

May 2021
ECHOES



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

CHAMPION HILLS

Employee Scholarship Program Fundraiser

Wednesday, August 25 & Friday, August 27

For 8 years, Champion Hills Members have helped support the academic goals of employees and their families through the Employee Scholarship Program in partnership with the Henderson County Education Foundation.

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 fundraising events.

Do you want to learn more about how you can help support our employees in this year's Employee Scholarship Program? Look no further, we can help.

The schedule of events are listed on the next page but it is easy to register and make your donation.

Visit chmember.com and click on the article at the bottom of the home page. From there you will be redirected to the registration page which will have more information.



Highlights from the 2017 Employee Scholarship
Program Fundraiser

SCHEDULE OF EVENTS

Wednesday, August 25

9 am | Tennis Event (\$100 per member)

Friday, August 27

9 am (Shotgun) | Golf Tournament (\$250 per member)

****The golf event is open to social members too!****

6 pm | Dinner with a Live & Silent Auction (\$125 per member)

Master Sponsor | \$1000

Includes Dinner/Auction for Two Members;
Plus either Tennis or Golf entry for One.

Gourmet Sponsor | \$500

Includes Dinner/Auction for Two Members;



Contributions to the Henderson County Education Foundation, Inc.
are tax deductible to the extent provided by law.

HOW TO PREVENT/REDUCE FATS, OILS, & GREASE FROM DAMAGING YOU'RE HOME & THE ENVIRONMENT

Fats, Oils, and grease aren't just bad for your arteries and your waistline! They're also bad for our Sewer System.

Sewer overflows and backups can cause health hazards, damage home interiors, and threaten the environment. Each year there are more than 15,000 sewer overflows in North Carolina. Many of these overflows are directly related to the improper disposal of oil and grease.

*Grease gets into the sewer system from household drains.

*Grease congeals on the inside of sewer pipes, which causes wastewater to flow back into homes or directly into our waterways.

Where Does Grease Come From?

- Meat Fats
- Lard
- Cooking Oil
- Shortening
- Butter and Margarine
- Food Scraps
- Sauces
- Dairy Products

Too often grease is washed into the plumbing system, usually through the kitchen sink. Grease sticks to the inside of the sewer pipes.

[Both on your property and Champion Hills sewer lines]

*Over time the grease can build up and block the entire pipe.

Home garbage disposals do not keep grease out of the plumbing system. These units only shred solid material into smaller pieces and do not prevent grease from going down the drain. Garbage disposals are the worst cause of sewer plant problems.

Commercial additives, including detergents that claim to dissolve grease may pass down the sewer lines and cause problems at Champion Hills Sewer Plant.

The Results of Grease Buildup:

- Raw sewage overflowing into your home or into your neighbors home resulting in an expensive and unpleasant cleanup that often must be paid by YOU, THE HOMEOWNER.
- Raw sewage overflowing into parks, streams, yards, and streets increasing the potential for human contact with disease-causing organisms found in sewage.
- Increase in the cost to operate and maintain Champion Hills sewer system.

WHAT CAN YOU DO TO HELP?

The easiest way to solve the grease problem and to prevent overflows of raw sewage is to keep this material out of Champion Hills Sewer System in the first place.

THERE ARE SEVERAL WAYS TO DO THIS!

- Never pour grease down sink drains or toilets.
- Scrape all grease and food scraps from trays, plates, pots, utensils, grills, and cooking surfaces into a can or trash receptacle.
- Do not put grease down garbage disposals. Put baskets/strainers in the sink drains to catch food scraps and other solids, then empty them into your trash receptacle.
- Composting your waste material is the best solution in keeping our sewer lines and system protected.

Craig Galloway

Director Grounds/Maintenance

Phone: 828-696-1962 Ext. 1412

Email: craig@championhills.com



Italian Wine Dinner



Wastewater Treatment Plant Tour



Shade Gardening 101

THANK YOU FOR SUPPORTING BABIES NEED BOTTOMS



Through all your generous donations, the Babies Need Bottoms Organization had the best diaper drive in its history! You helped provide over 7,235 diapers and raised over \$800. Thank you so much for helping this local charity and local families in need.

UPCOMING EVENTS

It's official, things are in full swing! We cannot wait to see you at all of our events this month. Please note that we are still operating under all state regulated mandates for safety and social distancing. If you have any questions please feel free to visit chmember.com or call the Admin Office at 828.696.1962

TRIVIA NIGHT | MAY 5

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

Looking to join a team for next month?

Call Blair Halstead at 828.696.1962 ext 1317

TRIVIA WINNERS



April Winners | Southern Charm
Susan J. (guest of West's),
Collie & Joy Lehn , Brenda & David West

FLAT ROCK PLAYHOUSE UPDATE | MAY 6



4:30 PM

Lisa Bryant, Artistic Director and Scott Treadway, Actor from The Flat Rock Playhouse will be in the Mountain View Room to have a conversation with our Membership about their plans for the future.

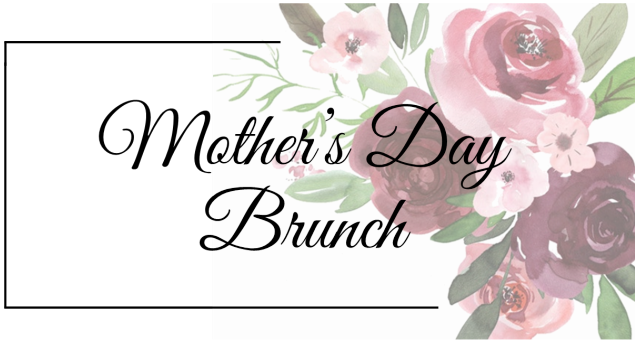
WELLNESS LUNCH & LEARN | MAY 7



11:30 AM | Lunch 12 PM | Seminar

Dr. Andrew Grissom, PT, DPT, TPI will discuss the best practices for preventing the most common golf or tennis related injuries.

MOTHER'S DAY BRUNCH | MAY 9



Choice of Seating Time

11:30 AM | 11:45 AM | 2:15 PM | 2:30 PM

Treat the special woman in your life to a Mother's Day Brunch at this staff attended buffet. Call 828.696.0766 to make your reservations.

LADIES' NIGHT OUT | MAY 19



5:30 PM | Cocktails 6:15 PM | Dinner

Just a fun evening full of laughter, food and friendship! Stay tuned for more information on special programming for the evening.

SPARKS BY THE FIRE | MAY 20



Reservations from 6 PM - 8 PM

Enjoy some music during dinner service featuring our very own, Craig Sparks! To make your reservation call the Fazio Pub at 828.696.1962.

MEN'S NIGHT OUT | MAY 26



6 PM | Cocktails & Cigars 7 PM | Dinner

Take a break and just relax at this month's Men's Night Out. With beverages, cigars and a meal from our Culinary Team, you are sure to have a great evening.

SUMMER COOKOUTS

Summer time is the best time to bust out the grills and gather outdoors. We will be hosting a series of cookouts this season and we cannot wait to see you out there.

Rescheduled Date



Saturday, May 22

Grill on the Turn: 12 PM - 3 PM | Cornhole: 2 PM - 4PM

MEMORIAL DAY COOKOUT

Monday, May 31
11 AM - 2 PM

Grill on the Patio & at the Driving Range
Enjoy some cookout favorites.
Open to all members!

FOURTH OF JULY COOKOUT

Sunday, July 4
5:30 | Cocktails 6 PM | Dinner

Lunch will be provided on the course for the golf tournament. All members are invited to the evening cookout celebration at the Clubhouse.



MIDSUMMER NIGHT'S DREAM *Gala*

June 12 | 6 pm - 10 pm

\$110 ++ per couple

featuring live music from Moon Dance

UPCOMING LIVE MUSIC

Thursday, May 20 | Sparks by the Fire
during dinner service

Thursday, June 3 | Izzi Hughes
during dinner service

Saturday, June 12 | Moon Dance
part of the Midsummer Nights Dream Gala

Sunday, August 8 | The Equinox Orchestra
part of the Men's Member - Member Awards Dinner

Wednesday, September 15 | Noel Freidline Band
during dinner service

TIP FROM THE PRO: SHORT GAME

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.



MOTHER'S DAY SALE | MAY 8 & 9

15% OFF all Ladies' Apparel and Accessories

*In stock items only. Excludes balls and clubs.

SATURDAY LOTTERY FOR TEE TIMES BEGIN MAY 8

The lottery for tee times on Saturday will begin on May 8 and will run through the month of October. There will be 3 tee times set aside every Saturday morning that will be distributed by a weighted lottery. The weighted lottery favors the individual that has played the fewest rounds in the last 60 days.

A member may sign up with fellow members or up to 3 guests two weeks in advance. Names must be recorded when signing up as anything less than a foursome will subject the group to being paired up with someone else. A person may not sign up for more than one tee time.

How does the process work? Either call the golf shop or log on to ForeTees. If signing up on ForeTees, go to the Saturday tee sheet of the desired date that you wish to enter the lottery. On the tee sheet you will see a time that is blocked for "lottery". Although it appears to be only one time available there will be three times set aside. Click on the lottery button and follow the steps.

The lottery will be processed at noon on the Sunday before the Saturday desired play date. Tee times will be distributed and you will be notified by an email of your tee time. Members that were not successful via the lottery will be notified by phone and a tee time will be reserved, if they so desire, between 12:30 pm - 1:30 pm.

Beginning Friday, May 1, the preferred lie local rule is no longer in effect.

UPCOMING EVENTS

May 11 | Ladies' Opening Day

May 31 | Memorial Day Event

May 12 | Men's Opening Day

June 8 | Ladies' Western Golf Association

May 16 | Couple's Opening Day

June 12 | Match Play – Begins

May 21 | Champions Guest Day

May 23 | 9 & Dine

Please contact the professional staff or visit ForeTees if you have any questions regarding any of the upcoming events.

WHAT ARE SOME SYMPTOMS OF AN ELECTROLYTE IMBALANCE?

By Mackenzie Jones, Wellness Director

Electrolyte imbalances can range from mild to severe and impact performance and in extreme cases, earn you an undesired trip to the emergency room. Learning about the symptoms of electrolyte imbalance can help you take action before it becomes severe. Here are some symptoms to watch out for if you suspect yourself or someone else might be suffering from an electrolyte imbalance:

- Water retention and bloating. Fluid retention is caused by an imbalance of sodium, one of the chemical components of electrolytes. Sodium helps the body regulate fluids and assists the body in pushing those fluids throughout the body. If sodium levels are off, the fluids remain in the stomach and slosh around.
- Nausea or vomiting. Having an electrolyte imbalance can cause an upset stomach or GI distress. Be mindful of fluid intake and to remember to stay hydrated, even if you do not feel thirsty. If you wait until you feel thirsty, it is often too late and can be difficult to catch up on lost electrolytes during activity.
- Fatigue. Electrolyte imbalances can cause irregular heart rhythms and extreme fatigue.
- Confusion or altered mental state. Having an electrolyte imbalance affects the blood flow in the body and the amount of oxygen the brain receives. If blood flow is restricted due to electrolyte loss, the brain's oxygen levels are restricted too. Staying hydrated and using sports drinks or supplements to help assist with electrolyte replenishment can help prevent fatigue and nausea.

As the weather become more suitable for outdoor sport activities, watching your fluid intake is important.



TENNIS CLINICS

Monday | 8:30 - 10 AM

Cardio Clinic

Suitable for intermediate to advanced players

Monday | 10:15 - 11:15 AM

Tennis 101

Suitable for beginners or those getting back into the game

Monday | 5:30 - 7 PM

Men's Evening Clinic

Thursday | 5:30 - 7 PM

Ladies' Evening Clinic

Saturday | 8:30 - 10 AM

USTA Team Practice

Open to those on the Champion Hills USTA teams

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

TOP RANKED FITNESS & WELLNESS CENTER

Fifty clubs have earned Top Ranked status through Club & Resort Business's inaugural search for the industry's best fitness and wellness facilities and programs.

Champion Hills was ranked 44 in the country!

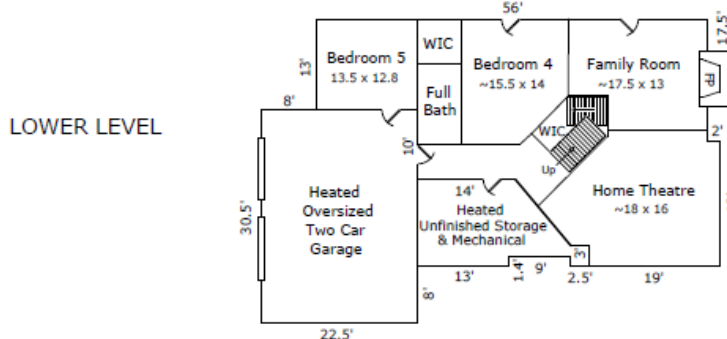
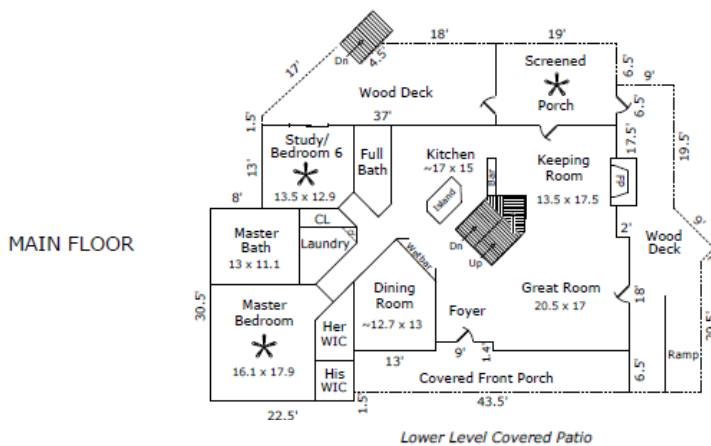
The rankings reflect the judges' scoring of submitted entries that included data on (where applicable): fitness and spa facility size, and the size of retail and/or food-and-beverage facilities related to fitness/wellness; average member usage, both on a monthly-visit basis and as a percentage of total membership; equipment value; classes and services offered; and staff size (both full- and part-time).

LISTING OF THE MONTH

1000 INDIAN CAVE ROAD | \$970,000 | 4,581 SQ FEET

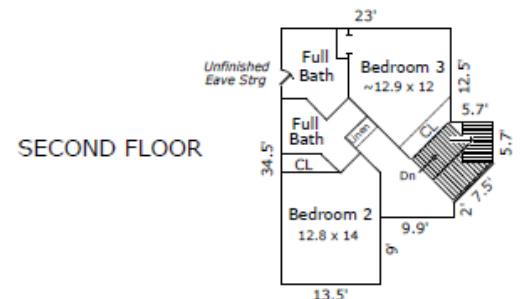


This fabulous mountain chic home will make an immediate impact with soaring wood ceilings, spacious rooms and an overall feeling of warm hospitality.



Features and Upgrades:

- Open floorplan
- 5/6 Bedrooms and 5 Bathrooms
- Soaring wood ceilings
- Floor to ceiling stone fireplace in the Keeping Room which is adjacent to Great Room
- Spacious Chef's Kitchen with lots of cabinets, granite counters, island & wet bar
- Large Master Suite on main level plus second Bedroom & Full Bath, currently used as a Study
- Upstairs has 2 Bedrooms/2 Baths
- Downstairs 2 Bedrooms/1 Bath or 1 Bedroom plus playroom/rec room, Family Room with second stone fireplace & fabulous Home Theatre
- Private setting
- Fire pit
- Beautiful mature landscaping
- Lovely water feature
- Views of the 5th & 6th holes plus pond



[Click Here to View Full Listing](#)

WILL THE HOUSING MARKET MAINTAIN ITS MOMENTUM?

Last week's Existing Home Sales Report from the National Association of Realtors (NAR) shows sales have dropped by 3.7% compared to the month before. This is the second consecutive month that sales have slumped. Some see this as evidence that the red-hot real estate market may be cooling. However, there could also be a simple explanation as to why existing home sales have slowed – there aren't enough homes to buy. There are currently 410,000 fewer single-family homes available for sale than there were at this time last year.

Lawrence Yun, Chief Economist at NAR, explains in the report:

"The sales for March would have been measurably higher, had there been more inventory. Days-on-market are swift, multiple offers are prevalent, and buyer confidence is rising."

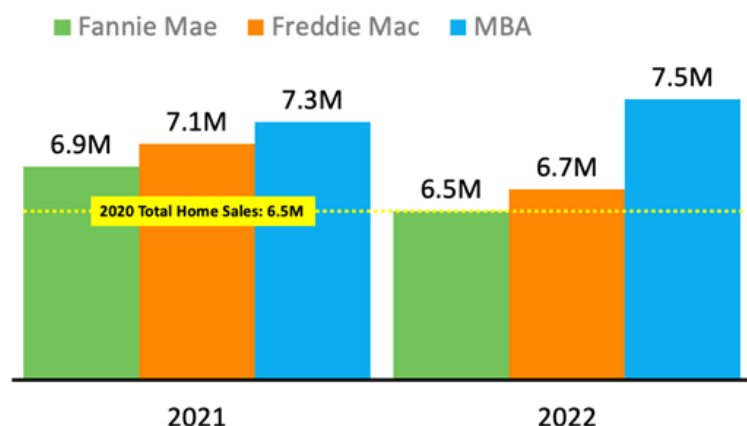
Yun's insight was supported the next day when the Census Bureau released its Monthly New Residential Sales Report. It shows that newly constructed home sales are up 20.7% over the previous month.

Buyer demand remains strong. With more of the adult population becoming vaccinated and job creation data showing encouraging signs, existing-home inventory is expected to grow in the coming months.

What will this mean for home sales going forward?

Fannie Mae, Freddie Mac, and the Mortgage Bankers Association (MBA) have all forecasted that total home sales (existing homes and new construction) will continue their momentum both this year and next.

Strong Home Sales Forecasted for This Year and 2022



Bottom Line

Living through a pandemic has caused many to re-evaluate the importance of a home and the value of homeownership. The residential real estate market will benefit from both as we move forward.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Brunch	3 Clubhouse Closed	4 Pasta Night	5 Trivia Night	6 Thirsty Thursday	7 Wellness Lunch & Learn Prime Rib Night	8
9 Mother's Day Brunch	10 Clubhouse Closed	11 Burger & Ribs Night	12	13 Thirsty Thursday	14 Prime Rib Night	15
16 Brunch	17 Clubhouse Closed	18 Pasta Night	19 Ladies Night Out	20 Thirsty Thursday Sparks by the Fire	21 Prime Rib Night	22 Grill on the Turn & Cornhole
23 Brunch	24 Clubhouse Closed	25 Burger & Ribs Night	26 Men's Night Out	27 Thirsty Thursday	28 Prime Rib Night	29
30 Brunch	31 Memorial Day Tournament & Cook Out					