

February 2020 ECHOES



championhills.com | 828.696.1962 | @ChampionHillsCommunity

The reoccurring weekly theme so far this winter has been “RAIN”. Champion Hills has received upwards of almost fifteen inches since the start of December, but this has not stopped forward momentum on our projects.

TREE REMOVAL

Saturated conditions restrict us to removing trees located next to, or near cart paths as our equipment would cause considerable damage if we were to stray too far from the safety net of the concrete. Not to worry though, there is plenty of this work throughout the golf course. Our focus remains on removing trees that have a direct impact on increasing the length/duration of sunlight to all playing surfaces creating a healthier environment for our turf and firmer playing conditions.

TOPDRESSING

We store approximately forty tons of fairway topdressing sand at our maintenance facility, so as soon as conditions permit, we continue to apply sand to the fairways.

EQUIPMENT MAINTENANCE

Properly running equipment and sharp blades are paramount to our department’s success. The colder months offer our mechanics the opportunity to put a fresh edge on all mowers and ensure that each machine is in perfect working order for the start the golfing season.

IRRIGATION SYSTEM

TANTO Irrigation Inc. successfully installed the main line throughout the course prior to their departure in late December. They will return with a fresh crew in late January to continue the project. In their absence, we continued with the installation of the power necessary to operate booster pumps that will be strategically placed in different areas of the golf course. These pumps will ensure proper operating pressures for all irrigation heads at every elevation. This process remains on time and on budget.

DRAINAGE PIPE

Through the collaborative efforts of a contractor and our in-house team, we have completed the repair of the drainage pipe to the right of seven fairway, which was damaged by severe summer thunderstorms.

A 48 inch by 60 foot piece of dilapidated metal pipe was replaced with a new piece of HDPE (a very strong plastic) drain pipe. The pipe was then covered, re-graded, seeded, and erosion control material was rolled out over the entire area.



DRIVING RANGE COMFORT STATION

J Davis continues to make progress on the Driving Range Comfort Station. Both the plumber and electrician have been completing work when the weather allows. The water line has been installed on Club property and now we are in the final stages to tie in the line up to Wild Ivy Run with the assistance of the City of Hendersonville Water Department. Next the contractor will finish up the sheet rock, and install the cabinets, counter tops and paint. We anticipate a February completion date.

We will continue to keep you updated on projects as they progress, and very much look forward to the start of the 2020 golfing season.

- Alan Burnette, Golf Course Superintendent

Board Member Profile: Barbara Van Hare

Once Champion Hills speaks to your heart, it tends to stick with you. Just ask POA Board Vice President Barbara Van Hare and her husband Dave. Their Champion Hills story begins over two decades ago, though they've only been part of our community since 2014.

Originally from Memphis, Tennessee, Barbara left her roots to obtain a BA in Psychology from Northwestern University. Soon after, Barbara began working at Hallmark where she put her interpersonal skills to work in a 30-year career in sales, marketing and product development.



While visiting a former boss from Hallmark who relocated to Asheville, Barbara and Dave decided to check out the “beautiful golf course community” he had seen in *Golf Digest*. “It was 1997 and we were too early in our careers to realistically consider a move to Champion Hills”, Barbara recalls, “But, we truly fell in love with the area and I always hoped we’d be able to come back.”

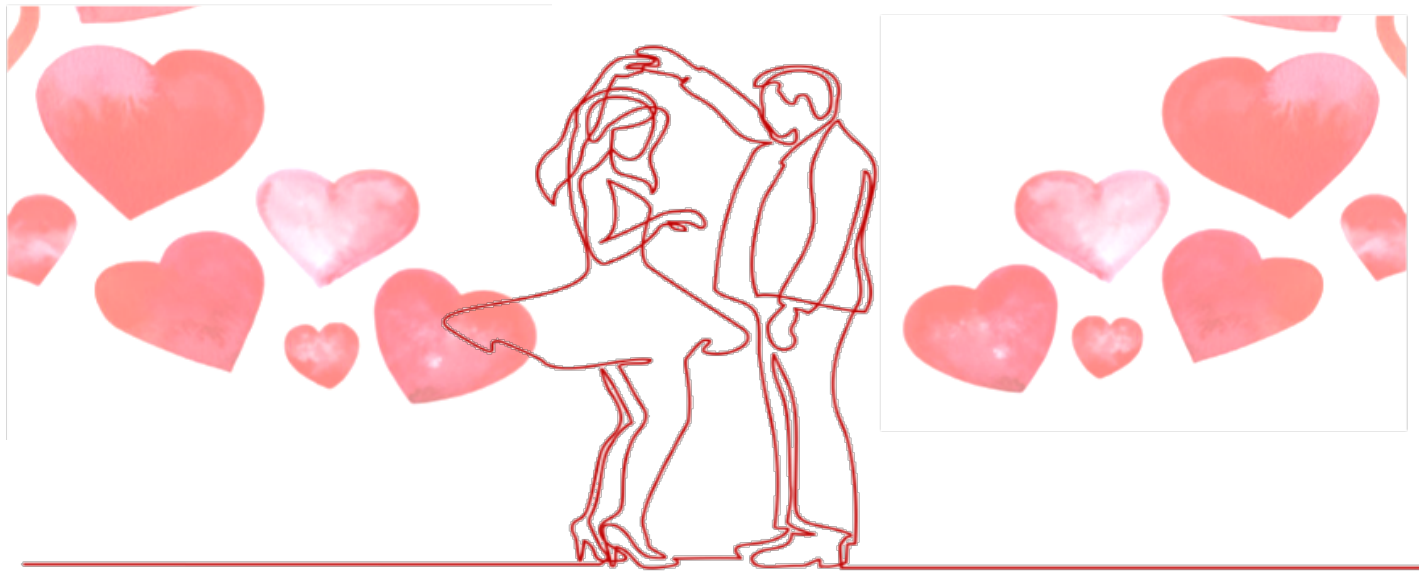
Finally, in the summer of 2012, they returned for a visit. Barbara smiles as she recalls, “The first day of our visit in June of 2012 we decided this was where we would move!” The couple rented for a year as their home was being built so they could keep an eye on the process.

Barbara explained that Champion Hills was unlike any other neighborhood that they had ever lived in before. She states, “Everyone is genuinely so friendly, accepting and welcoming. The beauty of the area is amazing, but the internal beauty of the people just can’t be beat.”

Though thoroughly enjoying her new lifestyle at Champion Hills, Barbara still needed to fulfill her passion for giving back, so she began working for The Rare Cancer Research Foundation as their Director of Foundation Partnerships. “Working with this foundation has been incredibly rewarding, has provided balance and also helped put a lot of things in prospective,” states Barbara.

This fresh perspective is just one of many assets she brings to the POA Board. Barbara also brings her open-mindedness, problem solving skills and multi-tasking abilities to the boardroom. She leans in with sincerity and states, “I want people to know that if they ever have an issue or want to talk through something, my door is always open.”

When she has a few moments in her busy schedule, Barbara’s hobbies include; spending time with friends, gaining new cooking skills, reading and traveling. She says with a smile, “I keep saying I’m going to take up golf and I will... one day.”



VALENTINE'S DAY DINNER DANCE | FEBRUARY 14



CULINARY COURSE | FEBRUARY 18
TOPIC: MARINADES & BRINING



ITALIAN WINE DINNER | MARCH 5



SAVE THE DATE!

WNC HAPPENINGS

Cirque Du Soleil Axel | Feb 13-15
 Bon Secours Arena, Greenville, SC

Asheville Celtic Festival | Feb 15
WNC Agricultural Center

BBQ, Beer & Bourbon Crawl | Feb 29
Greenville, SC

February 5 | Trivia

February 20 | Girl Scout Cookie Thirsty Thursday

February 20 | Ladies Night Out

February 22 | Chef's Table

March 14 | "The Mentalist" Dinner & Show

March 17 | Culinary Course

March 25 | Grapevine Gals



JANUARY TRIVIA WINNERS

Congratulations to the Brain Trust!
Jorge & Susan Cano, Denny & Inge Harrell,
B.T. & Sallie Alexander!



CONGRATULATIONS, BEN!

In November, server Ben Fertik fearlessly rose to the occasion to help a member's guest who was having trouble breathing during dinner. Ben quickly stepped in and performed the Heimlich, with no hesitation. His swift reaction saved the day!

Troon's CEO Tim Schantz and Mike Ryan, Troon COO honored Ben with the Chief Executive Officer Award for his heroic act.

Thank you, Ben! We are proud to have you on our team.

COCONUT RED CURRY

- Executive Chef Ryan Spesock

INGREDIENTS

1/8 cup white onion, diced
1/8 cup carrot, diced
1 tbsp ginger, sliced
1/8 tsp garlic
3-4 stems cilantro and leaves
2 tbsp lemongrass
2 tbsp red curry paste
2 cans coconut milk
1 tbsp fish sauce
2 tbsp sugar
Fresh lime wedge



INSTRUCTIONS

In a small pot sweat everything but the curry paste, fish sauce, sugar and coconut milk over medium heat for 5 minutes. Add the curry paste and cook for two minutes, then add the coconut milk. Make sure to stir the bottom well to get the curry off the bottom of the pan and nicely incorporated, add the sugar and fish sauce then turn the heat down to low and allow to steep like tea for 30 minutes. If you prefer a higher heat level wait for the curry mix to come to a simmer and try it, you can add more curry paste to get to your preferred heat level at this stage. Once the half hour has passed strain the mixture. Your curry base is now complete and ready to use.

In a saute pan sear your protein of choice, add some veggies then add in the curry mix. Cook on high heat until the curry begins to thicken slightly, this will happen when you reduce the total amount of liquid in the pan by about one third. Serve with your choice of side and a fresh lime wedge. My preference is with steamed jasmine rice, cilantro, sesame seeds and toasted cashews. Another common garnish is to use mint and basil leaves in place of the cilantro. There are lots of options with this one, you could even substitute the red curry paste with green curry if you wanted, so have fun with it.

Enjoy!

- Chef Ryan



Congratulations to Champion Hills and The Design Team for an Honorable Mention in Golf Inc. for the Golden Fork Award, Private Club Most Improved Dining Facilities.

Champion Hills was selected from a large group of international submissions. This is a great honor for our club and we are excited to share this news with you.

We are continually working to make sure your event and dining experience is the best it can be. If you have any questions or suggestions we would love to hear from you.

Please contact Rick Engelhorn or Chef Ryan Spesock.

CLUB RE-GRIP SPECIAL FOR THE MONTH OF FEBRUARY

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, then it's defiantly time to replace them. Having worn out grips can cause you to squeeze the club tighter, which inhibits a complete back swing, 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. An 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 our 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 the grips of 14 clubs, that is a saving of \$21!! Please stop by the golf shop to make your selection and be prepared to shoot lower scores.

TIP FROM THE PRO: PLAYING INTO THE WIND

by Scooter Buhrman

Take a narrow stance - Taking a narrow stance will promote a lower launch angle once the ball leaves the club-face. This stance helps the ball boar through the wind and create less spin. Less spin means less impact the wind will have on the golf shot.

Take more club - It is important that you take more club when hitting a shot that is into the wind. This could be anywhere from 1 to 3 clubs. Remember this tip, "when breezy, swing easy".

Sweep the ball off the turf - When trying to hit a low shot at a target, it is best to try to sweep the ball off the turf. When the club travels at a shallow angle it will keep the ball from gaining elevation and spin. This will promote better accuracy ad shots that will not be affected by the wind.



SHOE SHINE & SPIKE REPLACEMENT SERVICE AVAILABLE

As a reminder, our locker room attendant, Bill Vegeler, is available for shoe service on Tuesdays, Thursdays, and Saturdays. Shoe shines are only \$5 and spike replacements are \$15.

THE MAXIMUM LIMIT ON EACH HOLE WILL BE
NET DOUBLE BOGEY, CALCULATED LIKE THIS:

$\text{PAR} + 2 + \text{HANDICAP STROKES RECEIVED}$



HOW TO DETERMINE YOUR MAX SCORE UNDER THE NEW WORLD HANDICAP SYSTEM

The maximum score for each hole played is limited to a net double bogey - which is equal to Par of the + 2 strokes [double bogey] + any handicap strokes the player is entitled to receive on that hole based on their Course Handicap.

For example, a player with a Course Handicap of 12 is entitled to one additional stroke on holes allocated with stroke index 1 through 12 on the scorecard. On a par 4 hole, with a Stroke Index of 10, the player's maximum score would be 4 [par] + 2 [double bogey] + 1 [stroke received] = 7.

When the format of play allows, players are encouraged to pick up at their maximum hole score to keep up a good pace. For competitions, the adjustment is applied after the round. This means that the score posted for the competition and the score submitted for handicap purposes could be different.

The Net Double Bogey adjustment prevents high individual hole scores from inflating a player's Handicap Index and promotes fair play when golfers of various abilities enjoy a round of golf together.

FEBRUARY IS AMERICAN HEART MONTH



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Heart disease can happen at any age.

Heart disease doesn't happen to just older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. This month is the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

Are you at risk?

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- High blood pressure. Millions of Americans of all ages have high blood pressure, including millions of people in their 40's and 50's. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- High blood cholesterol. High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- Smoking. More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

- Obesity. Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—has obesity.
- Diabetes. Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the United States has diabetes.
- Physical inactivity. Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.
- Unhealthy eating patterns. Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replacing foods high in sodium with fresh fruits and vegetables can help lower blood pressure. **But only 1 in 10 adults is getting enough fruits and vegetables each day.** Diets high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

TAKE CONTROL OF YOUR HEART HEALTH

You're in the driver's seat when it comes to your heart.

DON'T SMOKE. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke quit.

MANAGE CONDITIONS. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

MAKE HEART-HEALTHY EATING CHANGES. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits and aim for low sodium options.

STAY ACTIVE. Get moving for at least 150 minutes per week, 30 mins 5 times a week. You can even break up the 30 minutes into 10-minute blocks.

Be kind to your heart it's the only one you got!



DANCE, DANCE, DANCE...



TENNIS & WELLNESS

REAL ESTATE LISTING OF THE MONTH

132 Falls Summit | \$2,350,000



Spectacular Shingle Style home located on over 7 very private acres. Meticulously designed with authentic details throughout, yet with all the modern amenities you would expect in a home of this caliber.

Enjoy enthralling southern mountain views and the 13th fairway, from most rooms as well as, the spacious Pennsylvania Blue Stone terrace. The bright, sunny, eat-in kitchen is truly a chef's delight with extensive cabinetry, leather finish granite counters & large island.

There is a Butler's Pantry around the corner, also on this level are a living room w/ fireplace, dining room, handsome, wood paneled den w/fireplace, office, laundry room with tons of storage & mudroom. The 3 floor elevator will take you upstairs to 3 lovely bedroom suites, 2 of which are masters. Or down to the convenient & separate apartment complete with full kitchen, 2 en-suite bedrooms, family room, game room & laundry area. Must see to appreciate! Furniture negotiable. Champion Hills is 8 minutes to town!

[Click here to see the listing](#)

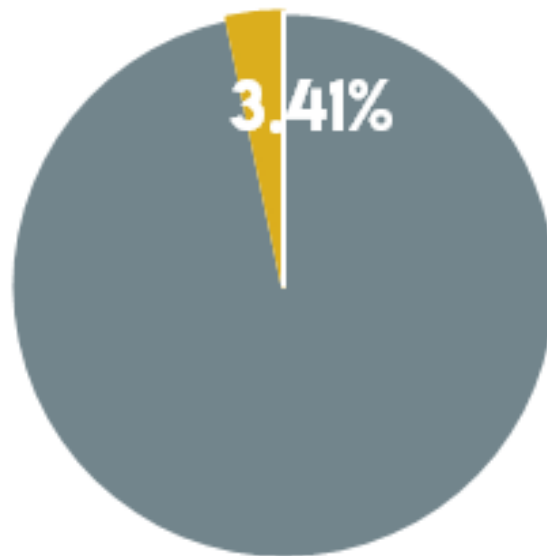


For more information please feel free to reach out to Beverly-Hanks Agents, Mary Kay Buhrke or Amber Saxon
828.693.0072 | ChampionHillsTeam@Beverly-Hanks.com

CONGRATULATIONS, CHAMPION HILLS TEAM!

Of the 3104 licensed Real Estate agents who sold at least 1 home in our 9 county area, 106 sold \$10,000,000 or more in 2019. 30% of those agents were from Beverly-Hanks and that includes our 2 onsite agents!

Agents in 9 WNC Counties Selling \$10,000,000 or more in 2019



*Thank you for your continued support over the years!
We hope to make 2020 the best yet and will stay dedicated to
your needs in the community.*

- Amber Saxon & Mary Kay Buhrke

CHAIRMAN'S DINNER

Celebrating

BROKERS WITH CLOSED SALES OVER \$10 MILLION IN 2019



#CHAMPIONHILLSNC



Benefit Luncheon

TUESDAY, MARCH 24, 2020

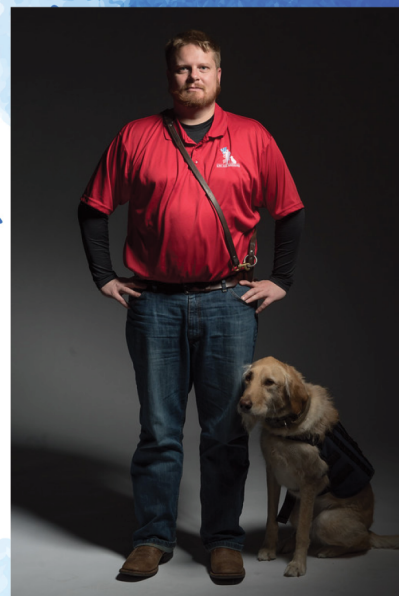
12:00PM-2:00PM

CHAMPION HILLS CLUBHOUSE

1 HAGEN DRIVE, HENDERSONVILLE, NC

Celebrate the positive impact of animal rescue not just here at home in Henderson County but in the lives of wounded warriors across the nation.

TICKETS: \$75 PER PERSON
RSVP: (828) 692-2639 EXT 301
WWW.BLUERIDGEHUMANE.ORG



WITH SPECIAL GUEST SPEAKER

Adam LeGrand
K9s For Warriors

Blue Ridge Humane Society cordially invites you to their Spring Luncheon on Tuesday, March 24, 2020 at the Champion Hills Clubhouse with special guest speaker, Adam LeGrand of K9s for Warriors. We will celebrate the positive impact of animal rescue not just here at home in Henderson County but in the lives of wounded warriors across the nation. Adam will speak directly to the profound effect that a service animal has had in his life, after Molly was rescued from a Henderson County shelter and became a part of the K9s for Warriors program.

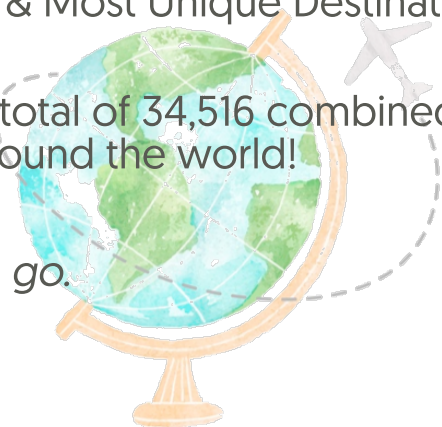
LAST CALL FOR TRAVELING CH LOGO ENTRIES!

Don't forget to submit your winter travel photos from around the world with your CH merchandise for a chance to win a Champion Hills gift basket.

Two Prizes Available: Furthest Traveled CH Logo & Most Unique Destination

So far we have members that have traveled a total of 34,516 combined miles! That's more than one full trip around the world!

Let's see how far we can go.



2020 Discover Local

Are you new to Champion Hills and WNC or are you just looking for new exciting day trips and local hot-spots? Check out this years "DISCOVER LOCAL" calendar! A unique collection of day trips and excursions will give you a look at our beautiful region while meeting fellow members. Keep an eye out for the full 2020 calendar coming soon. If you have a fresh idea, let us know and we'll try to work it in for 2020 or 2021.

Past trips have included:

- Spa Days
- Lake Lure Tours
- Chocolate Tours
- Vineyard Tours
- Flat Rock Playhouse Shows
- BMW Factory Tours
- And so much more....



February

2020



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------|------------------------|-----------------------|-------------------------------------|--|------------------------------------|--------------------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 Superbowl Party | 3 Clubhouse Closed | 4 | 5 Trivia | 6 Thirsty Thursday | 7 Prime Rib Night | 8 |
| 9 | 10 Clubhouse Closed | 11 | 12 Burger Night | 13 Thirsty Thursday | 14 Valentine's Day Dinner Dance | 15 |
| 16 | 17 Clubhouse Closed | 18 Culinary Course | 19 Pasta Night | 20 Ladies Night Out Thirsty Thursday | 21 Prime Rib Night | 22 Chef's Table |
| 23 | 24 Clubhouse Closed | 25 Mardi Gras | 26 Ash Wednesday Burger Night | 27 Thirsty Thursday | 28 Prime Rib Night | 29 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |