

September 2019

A CLUB & LIFESTYLE
ABOVE THE REST



What's Inside?

- Leadership Message...2*
- Member Moments...3*
- Community News...4*
- Activities & Reminders...5-6*
- Culinary Corner...7*
- Golf...8*
- Wellness & Tennis...9*
- Photo Contest...10*
- Calendar...11*

#6 COURSE
IN NORTH CAROLINA
GolfWeek



CHAMPION HILLS

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

SEASON OF GROWTH

CLUB UPDATE



Fall is upon us and I would like to take time to reflect on all our positive Membership involvement this summer. We have a great story on our events and participation in several areas of Champion Hills. Golf rounds are up almost 10% compared to last year through July. In fact, we had our largest attended 9 & Dine in August with 68 players!

I am thrilled to share that Wellness Center participation has increased 18% since this time last year, including group fitness, gym usage and tennis. Group Fitness offers a robust 15-16 classes per week **year round**, along with specialty classes such as Ballroom Dancing and Muscle Tension Release. These specialty classes have been very popular and educational. I look forward to seeing what Mackenzie comes up with next! This spring we also had our First Annual Tennis Opening Event and we look forward to hosting this again next spring.

Have you noticed our Terrace Room activity? Card games are growing! We have seen substantial growth in 2019 as Members add Canasta, Bridge and Mah Jongg to their list of activities. Hand and Foot kicks off this fall, adding another card game option this winter.

As you'll read on page 4, the generosity of Champion Hills Members continues to inspire us as they support the local community. I cannot list them all here, but a few of the year's highlights include: American Red Cross Blood drive had 27 donors, Kicks 4 Kids provided 140 shoes for needy children, the School Supply Drive for the Interfaith Assistance Ministries brought in over 350 pounds of supplies and our Employee Scholarship fundraising events raised an additional \$93,000 to fund the future of our staff and their families. It is truly rewarding to work for a Membership who helps our community and our staff live their best lives.

Members are embracing our Discover Local series, which visits the unique activities and attractions WNC provides. This year we've visited Looking Glass Creamery, French Broad Chocolate Lounge, Brevard Music Center, St. Paul winery, Lake Lure and more. Our next event is a Fall Harvest Tour at Sky Top Orchards on September 9, so sign up today to spend a fun afternoon with your fellow Members... the free apple cider doughnut alone is worth the trip!

The summer may be coming to a close, but the fun is still heating up. We begin September with our First Annual Labor Day Cornhole Tournament. Players and spectators are welcome! Flat Rock Playhouse is presenting an exclusive event just for Champion Hills called *Cinematastic!*, which is a full 45 minute performance. This is delightful dinner concert is one event you certainly don't want to miss.

In October & November we have our Hats & Horses Fall Derby Gala, Sinatra Sound Dinner & Show and Holiday Crafts hosted by Flowers by Larry. In lieu of the Holiday Boutique, we reached out to our local vendors and are excited to announce that we'll soon have Champion Hills Shopping Days on Main Street. Each vendor will offer a special discount to our Members. You can enjoy a stroll down Main Street during the beautiful fall weather, support local vendors and jump-start your holiday shopping. Not only can you go at your own pace and receive a special discount, you'll also get the full variety of merchandise in these stores rather than just a small sampling. We will have the final details out to you soon, however mark your calendars for October 8 and 9. We are looking for a Chairperson for the 2020 Holiday Boutique, so please let us know if you are interested. We are always looking for new ideas and activities, so please let us know how we can add more excitement to your Social Calendar.

Lastly, we are anxiously awaiting the kick off of our Irrigation Project & Driving Range Comfort Station. We invite you to Thirsty Thursday on September 5 to learn more about these projects and ask any questions of our team. Of course, we will email you updates as we progress. We appreciate your patience as our contractor arrives on site and begins the work. Thank you for your support of Champion Hills and being an instrumental part of such a welcoming community.

CAHLUA & CREAM HIGHLIGHTS PLUS, MAYFIELD GIRLS UNITE

While members and guests danced the night away to the musical stylings of Cahlua and Cream, two generations connected in a surprising, unlikely way.

Mari Alper's daughter and son-in-law came all the way from St. Louis to attend this event, which made the evening very special. And then, Mari met Lara (pictured top right), the granddaughter of members Michael and Geri Clifford.

Mari and Lara share a special bond. Lara attends the very same small high school Mari attended in Pasadena, California. How small is Mayfield High? When Mari graduated, there were only 38 in her senior class! Adding to the magic, Mari had a file of old high school pictures in her car because she had been meaning to show them to Lara's grandparents. Mari ran out, got them and the girls compared notes. Only a Mayfield Girl knows how special this truly is.

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



BACK TO SCHOOL DONATIONS

SHOES AND SUPPLIES GALORE

According to the National Retail Federation, the average child's back to school shoe and school supply cost is \$225, excluding electronics and clothing. Supporting our culture of giving back, Champion Hills members came to the aid needy families in our area.



Feet are the foundation of the whole body. Some research suggests that most foot problems and pains in adulthood stem from ill-fitting shoes or poor foot experiences during childhood. Ill-fitting shoes put the child at risk for injury or deformity later in life. Many problems with posture, walking, and even back pain can be associated with ill-fitting or poorly made shoes. But what do you do if you have to choose between new shoes and rent? According to our Salvation Army contact, most kids are forced to wear hand-me-down shoes too small for them and in some cases they are forced into shoes destroyed by insects and rodents.

"I simply couldn't stand by and do nothing. Our children are the future and they need the best foundation, literally and figuratively, that we can offer. Champion Hills needed a new advocate for our local Salvation Army's Kicks 4 Kids shoe drive, and we eagerly stepped up," says Cindy Schafer. Diane Corvino, co-chair, shared, "Organizing this event was an incredibly inspiring and rewarding experience. I am so proud that my Champion Hills family donated **140 pairs of shoes - 20 more pairs than last year.**"

As critical as shoes are, children still need the right tools and supplies to be successful in the classroom. Enter Interfaith Assistance Ministries (IAM). Champion Hills member Bonni Spry continues to advocate for the yearly school supply drive. These supplies include backpacks, tissues, crayons, pencils, erasers, scissors, glue sticks, binders, and so much more. This year's overwhelming response yielded three jam-packed car trips to IAM. In total, Champion Hills members contributed over **375 pounds** of school supplies to the area's most needy students!



Thank you to every one who helped make these school drives possible and a very special thanks to the wonderful women behind the scenes who care so much about their local community and those within it. The children on the receiving end of either a new pair of shoes or a backpack full of new school supplies will be able to focus their minds a little easier knowing they have one less thing to worry about.



WNC HAPPENINGS

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

ArborEvenings @ NC Arboretum
Every Thursday @ 6 pm

14th Annual Mountain Song Festival
Brevard Music Center
September 6-8

Music on Main
Fridays -Downtown Hendersonville

NC Mountain State Fair
Fletcher
September 6-15

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

Congratulations to the "Brain Trust" for their victory at August's Trivia Night!

Join your fellow trivia buffs at our next Trivia Night on September 4.

Click here to register your team and view the menu.



Richard & Carol Kemp, BT & Sallie Alexander and Jorge & Susan Cano



FALL HARVEST TOUR MONDAY, SEPTEMBER 9

Sky Top Orchards | 12 pm

When in Apple County...do 'appley' things! Enjoy the crisp air and changing of seasons while picking apples at Sky Top Orchards!

The tour includes 1/4 peck of self-picked apples, a pumpkin, hay ride and a famous apple cider doughnut!

Click here to register and select your lunch option !

SAVE THE DATES!

Hats & Horses: Fall Gala
Friday, October 4

BMW Factory Tour
Monday, October 7

Sinatra Sound (from AmiciMusic)
Sunday, October 12

Howl-O-Ween Pet Expo & Dog Costume Contest
Tuesday, October 15

Ladies Night Out
Wednesday, October 16

Cyrus Steele Comedy Show
Wednesday, October 23

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

FLAT ROCK PLAYHOUSE: DINNER & SHOW

TUESDAY, SEPTEMBER 17

Cocktails: 6 | Dinner: 6:30

45-Minute Show Begins: 8:15

An evening you won't want to miss! This exclusive **45-minute production** from Flat Rock Playhouse comes straight to Champion Hills. The evening includes excerpts from Cinemastastic: The Music of the Movies.

The delightful dinner concert features some of the Silver Screen's greatest hits. Music and theatre buffs alike will savor this unforgettable evening.

Click here to register!



BOOK CLUB

MONDAY, SEPTEMBER 23

10:30 am | Discussion Leader: Susan Thomas

Oil and Marble: A Novel of Leonardo and Michelangelo
by Stephanie Storey



Hats & Horses FALL GALA

OCTOBER 4 | \$65⁺⁺

COCKTAILS 6 | DINNER STATIONS 6:30 | RACES 7

Celebrate the change of seasons and enjoy an evening of Kentucky tradition with your friends!

Theme attire is encouraged - stylish hats for the ladies; derby attire for the gentlemen.

Prizes will be awarded for ladies' best hat and most dapper gentleman!

Signature Cocktail: The Lily / Bourbon Bar / Horse Racing Contests

Register today at chmember.com

A BREWING CELEBRATION

BY RICK ENGELHORN

September 7 is National Beer Lover's Day! Celebrating the nation's favorite beverage is easy to do at Champion Hills with our fabulous Western North Carolina beer culture and a vast selection of local brews on tap. Involving our local purveyors is an important part of our philosophy in the Food and Beverage Department and we are proud to support the local Craft Brewing community. Trying new styles and flavors of beer is fun, and pairing beer with food adds another level of enjoyment that we strive to make available in the Fazio Pub. For example, the Lake Logan Smoked Trout Dip pairs great with a pilsner or lager such as Triskelion's Trinity Pilsner while the Spicy Italian Panini goes great with a refreshing IPA like First Descent IPA from Ecusta Brewing.

Seasonal selections will continue to involve new flavors, such as the Sierra Nevada Oktoberfest we are currently offering. As the seasons change, keep an eye out for the Cold Mountain Winter Ale from Highland Brewing-always a big favorite. Wondering what pairs with your favorite brew? Reach out to myself or Chef Ryan. We are always happy to help.

Cheers!

NATIONAL BEER LOVER'S DAY!

Saturday, September 7 | Fazio Pub

\$5 Flights! 4 - 4 oz. pours to compare and savor.

We will also have our 7th Ave. Brezel with Beer Cheese and Grilled Brats!



NEW BRUNCH!

Beginning Sunday, September 1, we will serve a new a la carte menu that incorporates the brunch classics you love with some of your Fazio Pub favorites.

The first Sunday of each month will feature a big brunch buffet, beginning October 6.

Keep an eye out for emails with our new menus!

SOUTHERN HOME COOKIN' BUFFET

Thursday, September 12 | \$19++

Buffet features fried chicken, catfish and other Southern classics. Visit chmember.com for the menu!



IMPORTANT DATES

Labor Day Mixed Golf
Monday, September 2

Aerification
Tuesday & Wednesday
September, 3-4

Ladies' Day ABCD
Tuesday, September 10

Men's Day ABCD
Wednesday, September 11

9 & Dine
Sunday, September 15

Champions Guest Day
Friday, September 20

Men's Day Shootout
Wednesday, September 25

Friends of Fazio
Friday, September 27

TOURNAMENT RESULTS

**Ladies' Member-Guest,
July 24 -26**

Overall Champions
Melinda Brumsey, Susan Martin,
Joy Warren & Mary Lynn Griffin

Bourbon Street Flight
1st Place - Vicki Carpenter,
Barbra Duncan, Anna Brown &
Tammy Hareza

French Quarter Flight
1st Place - Donna Giannuzzi,
Joyce Gomer, Nancy Bertelli &
Barbara Chepak

Jackson Square Flight
1st Place - Mia Halley, Bernadette
Walsh, Katie Wolbeck & Linda
O'Malley

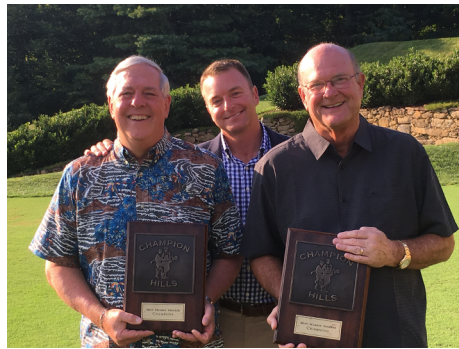
TIP FROM THE PRO: PLAYING FROM SOFT CONDITIONS

BY SCOOTER BUHRMAN

The rainy season in the mountains often leads to soft playing conditions. When the fairways are soft, there is a larger premium placed on ball striking.

The problem with playing shots from this type of lie is that if the club head strikes the ground before the ball, it will dig into the turf and ultimately result in a great deal of power loss.

To ensure solid ball first contact every time, choke down on the grip during set up to get closer to the ball and more control over the club head. Also, move the ball back into the center of your stance and put more weight into the front leg. This will promote a steeper angle of attack and allow for crisper ball first contact.



2019 MEN'S MEMBER-MEMBER CHAMPIONS

Pictured left to right:
Ken Thomas, Mike Steele (Head Pro)
& Chris Culley

Hogan Flight 1st Place – Warren Zwecker & Bruce Grossnickle

Snead Flight 1st Place – Steve Landis & Dale Anderson

Nelson Flight 1st Place – Don Morrison & Rick Kirkendall

Sarazen Flight 1st Place - Bert Sapurstein & Harold Kutner

Venturi Flight 1st Place – Alan Wasserman & Pat Keenan



2019 LADIES MEMBER-MEMBER CHAMPIONS

Pictured left to right:
Marion Washer & Char Barry

Sorenstam Flight 1st Place - Vicki Carpenter & Melinda Brumsey

Ochoa Flight 1st Place - Camille Grant & Carol Kemp

Lopez Flight 1st Place - Marion Washer & Charlotte Barry

“LUCKY DOG” Flight 1st Place - Jancie Bravo & Pat Van Laar

9-Hole Flight 1st Place - Mary Merritt & Mary Ann Tiano

GROUP EXERCISE - AUGUSTMONDAY

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
 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

**TENNIS CLINICS WILL
 CONTINUE THROUGH THE
 MONTH OF OCTOBER!**

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

Monday | 9am
 Men's Clinic

Tuesday | 9am
 Cardio Clinic

Tuesday | 10:30am
 Tennis 101 Clinic

Thursday | 5:30pm
 Evening Advanced Clinic

Saturday | 8:30am
 Ladies Clinic

DON'T MISS THE LAST YOGA ON THE LAWN

September 30 | 8:30 - 9:45 am

Get your zen on! Join Jenne and look out over the beautiful fall foliage as she takes you through the last yoga on the lawn class of the season. This is one experience not to be missed!



NOTE FROM THE WELLNESS CENTER



As the weather cools and the leaves start to turn, now is the time to fall back into your fitness routine. The summer months are packed with activities and as life starts to slow down a little it gives us the opportunity to re-assess our fitness goals and routines. Has it been a few months since you took a Barre or Pilates class? Have you been meaning to try the spin class but just haven't gotten around to it? Put it on your calendar this month to try that Spin class. Having a solid fitness routine going into the long winter months will make getting out of bed on the chilliest mornings a little easier.

YOGA FOR ARTHRITIS & OSTEOPOROSIS 4 WEEK WORKSHOP - MONDAY, SEPTEMBER 30

11:15 am - 12:30 pm

\$80 for all 4 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.



CHAMPION HILLS PHOTO CONTEST

No one captures Champion Hills moments like our members do!

Snap a photo of Champion Hills now through September 20 and submit it to Melody in the Admin Department. From white squirrels to in-home cocktail party gatherings, on the Course, in the Club or in your own backyard...we'd love to see anything that showcases the experiences of our unique and beautiful Club and Community. The top photos will be featured in the October *Echoes* and on our social media channels.

Here is a sneak peek of some stellar competition!



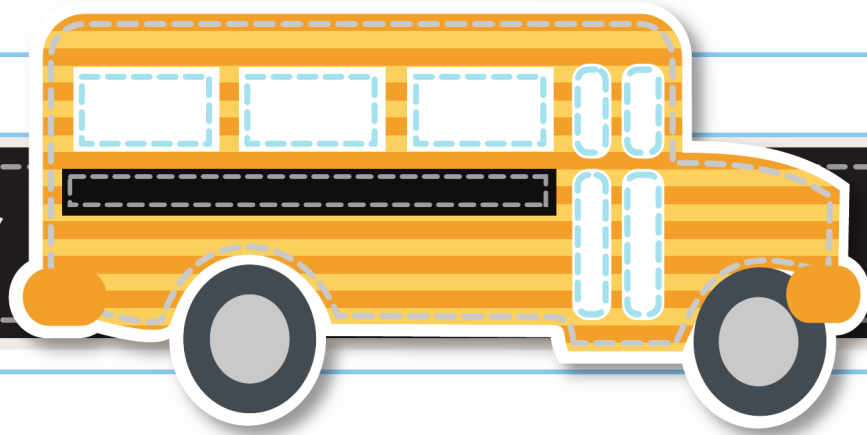
Photo Taken by:
Ed Kearns

Photo Taken by:
Mary Kay Buhrke



September

2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Cornhole Tournament	2 Labor Day Golf and Dinner Event	3 Clubhouse Closed Aerification	4 Trivia Aerification	5 Thirsty Thursday	6 Prime Rib Night	7 National Beer Lover's Day
8	9 Sky Top Orchard Tour Clubhouse Closed	10 Ladies' ABCD Burger & Ribs Night	11 Men's ABCD Ladies' Night Out	12 Southern Cookin' Buffet Thirsty Thursday	13 Prime Rib Night	14
15 9 & Dine (Buffet Dinner Open to all Members)	16 Clubhouse Closed	17 Flat Rock Playhouse Dinner & Show	18	19 Thirsty Thursday	20 Champion's Day Prime Rib Night	21
22	23 Book Club Clubhouse Closed	24 POA Board Meeting Burger & Ribs Night	25 Men's Day Shootout Men's Night Out	26 Thirsty Thursday	27 Prime Rib Night	28
29 Rosh Hashanah starts at sundown	30 Yoga on the Lawn	1 Ladies' Closing Day	2 Men's Closing Day Trivia	3 Thirsty Thursday	4 Hats & Horses: Fall Gala	5
6 Husband & Wife Championship	7 BMW Factory Tour	8	9	10 Thirsty Thursday	11	12 Sinatra Sounds: Dinner & Show