

# ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS



JANUARY 2024

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



## FROM THE GENERAL MANAGER

I hope this message finds you in good health and high spirits. I also hope you had a wonderful and joyful holiday season, filled with relaxation and special memories with your loved ones. It was delightful to host so many members and guests at the club during the busy month of December, and we truly appreciate your support and patronage throughout the year. I would like to express my heartfelt thanks for your generosity to the employee holiday fund and for the overall support you have shown the staff at Champion Hills. It is a great honor for me to serve as the General Manager of one of the best private golf communities in Western North Carolina.

January and February are traditionally quieter months of the year, with the chilly temperatures and everyone traveling after the holidays. However, I hope you will join us as often as you are able for year-round golf, fitness classes, delicious meals, and social events. You will definitely want to keep a close eye on the club's calendar for a great mix of your favorite weekly, monthly and annual events.

My personal thanks and appreciation go out to everyone who supports the club and community of Champion Hills. Without the contribution from members, residents and staff, we would not have this beautiful place we call home. As always, please let me know if you have any suggestions for improvement or concerns.

See you around the Club!

Alan Deck  
CCM, PGA

# STAY CONNECTED WHILE YOU'RE AWAY!

As you travel and explore the world this season, 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, 2024. 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!



## #15 JEREMY POSNER

### BREVARD COLLEGE MEN'S BASKETBALL

Jeremy is the son of two Champion Hills Members, Thea Sommer and Karen Gilbert. You may have seen him around the community as he is currently living with them while he pursues his Master's Degree in Emergency Management at Brevard College. Not only does he excel in the classroom, but he also plays on their men's basketball team.

We know that many of you love college basketball. Come on out to a game and show your support for Jeremy and Brevard College! If you have any questions, please reach out to Thea or Karen as they will, for sure, be at all of the local games.



**TRIVIA NIGHT | WEDNESDAY, JANUARY 3**  
**COCKTAILS 5:30 PM | DINNER 6 PM**  
**GAME 7 PM**

Want to show off your trivia knowledge? Reserve your team a table today! RSVP to Shelly Metcalf at [shellym@championhills.com](mailto:shellym@championhills.com).

**RODNEY STRONG WINE DINNER**  
**WEDNESDAY, JANUARY 10**  
**DINNER 6 PM - 9 PM**

Rodney Strong, with over 60 years of winemaking is a pioneer of the California and Sonoma wine movement.



**SUNDAY BRUNCH BUFFET**  
**SUNDAY, JANUARY 21**  
**10 AM - 3 PM**

Join us for a delightful Sunday Brunch!  
Call (828) 233-0973 to make reservations.

**TRYON DISTRIBUTING WINE TASTING**  
**THURSDAY, JANUARY 25**  
**4 PM - 6 PM**

Indulge in the finest wines from Tryon Distributing. Join us for an evening of wine tasting and education.



**PRIME RIB FEATURE**  
**SATURDAY, JANUARY 27**  
**5 PM - 8:30 PM**

Join us for our Prime Rib Feature! A la carte dining will also be available. Call (828) 233-0973 to make your reservation.

# WINTER GOLFING TIPS

By Champion Hills Pro Shop Staff

## Adjust Your Putting

The longer grass and added moisture on greens in the winter means there's more friction when your ball rolls, so putts will be slower and break less. Get yourself calibrated to winter speed by spending plenty of time on the practice green.

## Take More Club

Your yardages will be shorter in the winter because the ball doesn't fly as far through the air and you'll get much less roll when it lands. A rule of thumb is you will lose 2 yards for every 10 degrees Fahrenheit. For example, if you hit your driver 250 yards when it is 70 degrees, that winter chill of 30 degrees will knock that yardage down to 242. So be sure to club up depending on the weather.

## Change Your Golf Ball

Most of us like a particular model of ball, but it's well worth considering changing that preference to suit winter conditions. You will likely benefit from a firmer distance golf ball that carries further through the air because you want optimum carry when the fairways and greens are soft. The softer and colder conditions also mean you can afford the slight drop-off in softness, feel and spin around the greens.



## NINE & DINE

SATURDAY, JANUARY 20

3 PM Shotgun | 5 PM - 6 PM Cocktails | 6 PM - 8 PM Dinner

Four-person teams consisting of two men and two women.

We will be playing an alternate scramble. For example, the men will tee off in a scramble format, and the women will play the next shot, continue alternating until holing out. Women will tee off on the next hole.

Visit ForeTees to register and view the event menu!

# This Year I Will....



If you find yourself setting the same New Year's resolutions year after year, you're not alone. In fact, it's so common that there's even unofficial dates - "Quitter's Day" and "Ditch New Year's Resolutions Day" - that take place in late January and early February... just weeks after New Years. While it's easy to get down on yourself, you should know the reason goals often falter isn't a lack of determination or ambition, but rather the impracticality of the resolutions we set.

If you want your goals to feel realistic and manageable, start with bite-sized goals - find something small and inspiring from the list below. Once you achieve your goal, try another! From there, keep building and crushing your goals.

## Try One New Recipe Per Week

This is perfect for those who get bored with eating healthy foods. It's important to mix it up, so you stay motivated. Plus, trying new recipes can expose you to new foods you may have never tried before.

## Try a New Workout

If your fitness motivation is lacking, it may be a sign that it's time to try something new. Remember: you don't want to have to rely too much on willpower. One of the best ways to keep the motivation pumping is with exercise variety.

## Read One New Book a Month

Ditch the screen time and use your downtime to dive face first into a book. Since everyone reads at different paces, try not to set an unrealistic goal here. While someone else might be able to read 5 books a month, that might be unattainable for you, which is 100% okay! Adjust this goal based on available time and reading habits.

## Drink an Extra Cup of Water a Day

Instead of creating a goal that involves removing something from your day, it's best to try adding something positive in to start. For instance, instead of saying drink less caffeine, start with drinking more water. It comes from a more empowering place that leaves you more likely to follow through.

### Declutter That Problem Area Once a Week

We all have that one spot in our living space that's just... bleh. It's never clean! Instead of trying to tackle it all at once, why not break it up into chunks, removing something bit by bit every weekend.

And did you know mess can cause stress? Rejoice in the fact that your goal doubles as a stress-relief technique.

### Take a Walk a Day

A walk a day has incredible health benefits such as boosting mood, reducing the risk of depression, protecting against heart disease, supporting weight loss goals - the list goes on and on. Plus, the simple act of moving your body can be done anytime, anywhere, by anyone. Really, it's one of the simplest 2024 New Year's goals.

### Sanitize Your Phone Every Week

Your phone is probably dirtier than you think - yuck. It makes sense since we're constantly putting it down in different places. Get in the habit of sanitizing your phone more regularly. Plus, it reduces your risk of getting sick, especially during cold and flu season.

### Build a Gratitude Practice

A solid gratitude practice leaves you more grounded. Either write down or say to yourself three things you're grateful for that day. It might sound simple, but gratitude can improve feelings of positivity and even improve mental health. Don't underestimate the power of these small 2024 New Year's goals!

### Take a Social Media Detox Once a Month

Constant scrolling can cause a lot of brain fatigue, anxiety, and comparison problems. I think we all can agree, the social media comparison trap is no joke. Give yourself a breather by putting your phone away for a day, at least once a month (maybe even once per week).

### Practice Random Acts of Kindness

When you give someone a compliment or do something nice for someone else, you feel good, too! Random acts of kindness give all involved a much-needed mood boost and lead to a happier, healthier you.

### Add Extra Fruits & Veggies to Your Cart

The first step to eating healthy is to actually buy more healthy foods. So, start at the beginning. When you're at the store, load up on your favorite fruits and veggies. To maximize the nutritional value, support sustainability, and support your local farmers, try to buy local and seasonal when possible.

If you're eager to crush your 2024 goals, that excitement will help motivate you when you need it most. So go for a resolution you can count on: small, achievable, and fun. Fall in love with your goals, and this year will be the best one yet. Happy goal setting and cheer to a new year!



Happy New Year! I hope that you and your loved ones had a wonderful holiday season. Not only am I anxious for what this year holds, but I could not wait to begin our Wine of the Month program in our Echoes newsletter. This will allow us to introduce new wines to our Membership and ensure that we will continue to develop our wine by the glass offerings in a methodical and meaningful way. Our first selection is my personal favorite. However, it doesn't matter if I like the wine, what matters is if you like it!

*Patrick Necessary*

Director of Restaurants, CCM

**SALDO**

The Prisoner Wine Company, Saldo Zinfandel, CA  
 WE (92) WS (90)  
 \$10 Glass | \$34 Bottle

This posh, smooth and layered wine is well packed with blackberry and blueberry flavors and sprinkled with black and white pepper. A very full body and velvety tannins give it a broad, mouth-coating texture that helps carry all that tasty fruit flavor through the finish. - Jim Gordon

In Latin, "Saldo" means "here and there" - meaning the grapes used to make this wine didn't come from a single place. Saldo features grapes from Dry Creek, Lodi, and Amador, some of the top wine regions of Zinfandel in CA for decades.

The Prisoner Wine Company's eponymous first wine was inspired by the drinkable "mixed blacks" made by the Italian immigrants who originally settled in Napa Valley. Since its launch, The Prisoner soon became recognized as one of the most innovative Napa Valley wines, leading the resurgence of California red blends and earning "cult wine" status.

**THEME DINNER NIGHTS**



**Pasta Night**  
 Tuesday, January 2  
 5 PM - 8:30 PM

**Cantina Night**  
 Tuesday, January 9  
 5 PM - 8:30 PM

**BBQ Night**  
 Tuesday, January 16  
 5 PM - 8:30 PM

**Low Country Seafood Night**  
 Tuesday, January 23  
 5 PM - 8:30 PM

**Burger Night**  
 Tuesday, January 30  
 5 PM - 8:30 PM





## CHAMPION HILLS

# Real Estate

25 LACOSTE DRIVE

LISTING PRICE | \$900,000



Lovely Club Cottage close to the Champion Hills Wellness Center, tennis courts, pool and Clubhouse. This light and bright home is the size many people ask for at 2,602 square feet and has a convenient floor plan. It has a large kitchen which is open to the dining area and partially open to the great room which has a charming craftsman style masonry fireplace.

The owner's suite includes a beautifully remodeled bathroom with loads of custom cabinetry and closet system. There is also an updated powder room, laundry, spacious screened porch and deck. New solid hardwood flooring completes this level. Upstairs has a loft office/den plus two lovely guest suites. This home is immaculate and move-in ready.



3 BDRM



3 1/2 BATH



2,602  
SQFT



## PROPERTY FEATURES

- Gorgeous Renovated Primary Bath
- Wood Flooring on Main Level
- Fireplace with Gas Logs
- Generator
- Landscaping Maintained by POA
- Located Near the Club & Amenities



## ARE HOME UPGRADES REALLY WORTH IT?

When you're trying to decide which home improvement project will have the biggest impact on your home value, it pays to look at the roof, windows, and HVAC.

While there are a few factors that play into how much value you get from replacing or repairing any of these "big three" elements, it's a great idea to take a look at each option and determine whether it truly makes sense for your particular situation.

### WINDOWS

They have an immediate impact on curb appeal and can either help or hurt your utility bills. There's no denying windows play a major role in how attractive your home is to potential buyers.

The National Association of Realtors Remodeling Impact Report ranks new vinyl windows second in home improvement projects with the biggest impact. But is it worth the notable expense to get all-new windows? That depends on where you live, how old your windows are, and what type of improvements you're looking at.

The age of the windows is one of the most important factors to consider. High-quality, well-maintained windows can last 20-plus years. Even if you know your windows are younger than 20 years, or if you have no idea how old your windows are, it's important to look for signs of aging like moisture between the panes, stickiness, warping, visible rot, and draftiness (if the curtains blow out when the windows are closed, you have a draft).

Areas with extreme weather conditions on either end of the spectrum can really beat up windows, which means they may need to be replaced sooner than the average windows. Well-maintained windows and certain materials, such as vinyl, tend to have longer life spans.

These issues in windows that are less than 15 years old may be remedied with a repair job rather than a full replacement. Repairing a single-pane glass window costs \$75-80 on average, compared to anywhere between \$200 to \$1,800 for full replacement.

Regardless of the factors that affect whether windows need to be repaired or replaced, there are some undeniable perks to taking on this project. First, nice windows can do wonders for curb appeal. If your windows are in disrepair, or if they're making your house look dated, an upgrade can make all the difference. Even in the back, a fresh bay window can show off a great backyard and let in more natural light.

Another huge perk of new windows is energy efficiency. (Did you hear that "cha-ching?") The Environmental Protection Agency reports that switching from single-pane to Energy Star windows saves on average \$126 to \$465 each year. Ideally, homeowners would replace their windows a few years before putting their home on the market so they can benefit from the shrinking utility bills and possibly even enjoy a discount on their homeowners insurance.

If you decide new windows are worth it, it's important to use materials that are the same or higher in quality than what you currently have. If you skimp too much on materials, your replacement job could actually hurt your curb appeal and make your home less attractive to potential buyers.

## HEATING, VENTILATING & AIR CONDITIONING

Just because HVAC is known as the "invisible upgrade" doesn't mean it's not an essential factor in the value of your home. Like windows, the amount of impact that your HVAC system has on your home value, and whether it's worth it to spend a considerable chunk of change on replacing it, depends on a few factors.

First, the age of the HVAC system matters, as realtors, and in turn their clients, will most likely know where your system stands once they see its age in your disclosure statements. Even if you've worked hard to maintain your HVAC system and it's working well, an aging system (ten years and up) could be a turn-off to potential buyers who know they're going to be stuck with replacing it.

Another factor that affects how much an HVAC system affects home value is location. The U.S. Energy Information Association reports that 94% of households in the south use air conditioning, compared to just 50% in the Pacific Northwest. The local climate makes a difference in the role the HVAC system plays in buyers' priorities and wish lists.

The third factor that determines how much the HVAC system impacts your home value is energy efficiency. Buyers want to know they're saving as much as possible on their utility bills, as this is an ongoing expense and annual savings add up over time. If your home has an energy efficient HVAC system, that is a selling feature worth promoting, and it could be your house above comparable properties in your market.

## ROOF

Does a new roof impact home value? Yes. Does that mean you should definitely replace your roof before you list your house? That depends.

While potential buyers may have many different opinions on what they want in a master bath or kitchen, they tend to be less opinionated about the roof. As long as it is in good condition and not nearing the end of its lifespan, buyers will likely accept the roof as-is.

On the other hand, an aging or leaking roof needs to be replaced if you want your house to be attractive to buyers. Marketing your home with a new roof will give buyers the peace of mind knowing they don't have to take on a big, expensive project right after they move in.

Some areas require roofing disclosures for real estate transactions stating that the roof will be in good condition for at least the next two years.

For these reasons, not to mention how a roof in poor condition impacts curb appeal, you can expect a good return on your investment when you replace an aging or leaking roof.

If you're on the fence about whether your roof requires a full replacement or you can get by with a repair, talk to your real estate agent and get quotes from several roofing professionals. Your agent knows the local market and can give you input on how the roof will impact your chances at getting competitive offers. Getting quotes from several roofing professionals will give you an idea of the investment required for repair or replacement.



# Happy

# NEW YEAR

**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

Cantina Night

10

Rodney Strong  
Wine Dinner

11

Thirsty  
Thursday

12

13

14

15

Clubhouse  
Closed

16

BBQ Night

17

18

Third  
Thursday

19

20

Nine & Dine

21

Brunch Buffet

22

Clubhouse  
Closed

23

Low Country  
Seafood Night

24

25

Thirsty  
Thursday  
Wine Tasting

26

27

Prime Rib  
Feature

28

29

Clubhouse  
Closed

30

Burger Night

31