

# ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

JANUARY 2025

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



## FROM THE GM'S DESK

Dear Champion Hills Members, Families, and Friends,

Happy New Year and welcome to 2025 at Champion Hills! I hope the new year brings joy and unforgettable moments for each of you. I hope that your Christmas and Holiday seasons were filled with happiness and cherished memories.

As we step into 2025, we remain committed to enhancing your Club experience, expanding our offerings, and providing added value to your membership. The journey ahead looks promising, and we eagerly anticipate welcoming you to the club throughout the year.

Traditionally, January and February are quieter months here, but remember that Champion Hills is here for you to enjoy! I hope you will join us as often as possible for a round of golf, a wellness class, a fabulous meal or a social event. Be sure to keep an eye on the Club's dining and social calendar, as it's one area you'll want to check weekly throughout the year. We have an exciting mix of your favorite weekly, monthly, and annual events, along with social gatherings, culinary experiences, and theme nights that we think you will love.

I'd like to give a special thank you to Champion Hills for your generous contributions to the employee holiday fund this year. The funds were distributed in December, ensuring a joyful holiday season for our staff and their families. Your contributions are vital, and we appreciate them immensely.

Finally, my personal gratitude and appreciation go out to everyone who contributes to the Club and community of Champion Hills. Without the support, hard work, volunteer efforts and dedication of the residents, members 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 about what is happening at Champion Hills.

Here's to a fantastic New Year at Champion Hills – your premier mountain destination in 2025!

See you around at the Club,  
Alan Deck, CCM, PGA



*We wish you a Happy,  
Healthy & Prosperous  
2025!*

## BOARD MEMBER PROFILE: MARY SUE HOUSE (CLUB)



I was born and raised in central New Jersey, where I attended Kean University. While there, I played varsity volleyball, participated in the USVBA, and developed a passion for fitness and training. After graduating with a BS in Management Science, I embarked on a career at ThermoFisher Scientific as a Business Solutions Consultant. In 1999, I relocated to Pittsburgh, PA, to centralize the consulting group and expand our services

to include project management, implementation, e-commerce mapping, and process improvement consulting.

In 2009, LeRoy and I married, blending our beautiful families. Our family includes my son, Andrew, and his wife Maria, who reside in Dublin, Ireland; LeRoy's daughter, Kim, her partner Will, and their 4-year-old son Roger, who live in Philadelphia, PA; and LeRoy's son, Lee, and his wife Natasha, who are expecting their first child in May in Amsterdam.

As we began our retirement planning, we sought a warmer climate while still enjoying the four seasons. After considering various areas, we finalized our decision to retire to Western North Carolina. So in 2014, I retired from ThermoFisher and began planning our dream home in the stunning Blue Ridge Mountains. This also allowed me to refocus on fitness, which is one of the reasons we selected Champion Hills. The exceptional Wellness Center, diverse class offerings, and breathtaking views solidified our decision. It also introduced me to a new sport: golf! After participating in the Annual Explorer program, I was hooked and became a Full Equity member. I also took up pickleball, proving that retirement can be quite active.

I am honored and excited to be on the Board of Governors. Champion Hills is an incredibly welcoming and close-knit community. This strong bond fosters a supportive network of friendships that can be relied upon. Our vision for the future is robust, and the Master Plan outlines the path to achieve it. Our members are our team, and together we will drive the Club's success, enjoying its services, the beauty of the mountains, and the strength of the friendships we've forged. I look forward to serving you all and thank you in advance for your continued support.



FOR 2025, WE LOOK FORWARD TO INTRODUCING NEW BOARD MEMBER PROFILES & MEMBERSHIP SPOTLIGHTS. PLEASE EMAIL JOSIE AT [JOSIE@CHAMPIONHILLS.COM](mailto:JOSIE@CHAMPIONHILLS.COM) TO BE FEATURED IN AN UPCOMING ECHOES!



# 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
2. Take a photo of you with the CH logo wherever you travel
3. Email [josie@championhills.com](mailto:josie@championhills.com) telling us where you are traveling

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

1. Who traveled the furthest 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 28, 2025.

The winners will receive a feature in the April Echoes issue and a complimentary gift basket. If you have any questions, please feel free to reach out to the Admin Office!



## AROUND THE CLUB



# PET PROFILES

## Crystal & Finn

OWNERS: JIM & MARY CONLEY



### AGE & BREED

8 years old; Red Golden Retriever

### FAVORITE TOY

Crystal loves her toy pigs that honk. She also loves her rope toy, which she swings around and bangs back and forth on the ground!



### AGE & BREED

8 years old; English Cream Golden Retriever

### FAVORITE TOY

Like his sister, Finn loves his toy pigs that honk. He also loves anything that squeaks!

### SHARED FAVORITE ACTIVITIES

Crystal & Finn are best buddies! They love to wrestle and lay around together. They both absolutely love hiking with us as well as our hiking group in the beautiful WNC mountains.

### COMMENTS ABOUT PETS

We adopted Crystal & Finn from two different golden retriever rescue organizations in the Atlanta area. Finn was 10 months old when we got him, and Crystal was 3.

Finn has been a certified volunteer therapy dog with me since 2018, spreading warmth and joy to all he meets. We are currently enjoying our local visits at Boys & Girls Club!



AROUND THE CLUB

# TRIVIA <sup>?</sup> Night

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

**JANUARY 8**  
**5:30 PM - 9 PM**



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

## NOVEMBER WINNERS

Not Smarter Than A 5th Grader



## Valentine's Day Specials

FEBRUARY 14 | 5 PM - 8 PM

Make a date at the Club for Valentine's Day dinner. Enjoy one of the many features surely to make you swoon!

Visit [CHMember.com](http://CHMember.com) for details.

## CHILLY CHALLENGE

FEBRUARY 20

12 PM SHOTGUN | CHILI CONTEST 4 PM

After a brisk game of golf, warm up with chili!

The chili contest is open to ALL members!

Please reach out to Shelly Metcalf to enter your chili.



— ROBERT —  
**BIALE**  
VINEYARDS



ZINFANDEL  
**BLACK CHICKEN**  
NAPA VALLEY

### 2021 BLACK CHICKEN ZINFANDEL - ROBERT BIALE VINEYARDS NAPA VALLEY, CALIFORNIA



Sourced from the same family vineyard that Aldo, Nonna, Bob Biale and the Biale family have farmed their whole lives. The Oak Knoll winegrowing region is prevalent in this wine with its ripe aromatics and juicy acidity. The nose is full of vibrant Bing cherries, raspberries, cinnamon, white cake, fresh purple flowers, subtle dried herb and toasty brown spices. The entry is bright and gives way to supple, round tannins. The lovely finish is the signature of this elegant and remarkably balanced Zinfandel. "The Chicken" is the ultimate expression of Zinfandel from the cooler southern Napa Valley and is perhaps the most famous icon of Napa Valley Zinfandel.

**JANUARY SPECIAL PRICING: \$17 GLASS | \$68 BOTTLE**

FOR DINING RESERVATIONS, PLEASE CONTACT SHELLY AT  
(828) 233-0973 OR EMAIL SHELLYM@CHAMPIONHILLS.COM!



## BURGER NIGHT

JANUARY 15 | 5 PM - 8 PM

Join us for Burger Night-- You can't go wrong with made-to-order burgers, fries, and homemade milkshakes!

JANUARY 22 | 5 PM - 8 PM

Join us for Flatbread Night. Choose one of the CH Signatures or build your own!



## FLATBREAD NIGHT

JANUARY 25 | 5 PM - 8 PM

The Prime Rib Feature is always a hit!



## PRIME RIB FEATURE

JANUARY 29 | 5 PM - 8 PM

Celebrate the Chinese New Year with a delicious assortment of traditional Asian fare!



## CHINESE NEW YEAR NIGHT

FEBRUARY 8 | 5 PM - 8 PM

Join us for spectacular assortment of seafood & sides!



## SEAFOOD SPECTACULAR



## PASTA NIGHT

FEBRUARY 12 | 5 PM - 8 PM

It's Pasta Night!

Enjoy "All You Can Eat" breadsticks, assorted pastas, sauces, toppings, and Italian desserts!

FEBRUARY 19 | 5 PM - 8 PM

Join us for some delicious comfort food that will put a smile on your face!



## HOMESTYLE NIGHT

# KICK OFF YOUR 2025 WELLNESS JOURNEY WITH YOUR CHAMPION HILLS FIT-PROS!

**INSTRUCTOR: ELIJAH ASKEW**

**TABATA CIRCUIT, TUESDAY 10:30 AM & FRIDAY 8:15 AM**

A 45-minute class with both HiiT (high impact interval training) or LiIT (low impact interval training) options. This class is sure to challenge you. Each exercise in a Tabata workout lasts only four minutes.

The structure of the program is as follows:

- Work out moderate to hard level for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

The Friday 8:15 AM class is an AMRAP (as many reps as possible) format.

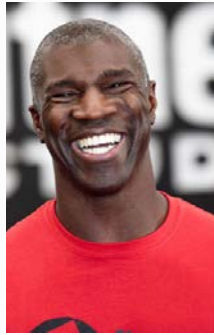
**CARDIO CORE TABATA, WEDNESDAY 8:15 AM**

This is a 45-minute class that uses a combination of hand weights, mats, and body weight for core strength training. With sections of low impact cardio, this class will raise your heart rate to maximize your cardio health.

**GOLF CORE, THURSDAY 8:15 AM**

A 45-minute class that will target core muscle strength. This class will focus on core articulation, flexibility, and strength cross training to enhance your golf game.

**PERSONAL TRAINING BY APPOINTMENT, CONTACT ELIJAH AT 828-450-2414**



**INSTRUCTOR: MACKENZIE JONES**

**BARRE, BALLET BODY | MONDAY 8:15 AM**

This is a 45-minute intermediate to advanced class that will target alternating muscle groups with a focus on balance and strength. Based in ballet, this class will challenge your body with isometric strength training.

**STRENGTH 45 | MONDAY 9:15 AM & STRENGTH 60 | THURSDAY 9:15 AM**

Go for confidence-inspiring contour and definition. Both resistance training classes use hand weights and mats. Each class will alternate between three different muscle groups. The class consists of abdominal routines, upper torso/arm routines, and glute/leg routines. These classes are specifically designed to deliver a whole body, well-rounded, strength training workout. Each workout is choreographed to upbeat music of all genres to drive the class forward and keep your mind on the beat instead of the burn. Strength 60 is an advanced class, Strength 45 is a moderate level class.

**JAZZERCISE DANCE FITNESS | TUESDAY 9:15 AM & WEDNESDAY 9:15 AM**

Burn up to 400 calories with this high-intensity low-impact dance workout that mixes modern moves with strength training. Set to Top 40 music, Jazzercise targets the 3 major muscle groups for a full body workout. This class is both fun and effective and can be modified for all fitness levels.

**SIMPLY STRENGTH | THURSDAY 10:30 AM**

This is a gentle 45-minute functional strength training class. Using a chair for balance, lite weights, and small balls for extra resistance this class is designed for those new to strength training.



**INSTRUCTOR: JULIA WARD**

**YOGA BASICS | TUESDAY 8 AM**

A well-rounded and accessible yoga class with an emphasis on healthy posture and physical alignment. Increase flexibility, improve balance, build core strength, relieve back and neck pain, and de-stress. A great way to start the day. Beginners welcome!





**SLOW FLOW + CORE YOGA | MONDAY 10:30 AM**

This yoga class was designed with strength and fitness in mind. This class offers core focus movement helping in posture, balance, flexibility, and articulation. This class ends with Slow Flow to focus on mindfully moving and breathing while holding poses longer. This class is suitable for all levels.

**GENTLE YOGA | FRIDAY 9:15 AM**

A well-rounded and accessible yoga class with an emphasis on healthy posture and physical alignment. Increase flexibility, improve balance, build core strength, relieve back and neck pain, and de-stress. A great way to start the day. Beginners welcome!

**BARRE | WEDNESDAY 10:30 AM & FRIDAY 10:30 AM**

This 45-minute class is a low-impact but highly effective class that combines elements of pilates, yoga, and strength training. Barre focuses on engaging specific muscles until they reach fatigue, followed by stretching to create long, lean, and toned muscles. By targeting your muscles through isometric movements (think tiny, controlled pulses), barre is an effective way to build total body strength and improve your flexibility.



**PERSONAL TRAINER: TJ VORE**

Book an appointment with TJ for a one-on-one training session or a health and wellness assessment. A health and wellness assessment will include fitness testing in all five components of physical fitness. The test will take approximately one hour to complete. Once your testing is complete the information will be compiled into a personalized report. TJ will schedule a second appointment with you to review this data in depth.

**TO SCHEDULE AN APPOINTMENT CONTACT TJ AT 828-606-8887.**

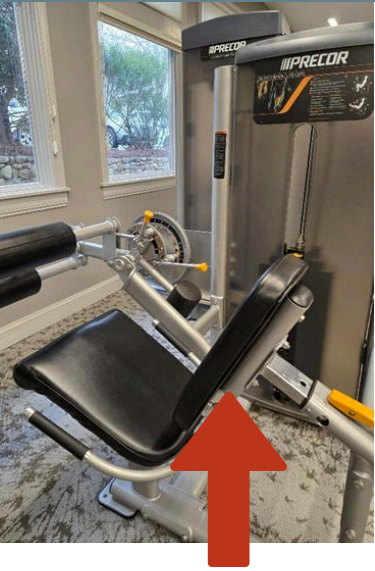
Group fitness class cards can be purchased by contacting Mackenzie and can be used for any weekly class. Class cards are non-refundable and never expire.

Register for all your favorite classes on [chmember.com](http://chmember.com) under "Racquets & Wellness", select "Book a Class".

Personal training appointments or a health and wellness assessment can be booked by contacting your personal trainer of choice.

See you in the Wellness Center!

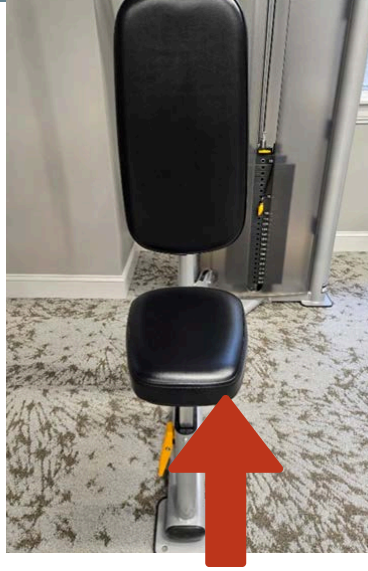
**WELLNESS FIT-BIT: HOW TO ADJUST THE SEAT ON STRENGTH TRAINING EQUIPMENT**



To move a seat back forward, PUSH the seat



To lower the seat or move the seat farther away, PUSH yellow adjustment lever.



To raise the seat, PULL up on seat.

**DO NOT PULL UP ON YELLOW ADJUSTMENT LEVERS THEY WILL BREAK.**



# 2025 MAJOR EVENT DATES

## APRIL

Greens Aerification | April 7-9

## MAY

Ladies' Summer Opening Day | May 13

Men's Summer Opening Day | May 14

Couples Summer Opening Day | May 18

The Hills Cup | May 20-21

Memorial Day Mixed ABCD | May 26

2 Man Match Play | May 30-31 (Play In & Rd 1)

## JUNE

Ladies' Member-Guest | June 4-6

Queen Bee | June 17 & 19

Match Play | June 20-21 (Play In & Rd 1)

Match Play | June 28-29 (Rd 2 & Rd 3)

## JULY

4th of July Mixed | July 4

Men's Club Championship | July 11-12 & 18-19

Ladies' 18 & 9 Hole Club Championship | July 18 & 19

## AUGUST

Men's Member-Member | July 31-August 3

Husband & Wife Championship | August 17

## SEPTEMBER

Labor Day Mixed | September 1

Greens Aerification | September 2-4

Ladies' Member-Member | September 23, 25 & 26

Ladies' Summer Closing Day | September 30

## OCTOBER

Men's Summer Closing Day | October 1

Men's Green Tee Cup | October 3

Couples' Summer Closing Day | October 5

Men's Member-Guest | October 8-11

For tournament details, please visit [CHMember.com](http://CHMember.com) or call the Pro Shop!

## CHILLY CHALLENGE GOLF TOURNAMENT FEBRUARY 20 | 12 PM SHOTGUN

### FORMAT: 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.

Post-game, warm up at the annual Chili Contest! The chili contest is open to all members. Please reach out to Shelly Metcalf to enter your chili.



## CHILLY CHALLENGE

FEBRUARY 20  
CHILI CONTEST | 4 PM



## HOLE-IN-ONE!

CONGRATULATIONS TO TIM COLAS!



HOLE # 4 | 144 YARDS | 8 IRON  
DECEMBER 17, 2024



# CHAMPION HILLS

Real Estate

## COOLER MONTHS ARE THE SWEET SPOT FOR SELLERS

A lot of people assume spring is the ideal time to sell a house. Sure, buyer demand usually picks up at that time of year, but here's the catch: so does your competition because a lot of people put their homes on the market at the same time.

So, what's the real advantage of selling your house before spring? It'll stand out.

Historically, the number of homes for sale tends to drop during the cooler months – and that means buyers have fewer options to choose from.

You can see how that trend played out over the past few years in this data from the National Association of Realtors (NAR). Each time, the supply of homes for sale dipped during these cooler months. And then, after each winter lull, inventory started to climb as more sellers jumped into the market closer to spring (see graph below):



Here's why knowing how this trend works gives you an edge. While inventory is higher this year than it's been in the last few winters, if you work with an agent to list now, it'll still be in this year's sweet spot. So, while other sellers are taking their homes off the market, you can sell before the spring wave of new listings hits, and your house will have a better chance of standing out.

**Why wait until spring when you can get ahead of the curve now?**

**Fewer Listings Also Means More Eyes on Your Home**

Another big perk of selling in the winter? The buyers who are looking right now are serious about making a move.

During this season, the window-shopper crowd tends to stay busy with other things, like holiday celebrations, and avoids looking for homes when the weather's cooler. So, the buyers out looking aren't casually browsing—they're motivated, whether it's because of a job relocation, a lease ending, or some other time-sensitive reason. And those are the types of buyers you want to work with. Investopedia explains:

“... if your house is up for sale in the winter and someone is looking at it, chances are that person is serious and ready to buy.”

**Bottom Line**

With less competition and serious buyers on the hunt, you'll be in a great position to sell your house this winter. Please let Amber or I know how we can help you if you are considering selling in the near future. We would be happy to provide you with a Real Estate Review to show you exactly how your house would fit into today's current market conditions!

# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> New Year's Day Clubhouse Closed	<b>2</b> Thirsty Thursday Hanukkah Ends	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Clubhouse Closed	<b>7</b>	<b>8</b> Trivia	<b>9</b> Thirsty Thursday	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Clubhouse Closed	<b>14</b>	<b>15</b> Burger Night	<b>16</b> Third Thursday	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Clubhouse Closed	<b>21</b>	<b>22</b> Flatbread Night	<b>23</b> Thirsty Thursday	<b>24</b>	<b>25</b> Prime Rib Night
<b>26</b>	<b>27</b> Clubhouse Closed	<b>28</b>	<b>29</b> Chinese New Year	<b>30</b> Thirsty Thursday	<b>31</b>	

NOTES: