



ECHOES

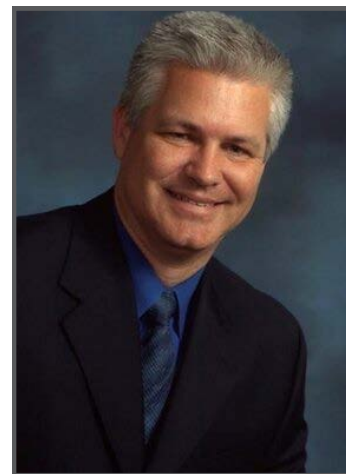
THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

APRIL 2023

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

FROM THE GM'S DESK

Now that spring has officially arrived, the days are longer, the temperatures are warmer, the flowers are blooming and the grass is greener! What a great time of year to be in the mountains of western North Carolina. We hope that you had the opportunity to join us last month for some of the great events: Trivia, Shamrock Scramble, St. Patrick's Day Buffet, Cooking Class or the Progressive Dinner! If not, we hope you join us this month for the Men's Night Out, Easter Sunday Buffet, off-site Ladies' Luncheon or the Sunset Social.



Golf Update

We will start off the month with greens aerification April 3 - 5. This important maintenance practice sets us up for another great golfing season on Fazio's Mountain Masterpiece. Alan Burnette and his team have been working extra hard to bring everything back to life after our winter season of special projects and sand capping of the fairways.

Food & Beverage Update

I want to say a great big thank you to the entire Food & Beverage team for the improvements made over the last few months. Based on the member feedback that we have received, both the lunch and dinner menus are a hit! The special event dinners have been outstanding, so we are headed in the right direction.

Tennis & Fitness Update

The lift of the Champion Hills Har-Tru tennis courts was completed this last month and should be opening mid-April. Our fitness classes are well attended and the personal trainers are staying booked with appointments. I hope to see you all at the Bunny Hop on April 3 and keep an eye out for the Ballroom Dance Class Series in April and Country Line Dance Series in May.

Finally, I want to thank both the Club and POA Boards for all the time and effort provided to work for continuous improvements for both the Club and Community of Champion Hills! The future is bright for the best year-round private golf club in Western North Carolina.

See you around the Club,

Alan Deck, CCM, PGA
General Manager/COO



MEN'S NIGHT OUT APRIL 5 | 5:30 PM - 9 PM

Join the men of Champion Hills for a unique twist on Men's Night Out! In honor of 2022 Masters Winner, Scottie Scheffler, we'll be serving a take off of his menu.

EASTER BRUNCH | APRIL 9 SEATING TIMES: 11 AM, 12 PM, 1 PM

Easter Egg Hunt: Noon

Easter Bunny Photos: 11:30 AM - 2 PM

Contact Shelly Metcalf to arrange your seating time and visit chmember.com to view the menu!

CHAMPION HILLS

Easter Brunch



FEBRUARY WINNERS



Congratulations!
"Grey Cells"

Craig & Mari Alper
Betsy Darnall
Jim & Bonni Spry
Chris Smith



APRIL 12
5:30 PM - 9 PM

Want to show off your knowledge?
Reserve your team a table today!

MARCH WINNERS



Congratulations!

"Not Smarter Than A Fifth Grader"

Dung & Christina Phan
Bill & Marilee Welliver
Gary Rodberg & Heather North



SUNSET SOCIAL APRIL 27 | 6 PM

Enjoy a lovely evening under our tent on the event lawn featuring acoustic music from Chisolm Leonard.

Sign up on chmember.com today!



A Southern Cup Fine Teas:
1529 Greenville Highway

LADIES' LUNCHEON APRIL 21 | 12 PM - 2 PM

Spend time with friends enjoying a traditional Afternoon Tea at A Southern Cup Fine Teas!
Delicious assorted finger sandwiches
Yummy scones with butter, jam and lemon curd
Luscious assorted desserts

***Please note time change.**



SHRED-IT EVENT

May 1 | 9 AM - 11 AM

A mobile shred truck from Shred-It will be located in the parking lot of the Clubhouse parking lot to securely destroy documents. This event is complimentary to all residents!

HUMMINGBIRD FEEDER TIPS



As we enter spring we find it such a joy to set out our feeders and watch the hummingbirds and other sparkling jewels of the season become more active. But, if you don't take proper care to provide healthy nectar and clean feeders, they can also be very harmful. Here are a few tips to follow if you are putting out a feeder to attract hummingbirds:

- Only use pure cane sugar in your nectar mixture - Mix 1 part sugar to 4 parts water [bring water to a boil first before mixing]. Allow nectar to cool completely before filling feeder.
- Put only as much nectar out as your local birds can consume in two to three days.
- Keep a very close eye on the nectar, it can spoil in as little as two to three days - even as little as one day in hot weather.
- Properly clean the feeder with a mild solution of soap and hot water and allow feeder to soak all residue or mold buildup. Rinse with cold water.

CHAMPION HILLS HIKING CLUB

For many of us, hiking in the mountains of Western NC is a beloved year-round pastime. Now that spring is here, we welcome residents to join us trekking in the forest along the rushing rivers and creeks, to waterfalls and mountain peaks.

Interested in Joining Us?

Contact Jean Pierre Frioud at 1018jpf@gmail.com for further information.



CONGRATULATIONS JOYCE!



We are thrilled to announce that Joyce Brassfield has been promoted to Bar Manager! Stop by the Club to wish her continued success at her new position, as she strives to make the Fazio Pub home of the best drinks in Hendersonville. Her creative "chef's" approach to bartending and signature cocktail menu is sure to pique your curiosity and quench your thirst.

Joyce was born and raised in Mt. Pleasant, South Carolina and has previously bartended at 131 Main and event bartended in Biltmore. As a second-generation bartender, she acquired her passion from her mom.

Not only does she enjoy bartending, but she also loves classic Hollywood films and collecting antique glassware. You might just see a few vintage drinks make a comeback including one of her favorites, Bee's Knees, on the Spring Wine Features.

Congratulations Joyce! We love having you on our team and look forward to your continued growth and success.



THE AZALEA

Every April the entire world of golf turns its gaze towards Augusta, Georgia: home of The Masters Golf Tournament. While beautiful flora (and fauna) adorn the grounds at the August National, there is one particular bloom that stands out come tournament time, especially on the thirteenth hole appropriately named "Azalea". Years ago, a signature cocktail was invented to celebrate the Masters Tournament and its patrons. It was named the Azalea.

As you may see, this refreshing mix of Vodka, Lemonade, Cointreau and Grenadine is the perfect accessory to a spring sundress (or green jacket)!

INGREDIENTS

- 1.5 oz. Preferred Vodka
- .5 oz. Cointreau
- 4 oz. Lemonade (fresh is best!)
- .5 oz. Grenadine

INSTRUCTIONS

Place ingredients in a large mixing cup, stir gently and serve over crushed ice. Garnish with a lemon wheel on the rim of the glass.

TIP FROM THE PRO

By Scooter Buhrman, PGA



Clubhead Speed

Do you know your clubhead speed? How far do you carry each club? Clubhead speed is not the only factor in determining distance, but it does play a major role. Take a look at the chart below. As you can see, 10 mph either way can cause quite a drop off or gain in yardage. It is also important to note that golfers have different swing speeds depending on the length of the club. You will swing a Driver faster than you will a 7-Iron.

Visit the Wellness Center and try some stretching or core workouts to help keep that clubhead speed up!

How Clubhead Speed Affects Carry Distance

Clubhead Speed (mph)	60	70	80	90	100	110	120	130	140
<u>Club</u> ↓	<u>Carry Distance (yds)</u> ↓								
Driver	144	168	192	216	240	264	288	312	336
3-Wood	130	152	174	195	217	239	260	282	304
5-Wood	123	144	164	185	205	226	246	267	288
3-Hybrid	121	141	161	181	201	221	241	261	281
3-Iron	114	133	151	170	189	208	227	246	265
4-Iron	109	127	145	163	181	199	218	236	254
5-Iron	104	121	139	156	173	191	208	225	243
6-Iron	98	114	131	147	163	180	196	212	229
7-Iron	92	108	123	138	154	169	184	200	215
8-Iron	86	100	114	129	143	157	171	186	200
9-Iron	79	93	106	119	132	145	159	172	185
P-Wedge	73	85	97	109	121	134	146	158	170

SHAMROCK SCRAMBLE RESULTS



OVERALL WINNERS



Lewis & Ellin Blumenthal | Glenn & Terry Strow

CLOSEST TO THE PIN



Women #2 - Valerie Fitzgerald (12'9")
Men #4 - Glenn Strow (14'8")



SECOND PLACE

Michael Wills & Julie Headley | Joe & Sally Naret

THIRD PLACE - ITS' A TIE!

Joe & Rhonda Gaudino | Jack & Shannon McWhirter
Bob & Diane Hansberry | Jerry & Debbie Smith



UPCOMING GOLF EVENTS

Greens Aerification | April 3 - 5 *Course Closed*

Masters Par 3 Event | Thursday, April 6

9 & Dine | Sunday, April 30

The Hills Cup | May 3 - 4

Couples Opening Day | Sunday, May 7

Ladies' Opening Day | Tuesday, May 9

Men's Opening Day | Wednesday, May 10

Champion Guest Day | Friday, May 19

9 & Dine | Sunday, May 21

Memorial Day Mixed ABCD | Monday, May 29

For more information about the events listed, please contact the Pro Shop or visit ForeTees.

EXERCISE INTENSITY 101

Find the right speed and intensity for your workout!

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

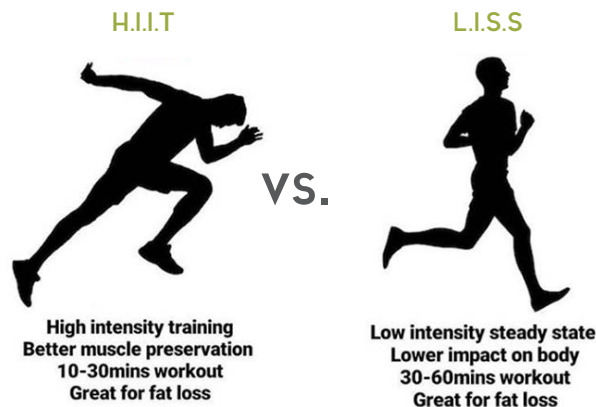
LISS stands for Low-Intensity Steady State cardio. It refers to exercises or cardio activities that maintain the same low-intensity cardio pace for a set period of time.

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 outdoor LISS cardio workouts 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.

Your gym workout could include 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 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 an ideal for individuals who are prone to injury, recovering from injury, new to fitness, or anyone wanting to maintain an active lifestyle safely.



→ TENNIS ← QUICK TIPS



For players just starting out, one of the most difficult techniques of tennis is footwork. Don't get caught flat footed! Staying on your toes will allow you to be more dynamic and explosive to chase down the ball.

SPEAKING OF WALKING...

Hop into the spring season and join your fellow members for a fun walk/run along the front-nine with our fit pros!



MONDAY, APRIL 3
1 PM - 4 PM

This event is complimentary, however in lieu of a registration fee we are accepting donations for this year's Employee Scholarship. Each registrant will receive a workout towel, spring drink and hidden surprises along the route!

Hop on over to chmember.com for details and to register!





4 KEY TIPS TO SELL YOUR HOUSE THIS SPRING

Spring has arrived, and that means more and more people are getting their homes ready to sell. But with recent shifts in real estate, this year's spring housing market will be different from the frenzy of the past several years. To sell your house quickly, without hassles, and for the most money, be sure to follow these four simple tips:

Make Sure You Give Buyers Access

One of the biggest mistakes you can make as a seller is limiting the days and times when buyers have access to view your home. In any market, if you want to maximize the sale of your house, you can't limit potential buyers' access to view it. If it's not accessible, it could cost you by sitting on the market longer and ultimately selling for a lower price.

Make Your Home Look as Good as Possible on the Inside

For anything to sell, especially your home, it must look inviting. Your real estate agent can give you expert advice on ideal staging for your home. Even updating a room with fresh paint, steam cleaning carpets, or removing clutter from the garbage can make a big impact.

First Impressions Matter

The old saying "you never get a second chance to make a first impression" matters when selling your house. Often, the first impression a buyer gets is what they see as they walk up to the front door. Putting in the work on the exterior of your home is just as important as what you stage inside. Freshen up your landscaping to improve your home's curb appeal so you can make an impact with potential buyers.

Price is Right

This is probably the most important aspect of selling your home in today's real estate market. If a house is priced competitively, it's going to sell. Period. To do this, you have to know what's happening with home prices in your area and understand the factors that are affecting the market right now. That's why it's best to work with a trusted real estate professional who can ensure you list your house at the right price.

Bottom Line

Everyone selling their home wants three things: to sell it for the most money they can, to do it in a certain amount of time, and to do all of that with the fewest hassles. To accomplish these goals, let's connect so you can understand the steps you need to take to sell your home this spring.

CHAMPION HILLS REAL ESTATE

117 CHATTOOGA RUN

\$1,375,000



Details of the Property

- New Quartz Countertops
- Rumsford Stone Fireplace in Great Room
- Second Fireplace on Screened Porch
- Covered Grilling Porch
- 3 Bedrooms, 3 1/2 Baths, Large Office
- Built in 2019
- 1.49 Private Acres
- 3,643 Sq. Feet on Two Floors
- Custom Built-Ins
- SubZero & Wolf Appliances

Interested in learning more?

Call our Real Estate Team for more details:

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

LISTING OF THE MONTH

April

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3 Clubhouse Closed
Greens Aerification
Bunny Hop
Club Board Meeting

4
Greens Aerification

5
Greens Aerification
Men's Night Out

6
Masters Themed Thirsty Thursday

7

8

9
Easter Brunch

10
Clubhouse Closed

11

12
Trivia Night

13
Thirsty Thursday

14

15
Private Event

16

17
Clubhouse Closed

18

19

20
Srixon/Cleveland Demo Day
Third Thursday

21
Ladies' Luncheon (off-site)

22

23

24
Clubhouse Closed
Book Club

25

26

27
Thirsty Thursday
Sunset Social

28

29

30
9 & Dine