

October 2019

A CLUB & LIFESTYLE

ABOVE THE REST

What's Inside?

Member Moments...2

Member Highlights...3

Activities & Reminders...4-6

Culinary Corner...7-8

Golf...9

Wellness & Tennis...10-11

Real Estate Highlight ...12

Photo Contest...13-17

Calendar...18

#6 COURSE
IN NORTH CAROLINA
GolfWeek



CHAMPION HILLS

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BIRTHDAY CELEBRATION WITH LIFE LONG FRIENDS



Birthday celebrations are always special no matter your age, but Founding Member, Mrs. Terry Robbins celebrated in a very special way this year. The Canasta ladies of Champion Hills made sure that Terry's 93rd birthday was a dream. She started her day as usual with the regularly scheduled Canasta game as a few members put together a special birthday surprise.

Detailed with cards and ice cream cake, Terry's face said it all as her friends sang "Happy Birthday"! Being a part of a supportive community that celebrates special occasions with you is something truly special about Champion Hills.

Remember to tag us in your favorite photos @ChampionHillsCommunity or #ChampionHillsNC!



A CHAMPION OF ROSES

By Heather Myers

A rose - simple, beautiful, timeless. From Shakespeare to Disney the rose has captivated society, but for one Champion Hills member, stopping to smell the roses has always been a way of life.

When the stresses of his career as an attorney in Houston grew, Jeff Wray turned to roses to bring some much-needed balance. "My dad grew roses, so I picked the interest up from him. In fact, I still grow some of his favorites, the Mr. Lincoln and the Tropicana," Jeff says.

Throughout his years in Texas, Jeff nurtured his roses, each one bringing inspiration and happy memories to even the toughest of days. Naturally, when it was time to retire, it was important that this passion move with him.

On a trip to the Western North Carolina mountains, Jeff and his wife Beth were at Biltmore Estate's gardens. He recalls, "We were already sold on the area, but when I saw all the varieties of roses they grew, I knew it was meant to be." Soon after, Jeff and Beth found a home in Champion Hills.

Jeff joined the Asheville Blue Ridge Rose Society where he has presided as president for the last two years. It was a colleague at the Society who encouraged Jeff to enter his first competition. Slightly reluctant, he entered the 2018 North Carolina Mountain State Fair. In his first ever competition, Jeff took home 10 first prize blue ribbons. As amazing as that is, this year's roses really stole the show. Jeff took home over 30 ribbons including 12 blue ribbons and the coveted "Judge's Choice", which is given to best of the blue ribbon winners.



He credits his wins to his over 30 years' experience and support from the Asheville Blue Ridge Rose Society, which encompasses every gardener from beginner to expert. Jeff notes that sharing the challenges and rewards of growing roses is one of the Society's main missions. They provide education and support to fellow Rosarians as well as the community. If you are interested in learning more about the Society or getting a few tips on how to grow your own roses, visit wncroses.com.

For those of us who are true novices to the rose world, Jeff had warm words of encouragement stating, "Everyone can grow roses!" He explained that with thousands of rose varieties to choose from, there are roses for every person, every experience level and virtually every climate. So, with thousands of varieties to choose from, what is Jeff's favorite rose? He chuckled and said, "the last one I cut."



WNC HAPPENINGS

CiderFest NC

Asheville, October 12

Fall LEAF Festival

Black Mountain, October 17 -20

Apple Harvest Festival

Waynesville, October 19

ArborEvenings @ NC Arboretum

Every Thursday @ 6 pm

SAVE THE DATES!

Howl-O-Ween Pet Expo & Dog Costume Contest

Tuesday, October 15

Men's Night Out

Wednesday, October 16

Cornhole on the Lawn

Sunday, October 27

Thanksgiving Buffet

Thursday, November 28

New Year's Eve Party

Tuesday, December 31

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

Congratulations to "Les Quizerables" for their victory at September's Trivia Night!

Join your fellow trivia buffs at our next Trivia Night on October 2.

Click here to register your team and view the menu.



Betsy Darnall, Jenny Mishkin, Bill Gold, Carol & Dirk Novosad, Bonnie Van Cleven

SINATRA SOUND DINNER & SHOW

SATURDAY, OCTOBER 12

Cocktails & Light Hors d'oeuvres: 6 | Show : 7

Intermission & Heavy Hors d'oeuvres : 7:45



Enjoy an evening of great food and entertainment provided by Amici Music with vocalist Carol Duermit and pianist Daniel Weiser performing many of the great Sinatra hits and other favorite songs of the period." This event is split into two sets with hors d'oeuvres to enjoy between.

Click here to register!

CYRUS STEELE COMEDY SHOW

WEDNESDAY, OCTOBER 23

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

Dedicated to giving his audience more than a show, in addition to being a part of HBO's Comedy Wings competition, Cyrus most recently has performed for FOX's "Showtime at the Apollo" and NBC's "America's Got Talent."

Click here to register!



Champion Hills
Shopping Days
 October 8-9, 2019

Come pick up your Holiday Shopping Special Offer Card in the Admin Office!

A collection of local Hendersonville merchants are providing offers from free gifts to exclusive discounts just for our members on October 8 & 9. Visit all merchants and show your promotional offer card to be entered into our holiday raffle!



CONTESTS INCLUDE:

Dog/Owner Look-Alike: 3pm | Best Costume: 4pm

Best Trick: 5pm

Spookiest Cat Photo Contest (submit to admin office)

Register your furry friend on chmember.com!

LOCAL VENDORS

Asheville Pet
Photography

Dog Trainer
Alliance

Dog in
Suds

Oliver
Bentleys

Wag!
Pet Boutique

Poppycorn

And
More...

OCTOBER 15

3-6 PM | EVENT LAWN

DON'T FORGET TO CATCH YOUR KITTY BEING "SPOOKY"!

Submit your photos to the Admin Office by 5 pm on October 14 to enter the [Spookiest Cat](#) contest!



Employee Scholarship Chef 's Dinner

-September 12, 2019-

Jackson Estate Chardonnay 2017

SMOKED BRISKET STREET TACO

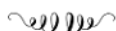
Avocado, Napa Slaw, Cilantro, Salsa Verde, Lime

LOW COUNTRY CRAB CAKE

Asparagus, Corn, Tomatoes, White Truffle Oil

PAN SEARED ATLANTIC SEA SCALLOP

Curried Apples, Candied Bacon



Domaine Pichot Vouvray 2018

SESAME SEARED AHI TUNA

*Cucumber "Kim Chee", Crispy Rice Noodles
Tamari Reduction*

COCONUT RED CURRY CARROT BISQUE

Lemongrass, Ginger, Cilantro, Scallions, Toasted Cashews



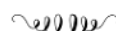
Franco Serra Barbera D'Alba 2018

HONEYCRISP APPLE SALAD

*Local Greens, Dried Cherries, Marcona Almonds,
Citrus Vinaigrette, Port Gastrique*

HICKORY SMOKED PORK BELLY

Blackberry-Jalapeno Compote, Arugula, Spiced Walnuts



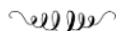
Inglenook Cabernet Sauvignon 2013

PAN SEARED HALIBUT

*Spinach Risotto, Wild Mushrooms, Leeks
Tomatoes, Aged Balsamic*

PEPPERBERRY RUBBED RACK OF LAMB

*Sweet Potato Mousseline, Roasted Root Vegetables
Vanilla-Cider Glaze*



Chateau de Sancerre 2016

CHIA PUDDING

Late Summer Peaches, Local Wildflower Honey

BERRIES SABAYON

Grand Marnier, Toasted Almonds

ASSORTED CHOCOLATES



Chef Ryan pulled out all the stops to create an exciting culinary journey for the winning bidders of this year's Employee Scholarship Chef's Dinner.

Four lucky Champion Hills couples enjoyed the decadent menu pictured left along with perfectly paired wines. It was certainly a night to remember! If these yummy photos are any indication, you don't want to miss your chance at a personalized Chef experience.

Over the last six years, the Champion Hills Scholarship Fund has awarded 49 individuals \$258,000 in college scholarships and grants for professional certifications. The bi-annual fundraising event held this summer raised an additional \$93,000 and funded the future of nine employees and two children of employees, totaling \$55,000 in academic scholarships.

Be sure you place your bid in the 2021 Employee Scholarship Event!



RECIPE OF THE MONTH

BY CHEF RYAN SPESOCK

The best part of fall is the warm flavors of both sweet and spice. You are sure to be warmed by this recipe and feel the seasons change while you enjoy!

Bon Appetit!

SPICED APPLE CAKE

Yields one 9 x 13 sheet pan

Ingredients

- 1 teaspoon salt
- 1 ½ teaspoon baking soda
- 2 teaspoon ground cinnamon
- ½ teaspoon ground clove
- ¼ teaspoon ground allspice
- 1 cup salad/vegetable oil
- 3 each whole eggs
- 1 ½ teaspoon vanilla extract
- 4 cups granny smith apples, roughly chopped
- 2 cups walnuts, chopped
- 2 cups granulated sugar
- 2 cups all-purpose flour

Procedure

Mix spices, baking soda and salt together, then add the eggs, vanilla and oil; mix thoroughly.

Add apples and walnuts and toss to coat. Combine sugar and flour together, then add to the apple mixture, stir until evenly distributed.

Bake in a 9 x 13 pan at 350 degrees for 45-60 minutes.



IMPORTANT DATES

Ladies' Closing Day
Tuesday, October 1

Men's Closing Day
Wednesday, October 2

**Husband & Wife
Championship**
Sunday, October 6

Men's Green Tee Cup
Friday, October 11

HCEF Tournament
Monday, October 14

(course closed for event in afternoon)

9 & Dine
Sunday, October 20

**Halloween
Spooktacular**
Thursday, October 31

**For more information on
the events listed, please
contact the golf shop.**



TIP FROM THE PRO: HITTING LONGER DRIVES

BY RUSS PIERCY

How'd you like to pick up 10 or 20 yards off the tee without swinging harder? It's possible if you learn to catch the ball on the upswing. The secret to an upward attack angle is the set-up.

Try This: Hold your driver level across your shoulders with your arms crossed, then take your stance and nudge your hips toward the target so you lead hip is higher than you trailing hip. This will raise your front shoulder, too. Check to see that your driver shaft points to the sky. Now relax and lower the club to address the ball as normal. Get comfortable in the set-up, and you'll be ready to find even more yards by toying with your new driver's adjustability.



[Click here for more information and to see the set up.](#)

SCOOTER TAKES ON THE 2020 PGA PROFESSIONAL CHAMPIONSHIP

At the 2019 CPGA Professional Championship, Champion Hills', very own Scooter Buhrman played alongside tournament champion, Matt Vick, who is also a good friend. Scooter remained only one shot back from Vick going in to the final round, however he consistently supported his competitor to do his best. While the two battled it out, Scooter never lost sight and remained in close second. In the end he finished at 8-under par and posted an even-par 72 in his third round.

Scooter is now one of **ten players** who have qualified for the PGA Professional Championship taking place next year at the Omni Barton Creek Resort & Spa located in Austin, Texas.

Congratulations Scooter!



GROUP EXERCISE - OCTOBERMONDAY

8 AM - Begin to Spin
 9 AM - NIA
 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

FRIDAY

8 AM - Pilates
 9:30 AM - Jazzercise

SATURDAY

9 AM - Spin

SUNDAY

8:30 AM - Slow Flow Yoga + Core

TENNIS CLINICS WILL CONTINUE THROUGH OCTOBER!

The weather is cooler it's the perfect time to get on the tennis courts.

Monday

Men's - 9 am

Tuesday

Cardio Clinic - 9 am

Tennis 101 Clinic -10:30 am

Saturday

Ladies - 8:30 am

ARE FRUITS AND VEGGIES HEALTHIER RAW OR COOKED?

We could all use more fruits and vegetables in our diets, and it certainly helps when they're in season and taste wonderful. If they aren't appetizing, it's hard to eat enough of these nutritious foods every day.

So what's the best way to make them tasty while maximizing nutrients? Some fruits and vegetables taste better cooked, and the process can make them easier to digest. But cooking can change their nutritional content.

THE ADVANTAGES OF RAW:

There's a lot of buzz about raw food diets. The belief is that heating food above a certain temperature (often 115 degrees Fahrenheit) destroys natural enzymes and other nutrients.

THE ADVANTAGES OF COOKED:

But cooking food doesn't always take away its nutrients. That's what researchers first recognized in 2002, in a study published in the Journal of Agriculture and Food Chemistry when they found that cooking boosts the amount of the antioxidant lycopene in tomatoes. Lycopene has been linked to a lower risk of heart disease and some cancers, according to Harvard Health.

Cooking vegetables can also increase the amount of calcium some vegetables provide, offering more of the mineral for your body to absorb.

One thing experts agree on is that if you're going to cook your produce, stay away from boiling. That method makes many nutrients leach into the water. One study published in the Journal of Food Science found that on average about 14% of antioxidants were lost in 20 vegetables when they were boiled.

CO-ED BODY DRIVE SPECIALTY CLASS

BEGINS OCTOBER 28

Monday 11:15-12:15 | 4 week class series | \$60 for all 4 classes

Jump start your winter work out routine with a CO-ED Body Drive class! Join Mike as he guides you through an hour of functional strength training. This is a perfect class to take with your spouse or partner. Challenge each other with a bit of friendly fitness competition.

Celebrate your fitness milestones together!





CLIFF DRYSDALE PRESENTS:
PRESALE FOR 2020 WIMBLEDON EXPERIENCES



**WIM
BLE
DON**

Please inquire for details on unique packages, available dates, and upgrade opportunities at Wimbledon 2020 offered by Cliff Drysdale Tennis.

A refundable deposit is required to hold your presale registration.

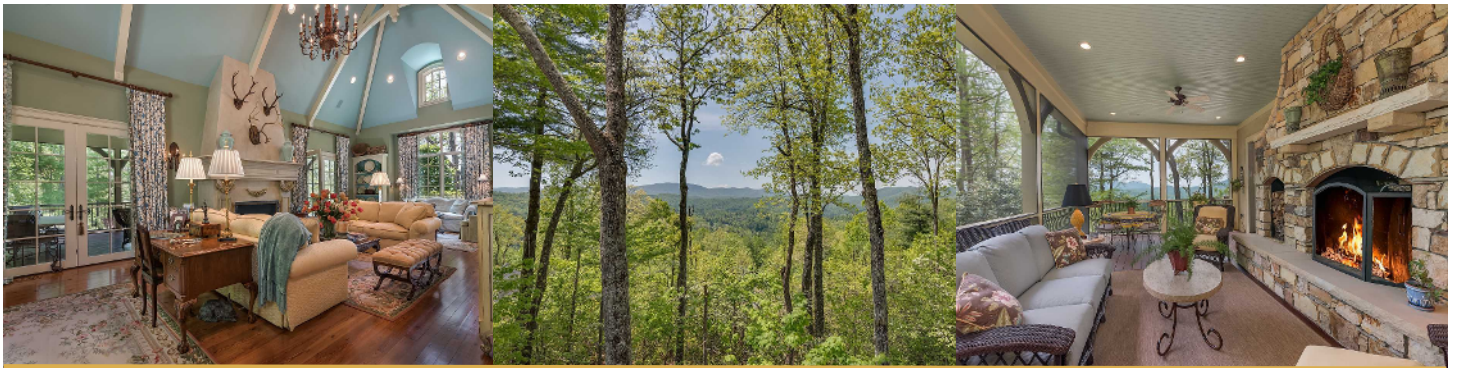
REAL ESTATE LISTING OF THE MONTH

501 High Cliffs | \$2,400,000



This pre-eminent Country French home was built with masterful quality and meticulous attention to detail, from the great room to the gardening room. Beautiful 5-piece moldings, antique heart pine floors, custom cabinetry, 6-seat home theater, billiard room, and the “grotto” wine cellar with tasting room and 1200 bottle storage, to name just a few of the numerous

features. All this is located on 3 lovely acres with gorgeous southern mountain views which can be enjoyed from the spacious stone terrace with built-in grill or the screened porch with the beautiful stone fireplace. Guests will be pampered by the two beautiful guest suites. Above the garage is another large guest space with room for several beds as well as, play space and has a full bath, perfect for the grand-kids. The huge 3-car garage has a workbench and room for big kid toys. This fabulous home is located just minutes from Hendersonville and all the grocery stores, galleries, restaurants, and live entertainment.



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

CHAMPION HILLS PHOTO ENTRIES

No one captures Champion Hills moments like our members do!

Due to the overwhelming number of photo submissions, we couldn't agree on one winning photo. Therefore, we will feature ALL of these entries on our social media pages over the next few months. Thank you for all your wonderful photos that truly showcase the beauty of our community and club. Feel free to keep them coming!



Top | Mary Kay Buhrke

Middle Left | Kathy Smith

Middle Right | Richard Kemp

Bottom Left | Ed Kearns

Bottom Right | Steve Anderson





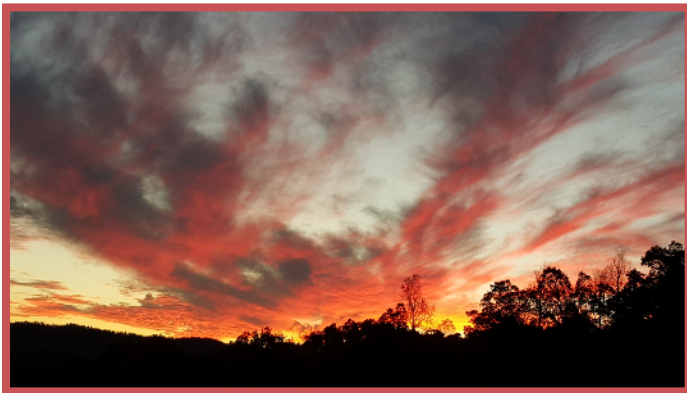
Top Left | Mary Kay Buhrke

Top Right | Don Morrison

Middle | John Rogers

Bottom Left | Mike Corbett

Bottom Right | Bill Phelps



WINTER WONDERLAND



Top Left | Geri Clifford

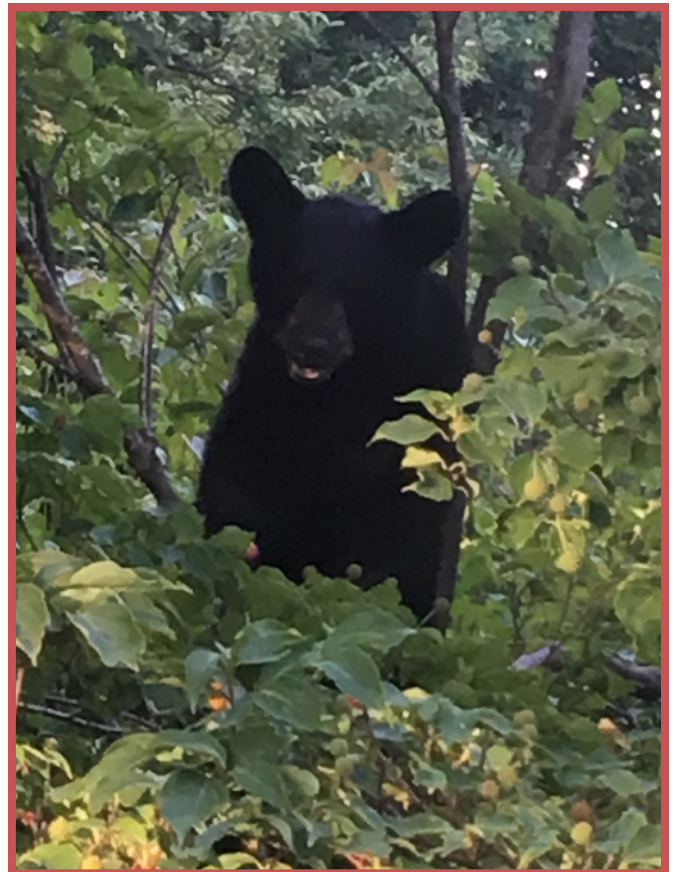
Top Right | Mike Swartzlander

Bottom Left | John Piowaty

Bottom Right | John Piowaty



FURRY & FEATHERED FRIENDS



Top Left | Mike Swartzlander

Top Right | Don Morrison

Bottom Left | Don Morrison

Bottom Right | Mike Swartzlander

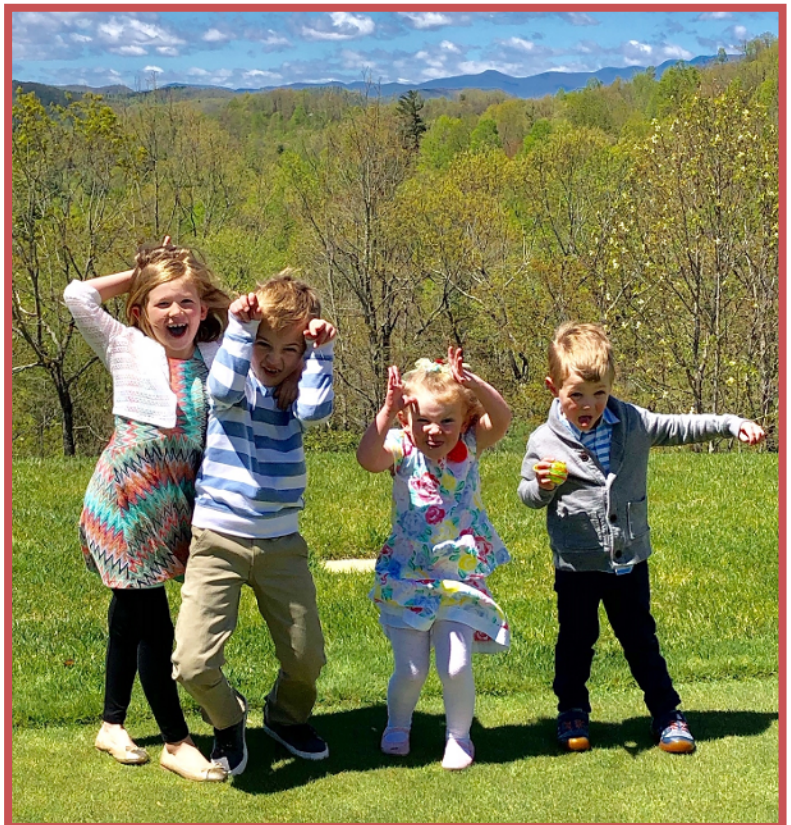
FRIENDLY FACES



Top | John Piowaty

Bottom Left | Don Morrison

Bottom Right | Mike Swartzlander



October

2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1 Ladies' Closing Day	2 Men's Closing Day Trivia	3 Thirsty Thursday	4	5
6 Husband & Wife Championship	7 BMW Factory Tour Clubhouse Closed	8 Burger & Ribs Night	9 Yom Kippur	10 Thirsty Thursday	11 Green Tee Cup Prime Rib Night	12 Sinatra Sounds
13 Brunch Buffet	14 Clubhouse Closed	15 Howl-o-Ween: Pet Expo	16 Men's Night Out	17 Thirsty Thursday	18 Prime Rib Night	19
20 9 & Dine	21 Clubhouse Closed	22 Burger & Ribs Night	23 Cyrus Steele Comedy Show	24 Thirsty Thursday	25 Prime Rib Night	26
27 Cornhole on the Lawn	28 Clubhouse Closed	29 Burger & Ribs Night POA Board Meeting	30	31 Spooktacular Thirsty Thursday	1	2
3	4	5	6	7	8	9