

August 2022 **ECHOES**



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

FROM THE GM'S DESK



Ladies & Gentleman,

It has been such a pleasure meeting so many of you during the past month. Champion Hills is a beautiful Club and Community and it has been very enjoyable to assist the Club as it continues its search for a permanent General Manager.

As I am sure everyone is aware, COVID-19 is still alive and well in our nation and in our local region. Unfortunately, we are not immune to the new BA.5 strain. We have had reports of a few Members having contracted this variant.

I myself contracted the virus during my second week of tenure and fully recovered. The staff at the Club is still conscientious of proper sanitation and safety to prevent any spread within the Club and we encourage the Membership to do the same.

We are working hard to make significant changes in our Food & Beverage operations. Ms. Renee Washer has joined us as the Interim Director of Food & Beverage to help support the team and assist Chef Sean Thomas in creating new menus and specials set to roll out in mid-August. Staffing continues to be a challenge in the industry and we are diligently seeking candidates for culinary and service staff positions.

On August 7 we will have our 2022 Summer Soirée featuring the Equinox Orchestra in conjunction with the Men's Member - Member. Everyone is welcome to attend the dinner dance. Please make your reservations early as the event is filling up quickly!

Stay safe and enjoy the month of August,

Richard Mogensen
Troon Task Force
Interim General Manager



ASSOCIATE SPOTLIGHT

Hello everyone, my name is Maghen Ashe and I work in the Security Department here at Champion Hills. I was born and raised in Henderson County, and I could not imagine living anywhere else. I graduated from Hendersonville High School and danced at Pat's School of Dance for over 13 years. I previously interned with the Henderson County Sheriff's Office in their Criminal Investigation Division as well as their VIP Security Detail. Whenever I am not working, I love spending time with my family, going to local breweries and helping out with the North Carolina Apple Festival.



UPCOMING EVENTS



AUGUST TRIVIA NIGHT August 3 | 5:30 PM - 9 PM

Want to show off your knowledge?
Reserve your team a table today!
RSVP to shellym@championhills.com.

JULY TRIVIA WINNERS



Congratulations! "Still Deliberating"

Beth Wray
Chuck & Elizabeth* Jewett
Paul Hummer
Richard Kacik
Ryan Hummer

*Not Pictured



SUMMER SOIRÉE DINNER DANCE

August 7

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

Dust off your dancing shoes - it's time for a Dinner Dance!

Enjoy a wonderful meal followed by a high-energy show from the Equinox Orchestra.

MEN'S NIGHT OUT

August 10

6 PM | Cocktails 6:30 PM | Dinner

We invite the gentlemen of Champion Hills
to an evening of great food and conversation!



FASHION SHOW & LUNCHEON PRESENTED BY AGUDAS ISRAEL SISTERHOOD

August 16 | 11 AM - 1PM

Everyone is invited to an afternoon of fashion and fun here at our
Clubhouse featuring styles by The Sanctuary Boutique
and our very own Pro Shop!

LADIES' NIGHT OUT
August 17
5:30 PM | Cocktails
6 PM | Martinis & Dinner



This Ladies' Night, we are going to "Shake it Up with Brian"! During dinner, our Bartender Brian will show you how to make three of his favorite martinis: Cosmo, Lemon Drop and the Mountain Blue! Samples of each martini are provided.



LADIES' LUNCHEON
August 26 | 11:30 AM - 1 PM

Join us as Judy Ott teaches about wet felting, the difference between wet and dry felting and needle felting. She will also bring a few of her favorite items for purchase!

CHAMPION HILLS PRESENTS
A FIRESIDE CHAT
 featuring
Advent Health

ADVENT HEALTH FIRESIDE CHAT
August 31 | 3 PM - 4 PM

Have you been wondering:

- Where is health care now?
- Where is it going?
- What's important to you?

We are pleased to invite Advent Health President and CEO, Brandon Nudd, to Champion Hills. He will answer these questions and more during this complimentary event, followed by a Q&A session. Light bites will be provided!

SAVE THE DATE!

SUNSET SOCIAL
September 1
Dinner | 6 PM
Dancing | 7 PM - 10 PM



Champion Hills is known for some awe-inspiring sunsets. Why not celebrate it! After Thirsty Thursday, join us for a Sunset Social with The Caribbean Cowboys Band!

Visit chmember.com to learn more about these events!



TOURNAMENT WINNERS

MATCH PLAY

Men's Champion

Craig Alper

Ladies' Champion

Lisa Cadiz

CLUB CHAMPIONSHIP



Senior Champion - Alan Skelton

Ladies' Net Champion - Lisa Cadiz

Men's Net Champion - Michael Fong

Ladies' Champion - Lisa Gray

Men's Champion - Mark Brown

4 CLUBS ON THE 4TH

Overall Champions

Allen & Anna Brown

Peter & Pat Howitt



LADIES' MEMBER - GUEST



OVERALL CHAMPIONS



Chris Smith, Pati Carter,
Susan Martin, Anne Young



TIP FROM THE PRO

By Assistant Golf Pro, Chris Palutro

Keys to Better Bunker Play

For most sand shots you face you want to play the ball off the inside of your front foot. The farther you move the ball back, the lower trajectory the ball will take and the more it will run out. This can be useful with some shots, but as a general rule, play the ball off the inside of your front foot.

Next, open your stance AND the clubface. This is very important. This promotes a higher, softer ball flight and allows a good angle for the clubface to slide under the ball.

Finally, you need your weight on your front foot. The weight should be about 70% - 30 % favoring the front foot. This is vital as it causes a steep descent, creating the splash of sand and backspin of a good bunker shot.

When making the actual swing, you must follow through and stay down longer on sand shots. If you decelerate or stop at impact, you will most likely find the ball rolling back to your feet. In a greenside bunker, you want to splash the ball out, and to do that you must splash the sand from behind the ball and finish with a high follow through. Don't be afraid to take a slightly bigger swing, because you are taking sand with the shot. Come on out to our short game practice facility and try these tips for yourself!

UPCOMING TOURNAMENTS

Ladies' Day ABCD | Tuesday, August 2

Men's Day ABCD | Wednesday, August 3

Men's Member-Member | August 5 - 7

Ladies' 9-Hole Club Championship | August 11 - 12

Nine & Dine | Sunday, August 14

Champion Guest Day | Friday, August 19

Labor Day Mixed Event | Monday, September 5

For more information about the events listed, please contact the Pro Shop or visit ForeTees.

HERB ALMOND PISTOU

By Chef Sean Thomas

Pistou is an olive oil-based sauce from France that closely resembles a pesto. Just like pesto, this can be served as an accompaniment to grilled meats, poultry, fish, pasta and vegetables.

INGREDIENTS

- 4 Bunches Italian Parsley, Stemmed & Chopped
- 1 Cup Chives, Chopped
- 3 Garlic Cloves, Minced
- 2 T Salt
- 4 oz. Almonds
- 2 oz. Roasted Garlic Oil
- 10 oz. Blended Oil
- 1 Lemon, Zest Only

DIRECTIONS

- Combine herbs, garlic, salt and almonds in robot coupe or food processor.
- Pulse until smooth, scraping the sides to combine evenly.
- Remove to a small mixing bowl.
- Stir in garlic oil, blended oil and lemon zest.
- Taste for seasoning & serve!



GETTING INTO SHAPE AFTER AGE 40 THE BEST WAY TO DO IT



Researchers say starting a fitness routine after 40 is as beneficial as being active from adolescence through adulthood. It's never too late to get in shape and reap the health benefits of physical fitness.

Getting active later in life can also provide additional benefits. While benefits vary on an individual basis, general benefits include an overall sense of well-being and psychologically feeling better with less depression and more energy.

Older populations can also benefit from improved balance and fall prevention and improved strength and prevention and improved strength and function. However, for those over 40 returning to or starting a fitness routine, there are some key factors to consider.

Easing Into Fitness

Start low and go slow!

But... what does this really mean?

First, see your physician for an evaluation. With physician approval, begin an exercise program that includes:

Stretching before and after every workout. A slow starting routine that includes aerobic exercise, like biking or a treadmill, and sensible weight training that builds up to a 30 to 40 minute workout, five times a week.

Best Way to Get Into Shape

Getting in shape after 40 comes down to two main things: specific exercises and mindset.

After easing into fitness, this is what those over 40 should aspire to do regularly:

- Moderate aerobic activity for 30 minutes daily (100 steps per minute) like Tabata, Jazzercise or participate in a Tennis Clinic.
- Muscle strengthening with all major muscle groups three days a week like Strength 45, Strength 60, Slow Flow + Core Yoga, Simply Strength or book a session with a personal trainer.

Keeping a robust social calendar that's centered around healthy activities can help keep you on track with your fitness and health goals. It's never too late to get in shape and improve our health, so what's stopping so many of us?

The main barrier to success is mindset! Most can't even keep their New Year's resolution for more than a month or two. Making the connection between fitness as it relates to daily life activities is key. The success factor is an ability to connect the dots between one's diet and exercise routines and their ambitions in life. The "why" will keep you going when others quit. Focus on your fitness goals as they directly relate to your ambitions.

While getting fit after 40 is about easing into specific exercises tailored to success, it's also about understanding your underlying motivation for doing so. Find your "why" and see you in the gym!

CHAMPION HILLS TENNIS CLINIC



Monday

Tennis 101 | 10 AM - 11 AM

Drill & Play | 6 PM - 7:30 PM

40 minute warm up followed by match play

Saturday

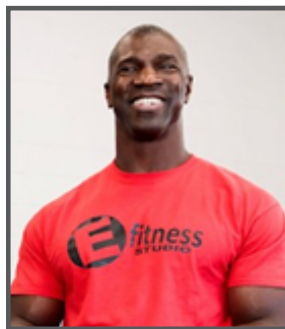
Morning Clinic | 8:30 AM - 10 AM

*All clinics have a participant minimum of 3 and a maximum of 8.

To book a private or semi-private tennis lesson contact Nicole at 828.507.6062



Nicole Bumgarner
828.507.6062



Elijah Askew
828.450.2414



TJ Vore
828.606.8887

Champion Hills Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am Strength 35 Ball & Band Mackenzie	8:00am Yoga Basics Loretta	8:15am Tabata Circuit Elijah	8:15am Tabata Core Elijah	8:00am Tabata Circuit Elijah		
9:15am Strength 45 Mackenzie	9:15am Jazzercise Mackenzie	9:15am Jazzercise Mackenzie	9:15am Strength 60 Mackenzie			
10:30am Slow Flow + Core Yoga Loretta		10:30am Slow Flow + Core Yoga Loretta	10:30am Simply Strength Mackenzie			
11:45am Water Aerobics Wendy						

Contact Mackenzie to purchase a class card!

1 Class - \$15 | 10 Classes - \$100 | 20 Classes - \$180 | 30 Classes - \$240 | 50 Classes - \$350

*Class cards do not expire, are non-refundable and transferrable.

LISTING OF THE MONTH

CHAMPION HILLS REAL ESTATE

55 Old Hickory Trail

\$1,300,000



Details of the Property

4 Bedroom / 3.5 Bath

.95 Acres

Move-In Ready

Beautifully Updated & Impeccably Maintained

Great Layout for Entertaining

Mountain Views & Gorgeous Landscaping

Four Season Room with Three Wall Windows Overlooking Fabulous Water Feature

Spacious Wrap Around Trex Deck with Cable Railing

Interested in learning more?

Call our Real Estate Team for more details:

Mary Kay Buhrke: (828) 243-3346 | Amber Saxon: (828) 699-0171

EXPERT HOUSING MARKET FORECASTS FOR THE SECOND HALF OF 2022



The housing market is at a turning point, and if you're thinking of buying or selling a home, that may leave you wondering: is it still a good time to buy a home? Should I make a move this year? To help answer those questions, let's turn to the experts for projections on what the second half of the year holds for residential real estate.

Where Mortgage Rates Will Go Depends on Inflation

This year, rates have climbed over 2% due to the Federal Reserve's response to rising inflation. If inflation continues to rise, it is likely that mortgage rates will respond.

Greg McBride, Chief Financial Analyst at Bankrate, explains it well:

"Until inflation peaks, mortgage rates won't either. Without improvement on the inflation front, we don't know where the interest rate ceiling will be."

The Supply of Homes for Sale Projected to Continue Increasing

Experts say that growth will continue. Recently, [realtor.com](https://www.realtor.com) updated their 2022 inventory forecast. In the latest release, they increased their projections for inventory gains dramatically, going from a 0.3% increase at the beginning of the year to a 15.0% jump by the end of 2022.

More homes to choose from is great news if you're craving more options for your home search - just know that there isn't a sudden surplus of inventory on the horizon. Housing supply is still low, so you'll need to partner with an agent to stay on top of what's available in your market and move fast when you find one.

Home Price Forecasts Call for Ongoing Appreciation

Due to the imbalance between the number of homes for sale and the number of buyers looking to make a purchase, the pandemic led to record-breaking increases in home prices. According to CoreLogic, homes appreciated by 15% in 2021, and they've continued to rise this year.

Even though housing supply is increasing today, there are still more buyers than there are homes for sale, and that's maintaining the upward pressure on home prices. That's why experts are not calling for prices to decline, rather they're forecasting they'll continue to climb, just at a more moderate pace this year. On average, homes are projected to appreciate by about 8.5% in 2022.

Bottom Line

Whether you're buying your first home or selling your current house to make a move, today's mortgage rate, supply of inventory and prices are all important factors to consider. That's why it is crucial to work with a team of professionals, so you have expert advice to help you make an informed decision about your best move.

August

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Clubhouse
Closed

2

3

XXIO Demo
Trivia Night

4

Thirsty
Thursday
Stag Night-
Men's MM

5

Men's MM

6

Men's MM

7

Men's MM
Summer Soirée

8

Clubhouse
Closed
Club Board
Meeting

9

10

Men's
Night Out

11

Ladies' 9 Hole
Thirsty
Thursday

12

Ladies' 9 Hole
TaylorMade
Demo

13

Hagen Hickory
Neighborhood

14

Nine & Dine

15

Clubhouse
Closed

16

Agudas Israel
Fashion Show

17

Ladies'
Night Out

18

Callaway
Demo
Third
Thursday

19

Champion
Guest Day

20

21

22

Clubhouse
Closed
Book Club

23

24

25

Thirsty
Thursday

26

Ladies'
Luncheon

27

Meadow Ridge
Neighborhood

28

Couples
Golf Day

29

Clubhouse
Closed
POA Board
Meeting

30

31

XXIO Demo
Fireside Chat