

July 2020 ECHOES



championhills.com | 828.696.1962 | @ChampionHillsCommunity

welcome

NEW MEMBERS!

As we enter the second half of 2020 we want to take this time to welcome and introduce our new members that have found their home at Champion Hills!

Daniel & Linda Mesnard - Social Equity

Dennis & Patricia Henderson - Social Equity

Mark & Jean Calkin - Social Equity

Bill & Debbie Johnson - Social Equity

Denise Bounous & John Kiser - Social Equity

Jerry & Tracy Ennis - Full Equity

Mark & Tracy Deaver - Annual Explorer

Robert Dumler - Social Equity

David & Karin Mackel - Social Equity

Jack & Aida Ebert - Full Equity

Michael & Stacey Koon - Social Equity

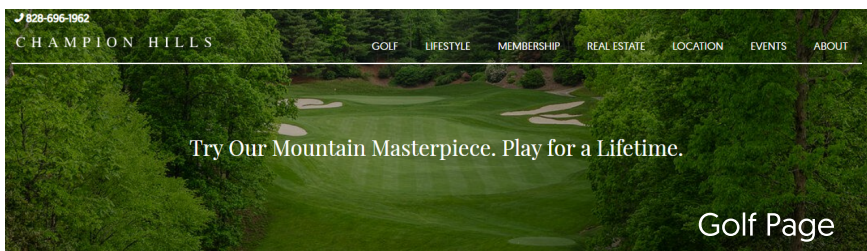
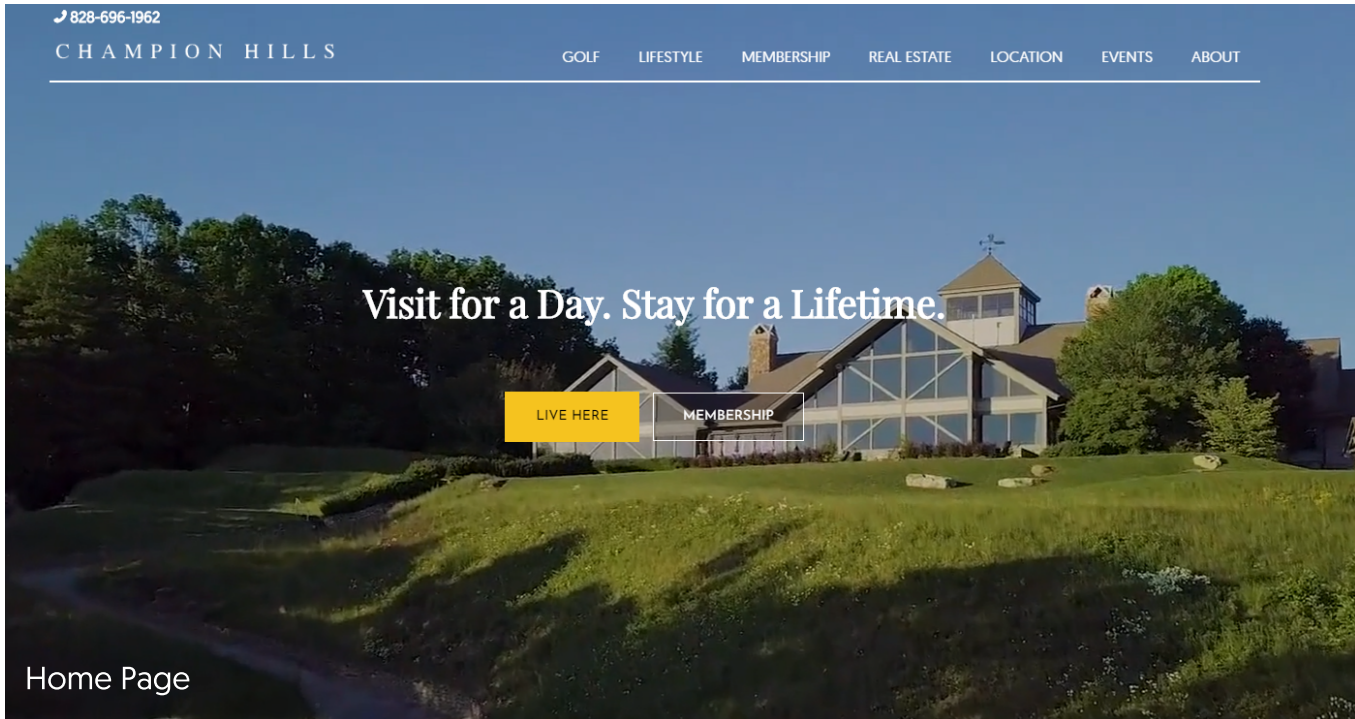
COMMUNITY DIRECTORY AVAILABLE ONLINE

Don't forget that the Community Directory is also available on CH Member! Log in to your account and download the PDF so you can have your directory anywhere you are.

[Click Here to Download](#)

NEW WEBSITE UNVEILING

As we move into summer season we are proud to announce the unveiling of our new Champion Hills website. Many members have probably noticed some changes happening with the website over the last month or so and we appreciate all of the feedback during that time. It has been a very involved process and worth the effort as we believe the updated site will help our Membership and Real Estate prospects further discover how, they too, can plan a lifetime at Champion Hills.



Designed by
Tom Fazio &
Mother Nature

Designer Tom Fazio collaborated with the mountains to create his Mountain Masterpiece and deliver a wonderfully elevated golfing experience. This course overflows with natural beauty, stunning vistas, technical variations, and golf challenges for both the novice and veteran.

With multiple tee boxes and play options, find community in each round, be delighted and challenged – plus, add yardage to your drive through the pristine air at 2500 feet.



Lifestyle Page

MEET OUR MEMBERS

Michael and Marshall Johnson

Months of searching for the right community led the Johnsons to their "holy cow" moment at Champion Hills – and all it took was that first visit. Since then, they've discovered the stunning natural beauty of Champion Hills, the well-maintained grounds, the charm of Hendersonville, and "just how easy it is to spend time here."

Click Here to Visit the New Site | www.ChampionHills.com

COMMUNITY NEWS

Our Employee Scholarship recipients over the last season are excited to share their thanks and plans for the upcoming semester!



ADDISON KAIN

University of Tennessee
Marketing and International Business

The employee scholarship has helped me have the opportunity to study abroad and travel to London for a short but sweet 3 months. The employee scholarship helps me accomplish new milestones in my education and I couldn't be more thankful!



GABE JACKSON

Blue Ridge Community College
Associate of Arts Degree

The employee scholarship program has helped me further my education by allowing me to focus more on my studies and assignments without the added stress of having to work extra hours in order to pay for my current semester of schooling.



MARA SHOOK

Elon University
Psychology | Mental Health Studies
& Criminal Justice

This scholarship has allowed me to explore my passions and education despite a difficult financial situation. I appreciate this program and I'm grateful for it every day because it has played a big role in shaping the person I am now.



DALTON COLLINS

Coastal Carolina University
General Management

This scholarship has relieved a lot of financial burdens which has enabled me to go to Coastal Carolina, the school that I believe gives me the best opportunity for success in the future. I am very grateful to be a recipient of this scholarship!



AMBER DRAKE

Gardner-Webb University
Bachelors of Science in Nursing

The Champion Hills Scholarship has allowed me to attend Gardner-Webb and helps my family out a great deal with our financial needs. I'm so grateful for the scholarship committee and everyone that helps out with it each year! It's so nice to work in a community that care for you and your future!



CALEB IVERSON

Southeastern Baptist Theological Seminary
Pastoral Ministries

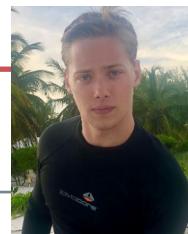
This scholarship has made college education possible for me. I am paying for school myself and without this I don't know what I would do. I am thankful for Champion Hills and its members for providing this scholarship, which helps make my aspirations to further my education a reality.



SUZANNE BURNETTE

Brevard College
Elementary Education

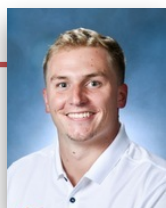
This scholarship helps me and my twin brother go to college at the same time with minimal student debt. It allows me to be a college cheerleader, which has been a dream of mine since I was a little girl.



TEDDY BURNETTE

University of North Carolina Wilmington
Business Analytics

This scholarship has greatly benefitted my family by allowing both myself and my twin sister to attend college simultaneously without sacrificing school quality, and will also help me to graduate with minimal debt.



ANDREW EUDY

Carson-Newman University
Psychology | Mental Health Studies

Finances are a very stressful thing for a college student, and being a recipient of this scholarship has helped lift that burden off me and my family. I am very grateful for the members of Champion Hills for considering me for this scholarship, and for the smiles they put on my face.



PARKER GILLESPIE

UNC Charlotte
Architecture

This scholarship has helped my family pay for college. I am thankful to Champion Hills and all of the members for helping me to further my education and fulfill my dream of being an architect.

LOCAL COLLIGATE MATCH AT CHAMPION HILLS

Two local students who play golf at the collegiate level will be competing in a match here at Champion Hills. Join us in supporting their match on July 3 with a 1 pm tee off at Hole # 1.

You can watch one hole or all 18 holes, its up to you!



Two grab-and-go grill stations will be set up, one at the Driving Range and another on the the Patio.

Lunch will be served from 11 am - 3 pm, and we will not offer dinner service that night. Lunch is open to all members, even if you are not playing in the tournament.



MENU

Grilled Hot Dogs & Bratwursts
Double Cheeseburger
Grilled Chicken Sandwich
Chicken, Bacon & Ranch Wrap
Cole Slaw
Pasta Salad
Fruit
Bag of Chips



Note: Gluten Free Buns & Beyond Burgers available upon request.

CHAMPION HILLS BLOOD DRIVE RESULTS

A huge thank you to all who attended and donated at the recent Red Cross Blood Drive. In all, 21 units were collected which could potentially help up to 63 people in need in Western Carolina.



July 17 | Friday

10 am - 11 am | Socially Distanced Golf Clinic (Ages 8+)

1 pm - 3 pm | Build Your Own Pizza Lunch (All Ages)

Please Note: Each guest will be given their own personal pizza making kit

July 18 | Saturday

9:30 am - 10:30 am | Movement on the Lawn (All Ages)

Please Note: Each guest must provide their own yoga mat

12:15 pm - 1:15 pm | Tennis Clinic (Ages 8+)

Fun for kids of all ages!

Please fill out the registration form and safety wavier for each participant.

\$75 for ages 5 and older

RECIPE OF THE MONTH | MEXICAN SHRIMP COCKTAIL

by Ryan Spesock, Executive Chef

Here is a nice refreshing option to kick back and have a margarita or seltzer with on a hot summer day.

½ Cup Diced Cucumber
3 Cups Diced Tomatoes
¼ Cup Diced Yellow Onions
1 Tablespoon Finely Diced Jalapeno
1 Teaspoon Finely Chopped Garlic
2 Tablespoon Finely Chopped Cilantro
1 Tablespoon Fresh Lime Juice
1 Cup Bloody Mary Mix
1 Cup Chopped Cooked Shrimp
Salt & Pepper to Taste
½ Cup Diced Avocado

Combine all ingredients except the avocado in a bowl, cover and chill overnight.

The next day stir in the avocado and serve with tortilla chips.



TRY A JALAPENO MARGARITA THIS SUMMER!

3 oz Jose Cuervo Gold Tequila
1 oz Triple Sec Liqueur
1 oz Jalapeno Infused Simple Syrup
4 oz Sweet and Sour Mix/Fresh Lime Juice

Add all ingredients to an iced cocktail shaker.
Shake well and pour into a salt- rimmed rocks glass.
Garnish with a fresh jalapeno slice and lime wedge.

LOCAL IS BETTER

Here are some of our favorite local purveyors that provide some amazing ingredients for both our menus in the Mountain View Room & Fazio Pub!

COMFREY FARMS

Pork- Ribs, Tenderloin -Sustainable- DUROC

Comfrey Farm® owns and operates a new high-tech facility – among the best you'll find anywhere in the U.S. Every part, every protocol was created to produce the best tasting pork ever, in the safest way possible. Our processing plant combines automated robotics with precise temperature and sanitization measures. Digital controls allow for custom, precision cutting and less human error, as well as optimal safety for our employees and your food.

www.comfreyfarmpork.com



JOYCE FARMS

Regenerative agriculture to produce flavorful, nutritious proteins

In partnership with our employees, farmers, and suppliers, we guarantee production of authentic, branded, natural and heritage meat and poultry products with superior culinary qualities for fine dining establishments, specialty food stores, and consumers.

A strong commitment to environmental stewardship, animal welfare, and adherence to current food safety standards is a hallmark of our company.

We will offer our employees opportunities for personal growth, development, and career advancement, and will contribute positively to our community.

www.joyce-farms.com



SIXTY SOUTH SALMON

Antarctic Cold Water Sustainable Farming

Sixty South®'s pristine cold waters and remote location ensure we set a higher standard of healthy and sustainable aquaculture practices. Our salmon are as pure as the Antarctic waters they are raised in.

www.sixtysouth.com



UNDERGROUND BAKERY

Locally Owned Lunch Bread and Mountain View Room Baskets

www.undergroundbaking.com



LOCAL BREWS



UPCOMING GOLF EVENTS:

Ladies' Day ABCD - July 7

Men's Day ABCD - July 1

4th of July Tournament - July 4

Men's & Ladies' Club Championship - July 11 & July 12

Champions Guest Day - July 17

Ladies' Member-Guest - July 22 - July 24

9 & Dine - July 19 (3 pm Shotgun)

For More Information About the Events Listed, Please Contact the Golf Shop

TIPS FROM THE PRO

By: Scooter Buhrman, PGA

Golf is meant to be fun but too often we make the game too complicated to enjoy. Below are a couple of tips to help you enjoy the game at a higher level.

SIMPLIFY HOW YOU THINK ABOUT YOUR GOLF SWING

You should have no more than two swing thoughts when approaching your shot. Thinking less about mechanics will allow you to swing more free and with better tempo.

CHECK YOUR PRE-SWING FUNDAMENTALS (GRIP, STANCE, ALIGNMENT, & POSTURE)

Bad shots are not always a result of a bad swing. Many problems can arise before we even start our golf swings. Make sure you have a good setup and are aligned to your target.

SET REALISTIC EXPECTATIONS

We are not going to hit every shot perfect and it is important to remember that when selecting the right club for your shot. If you are faced with a 150 yard shot, take your 155-160 club and focus on making a smooth swing. This will increase your odds of your approach shot making it to the green.

DON'T GET TOO TECHNICAL

It is important to have a certain level of "feel" in your full swing and short game. If you are too technical it will decrease your chances of having good rhythm, timing, and tempo. Pick your club, see your target, and fire away!



TOURNAMENT RESULTS

LADIES' OPENING DAY JUNE 2- ABCD SCRAMBLE

1st Place | 53.1

Nancy Bertelli, Vicki Carpenter, Lisa Gray
& Julie Headley

2nd Place | 55.3

Barbara Lessig, Sue Marker, Betty Martin
& Jodi Sundeen

3rd Place | 55.5

Denise Anderson, Anna Brown,
Odette Coluccelli & Pat Van Laar

MEN'S DAY OPENING DAY JUNE 3- ABCD SCRAMBLE

1st Place | 50.1

Hank Ellis, Craig Fox, John McWhirter
& Al Rex

2nd Place | 51.6

Ralph Grant, Devon Horne, Chuck Jewett
& Ed Kearns

3rd Place | 52.9

Michael Fong, Todd Headley,
Paul Hummer & Rick Johnston



QUEEN BEE JUNE 23 & JUNE 25

18 Hole Overall | 61

Barbra Lessig

9 Hole Overall | 29

Allison Keenan



2020 HOLES-IN-ONE

March 14 | Chuck Jewett - Hole # 2

March 27 | Todd Headley - Hole # 4

April 19 | Rick Kemp - Hole # 2

May 2 | Sue Marker - Hole # 9

May 8 | Mark Lundeen - Hole # 2

May 30 | Craig Alper - Hole #4

June 7 | Brent Clever - Hole # 2

June 22 | Steve Roe - Hole # 4



You probably have a vague sense that exercise is good for you. You've probably heard that it's "healthy for the heart," but if you're like most people, that's not enough motivation to get you to break a sweat.

Reported in *Time* magazine cover story, "The Exercise Cure," only 20% of Americans get the recommended 150 minutes of strength and cardiovascular physical activity per week, more than half of all baby boomers report doing no exercise whatsoever, and 80.2 million Americans over age 6 are entirely inactive.



Scientists are learning that exercise is, actually, medicine. "There is no pill that comes close to what exercise can do," says Claude Bouchard, director of the human genomics laboratory at Pennington Biomedical Research Center in Louisiana.

Here are some of the amazing things that happen to a body in motion.

EXERCISE IS GREAT FOR YOUR BRAIN.

It's linked to less depression, better memory and quicker learning. Studies also suggest that exercise is, as of now, the best way to prevent or delay the onset of Alzheimer's disease.

YOU MIGHT GET HAPPIER.

Countless studies show that many types of exercise, from walking to cycling, make people feel better and can even relieve symptoms of depression. Exercise triggers the release of chemicals in the brain—serotonin, norepinephrine, endorphins, dopamine—that dull pain, lighten mood and relieve stress. "For years we focused almost exclusively on the physical benefits of exercise and really have ignored the psychological and emotional benefits of being regularly active," says Cedric Bryant, chief science officer of the American Council on Exercise.

IT MIGHT MAKE YOU AGE SLOWER.

Exercise has been shown to lengthen lifespan by as much as five years. As humans get older and their cells divide over and over again, their telomeres—the protective caps on the end of chromosomes—get shorter. To see how exercise affects telomeres, researchers took a muscle biopsy and blood samples from 10 healthy people before and after a 45-minute ride on a stationary bicycle. They found that exercise increased levels of a molecule that protects telomeres, ultimately slowing how quickly they shorten over time. Exercise, then, appears to slow aging at the cellular level.

IT'LL MAKE YOUR SKIN LOOK BETTER.

Aerobic exercise revs up blood flow to the skin, delivering oxygen and nutrients that improve skin health and even help wounds heal faster.

YOUR FAT CELLS WILL SHRINK.

The body uses both carbohydrates and fats as energy sources. But after consistent aerobic exercise training, the body gets better at burning fat, which requires a lot of oxygen to convert it into energy. One of the benefits of exercise training is that our cardiovascular system gets stronger and better at delivering oxygen, so we are able to metabolize more fat as an energy source.

GET OUT THERE AND GET MOVING EVERY DAY!

TENNIS SCHEDULE

Mondays 4:30 pm - 6 pm | Men's Invitation Doubles

Thursdays 5:30 pm - 7 pm | Women's Doubles Clinic

Saturdays 8 am - 11 am | Team Clinics #1 & #2

[USTA women's team practice clinics]

Private & semi-private lessons are available.
Contact Dylan Jicha at 828-550-2824 to schedule a lesson.

DONT FORGET OUR OUTDOOR FITNESS SCHEDULE

Mondays at 9am | Yoga with Loretta on the Event Lawn



Wednesdays at 9am & Fridays at 9am | Pilates with Gerlinde on the Event Lawn



Thursday at 9am & 10:10am | Strength Training with Mackenzie on the Event Lawn



LISTING OF THE MONTH

56 Old Hickory Trail | \$ 725,000 | 3,280 SQFT



If curb appeal is important to you, don't miss this gorgeous, move-in ready home!

Enjoy the easy flow of the floorplan, beautifully updated kitchen and master bath, and striking architectural ceiling details. The den is the perfect place for reading or watching TV, or would make a great office. Lovely built-ins surround the attractive slate covered fireplace and provides great space for display purposes. There is a spacious laundry room with tons of storage space. The inviting master suite has room for a sitting area if desired. Upstairs has an office loft with built-ins, and two luxurious guest suites with private baths. The outside offers large deck area that is adjacent to a tranquil water feature. The low maintenance landscaping adds so much to the overall allure of this property. Champion Hills is located just 8 mins. from downtown Hendersonville and great restaurants, live entertainment, galleries, several grocery stores and good medical care. Come and see what makes us special!

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](#)

ARE YOU READY FOR THE SUMMER HOUSING MARKET?

Article Provided by KeepingCurrentMatters.com

As the health crisis started making its way throughout our country earlier this spring, sellers have been cautious about putting their homes on the market. This hesitation stemmed primarily from fear of the spread of the coronavirus, and understandably so. This abundant caution has greatly impacted the number of homes for sale and slowed the pace of a typically busy spring real estate season. Mark Fleming, Chief Economist at First American notes:

"As more homeowners are reluctant to list their homes for sale amid the pandemic, the supply of homes available to potential home buyers continues to dwindle."

With many states beginning a phased approach to reopening, virtual best practices and health and safety guidelines for the industry are in place to increase the comfort level of buyers and sellers. What we see today, though, is that sellers are still making a very calculated return to the market. In their latest Weekly Housing Trends Report, realtor.com indicates:

"New listings: On the slow path to recovery. Nationwide the size of declines held mostly steady this week, dropping 23 percent over last year, a slight increase over last week but still an improvement over the 30 percent declines in the first half of May."

Although we're starting to inch our way toward more homes for sale throughout the country, the number of homes on the market is still well below the demand from buyers. In the same report, Javier Vivas, Director of Economic Research for realtor.com shares:

"Sellers have yet to come back in full force, limiting the availability of homes for sale. Total active listings are declining from a year ago at a faster rate than observed in previous weeks, and this trend could worsen as buyers regain confidence and come back to the market before sellers."

Lawrence Yun, Chief Economist at the National Association of Realtors (NAR) seems to agree:

"In the coming months, buying activity will rise as states reopen and more consumers feel comfortable about homebuying in the midst of the social distancing measures."

What we can see today is that homebuyers are more confident than the sellers, and they're ready to make up for lost time from the traditional spring market. Summer is gearing up to be the 2020 buying season, so including your house in the mix may be your best opportunity to sell yet. Interest in your house may be higher than you think with so few sellers on the market today. As Vivas says:

"More properties will have to enter the market in June to bring the number of options for buyers back to normal levels for this time of the year, nationwide and in all large markets."

BOTTOM LINE

**IF YOU'RE READY TO SELL OR BUY THIS SUMMER, REACH OUT TO OUR
ON SITE REAL ESTATE TEAM TODAY.**



Sun

Mon

Tue

Wed

Thu

Fri

Sat

28

29

30

1

2

3

4

Trivia Night
Men's Day ABCD

Thirsty Thursday

July 4th
Tournament &
Cookout

5

6

7

8

9

10

11

A la Carte
Brunch

Clubhouse Closed

Ladies Day ABCD
Burger Night

Thirsty Thursday

Club
Championship

12

13

14

15

16

17

18

A la Carte
Brunch
Club
Championship
Awards Dinner

Clubhouse Closed

Burger Night

Thirsty Thursday

Champions Guest
Day
Camp Champ

The Falls
Tournament
Camp Champ

19

20

21

22

23

24

25

A la Carte
Brunch
9 & Dine

Clubhouse Closed

Pasta Night

Ladies'
Member-Guest

Ladies,
Member-Guest
Thirsty Thursday

Ladies'
Member-Guest
Awards

26

27

28

29

30

31

1

A la Carte
Brunch

Clubhouse Closed
Book Club

Burger Night

Men's Night Out

Thirsty Thursday

Wellness Lunch &
Learn

2

3

4

5

6

7

8