

July 2022

ECHOES



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

JUNE TRIVIA WINNERS



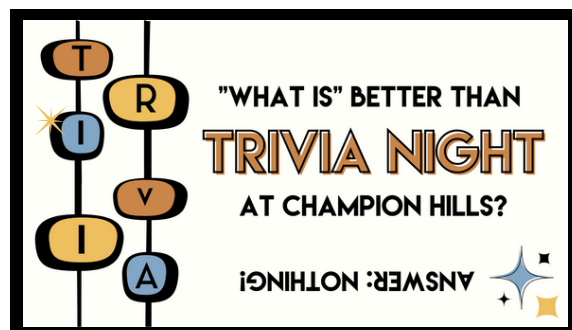
Congratulations!

"Not Smarter than a 5th Grader"

Dung & Christina Phan

Bill & Marilee Welliver

Jim & Carol Atkinson



JULY TRIVIA NIGHT
July 6 | 5:30 PM - 9 PM

Want to show off your knowledge?

Reserve your team a table today!

RSVP to shellym@championhills.com.

HAND & FOOT

If you have not already registered for the 2022 - 2023 Hand & Foot Marathon and would like to, there is still time! Couples will be registered on a first-come, first-serve basis. Registration will close on August 1 and the group will begin playing in September. Matches can be scheduled at the discretion of the players. For more information contact Margaret Mellott at mam1jdm@aol.com.

UPCOMING EVENTS

INDEPENDENCE DAY - JULY 4!

Patio Grill | 1 PM - 4 PM

Driving Range Grill | 11 AM - 2 PM



MEN'S NIGHT OUT

MEN'S NIGHT OUT
July 13 | 6 PM - 9 PM

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

LADIES' LUNCHEON

July 15 | 11:30 AM - 1 PM

Join us as Kym Brown from A Southern Cup of Fine Teas educates on the history of tea, different kinds of tea and tea etiquette. Bring your favorite teacup and saucer, Kym will supply the tea!



BEVERLY-HANKS PRESENTS SHOWHOMES OF ASHEVILLE-WNC

July 28 | 3 PM - 4PM

Learn about home staging, restyling, design and more over complimentary light bites, beer and wine.

MEMBER MIXER

July 29 | 5 PM - 8PM

Join us for our first Member Mixer of 2022!
Come grab a drink, a bite and mingle!



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!

Before and after the Fashion Show, shop our Terrace Room 'boutique' for beauty items, jewelry, health products, a raffle and more.

This event will benefit Agudas Israel, founded in 1922, and is the only Jewish Congregation in Henderson County. We are excited to share Rabbi Rachel Jackson from IAM will also attend this event.



Visit chmember.com to learn more about these events!

GOLF NEWS

NEW GOLF OPERATION POLICIES | BEGINNING JULY 1

PACE OF PLAY

Based on a review of our round times, our standard for Pace of Play will be changed from 4:20 to 4:10 when carts are off path. The front nine will have a pace of 2 hours and the back nine will have a pace of 2:10. We believe this will help better the golf experience for all members. If you have questions or would like pace of play tips, please contact the golf shop.

X-OUT POLICY ON FORETEES

Due to increased members and golf rounds, we will be making a change to the "X-Out" policy on the Foretees Tee Time system. Members will still be able to make tee times using the X's, but the X's will now disappear within 48 hours of that tee time. This will allow other members to sign up for open slots on tee times if they are not filled. This policy will be in effect for the months of May - October.

Don't forget to sign up for the 2022 Member-Guest Events!

Ladies' Member-Guest: July 20-22

Men's Member-Guest: October 12-15

UPCOMING EVENTS

4 Clubs on the 4th | Monday, July 4

Club Closed | Tuesday, July 5

Men's ABCD | Wednesday, July 6

Ladies' ABCD | Tuesday, July 12

Men's & Ladies' Club Championship | Saturday, July 9 & Sunday, July 10

Champions Guest Day | Friday, July 15

9 & Dine | Sunday, July 17

Ladies' Member-Guest | Wednesday, July 20 - Friday, July 22

Couples Golf | Sunday, July 31

Men's Member-Member | Thursday, August 4 - Sunday, August 7

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

CHAMPION HILLS GOLF SHOP STARS, STRIPES & SAVINGS

★ ★ ★
Sale-ibration

FRIDAY- MONDAY

★ ★ ★
TAKE 15% OFF APPAREL
\$20 OFF CLUBS, BAGS & SHOES
BOTTOMS BOGO 50% OFF

QUEEN BEE WINNERS



Susan Cano
9-Hole Overall
First Place



Marion Washer
18-Hole Overall
First Place



Anna Brown
18-Hole
Flight Winner



Mary Merritt
18-Hole
Flight Winner



Mary Colas
18-Hole
Flight Winner

GOLF

CULINARY CORNER

MAI TAI

Nothing says summer like a Mai Tai! Did you know that according to legend, the Mai Tai was so popular it supposedly depleted world rum supplies in the 1940s and '50s? The cocktail was invented by Trader Vic. After presenting his concoction to some of his visiting Tahitian friends, they loved it so much one of them exclaimed, "Maita'i roa a'e!" Rough translation is "Out of this world! The best!" Trader Vic christened his new cocktail "Mai Tai," as in "the best" and the rest, as they say, is history.

INGREDIENTS

- 1.5 oz. Light Rum
- 1.5 oz. Dark Rum
- 3/4 oz. Orange Curaçao
- 3/4 oz. Fresh Lime Juice
- 1/2 oz. Orgeat Syrup (Almond Liqueur)
- Pineapple Wedge Garnish

PREPERATION

- Add the white rum, curaçao, lime juice and orgeat into a shaker with crushed ice and shake lightly [about 3 seconds].
- Pour into a double rocks glass.
- Float the dark rum over the top.
- Garnish with pineapple



NEW DINING HOURS!

**Dinner will be served on Sundays
beginning July 3!**

Our new dining schedule will be:

Dinner: Wednesday - Sunday

Lunch: Tuesday - Saturday | Sunday Brunch

Keep an eye on the F&B Buzz for Details.

JANA JULIEN

Security Officer

Jana has been a part-time security officer with Champion Hills for just over three years and she thoroughly enjoys getting to know our residents.

Prior to Champion Hills, she worked with the Henderson County Sheriff's Department and completed early retirement in 2018.

Jana has an Associate in Applied Science in Criminal Justice Technology/Latent Evidence and she graduated with double honors from Blue Ridge Community College. Her past work experiences have been as a firefighter, paramedic, detention officer and 911 telecommunicator. Emergency services is a field she is very passionate about and has been a part of her entire life!

When she is not working, Jana loves to write, make mosaic artwork, read and spend time with her family and border collie named Chi-Chi. Jana is also an author of crime fiction (she writes under the name J.J. McGraw) with seven published books and another rolling out in January 2023!



MEET SUSAN BROBST

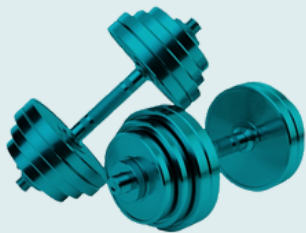
Accounts Receivable Specialist

We are pleased to welcome Susan Brobst as our new Accounts Receivable Specialist!

Susan was born and raised in Pennsylvania's Pocono Mountains and received her Associates Degree in Legal Assistance from King's College in Wilkes-Barre, PA. Susan moved to North Carolina four years ago and enjoys all the area has to offer.

She loves to hike, garden, read, kayak and cook - and she's also an avid animal lover! Susan's free time is a little tighter these days as her daughter is getting married in May of 2023. Please help us give Susan a warm CH welcome!





STRENGTH TRAINING 101: WHY IT'S IMPORTANT

Unlike some cardio workouts, strength training includes exercises such as weightlifting, resistance bands and weight machines. Since we naturally lose muscle mass as we age (oh, joy!), it's important to incorporate some form of strength training into your overall fitness routine. And like cardio, the benefits are well worth it.

Here are five reasons why you should add strength training to your daily fitness routine:

Builds Bone Density

Strong bodies have strong bones, and strength training can significantly increase your bone density.

Builds Bone Mass

Muscle mass naturally decreases as we age, but strength training can actually reverse that. With regular strength training, you'll see an increase in your lean muscle mass.

Joint Flexibility

Keeping your joints healthy and flexible will help you to stay mobile as you age. Strength and training are proven to increase your joint flexibility and decrease the symptoms of stiffness and even arthritis.

Increased Balance

Maintaining a strong sense of balance becomes increasingly important as we age, and the risks associated with falling increase. Strength training is proven to increase your sense of balance and reduce your risk of falls and injury.

Better Cardiovascular Health

One of the biggest benefits of weightlifting and strength training is lowering the probability of life-altering heart attacks and strokes. Pretty incredible, right!?

Why Add Planks to Your Daily Strength Routine?

Planks are one of the most effective bodyweight exercises you can do because they require a small time investment but offer the chance to achieve substantial results, as well as other benefits.

- Improved Core Definition
- Decreased Risk of Back Injury
- Improved Posture
- Improved Balance
- More Flexibility

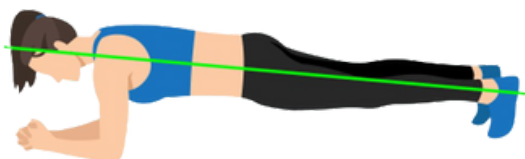
There are few forms of exercise as effective at building your core as a plank. Planks benefit far more than just your core strength.

You'll notice that your biceps, neck and shoulder muscles are also being tested and strained, toned and developed.

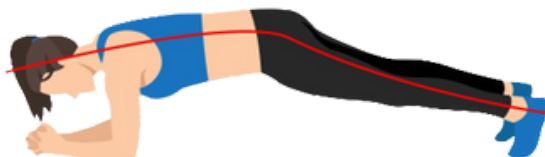
Moving down your midsection, successful plank exercises actually develop the muscles in your glutes and thighs to maintain a straight line along your entire body.

Aim to hold a daily plank for at least 60 seconds, start with less and modify your plank position if needed. You can do anything for 60 seconds!

PROPER PLANK ALIGNMENT



IMPROPER PLANK ALIGNMENT



CHAMPION HILLS REAL ESTATE

552 Hagen Drive | Lot #31

\$375,000

1.13 Acres



Details of the Property

Last of the best view lots in Champion Hills! Enjoy panoramic, long distance mountain views all the way to the Blue Ridge Parkway and beyond. If you're into sunsets this is the lot for you! This property is the perfect site to build a home with a walkout lower level without a steep sloped driveway. Floor plans have been drawn specifically for this site and could be bought for a reduced price of \$85,000. This will save a lot of time and effort and simplify the building process. Located just 8 minutes to downtown Hendersonville and all it has to offer. Do not let this extraordinary opportunity pass you by! Champion Hills just moved up 13 places to #51 in Golfweek's 2022 Best Private Residential Golf Courses in the nation.

Come see why!

Interested in learning more?

Call our Real Estate Team for more details:

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



showhomes
HOME SERVICES

Showhomes Asheville-Western NC

Home Staging | ReStyling | Design | Updating | Home Managers

Home Staging

- Full house or impact staging
- Staged with on-trend furniture, lighting, accessories and artwork from our own exclusive inventory

Home Managers

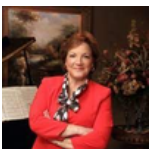
- Home Manager lives in the home and maintains it in 'Show-Ready' condition
- Home Manager pays for utilities, cleaning, lawn care and minor maintenance
- Every room is beautifully staged
- Eliminates expensive vacant home insurance surcharges
- Professional photography provided

Home ReStyling & Design

- Assistance with decorating trends, furniture placement, color choices, home improvements and more
- Shopping services with established budgets

Home Updating

- Create a move-in ready home to appeal to the broadest range of buyers
- Identify important updates for the greatest return on investment
- Selection to completion services for all updates and remodels



Nancy Jones

Franchise Owner
336.778.6566

Stephanie LaSpina

Sales Consultant
828.421.2599

www.showhomes.com/asheville-westernnc |



REAL ESTATE

July

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2
3	4 4 Clubs on the 4th 4th of July Cookout	5 Golf Course & Dining Closed	6 Trivia Night	7 Thirsty Thursday	8	9 Club Championship Round 1
10 Club Championship Round 2	11 Clubhouse Closed	12	13 XXIO Demo Day Men's Night Out	14 Thirsty Thursday	15 Champion Guest Day Ladies' Luncheon	16
17 Nine & Dine	18 Clubhouse Closed	19 Joint Annual Meeting	20 Ladies' Member-Guest	21 Ladies' Member-Guest Third Thursday	22 Ladies' Member-Guest	23
24	25 Clubhouse Closed POA Board Meeting Book Club	26	27	28 Beverly-Hanks Showhomes Thirsty Thursday	29 Member Mixer	30 Falls Neighborhood Event
31 Couples Golf Day						