

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

APRIL 2024

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

Champion Hills has been a thriving community for over 35 years, and effective communication plays a pivotal role in keeping our members engaged and informed about the wide range of amenities, activities, events, dining experiences, theme nights, and more that we offer.



The Echoes newsletter is a primary communication tool that provides a comprehensive monthly guide to Club offerings, highlighting events and featuring member achievements. The newsletter serves as a window into this vibrant community. Our emails provide information on upcoming events to ensure that members are kept in the loop, fostering a sense of inclusivity.

Further embracing technology, our Club provides a user-friendly phone app that brings the Club to the palm of your hand. Members can effortlessly access event calendars and receive notifications for important updates, providing a convenient way to stay engaged with the Club's offerings.

Member surveys play a dual role by providing valuable feedback to enhance the member experience and offering a platform for members to voice opinions and preferences, crucial for tailoring services. This two-way dialogue is critical in tailoring our services to meet the evolving needs of our diverse membership. Dedicated TV information screens and bulletin boards around the Club serve as physical information hubs, showcasing upcoming events and reinforcing our community spirit.

Beyond these key channels, we also leverage our Facebook and Instagram pages to connect with members, providing snapshots of the Club's dynamic atmosphere and fostering a virtual sense of community.

In conclusion, effective communication is the lifeblood of our Club and Community. It not only keeps members informed but also fosters a sense of belonging and active participation. Through the newsletter, website, emails, phone app, surveys, bulletin boards, and more, we strive to create an environment where members are not just participants but integral contributors to our Club and community's collective health and happiness.

Alan Deck, CCM, PGA
General Manager/COO



FAIRMONT HERITAGE PLACE The Cedars

Champion Hills attended the groundbreaking ceremony for the Fairmont Heritage Place The Cedars on March 8. More than 200 attendees gathered to witness this landmark event to begin the start of construction of this luxury development. We are so excited about our exclusive partnership with this amazing company!

VIBE: (VIB)

By Club Board President, Milan Turk

Noun: The Vibe. A general feeling or sensation that someone gets or has about something, feeling like you belong; the character, quality, or atmosphere of a place.

"I get a smile on my face when I walk into Champion Hills Pub and feel that Thirsty Thursday vibe!"

Verb: To Vibe; Vibing; To spend relaxed, enjoyable time; to be compatible; to be in agreement or harmony.

"With this great weather, I look forward to vibing on the patio up at the Clubhouse."

As the first quarter of 2024 comes to an end, the arrival of Spring has me in high spirits, optimistic – and yes sneezing a bit more! I hope you agree that the Vibe at Champion Hills is great this time of year! A few highlights:

- The last Thursday of the month wine tasting at Thirsty Thursday brings out a great crowd! "That's something I haven't tried before", "Which Pinot Grigio did you prefer?" "How did you vote?"
- New members are among us! Over two consecutive weeks, I met a visiting couple looking for their next home in Champion Hills. The first week they were in the Pub meeting people, sensing our vibe. By week two they had enjoyed a meal, played a round of golf, submitted an application and made an offer on a house! They were vibing! Stories like this are still possible at Champion Hills.
- Last week Beth and I were at Flat Rock Playhouse for a great show called "Uptown". When the lights came up, we looked around and counted at least 14 of our Champion Hills neighbors. Members at Champion Hills even spread the Vibe around town!
- The golf course is in great shape! Access to tee times remains high! Playing in a golf group last week I found myself sharing a cart with a visiting National Member. He said "I just love the opportunity to play in a golf group! My other club doesn't support it. It's wonderful to be able to quickly meet so many players at Champion Hills".
- Did you feel the vibe on St. Patrick's Day? All it took was one email from a spirited member and 40 people showed up at the Pub – all dressed in green! That is the Champion Hills' vibe!



The Board and Staff take this Vibe thing seriously. As our Mission Statement says, we are working to "exceed the expectations of our member/owners and guests each and every day." We want you to have that feeling of belonging.

Let me close by acknowledging that whatever faith you may follow, April is a month of important holidays. I wish you all the best in this season of renewal.

Here's to seeing you vibing around the Club in April! Let us know how we are doing at memberfeedback@championhills.com

Milan Turk
Champion Hills Board President

HORACIO & ALEX GENNARI



Our country of origin is Argentina... very far... more than 11 hours of flight! Argentina is a country of good meat, the romantic tango and cordiality in its people, but for 10 years we have settled in this wonderful country - in part for work, but also for the quality of life!

We always liked to play golf and discovered Champion Hills in one of the many trips we made between South Carolina, Georgia and North Carolina looking for "our place". It is incredible! After visiting almost 30 golf communities, we can say with certainty that this is the best one in all aspects: quality of its people, location, golf course, facilities and the cost to benefit ratio.

Today in 2024, we are seriously thinking that this is already our definitive house and we will have our Florida home as an alternative or complementary residence. We love this place and our warm friends who quickly welcomed us!

When we finally closed on our house in Argentina in 2021, we put all our furniture in a container that traveled throughout the Atlantic Ocean passing through several ports from Buenos Aires until reaching Charlotte and eventually to our new home in Champion Hills.. Our house will always be open to all our dear neighbors and friends, and we will always have a glass of good Argentine Malbec wine to try!

STEVE & ANN ELSON



Where are you from?

Born and raised in Miami, Florida.

Are you in CH full-time or seasonally?

We will be back and forth throughout the year between Miami and Hendersonville. Our local home here is in Fox Run Preserve.

What do you like to do at Champion Hills?

Meet new friends, hiking, work out at the gym, spend time dining at the clubhouse and attending Thirsty Thursday! We are also thinking about giving golf a try!

What is one fun/interesting fact about yourself?

Ann's parents originally are from Cien Fuegos, Cuba so she is bilingual. Her Cuban American mom inspired their interest to move to North Carolina from the time she spent here in the region, after high school.

BARKLEY



Owners

Thea Sommer & Karen Gilbert

Mix/Breed

Golden Doodle

Favorite Toy

Any one of them he has in his mouth!

Favorite Activities

Play ball, ride in the car, hang out on the deck!

Fun Fact

Barkley was named after Saquon Barkley who played football at Penn State when our son was at school there and went to play for the New York Giants, which is another one of our son's favorite teams. At the time his name was perfect, but since Saquon was traded to the Eagles, Jeremy wants to rename him Dexter!

Owners

Todd & Pam Roadman

Mix/Breed

5-Month-Old Bernedoodle

Favorite Toy

The newest one: St. Patrick's Day Lucky Bone

Favorite Activities

Cuddles with his big sister Jovi, a 7 year old Lab/Australian Cattle Dog mix.

Run like the wind in the back yard, and learn new commands.

Fun Fact

Hobbes was the runt of the litter, but has grown like the Incredible Hulk! When he gets excited, his teeth chatter.

HOBBS



Want to feature your pup in an upcoming Echoes?



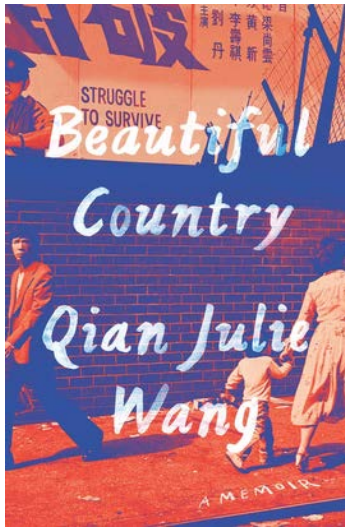
Email heatherm@championhills.com



...**CHAMPION HILLS BOOK CLUB**...

BEAUTIFUL COUNTRY BY QIAN JULIE WANG

APRIL 22 | 10:30 AM



BEAUTIFUL COUNTRY by Qian Julie Wang

This is a powerful memoir by a Chinese American lawyer. As an undocumented child living through poverty with her family in the richest country in the world, her struggle is written through her eyes. The family spends the next five years shrouded in darkness as they grapple with hope and dignity. In the end, this memoir epitomizes the American dream.

For more information please contact:

Barb Morrison | 309.269.0010 Barbara Zucker | 845.598.0933



CHAMPION HILLS REUNION

The thought of a reunion actually started two years ago with Pat Keenan. This past summer I thought it was a worthwhile endeavor, and with the help of Frank Giannuzzi we found a wonderful resort called Mission Hills in central Florida. It is known to be one of the oldest golf courses in Florida, and is one of the top ten in the state!

I started sending emails to members in Champion Hills and it caught on quickly. We had about 40 people either signed up or interested in going. We had 28 members attend!

It was a great event with breakfast and dinner buffets and an open bar as well as playing golf on this historic course. I am sure when the word gets out we will double the number of attendees next year!

Harold Kutner





MARCH





WEDNESDAY, APRIL 3
5:30 PM - 9 PM

Want to show off your knowledge?
Reserve your team a table today!
Email Shelly at shellym@championhills.com.

MARCH WINNERS



Congratulations!

"Still Deliberating"

Gerrit & Elizabeth Kerkstra

Richard Kacik

Chuck & Elizabeth Jewett

COOKING CLASS

THURSDAY, APRIL 11 | 3 PM - 4 PM

Join Chef Sean at the Champion Hills clubhouse as he teaches us how to make homemade pasta!



Cooking Class

APRIL 11 | 3 PM - 4 PM

Topic: Homemade Pasta



Wine & Wildflowers
AT CHAMPION HILLS

WINE & WILDFLOWERS:
SPRING EDITION

TUESDAY, APRIL 16 | 1 PM - 3 PM

Join resident Chuck Darnell on a wildflower discovery experience!

LADIES' LUNCHEON

FRIDAY, APRIL 19

12:30 PM LUNCH | 2 PM COURSE TOUR

Enjoy a delightful lunch with friends and a guided tour around the Champion Hills golf course!



MEN'S NIGHT OUT
WEDNESDAY, APRIL 24
6 PM - 9 PM

We invite the gentleman of Champion Hills to an evening of great food and conversation!



MEN'S NIGHT OUT

PASTA NIGHT

TUESDAY, APRIL 2 | 5 PM - 8 PM

Enjoy penne, spaghetti, tortellini and even more endless pastabilities!



MASTERS DINNER

TUESDAY, APRIL 9 | 5 PM - 8 PM



MASTERS DINNER

TUESDAY, APRIL 9 | 5 PM - 8 PM

Come taste a sampling of Tiger Woods' most delectable dinner choices at this Masters themed night!

PUB NIGHT

TUESDAY, APRIL 16 | 5 PM - 8 PM

Join us for live music, \$1 wings, \$3 drafts and your favorite comfort foods from our Fazio Pub menu!



GRAND BRUNCH BUFFET

SUNDAY, APRIL 21 | 10 AM - 2 PM

Join us for a delightful Sunday brunch!
Call (828) 233-0973 to make your reservation.

CANTINA NIGHT

TUESDAY, APRIL 23 | 5 PM - 8 PM

Taco station, \$8 cadillac margaritas, churros and more at Cantina Night!



BURGER NIGHT



BURGER NIGHT

TUESDAY, APRIL 30 | 5 PM - 8 PM

Build your own burger and enjoy \$3 drafts as well as Shelly's homemade milkshakes.



BEER DINNER

— WITH —

GUIDON BREWING CO.

BEER DINNER WITH GUIDON BREWING CO.

SATURDAY, APRIL 20 | 5:30 PM

MENU | 40++

Course 1

Guidon Kolsch

Firecracker Latke Popper, Seared Scallop, Yuzu Butter Sauce

Course 2

Mexican Amber Lager

Hickory Smoked Pulled Pork, Organic Blue Corn Tortilla, Curtido

Course 3

Wee Fella Scotch Ale

Braised Angus Short Rib, Red Dragon Whipped Potatoes

Course 4

Bavarian Dunkel

Dunkel Beer & Bacon Cake, Maple Buttercream



FRESCOBALDI ALIE ROSATO (TOSCANA)

Tuscany, Italy

\$9 Glass | \$34 Bottle

87

Wine Enthusiast
Rating

Alie, a figure from Greek mythology, one of the sea nymphs, symbol of sensuality and beauty. Alie, an elegant rose with a light, pure colour and subtle ruby hues. A fine balance between Syrah and Vermentino, which find their ultimate expression in close proximity to the sea. Aromas of white flowers, wild strawberries and citrus and fruit rind blend into a delicate structure with mineral hints typical of the area, giving a long and rich finish. Charming as an aperitif or with meals and good company.

KNOW YOUR NUMBERS: MAXIMUM & TARGET HEART RATE

This table shows target heart rate zones for different ages. Your maximum heart rate is about 220 minus your age. In the age category closest to yours, read across to find your target heart rates. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it's about 70-80%. These figures are averages, so use them as a general guide:

AGE	TARGET HR ZONE (50%-85%)	AVERAGE MAXIMUM HEART RATE (100%)
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Now that you have a target, you can monitor your heart rate to make sure you're in the zone. As you exercise, periodically check your heart rate. Take your pulse on the inside of your wrist, on the thumb side.

- Use the tips of your first two fingers (not your thumb) and press lightly over the artery.
- Count your pulse for 30 seconds and multiply by 2 to find your beats per minute.

Important Note: Some drugs and medications affect heart rate, meaning you may have a lower maximum heart rate and target zone. If you have a heart condition or take medication, ask your healthcare provider what your heart rate should be.

So, what's in a number? If your heart rate is too high, you're straining. Slow your roll! If it's too low, and the intensity feels "light" to "moderate", you may want to push yourself to exercise a little harder, especially if you're trying to lose weight. If you're just starting out, aim for lower range of your target zone (50%) and gradually build up. In time, you'll be able to exercise comfortably at up to 85% of your maximum heart rate.

Let's talk cardio... Ideally some sort of cardio every day is best, but more realistically shoot for at least three times a week. Three times a week of intense cardio for at least 20 minutes will help you maintain the fitness level you currently have now. Sweat pouring, pulse racing, heavy breathing marks intense cardio. Five times a week of moderate to intense cardio for at least 30 minutes will change and increase the fitness level you currently have now. This is recommended if you are looking to change the shape of your body.



All our PreCor cardio machines are touch screen. Jump aboard, tap your finger on the start screen, and a menu of fitness possibilities will appear. If you want to manually control your speed and incline touch the "Quick Start" button. If you would like an interactive workout, in which the machine controls your speed and incline, touch the "Go" button.

A MESSAGE FROM ERICK FOWLER, PGA

CHAMPION HILLS HEAD GOLF PROFESSIONAL

It is hard to believe we are almost a quarter of the way through 2024 and Spring is certainly upon us! After spending my first several months getting acclimated to Champion Hills and learning what we need to be successful moving forward. I am happy to provide an update on one of my first goals, which was to build a team to provide the year-round experience expected from our member/owners. I am happy to welcome aboard the following team members:



ZACH BRINKLEY

Zach comes to us from Old Town Club in Winston-Salem, NC, where he was also born and raised. Zach will be splitting time both on our outside service team and inside the shop where he will be an Assistant Golf Professional in training. Zach aspires to be in the golf business and recently passed his playing test. He will be pursuing his PGA credentials over the coming years. In his spare time, he likes to play golf and hunt.



TYLER WEAVER

Tyler is from Pinehurst, NC. He spent the last year out of the business, but his passion for the industry led him back to joining our team in hopes of making the golf business his future career path. Tyler has worked at multiple facilities in the past with his most recent being Hound Ears for two seasons. Tyler will be splitting time both on our outside service team and inside the shop where he will be an Assistant Golf Professional in training. In his spare time, he enjoys playing golf, fishing, and snowboarding.

I am happy to announce that we will have another full-time Assistant Golf Professional slated to start April 1. I will provide more information after his arrival and when they have cleared their onboarding process.

I am certain this will bring a smile to many of your faces, we have just finalized an agreement for Carole Clark to return as a Seasonal Golf Professional! She will be joining us the second week of May through the end of October.

Finally, I have to offer a huge thank you to Kris Miller for stepping up to the plate and taking on a lot of responsibility during the last several months as the Assistant Golf Professional. He has done a phenomenal job within his role, and we would not be in the position we are in today without him.

Here's to hitting more fairways and greens in 2024!

Erick Fowler, PGA
Head Golf Professional



Golf donations to support First Tee are underway at Champion Hills throughout the month of May. We are excited to continue the tradition of supporting this effort. Now is your chance to clean out your closet!

Throughout the game of golf, First Tee-Upstate South Carolina has created a non-profit organization designed for young people ages 5 to 18. This dedicated effort impacts the lives of over 60,000 upstate area youth each year.

Gently used men's and women's golf clothing, shoes, hats, golf balls and other golf gear is appreciated.

Any donation not given directly to the First Tee kids are taken to raise money for the chapter of their Club Donation Program in Greenville, South Carolina.

Donations may be dropped off at the Pro Shop where they will be stored and picked up in early summer. If you have any questions, please reach out to Barbara Zucker at 845.598.0933 or to the Champion Hills Pro Shop at 828.693.3600.

APRIL SAVE THE DATES

Cleveland/Srixon Demo Day | Thursday, April 4

- 11 AM - 3 PM by Appointment Only

Masters Par 3 | Thursday, April 11

- 3 PM Shotgun Start

Greens Aerification | Monday, April 15 - Wednesday, April 17

- Golf Course & Pro Shop Closed
- Driving Range Hours
 - Monday | 9 AM - 1 PM
 - Tuesday & Wednesday | 9 AM - 5 PM
- Short Game Practice Facility Hours:
 - Monday | 12 PM - 5 PM
 - Tuesday & Wednesday | 9 AM - 5 PM

PXG Demo Day | Friday, April 19

- 11 AM - 3 PM by Appointment Only

Callaway Demo Day | Thursday, April 25

- 11 AM - 3 PM by Appointment Only

XXIO Demo Day | Friday, April 26

- 11 AM - 3 PM by Appointment Only



Beverly-Hanks
REALTORS®

PRESIDENT'S CIRCLE RECOGNITION

Recognizing agents/teams with more than \$20 million in total sales, and loan officers with more than \$40 million in transactions.

CHAMPION HILLS

Real Estate

MARY KAY BUHRKE & AMBER SAXON
TOTAL SALES | \$22,540,063



Although we started 2023 season with just one home listing, we were fortunate to sell 20 homes for a total of \$20,558,163. Due to extremely low inventory, this was the first year ever that more lots sold than homes. There were 22 lots sold for a total of \$1,063,000. We began 2024 with five home listings, we will see where that takes us!

We are also humbled to report that we achieved the first ever Allen/Tate Beverly-Hanks "Legends" recognition. Becoming a legend means that we have completed over \$50 million in career sales at Allen Tate/Beverly-Hanks!

Our total from 2017 to now is over \$200 million which puts us in the 7th highest category. We owe a huge thank you to so many of you that have allowed us to assist you with your transactions, some of you multiple times! We are sincerely honored to be your community agents and look forward to helping you when the time arises!

Mary Kay & Amber

IMPORTANT NUMBERS

Clubhouse Main Line

828.696.1962 x 1300

General Manager, Alan Deck

828.696.1962 x 1306 | adeck@championhills.com

Membership & Marketing Director, Heather Myers

828.696.1962 x 1302 | heatherm@championhills.com

Membership & Marketing Coordinator, Josie Garofano-Caudle

828.696.1962 x 1318 | josie@championhills.com

Accounts Receivable Specialist, Susan Brobst

828.696.1962 x 1305 | susan@championhills.com

Head Golf Professional, Erick Fowler

828.696.1962 x 1312 | efowler@championhills.com

Pro Shop Main Line | 828.693.3600

Food & Beverage | Dining Room Reservations | 828.233.0973

Director of Restaurants, Patrick Necessary

828.696.1962 x 1301 | patrick@championhills.com

Event Coordinator, Shelly Metcalf

828.696.1962 x 1317 | shellym@championhills.com

Executive Chef, Sean Thomas

828.696.1962 x 1307 | chefsean@championhills.com

Wellness Director, Mackenzie Jones

828.696.1962 x 1411 | mackenziej@championhills.com

Grounds & Facilities Director, Craig Galloway

828.696.1962 x 1412 | craig@championhills.com

POA Administrative Assistant, Kyle Hicks

828.696.1962 x 1401 | poa@championhills.com

Security Mobile Line | 828.243.1515



April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed	2 Pasta Night	3 Trivia Night	4 Thirsty Thursday	5	6
7	8 Clubhouse Closed	9 Masters Dinner	10	11 Cooking Class Thirsty Thursday	12	13
14	15 Clubhouse Closed	16 Wine & Wildflowers: Spring Edition Pub Night	17	18 Third Thursday	19 Ladies' Luncheon	20 Guidon Brewing Beer Dinner
21 Grand Brunch Buffet	22 Clubhouse Closed Book Club	23 Cantina Night	24 Men's Night Out	25 Thirsty Thursday	26	27
28	29 Clubhouse Closed	30 Burger Night				