

# ECHOES

June 2020



[championhills.com](http://championhills.com) | 828.696.1962 | @ChampionHillsCommunity



## COMFORT STATION & SNACK BAR



The new comfort station and snack bar are now open at the driving range!

Do you need a cool drink and a quick bite? You can now get your fill at the snack bar.

Both Men's and Women's restrooms are also completed.

## CHAMPION HILLS LAND & WATERS GUIDE

While spending more time out in nature as the weather gets warmer take some extra time to learn more about all of the beautiful land and water around our community. Mr. Chuck Darnell has compiled an amazing resource for us to all use so that we may get to know our home better.



[Click Here to Download](#)

## PHASE II COMPLIANCE INFORMATION

Continue through this issue of Echoes to learn more about how each department is moving forward with the Phase II opening of the Club and Community. We look forward to seeing you soon but want to maintain health and safety standards for both members and staff.



# WASTEWATER TREATMENT PLANT

The Wastewater Treatment Plant plays a vital role in our everyday lives, even if we don't realize it. The treatment plant removes physical, biological and chemical contaminants from wastewater. If the power were to go out due to inclement weather, winter storms, natural disasters, or a power grid failure, not only would waste water treatment be affected, but it could even adversely affect our community because it provides non-potable irrigation water to the golf course and select landscape beds. Since the treatment plant plays such an important role in our community, a reliable source of power is necessary to ensure that operations can continue even in the event of a power outage. Generators are a reliable solution when it comes to the need for emergency backup power for the plant. The POA is responsible for the WWTP and recently installed three Generac generators. These generators represent a major expenditure by the POA this year. The generators were installed in April at the main plant, lift station six and lift station nine.



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For More Information Please Contact

Craig Galloway  
Director of Grounds Maintenance  
Champion Hills POA  
Phone: (828) 696-8923  
Email: [Craig@championhills.com](mailto:Craig@championhills.com)



## CONGRATULATIONS CLASS OF 2020!

Although you haven't had a traditional graduation celebration, we are proud of you just the same. Congratulations on reaching this major milestone!

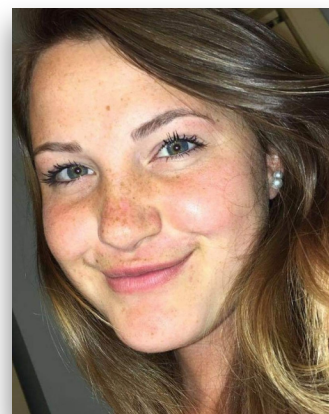
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### MADISON METCALF

Food & Beverage | Front of House

**2 YEARS**  
of Service

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### REMI SHOOK

Food & Beverage | Front of House

**2 YEARS**  
of Service

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### ALIYA SHOOK

Food & Beverage | Front of House

**3 YEARS**  
of Service





## CONNOR KAIN

Food & Beverage | Front of House

### 2 YEARS

of Service



## ROBERTO BELL

Food & Beverage | Back of House

### 7 MONTHS

of Service

## JORDAN GIBBS

Golf Shop | Golf Attendant

### 1 YEAR

of Service








## NEW EVENT!

### BINGO NIGHT | JUNE 3 & JUNE 10

Due to current restrictions, tables of 6 will be formed and a maximum of 60 people will be allowed to attend each Bingo Night.



## RED CROSS BLOOD DRIVE

Monday June 8 | 12:30 PM - 5 PM

The Mobile Blood Bank will be parked in front of the Champion Hills Clubhouse on Monday, June 8 from 12:30 PM - 5 PM.  
The Red Cross will be observing strict health and safety measures.  
Face masks are required for all donors and can be provided by the Red Cross.

**Contact Sue Marker at 828.692.7583 | [suemarker@bellsouth.net](mailto:suemarker@bellsouth.net) to register**

Appointments Necessary, No Walk-ins Allowed



### MEN'S NIGHT OUT | JUNE 24

6 pm Cocktails | 7 pm Dinner

\$35++

[Click here to register](#)

We are so excited to start hosting club events again. We have missed you so much but we want to promote a healthy and safe atmosphere. Please remember to keep your social distance from one another and maintain health standards.

And always remember your three W's.

Thank you so much for your patience as we work towards a new normal.



**WEAR**  
a cloth face covering.



**WAIT**  
6 feet apart. Avoid close contact.



**WASH**  
your hands often or use hand sanitizer.

@NCDHHS

#StayStrongNC



**SAVE THE DATE!**

**2nd Annual**

**CAMP  
CHAMP**

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**July 17-19, 2020**

**Fun for kids of all ages!**

**[Click here to register!](#)**



## FOOD & BEVERAGE PHASE II UPDATE

As we move into the next phase of re-opening towards a goal of full operations, I wanted to share some important updates to the Food & Beverage policies and offerings. I understand this is a difficult time and will take some getting used to but please remember to be patient as our staff is working to make sure your health and experience is the first priority. Below you will see an outline of all update but if you have any questions please feel free to reach out to me at anytime or contact the Admin Office.

- Rick Engelhorn

- Delivery and to-go services continue, however dinner orders must be placed by 4 pm and picked up by 6 pm.
- Outdoor Dining, Fazio Pub and The Mountain View Room will be open with strict social distancing at least 6-feet of separation between parties and reservations capped at 50% of maximum occupancy as stated in fire capacity.
- Phone Reservations are HIGHLY RECOMMENDED. The dining reservations portal on [chmember.com](http://chmember.com) will not be open at this time.
- Call 828-696-0766 to make a dinner reservation. Lunch reservations are not necessary.
- Dinner Reservations will be available from 5:30 pm – 8 pm.
- Maximum Tables of 6, unless they are a family from the same household.
- Burger night, Prime Rib, and Bingo Nights will continue – refer to F&B Buzz email every Monday and Echoes.
- We will only serve plated meals or stations, no buffets at this time.
- Menus will be accessed via a QR code located on the table, a poster size menu in the room or a paper one-time use menu.
- We will reduce condiments and other items on the table for use between Members and provide condiments by request only.
- Sunday à la carte Brunch will be offered.
- The Memorial Day Golf & Picnic Event has been postponed to Monday, June 1.
- Sanitation practices are continued by staff and staff will wear masks.
- Hand sanitizer will be provided at the entrance.
- We will not hand out checks and any gratuities can be verbal to your server.
- We will no longer offer to -go or take out food for POA Members at this time.
- Moving forward, lunch & dinner will be served Tuesday – Saturday and Brunch will be served on Sunday.
- Refer to the F&B Buzz Email sent out on Mondays for weekly updates, specials and events.

# DIGITAL MENUS

If you aren't familiar with how they work here are some helpful tips.

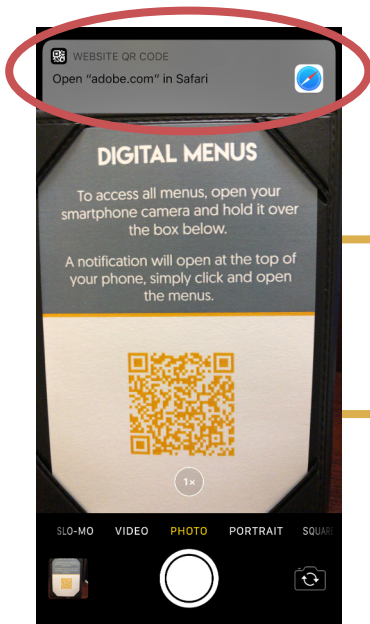
Although we will have disposable menus for you to use in the dining rooms, we understand that some people may want to eliminate another touch point.

Introducing the Digital Menus through QR Codes!

1. Open your smartphone's camera and find one of the signs with a QR code on the front. This code will help you access a quick digital version of all our menus.



2. Focus your smartphone's camera at the yellow box. You don't need to actually take a photo but just hovering over it will prompt a notification at the top of your screen (like shown to left)



3. Click on the top notification and it will take you directly to all of the menus we are currently offering.



TRY THE CODE TO  
ACCESS OUR MENUS!





## UPCOMING GOLF EVENTS:

Ladies' Opening Day | Tuesday, June 2

Men's Opening Day | Wednesday, June 3

TaylorMade Demo Day | Thursday, June 4

Men's and Ladies' Match Play begins | Saturday, June 6

Callaway Golf Demo Day | Thursday, June 11

Champions Guest Day | Friday, June 12

Men's Day ABCD Tee Times | Wednesday, June 17

Ladies' Queen Bee Event | Tuesday, June 23 & Thursday, June 25

Swing by the Mountain View Room on Thursday, June 4 at  
3 pm for our Live Match Play Pairings Party!

Please contact the Golf Shop with any questions.

## TIP FROM THE PRO: SETUP DICTATES BALL FLIGHT

By: Kevin Hankey, PGA

If you've been around the game long enough you have probably heard that golf is a game of opposites. This is absolutely true when trying to find the optimal setup position for your swing. Pay attention to your tendencies and make setup adjustments until your ball flight becomes ideal. The adjustments can be quite simple but probably go against your instincts.

If you are a right handed player that consistently curves the ball to the right you may think to align yourself further left to compensate, but this will make the dreaded "banana ball" curve even more! Aligning further left will make your stance "open" to your target and encourage an open face grip, which will create the side spin that makes your ball curve to the right.

Try setting up with the clubface pointed at the target and your feet and shoulders aligned further RIGHT than what you are used to. This will naturally put you in a more "closed face" position and will encourage a straighter, or right to left ball flight.

A perfect swing with a flawed setup will not produce a consistent ball flight. Experiment with your setup position and spend more time in the fairway.



# DON'T FORGET TO SIGN UP FOR MEMBER-GUEST

Ladies' Member-Guest Registration | July 22 -24

Men's Member-Guest Registration | October 13 - 16

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## GET INTO GOLF PROGRAM KICKS OFF THURSDAY, JUNE 11

Golf is a great sport to play with several people. However, it can be very frustrating, especially when you are first learning the game. Don't worry anymore...

Champion Hills Professional Staff has designed a program just for you!

- Every Thursday beginning at 1:00 p.m. [Meet at the short range.]
- Short info session followed by on-course golf with relaxed rules and shorter distances so that you may have fun playing golf.
- Play with other beginner golfers and make new friends.
- PGA Professional on-course assistance allows you to see, learn and do.

## GOLF CLINICS ARE BACK!

Need to brush up on your short game skills? Clinics will be held on Fridays from 10:00am-11:00am and open to the first 8 members to sign up. If there are more than 8, another clinic will be held at 12:00pm. Cost is \$20.00 per member. Sign up on ForeTees!

Friday, June 5 - Putting  
Friday, June 12 - Chipping  
Friday, June 26 - Bunker Play  
Friday, July 3 - Pitching  
Friday, July 31 - Rules of Golf

## TWO DAY LADIES GOLF SCHOOL

Session One: June 18-19  
Session Two: July 9-10

9:30-2:30 each day. Tuition is \$250 per student (includes lunch each day)

The Ladies' Two Day Golf School will provide a fun and relaxing environment to learn the fundamentals of the game. The focus will be on full swing and short game instruction to give you the tools to lower your scores! Ladies that were previously signed up for the school will have priority sign up.







If you are like me, you are excited to get back into a fitness routine. However, the thought of getting back into a regular fitness routine can seem a bit daunting. Here is exactly how to ease back into the gym.

Most importantly, don't overdo it right away! Doing too much too soon can overwhelm you not only physically but also mentally. Understand that you're probably not going to be as fit as you were, and that's OK. You can start with just 10 minutes a day, the goal is just to get moving again. You have not seen your beloved elliptical or bike in months! You may have a tendency to overdo it initially, you could end up with injuries because your body is not prepared for the extra

activity. Low-intensity workouts are a good way to reintroduce the body to activity, frequency, and duration. After a week or two, you can bump up the intensity, but for now slow and steady does it!

Begin with what works for you. Do you only feel comfortable committing to one day a week initially? Great! Mark it on your calendar and stick with it. Don't feel like you must start logging five to six gym workouts per week. Always remember to go at your own pace and listen to your body.

Don't forget to take those rest days, recovery is part of being active. When you take a day off your body is working very hard to repair and replenish itself after all the work you put it through. Rest days are key to long-term wellness and will reduce the risk of injury.

Start your workout with a good warm up and always end with a cool down. A good warm up preps your body for the increase in activity and a cool down allows your heart rate to return to a normal resting rate. Don't cut corners here: Muscles that have not been accustomed to strenuous activity for some time will experience some form of DOMS (delayed onset muscle soreness), which basically means you are going to be tight and achy for 24-72 hours after your workout. A proper cool-down session can reduce some of this soreness. Speaking of tightness, stretching is especially important when you're getting back into a fitness routine.

Now more than ever you need to focus on your form. Quality trumps quantity, especially when you're just getting back into fitness. Slow down, be deliberate and conscious of your movements. Take the time to focus on your form, on your breathing, on your control. This is extra important because proper technique and form are crucial for avoiding injury.

Remember, it's OK to feel overwhelmed at times. Don't get discouraged, you got this!

- Mackenzie Jones, Wellness Director



# TENNIS & WELLNESS PHASE II UPDATE

## TENNIS

- Doubles and singles are permitted
- Members must supply their own tennis balls
- Cans of balls are for sale, \$5 per can, and can be purchased at the pro shop
- Use of the ball machine will not be permitted at this time
- Members are required to register for a court time on CHmember.com
- The tennis deck will be open
- Members must supply their own water; we do not have a touch-less water system on the courts
- Private and semi-private (max 4) tennis lessons are permitted
  - Only the pro will handle the tennis balls
  - Members must register on CHmember.com for court time

**SCHEDULE A LESSON BY CONTACTING DYLAN DIRECTLY  
AT 828-550-2824 OR COMPLETETENNISTRaining@GMAIL.COM**

## GROUP FITNESS CLASSES

- Outside classes will continue, weather permitting
- Please register at CHmember.com
- Classes are limited to 9 participants



**MONDAY YOGA WITH LORETTA  
10AM & 11:10AM**

**TUESDAY PILATES WITH GERLINDE  
10AM & 11:10AM**

**THURSDAY STRENGTH TRAINING  
WITH MACKENZIE  
10AM & 11:10AM**



## POOL

- Limited hours of operation
- Pool capacity will be limited to 30
- Furniture will be placed 6 feet apart and disinfected regularly
- Please keep the furniture in place at this time
- Food service from the club will not be permitted at this time
- Club towels will not be available in the locker rooms



# LISTING OF THE MONTH

400 Raven Cliff Drive | \$ 1,195,000 | 3,655 SQFT



This pristine home was lovingly designed, built with keen attention to craftsmanship and quality. The great room, with coffered ceiling and fireplace with a wormy chestnut mantle, invites you to come in and discover all the wonderful features this home offers. Just beyond and through the double sliding doors is the screened porch with cedar ceiling and Azek composite decking, it begs to be enjoyed

almost year-round. Your friends will be impressed by the amazing kitchen which will bring out the chef in anyone. Conveniently located nearby is the dining area, walk-in pantry laundry room with cherry cabinets and the mudroom. The granite and marble in this home are spectacular. The spacious master suite has a spa-like bath with stand alone tub. The downstairs offers a lovely family room with unique wet bar, handsome study/4th bedroom with a reclaimed barnwood feature wall, plus exercise room, two guest suites and plenty of storage.

[For a Virtual Walk-Through Click Here!](#)



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](mailto:ChampionHillsTeam@Beverly-Hanks.com)

# 2020 LUXURY REAL ESTATE MARKET FORECAST

Presentation by Beverly-Hanks' Sandra Alguire & Neal Hanks

**JUNE 18 | 3 PM**

Please join us for refreshments on June 18 at 3 pm in the Mountain View Room where Beverly-Hanks' President, Neal Hanks, and their Luxury Marketing Specialist, Sandra Alguire, will present an overview of how COVID-19 has affected the real estate trends in Western North Carolina and specifically our Champion Hills community.

Registration Required - [Click Here to Register](#)

**Beverly-Hanks**  
— REALTORS® —



"As homeowners in Champion Hills we knew Amber and Mary Kay were very conversant with all the many benefits and features of living in Champion Hills and therefore were in the best position to inform prospective buyers of these benefits and features.

Amber and Mary Kay were most professional in all aspects of handling the sale of our home in Champion Hills. Their knowledge of the market and handling detailed real estate matters throughout were outstanding. I have had a Real Estate Brokers License in Florida for 43 years and believe I am in a position to assess their performance perhaps more than other homeowners.

Amber and Mary Kay are both very pleasing and professional personalities. They exhibit very high degree of competence in the conduct of their professional duties.

From Listing to Sale, Amber and Mary Kay handled their real estate duties in a very professional manner and we were very pleased with the outcome of their efforts."

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"Selecting a realtor was easy for us. We had known Amber Saxon and Mary Kay Buhrke from our participation in Champion Hills Club activities. We felt that since they had long been associated with Champion Hills AND had lived in Hendersonville for a long period, they would be able to match a buyer to our home. We found them very professional, accessible, responsive, friendly, and knowledgeable. The house was shown multiple times during the time on the market, and they were helpful in opening and closing the house after "outside" realtors showed clients the home. We would recommend this team for realty needs!"

REAL ESTATE



# OPERATIONAL HOURS

**Admin Office** | Monday - Friday | 9 am - 5 pm

**Golf Shop** | Tuesday - Sunday | 7:30 am - 6 pm

**Golf Course** | Tuesday - Sunday | 8 am - Dusk

**Driving Range** | Monday | 8 am - 1 pm | Tuesday - Sunday | 7:30 am - 6:30 pm

**Short Range** | Monday | 12 pm - 6 pm | Tuesday - Sunday | 8 am - 6:30 pm

## **Dining Service | Take Out & Delivery - Limited Dining Room Seating**

Monday	Clubhouse Closed	Clubhouse Closed
Tuesday	Lunch 11:30 AM - 4 PM	Burger Night 5:30 PM - 8 PM
Wednesday	Lunch 11:30 AM - 4 PM	Dinner 5:30 PM - 8 pm
Thursday	Lunch 11:30 AM - 4 PM	Dinner 5:30 PM - 8 pm
Friday	Lunch 11:30 AM - 4 PM	Dinner & Prime Rib Special 5:30 PM - 8 pm
Saturday	Lunch 11:30 AM - 4 PM	Dinner 5:30 PM - 8 pm
Sunday	Brunch 11:30 AM - 4 PM	No Dinner Service

## Fazio Pub Menu & Weekly Specials

Check your F&B Buzz email each Monday or [chmember.com](http://chmember.com) for details

Call the Pub to make any reservations at 828.696.0766

**Wellness Center** | Closed Until Further Notice

Pool | 8 am - 5 pm

If you have any questions or concerns please feel free to call the Admin Office at 828.696.1962.