

April 2022

ECHOES



championhills.com | [@ChampionHillsCommunity](https://www.instagram.com/ChampionHillsCommunity) | 828.696.1962



EARTH WEEK CELEBRATION

CELEBRATE THE BEAUTIFUL NATURAL
SURROUNDINGS OF CHAMPION HILLS!

RAYMOND'S GARDEN CENTER LOCAL PLANT DISCUSSION

APRIL 21 | 2 PM - 4 PM

The "Shady Ladies" from Raymond's Garden Center will be visiting the Champion Hills Clubhouse to give a presentation on local foliage. Annuals and perennials will be on display for inspiration as you beautify your containers and landscaping.

Have pesky deer taken a liking to your garden? "Deer Resistant Plants" will also be showcased at this event! Register for this event on CHMember.com.



TERRA-RIFIC THIRSTY THURSDAY APRIL 21 | 4 PM - 6 PM

After an informative discussion on gardens and local foliage, head over to the Fazio Pub to enjoy a fantastic time at Thirsty Thursday with Earth Day themed drinks and delicious bar bites.

WASTE WATER TREATMENT FACILITY TOUR APRIL 22 | 10:30 AM (MEET AT CLUBHOUSE)

This Earth Day, come tour our wastewater treatment plant with Craig Galloway, the POA Director Grounds and Facilities, and learn about how it helps our community. This event is limited to 20, so sign up fast!

Register for this event with POA@championhills.com.



WILD FLOWERS OF CHAMPION HILLS NATURE GUIDE



Can't make it to any of the events above, but still interested in celebrating the beautiful surroundings? Our very own Member, Mr. Chuck Darnell, created an informative guide to locate and discover the local wildflowers in the Champion Hills Community! Stop by the Admin Office in the Clubhouse to pick up your copy of the Guide today.



Champion Hills Club

Diaper Donation Drive!

04.04.22 – 04.18.22

Champion Hills Diaper Donation Drive

Monday, April 4 - Monday, April 18

Donation Drop-Off Location is the Champion Hills Clubhouse Admin Office

Babies Need Bottoms is a nonprofit diaper bank serving families in Buncombe, Haywood, Henderson, Madison, McDowell and Transylvania Counties. The mission of Babies Need Bottoms is to improve the lives of babies, toddlers and caregivers in Western North Carolina through diaper distribution, community awareness, and community partnerships.

This organization is particularly in need of:

- Baby Wipes
- Size 5 and 6 Diapers
- Size 4T and 5T Pullups
- Monetary Donations

To show our appreciation to the Members of Champion Hills, one drink ticket will be given to any Member who donates a case of diapers on **Thursday, April 14**. This ticket may be redeemed during Thirsty Thursday that evening from 4-6 PM for a beer or glass of wine courtesy of Mr. Mike and Mrs. Beverly Swartzlander!

Champion Hills, Babies Need Bottoms, and local families in Western North Carolina sincerely thank you for your generous donations!

WAYS TO GIVE BACK

CHAMPION HILLS CLUB
**BLOOD DONOR
DRIVE**



LET'S MAKE A DIFFERENCE!
MAY 23, 12:30 - 5 PM

PLEASE CONTACT SUE MARKER TO REGISTER:
HOME: 828-692-7583
CELL: 828-606-0921
SUEMARKER@BELLSOUTH.NET

Champion Hills Blood Donor Drive **May 23, 12:30 - 5 PM**

The decision to donate blood could save a life. Thank you so much for considering participate in this worthy cause! For more details on how to register for this blood donor drive, please contact Mrs. Sue Marker.



LAST MONTH'S WINNERS:

Congrats to the Brainiacs:
Stan and Lynn McFarland,
Bill and Barbara Lessig,
Marta and Scott Loftfield



Food-Themed Trivia Night

April 6

Want to join in on the fun and show off
your knowledge?

Reserve your team a table today!

Visit chmember.com to register for these events today.

WHAT'S HAPPENING IN

APRIL



THE HENDERSONVILLE YOUTH SYMPHONY

Monday, April 4

An auditioned full orchestra ensemble of 48 student musicians playing string, brass, woodwind, and percussion instruments is returning to Champion Hills this season.

Students in the group come from 11 different local public, private, and charter schools. This year is particularly special for the youth orchestra, as this season marks our return to in-person playing after Covid, and the youth are as excited as ever to be making music together again and perform this evening for the Members of Champion Hills Club!

MEN'S NIGHT OUT**Wednesday, April 13**

We invite the Gentlemen of Champion Hills to a evening of great food and great conversation.

**LADIES' NIGHT OUT****Wednesday, April 20**

Join the Ladies' of Champion Hills for a delightful evening in the Clubhouse filled with laughter and friendship!

OUTSIDE THE COMMUNITY

EGG-A-PALOOZA**April 9 | 11AM, 1PM, 3PM****Breedlove's Deli | Hendersonville**

This fun Easter event includes donut decorating, egg decorating, an Easter basket craft, flowerpot craft with plant, a Peeps milkshake, Easter-themed finger foods and the Easter Bunny will be there for photos. Reservations required!

TRYON BLOCK HOUSE RACES**STEEPLECHASE****April 16 | Tryon Equestrian Center**

Head out for a day at the 74th Tryon Block House Races at the historic steeplechase of Tryon Riding & Hunt Club. Purchase a tailgate space along the 1.16-mile track and watch the jockeys and horses races to the finish line.

ASHEVILLE TOURISTS BASEBALL OPENING HOME GAME**April 12-17**

The Asheville Tourists are the Minor League High-A Affiliate for the Houston Astros that plays at McCormick Field in downtown Asheville. Game times vary by day. Tickets are \$9-11 for General Admission. See website for Covid-related restrictions.

CIDER, WINE & DINE WEEKEND**April 22-24**

Henderson County wineries and cideries partner to present a weekend filled with a long list of activities including: artisan hard cider, local wines, food, educational programs, music, tours and more; events will take place at scenic and unique local venues.



EASTER BRUNCH AT CHAMPION HILLS

SUNDAY, APRIL 17 | 11:30 AM & 1:30 PM

ADULTS 39++ | AGES 5-13 12++

(CHICKADEES 4 AND UNDER EAT FREE)

Easter Brunch



-Soups & Salads-

CHICKEN & RICE SOUP

TOMATO BISQUE
with parmesan crostini

CAPRESE SALAD
orzo, roasted tomatoes, pesto, olives, ciliegine

ROASTED BEET SALAD
candied walnuts, goat cheese, citrus vinaigrette

-Displays-

SEASONAL FRUIT & BERRIES

SHRIMP COCKTAIL
lemon, cocktail sauce

SMOKED SALMON
whites, yolks, red onion, tomato, capers

DEVILED EGGS
traditional, horseradish, lacquered pork belly

-Omelet Station-

PEPPERS | MUSHROOMS | ONIONS | TOMATOES | SPINACH | HAM | BACON | CHEDDAR CHEESE

-Buffet & Carvery-

FRENCH TOAST
crème brûlée battered, sorghum syrup

RICOTTA STUFFED CHICKEN
marsala mushroom sauce

ROASTED GROUPER
capsicum caper beurre blanc

SNAP PEA & PEA LEAVES
chili, garlic, lemon

GLAZED CARROTS
orange sugar glaze

POTATOES O'BRIEN
charred peppers

SCALLOPED POTATOES
three cheeses, chives

SPIRAL HAM
stone ground mustard

STRIPLOIN
horseradish crema, dinner rolls

-Dessert-

CARROT CAKE | FLOURLESS CHOCOLATE TORTE | ASSORTED DESSERT BARS | COOKIES | ASSORTED CONFECTIONS



CHAMPION HILLS REAL ESTATE: Top 2 Team in the Beverly-Hanks Portfolio

We are excited to announce that our very own onsite agents, recently learned that they were the #2 selling Team within Beverly-Hanks, which has over 400 agents. In 2021, they processed over \$41,000,000 in volume with 64 transactions. It was an extraordinary year! They are grateful to all of those who helped in so many ways to make this Champion Hills' best year ever.



Pictured left to right: Mary Kay Buhrke, Neal Hanks, Amber Saxon

We are so proud to have these wonderful agents as part of our Champion Hills Team and Family!

Beverly-Hanks
— REALTORS® —

**YOU'RE INVITED! 2021 REAL ESTATE
MARKET REVIEW & 2022 TRENDS**
Thursday, April 28 | 3 - 4 PM

Club & POA Members are invited to attend!

It was a record breaking year for Champion Hills, and also for Beverly-Hanks as they celebrated their 45th year of business in Western North Carolina.

Neal Hanks, President and Principal owner of Beverly-Hanks & Associates, will provide our residents and members with an update on the 2021 real estate market and recent trends followed by a Q&A. Afterwards, everyone is invited to enjoy delicious bar bites and drink specials at Thirsty Thursday!

Please RSVP on chmember.com or Kyle at POA@championhills.com.

GOLF NEWS

SHAMROCK SCRAMBLE | MARCH 17

RESULTS:



First Place:

Miles Fenn
Lynn Copper
Karen Gilbert
Stu Holcombe



Second Place:

Rick Kirkendall
Linda Kirkendall
Dirk Novosad
Carol Novosad



Third Place:

Steve Imhof
Karen Imhof
Glenn Strow
Terry Strow



Closest to Pin:

Women #2 - Lynn Copper [14'7"]

Men #4 - Bill Zollinger [17'9"]

GOLF EVENTS

THE HILLS CUP | MAY 3 - 5



It's Women vs. Men in this Ryder Cup Style Event.

Sign ups begin April 4 on ForeTees!

Open to the first 20 men and first 20 women to sign up.

There will be a Tuesday Night Pairing Party, lunch after round 1 play, and dinner after round 2 play.

More information on ForeTees!

TIP FROM THE PRO | RELAX THE HANDS

By Head Golf Pro, Scooter Buhrman

To increase club head speed, most players need to decrease the pressure and tension in their hands and arms. A light grip and relaxed arms will help to relax your body at address and give you the flexibility to make a full turn and a free arm swing at top speed. Tension, on the other hand, restricts your shoulder turn and decreases your arm and hand speed. How light is light? Light means enough to feel the club head as it travels around the arch.

UPCOMING EVENTS:

April 4-6: Greens Aerification *Course Closed*

April 23: 9 & Dine

May 3-5: The Hills Cup

May 11: Men's Opening Day

May 13-14: Next Round Trade In Event

May 15: Couples Opening Day

May 17: Ladies' Opening Day

May 20: Champions Guest Day

May 28: 9 & Dine

May 30: Memorial Day Mixed ABCD



HOW TO START WORKING OUT AGAIN AFTER A LONG BREAK

by Wellness Director, Mackenzie Jones

With every new season comes the possibility of new fitness goals. Spring is the perfect time to restart your fitness routine. It's never too late to regain the fitness you've lost. Your body is an incredible machine, and it won't be long until you're knocking down your fitness goals again or even surpassing your previous goals.

Re-Engage With Your Why

It's not easy to jump back into fitness after a long break. Your body will tire more easily. Movements that used to feel easy may be surprisingly challenging. This is why it's so important to have a clear understanding of why you're putting yourself through all of this.

Think of your why – the reason you want to improve your health and fitness. Do you want to maintain a good quality of life? Play 18 holes multiple times a week? Advance your speed and agility on the tennis or pickleball court? Be able to dance at a wedding this summer?

Take some time to consider what motivates you. Then, use your why to stay motivated when you hit rough patches during your return to fitness.

Set Realistic Expectations

Time for some tough news. According to Men's Health, it only takes a few weeks of inactivity for your body to begin losing muscle mass and cardio fitness. If you haven't been moving as much (or at all) over the past few months, you can't expect to rock your past fitness routine. Instead, re-set your expectations. It will take time and effort to regain what you've lost. Set aside your previous routines and personal records and focus simply on improving from where you are right now.

Create a Plan

One of the reasons why the pandemic knocked so many of us off the fitness bandwagon was because it dramatically changed up our routines. With all the changes, it was easy for our normal workout sessions to get lost in it all.

As you re-engage with fitness, create a clear plan to hold yourself accountable. Schedule your workouts. Choose a consistent time and date for your sweat sessions. Make an appointment with one of our personal trainers or try a new group fitness class.

Start Slow

Go slowly in the beginning. If you've been totally out of the fitness game for a while, focus on simply getting your body used to moving again for the first one or two weeks. Perform small sets with light weights and give yourself plenty of rest. Yes, it may feel irritating to go slow, but diving in and trying to do your old fitness routines may lead to injury or burnout. Be gentle with yourself and give your body the chance to readapt to getting back into working out again.

Try the 5-Minute Rule

Feeling a little overwhelmed by the idea of facing off against a long, challenging workout? Commit to just five minutes of working out. If, after five minutes, you've had your fill, then stop and call it a day. Many times, just starting a workout is the hardest part. After five minutes, you'll realize that you can go a little longer.

Rest and recovery are an important part of a successful workout routine. Drink water during your workouts and take rest days. Get plenty of sleep and nourish your body with healthy eating. The more you care for your body between workouts, the better you'll do in the gym. Getting back into a fitness routine can seem daunting, the hardest part is choosing to take the first step toward your personal health and wellness.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Prime Rib Feature	2
3 Sunday Brunch	4 Diaper Drive Begins HYSO Concert Greens Aerification	5 Clubhouse Closed Greens Aerification	6 Food-Themed Trivia Night Greens Aerification	7 Thirsty Thursday	8 Prime Rib Feature	9
10 Sunday Brunch	11 Clubhouse Closed	12 Burger Night	13 Men's Night Out	14 Thirsty Thursday	15 Prime Rib Feature	16
17 Easter Brunch	18 Diaper Drive Ends Clubhouse Closed	19 Burger Night	20 Ladies' Night Out	21 Raymond's Garden Center Presentation 3rd Thursday: New Member Mingle!	22 Wastewater Treatment Tour Prime Rib Feature	23
24 Sunday Brunch	25 Clubhouse Closed	26 Burger Night	27	28 Beverly Hanks Presentation Thirsty Thursday	29 Prime Rib Feature	30