they did to make this greatly anticipated social tennis event for our community a success.





# LADIES MEMBER GUEST

## FLIGHT A WINNER



Tricia Berry & Stef Johnson

THE LADIES MEMBER GUEST WAS QUITE SPECIAL THIS YEAR.

On June 20th, the ladies hosted their French-themed Ladies' Member Guest Tennis Tournament. The event filled to capacity and the players fully participated in the French theme enjoying champagne while dressed in pink, white, and black attire while listening to Parisian music. The lunch following play was also spectacular as the photos below show.

## FLIGHT B WINNER



Nan Ferrara & Amy Balismo

## BEST DRESSED/ JOI DE VIVRE



Jane Adams & Camille Collier



## MEN'S INVITATIONAL

The Men's Invitational was a warm and successful event. Eight teams in two different divisions competed against one another over the course of two and a half hours. Because the day was unusually warm, and the tournament ran a little longer than expected, we decided to declare two overall champions. Congratulations to Tim Godwin and Mike Carrol, and also Tom Bromley and Ward Council for winning the event.

### FLIGHT A WINNER



Tom Bromley & Ward Council

## INTERCLUBS

Ladies' Doubles Interclub vs. High Hampton  
Date & Time TBD



Men's Doubles Interclub at Cedar Creek  
Tuesday, July 22<sup>nd</sup> at 2 p.m.  
(3.5 to 4.0 Level of Play)



Please sign up for these interclubs on the Cullasaja Club mobile app. We have openings for 8 players per interclub dependent upon the number of courts and players available at each club. Level of play requested varies but noted on reservation page.

### FLIGHT B WINNER



Tim Godwin & Mike Carrol

## TENNIS CLINICS & LESSONS

### CLINICS CONTINUE FOR THE MONTH OF JULY.

#### Beginner Adult Clinic

Tuesdays from 8:45 a.m. to 9:45 a.m.

Tuesdays, Thursdays & Fridays

**Tiny Tots** (ages 4-7) 2:00 p.m. - 2:45 p.m.

**Juniors** (ages 8-12) 2:45 p.m. - 3:45 p.m.

Heather is providing lessons and clinics with the help of Kate, and these clinics will continue through the month of July. Sign-up on the Member App to enjoy.

Also, feel free to reach out to Heather to schedule a group clinic with other Members or guests, or schedule a private lesson. Her number is 828-342-8922.



# Upcoming Events

## TENNIS IN JULY

### 4TH OF JULY WEEK TENNIS MIXER

**Saturday, July 5th with Two Sessions to Choose**

Make plans now to join us for our Holiday Tennis Mixer on July 5th. It's our most popular tennis mixer of the season with close to 40 participants for this event the norm. Due to its popularity, we will continue to have two start times. Please sign-up for either the 9:00 a.m. start time or the 10:30 a.m. start time. No partners are required and tennis playing family members and their guests of any skill level are invited to participate. To maintain an engaging atmosphere, a culinary presentation by our Food & Beverage team will be served court side at the conclusion of play. Sign up via the Member App now if you would like to participate.

### LADIES' DOUBLES CHAMPIONSHIP

**Friday, July 18<sup>th</sup> | Starts at 10:00 a.m.**

Participants will play with set teams in a tournament style event for all Championships. Four teams required to play/hold Championships. The set teams will compete in a round robin rotation of opponents. You will play the entire event with your partner. If you need help finding a partner for these Championships, let me know a week or two in advance; I will be happy to help you find one.



**Caroline Yohe & Bianca Yohe**

### KID'S END OF SEASON TENNIS PARTY

**Saturday, July 29th | 4:30 p.m. - 6 p.m.**

Join us for Cullasaja Club's End of Season Junior Tennis Party, offering an exciting time filled with games, prizes, and laughter as we celebrate all your hard work on the court.

# Wellness In July



Onifer Wilmoth  
Wellness Director

## **RIISING TEMPS, *DRINK MORE WATER***

Most people realize they sweat more when they exercise and that they need to drink more water. However, most people do not know how much water their body needs in order to continue to work properly. When you exercise, your body temperature can elevate as much as 2 or 3 degrees. This is when you start to sweat. Sweating is your body's natural cooling system. When you sweat, you are losing water that is in your body. During very difficult exercise, your body can lose as much as  $\frac{1}{2}$  gallon of water per hour.

So, the question is “How much water do I need?” and “When do I need to drink water?” It is good to drink as much water as you possibly can throughout the course of your day, but generally speaking you should drink around 16 ounces of water approximately 1 hour before exercise, and 8 more ounces of water 30 minutes prior to exercise. During your exercise, you should consume 8 ounces of water every 20-30 minutes.



## **HOW MUCH WATER DO I NEED?**



Most people usually wait until they are “thirsty” before they drink any water. This is not the best way to judge when you need water. Your body constantly needs to be hydrated even if you don’t feel thirsty. If you fail to replace the water your body is losing, you become dehydrated. When you are dehydrated, extra strain is being placed on the kidneys and cardiovascular system, and your body actually becomes less efficient during exercise.

Drinking water is important every single day. Your body needs water just as much on the days you play tennis or golf as the days you use the Activity Center for exercise. Just remember, before you head out for your golf round, tennis match, or workout, DRINK UP!

## Lunch & Learn

### PEPTIDES IN HUMAN HEALTH

with Dr. Sue Aery

THURSDAY, AUGUST 7 AT 12:30PM

In the Clubhouse Sweetwater Room

Join us for an engaging presentation on the fascinating world of peptides and their significant impact on health and wellness. In this talk, Dr. Sue will explore how peptides—short chains of amino acids—function as powerful biological molecules that play critical roles in regulating inflammation, metabolism, and cellular signaling. Discover how these peptides can help combat the effects of aging, promote joint health, and support effective weight control.

Throughout the presentation, Dr. Sue will explore the therapeutic potential of peptides in both conventional and functional medicine. Her presentation will provide valuable insights into the ways peptides can enhance quality of life and overall health. Don’t miss this opportunity to learn how these remarkable molecules can pave the way for innovative strategies in managing health and wellness!

# Hiking Update



Photo from Ranger Falls Hike

**HIKING IS A GREAT WAY TO ENJOY MANY OF THE SPECTACULAR VIEWS, WATERFALLS, STREAMS, AND WILDLIFE THAT THE HIGHLANDS/CASHIERS AREA HAS TO OFFER. PLEASE REMEMBER TO PACK A SNACK AND PLENTY OF WATER FOR EACH HIKE!**



Photo from Ranger Falls Hike

I am excited about the interest members have been expressing in our Cullasaja hiking group. The next trip will take place on **Saturday, July 26<sup>th</sup>**.

Our group will depart from the Activity Center at 9:00am and will be heading to Lake Glenville for the dam release. We will view **Rough Run Falls** from the lower trail, which is approximately 4.0 miles round trip and is moderate in intensity. Please be sure to sign up in advance using the Cullasaja Club App.



# JOIN OUR GROUP CLASSES!

Check Out the Next Page for the **COMPLETE** Class Schedule



## ZUMBA & BEMOVED

with **Gay**

Tuesdays @ 10:00 a.m. – Zumba  
Thursdays @ 10:00 a.m. – Bemoved



## AQUA MIX with Carol

Mondays, Wednesdays  
& Fridays @ 10:15 a.m.



## YIN YOGA & YOGA FIT

with **Robert**

Mondays & Fridays @ 10:00 a.m. – Yin Yoga  
Wednesdays @ 10:00 a.m. – Yoga Fit



## FLEXIBILITY BASICS

with **Brian**

Saturdays @ 10:00 a.m.



## ROLL YOUR PAIN AWAY with Erica

Mondays, Wednesdays  
& Fridays @ 9:00 a.m.



## FIRECRACKER 5K



**FRIDAY, JULY 4TH**

*Meet at the Fairway Cafe*

**Start Time: 7:00 a.m.**

*(Meet at 6:45 a.m.)*

Sign-up on the Member App  
*See Flyer for more details.*

**SPECIAL CLASS!**



**MAT PILATES**

*with Catherine Moyer*

**Saturday, July 12<sup>th</sup>**

**at 11:00 a.m.**

Check out the Flyer & App  
for more details!

# JULY FITNESS CLASSES

## MONDAY

9:00 a.m.  
10:00 a.m.  
10:15 a.m.

Roll Your Pain Away with *Erica*  
Yin Yoga with *Robert*  
Aqua Mix with *Carol*

## TUESDAY

8:30 a.m.  
9:00 a.m.  
10:00 a.m.  
11:00 a.m.

Spin & Strength with *Onifer*  
FUNctional Fitness with *Brian*  
Zumba with *Gay*  
Ball, Balance, & Beyond with *Onifer*

## WEDNESDAY

9:00 a.m.  
10:00 a.m.  
10:15 a.m.

Roll Your Pain Away with *Erica*  
Yoga Fit with *Robert*  
Aqua Mix with *Carol*

## THURSDAY

8:30 a.m.  
9:00 a.m.  
10:00 a.m.  
11:00 a.m.

Spin & Stretch with *Onifer*  
FUNctional Fitness with *Brian*  
BeMoved with *Gay*  
Ball, Balance, & Beyond with *Onifer*

## FRIDAY

9:00 a.m.  
10:00 a.m.  
10:15 a.m.

Roll Your Pain Away with *Erica*  
Yin Yoga with *Robert*  
Aqua Mix with *Carol*

## SATURDAY

9:00 a.m.  
10:00 a.m.

FUNctional Fitness with *Brian*  
Flexibility Basics with *Brian*

## Clubhouse Dining in July

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

*Sunday Branch is 10:30 am to 2:00 pm*

# JULY 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>Activities</div> <div>Croquet</div> <div>Golf</div> <div>Tennis</div> <div>WGA</div> <div>Wellness</div> </div>		<div>1</div> <div>FAMILY BINGO NIGHT &amp; BUFFET DINNER</div>	<div>2</div> <div>ALL AMERICAN BUFFET FOR TWILIGHT DINNER</div> <div>KID'S DAY 3-9pm</div>	<div>3</div> <div>CART PARADE (at 11 a.m.)</div> <div>DUCK RACE (at 11:45 a.m.)</div> <div>LUNCH BUFFET IN CLUBHOUSE (11 a.m. - 3 p.m.)</div>	<div>4</div> <div>5K FUN-RUN &amp; WALK</div> <div>Fairway &amp; Pool Cafe</div> <div>OPEN for Lunch</div> <div>Clubhouse OPENS at 4pm</div> <div>JULY 4TH COOKOUT 4pm-8pm</div>	<div>5</div> <div>STRAWBERRIES &amp; CREAM TENNIS MIXER</div>
<div>6</div> <div>PATRIOT PLAY CROQUET EVENT</div>	<div>7</div> <div>Ladies' Doubles Croquet Championship</div>	<div>8</div>	<div>9</div> <div>Pre-Order Dinner for Twilight</div>	<div>10</div> <div>LIVE MUSIC on Arnie's Verandah (6pm - 8pm)</div>	<div>11</div> <div>CWO LUNCHEON</div>	<div>12</div>
<div>13</div> <div>COUPLES' CUP GOLF EVENT</div>	<div>14</div> <div>Men's Doubles Croquet Championship</div> <div>WGA PRESIDENT'S CUP</div>	<div>15</div>	<div>16</div> <div>ITALIAN NIGHT FOR TWILIGHT DINNER</div>	<div>17</div> <div>LIVE MUSIC on Arnie's Verandah (6pm - 8pm)</div>	<div>18</div> <div>Ladies' Doubles Tennis Championship</div>	<div>19</div> <div>SATURDAY NIGHT SHOOT-OUT @ 4pm</div>
<div>20</div> <div>CULLASAJA CARRY-OUT</div>	<div>21</div> <div>HOA-BOD Meeting @ 9:00am</div>	<div>22</div>	<div>23</div> <div>STEAK HOUSE BUFFET FOR TWILIGHT DINNER</div>	<div>24</div> <div>Clubhouse CLOSED for Lunch &amp; Dinner</div>	<div>25</div> <div>Clubhouse CLOSED for Lunch &amp; OPEN for Dinner</div>	<div>26</div> <div>Clubhouse CLOSED for Lunch &amp; Dinner</div> <div>Fairway Cafe CLOSED</div>
<div>27</div>	<div>28</div> <div>CLUB BOG Meeting @ 8:30am</div>	<div>29</div> <div>KID'S END OF SEASON TENNIS PARTY</div> <div>Men's Singles Croquet Championship</div>	<div>30</div> <div>Pre-Order Dinner for Twilight</div>	<div>31</div> <div>MOUNTAIN HERITAGE Speaker Series</div> <div>JENENE CARAMIELO Professional Singer Dinner &amp; Concert</div>		

MEN'S GOLF INVITATIONAL