

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS



MARCH 2026

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



FROM THE GM'S DESK

A STRONG START TO 2026 AT CHAMPION HILLS

As we settle into the new year at Champion Hills, there is a palpable sense of energy and anticipation around the Club. Even during the quieter winter weeks, our team has been preparing thoughtfully for a vibrant 2026 season.

While February brought some unexpected winter weather, our golf and food & beverage teams used the time productively – refining event calendars, building tournament schedules, enhancing the golf shop merchandising plan, and preparing for a full and exciting spring. Spring 2026 merchandise is starting to arrive in the Golf Shop, and our professionals are busy organizing group play, instructional programs, and signature events that define the Champion Hills experience.

A DYNAMIC CULINARY SEASON

The momentum in Food & Beverage has been especially exciting! From lively Trivia Nights and Thirsty Thursdays to more intimate Fireside Dinners in the Wine Room, Members have enjoyed a diverse mix of experiences. Our culinary team continues to elevate both à la carte dining and member events with thoughtful menus, refined presentation, and attentive service.

Signature evenings such as Valentine's Dinner, Mardi Gras Music Bingo, and Prime Rib & Oyster Night have provided memorable opportunities to gather. Our recent Chili Challenge brought friendly competition and community spirit to the forefront – congratulations to Steve Jarrell for taking first place, edging out Phil & Amy Gray by a single vote.

March continues the momentum with Trivia Night, Ladies' and Men's Nights Out, Fireside Dinners, Burger Night, and the return of Tuesday evening dining, offering something for every palate.

WELCOMING NEW LEADERSHIP

We are pleased to welcome Nick Auten as our new Head Golf Professional. Nick joins Champion Hills after serving as Director of Golf at Lake Hickory Country Club and previously as Head Golf Professional at East Lake Golf Club. He brings a strong reputation for team development, tournament excellence, and member engagement. Nick and his family are excited to be in Hendersonville and to become part of the Champion Hills community.

ENHANCING THE MEMBER EXPERIENCE

Several clubhouse enhancements are underway to further elevate the member experience. A new croquet storage facility near the Event Lawn will provide convenient access for players, and plans are in place to refresh the Men's and Ladies' Locker Rooms, Card Rooms, and restrooms in the coming weeks.

Behind the scenes, our management team has been focused on professional development and financial stewardship training to ensure thoughtful decision-making and long-term sustainability – reinforcing our commitment to operational excellence.

Champion Hills continues to blend championship golf, refined dining, and a vibrant social calendar in a setting defined by the natural beauty of the Blue Ridge Mountains. We look forward to an exceptional season ahead.

Warm regards,
Jerome Louie
Interim General Manager



PRESIDENT'S CORNER

Stu Holcombe, Club Board President

I think we can all agree – it's nice to have February behind us! Mother Nature certainly gave us a run for our money this year, bringing an ice storm one weekend and a snowstorm the next. Through it all, our maintenance and security teams did a wonderful job keeping everyone informed and making sure the roads were cleared as quickly as possible.

Even with the challenging weather, Jerome Louie and the Champion Hills staff truly went above and beyond to keep the Clubhouse and Wellness Center open, warm, and welcoming for those eager to get out of the house. While the golf course had to close for a time, Carole and Will brought great creativity to the season by organizing golf simulator events that were met with enthusiastic participation.

The Wellness Center remained a hub of activity, with members stretching, strengthening, and staying in shape—ready to return to the great outdoors before long. Meanwhile, the Clubhouse continued to buzz with energy through card games, the Super Bowl Party, Fireside Dinners, Trivia Night, and Music Bingo.

It was wonderful to see that even winter weather couldn't keep our members away for long! Looking ahead, March appears to be bringing more seasonable weather, with milder temperatures and less precipitation. Hopefully, we'll all be back to enjoying golf, pickleball, and hikes in the beautiful mountains around us. The event calendar is full as always – from Trivia Night to St. Patrick's Music Bingo, Ladies' and Men's Nights Out, and much more.

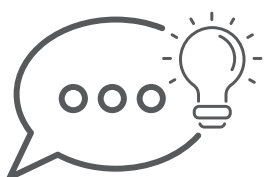
I hope you'll also join us for Thirsty Thursday on March 5 as we welcome our new Head Golf Professional, Nick Auten. We're truly excited to have him leading our golf program.

Last month, I spoke about how essential our staff is in creating memorable experiences for members and guests. I'd also like to take a moment to recognize another special group – our member volunteers. At our recent Annual All Committee Meeting, we welcomed more than 52 volunteers, including 20 new faces, to serve on our committees. Their time, energy, and ideas help the Board plan thoughtfully for the future and ensure the Club continues to live out its mission of exceeding expectations each day. On behalf of the Board, thank you – your commitment makes a meaningful difference.

Finally, we are delighted to welcome Ellen Perkins as our new General Manager. Ellen brings over 20 years of leadership experience in hospitality and private clubs. She is known for her collaborative style, steady leadership, and passion for building strong connections between boards, staff, and members. Just as importantly, she believes that a positive and respectful culture is the foundation of any thriving community – a value we deeply share.

We look forward to the season ahead and to seeing you around the Club soon.

CLUB BOARD PRESIDENT



PULL UP A CHAIR - LET'S CHAT!
APRIL 6 | 10 AM

Meet with the Club Board President, Stu Holcombe to ask Club-related questions, share ideas & suggestions, or raise any topics important to you. [Your voice matters!](#)

BOARD MEMBER PROFILE: KAREN GILBERT (POA)



Hello everyone...my favorite expression is, "How lucky are we that Champion Hills is our playground!"

I have been retired for over two years, living my best life at CH. I especially love playing golf, tennis, and pickleball! Thea and I enjoy the club activities, especially Music Bingo and Thirsty Thursdays. We appreciate the Wellness Center. It never ceases to amaze me how wonderful the other members are. I remember wondering if the people here REALLY were this nice... and they are.

I am originally from Pittsburgh and a life-long Steelers fan. After moving to South Florida when I was 10 years old, my allegiance to the Pittsburgh teams never faltered.

I practiced criminal law in South Florida for 35 years. A great place for interesting cases...as they say, "You can't make this stuff up."

I was a trial lawyer, trying over 100 jury trials. The days I was in court either cross-examining a defendant or presenting closing argument to a jury were my favorite. If you have felt like I was cross-examining you during one of our many discussions, sorry about that - old habits can be hard to break.

Thea is originally from Manhattan. After an adjustment period, she now loves the "quiet" of living in the mountains. When we walk our dog, Barkley, a wonderful Goldendoodle, we can often "hear" the quiet.



Together, we have four adult children, spread throughout the US, living their best lives. Nothing is better than when they are here with us.

My goal as a POA Board member is to be as responsive as possible to all homeowners. It is important for all of us to keep our community as wonderful as it currently is, while also finding ways to improve upon it. It takes all of us to make this place so special.

FOR 2026, WE LOOK FORWARD TO INTRODUCING NEW BOARD MEMBER PROFILES & MEMBERSHIP SPOTLIGHTS. PLEASE EMAIL JOSIE AT JOSIE@CHAMPIONHILLS.COM TO BE FEATURED IN AN UPCOMING ECHOES!



PHOTO BY CARSON GRAHAM



PHOTO BY AUSTIN GILBERT



PET PROFILES...MEET THE NEW CAT IN TOWN: HENRY WARD



PET PARENTS: DAVID & SARAH WARD

Sarah and I spent our whole lives as dog people. Part of that was preference. The other part? Allergies - severe. Cats and us were not exactly compatible.

After our last dog passed, we started looking for a new companion. The problem was our lifestyle. We love to travel - sometimes on a whim - and the idea of rushing home for walks didn't quite fit the season we're in. A dog didn't feel right at that moment.

Then Sarah found Henry.

Henry is a Russian Blue, known for being about as allergy-friendly as cats get. But what sold us wasn't the hypoallergenic reputation - it was his personality. Henry is essentially a dog in a very handsome gray tuxedo.

He greets us at the door when we come home.

He comes when you call him.

He's wildly social.

He actually enjoys meeting strangers.

The defining moment? We once had three Labradoodle puppies over. While most cats would have relocated to the attic, Henry calmly marched into the middle of the chaos and laid down like he was hosting the event.

Confident. Social. Unbothered.

We didn't set out to become cat people - but Henry had other plans. And we couldn't be happier that he did.



WHAT IS YOUR PET'S STORY? TELL US! WE ARE ACCEPTING 2026 PET PROFILE SUBMISSIONS.

EMAIL JOSIE@CHAMPIONHILLS.COM FOR MORE DETAILS!

Spring Into Events at Champion Hills Club!

MAR
3

TRIVIA | 5:30 PM *

Can February's winners "Bird Brains" be defeated at March's trivia? Reserve your team's table with Shelly! If you don't have a team and are interested in playing trivia, Shelly is happy to help.

BIRD BRAINS

(LTR) Milan & Beth Turk, Bob & Kathryn McCartha
Jean & Mark Calkin



thirsty THURSDAY

MEET THE PRO!

WELCOME, NICK AUTEN
Our new Head Golf Professional!

MARCH 5
4 PM - 6 PM

MAR
7

FIRESIDE DINNER | FIRST SEATING 5:30 PM *

Spend a cozy winter evening by the fire for this fine dining experience. The menu offers an exquisite three-course dinner rich in flavor and quality.

NEXT FIRESIDE DINNER: March 21; à la carte dining available

MAR
11

LADIES' NIGHT OUT | 5:30 PM *

It's the first Ladies' Night Out of 2026! Enjoy an evening of bubbly proportions with your gal pals as Courtney (Tryon Distributing) showcases a delightful bubbly flight - and yes, the ladies will receive a complimentary flight with dinner!

MAR
17

ST. PADDY'S DAY MUSIC BINGO * 5 PM | COCKTAILS & 5:30 PM - 7:30 PM | DINNER BINGO STARTS AT 7 PM

Do you have the luck of the Irish? Don't miss a chart-topping evening of singing, laughing...and even some dancing. Enjoy an assortment of Irish fare and drink specials. Wear your green!

No à la carte dining available

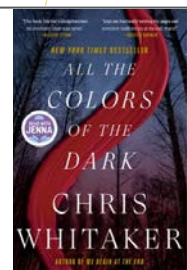
MAR
23

CHAMPION HILLS BOOK CLUB | 10:30 AM

ALL THE COLORS OF THE DARK
BY CHRIS WHITAKER

For more information please contact:

Barb Morrison | 309.269.0010 or Susan Thomas | 210.834.8771



MAR
25

MEN'S NIGHT OUT | 5:30 PM *

Gentlemen, gather for the first Men's Night out of the season! Enjoy an evening of dinner and camaraderie with your favorite Champion Hills fellas.

VISIT CHMEMBER.COM FOR FULL DETAILS AND TO REGISTER.

*PLEASE NOTE THAT ALL OF THESE EVENTS ARE SUBJECT TO OUR 24-HOUR CANCELLATION POLICY.

DINING EVENTS

BURGER NIGHT | MARCH 10

5 PM - 8 PM

PASTA NIGHT | MARCH 24

5 PM - 8 PM

STEAKHOUSE NIGHT | MARCH 28

5 PM - 8 PM

PUB NIGHT | MARCH 31

5 PM - 8 PM

Please visit chmember.com or contact Shelly at 828.233.0973 for reservations.

Easter Brunch

April 5* | 11:30 AM - 2 PM

Easter Egg Hunt | 12 PM

Bring family & friends and hop over to the Club for Easter brunch. Enjoy a lovely meal, an Easter egg hunt, and meet the Champion Hills Easter Bunny!

For event details & reservations, please visit chmember.com.



TASTE OF THE MASTERS

Celebrate "a tradition unlike any other" at Thirsty Thursday with bar bites & drink specials inspired by The Masters Tournament!

APRIL 9 | 4 PM - 6 PM



MARCH WINE OF THE MONTH



CHATEAU DE SAINT COSME

COTES-DU-RHONE

Château de Saint Cosme is the leading estate of Gigondas and produces the appellation's benchmark wines. Wine has been produced on the site of Saint Cosme since Roman times, evident by the ancient Gallo-Roman vats carved into the limestone below the château. The property has been in the hands of Louis Barruol's family since 1490. Henri & Claude Barruol took over in 1957 and gradually moved Saint Cosme away from the bulk wine business. Henri was one of the first in the region to work organically beginning in the 1970s. Louis Barruol took over from his father in 1992, making a dramatic shift to quality, adding a négociant arm to the business in 1997, and converting to biodynamics in 2010.

TASTING PROFILE:

100% Syrah- Aromatic but not overwhelmed by the sweetness and alcohol. The varietal's typical spicy notes of sandalwood, violet, black pepper, tobacco, dark berries, and herbs.

ENTRÉE PAIRING:

Grilled or smoked meat are excellent choices. We recommend that you pair this wine with Anthony's Bolognese or Butcher Reserve option.

GLASS | 11

BOTTLE | 38



HOW DO I GET MY HEART RATE IN THE TARGET ZONE?

When you work out, are you doing too much or not enough? Your target heart rate helps you hit the bullseye, so you can get max benefit from every step, swing, and squat. Knowing your heart rate (or pulse) can help you track your health and fitness level.

Heart Rate Zones

$$220 - \text{Age} = \text{Max Heart Rate}$$

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 coffee!

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 AND 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.

AGE	TARGET HR ZONE 50-85%	AVERAGE MAXIMUM HEART RATE, 100%
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

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.

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. Trust your body.

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.



CHAMPION HILLS SPRING PICKLEBALL CLINICS

MONDAY | 11 AM - 12:30 PM ADVANCED BEGINNER DRILL & PLAY, LIMITED TO 8
30-minutes of drills followed by instructional game play! Meet new players and continue to polish your skills.

ADVANCED BEGINNER TO INTERMEDIATE PLAYER

Developing Strategy

- Begins to use third shot drops but execution is inconsistent
- Learning court positioning and basic resets
- Communicates with partner but may still panic under pressure

Example: A player can dink 10 times in a row during practice but struggles to do it during live play

TUESDAY | 1 PM - 2:30 PM ALL LEVELS DRILL & PLAYS, LIMITED TO 8

30-minutes of drills to warm up followed by 60-minutes of instruction enhanced game play. Meet new players and continue to polish your skills.

WEDNESDAY | 11 AM - 12:30 PM INTERMEDIATE DRILL & PLAY, LIMITED TO 8

30-minutes of fast-paced drills to warm up followed by 60-minutes of instruction enhanced game play. Learning strategy in the moment and polishing your game!

INTERMEDIATE TO ADVANCED or DUPR 4.0

Confident Execution

- Uses drops and drives with purpose based on opponent position
- Moves well as a team and recognizes attackable balls
- Adapts mid-match and avoids repeating losing patterns

WELCOME NICK AUTEN, HEAD GOLF PROFESSIONAL

We are pleased to welcome Nick Auten as Head Golf Professional. Nick joins the Champion Hills team with 25 years of experience in the golf industry. He has worked at various clubs including East Lake Golf Club (home of the final event of the FedEx Cup Championship) and Lake Hickory Country Club.

Nick is widely recognized for building strong relationships with members, mentoring staff, fostering team collaboration and delivering high-quality golf events.

Although Nick grew up in Charlotte NC, his parents and sister's family have lived in Hendersonville for over twenty years. His wife and two daughters are looking forward to making Hendersonville their home. They are eager to share a love of the outdoors with their daughters.

WELCOME NICK AUTEN TO CHAMPION HILLS ON MARCH 5 AT THIRSTY THURSDAY!



LUNCH & LEARN: RULES OF GOLF

MARCH 4 | 11:30 AM

We will continue our presentation of the upcoming golf course markings changes as it relates to future course rating and playability of the course.

Registration is OPEN on ForeTees. Please indicate your lunch choice at registration.

MARK YOUR CALENDARS FOR THE NEXT LUNCH & LEARN SESSION: APRIL 8

REGISTER FOR LADIES' GOLF ACTIVITIES!

CHAMPION HILLS WOMEN'S GOLF ASSOCIATION (CHWGA)

The CHWGA is for 9-hole & 18-hole ladies with handicaps. Weekly play on Tuesday mornings. Team and individual competitions & special events. Monthly luncheon with business meeting.

WESTERN CAROLINA WOMEN'S GOLF ASSOCIATION

The WCWGA is an association of 14 private golf clubs located in Western NC & SC. Monthly tournaments start in April with the Championship Tournament in October. Participants must have a 33 handicap or lower AND be a member of the CHWGA.

CHICKS WITH STICKS

The Chicks With Sticks is a fun and fundamental group of newer or high handicap players who have the desire to learn to play fun formats while striving to improve. Instruction will be offered monthly. Rules of Golf will be introduced, and participants will gain confidence in their ability to manage their way around the golf course. The goal is FUN and FAST play!

For more information, please contact the Pro Shop at 828.693.3600 or proshop@championhills.com.

Spring Blowout

SPECIAL PRICING ON CURRENT INVENTORY

WOOL SOCKS	50%
WINTER WEAR	25%
BELTS	25%
PETER MILLAR	20%
SELECT GOLF BALLS	20%
PICKLEBALL	15%
WINTER HATS	10%

Percentages off Member Price



LUCKY 7 T URNAMENT

MARCH 19 | 2 PM SHOTGUN

FORMAT: MIXED SCRAMBLE

REGISTER AT FORETEES



Hats Off to the Ladies!

*Champion Hills
Ladies' Member-Guest*

June 3-5, 2026

Registration online via Golf Genius.

CHAMPION HILLS

Real Estate

Our Featured Listings

Why consider a homesite now?

- Inventory within our community is finite
- Buy now, build on your timeline
- Design specifically for your lifestyle

Approximate boundary.



01

216 BENT PINE

Views Worth the Vision

Approximate boundary, not a survey.



02

180 PINE SHADOW

Front Row Golf Living

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THE *Awards*



CHAMPION HILLS TEAM

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REAL ESTATE NEWS

March

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

Clubhouse
Closed

3

Trivia

4

Lunch & Learn:
Rules of Golf

5

Thirsty
Thursday
Meet The Pro

6

7

Fireside Dinner

8

Daylight Savings
Time

9

Clubhouse
Closed

10

Burger Night

11

Ladies' Night
Out

12

Thirsty
Thursday

13

14

15

16

Clubhouse
Closed

17

St. Paddy's Day
Music Bingo

18

19

Lucky 7
Tournament

Third
Thursday

20

21

Fireside Dinner

22

23

Book Club

Clubhouse
Closed

24

Pasta Night

25

Men's Night
Out

26

Thirsty
Thursday

27

28

Steakhouse
Night

29

30

31

Pub Night

NOTES: