

October 2021

ECHOES



championhills.com | [@ChampionHillsCommunity](https://www.instagram.com/ChampionHillsCommunity) | 828.696.1962

EMPLOYEE SCHOLARSHIP 2021 RESULTS, A MESSAGE TO OUR MEMBERS:

On behalf of the entire staff at Champion Hills, we sincerely appreciate the amazing outpouring of generosity you demonstrated at this year's Employee Scholarship Fundraising Event. After expenses, this year's event raised \$122,000 far exceeding the old record of \$100,000. In order to sustain the scholarship program awards at roughly \$65,000 annually, this year's biennial event income goes a long way toward ensuring sustainability of the program.

The event kicked off on Wednesday, September 25 with 12 members participating in a round-robin Tennis tournament. On Friday morning, 72 golfers played a scramble tournament. The silent auction with 142 items started at Noon and included an array of items — jewelry, framed artwork, foursomes of golf at nearby venues, Masters souvenirs, fitness and golf lessons from our pros, and much more. 171 members attended the dinner with passed hors d'oeuvre and complimentary wine and beer followed by a fine four course meal. During the meal, Amber Drake, who has worked six summers on the cart staff and is now a senior studying nursing at Gardner-Webb, explained what the employee scholarships meant to her and her plans for the future. A former scholarship recipient, Austin Weaver, talked about how the scholarship helped him embark on a successful career. After dinner, auctioneer, Alan Wasserman, launched a highly successful live auction that raised \$41,000. The hot items included four golf packages at high-end clubs (Naples, Palm Beach, Charleston/Savannah and The Homestead), member created superb wood crafts (two tables and two bowls), and gourmet dinners prepared in your home by Chefs Blake and Clay.

The scholarships are primarily used to pay tuition for employees and the children of employees who are pursuing a field of study that will lead to a productive professional career. Also, a portion of the funds support employees who seek professional certification in areas that will directly benefit their careers at Champion Hills.

The primary mission of the program is to help our employees and their children attain an education or professional training that will help them and their families achieve a brighter, more productive future. In addition, the program helps the Club recruit and retain employees, especially much needed seasonal staff.

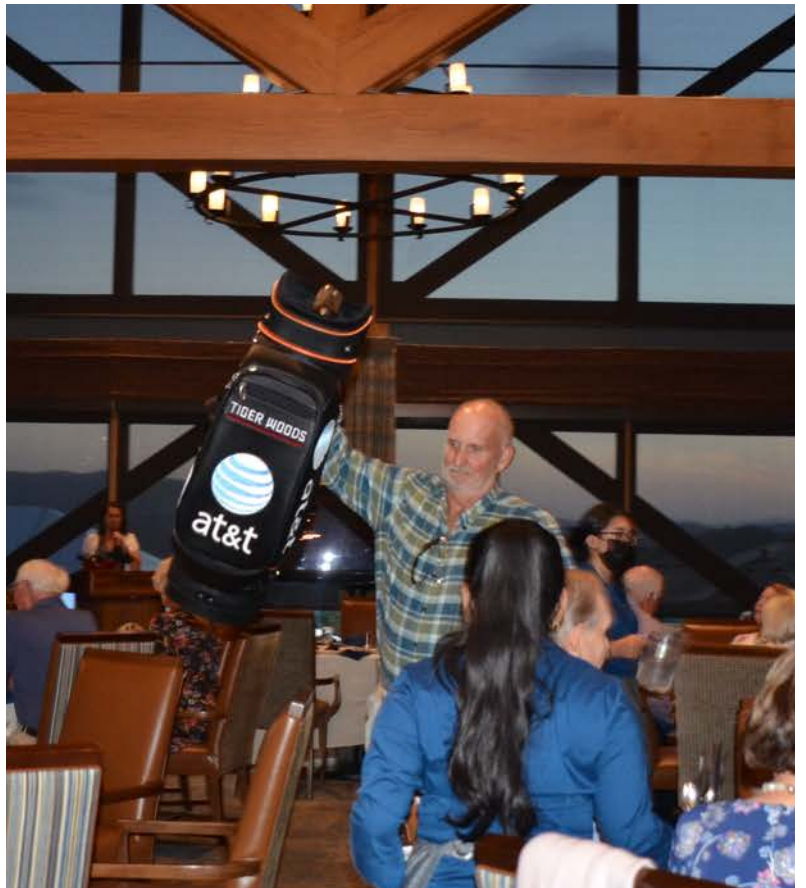
Over the nine years of the program's existence, 56 employees have received college scholarships (many for multiple years), and an additional dozen have received funds for professional certification. Thanks to the support of the membership nearly \$450,000 in scholarships have been awarded!

Your generosity is truly overwhelming and greatly appreciated by the staff.

Thank you,

Dana Schultz, PGA, CMCA | General Manager/COO

EMPLOYEE SCHOLARSHIP HIGHLIGHTS



THANK YOU AGAIN FOR
YOUR GENEROSITY!

TRIVIA NIGHT | OCTOBER 6

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

Looking to join a team for next month's game on November 3?

Call Shelly Metcalf at
828.696.1962 ext 1317



SEPTEMBER TRIVIA WINNERS

Not Quite Southern

Glenn & Terry Strow; Steve & Karen Imhof

MEN'S MEMBER GUEST

DINNER & DJ

October 15 | 5:30 PM

All Members Invited!

Come celebrate a wonderful autumn evening with a night of fabulous food, fun, and dancing!

BRUNCH WITH AMICI MUSIC

October 17 | 12 PM

AmiciMusic returns to Champion Hills with a special Sunday brunch show featuring the songs of Harold Arlen. Brunch begins at 11 AM - make your reservations today!



LADIES' NIGHT OUT: WESTERN THEME

October 20



MEN'S NIGHT OUT

MEN'S NIGHT OUT

October 27

HOWL-O-WEEN

October 28 | 4 - 6 PM

Bring your furry friends out to celebrate the spooky season! Thirsty Thursday bar bites and drink specials will be available inside the Pub.

SPOOKTACULAR DINNER

October 31 | Open to All

With 9 Spooktacular holes of golf, a costume contest, and a fantastic dinner, everyone will have the chance to eat, drink, and be scary!

Visit chmember.com to register for these events today.

WICKS & WINE

November 4

Enjoy a glass of wine while crafting and customizing your own candle.

TURKEY TROT

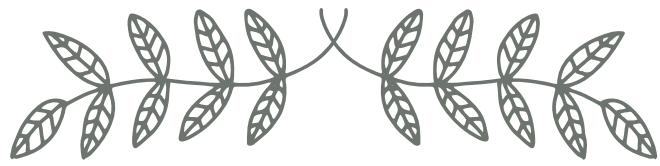
November 15

Run, walk or trot your way through the beautiful scenery at Champion Hills during this annual event.

NATIONAL APPLE CIDER DAY

November 18

Warm up with Wellness and enjoy hot apple cider after your workout, and then head over to the Clubhouse for 3rd Thursday!



GRATITUDE GALA

November 12

We all have a lot to be thankful for... come enjoy this delightful evening of charity and gratitude.

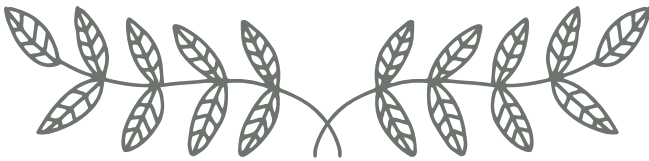
THANKSGIVING CELEBRATION

November 25

Celebrate with your friends and family at our annual Thanksgiving event. Two seatings available: 2 PM and 4 PM.

EVENTS BOOKLET

Look out for our new "Let's Celebrate!" Oct - Dec booklet for more upcoming events including our Holiday Party, Wine Dinners, and more!



CHEERS! TRAIL

The Hendersonville "Cheers! Trail" is back! Create your own beverage crawl using their passport and enjoy local flavors of beer, wine and mead.

FLAT ROCK PLAYHOUSE

The theatre is back and better than ever! Autumn at the Opry will take the stage October 8 - 31.



TALES OF THE TRAIL

Experience Chimney Rock State Park's family-friendly, guided night hike on October 16 from 7:30 PM - 10 PM!



SAVE THE DATE

HOLIDAY SIDE DISH FROM CHEF BLAKE

WALDORF CHICKEN SALAD

DRESSING

1 Quart Plain Greek Yogurt
1 Cup Honey
1 tsp Ground Coriander
Salt and Pepper

GARNISHES

Red Grapes, Split in Half
Toasted Walnuts
Bibb Lettuce Leaves

CHICKEN SALAD

Chicken Breast,
Grilled, Chilled, Diced
[Approx. 6-8 Breasts]

2 Green Apples,
Small Diced

3 Celery Stalks,
Small Dice

2 Cups Dressing

RECIPE

Combine all and taste for seasoning.

Chill overnight to allow flavors to develop.

Combine all ingredients with dressing and fold together.

Taste for seasoning and reserve.

Serve with garnishes.



Have you had a chance to try the delicious options now available on our new menus? Make your dining reservation today!

NEW MENU RELEASE



THE STORY BEHIND THE SAUCE:

THE ORIGINS OF SRIRACHA BY STEPHAN STANSFIELD

If you haven't had a chance to check out the new FALL menu, Chef Blake and Team has decided to spice things up with a new seasonal flavored wing sauce: Honey Sriracha. Sriracha may sound scary and spicy but it's not that hot for a chili-based sauce. It is slightly spicier than a banana pepper, but significantly less than a jalapeño pepper. We even added some local honey to sweeten things up!

Despite its popular use in Vietnamese cuisine, it is believed that sriracha sauce originated in Thailand. Created by a woman to add extra tangy flavor to various dishes around her hometown of Si Racha, the sauce's popularity in the recent decade has seen rise to what some are calling "the new ketchup."

Ketchup on chicken wings? Nope, not entirely.

In the past six years sriracha sales have grown steadily throughout the United States. Slowly, people around the world are falling in love with the flavor of sriracha. It has been added to lollipops, cheeseburgers, potato chips, and even Starbucks has caught on rolling out packets of sriracha for use on breakfast sandwiches and experimenting with items like Honey BBQ Sriracha Chicken Bites. In 2017, McDonald's advertised its Signature Sriracha Burger meanwhile Pizza Hut experimented with Honey Sriracha Drizzle on its pizza crust. People are demanding more and more of this unique flavor.

Typically, sriracha is a delicious blend of jalapeño peppers (or serrano peppers), garlic powder, sugar, salt and vinegar. The concoction undergoes a very quick fermentation and is bottled for immediate use. In recent years, hot sauce connoisseurs have begun the practice of barrel-aging sriracha in order to develop even more flavor.

The most popular version of sriracha is Huy Fong Food's famous green tipped bottle. This version started in California by David Tran. Nicknamed "Rooster sauce" the bottle logos the famous Chinese zodiac sign representing Tran's birth year. To this day it is widely used (and demanded by customers) in Vietnamese noodle shops around the United States. If you'd like to know more about the history of Tran's rise to fame or simply learning more about sriracha, I highly recommend the Griffin Hammond directed film Sriracha.

Now that you know more than almost anyone you know about the world's most famous chili sauce, stop by the Fazio Pub and try some out on our chicken wings!

HAVE YOU USED THE RESERVATION LINE?

MAKE YOUR RESERVATION TODAY BY CALLING: 828-233-0973

SPEECHLESS

- Words can't describe what it's like here -



As a Troon Privé Member, come experience all that Hammock Beach Golf Resort & Spa has to offer at a discounted rate! Enjoy 20% off of our best available rate when you stay Sunday - Thursday.

Visit Hammockbeach.com today and use promo code "TROON".



Hammock Beach™ | GOLF RESORT & SPA

TOURNAMENT WINNERS

LABOR DAY MIXED GOLF

Overall Champions

Todd & Julie Headley,
Bill & Jan Zollinger

1st Flight - 1st Place

Steve Devico & Gayle Covey,
Jerry & Tracy Ennis

2nd Flight - 1st Place

Rick & Rosemary Johnston,
Scotty Wood & Stephanie English

3rd Flight - 1st Place

Alan & Gloria Wasserman,
Scott & Denni Eisen

HUSBAND & WIFE CHAMPIONS

Frank & Mary Merritt



UPCOMING GOLF EVENTS

Ladies' Closing Day | October 5

Men's Closing Day | October 6

Men's Green Tee Cup | October 8

Men's Member-Guest | October 13 - 16

Couple's Closing Day | October 24

Halloween Spooktacular | October 31

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

NEW ASSISTANT GOLF PROFESSIONAL

My name is Chris Palutro, and I grew up in Western Pennsylvania just north of Pittsburgh. While attending Lakeview High School, I developed a passion for golf during my four years on the varsity golf team. My early success and love for the game led me to pursue California University of Pennsylvania's Professional Golf Management Program. I graduated with a Bachelor's Degree in Sport Management and a Minor in Business Administration in May of 2021.

The Majority of my work experience has been spent at high-end private golf clubs in locations including Pittsburgh, Jackson Hole, South Florida, and Long Island. I am a determined teacher of the game and always seek to help players reach their goals, while creating a friendly and open learning environment. When I am not at the golf course, I like to spend my time fly fishing, hiking, and visiting with family and friends. Coming from Friar's Head in New York, I am eager to meet and work with everyone apart of the Champion Hills Community!



He is scheduled to start October 10. Stop by the Golf Shop to meet Chris!

TIP FROM SCOOTER BUHRMAN, "LOSS OF POSTURE"

by Head Golf Pro, Scooter Buhrman

Loss of posture is any significant alteration from the body's original set up angles during the golf swing. Loss of posture can affect all aspects of the golf swing namely timing, balance and rhythm. Losing spine angle or altering posture usually creates two typical mis-hits, the block to the right and a hook to the left for a right handed player. As the body angles change, the player is put in a position to have to rely on their hand action to square the clubface.

To limit loss of posture, focus on maintaining your spine angle created at address and maintaining your knee flex as you swing the club to the top. This will allow you to swing the club on the correct path resulting in an accurate, solid golf shot.

LOVE THE COVER IMAGE?

One of our very own members, Mrs. Mary Kay Buhrke, shot this on a beautifully hazy September morning. Interested in showing off your photography skills (and potentially being featured in Echoes)? Send in your favorite images of Champion Hills to Mallory@ChampionHills.com, tag us on social media @ChampionHills, or use the hashtag #ChampionHillsNC.

LADIES' NIGHT OUT

September's "Ladies' Night Out" was full of laughter and great conversation. We can't wait for even more fun in October.



CAR SHOW

Everyone (including Snoopy) loved seeing our members show off their favorite rides!



HAPPY 94TH BIRTHDAY, MRS. ROBBINS!

We were so happy to celebrate you on this very special day!



SIGN UP FOR TEXTS

Want to receive important club updates via text message?
Sign up today!

To join, text
CHAMPION to 71441

MANAGING STRESS IN OUR DAILY LIVES

BY MACKENZIE JONES

We all experience stress in our lives. Because the vast majority of health problems are caused or influenced by stress, it's important to understand how stress affects your body and learn effective stress management techniques to make stress work for you rather than against you.

WHAT IS STRESS?

Stress is your body's response to changes in your life. Because life involves constant change—ranging from everyday, routine changes like commuting from home to work to adapting to major life changes like marriage, divorce, or death of a loved one—there is no avoiding stress.

Your goal shouldn't be to eliminate all stress but to eliminate unnecessary stress and effectively manage the rest. There are some common causes of stress that many people experience, but each person is different.

WHAT ARE THE BEST WAYS TO GAIN CONTROL OVER STRESS?

Just as stress is perceived differently by each of us, stress affects us all in ways that are unique to us. One person may experience headaches, while another may find stomach upset is a common reaction, and a third may experience any of a number of other symptoms.

While we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect mood in many ways as well. Creating a stress management plan is often one part of a plan for overall wellness.

If you find yourself experiencing physical symptoms you think may be related to stress, talk to your doctor to be sure you are doing what you can to safeguard your health. Symptoms that may be exacerbated by stress are not "all in your head" and need to be taken seriously.

USE QUICK STRESS RELIEVERS

Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps you feel calmer at the moment, and this can help in several ways. When your stress response is not triggered, you may approach problems more thoughtfully and proactively. You may be less likely to lash out at others out of frustration, which can keep your relationships healthier. Nipping your stress response in the bud can also keep you from experiencing chronic stress.

Quick stress relievers like breathing exercises, for example, may not build your resilience to future stress or minimize the stressors that you face. But they can help calm the body's physiology once the stress response is triggered. Long-term healthy habits, like exercise or regular meditation, can help to promote resilience toward stressors if you make them a regular part of your life. Communication skills and other lifestyle skills can be helpful in managing stressors and changing how we feel from "overwhelmed" to "challenged" or even "stimulated."

ELIMINATE STRESSORS WHEN YOU CAN

You may not be able to completely eliminate stress from your life or even the biggest stressors, but there are areas where you can minimize it and get it to a manageable level.

Any stress that you can cut out can minimize your overall stress load. For example, ending even one toxic relationship can help you more effectively deal with other stress you experience because you may feel less overwhelmed.

Managing and maintaining a lifestyle that promotes calmness and a general sense of well being is good for your over-all health!



HAVE YOU HEARD? PICKLEBALL COMING SOON!

Brand new to Champion Hills, this groundbreaking sport will "break ground" in October and is scheduled to be complete in Spring 2022.



**Here's an example of
what the future courts
will look like!**

57 OLD HICKORY TRAIL | 4,600 SQ FT | \$1,650,000

[Click Here to View Full Listing](#)

This spectacular home has been completely renovated using top of the line products and finishes from Sub Zero & Wolf appliances to Laufen sinks. The kitchen is extraordinary with professional gas and induction cooktops, steam oven, brewing station and more. The great room has rock feature wall w/handsome fireplace and wood beams. Large primary suite has his/her closets and dream bathroom with custom tile shower with French door. 5 bedroom/5 luxurious baths, 3 are on the 2779sf main level. Downstairs has a large family room, pool table area, fabulous climate controlled wine tasting room, plus 2 additional guest suites. Plenty of outdoor area to enjoy with the screened porch and new deck on the main and large covered patio with hot tub, leisure and dining spaces plus grill pad. Extensive landscaping, natural gas generator, 2 car garage plus separate golf cart storage. Winter long distance mountain views that can be enjoyed from most rooms and the deck on the main.



Main Floor Heated Living Area = 2,779 sq. ft.

Basement Heated Living Area = 1,821 sq. ft.

TOTAL HEATED LIVING AREA = 4,600 sq. ft.

Area Calculations

Attached Garage = 582 sq. ft.

Heated Cart Garage = 160 sq. ft.

Covered Front Porch = 96 sq. ft.

Garage Covered Patio = 115 sq. ft.

Screened Porch = 240 sq. ft.

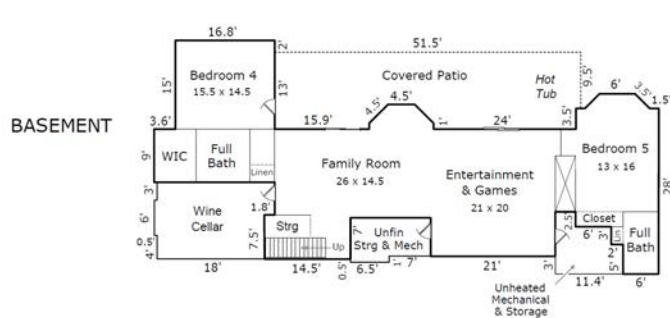
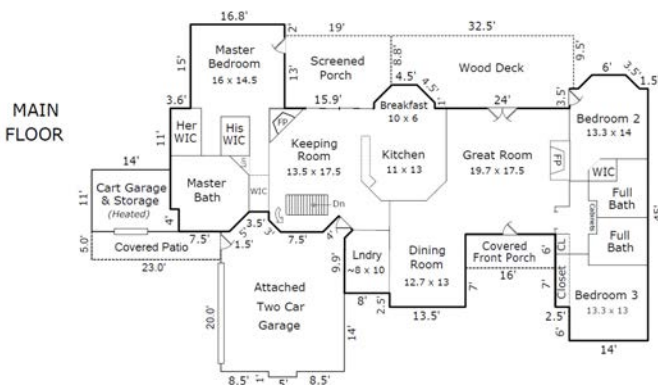
Wood Deck = 392 sq. ft.

Wine Cellar = 247 sq. ft.

Bsmt Unhtd Strg/Mech = 94 sq. ft.

Bsmt Covered Patio = 632 sq. ft.

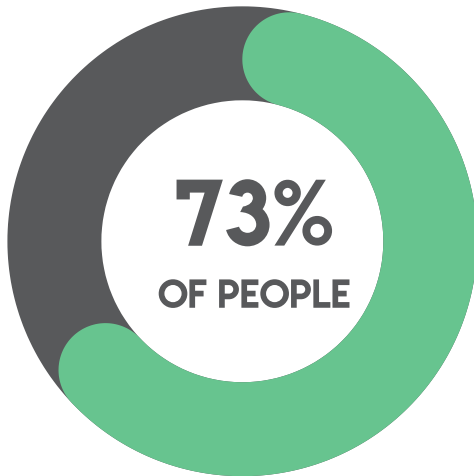
Bsmt Unfin Strg/Mech = 94 sq. ft.



Interior Dimensions are Approximate

IT'S STILL A SELLER'S MARKET

There's a reason why



believe it's a good time to sell.

- Due to low supply and high demand, today is one of the strongest sellers' markets we've seen.
- Sellers can benefit from more offers to pick from, higher home values, and a faster sales process. That might be why 73% of people believe it's a good time to sell.
- Sellers, don't miss out on this unique opportunity. Let's connect so you can take advantage of this hot sellers' market.

Sellers benefit from:

MORE OFFERS TO PICK FROM

The average home sold in August received 3.8 offers.



HIGHER HOME VALUES

The average home price appreciated 18% in the last 12 months.



A FASTER SALES PROCESS

The average home sold in just 17 days in August.



Interested in learning more about the current market?

Schedule an appointment with our inhouse real estate team today!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Ladies' Member Member	2
3 Sunday Brunch	4 Clubhouse Closed	5 Ladies' Closing Day Burger Night	6 Men's Closing Day Trivia Night	7 Tennis Reception Thirsty Thursday	8 Green Tee Cup	9
10 Sunday Brunch	11 HCEF Golf Tournament Clubhouse Closed	12 Pasta Night	13 Men's Member Guest Regal Ride Wine Tour	14 Men's Member Guest Regal Ride Wine Tour Thirsty Thursday	15 Men's Member Guest Dinner Dance	16 Men's Member Guest
17 Sunday Brunch Amici Music Concert	18 CEF Golf Tournament Clubhouse Closed	19 Burger Night	20 Ladies' Night Out: Western Theme	21 Thirsty Thursday - 3rd Thursday	22 Champion's Guest Day	23
24 Sunday Brunch Couple's Closing Day	25 Book Club Clubhouse Closed	26 Pasta Night	27 Men's Night Out	28 Howl-O-Ween Thirsty Thursday	29	30
31 Spooktacular: 9-hole Golf & Dinner Sunday Brunch						