

# May 2022 **ECHOES**



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LAST MONTH'S WINNERS:**Congrats to "Still Deliberating":**

Beth Wray,  
Richard Kacik  
Elizabeth & Chuck Jewett,  
Laudette & Dave Doudna

**MAY TRIVIA NIGHT****May 4**

Want to join in on the fun and show off your knowledge? Reserve your team a table today! by RSVPing to ShellyM@championhills.com.

## WHAT'S HAPPENING IN *May*

**CANTINA NIGHT****Thursday, May 5****6 PM - 8 PM**

After a fantastic, themed Thirsty Thursday, stick around and enjoy a delicious buffet filled with tasty Mexican cuisine staples and drink specials!

**MOTHER'S DAY BRUNCH****Sunday, May 8****Seatings at 11:30 AM & 1:30 PM**

There isn't a gift precious enough to compare to the love and sacrifice of a mom, but a great brunch isn't a bad place to start! Enjoy brunch at Champion Hills during either our 11:30 AM or 1:30 PM seating times.



**Visit [chmember.com](http://chmember.com) to register for these events today.**

## MEN'S NIGHT OUT

**Wednesday, May 11**

We invite the Gentlemen of Champion Hills to an evening of great food and great conversation.



## LADIES' NIGHT OUT

**Wednesday, May 18**

Join the Ladies of Champion Hills for a delightful evening in the Clubhouse filled with laughter and friendship!

## BLOOD DRIVE

**Monday, May 23**

To register, please contact Mrs. Sue Marker:

Home: (828) 692-7583

Cell: (828) 606-0921

Email: [suemarker@bellsouth.net](mailto:suemarker@bellsouth.net)



## MEMORIAL DAY COOKOUT

**Monday, May 30 | 3 PM - 6 PM**

Join us this Memorial Day as we honor the men and women who have fought for our freedom with a celebratory cookout!



## Ladies' Luncheon



## LADIES' LUNCHEON

**Friday, May 27 | 11:30 AM - 1 PM**

We are happy to announce that our Ladies' Luncheons are back! Luncheons will include a special event, a speaker imparting their special wisdom, or a presenter explaining their unique talent. For May's event, we will have a fashion show sponsored by The Sanctuary Boutique from downtown Hendersonville. Jacqui Perry will put together some very special outfits which will be modeled by some of our own beautiful Champion Hills ladies. Mark your calendars!

# BEHIND THE SCENES WITH EXECUTIVE CHEF SEAN THOMAS

## WHEN DID YOU DECIDE TO PURSUE COOKING?

"My grandmother played a pivotal role in my cooking journey. Our family was always centered around the kitchen. I started helping with small tasks at the age of 7 and I was cooking family dinners by the age of 12. In the late 90's I decided to start taking my career more seriously, and I was enrolled in culinary school by 2001."

## ANY WORDS OF WISDOM FROM YOUR EXPERIENCE AS A CHEF OVER THE YEARS?

Not only does Chef Sean have many years in the professional culinary industry, but he has also been recognized by the American Culinary Federation many times and was named Grand Champion in the 2013 South Carolina Seafood Challenge! With this wealth of knowledge in the industry, here are a few of his key takeaways:

1. Take everything with a grain of salt.
2. What happens in the kitchen, stays in the kitchen.
3. Learn to change.
4. Stay humble!



WHO IS ONE CELEBRITY THAT YOU'D LOVE TO COOK FOR?

**"I ONCE HAD TO COOK FOR ROBERT PLANT.  
IT WAS ENOUGH FOR ME."**

## HOW DO YOU DESCRIBE YOUR COOKING STYLE?

"Eclectic at best. I specialize in a variety of cuisines including Low Country, Progressive French, Italian, Latin and Molecular Gastronomy." Chef Sean was born in Charlotte, North Carolina and lived in Baltimore, Hawaii, New Orleans and South Carolina before settling once again in his home state. "Coming from the coast I have worked with a lot of seafood, but I don't really feel any one dish defines my style. One aspect of the work that I love is the ability to be creative".

## WHAT DOES TRUE LEADERSHIP MEAN TO YOU?

"To me, true leadership is when you not only lead your team but also develop them to be the best they can be."

## WHAT IS ON YOUR WISH LIST FOR THE NEXT 10 YEARS

"A long relationship with Champion Hills!"

WHAT DREW YOU TO CHAMPION HILLS?

**"THE NATURAL BEAUTY AND THE STAFF  
ARE AMAZING."**



# GET INTO GOLF

Champion Hills is a golfer's paradise. The Par 71 Tom Fazio-designed Championship Course, caters to Members of all skill levels. Everyone who plays will enjoy this mountain masterpiece as there are very few blind and uphill shots. Out of the 18 signature holes the course has to offer, 14 tee off from an elevated tee box to a generous landing areas. The course itself caters to all level of play, and the golf programming allows members to further refine their skill in the sport. From men's and ladies' golf groups to golf clinics and beginner's golf school, our professional staff is dedicated to providing an accessible and fun golf experience to all who have a desire to play.

You don't have to just take our word for it. Several former students from our Get Into Golf program reached out to share their amazing experience:

Mrs. Pam Roadman, when asked what she would say to someone considering signing up for this year's Get Into Golf program at Champion Hills stated, "I would simply say do it. Don't hesitate or put it off for fear that you will make a fool out of yourself, as you will learn in a safe and encouraging environment and meet wonderful people in the process. We live on such a breathtakingly beautiful golf course. Just being able to go out and be in the beautiful environment makes it all worthwhile!"

The fun doesn't have to end when you leave the program! Mrs. Sherri Nelson joined the group with a few friends and left with even more. When asked if she still plays golf, she said, "I am definitely playing now and joining the two-day golf school this week with the same group that I started Get Into Golf with last summer. We also play 9 holes together once a week or so, whenever we can. Next, we will look to join Chicks with Sticks and the Nine & Dine groups. Our goal is to get better but mostly, to have fun!"

This was a shared experience for Mrs. Becky Jansen who, after a 30-year hiatus from golf, was looking for a refresher. This program was just right for her in hedging her skillset, but was so much more than that too. Mrs. Jansen says, "The extra benefit was the comradery that developed with special friends I still golf with and the comfort level we feel. This is a great program to get you started or to refresh your game and expose you to the most wonderful people."

## **Get Ready to Get into Golf | Thursday, May 12**

**For more information or to register, stop by the Pro Shop or call (828) 693-3600!**

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 has designed a program just for you!

- Every Thursday beginning at 1:00 PM.
- Meet at the short range.
- Brief 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.



# PRO SHOP NEWS

TAKE  
15% OFF!

## Mother's Day Sale!

**15% OFF All Ladies' Apparel and Accessories for Mother's Day!**

**Note: This sale includes in-stock items only. Balls and golf clubs are excluded from sale.**

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## SATURDAY LOTTERY FOR TEE TIMES

**Lottery will begin Saturday, May 14**

The lottery for tee times on Saturday will begin on May 14 and will run through the month of October. There will be 2-3 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 three 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 more 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.



# GOLF INFORMATION



## GREAT SHOT, MR. WEBER!

Mr. Lee Weber shot a round of 76 to beat his age by 9! "I parred the first seven holes, bogeyed eight and nine, parred the next six holes, bogeyed 16, parred 17 and double bogeyed 18."

## TIP FROM THE PRO | SAVE SHOTS BY CHIPPING VS. PITCHING

By Golf Pro, Craig Sparks, PGA

Many times we see too many amateurs pitching the ball with a sand or lob wedge rather than chipping the ball low. If you have plenty of green and no obstacles in the way, try getting the ball on the ground sooner and rolling like a putt. Players tend to be more consistent when they take a lower lofted club [7 or 8 iron] instead of high lofted wedge. Take a look at the three keys below to become a better chipper:

1. Place the ball off the instep of your back foot.
2. Press your hands forward so they are leaning towards the target and in front of the ball.
3. Use a long pendulum putting stroke and try not breaking your wrists.

## UPCOMING EVENTS:

**Beginning Sunday, May 1:**

**Preferred Lie Local Rule is No Longer in Effect!**

Men's Opening Day – Wednesday, May 11

Next Round Trade In Event – May 13-14

Couples Opening Day – Sunday, May 15

Ladies' Opening Day – Tuesday, May 17

Champion Guest Day – Friday, May 20

9 & Dine – Saturday, May 28

Memorial Day Event – Monday, May 30

Match Play – Beginning Saturday, June 11

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



# Tennis is Back!

by Wellness Director, Mackenzie Jones

## The Tennis Courts Are Open!

### How to Register for a Court Time:

- Go to [CHmember.com](http://CHmember.com).
- Under "Racquets & Wellness", click on "Book a Court."
- Afterwards, select the date that you would like to play!
- Before moving forward, confirm your court type is set to "Tennis".
- Next, choose the length of time that you would like to book the court.
- Then, click on the time slot under your court of choice.
- From the "Booking Page". you can add members to your booking by clicking manage buddies and groups.
- Finally, click "Book Now" to complete your reservation.
- Get ready to enjoy a fantastic time on the Champion Hills Har Tru Tennis Courts!

### Want a more instruction while out on the courts?

Book a private or semi-private lesson with our tennis professional, Nicole Bumgarner, by contacting her at (828) 507-6062.

### Stay in the Game

Tennis truly is the sport for a lifetime. To make sure that you continue to excel in the game as you age, follow these USTA tips:

### Keeping Fit

Here's the bottom line for anybody who wants to play well into middle age, and beyond: be fit, or suffer the consequences. Conditioning preordains much about any player's game, but it becomes even more paramount with age. Staying in top shape allows for the speed, flexibility and power everybody requires on the court.





### **Adjust Expectations**

Even for supremely fit players, with age comes the necessity to adjust expectations and goals, perhaps even letting go of a results-oriented mindset. Take pride in playing well and working hard.

### **Align Body and Mind**

With the inevitable decline in speed, strength and stamina come necessary changes in the Xs and Os of tennis. As you get older you don't have the kill shot you used to have. You have to adjust your brain and look to frustrate your opponent and play smart. This is where high-percentage play comes in; you have to put the ball in the right place.

### **Use the Resources**

For optimum performance and comfort be smart about how you prepare your body for a match or lesson and how you recover. Fueling up properly is essential: a protein shake or other sustenance 30 to 60 minutes before a match and bananas, dried fruit or a sports drink during competition can stave off the dreaded glucose shakes and keep your energy level from lagging.

### **Living with Injury**

Even professional players struggle with short and long-term injuries, but for older players, it's increasingly important to find the sweet spot between keeping active and letting the body recover from both exertion and injury. Every tennis player relishes the intensity of competition, but it's important to recognize when a serious or potentially serious injury has occurred, or worsened. Take care of injuries with rest from the sport.

**Get out there and enjoy the game of tennis at any age!**



#### **Pickleball Update:**

The construction of two pickleball courts is moving forward as planned. Currently we are waiting for Duke Energy and AT&T to relocate two utility lines that cross underneath the identified court location in the back of the Club parking lot. Once these utilities are relocated, Trace and Company can begin excavating and grading.

# CHAMPION HILLS REAL ESTATE:

## 13 Cooper Cove S

**New Listing Already Under Contract!**



### **Property Details:**

Long range mountain views  
Very private setting  
3705 sf with 2344 on the main level  
3 bedrooms, 3 baths, 1 half bath  
Spacious office on main  
Hobby/exercise or second office downstairs  
Large workshop and storage area

Want to learn more about Champion Hills Real Estate? Call our Team for more details:

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





# IS IT TIME TO BUY A SMALLER HOME?

## How to Make the Choice that is Right for You



Life events can have a major impact on what you need from your home, and retirement is one of the biggest changes many of us face. This period of your life can mean doing more of the things you enjoy, like traveling, visiting with loved ones, or taking on new hobbies. But what does that mean for your home? If you're looking for ways to focus more on the important things in your life, the answer could be downsizing. A recent article from "The Balance" talks about why it could be a great option, saying: "There are many reasons to buy a smaller home—or to downsize from your present home—but sometimes, the idea that "less is more" is what propels homeowners to buy a smaller home."

### **You Can Find the Right Home for Your Needs**

The 2022 Home Buyers and Sellers Generational Trends from the National Association of Realtors (NAR) provides more information on why people of retirement age choose to move. It shows the need for a smaller home, the desire to be closer to loved ones, and retirement itself of the top reasons homebuyers over the age of 55 make a move. If you're in this group, changing priorities may be top of mind for you today, and that could be driving your decision to downsize. After all, as your lifestyle changes, what you need in your home likely changes, too. Plus, as "The Balance" notes, moving into a smaller home can open your schedule up even more. When you downsize, you can spend less time maintaining your home and more time with the people you love or exploring newfound hobbies. That's a recipe that can lead to less stress and increased happiness.

### **Your Equity Can Make a Big Impact When You Downsize**

Home equity plays a big role when you sell your existing house and move. It could be a great tool to use to help you downsize. According to the latest Homeowner Equity Insights report from CoreLogic, the average homeowner gained about \$55,300 in equity over the past 12 months. Dr. Frank Nothaft, Chief Economist at CoreLogic, explains how important price appreciation and equity gains are for existing homeowners: "Home prices rose 18% during 2021 in the CoreLogic Home Price Index, the largest annual gain recorded in its 45-year history, generating a big increase in home equity wealth, . . . For low- and moderate-income homeowners, home equity has historically been a major source of wealth." As home prices rise, your equity does, too. So, you may have more equity than you realize because of the record levels of home price appreciation over the past year. Those equity gains could allow you to make a larger down payment on your next home. And putting more money down can lead to a smaller monthly mortgage payment, which can give you greater financial freedom. It can also be a significant help in navigating today's competitive housing market, since offering more money up front could help your offer stand out. Whatever your homeownership goals are, a trusted real estate advisor can help you to find the best option for your situation. They'll help you sell your current home and guide you as you buy your next one and enter this new phase of life.

### **Bottom Line**

If you've recently retired or plan to soon, your needs are likely changing. That means now may be the perfect time to downsize. Let's connect so we can work together to find a home that matches your situation.

# May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Hills Cup Kickoff Celebration  Club & POA Town Hall  Burger Night	4  Trivia Night  Hills Cup	5  Hills Cup  Cinco De Mayo  Thirsty Thursday	6    Prime Rib Feature	7
8  Mother's Day Brunch	9  Clubhouse Closed	10  Burger Night	11  Men's Night Out	12  Thirsty Thursday	13  Prime Rib Feature	14
15  Couples Opening Day  Sunday Brunch	16  Clubhouse Closed	17  Burger Night	18  Ladies' Night Out	19  3rd Thursday: New Member Mingle!	20  Prime Rib Feature  Champion Guest Day	21
22  Sunday Brunch	23  Book Club Clubhouse Closed Blood Drive	24  Burger Night	25	26  Thirsty Thursday	27  Prime Rib Feature  Ladies Luncheon	28  Nine & Dine
29  Sunday Brunch	30  Memorial Day Mixed ABCD  Memorial Day Cookout	Clubhouse Closed				