

# September 2020 ECHOES



[championhills.com](http://championhills.com) | 828.696.1962 | @ChampionHillsCommunity



# OUR FAVORITE GOLF MOMENTS

Get into Golf

Men's Member-Member

Ladies' Member-Member

Golf School with Andrew Rice



MEMBER MOMENTS





## OUR FAVORITE EVENT MOMENTS

Trivia Night

Culinary Course: Wine Pairing

Farmer's Market

Paint Your Pet





## MEN'S MEMBER-MEMBER IN A COVID WORLD

In every year and situation, there are silver linings. This year we learned we are more adaptable to change than we realized, and many of us have also learned (or renewed) a passion for the game of golf. Here at Champion Hills our golf rounds are up 20% year over year!

It seems our new normal includes making time to soak up the fresh, mountain air and enjoy some (socially distanced) fun. And while you can only walk the dog so many times around the block, golf offers a new experience every time. So, how does golf look in a pandemic? How are tournaments handled? We turned to Ralph Grant, one half of our newly declared Men's Member-Member winning team to get his take.

"Thank God the course didn't close through this," he said with a smile. Ralph expressed that although other sections of the club experience had to close or recalibrate entirely during the last few months, golf remained constant. He stated, "It has been really great to see our golfers rally behind the sport and keep up momentum on the course. I have enjoyed seeing both familiar and new faces out there."

Sure, the course adopted changes like single riding in carts and a reduced number of touch points for rakes, cups and flagsticks, but Ralph notes that our golfers adapted quickly. The new regulations certainly didn't deter play for seasoned or new players. As for tournaments, he says the overall feel for Men's Member-Member was "fun pressure". Says Ralph, "We respect and like everyone that we play with...and that is key. Although the format of the tournament had to change to ensure social distancing, and we had to do more on-course dining, everyone's attitude was positive. Win or lose, everyone was gracious!"

Champion Hills is proud of the 70 players that participated in this year's Men's Member-Member tournament and congratulate Ralph Grant and Glenn Shefter for their win. We hope to see them defend their title in 2021!

**STAY TUNED FOR THE 2021  
MEN'S MEMBER- MEMBER DATE!**





## WILLOW CREEK PARK

Willow Creek Park is located off of Chattooga Run and offers a great atmosphere for a picnic or plenty of space to relax. Bocce is held here every Monday, too! Stop on by for a sliver of time away from home without having to go too far.





# LABOR DAY

## Cookout

September 7



### MONDAY, SEPTEMBER 7 | 11 AM - 3 PM

Included in Golfer's Entry Fees or \$15++ for all Non-Golfing Members  
Grill Stations Located on the Clubhouse Patio & Driving Range

Celebrate Labor Day at our grab & go cookout!  
All Members are welcome!

In order to maintain safety standards, this year's cookout will be served  
at 2 locations and will be grab-and-go style.

### LADIES' NIGHT

*Out*

### WEDNESDAY, SEPTEMBER 9

Cocktails: 5:30 | Dinner: 6:15  
\$26++

#### Menu

Assorted Hors d'oeuvres  
Teriyaki Chicken  
Mississippi Mud Pie

### MEN'S NIGHT OUT

### WEDNESDAY, SEPTEMBER 23

Cocktails: 6 | Dinner: 7  
\$26++

#### Menu

Assorted Hors d'oeuvres  
Braised Wagyu Beef Short Rib  
Dessert



# Champion Hills CAR SHOW



SEPTEMBER 17, 2020

4 PM — 6 PM

Old or new, we know you haven't had the chance to show off your favorite ride. Now is your chance!

Join us in the lower parking lot of the Clubhouse for socially distanced fun & refreshments.

Fill out the entry form on CH member to sign up your car today.



## THANK YOU FROM THE FOOD & BEVERAGE DEPARTMENT

As we continue along this new path of 2020, we wanted to take a minute and tell you how grateful we are for the support and flexibility that the membership has given us over the last 6 months. Our goal has been to provide the best interactive member experience while still maintaining a safe and comfortable atmosphere. And although it was a transition for all of us, we are happy that many people are feeling comfortable coming back to the clubhouse to enjoy our offerings.

Through many different activities, such as: an adapted Thirsty Thursday, an updated a la carte Pasta Night, Virtual Wine Tastings, the institution of To-Go/Delivery orders and the CH Corner Store, we will continue to provide resources for you to stay connected with your club. We will continue to organize and facilitate future activities while still maintaining social distancing and health standards. You are our priority above all else.

Keep a look out for some new and upcoming events that are sure to help make this time feel as normal as possible.

- We will now host cornhole and croquet on alternating weeks during Thirsty Thursday, so break out your competitive nature and come show us what you've got.
- Labor Day Cookout on the Patio/Driving Range – September 7
- New Mountain View and Pub menus will debut on September 10 with extended Troon Fit options.
- A live and in person wine dinner is in the works for October
- And more...

And we of course cannot wait until we can see all your faces without masks and all together! When that time comes, we will still be sure to maintain your safety while making up for all the lost time.

Thank you,

The Food & Beverage Team



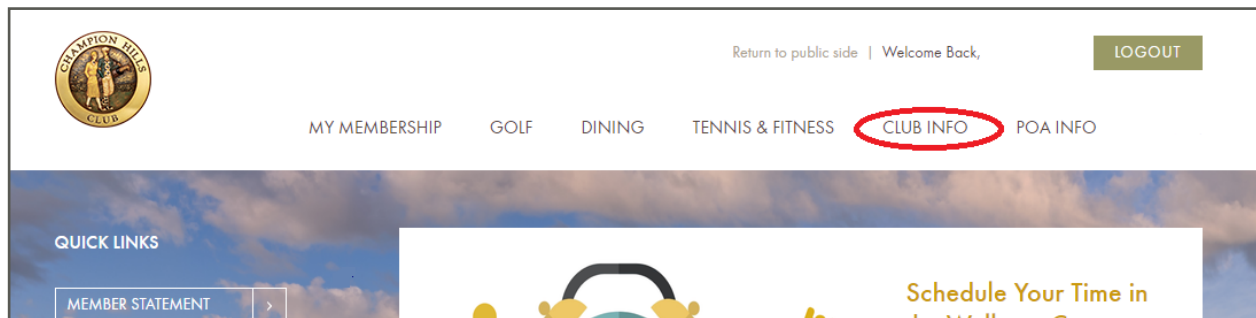


# ANNOUNCING, CHEF'S CORNER! A NEW ADDITION TO ECHOES COMING SOON!

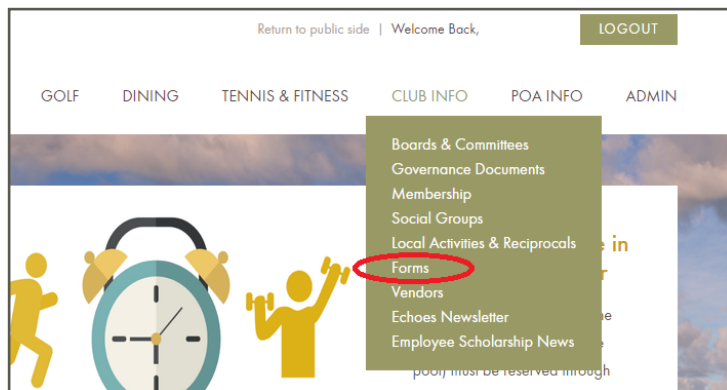
In an effort to help answer all questions you may have we are unveiling our new feature, Chef's Corner! This piece will highlight your questions with answers from Chef Ryan himself.

Here is how to submit your questions:

1. Log into CH member
2. Hover over the "Club Info" tab at the top of the page



3. Select "Forms" from the drop down



4. Next, expand the section that reads "Chef's Corner", then click on the link to access a form and submit your questions for Chef Ryan.

\*Please note that all questions will be answered by Chef Ryan, but each month only a few will be selected to feature in Echoes.



# TOURNAMENT RESULTS

## MEN'S MEMBER-MEMBER AUGUST 7-9

Overall Champions  
Ralph Grant & Glenn Shefter



Hogan Flight | Winners  
Mike Corbett & Joe Gaudino

Snead Flight | Winners  
Todd Headley & Al Rex

Sarazen Flight | Winners  
Ben Caserta & Michael Fong

Jones Flight | Winners  
John Gilmore & Ben Meyer

Venturi Flight | Winners  
Med Cadiz & Sam Halley

## LADIES' MEMBER-MEMBER AUGUST 18 & 20-21

Overall Champions  
Susan Fong & Lisa Gray



Wright Flight | Winners  
Maggie Anderson & Inge Harrell

Sorestam Flight | Winners  
Kay Platt & Jodi Sundeen

Berg Flight | Winners  
Charlotte Barry & Marion Washer

9 - Hole Flight | Winners  
Marlene Rau & Janie Skelton



## LADIES' NINE HOLE CLUB CHAMPIONSHIP AUGUST 13-14

Gross Champion | Susan Cano  
Net Champion | Marlene Rau



## UPCOMING GOLF EVENTS

Ladies' ABCD Day | Tuesday, September 1

Men's ABCD Day | Wednesday, September 2

Labor Day Mixed Golf | Monday, September 7

Greens Aerification | September 8-10 (Course Closed September 8 & 9)

Callaway Demo Day | September 16

Husband & Wife Championship | September 27

Ladies' Closing Day | September 29

Men's Day Shootout | September 30

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

---

## TIP FROM THE PRO | KEEP YOUR HEAD UP!

by Kevin Hankey, PGA

I learned a long time ago that spouses are not the greatest golf instructors. The advice is thoughtful, but often times unobliging and ends up in argument. "Keep your head down" is one of these common tips that I hear frequently on the course. Most golf professionals will tell you that this could be the worst golf advice ever. You would get much better results if you address the ball with an athletic posture with your head up. This gives your lead shoulder room to TURN under your chin and puts you in a powerful position at the top of your backswing. When your head is down it leaves no room to turn and what often happens is you have to LIFT to complete your backswing and that leads to bad golf shots.



---

## COURSE AERIFICATION | SEPTEMBER 8-9

Due to regularly scheduled aerification the golf course will be closed Tuesday and Wednesday, September 8 -9.

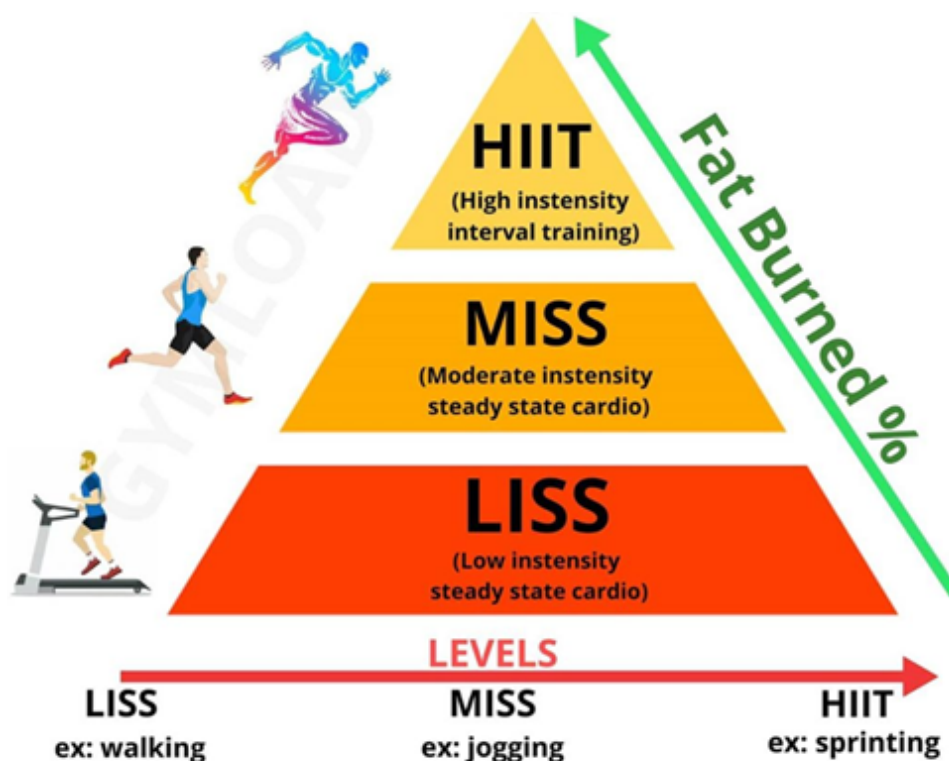


The new fitness acronym on the block is “LISS” cardio, but what does LISS mean and is it the right workout choice for you?

LISS stands for Low-Intensity Steady State cardio. It refers to exercises or cardio activities that maintain the same low-intensity cardio pace, or steady state, for a set period of time. To fall under the guidelines for LISS cardio, the workout and steady pace must be sustained for a minimum of 30-minutes. Many types of these exercises can last for many hours and are an excellent choice to build endurance safely. LISS cardio workouts can burn fat more efficiently than the higher intensity workouts due to the fact that the heart rate is elevated for longer periods of time.

Some great examples of LISS cardio workouts that you can do from home include a brisk walk, biking around the neighborhood, or swimming. Each of these activities if performed for a minimum of 30-minutes will help burn fat, increase endurance, and help tone your body. Ready to come back into the gym? Try the elliptical trainer, rowing machine, or AMT machine. You can adjust the speed, incline, and resistance to keep these machines challenging and to help personalize your workouts to meet specific personal fitness goals. Changing the incline and resistance can help target specific muscle groups and keep your body balanced as you build endurance.

Low-Intensity Steady State (LISS) cardio workouts, can also be included in your back injury prevention program. The lower impact exertion associated with LISS cardio puts minimal impact or stress on your back and joints making it ideal for individuals who are prone to injury, recovering from injury, new to fitness, or anyone wanting to maintain an active lifestyle safely.







## OUTDOOR GROUP FITNESS CLASS SCHEDULE

### MONDAYS

9 am | Yoga on the Lawn

---

### TUESDAYS

8 am | Yoga on the Lawn

---

### WEDNESDAYS

9 am | Pilates on the Lawn

---

### THURSDAYS

9 am | Strength Training on the Lawn

---

### FRIDAYS

9 am | Pilates on the Lawn

**PLEASE DO NOT FORGET TO WIPE DOWN AND CLEAN YOUR  
MACHINES AFTER USE IN THE GYM!**

**A MASK MUST BE WORN UNLESS ON A CARDIO MACHINE.  
WE ARE ALL RESPONSIBLE FOR MAKING OUR SPACE AS  
HEALTHY AS POSSIBLE. THANK YOU!**



# LISTING OF THE MONTH

209 Bent Pine Trace | \$ 1,099,000 | 4,048 SQFT



Stunning panoramic views to the south, east and southwest can be enjoyed from most rooms of this fabulous home! Impressive architectural lines, soaring ceilings, and the wall of windows give this home a slight contemporary feel, yet it has a touch of European warmth and character. An open floorplan lends itself to easy entertaining and flows to several outdoor spaces. There's a large open deck area and two spacious screened porches which are the best places to enjoy the calming sounds of the lovely water feature. The master is on main, plus a second master downstairs along with 2 other guest suites and office/den with access to the second porch. Also on that level is the perfect reading/game area with loads of built-in shelves and kitchenette with sink, under counter fridge and microwave. This home has an oversized 2 car garage, plus a new attached golf cart garage large enough for smaller sports car. Champion Hills is 8 minutes to charming downtown Hendersonville.

**CLICK HERE TO VIEW THE LISTING**



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](mailto:ChampionHillsTeam@Beverly-Hanks.com)

[Click here to read all our 5-star reviews](#)



# HOW IS REMOTE WORK CHANGING HOMEBUYER NEEDS?

With more companies figuring out how to efficiently and effectively enable their employees to work remotely (and for longer than most of us initially expected), homeowners throughout the country are re-evaluating their needs. *Do I still need to live close to my company's office building? Do I need a larger home with more office space? Would making a move to the suburbs make more sense for my family?* All of these questions are on the table for many Americans as we ride the wave of the current health crisis and consider evolving homeownership needs.

According to George Ratiu, Senior Economist for *realtor.com*:

*"The ability to work remotely is expanding home shoppers' geographic options and driving their motivation to buy, even if it means a longer commute, at least in the short term...Although it's too early to tell what long-term impact the COVID-era of remote work will have on housing, it's clear that the pandemic is shaping how people live and work under the same roof."*

Working remotely is definitely changing how Americans spend their time at home, and also how they use their available square footage. Homeowners aren't just looking for a room for a home office, either. The desire to have a home gym, an updated kitchen, and more space in general – indoor and outdoor – are all key factors motivating some buyers to change their home search parameters.

A recent *realtor.com*- HarrisX survey indicates:

*"In a June poll of 2,000 potential home shoppers who indicated plans to make a purchase in the next year, 63% of those currently working from home stated their potential purchase was a result of their ability to work remotely, while nearly 40% [of] that number expected to purchase a home within four to six months and 13% said changes related to pandemic fueled their interest in buying a new home."*

Clearly, Americans are thinking differently about homeownership today, and through a new lens. The National Association of Home Builders (NAHB) notes:

*"New single-family home sales jumped in June, as housing demand was supported by low interest rates, are renewed consumer focus on the importance of housing, and rising demand in lower-density markets like suburbs and exurbs."*

Through these challenging times, you may have found your home becoming your office, your children's classroom, your workout facility, and your family's safe haven. This has quickly shifted what home truly means to many American families. More than ever, having a place to focus on professional productivity while many competing priorities (and distractions!) are knocking on your door is challenging homeowners to get creative, use space wisely, and ultimately find a place where all of these essential needs can realistically be met. In many cases, a new home is the best option.

In today's real estate market, making a move while mortgage rates are hovering at historic lows may enable you to purchase more home for your money, just when you and your family need it most.

## BOTTOM LINE

If your personal and professional needs have changed and you're ready to accommodate all of your family's competing priorities, let's connect today. Making a move into a larger home may be exactly what you need to set your family up for optimal long-term success.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Burger Night	2  Trivia Night	3  Thirsty Thursday	4  Prime Rib Night	5
6  a la carte Brunch	7  Labor Day Cookout	8  Club & Course Closed Greens Aerification	9 Course Closed  Greens Aerification Ladies Night Out	10  Thirsty Thursday New Menu Release	11  Champions Guest Day Prime Rib Night	12
13  a la carte Brunch	14  Clubhouse Closed	15  Pasta Night	16  Bingo Night	17  Thirsty Thursday Car Show	18  Prime Rib Night	19  Rosh Hashanah
20  a la carte Brunch 9 & Dine	21  Book Club Clubhouse Closed	22  Burger Night	23  Men's Night Out	24  Thirsty Thursday	25  Fazio Boys & Girls Club Tournament Clubhouse Closed	26
27  a la carte Brunch Husband & Wife Championship	28  Yom Kippur Clubhouse Closed	29  Ladies Closing Day Burger Night	30  Men's Day Shootout			