

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

FEBRUARY 2023

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



FROM THE GM'S DESK

As we start the second month of 2023, our Board, Committees and Staff are working diligently to maximize your Member experience this year. Our collective goals are to continually improve our communications, upgrade the food and beverage and golf operations as well as improve the overall Club governance.

Food & Beverage Update

If you're in town, I hope you have had the opportunity to try our new lunch menu or attend a Saturday night themed buffet. The overwhelming response has been very positive and our team greatly appreciates the feedback. This month we will be introducing a new dinner menu that is intended to provide more variety by changing most of the entries on a weekly basis. Please view the weekly F&B Buzz for updates and the announcement of a new dinner menu.

Speaking of dinner, we appreciate that the majority of Members have utilized our reservation system for dining. Over my years as a service professional in the hospitality industry, reservations are the most important step in the process of improving the Member dining experience. The reservation process helps assist our management team in making sure that we have the proper staffing levels, ensure enough food is prepped, and all supplies are ready. All of these factors assist in greater Member experiences, staff retention and overall satisfaction for all. We will continue to do our best to accommodate walk-in groups of 4 or 6, but we greatly appreciate all who can make a reservation in advance.

As mentioned last month, we have started the upgrades to the kitchen. The equipment has been ordered. Although we have not received an estimated delivery time, we anticipate most of the items to arrive in March or April. We will keep you updated as we learn more.

Clubhouse Update

The meeting of the Membership on February 3 is to provide all Members the information about the replacement of the Fire Suppression System. This necessary improvement is tentatively scheduled to start in March with completion in May. We are working on contingent plans to provide a limited Food & Beverage option for lunch, Thirsty Thursdays, limited dinner service and to-go. As plans are finalized, we will keep you updated via email.

Golf Update

The golf staff is in recruiting mode this winter to find an additional golf professional, fill the retail merchandiser position and strengthen the overall team. Beyond staff recruitment, they are developing standard operating procedures and will train all the staff when completed.

See you around the club,

Alan Deck, CCM, PGA
General Manager

MESSAGE FROM THE CLUB PRESIDENT

I want to begin 2023 by introducing myself and providing a summary of the initiatives your Board of Governors will work on this year.

First, it is an honor to have been selected to be your Club President for 2023. My wife, Debra, and I have been property owners for twenty years and Club members for nine. As a long-time golfer, I knew when I arrived in 2003 that this is where I'd spend my retirement. We've lived here full-time for five years and we are constantly reminded of what an amazing place Champion Hills is. We are happy to "give back" as Club Owners with Debra joining the Joint Finance Committee and myself as a second year Board member and President for 2023.

Past Club Presidents and Boards have set the bar very high, keeping our Club moving forward both strategically and operationally. Fortunately, the current Board and our General Manager, Alan Deck are talented and knowledgeable about running a Club as a successful business. We will be focused on organizational, procedural, and financial improvements to solidify the Club's business foundation, ensure continuity for the future, and enhance all parts of the Club experience. I'm pleased to share with you the Member/Owners key initiatives we are prioritizing this year:

Communications Planning

The Board is committed to improving communication with Members by creating and adopting a Board policy for effective communication. Champion Hills Members should feel confident that the Board is effectively leading our club, and you should not have to rely on attending Board meetings to be informed.

Capital Planning

The Board is committed to improving our capital planning process because as Members of the Club, we would like to plan and minimize the need for debt or assessments for future needs. Champion Hills will begin a multi-year contract with Club Benchmarking to perform a Capital Reserve Study followed by Capital Strategies Modeling. This work will lead to a thorough, long term plan of asset maintenance and replacement requirements on which to build our Replacement Reserve planning. The multi-year contract enables annual updates to provide continuity of accurate information to the Joint Finance Committee, and future Boards.

Strategic Planning

Strategic planning isn't a new concept for our Club. Many Boards in the past have created clear strategic plans, but had various levels of success leading execution. A downside to having newly elected Board Members, Presidents, and committee members each year is that priorities change and often lead to a forgotten Strategic Plan. This Board is committed to developing an updated Strategic Plan leveraging past work, last year's Master Facilities Planning, the 2022 Member Satisfaction survey and our updated capital plan as inputs.

The first step in our 2023 Strategic Planning work is forming an Ad-Hoc Strategic Planning Committee which will become a permanent standing committee in the coming months. The Committee will focus on mid and long-term choices and plans, while the GM will deliver the Annual Plan. This Committee will update multi-year plans to sustain and grow the Club annually. We will be developing tactics to ensure continuity to future Boards.

Board Policy Manual

This project began in 2022 to explore "governance" improvements that would drive continuity across future Boards. The outcome, the Board Policy Manual, provides a guide for consistent work process between the Board and its Committees, while making clear delegation for operational leadership to the General Manager and his team of Dept. Leaders and staff.

I look forward to the year ahead, working with the 2023 Board Governors, GM and Staff to deliver the Club experience we expect here at Champion Hills.

Ken West
2023 Champion Hills Club President

UPCOMING EVENTS

TRIVIA NIGHT

FEBRUARY 1 | 5:30 PM - 9 PM

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



AMERICAS WINE DINNER

FEBRUARY 8 | 6 PM - 9 PM

Discover the wines of North and South America at our next wine dinner. Five fantastic courses perfectly paired with wines from the Americas.

SUPERBOWL SUNDAY

FEBRUARY 12 | 5 PM - 8 PM

Come enjoy beer and bites while watching two teams go head to head for the Superbowl Championship!



VALENTINE'S DAY DINNER

FEBRUARY 14 | 5 PM - 7 PM

Treat your sweetheart to a lovely dinner at the Club!

LADIES' LUNCHEON

FEBRUARY 17 | 11:30 AM - 1 PM

Our guest speaker will be Scott Galloway, from the Henderson County Sheriff's Office, who will give us great pointers on Safety, Security and Awareness.



CHEF'S TABLE: BLIND MENU EVENT

FEBRUARY 28 | 6 PM

Join Chef Sean for another intimate culinary adventure. Menu items will be specially designed for this event, with a wine pairing at each course to enhance the experience. Space is strictly limited to 12 members.

Please note: we will not promote a menu for this event, we ask you come with an open palate. If you have any dietary restrictions, please let us know.

Visit chmember.com to learn more about these events!

DON'T FORGET TO STAY CONNECTED!

Don't forget! All submissions for the "How Far Can You Go?" social media campaign must be in by Wednesday, February 15. Winners will receive a feature in the March Echoes and a complimentary gift basket.

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.

If you have any questions feel free to reach out to our Administrative Office. Safe travels!



American Red Cross Blood Drive

Together We Can Save Lives!

Monday, June 5 | 12:30 PM - 5 PM

Champion Hills Terrace Room



Pro Shop Specials for the month of February



SHOE SHINE & SPIKE REPLACEMENT

All Shoe Shines | \$4 Special During February!

As a reminder, our locker room attendant, Bill Vegeler is available for shoe service on Tuesday, Thursday and Saturday mornings. Shoe shines are normally \$6 and spike replacements are \$18. This is a great time to get ready for the season!

CLUB REGRIP

When was the last time you replaced your grips on your golf clubs? If your grips are worn out, have become slick and lost traction, have hardened, leaving dark residue on your glove, or are cracking, then it's definitely time to replace them. Having worn out grips can cause you to squeeze the club tighter, which inhibits a complete backswing, and will cause you to lose distance and accuracy. There are many factors that can change the lifespan of your grips, weather, how frequently you play, rings on your fingers, or how tightly you hold the club. A general rule of thumb is to replace grips every 40 - 50 rounds, 30 - 40 rounds if you are spending a lot of time hitting balls at the practice range. New grips are inexpensive compared to other equipment changes and can instantly improve your game by removing all of your hand tension and thus giving you back control of your swing.

For the month of February, we will be offering a special on new grips. If you purchase 1 to 6 grips, each grip will be \$1 off. If you purchase more than 6 grips, each grip will be \$1.50 off. If you replace 14 clubs that is a savings of \$21 dollars! Please stop by the golf shop to make your selection and be prepared to shoot lower scores.

CHILLY CHALLENGE GOLF EVENT

WEDNESDAY, FEBRUARY 22

Format: Two-Person Modified Chapman - Each player will hit a drive from their respective tees. Players will 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.

- Teams will be drawn at random by the Pro Shop. There will be a Men's and Ladies' Division.
- 12 PM Shotgun Start followed by a Chili Bar in the Fazio Pub.

Visit ForeTees for more information and to sign up!

TIP FROM THE PRO

by Head Pro, Scooter Buhrman

How many putts do you average from 4 feet away from the hole? 8 feet? 30 feet? It is important to understand nearly 45% of your total strokes take place on the greens, regardless of skill level. Check out the graphics below to see PG&G Tour averages from different distances in 2019. Even they don't make them all!

Distance (feet)	One putt probability	Three putt probability	Tour Average putts	Distance (feet)	One putt probability	Three putt probability	Tour Average putts
2	99%	0.0%	1.01	10	40%	0.7%	1.61
3	96%	0.1%	1.04	15	23%	1.3%	1.78
4	88%	0.3%	1.13	20	15%	2.2%	1.87
5	77%	0.4%	1.23	30	7%	5%	1.98
6	66%	0.4%	1.34	40	4%	10%	2.06
7	58%	0.5%	1.42	50	3%	17%	2.14
8	50%	0.6%	1.50	60	2%	23%	2.21
9	45%	0.7%	1.56	90	1%	41%	2.40



We just wanted to take a quick moment to update the Membership on what is happening this winter with the Food & Beverage Team here at Champion Hills. We have begun our advanced menu and hospitality training modules for all Food & Beverage staff. This will be an ongoing series of technical training seminars geared to increase the level of our Members service experiences for à la carte dining and events. We began with our spirits and cocktails segment, and I am proud to say that everyone passed their review tests. Eight of our staff even got perfect scores - way to go team! Please give them all a pat on the back when you see them.

The Food & Beverage service staff will be following up in the coming weeks with new modules on wine knowledge and service as well as reinforcement on menu and overall food knowledge. We will also be further developing our service techniques and abilities. I will be very interested in your specific feedback as it relates to your future service experiences.

Our new lunch menu is already receiving rave reviews, and there is a new dinner menu format debuting in mid-February. In addition, we have several new menus on the way, including a new wine list, dessert menu and Joyce has introduced a wonderful craft cocktail menu with a classic Hollywood theme. Our Saturday theme nights have been quite popular, and we have the Superbowl Party, Trivia Night, Americas Wine Dinner and another Chef's Table coming later this month.

Thank you all for your participation in making January lots of fun. We are looking forward to an even more exciting February.

Onward and upward,
Tay & Food & Beverage Team

THE MARY PICKFORD

Take a look at one of Joyce's Hollywood inspired cocktail recipes. This tasty Prohibition era classic is named after "America's Sweetheart" of the silent film era!



INGREDIENTS

- 2 oz. Light Rum
- 1 oz. Pineapple Juice
- 1/2 oz. Fresh Lemon Juice
- 1 Tsp. Grenadine

INSTRUCTIONS

Place measured ingredients in a mixer cup and stir gently. Serve over ice cubes with a lime wedge garnish.

CHEF'S TABLE: BLIND MENU

Executive Chef Sean Thomas and our Sous Chef Brandon Sours enjoyed serving up their creative, culinary delights to the members at our last Chef's Table. Four inspired courses, great wine pairings and lively conversation made this an evening to remember. Check out some of the photos from this event!



February is American Heart Month

PANIC ATTACK *vs.* HEART ATTACK

CAN YOU TELL THE DIFFERENCE?

Panic attack and heart attack symptoms can feel frighteningly similar, both causing chest pain, racing heartbeat, shortness of breath, sweating, dizziness, vertigo, numbness in the feet and hands, trembling and feeling like you're going to die. So, what's the difference between a heart attack and a panic attack?

Panic attacks are sudden attacks of fear and anxiety. They're not life-threatening, but can negatively affect your quality of life and mental health. Panic attacks can be triggered by a stressful or emotional event or occur without warning.

Panic Attack

Some people experience isolated panic attacks, while others have recurring panic attacks. Panic attack symptoms include:

- Chest Pain
- Racing or Pounding Heart
- Intense Feelings of Anxiety & Fear
- Impending Sense of Doom
- Sweating
- Trouble Breathing
- Shaking or Trembling
- Stomach Pain
- Nausea
- Weakness
- Dizziness

If you've been diagnosed with panic disorder and fear of having a heart attack, ask your primary provider to assess your heart health.

Heart Attack

A heart attack is often caused by a blocked artery and occurs when you don't have enough blood flow to your heart. The symptoms of a heart attack include:

- Chest Pain or Pressure
- Lightheadedness or Fainting
- Racing or Pounding Heart
- Impending Sense of Doom
- Sweating, Including Cold Sweats
- Pain or Discomfort in Your Jaw, Neck, Arms, Back or Shoulders
- Shortness of Breath
- Nausea or Vomiting

If you're at risk of a heart attack, you can take steps to improve your heart health.

IS THERE A CONNECTION BETWEEN HEART & PANIC ATTACKS?

Panic attacks generally do not cause heart attacks, though it's possible. However, mental health concerns like chronic stress, depression and anxiety may increase your risk of heart problems.

It's difficult to tell the difference between a heart attack and panic attack without medical tests. That's why it is always recommended to seek medical care if you have any of the symptoms mentioned above. Here are a few possible differentiations between the two types of attacks.

How Your Chest Pain Feels:

Heart attacks often feel like heartburn or an elephant sitting on your chest. People who have heart attacks may experience chest pain (angina) in the days or weeks before their heart attack. Panic attacks are more likely to cause stabbing or sharp chest pain, racing heartbeat, or chest comfort that's difficult to describe.

How You Experience Your Symptoms:

Panic attack symptoms can last for a few minutes to an hour, but then go away and you feel better. Heart attack symptoms can intensify, temporarily get better and then return. With a heart attack, time is muscle, so it's crucial to call 911 if you have any of these symptoms.

Potential Triggers:

While emotional stress can trigger both types of attacks, it's more often trigger for panic attacks. Heart attacks are often triggered by physical exertion, like exercising or shoveling snow.

It can be almost impossible to tell the difference between heart and panic attack symptoms on your own. Call 911 if you have any of the symptoms mentioned above. It's always better to be safe than sorry, and a physician can help determine the root cause of your symptoms.

For questions about your heart health or for information about Pardee Hospital Cardiology programs, services, volunteer opportunities or donations you can contact Amy Treece, Foundation Executive Director, (828) 696-4661.

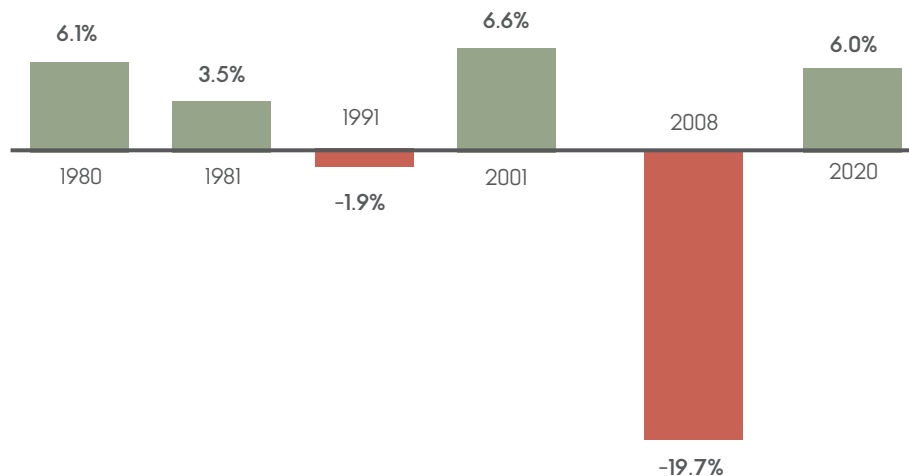
WHAT PAST RECESSIONS TELL US ABOUT THE HOUSING MARKET

It doesn't matter if you're someone who closely follows the economy or not, chances are you've heard whispers of an upcoming recession. Economic conditions are determined by a broad range of factors, so rather than explaining them each in depth, let's lean on the experts and what history tells us to see what could lie ahead.

As talk about a potential recession grows, you may be wondering what a recession could mean for the housing market. Here's a look at the historical data to show what happened in real estate during previous recessions to help prove why you shouldn't be afraid of what a recession could mean for the housing market today.

A RECESSION DOESN'T MEAN FALLING HOME PRICES

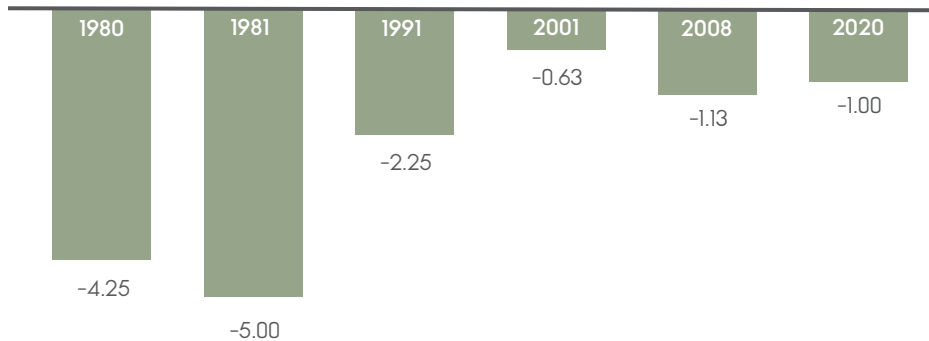
To show that home prices don't fall every time there's a recession, it helps to turn to historical data. As the graph below illustrates, looking at recessions going all the way back to 1980, home prices appreciated in four of the last six of them. So historically, when the economy slows down, it doesn't mean home values will always fall.



Most people remember the housing crisis of 2008 (the larger of the two red bars in the graph above) and think another recession would be a repeat of what happened to housing then. But today's housing market isn't about to crash because the fundamentals of the market are different than they were in 2008. According to experts, home prices will vary by market and may go up or down depending on the local area. But the average of their 2023 forecasts show prices will net neutral nationwide, not fall drastically like they did in 2008.

A RECESSION MEANS FALLING MORTGAGE RATES

Research also helps paint the picture of how a recession could impact the cost of financing a home. As the graph below shows, historically each time the economy slowed down, mortgage rates decreased.



In 2023, market experts say mortgage rates will likely stabilize below the peak we saw last year. That's because mortgage rates tend to respond to inflation. And early signs show inflation is starting to cool. If inflation continues to ease, rates may fall a bit more, but the days of 3% are likely behind us.

The big takeaway is that you don't need to fear the word recession when it comes to housing. In fact, experts say a recession would be mild and housing would play a key role in a quick economic rebound. As the 2022 CEO Outlook from KPMG, says:

"Global CEOs see a 'mild and short' recession, yet optimistic about global economy over 3-year horizon..."

More than 8 out of 10 anticipate a recession over the next 12 months, with more than half expecting it to be mild and short."

BOTTOM LINE

While history doesn't always repeat itself, we can learn from the past. According to historical data, in most recessions, home values have appreciated and mortgage rates have declined.

If you're thinking about buying or selling a home this year, let's connect so you have expert advice on what's happening in the housing market and what that means for your homeownership goals.

CHAMPION HILLS REAL ESTATE

Due to the limited number of homes for sale, there has been an increased interest in building. There are 23 homesites available.

Here are 3 possibilities:

Lot #184 | 211 Bent Pine Trace

MLS #3740797

0.72 Acres

Listing Price \$130,000



Lot #45 | 115 Bobby Jones Drive

MLS #3819470

0.86 Acres

Listing Price \$149,900

Lot #91 | 102 Bollers Knob

MLS #3691297

1.58 Acres

Listing Price \$125,000



Interested in learning more?

Call our Real Estate Team for more details

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



HENDERSONVILLE A "RELOCATION HOTSPOT" IN 2023

By now, you've heard the news. The housing market is cooling off. In some parts of the country that cooling is more like a slow and steady freeze. In other parts, not so much. Numerous Sun Belt metro areas are still hot. Maybe not white hot like 2022 and the first part of 2022. But nonetheless, they're still enjoying a nice slow sizzle.

In a recent article, real estate investment website Bigger Pockets ranked the top 10 markets that could boom in 2023. It just so happens that three of them are in the Carolinas - Raleigh, N.C., Greenville, S.C. and Charleston, S.C. And all 10 are in the Southeast and Texas (California and Arizona, once hot, are now facing declining prices and sales). According to National Association of Realtors Chief Economist Lawrence Yun, the South will lead the way throughout 2023.

"Southern states, generally speaking, meet the criteria of reasonable affordability, in-migration, and high-paying jobs being created," Yun says.

For real estate investors, timing is key. Many metro areas on the top 10 list have experienced 25% to 50% increases in home sales prices over the past two years. Austin, Texas, is a case in point. The state capital was incredibly affordable 10 to 15 years ago but is now dealing with residential real estate prices that rival California.

According to Realtors at Allen Tate | Beverly-Hanks Realtor Mary Kay Buhrke. "And our residents here at Champion Hills can be in Greenville or Asheville in an hour. It's truly the best of all worlds."

For those interested in relocating to Hendersonville and Champion Hills, both resale homes and lots for custom builds are options. The majority of homes and lots at Champion Hills are positioned along the Tom Fazio-designed golf course, which was recently ranked among the "Best Residential Golf Courses" in the U.S. by Golfweek.

Champion Hills also offers a variety of membership options ranging from Full Equity Golf (our version of 'all in') and Equity 55 (for those 55 and under), to our Annual Explorer (a 12-month trial membership) and National (for those who don't own property in Henderson County).

And good news for those who think Western N.C. has a three-month golf season - that's not the case at Champion Hills, which rests just a few minutes north of the South Carolina border. The golf course is open year-round, and highs can easily reach the mid-50s in December, January and February.

February

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Trivia Night

2
Thirsty
Thursday

4
Burger Night

5
Superbowl
Sunday

6
Clubhouse
Closed
Club Board
Meeting

7
Valentine's
Day Dinner

8
Americas
Wine Dinner

9
Thirsty
Thursday

10
Ladies'
Luncheon

11
Americana
Buffet Night

13
Clubhouse
Closed

15

16
Third
Thursday

17
Mediterranean
Buffet Night

19

20
Clubhouse
Closed

21
Blind Menu
Chef's Table

22
Chilly
Challenge

23
Thirsty
Thursday
Mardi Gras
Theme Night

24
Prime Rib
Night

25
Mixed
Grill Night

26

27
Clubhouse
Closed
POA Board
Meeting

28