

August 2019

A CLUB & LIFESTYLE
ABOVE THE REST

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#6 COURSE
IN NORTH CAROLINA
GolfWeek

Photo © 2019, Dave Sansom



CHAMPION HILLS

1 HAGEN DRIVE | HENDERSONVILLE, NC 28739 | 828.696.1962 | CHAMPIONHILLS.COM

2019 LADIES MEMBER GUEST

A Night in New Orleans

Follow us on Facebook and Instagram! Tag us in your favorite photos @ChampionHillsCommunity or #ChampionHillsNC .



MEET MELODY

Hi, my name is Melody Loudin and I am the new Membership Coordinator in the Membership and Marketing office. Originally from Virginia, I graduated from Catawba College with a degree in Integrated Marketing and Communications.

I am so excited to have made the move from the greater Charlotte area to Asheville about 3 months ago. I could not be more thrilled to start my journey at Champion Hills. Everyone has been so welcoming and kind. I greatly appreciate that, as sometimes being the new kid can be scary!

Please stop by the office and say hi or feel free to reach out any time: 828.696.1962 x 1318 or melody@championhills.com.

I look forward to meeting each of you and learning more about what makes Champion Hills a place "above the rest".



SCHOOL SUPPLY DRIVE

DONATIONS NOW BEING ACCEPTED

Champion Hills is now accepting school supplies on behalf of Interfaith Assistance Ministries (IAM). IAM will distribute school supplies to needy children in time for the upcoming school year. The drop off deadline is Saturday, August 24.



School supplies needed: backpacks, quart-sized baggies, gallon-sized baggies, facial tissues, 24 count crayons, no. 2 pencils, pink erasers, Fiskar scissors, glue sticks, bottled glue, black & white composition books, pocket folders, highlighters, pencil boxes, wide-ruled notebook paper, 1.5 inch three-ring binders, dividers/plastic pocket folders, 3x5 index cards, washable markers, pencil top erasers and hand sanitizer.

Please drop your donations off in the admin office.

NOMINATING COMMITTEE

The Nominating Committee is looking for new members to fill our Club and POA Boards. Anyone interested in being nominated as a candidate should contact one of the members of the Nominating Committee. Though not required, it is desirable that candidates have prior experience serving on Club or POA committees.

There will be two 3-year terms available for both the Club and POA Boards, all commencing on January 1, 2020.

Should you have any questions, please reach out to the admin office.

ACHIEVING MY DREAMS

Special Contribution by Addison Kain

As summer comes to a close for myself and many other college students, I've had the opportunity to reflect on my time at Champion Hills the past few months.

Since my sophomore year of high school, Champion Hills has been a place I could call home. Now, a rising junior at the University of Tennessee, I appreciate the unimaginable ways the club, members and staff have helped me grow.

I began working at Champion Hills in the Food and Beverage Department, and fully intended to do so again this year. However, after a conversation with our Membership Director over Christmas break, I realized there was an opportunity for me to develop my career path through the Membership and Marketing Department. I was lucky enough to get an internship here this summer and build in-field experience.

Shadowing our Membership Director has been eye-opening. I got to learn about our brand, our positioning, our style, why we phrase things the way we do, and what it means to work as a marketing professional in the hospitality industry. It's a lot more than people think!

"Marketing" encompasses not only the traditional sense (websites and social media), it also has everything to do with sales, retention and events. It's about how you communicate a message, when to communicate it and where. It's about thinking ahead to what could go wrong or be misinterpreted and fixing it before there is an issue whether that's in a social media post, an email or a graphic. But mostly, marketing is people. It's building a relationship that lasts and hopefully spans generations.

I worked on a wide variety of projects this year including the Discover Local Series, Camp Champ Kid's Camp and Employee Scholarship Events. I also helped update the recreation guide and member directory, and honed my photography skills at most of our member functions. Each project allowed me to see points of view from the different departments and the ups and downs of what a marketing and membership department gets to experience daily.

One of the larger projects was the Employee Scholarship Events. The effort and time put into organizing this event showed me the importance of diligent record keeping, fluid communication and of course gracious donors. Getting the chance help organize and execute the event gave me a new understanding and appreciation for the members and staff that make this inspiring event happen.

As a recipient of one of our scholarships, this event was personal for me. The Employee Scholarship Events and its proceeds have made such an impact on my college education. I feel grateful every day to be a part of something so special. The benefits of this program go beyond just helping me during my college years, they will also help eager students in the future chase their dreams.

As my emails from Heather will soon change to emails from professors, I am sad to leave my Champion Hills home. But, I am so thankful I can return to school with a new repertoire of professional skills, and plenty of great stories about the events I got to experience during the summer.

I initially chose to work at Champion Hills because of the atmosphere and staff, but I keep coming back because of the members. Because of them, I have the opportunity to attend the school of my dreams. I couldn't be happier to be a part of Great Big Orange country!

My time at Champion Hills has gone well beyond money, and gives me the encouragement and empowerment to go after my goals. The members believe I can go on to do amazing things! One day I will pay that priceless feeling forward. Thank you all for believing in me and I'll see you next summer. Go Vols!



WNC HAPPENINGS

73rd Annual N.C. Apple Festival
Downtown Hendersonville
Friday, August 30 – Monday, September 2

ArborEvenings @ NC Arboretum
Every Thursday @ 6 pm

Street Dancers - Lake Lure Cloggers and Appalachian Fire
Hendersonville Visitor Center
Monday, August 5 @ 5:30 pm

Music on Main
Fridays -Downtown Hendersonville

Rhythm & Brews
Every month - August 15

Flat Rock Playhouse
"All Shook Up" - through August 18
"Bee Gees Gold" - August 23-24

Henderson County Tailgate Market
One of the oldest open air markets in WNC! Saturdays 8am - noon

SAVE THE DATES!

Cornhole Tournament
Sunday, September 1

BMW Factory Tour
Monday, September 9

Ladies Night Out
Wednesday, September 11

Flat Rock Playhouse Dinner and Show
Tuesday, September 17

POA Picnic
Sunday, September 15

Men's Night Out
Wednesday, September 25

Visit chmember.com for more information on our upcoming events.

Congratulations to the "Quizzly Bears" for their victory at July's Trivia Night!

Join your fellow trivia buffs at our next Trivia Night on August 7.

Click here to register your 6 person team and view the menu.



David & Shannon Hitchcock, Tom & Patricia VanLaar and Chuck & Tammara Darnell

DINNER DANCE

SUNDAY, AUGUST 4

Cocktails: 5:30 pm | Dinner: 6:45 pm

Enjoy a delicious meal and dance the night away to live music from the Noel Freidline Quintet.

Open to All Members - Click here to register!



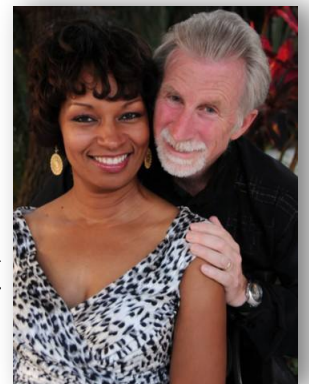
CALUAH & CREAM

SATURDAY, AUGUST 17

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

The member-favorite husband-wife duo from South Florida is back! This event promised to be a wonderful way to spend your Saturday evening - cocktails, dinner and dancing to your favorite tunes.

Click here to register!

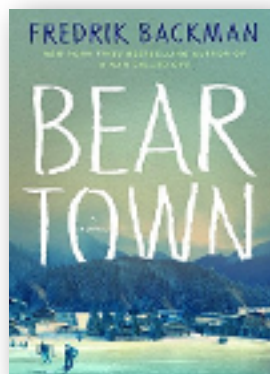


BOOK CLUB

MONDAY, AUGUST 26

10:30 am

Discussion Leader: Janice Bravo



NATIONAL ICE CREAM SANDWICH DAY

Join us from 2 - 4 in the Fazio Pub and enjoy a tasty frozen treat to celebrate!



Champion Hills
First Annual
Cornhole Tournament!

FEATURING:



Cornhole

AT THE CLUB!

SEPTEMBER 1

2-4 PM

**JOIN US THIS LABOR DAY WEEKEND
ON THE EVENT LAWN
FOR CORNHOLE, BREWS AND FUN!
SPECTATORS WELCOME**

Click [here](#) to register your two-person team.

RECIPE OF THE MONTH

BY CHEF RYAN SPESOCK

Dessert is always the best part of a meal and this crème brûlée is absolutely no exception. This delightful creation is sure to be a show stopper for any dinner party this summer.

Bon Appetit!

VANILLA CRÈME BRÛLÉE

Yields 5-6 portions based on size of the brûlée dish

Ingredients

16 oz heavy cream

8 egg yolks

½ cup sugar

Vanilla, ¼ bean or 2 tsp extract

Procedure

Preheat the oven to 325 degrees. Have your crème brûlée dishes preset onto a sheet pan ready to fill on the counter.

Pour heavy cream into a small sauce pot. Cut the vanilla bean lengthwise and scrape the seeds from the inside with a paring knife and add to the heavy cream. If using vanilla extract add to the heavy cream now. Heating of the extract or beans helps bring out the flavor. Bring this to a scald over medium heat and turn off.

Combine the egg yolks and sugar in a large bowl and whisk until it is well incorporated and smooth. Gradually add a couple of ounces of the vanilla infused heavy cream into the egg mixture, whisking the whole time. Repeat this in stages until all the cream has been added and your mixture is smooth.

Pour the mix into the brûlée dishes filling them $\frac{3}{4}$ full. Carefully place them to the oven and bake for 30 to 40 minutes. The easiest way to see if they are done is using a pair of tongs and lightly tapping the side of one of the dishes, if it ripples like water it needs more time, if it moves like jello it is ready to come out of the oven. Once the creme brûlée is perfectly done, remove from oven and allow to cool to the touch. When cooled enough to handle move them to the refrigerator and chill for a couple hours to fully set.

To finish and before serving you need to coat the top of each dish with sugar, being sure to not add too thick of a layer as you do not want to burn the sugar before it is browned through. A good trick for this is to add a teaspoon of sugar and spread it by hand, then pick the dish up and tilt it on its side to knock off excess sugar.

Then brown the top with a blow torch. Allow them to chill a couple of minutes and enjoy. If you don't have a blow torch, you can caramelize the sugar on top using your broiler setting on the oven until nicely browned.



IMPORTANT DATES

Men's Member-Member
Friday - Sunday,
August 2 - 4

Ladies' Day ABCD
Tuesday, August 6

Men's Day ABCD
Wednesday, August 7

**Ladies' 9-Hole Club
Championship**
Thursday & Friday,
August 15 & 16

9 & Dine
Sunday, August 11

Ladies' Member-Member
Tuesday, August 20,
Thursday & Friday,
August 22-23

TOURNAMENT RESULTS

Queen Bee, June 25 & 27
18 Hole Overall Champion - 58
Vicki Carpenter

9 Hole Overall Champion - 28
Noreen Cirucci

4 Clubs On The 4th
Overall Champions- 54.8
Mike Corbett, Craig Alper
Charlotte Walsh, Mary-Kay Buhrke

Club Championship, July 6 & 7
(pictured right)
Men's Champion - 146
Stan McFarland
Senior Champion - 158
Alan Skelton

Ladies Champion - 173
Pat Case

Men's Net Champion -
Al Rex

Ladies' Net Champion -
Vicki Carpenter

TIP FROM THE PRO: HITTING THE BALL UNDER THE WIND

(OPEN CHAMPIONSHIP SPECIAL)

BY RUSS PIERCY

Step 1: Club Up, Choke Down

A driver generates more clubhead speed than a wedge and this is because the club is longer and generates greater centripetal force, and as we learned speed = spin, and spin will kill your score in the wind. Since we're swinging easier, take an extra club and choke down a bit. Choking down will give you a bit more control of the club and stiffen your shaft. A stiffer shaft will whip less and generate less clubhead speed, all helping to keep the ball lower with less spin.

Step 2: Ball Back, Weight Forward

The longer the ball is in the air, the more opportunity for the wind to affect it. If you look at places where the wind blows constantly, like Scotland, players scoot the ball around the ground and hit very few high shots. In the wind, low shots = low scores. By moving the ball back in your stance a bit, you'll be sure to hit down on the ball with a de-lofted club, and loft is definitely not your friend in these conditions. Keeping a bit of your weight forward will help your hands stay ahead of the ball at impact, also contributing to less loft and a lower ball flight.

Step 3: Don't Risk It

Don't shy away from laying up on par 3's and 4's; often times you'll have a better chance to get up and down than getting the ball on the green from far out. Don't always hit towards the pins or challenge fairway bunkers. Play for the fat part of the green and the widest part of the fairway, and just take your medicine and move on when you get in trouble.

Step 4: Swing Easy

One of the biggest mistakes people make when hitting into a head wind is they think they have to hit the ball harder to compensate for the wind. This actually makes things worse. The harder you hit a golf ball, the more backspin it generates. Next time the gusts are blowing in your face, try making a smooth, controlled swing at about 80%. You'll take some spin off the ball, get a lower ball flight, and take some of the wind out of play.



CONGRATULATIONS 2019 CLUB CHAMPIONS!

Pictured left to right:

Al Rex, Pat Case, Alan Skelton,
Vicki Carpenter, Mike Steele (Head Pro)
& Stan McFarland



GROUP EXERCISE - AUGUSTMONDAY

8 AM - Begin to Spin
 9 AM - NIA
 9 AM - Men's Tennis Clinic
 10:15 AM - Strength-45

TUESDAY

8 AM - Yoga Basics
 9 AM - Intermediate Cardio
 Tennis Clinic
 9:30 AM - Barre
 10:30 AM - Tennis 101

WEDNESDAY

8 AM - Pilates
 9:30 AM - Jazzercise
 10:45 AM - Slow Flow Yoga

THURSDAY

8:15 AM - Spin
 9:30 AM - Strength-60
 11:30 AM - Hydro Burn

FRIDAY

8 AM - Pilates
 9:30 AM - Jazzercise

SATURDAY

9 AM - Spin

SUNDAY

8:30 AM - Slow Flow Yoga + Core

YOGA ON THE LAWN!**MONDAY, AUGUST 26****8:30AM-9:45AM | \$15**

Join Jenne on the event lawn as we explore the serenity and healing benefits of yoga in nature.

Click to register.

**SPECIALTY CLASS!
MUSCLE TENSION RELEASE**

Monday, August 5 | [Men Only](#) | 11:15 am- 12:30 pm

Monday, August 12 | [Ladies Only](#) | 11:15 am- 12:30 pm

\$25 | Limited to 16 per class

Loretta Zedella leads this 75 minute class that guides you on the proper technique to roll your sore muscles and release targeted areas.

During this class you learn and review methods to erase tension and feel better in your body.

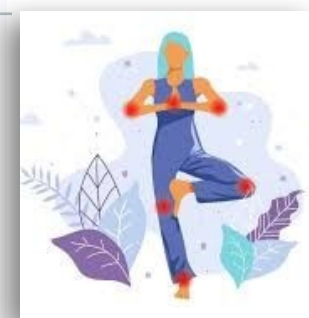
Muscle tension refers to the condition in which muscles of the body remain semi-contracted for an extended period. Muscle tension can also manifest as muscle knots, which are tight bundles of connective tissue where the muscle remains contracted. If you've ever felt that tight lump in your shoulder blades, or maybe your calf, this is a muscle knot. Knots can be caused by stress or overuse in exercise. Muscles are physically torn during exercise and need time to recover. With too much activity, the muscles don't relax properly, resulting in muscle tension and knots.

**YOGA FOR ARTHRITIS & OSTEOPOROSIS
6 WEEK WORKSHOP - MONDAY, AUGUST 19**

11:15 am - 12:30 pm

\$100 for all 6 classes | Limited to 16

Beginners and seasoned practitioners will learn to apply yoga practices and principles to improve joint and bone health.



It is well documented that yoga, when practiced correctly, builds bone density, lubricates and stabilizes joints, corrects dysfunctional joint movement patterns, reduces pain and inflammations in the body, and improves balance to reduce falls and injuries. This workshop explores specific practices that confirm each of these benefits. We will also discuss recommended modifications to prevent arthritis or osteoporosis related injuries when attending group yoga classes.

Games & Music
 Complimentary Snacks
 Adult Beverages for purchase





August



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 Men's Member-Member Stag Night Thirsty Thursday	2 Men's Member-Member National Ice Cream Sandwich Day Prime Rib Night	3 Men's Member-Member
4 Men's Member-Member All Member Dinner/Dance	5 Clubhouse Closed	6 Burger & Ribs Night	7 Trivia	8 Thirsty Thursday	9 Prime Rib Night	10
11 9 & Dine (Buffet Dinner Open to all Members)	12 Clubhouse Closed	13 Burger & Ribs Night	14	15 Thirsty Thursday	16 Prime Rib Night	17 Caluha & Cream
18	19 Clubhouse Closed	20 Ladies' Member-Member Burger & Ribs Night	21	22 Ladies' Member-Member Thirsty Thursday	23 Ladies' Member-Member Prime Rib Night	24
25 Swim & Spirits	26 Yoga on the Lawn Book Club Club Board Meeting Clubhouse Closed	27 POA Board Meeting Burger & Ribs Night	28 Men's Night Out	29 Thirsty Thursday	30 Prime Rib Night	31
1 Cornhole Tournament	2	3	4	5	6	7