

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS



JULY 2023

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

FROM THE GENERAL MANAGER'S DESK



As I sit down to write this month's message to the members/owners of Champion Hills, it's hard to grasp that we are halfway through the year. Next week we celebrate the founding of our nation on Independence Day, and hopefully, we will also celebrate the reopening of the Pub and kitchen. It will take a little longer to get the Mountain View Room open as we must put the ceiling back in place, but I'm happy to say that the installation of the new fire suppression system is drawing to a close! We have wonderful events planned to use our clubhouse to its fullest extent as we move through the summer season and into fall, including a September celebration of Champion Hills' 35th Anniversary. Stay tuned for more information.

July is such a great month to be at the Club. Thanks to Alan Burnette and his dedicated, hard-working crew, the golf course is in phenomenal condition. So, bring your A game for the 4th of July 4 Club Tournament if you signed up to play. We also have the Club Championship, Ladies' Member-Guest, Queen Bee and the Brevard Music Center Gala to enjoy this month. Also, if you haven't already done so, there is still time to sign up for the Employee Scholarship golf tournament, tennis tournament or dinner with live and silent auctions. Remember that all members are allowed to participate in every event. I'm proud to share we had a record number of 19 applicants from our employees and their families this year, so I look forward to making this our best event to date.

For our newer members, I want to provide an introduction to the Champion Hills Employee Scholarship Fund. For the past 10 years, the Employee Scholarship Fund has provided for employees and their children the opportunity for additional education. So how did this get started? Well, it started when our owner/member Mike Corbett asked a simple question to one of our cart attendants: Are you going back to college again this year? The response: I would love to, but I can't afford it. This inspired Mike to consider how many Champion Hills employees want to create a brighter future for themselves through education...but lack the financial means to achieve their goals. Mike's vision to establish an employee scholarship fund was embraced by the membership and has helped over 75 employees in the last ten years. On behalf of the Employee Scholarship Committee, Club Board and employees of Champion Hills, I want to personally thank all of the members who have in the past taken part of, who will again this year and in the future contribute to assisting the employees and their children with this great event.

As always, please let me know if you have any suggestions for improvement or concerns about what is happening at Champion Hills.

See you around at The Club!

Alan Deck, CCM, PGA
General Manager



MEET ROBERT MAYHUGH SECURITY OFFICER

Robert was born in Cadiz, Kentucky and raised in St. Petersburg, Florida. He and his wife have called Hendersonville home for the past 23 years. After graduating high school, he attended St. Petersburg Junior College and received an Associate Degree for Aviation Technology. He used his degree working as a private pilot flying mostly in North & South America, Europe and transitioning to work for Flexjet, LLC for over 20 years.

After 41 years of flying the skies, he decided to hang up his aviator wings. In his free time he loves to taking care of his farm animals at his mountain home and enjoying a cup of Maxwell House coffee.



MEET TATIANNA CAREY GROUNDS MANAGER

We are excited to welcome Tatianna Carey as our new Grounds Manager! She was born and raised in the Polk County area and is a wealth of local knowledge. She has three dogs - Raleigh (Aussie Doodle), Dixie (Chihuahua), and Charlotte (King Charles Cocker Spaniel).

Tatianna attended North Carolina State University where she received a Bachelor's Degree in Agriculture Business Management and a minor in Horticulture and Agricultural Entrepreneurship. She previously worked with the NC Cooperative Extension to grow her knowledge about agriculture, horticulture and plant disease management. Tatianna also worked with the Highland Botanical Garden, which is home to over 450 native plant species.

After graduation from NC State, Tatianna knew her roots were back home close to her family. In her spare time she loves to go hiking and camping. One of her favorite places to hike is Devil's Courthouse in Highlands, NC - it has a steep cliff that gives you a 360 view where you can see the border of Georgia.

We are happy to welcome Tatianna to our CH family. If you see her out in the community feel free to stop and introduce yourself!

INDEPENDENCE DAY COOKOUT
TUESDAY, JULY 4
DRIVING RANGE GRILL | 11 AM - 2 PM
DINNER BUFFET | 5 PM - 7 PM

Join us out on the event lawn as we celebrate
Independence Day!



CHAMPION HILLS EMPLOYEE SCHOLARSHIP FUNDRAISER EVENTS

Wednesday, July 12 | Tennis Tournament

Friday, July 14 | Golf Tournament & Dinner/Auction

Sign up today to help support Champion Hills' employees and their families advance their careers through higher education and advanced professional training. This year we set a record with 19 applicants! All donations and the majority of all participation fees are tax deductible. Register on chmember.com today - remember all members are welcome to participate in all events!

ANNUAL CHAMPION HILLS BREVARD MUSIC CENTER GALA

Monday, July 17 | Cocktails 6 PM | Dinner 6:45 PM

The longtime generosity of Champion Hills provides deserving, talented students with life-changing Brevard Music Center experience! To RSVP please contact Kelly Land Ciso at 828.862.2114.



HAND & FOOT

It is that time of year again! Register for the 2023-2024 Hand & Foot Marathon! Registration will close on August 1 and will be on a first come first serve basis for the first 24 couples. Groups will begin playing September - February.

Couples playing will receive a schedule by the end of August.

For more information contact Margaret Mellott at 828.698.9815.

The Old Glory



The summer outdoor entertaining season is upon us, and what better way to welcome your friends and guests to your home than with a chilled seasonal cocktail.

The "Old Glory" is a refreshing, layered warm weather libation that will quench your thirst and catch your eye at the same time. Here is how it is made.

INGREDIENTS

- 2 oz. Your Choice of Vodka
- 1 oz. Chambord Liqueur
- 1 oz. Blue Curacao
- 1 oz. Grenadine
- 5 oz. Lemonade
- 1 Maraschino Cherry

INSTRUCTIONS

Begin with a tall clear glass [or plastic cup if outdoors] with a 12-14 oz. capacity, and fill to the top with ice cubes [or crushed ice for an adult snowcone effect]. First mix 1 oz. Grenadine with 1 oz. Lemonade and 1 oz. Chambord Liqueur, and then add this mixture to the bottom of the glass. Next, mix 3 oz. Lemonade with 2 oz. Vodka and pour gently over the ice. The top layer is made by combining the Blue Curacao with the last 1 oz. of Lemonade and pouring it gently [in a circular motion] over the top of the drink. Add a Maraschino Cherry and an American flag garnish. You now have a delightful red, white and blue cocktail perfect for summer holidays!



SWING FOR SUCCESS How Working Out Can Improve Your Golf Game

Golf is a sport that requires a unique combination of physical and mental skills. While many golfers focus solely on technique and practice to improve their game, incorporating a workout routine into their training can provide numerous benefits. Physical fitness not only increases power and distance, but also improves flexibility, endurance and reduces the risk of injury. Working out can also enhance mental focus and confidence on the course.

Increased Power and Distance

A key benefit of incorporating a workout routine into your golf training is increased power and distance. This is particularly important as the ability to hit the ball longer and farther can be a significant advantage on the course. Strength training is one of the most effective ways to improve swing speed and power.

Working on exercises that target the muscles used in your golf swing, you can increase your ability to generate more force through your swing and hit the ball farther.

Try these strength training methods or participate in the Rip Trainer class offered on Wednesday or the Golf Core class offered on Thursday.

Deadlifts: Deadlifts are a compound exercise that targets multiple muscle groups, including the glutes, hamstrings and lower back. By improving the strength in these muscles, golfers can generate more power through their swing.

Cable Wood Chops: Cable wood chops work the core muscles, which are crucial for generating power through the golf swing. This exercise mimics the twisting motion of the golf swing and can help golfers improve their ability to rotate their body through the swing and generate more power.

Improved Flexibility and Mobility

Good flexibility and mobility are essential for proper swing mechanics and can help prevent injuries caused by overuse or strain. By improving your flexibility and mobility, you can also improve your range of motion, allowing you to make a full and unrestricted swing, resulting in better shot accuracy and consistency.

These exercises help to loosen up tight muscles and improve joint mobility, allowing golfers to make a full and unrestricted swing. Improved flexibility also helps to ensure that the golf swing is executed with proper form, reducing the risk of injury.

Try these easy stretches or attend one of our many yoga classes offered each week. Yoga Basics on Tuesday and Gentle Flow Yoga on Friday are the perfect class for the beginner and designed for the "inflexible person".

Hip Flexor Stretches: The hip flexors are key muscles used in the golf swing. Tight hip flexors can restrict the body's ability to rotate, affecting the accuracy and power of the swing. Stretching the hip flexors can improve hip mobility and help golfers make a full and unrestricted swing.

Shoulder Stretches: Good shoulder mobility is essential for proper swing mechanics. Shoulder stretches can help improve shoulders' flexibility and mobility, enabling golfers to make a full backswing and follow-through.

Yoga: Yoga is an excellent way to improve overall flexibility and mobility. Many yoga poses target key muscles used in the golf swing, such as hamstrings, hips and shoulders, making it an excellent choice for golfers looking to improve their flexibility and mobility.

Enhanced Endurance and Stamina

Endurance and stamina are important for golfers, as a round of golf can be physically demanding, often lasting several hours. Improving endurance and stamina can help golfers maintain focus and perform consistently throughout the entire round.

30 minutes 3 days a week on a recumbent bike, treadmill or elliptical will improve your endurance and stamina. Another great option for cardio fitness is our Cardio Tabata class offered on Wednesday and Friday.

Reduced Risk of Injury

Golf is a sport that can put a significant amount of stress on the body, and golfers are at risk of developing injuries related to repetitive motions of the golf swing. Incorporating a workout routine into your golf training can help reduce the risk of injury and ensure that you can continue playing the sport you love for years to come.

Improved Mental Focus and Confidence

Golf is a sport that requires not only physical skill, but also mental focus and confidence. Incorporating a workout routine into your golf training can help improve your mental game, allowing you to perform at your best on the course.

Exercise has been shown to improve mental focus and confidence by increasing the release of endorphins, which are chemicals in the brain that promote feelings of happiness and well-being. Additionally, regular exercise can help reduce stress and anxiety, which can improve mental clarity and focus.

To take advantage of these benefits, it's important to create an action plan for your golf training that includes a workout routine. This might involve working with a personal trainer to develop a customized program that targets the specific areas of your game that you want to improve or taking one of our many co-ed fitness classes designed with the golfer in mind!

Get started today and see how exercise can help improve your golf game and achieve your goals on the course!



CHAMPION HILLS LOCAL RULES OF PLAY

- All fences, inside edge of roads and driveways, and white stakes are out of bounds.
- Preferred lies are in effect November - April in which case a ball lying in the fairway may be lifted, cleaned and placed within six inches of its original position no closer to the hole. Preferred lies are also in effect during the months of May - October either when carts are restricted to ON PATH or when the golf shop deems appropriate. Otherwise, during the months of May - October the ball shall be played as it lies.
- Aeration holes in the fairways, rough, or on the greens are considered ground under repair. Relief is permitted if your ball comes to rest as it lies.
- All rock drainage areas (except in penalty areas), goat paths and cart paths are played as obstructions. You may drop without penalty at the nearest point of relief and no closer to the hole.
- A ball lying in any mulch walk path or mulch walk path or mulch cart path must be played as it lies. No relief permitted.
- Any ball that lies in the seam or interface between where the mulch meets the grass may, without penalty, lift, clean and place your ball in the mulch within six inches of the nearest point of relief no closer to the hole. The placement must be in the mulch.
- Under penalty of one stroke, a player may use the drop area on #4 only if the golf ball is on the hillside on the right. The ball must be visible or virtually known to be on the hillside (includes mown and natural areas). A player may not use the drop area if the ball is hit into the woods.
- The entire right side of #7 is a penalty area until you reach the stream at the bottom of the fairway. A player may utilize a drop circle below the yellow tee box or above the rock wall whichever is closest to where your ball entered the penalty area and no closer to the hole.
- If your stance or swing is affected by the rock wall on #7 or if your ball lies in the strip of grass between the wall and cart path, you may drop without penalty in the drop circle.
- There are two drop areas on #9. The one on the left side is for any ball that is in the penalty area. The drop area on the lower right side is for a ball that is virtually certain to be embedded and cannot be found (no penalty).
- There are two drop areas on the right side of #10. These can be used for any ball in the penalty area or a lost ball on the hillside left of the cart path near drop zones. Must not be closer to the hole and will be a penalty of one stroke.
- There is a drop circle on #11 left of the yellow tee as an option for a ball in the penalty area.

- There is a drop area on #16 approximately 140 yards from the green short of the fairway bunker on the right side for a ball that enters the penalty area. Must not be closer to the hole.
- If your stance or swing is impeded by the rock wall or cart path along the right side of hole #1 and left side of #16, you may drop without penalty on the left side (right side on #16) of the cart path within one club length at the nearest point of relief no closer to the hole.
- If an immovable obstruction (sprinkler head) is within two club-lengths of the green and the player's ball lies within two club-lengths of the sprinkler head, the player may take relief if the obstruction interferes with the intended line of play. The ball shall be lifted and dropped at the nearest point where it avoids interference without penalty.
- Line of sight relief may be taken from the stone bridges on holes #15 and #16. If the bridge lies directly between your ball and your intended target, you may drop without penalty at the nearest point of relief no closer to the hole and not in the penalty area. Free relief is provided only for a ball not in the penalty area.
- When a player's ball cannot be found or is known or virtually certain to be out of bounds or lost, the player may proceed as follows rather than proceeding under stroke and distance. For two penalty strokes, the player may take relief by dropping the original or substituted ball in the relief area by using the ball reference point and the fairway reference point. The ball must be dropped in the general area and not be nearer the hole of the ball reference point. (Does not apply in tournaments or events).

UPCOMING EVENTS

4 Clubs on the 4th | Tuesday, July 4

Men's ABCD | Wednesday, July 5

Men's & Ladies' Club Championship | Saturday, July 8 & Sunday, July 9

Ladies' Day ABCD | Tuesday, July 11

Employee Scholarship Golf Event | Friday, July 14

Ladies' Member-Guest | Wednesday, July 19 - Friday, July 21

Nine & Dine | Sunday, July 23

Queen Bee | Tuesday, July 25 & Thursday, July 27

If you have any questions regarding any of the upcoming events please contact the golf professional staff or visit ForeTees.

LISTING OF THE MONTH

CHAMPION HILLS REAL ESTATE

201 Didrikson Way

\$1,525,000



Details of the Property

Located on the 5th fairway of Tom Fazio's Mountain Masterpiece with views of the green and pond.

- 1.15 Acres
- 4,187 Square Feet on 2 Levels
- 4 Bedrooms, 4 Bathrooms
- Den on Main Level
- Sunroom Overlooking Waterfall Feature
- Spacious Family Room with Wet Bar
- Great Outdoor Area for Entertaining
- Beautifully Landscaped

Interested in learning more?

Call our Real Estate Team for more details:

Mary Kay Buhrke: (828) 243-3346 | Amber Saxon: (828) 699-0171

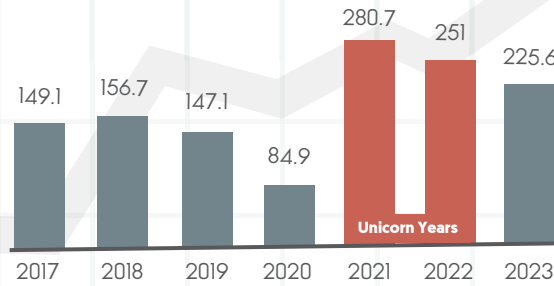
WHY YOU CAN'T COMPARE NOW TO THE 'UNICORN' YEARS OF THE HOUSING MARKET

Unicorn (Noun): "Something that is greatly desired, but difficult or impossible to find."
- Free Dictionary

Comparing housing market metrics from one year to another can be challenging in a normal housing market - and the last few years have been anything but normal. In a way, they were 'unicorn' years. Three graphs are shown to prove the comparison isn't fair.

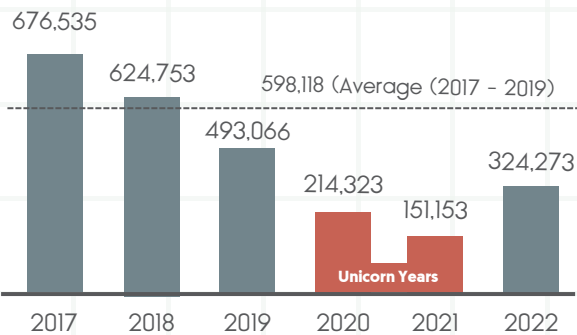
Expect unsettling housing market headlines this year, mostly due to unfair comparisons with the 'unicorn' years. Let's connect so you have the data that puts those headlines in the proper perspective.

Showing Traffic Above Pre - 'Unicorn' Years
Showing Index for April over the last 7 Years



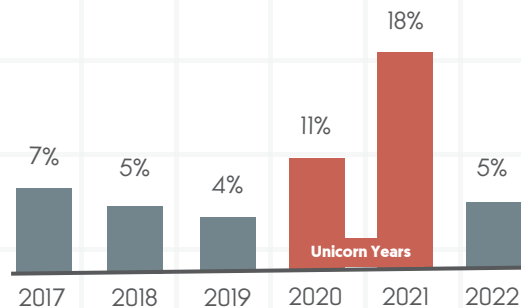
While lower than the last couple of years, buyer activity is still stronger than pre- 'unicorn' years.

1M Fewer Foreclosures During 'Unicorn' Years
U.S. Properties with Foreclosure Filings



While rising, foreclosure filings are still low overall. There's no flood of foreclosures today.

Percent of Annual Home Appreciation
Returning to More Normal Pre-'Unicorn' Years
Seasonally Adjusted, Rounded to Nearest Full Number



Home prices aren't crashing. But we are returning to more normal appreciation.

July

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3
Clubhouse
Closed

4
4 Clubs
on the 4th
Independence
Day

5

6
Thirsty
Thursday

7

8
Club
Championship
Round 1

9
Club
Championship
Round 2

10
Clubhouse
Closed

11
XXIO Demo Day

12
Employee
Scholarship
Tennis Event

13
Thirsty
Thursday

14
Employee
Scholarship
Golf & Dinner

15

16

17
Clubhouse
Closed
Brevard Music
Center Gala

18

19
Ladies'
Member-Guest

20
Ladies'
Member-Guest
Third Thursday

21
Ladies'
Member-Guest

22

23
Nine & Dine

24
Clubhouse
Closed
Book Club

25
Queen Bee
Round 1

26

27
Queen Bee
Round 2
Callaway
Demo Day
Thirsty
Thursday

28
Champion
Guest Day

29
Falls Chattooga
Event

30

31
Clubhouse
Closed