

April 2020

ECHOES



championhills.com | 828.696.1962 | @ChampionHillsCommunity

THE EVOLUTION OF THE CHAMPION HILLS L&N GROUP

Golf groups are a large part of the culture and the Champion Hills experience. No matter your handicap or golfing style, there truly is a group for everyone. Among those options is the L&N group, which has been a staple at the club for over 20 years. Although the group was started by previous member, Ken Novak, Dr. Arthur Lebowitz has led the group for the last 7 years.

Arthur and approximately 60 other men that comprise the L&N group thrive on creating a space that is supportive and fun. “We all tend to be a group of ‘Average Hackers’. We go out to be serious, but have as much fun as possible,” reflects Arthur. As the group plays from the White and White/Green tees with no handicap restrictions on Saturday mornings, players from all backgrounds are welcome to join and play.

Not only do the members of the L&N group play on a weekly basis, they also compete in a few “for the fun of it” competitions with each other. Between the Novak Cup and the Lundahl Cup, members of the group are encouraged to do their best and compete in a friendly atmosphere of comradery.

The Novak Cup, appropriately named after the founder of the L&N group and the “N” himself, Ken Novak, celebrates the “Most Improved Golfer” over a year’s time. Any score generated over the prior 12 months counts towards the competition; Last year’s winner was Martin Lebouitz.



The Lundahl Cup is a Ryder-Cup style tournament with three 9-hole match play competitions and a reception to follow. This competition gives players the chance to both play in a team setting, and also allows players to highlight their individual scores with head-to-head single matches on the last day. Why is it called the Lundahl Cup? Because as soon as the idea of a new competition was embraced by the group, Dan Lundahl went out and found a Ryder Cup replica to gift to the group. “That’s a true testament to how

great our group is. These men go out of their way to help the group whenever they see fit,” recalls Gerritt Kerkstra, long-time L&N member. And that is no exception with leadership and supporting roles.

At the start of the 2020 golf season, the L&N group will transition its leadership from Dr. Arthur Lebowitz to the tag-team duo of Gerritt Kerkstra and Dung Phan. Although joining Champion Hills in 2010 and 2011 respectively, both Gerritt and Dung still had very busy work-life balance in the early years that left them playing occasionally on their own or with matching help by the Pro Shop staff. After retiring and relocating to CH full time, both men approached the Head Golf Pro for suggestions on golf playing groups. Dung recalls, “The golf groups were a very attractive feature to our club and I wanted to take full advantage of the open play concept.” Both men in their own ways discovered the fun and camaraderie of the L&N group that was already well established under Arthur’s leadership.

"I wanted a group that provided a good, competitive challenge but also the opportunity to be around people who don't like to take themselves too seriously," says Dung. The L&N group fit that bill perfectly. "We always have so much fun on the course, but after each round we have just as much fun recalling the plays of the day when we all meet up in the Pub," chuckles Gerritt. Through yearly friendly competitions such as the Novak Cup and the Lundahl Cup, the group has maintained an atmosphere that is encouraging and always welcoming to new members, even new golfers, and that is a culture and tradition that Kerkstra and Phan wish to maintain.

"The men we play with on a weekly basis are the same people that I want to socialize with off the course as well," mentions Dung as Gerritt agrees. Both men wish to continue a culture that supports the tradition and values upon which the group was founded.

But more than anything, both Kerkstra and Phan, have an extreme appreciation for the men that came before them to build a group that they are proud to be members of but also proud to continue with the tradition of "all players welcome".



JOIN A CHAMPION HILLS GOLF GROUP

TUESDAY

Ladies' Day
9 & 18 Hole Ladies
Schmidt Group
Skins Game – 9 Hole

WEDNESDAY

Men's Day
Challenge Game
Men's Green Tee
Chicks with Sticks

THURSDAY

M&M Group
Green Tee
Yellow Tees
9 Hole Ladies
Get Into Golf

FRIDAY

Men's Green Tee
Black Tee
Chicks with Sticks

SATURDAY

M&M Group
L&N Group
Green Tee
Yellow Tees
9 Hole Ladies

SUNDAY

Sunday Group

A GEM EXISTS IN OUR NEIGHBORHOOD

Many of you are familiar with the Tanglewood Music Festival in the Berkshire Mountains of Western Massachusetts and the Aspen Music Festival in Aspen, Colorado. Perhaps you did not know our own Brevard Music Festival at the Brevard Music Center in Brevard, NC predates these other prestigious music festivals. Tanglewood commenced in 1938, Aspen in 1949 and Brevard in 1936. For 84 years our neighborhood gem, on a lovely wooded 180-acre campus, has annually hosted 500 talented music students [high school, college and graduate school] and almost 100 superbly talented faculty for a 7 week summer program of mostly classical music and opera instruction and performance. The festival is headed by Maestro Keith Lockhart, a Brevard alumnus, principal conductor of the prestigious Boston Pops Orchestra [and conductor of the annual July 4th Boston Pops extravaganza] as well as Chief Guest Conductor of the BBC Orchestra in London.



As an added feature and a welcome addition to our cultural scene, this year Brevard Music Center has completed construction of the new Parker Concert Hall, an indoor facility which will be host to many events during the off-season remainder of the year.

On Monday evening, June 29th, the Mountain View Room at Champion Hills will once again resonate with the music of these talented students from Brevard Music Center. Always a premier event at Champion Hills, this, our 27th year, promises to be yet another spectacular occasion. The Gala, held annually, serves to benefit Brevard Music Center’s Student Scholarship Fund, and will highlight performances by specially selected Music Center students.

The Gala, the longest running fundraising event at Champion Hills, has contributed more than \$700,000 to the Music Center to support hundreds of students since the inaugural Gala took place at the home of Maurine and Ken Bagwell in the summer of 1994.

Over more than twenty-six years, through changes in the community make up and transitioning volunteer leadership, the goodwill, generous spirit, and commitment to BMC’s mission and students demonstrated by Champion Hills residents remains constant. In recognition of its substantial contributions and support for many years the Champion Hills community was recipient of Brevard Music Center’s 2017 Distinguished Community Service Award.

We strive to once again make this Gala most enjoyable, rewarding and special evening, all the while, delighting our members with these students’ extraordinary talents. Many of your friends and neighbors have supported and attended this prestigious event each year and we hope you will join them. We sincerely hope you will consider becoming a sponsor of this wonderful event.

As an added service to our community in response to numerous requests, our Gala Committee plans once again this year to schedule a number of outings to the Music Center for specially selected shows coupled with bus transportation. The schedule will be published in the future.

And for those of you so inclined, our committee is always in need of additional members who are lovers of cultural activities at Champion Hills. No musical skills required. Please contact Harold Watsky at 407.256.7775 or Cecily Wells at 828.489.6340.

Champion Hills Gala Committee

Harold Watsky, Chair	Rosemary Johnston	Ben Meyer
Cecily Wells, Co-Chair	Kay Keith	Rebecca Lebowitz
Ned Brann	Beth Mayo	John Tiano
Angie Edgell	Susan Mehiel	Beth Wray

This article is repeated this year because of the many new Champion Hills Residents who may not be familiar with the Brevard Music Center and Annual Brevard Music Festival.

50TH ANNIVERSARY OF EARTH DAY | APRIL 22

Mother Nature has provided amazing resources for our community and we want to do our part to help make the beauty last. Look for the Earth image through out the rest of Echoes to learn what each department is doing to make an impact.

PURCHASE YOUR CHAMPION HILLS BRICK TODAY

It has been a few years since we last offered our brick engraving program to the membership. After receiving interest and requests, we are once again offering you the chance to order your very own personalized brick to be installed at the Driving Range. All funds will be used for course enhancements. [We have extended the order due date to Thursday, April 30.](#)

[CLICK HERE TO DOWNLOAD YOUR ORDER FORM](#)

HAND AND FOOT MARATHON WINNERS!

2019-2020

DIVISION 1

1st: Brian and Valerie Fitzgerald
2nd: Paul and Judy Hummer

DIVISION 2

1st: John and Toni Piowaty
2nd: Margaret Mellott and Barbara Mandell

DIVISION 3

1st: Don and Betty Martin
2nd: Ralph and Camille Grant

DIVISION 4

Tie for 1st: Julie Headley and Glad Nadeau | Ken and Debra West

Sign up for next year is now open until Monday, June 15. Format will remain the same, a division of seven teams playing six matches over the winter months. You may sign up through gayle@championhills.com or contact Judy Hummer 828.595.9527.

HEALTH OF THE COMMUNITY & CLUB

In this stressful and unusual time, we would like to state our appreciation for your patience. Our staff has worked hard to be sure that we are providing and maintaining a safe and healthy atmosphere for you and your loved ones. Please continue to watch all club communications as they will be the best way to stay updated on new information about the community and club.

We have been inundated with volunteers and so we encourage you to take advantage of their kindness and willingness to help run errands or getting groceries. To ensure we are able to capture all requests 7 days a week, please contact Alison Keenan directly to make your arrangements.

NO TASK IS TOO SMALL - PLEASE CONTACT ALISON TODAY!

Thank you again and we look forward to seeing you all when things get back to normal.

- Champion Hills Staff

Note: For updated operational hours please refer to the back cover.

TRIVIA QUESTIONS | WORLD OF WINE

Without looking up the answers, see how well you can answer these trivia questions to keep your mind ready for our next Trivia Night! Check out the last page to see how well you did.

1. What is the top classification of Burgundy wines?
 - a. Premier Cru
 - b. Magnifique Cru
 - c. Grand Cru
2. True or False: AOC is the system that determines Italian winemaking rules.
3. During Prohibition, what type of grape was still widely grown in California?
 - a. Chardonnay
 - b. Zinfandel
 - c. Concord
4. True or False: Chaptalization is adding acid to wine to balance its taste.

FAZIO PUB

FAZIO PUB MENU

FOR THE TABLE

CHICKEN WINGS | 12

Twelve Wings in Buffalo, Chipotle BBQ or Teriyaki Celery | Ranch or Bleu Cheese

COLD SMOKED SALMON | 10

Boiled Egg, Red Onions, Dijon, Capers, Lemon, Cream Cheese, Mini Bagels

LAKE LOGAN TROUT DIP | 10

Sunburst Farms Cold Smoked Trout Dip, Apples Pickled Vegetables, Greens, Toasted Bread

LOADED PORK FRIES | 8 ^{GF}

Shoestring Fries, Smoked Pork, Bacon, BBQ Sauce, Cheddar & Jack Cheeses, Scallions

7TH Avenue Brezel | 7

Plain, Salted or Weekly Topping, Local Beer Cheese Sauce

KEY LIME TEMPURA ROCK SHRIMP | 7

Garlic-Chili Aioli, Chives

SALADS

ADD: CHICKEN 6 | SHRIMP 8 | SALMON 8

TRADITIONAL CHEF | 11 ^{GF}

Turkey, Ham, Bacon, Boiled Egg, Avocado, Cucumber, Tomatoes, Shredded Cheese

STRAWBERRY & ORANGE SALAD | 8 ^{TF} | ^{GF}

Local Greens, Toasted Almonds, Red Onions, Wildflower Honey-Yogurt Dressing

CAESAR | 7

Romaine, Garlic Croutons, White Anchovies, Shaved Parmesan



Member Favorite



Signature Dish

PUB FARE

LOW COUNTRY CRAB CAKE SANDWICH | 15

Brioche Bun, Cajun Remoulade, Cole Slaw

CHAMPION BURGER | 12

Signature 8oz. Chuck, Brisket & Short Rib Patty, Choice of Cheese, Lettuce, Tomato, Onion, Toasted Brioche Bun

RUEBEN | 11

House Braised Corned Beef, Swiss, Sauerkraut, Dijon, 1000 Island Dressing, Rye Bread

HICKORY SMOKED PULLED PORK SANDWICH | 10

BBQ Sauce, Toasted Brioche Bun, Cole Slaw

TRADITIONAL BLT | 9

Heirloom Tomatoes, Smoky Bacon, Lettuce, Mayo, Farmhouse Bread
Add Two Pan Fried Local Eggs | 2

CLASSIC FISH & CHIPS | 13

Beer Battered Alaskan Cod, Fries, Tartar Sauce, Malt Vinegar, Lemons

HOUSE SMOKED BRISKET TACOS | 12 ^{TF} | ^{GF}

Shredded Lettuce, Pico de Gallo, Guacamole, Queso Fresco

TURKEY & HAVARTI PANINI | 11

Granny Smith Apple, Applewood Bacon, Honey-Mustard

CHICKEN QUESADILLA | 10

Grilled Chicken, Jack and Cheddar Cheese, Bacon, Tomatoes, Cilantro, Scallions, Chipotle Aioli

BUILD YOUR OWN SANDWICH | 7

HALF SANDWICH | 4

Ham, Turkey, Chicken or Tuna Salad

Pub Fare Items Except for Fish & Chips Come with a Pickle and Choice of Side

SIDES

House Chips | Sweet Potato Fries
French Fries | Onion Rings | Shoestring Fries
Cole Slaw | Fresh Fruit | Side Salad

GF - Gluten Free

TF - TroonFIT

Less than 500 calories & 5 grams of saturated fat

RECIPE OF THE MONTH | TURKEY BOLOGNESE

Winning dish of the TroonFit Recipe Contest - 2017

INGREDIENTS

- 1/2 cup Ground Turkey
- 2/3 cup Tomatoes, Diced
- 1 clove Garlic, Minced
- 1 Tbsp Shallots, Finely Chopped
- 1 Tbsp Olive Oil
- 1/4 cup Red Wine
- 1/4 cup Water
- 2 cups Zucchini, Julienne
- 1 Tbsp Basil, Julienne
- 1/2 cup Baby Spinach
- Salt & Pepper to Taste
- 1 Tbsp Parmesan, Shredded



DIRECTIONS

Start by browning the turkey in a sauté pan, cook through, drain and set aside. Add olive oil to the pan and heat over medium; add shallots and sweat until translucent. Add garlic and cook for about 30 seconds until garlic is very floral. The bottom of the pan is going to be brown, this is normal, add the tomatoes, turn the heat to high and cook for 1 minute; after that add the red wine, water and the cooked turkey, turn the heat to medium low and allow to simmer for 10 minutes or until most of the cooking liquid is reduced. Add the zucchini and cook for 2 to 3 minutes stirring occasionally until the zucchini starts to get soft. Add the baby spinach and half the basil and toss a couple times to wilt the spinach. Season to your liking and garnish with the remaining basil and parmesan cheese.



EARTH DAY EFFORTS

Got corks? We are still collecting wine corks for recycling from both the club and members.

We are using VioFoam biodegradable cups, lids and straws. This product biodegrades over 92% over 4 years!

Check out our Sixty-South salmon and Joyce Farms products for sustainable food choices.

CHECK OUT OUR TROON FIT MENU ITEMS

Less than 500 calories & 5 grams of saturated fat per plate.



STRAWBERRY & ORANGE SALAD | 8 TF | GF

Local Greens, Toasted Almonds, Red Onions, Wildflower Honey-Yogurt Dressing



TURKEY BOLOGNESE WITH ZUCCHINI "NOODLES" | 17 TF | GF

Tomatoes, Garlic, Fresh Herbs, Parmesan

Suggested Wine Pairing: Joseph Drouhin 2017 Pinot Noir



SCOOTER BUHRMAN, PGA HEAD GOLF PRO

Congratulations to Scooter in his new position as Head Golf Pro. We know he will do great and we look forward to everything to come.

Need to reach Scooter?

Email | sbuhrman@championhills.com

CONTACT THE GOLF SHOP

To speak with any of our golf professionals please call 828.693.3600.

Email | ProShop@ChampionHills.com

Don't forget to schedule your tee times on ForeTees! But, if you have any questions or need help getting a group together, please reach out.

We are providing social members the opportunity to play golf from now through April 30th. Tee times can be made by calling the golf shop and are available after 12:00 pm on Wednesdays, Fridays, and Sundays.

IMPORTANT DATES

Greens Aerification | Monday, April 6 & Tuesday, April 7

Ladies' Opening Day | May 12

Men's Opening Day | May 13

Please note that dates are subject to change--we will be sure to communicate changes immediately.



EARTH DAY EFFORTS

Please continue to recycle (blue recycle bin out by cart staging area and in cart barn).

We will be switching from styrofoam to a VioFoam biodegradable cup, lid and straw for the waters we put in golf carts and all comfort stations.

TIP FROM THE PRO: 3 KEYS TO HITTING BETTER GREEN SIDE BUNKER SHOTS

by Craig Sparks, PGA



KEY NO. 1:

Never hear the click of the ball contacting the club. To control shots out of the sand, understand that you never actually make contact with the ball.

KEY NO. 2:

Take a full swing. During a bunker shot, you're moving a large amount of sand, and it's this movement of sand that moves the ball. Your ball is being placed onto the green by a third party. Commit to taking a full swing--as long as you don't hear the ball at all, you will not hit it too far.

KEY NO. 3:

Understand that your club is a tool. An open face will glide through the sand while a square or closed face will dig. When there is wet sand or very little sand, for example, an open face will most likely glide and end up hitting the ball. Try using a square face to dig whatever sand you can, resulting in the sand moving the ball.

BONUS ETIQUETTE TIP:

Once you've taken the time to rake the trap, tap the bottom of your shoes with your club to knock the sand off. This prevents you from tracking sand across the green.

GREENS AERIFICATION

In order to get the course ready for the prime golf months, we will aeriate the greens April 6 -7. The course will be closed both days so that our crews can complete the work with little interruption.

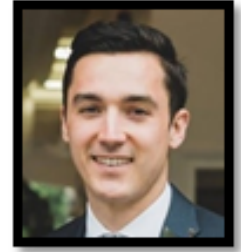
UPCOMING EVENTS!

LUNCH & LEARN : INJURY PREVENTION | APRIL 24

Join Dr. Andrew Grissom from Specialized Physical Therapy, he will discuss the best ways to prepare for the golf season.

Lunch | 17 ++ | 11:30am Seminar | 12 pm

If you wish to just attend the seminar, you will not be charged.



SAVE THE DATE | SATURDAY, APRIL 25

Tennis Season Kick Off Dinner



CPR & AED CERTIFICATION | MAY 4

1 pm - 4 pm | Limit 10 people | 20

Upon completion you will be American Red Cross certified.

Please note that all of these events are subject to change -- we will be sure to communicate changes immediately

TIPS FOR WORKING OUT AT HOME

- Challenge yourself! At home, you won't have the variety of equipment and classes that are available at a gym. So surf the Internet and browse fitness magazines to check out new workouts and make sure you're exercising correctly.
- Schedule your workouts.
- Use a journal to track your progress and jot down any breakthroughs you may have. When you have a bad day, write that down, too, to help you to find patterns you can break. For example, you may find an egg-white omelet gets you through your morning workout better than a bagel.
- Perhaps most important, make exercise as integral to your life as sleeping and eating, You have to think of it as a lifestyle change. It doesn't end. Get out of the mind frame that exercise is something you're only going to do for a period of time.

BORED?? TRY A FEW OF THESE TO KEEP YOU AND YOUR LOVED ONES LAUGHING

- Hide a walkie talkie in the bushes in front of your house/in the mailbox and scream at people when they go by.
- Make vanilla pudding, put it in an empty mayo jar and eat it on Facebook live.
- Text a random number, "The eagle has landed, repeat the eagle has landed."
- Freeze Mentos in ice cubes and put them in a family member's drink.
- Follow joggers in your car and blast "Eye of the Tiger."
- When everyone is sleeping wrap the toilet in wrapping paper.

GET OUTSIDE FOR SOME FRESH AIR AND SUNSHINE. STAY CONNECTED WHEN YOU CAN'T GET TO CLASS.

JENNE IS OFFERING VIRTUAL YOGA AND MEDITATION PRACTICE!



She will be sending out weekly emails with a video recorded yoga practice and an audio file with a guided meditation.

Contact her by email if you would like to sign up for the weekly online classes/meditations. She is offering them freely, with the option to make a donation if you wish.

To sign up email Jenne at jenneuine@gmail.com

60 DAYS FREE OF THE JAZZERCISE ON DEMAND APP

- Go to ondemand.jazzercise.com
- Click "Start my free trial"
- Enter your name, email and payment information
- Enter code 60DAYSFREE for a month to month Jazzercise On Demand subscription



VERY IMPORTANT: Put a reminder in your calendar to cancel your subscription on the 59th day so that you are not charged.



30 DAYS FREE OF NIA TV

- Go to niatv.fit
- Click "Start Free Trial"
- Enter your name, email, and payment information
- No code necessary to start your free trial

VERY IMPORTANT: Put a reminder in your calendar to cancel your subscription on the 29th day so that you are not charged.

EARTH DAY EFFORTS

Plastic bottles require up to 700 years to dissolve.

80% of plastic bottles never get recycled.

38 million plastic bottles go to landfills each year in America alone.

Stay hydrated with a RE-USABLE water bottle. We have you covered, pick up a Champion Hills metal water bottle at the Wellness Center for \$20!



LISTING OF THE MONTH

100 Prickly Briar Road | \$ 885,000 | 3,090 SQFT



Beautiful Arts and Crafts inspired home with a mountain flair designed with quality in mind. It has an open floorplan, yet the handsome beams add definition of space. The great room has a wood burning fireplace flanked by lovely built-ins with doors to the large lpe deck. Lots of light pours in through the wall of windows and also gives that tree house affect. Fabulous Chef's kitchen with serious professional range, loads of

cabinets and countertops, plus island. The dining area is adjacent and has access to the screened porch. A convenient office/den is off the kitchen and opens to the screened porch. Master suite with spacious walk-in closet and lovely bath including a tub, shower, separate vanities. The lower level has 2 suites, and family room with a 2nd fireplace and built-in bookcases. It also has its own deck area. All this is nestled on a wooded lot with lots of privacy. A water feature in the back that adds to the ambiance of the porch and deck.



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



1013 Indian Cave | \$ 329,000 | 1,811 SQFT



8 Spring Ridge | \$630,000 | 2,653 SQFT



307 Piney Knoll | \$2,250,000 | 5,342 SQFT

UPCOMING LISTINGS

OPERATIONAL HOURS

Admin Office | Monday - Friday | 9 am - 5 pm

Golf Shop | Tuesday - Sunday | 8 am - 6 pm

Golf Course | Tuesday - Sunday | 9:30 am - Dusk

Driving Range | Monday | 8 am - 1 pm | Tuesday - Sunday | 8 am - 6:30 pm

Short Range | Monday | 12 pm - 6 pm | Tuesday - Sunday | 8 am - 6:30 pm

Dining Service - Take Out & Delivery ONLY

Wednesday - Saturday | 11:30 am - 7 pm

Fazio Pub Menu and Daily Specials

Check your F&B Buzz email each Monday or chmember.com for details

Wellness Center | Closed Until Further Notice

For workout ideas check out our Club Connections Emails

Please note these hours are subject to change due to necessity.

If you have any questions or concerns please feel free to call the Admin Office at 828.696.1962.

For the most up to date information, keep an eye on all Club communications.