



# ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

FEBRUARY 2024

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





## FROM THE GENERAL MANAGER

As we continue through the winter season, we eagerly anticipate the arrival of spring and the warmer weather that comes with it. Until then, we have plenty of exciting events planned to keep you entertained on or off the course. This month we'll host Karaoke Night in the Pub, Trivia Night, Nine & Dine, and Valentine's Day along with Ladies' Luncheon, Prime Rib Night, The Grand Brunch Buffet, Disco Night, and Men's Night Out. On Tuesday nights, we will continue our theme dinners, which includes Tiki Night, Mardi Gras Night, Oyster Bar Night and Pub Night. We also have the Chilly Challenge with 18 holes followed by the Chili Cookoff. The cookoff is open to all of our Members and I am excited to see (and sample) what you create. On top of the events, don't forget that the Wellness Center has a variety of classes Monday - Friday. There's plenty to do this month at Champion Hills!

I am pleased to inform you that as of January, all of our management positions have been filled. We are delighted to welcome Rick Mason as our new Controller. Rick, along with Erick Fowler - Head Golf Professional and Patrick Necessary - Director of Restaurants, round out our team that is committed to continuous improvement and upholding the Champion Hills' Vision, Mission, and Values.

### Champion Hills Club Vision:

Champion Hills Club provides the best year-round private golf club experience in Western North Carolina because Member/Owners...

- feel instantly welcome in our exclusive, yet welcoming community.
- are delighted by our superior course, excellent dining and social activities, and engaging wellness amenities.
- are confident knowing our vision for the future has earned us a waiting list of prospective golf Members.

### Champion Hills Club Mission:

Champion Hills Club's mission is to exceed the expectations of our Member/Owners and guests every day.

### Champion Hills Club Values:

Members act as Owners and feel responsible for the future success of the club.

One way you can help Patrick and his team focus on the dining experience is to continue filling out the dining survey cards. Your feedback helps us understand, meet and exceed your expectations.

Finally, I would like to express my gratitude for the patience and support extended by the POA and Club Members during the launch of our new website. The website will serve as the central hub for all Members, improving our communication, bookings, and enhancing the overall experience at Champion Hills.

See you around the Club,

Alan Deck  
General Manager/COO

**CH**

# AMPION HILLS CLUB BOARD

## THE CURE FOR F.O.M.O. – CH COMMUNICATION

By Club Board President, Milan Turk

I'll admit, I am a mild sufferer of F.O.M.O. – there, I said it. You know F.O.M.O., that modern affliction also known as Fear of Missing Out. I think most of us grow out of it as we age, particularly as we immerse ourselves in the Western North Carolina lifestyle.

A surefire cure for F.O.M.O is our renewed Champion Hills Club Communication plan! Thanks to the hard work of our management team and staff you do not have to worry about missing out, as long as you keep an eye on your e-mail and use the resources at your fingertips.

The following communications will be delivered to your email inbox weekly:

- “Happenings” – a consolidated version of the “Events” and “Buzz” emails that will be sent out on Saturdays and give you information on Social and Dining events at Champion Hills!
- “Wellness Wednesday” – your weekly email guide to fitness programming and tips on staying healthy.
- “Golf News” – this email will give you the latest information on golf events and special offers in the Pro Shop!

The crown jewel of our communication plan is the newly launched Champion Hills website, [chmember.com](http://chmember.com). Have you checked it out? It is live and is the true remedy for F.O.M.O.! Stay tuned, because the updated phone app will be launched within the next few weeks!

In addition, our department heads and Board Members will communicate directly with you through email concerning important initiatives to improve your Member/Owner experience.

The opposite of F.O.M.O. is the feeling you get knowing you are part of a very active club and community. We are putting a great deal of effort into communications to give you that feeling!

Please let us know how we are doing. You can always reach us at [memberfeedback@championhills.com](mailto:memberfeedback@championhills.com).

See you around the Club!

Milan Turk, Champion Hills Club Board President





# Champion Hills Security

## CHIEF CHARLIE GALLOWAY



Charlie Galloway has served the Champion Hills POA and Club for 31 years. He began his tenure as a security officer in 1993 and then transitioned to our Chief of Security. Just as he has watched Champion Hills grow and change over time, his love for our Residents and Members has grown as well. He has watched the community start out with just a few houses to now over 320+ homes.

When asked what kept him at Champion Hills for so long his answers consistently led back to our wonderful community and membership. He is grateful for the opportunity to work for one of the most beautiful private golf communities in Western North Carolina.

After much consideration, Charlie has decided to embark on a new chapter in his life and retire from his role. Even though he will not be here full-time he has agreed to help our security team as needed. On behalf of our entire staff and community we would like to express our deepest gratitude for Charlie and his unwavering dedication.

## CONGRATULATIONS, JON!

Although this is a bittersweet moment, we would like to take a moment to introduce Jon Kerr. For 10 years Jon has not only worked as a security officer, but also with our Grounds & Facilities crew.

At the age of 20, he joined the military and proudly served in the United States Navy for 6 years. Jon is married to his beautiful wife, Alejandra of 19 years and has a daughter, Camila. In his spare time, he loves traveling the world (he's visited 42 different countries to be exact) and tasting the best coffee each destination has to offer.

Congratulations Jon! We look forward to your continued success in your new role at Champion Hills!





# STAY CONNECTED WHILE YOU'RE AWAY!

As you travel and explore the world this season, don't forget to stay connected with your Champion Hills family through our "How Far Can You Go?" social media campaign.

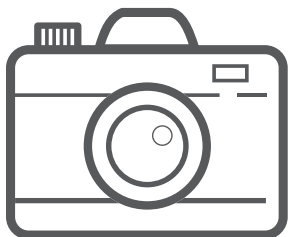
Here is how to participate:

1. Be sure to pack your favorite CH logo shirt/apparel/item.
2. Take a photo of yourself with the CH logo wherever you travel.
3. Tag us on Facebook at @ChampionHillsCommunity and/or Instagram @ChampionHills telling us where you are traveling.

It's that simple! At the end of February we will award two winners:

1. Who traveled the farthest from the Champion Hills Clubhouse with their CH logo.
2. Most unique destination traveled with their CH logo.

All submissions must be submitted by February 13. Winners will receive a feature in the March Echoes and a complimentary gift basket. If you have any questions feel free to reach out to our Administrative Office. Safe travels!



## SEND US YOUR PHOTOS!

We all know we live in one of the most beautiful places in Western North Carolina. Why not share it with others? If you snap a stellar photo, send it to us! You might just see it on our Champion Hills social media.



TAKEN BY SHELLY METCALF,  
CHAMPION HILLS EVENTS COORDINATOR



TAKEN BY GREGG HAGUE,  
CHAMPION HILLS MEMBER



*Don't Forget to Follow Us!*



**KARAOKE NIGHT**  
**SATURDAY, FEBRUARY 3**  
**5 PM - 8 PM**

Join us in the Fazio Pub as we sing the night away! We will have complimentary appetizers and a la carte menu options.



**TRIVIA NIGHT**  
**WEDNESDAY, FEBRUARY 7**  
**COCKTAILS 5:30 PM | DINNER 6 PM**  
**GAME 7 PM**

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

**VALENTINE'S DINNER**  
**WEDNESDAY, FEBRUARY 14**  
**5 PM - 8 PM**

Bring your sweetheart and join us for  
Valentine's Day dinner specials!



**LADIES' LUNCHEON**  
**FRIDAY, FEBRUARY 16**  
**11:30 AM - 1 PM**

Ladies from Henderson County Sheriff's Department  
will be joining us for training in self-defense.

**MEN'S NIGHT OUT**  
**WEDNESDAY, FEBRUARY 28**  
**COCKTAILS 6 PM | DINNER 7 PM**  
We invite the gentleman of Champion Hills to  
an evening of great food and conversation!



**WINE & CHEESE TASTING**  
**THURSDAY, FEBRUARY 29**  
**4 PM - 6 PM**

This month we will be tasting Malbec with  
Empire Distributing. We also will have a  
variety of cheese pairings.





# DANCING IN THE STORM

## BOOK LAUNCH

Tuesday, February 20 | 2 PM - 3:30 PM

Don't miss this opportunity to meet Amie Darnell Specht, an amazing young woman with the rare disease Fibrodysplasia Ossificans Progressiva (FOP), meet Shannon Hitchcock, a Champion Hills member and award-winning author and to attend the reading and signing of their co-authored, middle-grade novel, *Dancing in the Storm*, published by Penguin Random House.

Amie is the 39-year-old daughter of CH residents, Chuck and Tammara Darnell. At the age of four, she experienced her first flareup of FOP, a genetic disease that worldwide affects one in two million people. She came home from school dragging her left leg because she couldn't bend her knee. Amie's x-rays showed bone forming in the thigh muscle. Usually new bone formation "clicks off" after a certain point in fetal development, but FOP is caused by a gene mutation that results in connective tissue turning into bone and fusing joints which ultimately restricts mobility. Due to its rarity, the diagnosis took six months.

Shanon Hitchcock became friends with Tammara and asked to meet Amie and learn more about FOP. The more time Shannon spent with Amie the more impressed she was with Amie's accomplishments and upbeat attitude. Shannon asked Amie if she'd like to collaborate on a book.

The result is Amie's story growing up as told to Shanno who created various characters based on Amie's experiences with FOP. Amie's character, Kate, is a 12-year-old gymnast participating in middle school activities when she develops unexplained shoulder pain which turns out to be the rare incurable FOP disease. Kate must learn to process and live with the diagnosis but is helped by family and an adult pen pal who also has FOP. The book is not just about a girl with disease, it's about accepting change, moving on, and approaching life with a healthy attitude. Middle schoolers will relate because everyone has insecurities.

After Amie's diagnosis, she managed the gymnastics team, was on student council, graduated early, finished college online and graduated with a Bachelor of Science in Business Administration focusing in accounting. She went on to do quality control for search engines like Google and then did technical support for Apple. Today Amie and her husband Matt live in Hendersonville and while she can no longer work she has been teaching herself how to code such things as websites. She also mentors others online as they cope with FOP. Her motto is "I'm not handicap ped. I'm handicapable."

Malaprop's Bookstore in Asheville will be selling books at the launch if anyone would like a signed copy. Also *Dancing in the Storm* can be ordered from several websites including Amazon and Malaprop's. A portion of book sales will be donated to the International Fibrodysplasia Ossificans Progressiva Association.

The book launch is hosted by the Darnells and Hitchcocks. Come meet the authors and enjoy the reading as well as complimentary hors d'oeuvres and refreshments. RSVP on [chmember.com](http://chmember.com) by Tuesday, February 13.



# Food & Beverage Updates

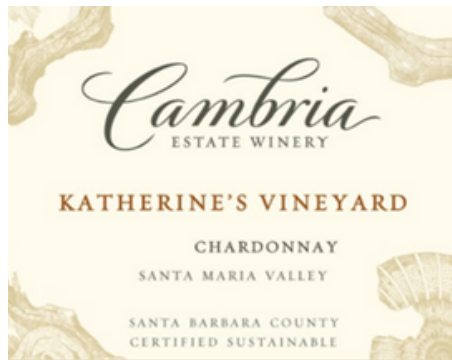
FROM PATRICK NECESSARY



I hope this letter finds you well and full of excitement for the month ahead. I can't help but reflect on the memorable moments of last month. Tuesdays have become synonymous with culinary delights, a value-added experience and club spirit. From the savory indulgence of Pasta Night to the exotic flavors of Cantina Night, the sizzling BBQ feast, the richness of Low Country Seafood, and the ever-popular Burger Night. While the other clubs are closed for dinner, we are having fun.

Our beloved Tuesday nights continue to shine in February with a diverse lineup. From the tropical vibes of Tiki Night to the lively spirit of Mardi Gras, the flavors of the Oyster Bar, and the laid-back charm of Pub Night, which will feature live music - we've got something for every palate.

We're thrilled to announce the launch of our new and improved version of Karaoke Night in the Fazio Pub as well as Valentine's Day Dinner, grooving to the beat of Disco Night and an exclusive Men's Night Out. We will also have another complimentary Wine Tasting at Thirsty Thursday. As we step into February, let's continue to create unforgettable memories together. We look forward to seeing you at the club and sharing in the joy of these upcoming events.



## CAMBRIA KATHERINE'S VINEYARD CHARDONNAY

Santa Maria Valley, Central Coast, California

WE (90) | WS (90)

\$8 Glass | \$30 Bottle

Cambria's flagship Chardonnay is fermented in both stainless steel and barrels to maintain its fresh flavors and aromatics while imparting texture and complexity. Each sip beckons another, with hints of vanilla and crème brûlée, complemented by notes of citrus and stone fruit.

Beautifully balanced and vibrant, this wine is sure to convert any wine lover into a Chardonnay enthusiast. Each vintage of Katherine's Vineyard Chardonnay is a single-vineyard expression that captures the estate's "refrigerated sunshine" - aka Santa Maria Valley's ocean influence, warm sun, and cool breeze. This layered, elegant, and distinct wine is crafted exclusively from the fog-swept vines of Katherine's Vineyard, named after our proprietor Katie Jackson in 1986, and planted within ancient soils consisting of fossilized seashells, shale, limestone and sand.

COMING SOON!

## SEAFOOD SPECTACULAR

TUESDAY, MARCH 2

5 PM - 8 PM

Come enjoy some of the most delicious foods from the sea!



**TIKI NIGHT**  
**TUESDAY, FEBRUARY 6**  
**5 PM - 8 PM**

Join us for this luau themed dinner night with a Mai Tai special and a variety of polynesian favorites!



**MARDI GRAS NIGHT**  
**TUESDAY, FEBRUARY 13**  
**5 PM - 8 PM**

We will have gumbo, jambalaya, king cake and more at Mardi Gras Night!

**PRIME RIB NIGHT**  
**SATURDAY, FEBRUARY 17**  
**5 PM - 8 PM**

Join us at the Club for Prime Rib Night!



**GRAND BRUNCH BUFFET**  
**SUNDAY, FEBRUARY 18**  
**10 AM - 2 PM**

Join us for a delightful Sunday brunch!

**OYSTER BAR NIGHT**  
**TUESDAY, FEBRUARY 20**  
**5 PM - 8 PM**

Join us for an oyster buffet and raw bar at this themed dinner night!



**DISCO NIGHT**  
FEATURING DJ SANDMAN

**FEBRUARY 24**

COCKTAILS 5:30 PM | DINNER 6:30 PM DANCING 7:30 PM - 10 PM

**DISCO NIGHT**  
**SATURDAY, FEBRUARY 24**  
**5:30 PM - 10 PM**

Bring your dancing shoes and get your funk on! We will have prizes for best dancer and best dressed.

**PUB NIGHT**  
**TUESDAY, FEBRUARY 27**  
**5 PM - 8 PM**

Bring your friends and join us for your \$3 draft beer and favorite pub comfort foods!





# NINE & DINE

**NINE & DINE**  
**SATURDAY, FEBRUARY 10**  
**2:30 PM SHOTGUN | 5 PM COCKTAILS**  
**6 PM - 8 PM DINNER**  
Join us for this 9-hole fun format with four person teams consisting of two men and two women!



**CHILLY CHALLENGE**  
**12 PM SHOTGUN | CHILI CONTEST 4 PM**  
Play format will be a two-person Modified Chapman. Each player will hit a drive from their respective tees then switch and hit their partner's second shot. The team will then choose one ball and play alternate shot until the ball is holed. The chili contest is open to all members! Please reach out to Shelly Metcalf to enter your chili.

Visit Foretees for more information and to register!

## 2024 MAJOR EVENT DATES

### April

Greens Aerification | April 8-10  
The Hills Cup | April 30 - 2

### May

Ladies' Summer Opening Day | May 7  
Men's Summer Opening Day | May 8  
Couples Summer Opening Day | May 12  
Memorial Day Mixed ABCD | May 27

### June

Ladies' Member-Guest | June 5 - 7  
Match Play | June 15 - 16 (Round 1 & 2)  
Queen Bee | June 18 & 20

### July

4th of July Mixed | July 4  
Club Championship | July 13 & 14

### August

Men's Member-Member | August 1 - 4  
Ladies' 9 Hole Club Championship | August 8 - 9  
Husband & Wife Championship | August 18

### September

Labor Day Mixed | September 2  
Greens Aerification | September 3 - 5  
Ladies' Member-Member | September 24, 26 & 27

### October

Ladies' Summer Closing Day | October 1  
Men's Summer Closing Day | October 2  
Men's Green Tee Cup | October 4  
Couples Summer Closing Day | October 6  
Men's Member-Guest | October 9 - 12





## CHISOLM LEONARD LOCKER ROOM ATTENDANT

We are excited to announce our new Locker Room Attendant, Chisolm Leonard. Do your shoes need a shine or spike replacement? Bring them in and start this year's golf season out right! Stop by the Clubhouse and congratulate him on his new role. His hours are Tuesday, Wednesday, Thursday and Saturday from 7 am to 12 pm.

Cleaning & Polishing | 6 Spike Replacement | 18

# Sweetheart SALE

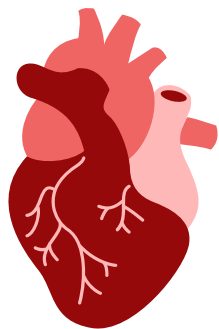
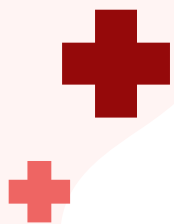
RECEIVE

**14%**  
OFF

OFF MEMBER PRICING ON ALL  
IN-STOCK MEN'S AND WOMEN'S APPAREL

FEBRUARY 1 - 15





# BE KIND TO YOUR HEART



## FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Heart disease doesn't happen to just older adults. It can happen at any age and younger adults are developing it more often partly because the conditions that lead to heart disease are occurring at younger ages. This month is the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

## ARE YOU AT RISK?

- High Blood Pressure: Millions of Americans of all ages have high blood pressure, including millions of people in their 40's and 50's. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- High Blood Cholesterol: High cholesterol can increase the risk for heart disease. Having type 2 diabetes as well as obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- Smoking: More than 37 million U.S. adults are current smokers. Smoking damages the blood vessels and can cause heart disease.

## CONDITIONS & BEHAVIORS THAT AFFECT RISK

- Obesity: Carrying extra weight puts stress on the heart. More than 1 in 3 Americans have obesity.
- Type 2 Diabetes: This causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscles.
- Physical Inactivity: Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meet the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.
- Unhealthy Eating Patterns: Most Americans eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. But only 1 in 10 adults are getting enough fruits and vegetables each day. Diets high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

## TAKE CONTROL OF YOUR HEART HEALTH

You are in the driver's seat when it comes to health of your heart!

- Don't Smoke: Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, quit.
- Manage Conditions: Work with your healthcare team to manage conditions such as high blood pressure and high cholesterol.
- Make Eating Changes: Eat food low in trans-fat, saturated fat, added sugar, and sodium. Try to fill at least half your plate with vegetables and fruits and aim for low sodium options.
- Stay Active: Get moving for at least 150 minutes per week (30 minutes, 5 times a week). You can even break up the 30 minutes into 10-minute blocks.



**Reduce Salt  
Consumption**



**Limit Alcohol  
Consumption**



**Do Daily  
Exercise**



**Choose  
Healthy Food**



**Don't Smoke  
Cigarette**



**Maintain A  
Healthy Weight**





## CHAMPION HILLS

# Real Estate

114 LITTLE CHEROKEE RIDGE  
LISTING PRICE | \$926,000



This lovely home offers one level living and if needed, a lower level for guests with a family room, wet bar, two bedrooms with ensuites and a fourth bedroom/office. The main level has a convenient open floor plan great for entertaining. Easily go from the warm fire in the great room to the newly updated kitchen with Wolf and Bosch appliances, to the dining area.

There is an abundance of windows that keep this whole space very light and bright. Off the kitchen/dining area is a spacious screened porch that is perfect for outdoor dining and an open deck for grilling and relaxing in the sun. The spacious main suite has a large walk-in closet and bath with jetted tub, large shower, double vanities and makeup area. The most unique feature is the large fenced area for pets.



4 BDRM



3 1/2 BATH



2,845  
SQFT



## PROPERTY FEATURES

- 2,845 Square Feet on Two Levels
- .74 Acres with Winter Views
- Open Layout
- Updated Kitchen
- Paver Driveway
- Generator



## 3 MUST-DO'S TO SELL YOUR HOUSE

If one of the goals on your list is selling your house and making a move this year, you're likely juggling a mix of excitement about what's ahead and feeling a little sentimental about your current home. A great way to balance those emotions and make sure you're confident in your decision is to keep these three best practices in mind when you're ready to sell.

### Price Your Home Right

The housing market shifted in 2023 as mortgage rates rose and home price appreciation started to normalize once again. As a seller, you still need to recognize how important it is to price your house appropriately based on where the market is today.

If you price your house too high, you run the risk of deterring buyers. And if you go too low, you're leaving money on the table. An experienced real estate agent can help determine what your ideal asking price should be, so your house moves quickly and for top dollar.

### Keep Your Emotions in Check

Today, homeowners are staying in their houses longer than they used to. According to the National Association of Realtors (NAR), since 1985, the average time a homeowner has owned their home has increased from 6 to 10 years.

This is much more than what used to be the norm. The side effect, however, is when you stay in one place for so long, you may get even more emotionally attached to your space. If it's the first home you bought or the house where your loved ones grew up, it very likely means something extra special to you. Every room has memories, and it's hard to detach from the sentimental value.

For some homeowners, that makes it even tougher to separate the emotional value of the house from fair market price. That's why you need a real estate professional to help you with the negotiations and the best strategy along the way. Trust the professionals who have your best interests in mind.

### Stage Your Home Properly

While you may love your decor and how you've customized your house over the years, not all buyers will feel the same way about your vibe. That's why it's so important to make sure you focus on your home's first impression, so it appeals to as many buyers as possible.

Buyers want to be able to picture themselves in the home. They need to see themselves inside with their furniture and keepsakes - not your picture and decorations.



# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Hot Chocolate Bar at Thirsty Thursday	2	3 Karaoke Night
4	5 Clubhouse Closed	6 Tiki Night	7 Trivia Night	8 Thirsty Thursday	9	10 Nine & Dine
11	12 Clubhouse Closed	13 Mardi Gras Night	14 Valentine's Day	15 Third Thursday	16 Ladies' Luncheon	17 Prime Rib Night
18 Grand Brunch Buffet	19 Clubhouse Closed	20 Oyster Bar Night	21	22 Chilly Challenge Thirsty Thursday	23	24 Disco Night
25	26 Clubhouse Closed	27 Real Estate Roundtable Pub Night	28 Men's Night Out	29 Wine & Cheese Tasting at Thirsty Thursday		