

We are all being more vigilant of our health and safety, and this is a great time to remind you that Champion Hills has taken the utmost precautions to be sure you have access to emergency care should the situation arise.

EMERGENCY VEHICLE ACCESS

Ambulances, EMS and our own security vehicles can access every part of the golf course via cart paths. No matter where you are, we can reach you.

HELICOPTER LANDING ACCESS

Helicopters and planes can land on #3, #12 and #14 if an emergency warrants.

AED DEFIBRILLATORS

We have a total of five AED's at Champion Hills. Key Staff Members are trained on how to work these machines which walk you through the steps.

Our 5 locations are as follows:

- Clubhouse -located next to the Real Estate Office in a wooden box mounted on the wall
- Wellness Center Cardio Room
- Front Nine Comfort Station on Hole 5-6 Men's Restroom
- Back Nine Comfort Station on Hole 14-15 Men's Restroom
- Mobile in the Security Vehicle

WHAT HAPPENS WHEN YOU USE AN AED?

When the AED doors are open from either the Clubhouse or the Comfort Stations, our Security team is automatically notified and will arrive at the scene. If the AED door is opened in the Wellness Center, EMS will be automatically called, and

EMERGENCY

PUSH FOR HELP

In the Wellness Center, along with the AED, we have three emergency red buttons, located in the weight, cardio and group fitness rooms. You must press the button for a minimum of 3 seconds for the EMS system to be activated. Once the button is pressed, EMS and our security team is notified.

WORKING OUT ALONE?

an alarm will sound.

A life alert necklace, located by the AED machine is also available to wear in the event you are working out alone or feel more comfortable with that on during your exercise.

The pool deck has a land line available for emergency calls located by the outdoor shower. The Wellness Center has a land line available for emergency calls located by the AED.

HOW DO I LEARN MORE?

We had a CPR/AED class lined up in May, however due to COVID, the Red Cross had asked that we postpone at this time and refer to online training. In the interim, we encourage you to watch the following videos on CPR and AED.

CLICK HERE TO WATCH THE AED VIDEO

Stay Safe,
Dana Schultz, PGA
GM/COO

SEVENTEEN EMPLOYEES AWARDED SCHOLARSHIPS FOR THE 2020/21 ACADEMIC YEAR

Congratulations to the winners of Champion Hills' academic scholarships for the coming school year. A record seventeen awards have been granted totaling \$66,200. Seven are first time applicants and ten are repeat winners. The growth in the number of applicants illustrates how this program brings back much needed seasonal employees and attracts new seasonal staff. All the repeat winners have performed well both academically and in their roles at Champion Hills. We wish all of them continued academic and professional success.

EMPLOYEE | DEPARTMENT | COLLEGE

Andrew Bannish | POA | Fayetteville Tech. CC Suzanne Burnette | Employee Child | Brevard Teddy Burnette | Golf Course | UNC Wilmington Dalton Collins | Golf Ops | Coastal Carolina Amber Drake | Golf Ops | Gardner Webb Drew Eudy | Golf Ops | Carson Newman Jordan Gibbs | Golf Ops | Wake Tech & NC State Parker Gillespie | Golf Ops | UNC Charlotte Wyatt Hughes | Golf Ops | Western Carolina Caleb Iversen | Golf Ops | S.E. Theological Seminary Gabriel Jackson | Dining | BRCC Addison Kain | Dining | Tennessee Connor Kain | Dining | NC State Aliya Shook | Dining | UNC Chapel Hill Mara Shook | Golf Ops | Elon Remi Shook | Dining | Elon Cameron Talley | Dining | NC State

When you see these fine young folks at the Club, please congratulate them and encourage them to continue their strong academic performance to reach for their dreams.

To qualify for a scholarship, the employee must work for at least 60 days, perform well in their role at Champion Hills and pursue a degree that will lead to a professional career. Financial need is also a factor in determining the amount of each award. The scholarships are essentially granted for an academic year, but funding for the spring semester is contingent upon satisfactory academic performance in the fall term.

This program commenced in 2013 and awards total over \$350,000! This amazing support for our employees has only been possible because of our generous membership participation in our biennial fundraising events. However, due to the popularity and success of the program, we will need to do a little more fundraising to maintain the awards at current levels. Stay tuned for more information about an interactive and creative fundraiser this fall.

Champion Hills Scholarship Committee,

Carol Kemp, Rebecca Lebowitz, Curt Marker, Jay Schafer, Dana Schultz and Susan Thomas

THE ANNUAL FLOWER BEDS ARE BLOOMING

Throughout the community the annual flowers are blooming to create the beauty that we know and love.

Check out some of the flower beds around Champion Hills.

















Are you ready to test your trivia knowledge? Trivia is BACK!

AUGUST 5

Cocktails: 5 PM | Dinner: 6 PM | Game: 7 PM \$26 ++



JULY TRIVIA WINNERS

Team: Who Knows!

Dung & Christina Phan and Richard Kacik



AUGUST 12

Cocktails: 5:30 PM Dinner: 6 PM | Game: 7 PM

\$21++



NATIONAL PROSECCO DAY AUGUST 13

4 - 6 PM Swing by the Clubhouse to help us celebrate National Prosecco Day!



CULINARY COURSE AUGUST 14

11 AM

Learn some great tips from Chef Ryan at this month's Culinary Course. Both in person and Zoom Meeting options available.



August 12 | 9 AM - 12 PM

Lower Clubhouse Parking Lot

Birds are chirping, warm weather is here, and the rolling Blue Ridge Mountains have once again turned a delightful shade of green. Yes, summer is here and local farms are brimming with fresh fruit, vegetables and more.

Join us as we bring the local farmers market to you. Cash is recommended as not all vendors will have credit card access.



Local Vendors Include:

Barry Farms | Holly Spring Farm
Raspberry Fields | Fruitland Farmstead

Pressley Farm | Homemade Pasta Noodles with Launa Marie
Hola | Hillbilly Shrimp Market | Stepp Orchards

HEALTHY & FRESH NEW MENU ITEMS



BURRATA & SWEET MOUNTAIN TOMATOES | 8

Local Greens, Olive Oil, Balsamic Reduction, Fresh Basil, Black Pepper & Lavish Crackers



SUMMER PANINI | 11

Heirloom Tomato, Basil, Prosciutto, Pesto Mayo & Fresh Mozzarella

BURRATA VS. MOZZARELLA

Burrata and mozzarella are two mainstays of Italian cheese making. Both are super creamy and utterly delicious. And although on first look it's hard to tell which is which, there is a big difference between these two fresh cheeses.

Mozzarella has been around since the 12th Century, while burrata was invented out of necessity in the mid 1960's. That year, a heavy, snowy winter made it hard to transport dairy products. But you still want cheese, so what do you do? The inventor used the stretched curd from mozzarella as a casing to store the cream and pulled mozzarella...and burrata was born.

Fresh mozzarella is made from cow's milk and has the delicate, milky flavor we all know and love. And, unlike many other cheeses, it isn't aged - you eat it fresh after it's made.

Burrata takes this a step further and forms the mozzarella into a hollow pouch for soft, stringy curd and cream. So while burrata is <u>made</u> from mozzarella, it's definitely not mozzarella. Literally translated into "buttered", burrata has its own distinct flavor profile with a milky, buttery flavor that is rich without being too indulgent.

Picking between the two: deliciously springy mozzarella vs buttery, creamy burrata? The struggle is real! We suggest you just eat both for good measure.



Summer is always a great time to cookout, whether it is grilling steaks or burgers, beer can roasting a chicken or firing up the smoker, here are a couple fun recipes that you can throw in the mix.

CHAR SIU BBQ SAUCE

10 Fennel Seeds

1 Star Anise

3 Cloves

1/4 Stick Cinnamon

½ Teaspoon Chili Flakes

½ Cup Soy Sauce

1/₃ Cup Ketchup

1/₃ Cup Honey

1/3 Cup Brown Sugar

1/4 Cup Mirin

2 Tablespoon Hoisin

In a small pan lightly toast the dry spices until they become aromatic; add all remaining ingredients and bring to a simmer, reduce heat to low and cook for 5 minutes. Turn off heat and let stand for half an hour, then strain.

BEEF BRISKET RUB

3 Cups Kosher Salt

1 Cup Granulated Sugar

½ Cup Paprika

1/4 Cup Onion Powder

¼ Cup Garlic Powder

1/4 Cup Dry Mustard

1 Cup Freshly Ground Black Pepper

1 Teaspoon Crushed Red Pepper

½ Teaspoon Ground Cinnamon



TIP FROM THE PRO | SHORT GAME PRACTICE

by Craig Sparks

I have noticed that most golfers spend too much of their practice time on the driving range and not enough time on their short game. Why is this? My guess is that we want to find the "perfect" swing which will help us hit the ball longer, straighter, more solid, and become more consistent which will result in lower scores. This type of practice may improve your ball striking, but are you noticing a change in your scores?



For most golfers, 35% of their score comes from shots that are of 50 yards and longer. The remaining 65% is the short game. To break this down even more, 40% of your score is on the green and 25% of your score is from the edge of the green to approximately 50 yards from the green.

I challenge each of you to reconsider your practice routine and focus on working on all parts of your game continually and equally. A great routine is to practice in thirds. The first third should be putting. The second third should be spent hitting a variety of shots around the green. The last third should be ball striking on the driving range. Following this routine will create consistency in all areas of your game which will result in shooting lower scores.



TOURNAMENT RESULTS

4 Clubs on the 4th | July 4- Scramble
Front Nine Division: 24.6

Jeff and Jody Schiffman | Todd and Julie Headley

Back Nine Division: 27.1
Tony and Barbara Gallea | Pat and Alison Keenan

Club Championship Champions

Men's Championship Flight Winner | Stan McFarland

Men's Net Flight 1 Winner | John Carelli *

Senior Championship Flight Winner | Bill Lessig

Ladies' Championship Flight Winner | Carol Kemp

Ladies' Net Division Winner | Lisa Gray

* Not Pictured



UPCOMING GOLF EVENTS

Men's Member-Member | August 7-9
Ladies' Day ABCD | Tuesday, August 4
Men's Day ABCD | Wednesday, August 5
Ladies' 9-Hole Club Championship | August 13-14
Nine & Dine | Sunday, August 23
Ladies' Member-Member | August 18, 20-21

For more information about the events listed, please contact the golf shop.

THE WELLNESS CENTER GYM IS OPEN WITH MODIFIED HOURS

Monday-Friday: 8am – 5pm

Saturday-Sunday: 8am – 2pm

Please follow the safety protocols in place.

RULES AND GUIDELINES FOR USING THE GYM:

- Members will be required to sign a waiver before using the wellness center gym.
- Selected cardio machines will be out of service to encourage social spacing.
- The gym is available for primary members in residence only. Out of town guests, including vertical family members, are not permitted to use the gym facilities.
- A maximum of 9 members will be allowed in the gym at a given time and workouts must be limited to one hour.
- Members must use disinfecting gym wipes both before and after using any gym equipment.
- Towel service has been suspended in the gym and locker rooms, please supply your own towel.
- Certain fitness equipment has been removed due to high pathogen transfer and/or disinfecting difficulty.
- Face coverings must be worn upon entering the building, once on a cardio machine you may remove it, please replace your face covering to exit.
- All equipment will be disinfected regularly, and strict sanitation protocols will be followed.
- Cooler beverages are available.
- Sign in sheets have been removed.
- Hand sanitizing stations are placed throughout the gym.
- Personal training will not be offered at this time..
- Fans will remain in the on position to promote constant air flow.

OUTDOOR FITNESS CLASSES



YOGA | MONDAYS AT 9 AM

Join Loretta on the event lawn for a one hour yoga class. Please bring your own mat, towel & water.

H20 FITNESS | MONDAYS AT 11 AM

Join Wendy in the pool for a one hour water fitness class.

YOGA BASICS - NEW! | TUESDAYS AT 8 AM

Join Jenne on the event lawn for a one hour yoga class. Please bring your own mat, towel & water.

PILATES | WEDNESDAYS & FRIDAYS AT 9 AM

Join Gerlinde on the event lawn for a one hour mat Pilates class. Please bring your own mat, towel & water.

STRENGTH TRAINING | THURSDAYS AT 9 AM

Join Mackenzie on the event lawn for a strength training class set to music! Please bring your own mat, towel, hand weights or resistance band & water.

LISTING OF THE MONTH

205 Tom Fazio Trace | \$ 1,395,000 | 4,094 SQFT







This beautiful, European-inspired home was exquisitely designed by renowned architect, Al Platt and purposely has an understated, simpler appearance. Yet it has rich elements like copper gutters, hand-cut slate roof, and turret. it was precisely sited to enjoy views up the lovely 14th fairway, to mountains beyond. Inside there is an undeniable casual elegance with a cozy, more intimate feel than many homes of this caliber. Everywhere you look the fine carpentry work is superb. The living room has a soaring coffered ceiling, limestone fireplace, lots of light and flows into the spacious dining area, into the chef's kitchen. The romantic master suite has private screened porch. The turret is a snug library with window seating. 2 suites up and down, has large family room, full bath and cozy sitting area. Enjoy numerous wonderful outdoor spaces, and gorgeous, easy landscaping. There's so much more to this story, but it must be seen to be appreciated. 8 minutes to Hendersonville.

CLICK HERE TO VIEW THE LISTING



For more information please feel free to reach out to Beverly-Hanks Agents, Mary Kay Buhrke or Amber Saxon 828.693.0072 | ChampionHillsTeam@Beverly-Hanks.com

Click here to read all our 5-star reviews





35%

Real Estate



21%

Stock Market



17%

Savings Account

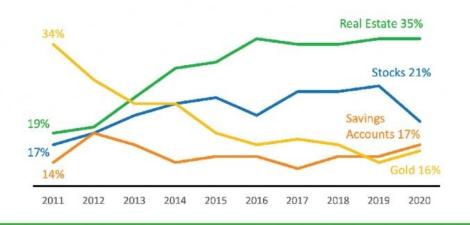


16%

Gold

Real estate has come a long way since 2011, when 34% of Americans favored gold as the best investment.

> Of the four listed, real estate is the only investment you can also live in.



Source: Gallup

Real estate has outranked stocks, savings accounts, and gold as the best long-term investment among Americans for the past 7 years. The belief in the stability of housing as a long-term investment remains strong, despite the many challenges our economy faces today. For more insight into how Real Estate can be your next investment venture contact our Real Estate Team today!

Read More Here

August 2020.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 a la carte Brunch	3 Clubhouse Closed	4 Burger Night	5 Trivia Night	6 Men's M.M. Stag Night Thirsty Thursday	7 Men's Member - Member	8 Men's Member - Member
9 No Brunch Service	10 Clubhouse Closed	11 Burger Night	12 Farmers Market Bingo Night	13 9 Hole Club Championship Thirsty Thursday	14 9 Hole Club Championship Culinary Course	15
16 a la carte Brunch	17 Clubhouse Closed	18 Ladies' Member - Member	19	20 Ladies' Member - Member Thirsty Thursday	21 Ladies' Member - Member	22
a la carte Brunch 9 & Dine	24 Book Club Clubhouse Closed	25 Burger Night	26 Men's Night Out	27 Thirsty Thursday	28 Champions Guest Day	29
30 a la carte Brunch	31 Clubhouse Closed					