

July 2019

A CLUB & LIFESTYLE  
**ABOVE THE REST**

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**#6 COURSE**  
IN NORTH CAROLINA  
*GolfWeek*

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**CHAMPION HILLS**

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# WELCOME NEW & RETURNING MEMBERS!

Please help warmly welcome, and welcome back, our 2019 Members thus far!

## Explorer Members:

Sean & Sharon Cafferty  
William & Janet Zollinger

## Full Equity Members:

Todd & Pam Roadman  
John & Libby Gilmore  
William & Becky Jansen  
Robert & Diane Hansberry

## Returning Members:

Loic & Carol deFabrique (Social)  
Nolan & Pati Carter (National)

# THE FUN NEVER ENDS AT 'CAMP CHAMP'

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



# 50 STATES OF GOLF

Special Contribution by Harold Kutner

We are very proud of Don Morrison for doing something on every golfer's bucket list: playing golf in all 50 states. In June, Morrison completed his list at the Bully Pulpit in Medora, North Dakota.

Morrison recalls, "It started by accident and not a grand plan to play all 50 states. Mostly it was a simple curiosity to play many of the great courses I had read about."

Years later, Morrison began putting together a spreadsheet to list and display his golf balls. He smiles as he recalls, "I wanted it organized in case the grandkids dumped the racks over."

Watching his project, Barb asked her husband how many states he played. "I told her I had played about 35 and she said it would be cool to play all 50 states. The rest, as they say, is history."

Morrison says, "Reflecting over this 50 state adventure brings back a lot of great memories - traveling and having fun with my best friend Barb and many golfing buddies over the years."



Don Morrison marks #50 off the list!

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## VOLUNTEER OPPORTUNITIES

Champion Hills is proud to have a membership that gives back to the community we call home. There are countless options for volunteer work, please contact the admin office to learn more. Here are two opportunities that recently reached out to us.

### Kicks For Kids

Once again, the very generous Champion Hills community is participating in the Salvation Army Kicks for Kids program, donating brand new sneakers so kids can start the new school year on the right foot! It is NOT too late to participate! Contact Cindy Schafer or Diane Corvino for all the information on how to donate shoes. You can also donate money, as we have shoppers ready to buy shoes on your behalf. Thanks to all who have chosen to help the youngest and neediest members of our Hendersonville community.

### Meals on Wheels

In the volunteer world, life, schedules, and commitments are ever changing. We have recently identified a rising and crucial need for volunteers specifically in the Edneyville/Fruitland route areas, as well as several outlier locations. Unfortunately the meals we provide through Meals on Wheels do not deliver themselves – and we rely heavily upon the consistency and service of willing volunteers. We deliver more than a meal. We deliver daily contact, hope, a sense of purpose and human connection.

Currently there are needs for volunteers for Edneyville (Mondays, Tuesdays, Thursdays & Fridays); Fruitland (Mondays/Thursdays); Horse Shoe (Fridays) and Green River (Tuesdays).

If you would like to help, please fill out the Volunteer Inquiry form on our website: [coahc.org/volunteers](http://coahc.org/volunteers).

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## WNC HAPPENINGS

**Flat Rock Playhouse Presents:**  
*South Pacific* - Runs Through July 6

**ArborEvenings @ NC Arboretum**  
Every Thursday @ 6 pm

**The French Broad's Cocktail Social**  
Downtown Hendersonville  
Thursday, July 11 @ 5:30 pm

**Music on Main**  
Every Friday

**Rhythm & Brews**  
Every month - July 18

**Outdoor Movie Night**  
Dana Community Center - July 19

**Thunder Road: The Musical**  
Sanctuary Brewing Company  
July 28

**Strut Your Mutt 5K Walk & Run**  
Historic Train Depot, Hendersonville  
Saturday, July 27  
7am - 10 am

## SAVE THE DATES!

**Swim & Spirits**  
Sunday, July 14

**National Hot Dog Day**  
Wednesday, July 17

**Men's Night Out**  
Wednesday, July 17

**St. Paul Vineyards Trip**  
Thursday, July 18

**California Wine Dinner**  
Wednesday, July 31

**Cahlua & Cream**  
Saturday, August 17

Visit [chmember.com](http://chmember.com) for more information on our upcoming events.

Congratulations to Alan & Gloria Wasserman, Joe & Rhonda Gaudino and Ralph & Camille Grant for their victory at June's Trivia Night.

Join your fellow trivia buffs at our next Trivia Night on July 10.

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



## TOPGOLF EXCURSION

MONDAY, JULY 15

Meet at Club 11:15 am | \$79++

Join us for an exciting trip to experience the new Topgolf facility in Greenville, SC.

Price includes roundtrip transportation, lunch, private hitting bays for 2 hours & Callaway Clubs (or bring your own).

**Open to All Members - Click here to register!**



## SAINT PAUL WINERY TOUR

THURSDAY, JULY 18

Bus leaves at 2pm | \$50++ per person | Minimum of 12

Let's explore the first commercial vineyard in Henderson County: Saint Paul Vineyards!

Saint Paul is family owned, located on acreage that has been in the family and farmed for more than nine generations.

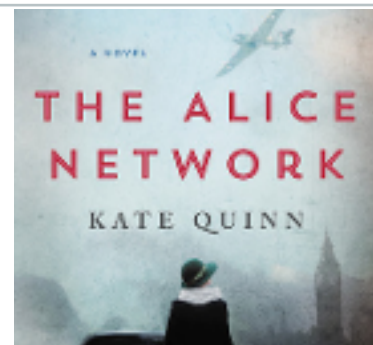
Enjoy a tour of the vineyards and Cider House, followed by a wine tasting with cheese. **Click here to register!**



## BOOK CLUB

MONDAY, JULY 22

10:30 am | Discussion Leader: Sue Kaplan



# WELCOME CHEF RYAN!

By Addison Kain

The mountains called, and Chef Ryan answered. We are very excited to have Executive Chef Ryan Spesock join our Champion Hills family. He came to Champion Hills from Cimmaron Hills Golf & Country Club outside of Austin, TX. He may be enjoying a break from the heat in the cool mountain air, but that doesn't mean things aren't heating up in the kitchen! Chef Ryan can't wait to begin new projects within the club and amaze the members with new culinary creations and flavors. He's excited to announce that his new menu will launch on July 9.



In just a few short weeks, Chef Ryan has made a lasting impression on members and staff alike. His drive to constantly elevate the member's dining experience has shown us all his creativity and hard work ethic. We thought you'd enjoy getting to know Chef Ryan a bit better, so we asked him seven questions to give us some insight into his world and how he came to join our team.

## 1. What drew you to Champion Hills?

The draw was multi-faceted. I have family in Greensboro, NC and Georgia, so after ten years in Texas I was ready to come back home. Coming to a newly refreshed club that is open to new ideas and events fits perfectly into what I was looking for in a new position. My excitement grew even more during my interview when all of the Members spoke very positively about the facility, staff and about living here. There is a lot to be said when you walk in and see people smiling! I enjoy the amount of potential offered here and hope to take full advantage of it in the coming years.

## 2. Do you have any special projects in the works for Champion Hills?

Living in Texas I learned a lot about smokers, so one of the first new projects you'll see is a smoker on property. I plan to keep the membership engaged and excited in their culinary choices and experiences, so expect more theme nights, cookouts and other outside the norm opportunities.

In our Wine Room, I plan to do more Chef's Table dinners. I prefer to keep these events small and intimate so that I can really customize the menu and get to know the members on a more personal level.

## 3. When was the first time you realized you wanted to be a Chef?

When I was 17 years old, I entered a commercial kitchen for the first time and saw the organized chaos that was ensuing around me. I had been interested in cooking since I was a fledgling teen, and observing all the shouting, scrambling, loud, heart-pounding, rapid yet synchronized movements immediately spoke to my competitive side and was screaming "this is it".

## 4. What is your favorite food to eat or cook?

For anyone with a passion for food, this is a hard question. It's impossible to limit myself to one thing. My favorite foods range from enchiladas to sushi. I prefer a nice ribeye over a tenderloin any time. My go to diner food is a chicken fried steak with black pepper gravy, and if I have a night off with the kids and I'm not cooking (which is rare), I love a fully loaded pan pizza. My guilty pleasure meal is a great Chinese Buffet.

## 5. What person inspires you?

Inspiration comes to me in small, spontaneous spurts. There isn't one person who inspires me, rather it is a combination of all my mentors and their standards. It gives me something to work towards and compete against.

## 6. What is a motto you always strive to follow?

Taste your food. I tell my cooks that every day. Very little bothers me more than seeing a cook season something and not taste it to check if it is accurate.

## 7. What is your favorite season?

Without a doubt, fall is my favorite season both personally and professionally. It is the perfect season for braised meats, roasted root vegetables, spiced apple cider and big red wines and all things pumpkin. I am also looking forward to all the colors of the leaves, which was something I have been without for a while.

# CALIFORNIA WINE DINNER

WEDNESDAY, JULY 31

6:30 pm Welcome Reception - Wine Room | 7 pm Dinner - Terrace

\$75++

Join Executive Chef Ryan & Executive Sous Chef Blake as they pay tribute to Ryan's home state - California!

This intimate gathering of 30 members will feature a five course dinner that perfectly showcases the complex varietals and unique, expressive blends from across the Golden State of California.

Sign up now on [chmember.com](http://chmember.com).





## IMPORTANT DATES

### Ladies' Day ABCD

Tuesday, July 2

### Men's Day ABCD

Wednesday, July 3

### Fourth Of July Tournament

Thursday, July 4

### 9 & Dine

Sunday, July 28

### Ladies & Men's Club Championship

Saturday & Sunday, July 6 & 7

### Champion's Guest Day

Friday, July 19

### Ladies' Member Guest

Wednesday, July 24 -

Friday, July 26

### Queen Bee

Tuesday, June 25 &

Thursday, June 27

### TOURNAMENT RESULTS:

#### LADIES ABCD, JUNE 4

1st Place- 59.7

Susan Fong, Vicki Carpenter,  
Sherry Sims, Charlotte Walsh

2nd Place- 60.2

Melinda Brumsey, Jodi Sundeen,  
Barbra Lessig, Pat Van Laar

3rd Place- 62.1

Gloria Wasserman, Stephanie English,  
Jody Schiffman, Lynn Clever

### TOURNAMENT RESULTS:

#### MEN'S ABCD, JUNE 5

1st Place- 102

Rick Hackel, Herb Miller,  
Ernie Smith, Barry Brown

2nd Place- 103

Steve Landis, Gary Bressigner,  
Ralph Grant, Randy Raup

3rd Place- 106

Stan McFarland, Jeff Schiffman,  
Paul Betters, Don Martin

## TIP FROM THE PRO: CHIP SHOT

BY MIKE STEELE

When hitting shots that are close to the green, that need to travel a small distance in the air and roll out to the target, the shot that will be played is a chip shot.

The set-up is extremely important on this shot. Ball position should be played in the back of your stance and the club should be gripped shorter to help get a descending blow.

Maintain the body weight, about 60%, on the front/leading side during the entire swing. When hitting the chip shot focus on having the shoulders swing the club by rotating around your spine, rather than your hands.

Lastly, focus on a spot that you want to land the shot and let the ball release to the hole. These few tips can help hit more consistent shots around the green for more consistent results.



## GOLF COURSE CARE AND CART TRAFFIC REMINDER

Summer is in full swing and so are the divots, ball marks, and golf cart traffic...Remember, our fairways are bent grass and the divots must be replaced. If the divot is not replaceable, please use the sand provided in the golf cart. There are refill stations at each comfort station and when making the turn to the front and back nine.

Cart traffic must enter and exit between the stake located at the beginning and the end of holes when carts are off path (keep the carts in the fairway, not in the rough please!). These positions change daily. For those that do not have a medical flag, you may not drive past the exit posts.

When fixing ball marks, please push in from the sides and not upward. This prevents root damage and dead spots on the greens.

Following these simple procedures will continue to make our beautiful course one of the top courses in the state of North Carolina!



**GROUP EXERCISE - JUNE**MONDAY

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

**SWIM & SPIRITS!****SUNDAY, JULY 14 | 2 - 6 PM**

Grab a towel and join in the fun - be sure to try your luck at chipping onto our floating golf green!

**YOGA ON THE LAWN!**

Monday July 29

8:30am-9:45am | \$15

Join Jenne on the EVENT LAWN. Explore the serenity and healing benefits of yoga in nature. Please bring your own mat and consider applying sunscreen before the class. **Click to register.**

**SPECIALTY CLASS! SATURDAY, JULY 13**

Yoga for Arthritis & Osteoporosis | 10 am- 12 pm

**\$25 | Limited to 16**

Learn to apply yoga practices and principles to improve your 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 class explores specific practices that confer each of these benefits. We will also discuss recommended modifications to prevent arthritis or osteoporosis related injuries when attending group yoga classes. This class is suitable for new beginners and seasoned practitioners.

**HYDRO BURN ON THURSDAYS!**

11:30 am - 12:30 pm

Tone and sculpt your body, with no impact to your joints, in the pool! This workout is a blend of cardio, resistance training and may incorporate resistance tools such as buoyant water weights and noodles. This low impact class blends cardio and resistance into a class that's cardio-conditioning and body-toning. You will be working all your muscles, abs, gluts, arms and legs, as we listen to upbeat music. Hydro Burn is a total body workout good for all ages and training levels.

**INTERESTED IN PERSONAL TRAINING?  
MEET MIKE!**

Growing up in a military family, Mike spent his childhood in Germany. He has always been an accomplished athlete and in high school he earned a place on the German National Swim team.

Mike attended Eastern Michigan University on a full swimming scholarship and graduated with a degree in sports medicine. Upon graduation he was offered the opportunity to be the head swim coach for Our Lady of Mercy High School and was honored as coach of the year in Oakland County.

In 1992 Mike moved to Ft. Lauderdale and became a personal trainer and certified with the American Council on Exercise. In 1996 Mike opened his own personal training gym "Body D.R.I.V.E.", which he sold in 2014 to move to Hendersonville.

He is the proud father of two daughters and enjoys everything living in the mountains of Western North Carolina has to offer.

Mike's sessions are 30 Minutes \$35 or 60 Minutes \$50.

Contact him directly to set up an appointment at 954-296-5026  
[mikescherwitz@gmail.com](mailto:mikescherwitz@gmail.com).







July

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 Clubhouse Closed	2	3	4 July 4th Mixed Tournament and Cookout	5 Camp Champ Family Weekend	6 Club Championship Camp Champ Family Weekend
7 Club Championship Camp Champ Family Weekend	8 Clubhouse Closed	9 Burger & Ribs Night	10 Trivia	11 Thirsty Thursday	12	13 9 & Dine
14 Swim & Spirits	15 TopGolf Outing Clubhouse Closed	16 Burger & Ribs Night	17 National Hot Dog Day Men's Night Out	18 St. Paul's Winery Excursion Thirsty Thursday	19 Champions Guest Day	20
21	22 Book Club Clubhouse Closed	23 Burger & Ribs Night	24 Ladies' Member-Guest	25 Ladies' Member-Guest Thirsty Thursday	26 Ladies' Member-Guest	27
28	29 Yoga on the Lawn Clubhouse Closed	30 Burger & Ribs Night	31 California Wine Dinner	1	2	3
4	5	6	7	8	9	10