

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS

MARCH 2023

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



A Message From the GM

Is it possible that spring has already arrived in March? I thought Punxsutawney Phil predicted six more weeks of winter last month? Something is amiss in the mountains of North Carolina as the flowers are blooming, the weather has been in the 70's and the sun is shining. Hopefully you have been able to enjoy some of the great weather and events that were hosted last month.

Food & Beverage Update

If you're in town, I hope you have had the opportunity to try our new dinner menu or attend a Saturday night themed buffet. The overwhelming response has been very positive and our team greatly appreciates the feedback. Later this month the chef will become very creative during the replacement of the Fire Suppression System on the north end of the main Clubhouse. At the beginning of the replacement we will have a food truck on-site for lunch in the Men's and Ladies' Card Rooms and to-go options for both lunch and dinner. When appropriate space permits, we will expand to bring back Thirsty Thursdays and a weekend buffet dinner.

Our kitchen upgrades are still in progress and the equipment was ordered at the end of January. Our vendor was on-site in February to do the final field measurements and we await the arrival and installation to occur in April. As we learn more from our vendor we will keep you updated.

Tennis Update

The Champion Hills Har-Tru tennis courts are getting a surface lift! We anticipate materials for the lift being delivered in late March, the lift will occur in April, with the courts reopening in May. The completion will be subject to the cooperation of the weather.

Golf Update

If you have not done so, please stop by the golf shop and welcome Tammy Arrowood to Champion Hills. Tammy will be responsible for the merchandise while helping Scooter and Chris in the shop. We continue to look for an additional golf professional and hopefully will have an announcement soon.

If you haven't been out on the course lately, Alan Burnette has finished the grading and sodding project on hole #3 which turned out better than expected. Hopefully if you push your tee shot to the right past the bunkers, it will not roll into the woods or down to hole #8. He was also busy last month sand capping the fairways.

See you around the Club!

Alan Deck, CCM, PGA | General Manager/COO



Chimney Crossing Development Update

Since the Champion Hills community approved the annexation of Chimney Crossing in the middle of last year, what has been happening? First of all, the POA, the Club and the Developer (Pine Shadow Developers, LLC), have signed a definitive agreement regarding the development of the 14 units that will comprise Chimney Crossing. The agreement covers issues such as the purchase of a POA owned lot that will be used to provide access to the property being developed. Also, it addresses the infrastructure such as roads, aesthetics, lighting, stormwater management and utilities that the Developer will be building.

As for the neighborhood infrastructure itself, after several months of creating and refining engineering drawings, obtaining certain environmental approvals, and reviewing the final plat with the POA, the complete package is now in the process of being submitted to Henderson County for final approvals.

Once the county approves the development, which normally occurs within 90 days, work on the infrastructure will begin. And, assuming there are no major unforeseen issues, construction on the first residences will begin before the end of the year.

It will be exciting to follow the progress of this new Neighborhood in Champion Hills, especially since all of its homeowners will be Golf members of the Club!

HOW FAR DID YOU GO?

We asked for you to share your vacation photos and the response was fantastic! Everyone that submitted their photos traveled a combined 49,600 miles!

MILES FROM CHAMPION HILLS:

1. Bali, Indonesia - Craig & Mari Alper | 10,262 miles
2. Singapore, Southeast Asia - Craig & Mari Alper | 9,865 miles
3. Antarctica - Bob & Kathryn McCarthy | 9,035 miles
4. Sao Paulo, Brazil - Fernando & Christina Leite | 4,692 miles
5. Maui, Hawaii - Michael & Cindee Gold | 4,512 miles
6. Paris, France - Michael & Cindee Gold | 4,216 miles
7. Lima, Peru - Steve & Rena Hoffman | 3,290 miles
8. Puerto, Vallarta, Mexico - David & Bertie Woods | 2,132 miles
9. British Virgin Islands - Joe & Rhonda Gaudino, Daryl & Emily Sakol, William & Phaedra Steele, Alan & Gloria Wasserman | 1,596 miles

AND THE WINNERS ARE...

Farthest Distance

Craig & Mari Alper

Bali, Indonesia | 10,262 miles

Most Unique

Bob & Kathryn McCarthy

Antarctica | 9,035 miles

Congratulations to each of our winners! Feel free to stop by the administrative office at the Clubhouse to claim your gift. We cannot wait to see where you travel next!



A photograph showing a close-up of a golf course. In the foreground, there is a strip of vibrant green grass. Behind it, a light-colored sand trap or bunker is visible, showing some texture and shadows.

SAND! SAND! AND MORE SAND!

By Golf Course Superintendent, Alan Burnette

With mostly above average temperatures thus far this winter, the theme for the last couple of months on the golf course has been SAND, SAND AND MORE SAND! Our fairway topdressing program has been in full swing in between weekly rain events. In the last month and a half, we have applied approximately two hundred tons of sand to the fairways. We remain committed to this program, although there are times when the golf course is too busy, making it impossible for us to perform this procedure amongst the players, and unfortunately other times whereas it is too wet for six tons of equipment including the sand to be running up and down the fairways. Rest assured, we have the equipment and sand at the ready to make another application when the first sign of an opportunity presents itself as many of you have been witness to lately. We appreciate your support of this program.

Some of you may have noticed a project taking place to the right rough on hole #3 just beyond the fairway bunker over the last couple of weeks of February. The greens committee requested, and therefore our efforts were focused on creating a containment area in which errant golf shots headed in this direction off of the tee would have a greater chance of not ending up in the wooded area between hole #3 and #8. A Fazio architect was brought in and ultimately developed a plan for this area in which our in-house staff implemented. As a result, a larger, flatter space was created whereas the golf ball now has a better chance of being contained within hole #3 rather than exiting the golf hole bouncing off of the continuous steep bank that existed prior to the improvement.

I don't want to speak too soon, but according to the forsythia and yellow daffodils it seems "SPRING HAS SPRUNG!", and we look forward to seeing more of you on the course.



IRISH BOXTY POTATOES

By Chef Sean Thomas

Boxty originated in Ireland in the 1700's. Made with a mix of cooked mashed potato, raw shredded potato, flour and buttermilk, it was created in an economical effort to stretch the potato harvest, which the Irish depended on for sustenance throughout the year. Although it's not quite the mealtime staple it used to be, boxty is still a favorite in Ireland today.

INGREDIENTS

- 2 Large Floury Potatoes (about 1 lb. total)
- 2 tsp. Kosher Salt, Divided
- 1 cup All-Purpose Flour
- 1 tsp. Baking Soda
- 1/2 tsp. Freshly Ground Black Pepper
- 3/4 cup Buttermilk
- 6 tsp. Unsalted Butter, Divided
- 6 tsp. Vegetable Oil, Divided
- Sliced Scallions & Sour Cream

INSTRUCTIONS

Step 1

Peel 1 potato and cut into 1" cubes. Transfer to a small pot and cover with cold water; season with 1 teaspoon salt. Bring to a boil over high heat, then reduce heat to medium and simmer until potatoes are tender, 10 - 12 minutes. Drain. While still warm, pass through a sieve, ricer or food mill. Let cool completely, 30 - 60 minutes.

Step 2

Meanwhile, peel remaining potato and grate on the large holes of a box grater. Wrap in a kitchen towel and, over the sink or a large bowl, wring out as much moisture as possible. Discard liquid.

Step 3

In a large bowl, combine flour, baking soda, black pepper and remaining 1 teaspoon of salt. Add mashed and grated potatoes and stir until combined, then stir in buttermilk, 1/4 cup at a time, until a thick batter forms.

Step 4

In a large, heavy skillet over medium-high heat, heat 2 teaspoons of butter and 2 teaspoons of oil until butter melts and begins to foam. Using a 1/4-cup measuring cup, drop 4 rounds of batter into pan. Cook until crisp on the bottom, 3 to 4 minutes, then flip and continue to cook until cooked through, 2 to 3 minutes more. Transfer to a wire rack. Repeat with remaining butter, oil and batter.

Divide boxty among plates. Top with scallions. Serve with sour cream.

2023 MASTERS SQUARE POOL

HOW IT WORKS

Similar to Super Bowl Squares, participants will write their name inside the square(s) of choice. Each square will cost \$20, which can be paid via member charge. After completion of the second round of the Masters Tournament, the top 20 players on the leaderboard will be placed onto the square board. The combined final score in relation to par will determine winners. Squares will be available from March 3 through April 4 or until the board is full.

PRIZES (GOLF SHOP CREDIT)*

1st Place: \$1,000

2nd Place: \$600

3rd Place: \$300

Last Place: \$100

* Based on full field. Will be adjusted accordingly if not filled.



CHILLY CHALLENGE RESULTS

MEN'S DIVISION



1st - Jack McWhirter & John Piowaty (68)
2nd - Bill Burnett & Hyler Stanavage (70*)
3rd - Alan Skelton & Dung Phan (70)
4th - Ken West & Rick Kirkendall (71*)
5th - Rick Kemp & Jim Wilson (71)

LADIES' DIVISION



1st - Christina Phan & Carol Kemp (68)
2nd - Lisa Cadiz & Diane Hansberry (72)



SHAMROCK SCRAMBLE

FRIDAY, MARCH 17 | 3 PM SHOTGUN (9 HOLES)

Format: Multiple Formats
(4) Person Teams | 2 Men & 2 Women

Join us after play for a festive St. Patrick's Day buffet!
Make sure to wear your green!
Visit ForeTees for more information.



TARGET HEART RATE

What should your heart rate be when working out, and how can you keep track of it? Find out what normal resting and maximum heart rates are for your age and how exercise intensity and other factors affect heart rate.

How do I get my heart rate in the target zone?

When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps you hit the bullseye so you can get max benefit from every step, swing and squat. Even if you're not a gym rat or elite athlete, knowing your heart rate (or pulse) can help you track your health and fitness level.

ZONE 1	♥ 50 - 60% of max heart rate For low-intensity sessions: warming up, cooling down, and boosting recovery
ZONE 2	♥ 60 - 70% of max heart rate For the longest training sessions, used to build endurance and burn fat
ZONE 3	♥ 70 - 80% of max heart rate For the longest training sessions, used to build endurance and burn fat
ZONE 4	♥ 80 - 90% of max heart rate For shorter sessions that make your body more efficient at processing lactic acid
ZONE 5	♥ 80 - 90% of max heart rate Utilize this zone in short intervals to push your limits and help achieve peak efficiency

What is a resting heart rate?

Your resting heart rate is the number of times your heart beats per minute when you're at rest. A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!

Is resting heart rate different by age?

For most of us (adults), between 60 and 100 beats per minute (bpm) is normal. The rate can be affected by factors like stress, anxiety, hormones, medication, and how physically active you are. An athlete or more active person may have a resting heart rate as low as 40 beats per minute. When it comes to resting heart rate, lower is better. It usually means your heart muscle is in better condition and doesn't have to work as hard to maintain a steady beat. Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

Know Your Numbers: Maximum & Target Heart Rate by Age

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% - 85% of maximum. The figures are averages, so use them as a general guide.

How do I find my pulse or heart rate?

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. A wearable activity tracker makes it super easy, but if you don't use one you can also find it manually:

- 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.

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

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.

If your heart rate is too high, you're straining. Slow your roll! If your heart rate is 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 the lower range of your target zone (50 percent) and gradually build up. In time, you'll be able to exercise comfortably at up to 85 percent of your maximum heart rate.

The **Spring**

Housing Market

Could Be a **Sweet Spot**

for **Sellers**

The biggest challenge in the housing market is how few homes there are for sale compared to the number of people who want to buy. That's why, if you're thinking about selling your house, this is a great time to do so.

While the number of homes for sale is increasing, it is still

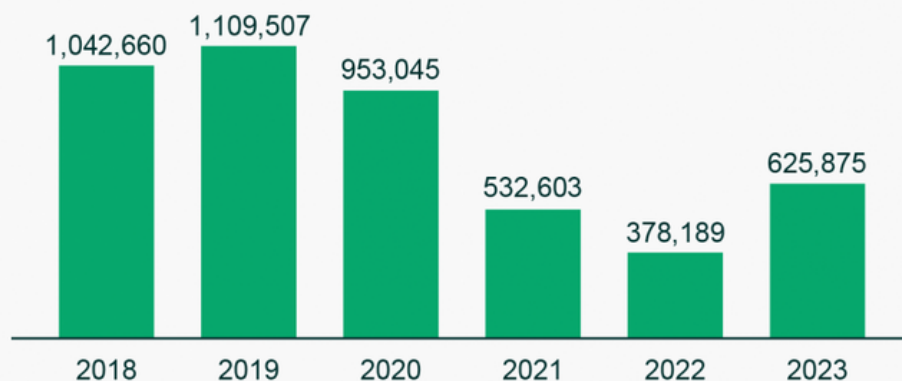
43.2% lower

than it was before the pandemic in 2017 to 2019.

This means that there are still fewer homes available to buy on a typical day than there were a few years ago.

Monthly Housing Market Trends Report from realtor.com

Active Monthly Listings, Last 6 Januarys



How This Impacts You

Today's low inventory means we're still in a sellers' market. So, if you want to take advantage of this sweet spot, spring could be your shot!

CHAMPION HILLS REAL ESTATE

111 LITTLE CHEROKEE RIDGE

\$765,000



Details of the Property

- Built in 1998
- Charming Carolina Arts & Crafts Style
- 2,690 Square Feet
- Open Floorplan
- 3 Bedroom/2 Bath/2 Half Baths
- Large Den/Office
- Private, Wooded Setting
- Composite Decking
- New Roof (2017)
- New AC & Furnace (2020)

Interested in learning more?

Call our Real Estate Team for more details:

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

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Trivia Night	2 Thirsty Thursday	3 Prime Rib Night	4 Cantina Buffet Night
5	6 Clubhouse Closed	7	8	9 Thirsty Thursday	10	11 Saturday Supper Buffet Night
12	13 Clubhouse Closed	14	15	16 Third Thursday	17 Shamrock Scramble	18
19	20 Clubhouse Closed	21	22	23 Thirsty Thursday	24	25
26	27 Clubhouse Closed	28	29	30 XXIO Demo Day Thirsty Thursday	31	