

December 2020

ECHOES



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



Looking for a safe get-away? Westin Savannah Harbor Resort can help.

Now offering room and play discounts!

To take advantage of these offers be sure to use the links and offer codes below.

All offers are valid until the end of February 2021.

TROON Member Rate | Cluster Code : TG2

The Troon member rate is -15% off of our Retail rate.

[Click Here to Make Your Reservation](#)

TROON Member Unlimited Golf Rate | Cluster Code : 11409

The Troon member rate is -15% off of our Retail rate.

[Click Here to Make Your Reservation](#)

TURKEY TROT RECAP



12 DAYS OF CHRISTMAS

The Golf Shop will be hosting a different sale each day starting December 11 [the Golf Shop will remain closed on Mondays] through December 24. An email will go out every morning with the day's promotion. So keep an eye on your email starting December 11. Here is a sneak peek at what is to come:



12 Days of Christmas

Golf Shop Sales & Promotions | December 11 - 24

December 11 | \$30 Off Any Club

December 12 | 20% Off Peter Millar (equals 40% Off Retail)

December 13 | All Socks & Gloves - Buy 1 & Get 1 Free

December 14 | Clubhouse Closed

December 15 | \$20 Off Sunglasses | 15% Off Hats & Visors

December 16 | 20% Off FJ and Holderness & Bourne Apparel

December 17 | 15% Off Drinkware

December 18 | \$25 Off Golf Bags

December 19 | 20% Off All Accessories

December 20 | Bottoms Up - Buy 1 & Get 1 50% Off

December 21 | Clubhouse Closed

December 22 | Get OUT-ER-WARE - Buy any Pullover, Jacket or Long-Sleeve Shirt & Get Another for 50% Off

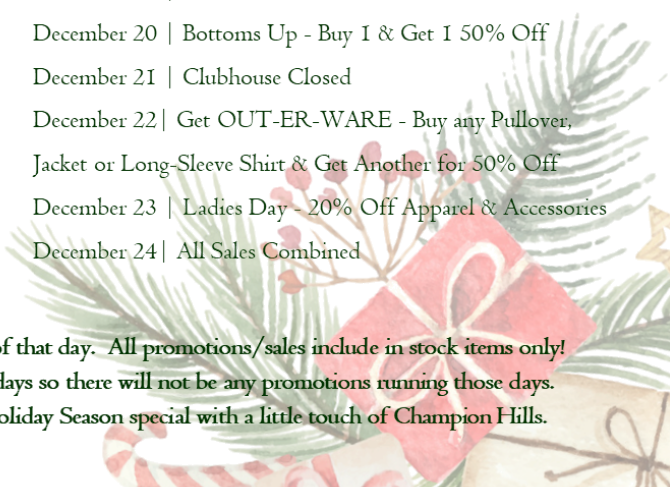
December 23 | Ladies Day - 20% Off Apparel & Accessories

December 24 | All Sales Combined

We will be sending you an email daily with the promotion of that day. All promotions/sales include in stock items only!

Please note that the Golf Shop will remain closed on Mondays so there will not be any promotions running those days.

We look forward to helping you make your loved one's Holiday Season special with a little touch of Champion Hills.



We will also be hosting a "Golf Elf" during these 12 days leading up to Christmas Eve. In the email from the Golf Shop each day there will also be a photo of our "Golf Elf" in an undisclosed location in the Champion Hills Community. See if you can solve the riddle each day and identify where he is "golfing". Email Melody with your answers each day. Each correct answer will enter you into a raffle for a special surprise!



PEDESTRIAN WALKING PRECAUTIONS

Our community provides so many great places to get out and stay active. Whether its while golfing on the course or out for a nice stroll, we want to make sure all of our members and residents are safe. Please remember these guidelines before your next walk or when driving in the community.

- Indian Cave Road is a Public/State Owned Road, therefore all state laws apply when walking or operating a motor vehicle.
 - Where sidewalks are not provided, any pedestrian walking along and upon a highway shall, when practical, walk only on the extreme left of the roadway or its shoulder facing traffic which may approach from the opposite direction.
 - Such pedestrian shall yield the right-of-way to approaching traffic.
 - Every driver of a vehicle shall exercise due care to avoid colliding with any pedestrian upon any roadway and shall exercise proper precaution.
- The majority of the roads throughout Champion Hills Property have a maximum speed of 25 mph. However please follow the posted speed limit signs as some areas are less than 25 mph.
- Golf course trails will be restricted access:
 - Dawn to 8 am (9 am in the winter) Tuesday to Sunday
 - All day on Monday, except when there is a tournament
 - From 8 pm to Dusk
 - Cart paths only

We thank you for helping keep our community safe by following these guidelines on a daily basis.

If you would like to take a look at all the walking paths around the community please visit chmember.com or visit the Admin Office.

MEET OUR NEW POA ADMINISTRATIVE ASSISTANT

Hello Champion Hills. How do you do?

My name is Bethany Liesman, the new POA/Security Administrative Assistant. Tori left some pretty big shoes to fill, but I am very much looking forward to working with Craig Galloway and the POA team to serve the residents of Champion Hills.



For the past ten years I have been in Wisconsin, where I grew up. Prior to that I worked three seasons in Yellowstone National Park, served two AmeriCorps terms in Kentucky and Pennsylvania, and went to school in Wisconsin, South Dakota and California. My travels have increased my appreciation for different cultures and communities. When I first saw the Smoky Mountains, I was smitten. The greater Asheville area provides the perfect home for the country girl who loves hiking, fishing, and horseback riding, yet also satisfies the creative soul that enjoys writing, live theatre and meeting people from around the world.

Feel free to stop by the Turf Center anytime to say, “hello.” May you have a fabulous holiday season!

POA OFFICE HOLIDAY HOURS

The POA Office will be closed on Christmas Day [December 25]
& New Year's Day [January 1]

Regular Monday - Friday Hours will apply otherwise [8 am - 4:30 pm]

Security will still be operating 24/7 on December 25 and January 1.
Should you need to contact security please call 828.243.1515.

TRIVIA NIGHT WILL BE BACK NEXT YEAR!

Thank you for a great year of fun!

TRIVIA WINNERS



November Winners | Brain Trust

Jorge & Susan Cano, BT & Sallie Alexander, Rick & Carol Kemp

WINTER HOLIDAY HAPPENINGS

Holiday Spirits

Class



December 3

HOLIDAY SPIRITS CLASS

| DECEMBER 3 |



HOLIDAY TEA

| DECEMBER 8 |



MIX & MINGLE JINGLE PARTY

| DECEMBER 5 |



UGLY SWEATER CONTEST

| DECEMBER 17 |

new years CELEBRATION 2021

PLEASE JOIN US TO CELEBRATE THE NEW YEAR WITH AN
ELEGANT PLATED DINNER ALONG WITH A
TOAST TO END 2020.

THURSDAY | DECEMBER 31

\$75 ++

COCKTAILS: 7 PM | DINNER: 7:30 PM | TOAST: 9 PM
WITH A TAKE HOME CELEBRATION KIT

TO-GO ORDERS ARE AVAILABLE

[CLICK HERE TO VIEW THE MENU & REGISTER](#)

SATURDAY DINING SCHEDULE | DECEMBER

| DECEMBER 12 & 26 |



Try Our Favorite Dinner Combo:
Cheesy Garlic Breadsticks
Greek Salad
Champion Hills Special Pizza
Pepperoni, Italian Sausage, Peppers,
Mushrooms, Black Olives, Onions

Call 828.696.1962 to place your order.

All orders for December 12 must be placed by 12 pm on Thursday, December 10
& orders for December 26 must be placed by 12 pm Wednesday, December 23

| DECEMBER 19 |



Try A New Menu Item:
Crispy Clam Strips
Blackened Shrimp Lettuce Wrap
Farro & Roasted Broccoli "Power Bowl"
Pesto Turkey Club
Kale Salad
Cuban Panini
French Dip

Call 828.696.1962 to place your order.

All orders must be placed by 4 pm Saturday, December 19

DINING SERVICE CLOSED

Please note, due to scheduled kitchen maintenance all Food & Beverage Operations will be closed December 15 - 16. We will keep you updated should there be more information to pass along. Thank you for your understanding and patience!

RECIPE OF THE MONTH | CITRUS ROSEMARY BUTTER

By Executive Sous Chef, Blake Johnson

With the holidays approaching, I always get questions for simple ways to add flavor to vegetables and meats for holiday dinners. This compound butter is an easy way to add big flavor to the finish of roasted meats and vegetables, and it's easy to prepare ahead of time to make it easier for you on the big day.

You can use a hand zester, I love the Microplane brand fine zester, or the fine blade on a box grater to prepare the citrus zest, just make sure you only get the bright colored flesh, the white “pith” layer below is bitter and you don't want to add it to the butter.

This recipe is easily scalable to larger amounts, I always make at least 3-4 pounds, and it freezes extremely well once you wrap the logs tightly in plastic wrap, making sure its sealed.

Ingredients:

1 Orange, Zested & Juiced
1 Lime, Zest Only
2 Lemons, Zest Only
2 TBS Rosemary, Leaves Only, Roughly Chopped
1 TBS Flat Leaf Parsley, Leaves Only, Roughly Chopped
1 lb Unsalted Butter, Small Diced, Room Temperature
2 tsp Kosher Salt



Directions:

Place butter into a stand mixer bowl, or large mixing bowl if combining by hand. Add citrus zest, juice, salt and all herbs to the butter, whip over medium-low speed with a paddle until combined. If using a mixer, be sure to scrape your bowl with a rubber spatula and whip again to make sure all flavors are equally combined.

While butter is still at room temperature, use a sheet of plastic wrap to form the butter into logs and then freeze or place in the fridge before use. Tightly wrapped, this will last several weeks in fridge, or up to 6 months in the freezer.

To Use:

Remove and slice into discs while frozen and bring to room temp before adding to meats as a finishing sauce or toss with roasted veggies fresh out of the oven to really add flavor. Enjoy!! I especially love this on roasted carrots, seared salmon, and pork tenderloins, but you can use this as a finishing sauce for anything from crab cakes to green beans. I know you and your guests will love it as well.

Happy Holidays from the Champion Hills Culinary Team!

WINTER LESSON SERIES IS BACK!

The professional staff will be offering a winter lesson series December through February. This series can cover all aspects of your game or target a specific area. Buy 3, get 1 free! Lessons can be redeemed anytime during 2021!

HOLIDAY SALE IN THE GOLF SHOP

Thursday, December 10 from 3:30 pm – 5:30 pm. Complimentary wine, cheese and free gift wrapping. This is a great opportunity to use your golf shop credit that expires at the end of the year. Contact the golf shop to see if you have a balance.

GOLF SIMULATOR AVAILABLE FOR USE

The golf simulator is available to use during the winter months. Come practice on the indoor range or even play Pebble Beach! This is a great way to keep your game sharp during these winter months. Contact the golf shop to reserve a time.



TROON CUP
WORTH THE WAIT!

SAVE THE DATES
**AUGUST 30, 31 &
SEPTEMBER 1, 2021**

Pronghorn | Bend, OR

Contact Scooter Buhrman for more information!

TIP FROM THE PRO: COUNT TO IMPROVE YOUR SWING TEMPO

by Craig Sparks, Assistant Golf Professional

Many golfers struggle with swinging the golf club too quickly. To remedy this, try counting:

1. Start your Swing
2. Top of Your Backswing
3. At Impact
4. Balanced Finish

This small tip can make a drastic difference in your tempo and give you one swing thought. Good tempo and a good strike will create those long straight shots we are all looking for!



PICK YOUR FAVORITE HOLE AT CHAMPION HILLS?

We want to hear from you... What is your favorite hole at Champion Hills? Whether it is because you have sunk an hole in one or just because it's pretty, let us know. All you have to do is click the link below or visit chmember.com to vote. And stay tuned for next month's issue to see the results!

[CLICK HERE TO ACCESS POLL!](#)

Poll will close on Monday, December 28 for tallying.

IMPROVE YOUR HEALTH | STRENGTH

by Mackenzie Jones, Wellness Director

As we continue to learn more about the four types of exercise that can improve your health and physical ability, endurance, strength, balance and flexibility, This month we will focus on strength.



Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries.

Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.” Strength exercises include lifting weights, even your own body weight [functional fitness], and using a resistance band.

Lifting Weights

Try to do strength exercises for all of your major muscle groups at least two days per week, but don’t exercise the same muscle group on any two days in a row. If you’re just starting, you might need to use 1 or 2 pound weights, or no weight at all. Your body needs to get used to strength exercises. You can use common objects from your home, such as bottled water or soup cans. Or, you can use the strength-training equipment at the fitness center. Use light weights the first week, then gradually add more. Starting out with weights that are too heavy can cause injuries. Use proper form for safety to prevent injury, don’t jerk or thrust weights into position. Use smooth, steady movements. Avoid “locking” your arm and leg joints in a tightly straightened position.

Using a Resistance Band

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band when you can do two sets of 10 to 15 repetitions easily. Hold on to the band tightly [some bands have handles] or wrap it around your hand or foot to keep it from slipping and causing possible injury. Do the exercises in a slow, controlled manner, and don’t let the band snap back.

SAFETY TIPS

- Don't hold your breath during strength exercises and breathe regularly.
- Breathe out as you lift or push and breathe in as you relax.
- Talk with your doctor if you are unsure about doing a particular exercise.
- If you have questions about form or reps ask one of our Champion Hills Fit Pros for guidance.

The Champion Hills group fitness class schedule offers 5 strength-based classes per week!

WEEKLY GROUP FITNESS SCHEDULE

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:00am Spin	8:00am Yoga Basics	8:00am Pilates	8:00am Spin	8:00am Pilates
9:15am Strength 45	9:15am Jazzercise	9:15am Jazzercise	9:15am Strength 60	9:15am Spin
10:30am Slow Flow + Core Yoga	10:30am Spin	10:30am Slow Flow Yoga	10:30am Strength 45	

Visit chmember.com to register today!

Trust in your champion hills fit pros! With years of experience, each instructor has been adapting since May to serve the fitness needs of our membership. We will continue to adapt to make your masked group fitness experience successful.

BULK CLASS CARDS

Bulk Fitness Class Cards are a great holiday gift to share with your loved one. Please contact Mackenzie Jones to purchase a bulk class card in time for the quickly approaching holiday season.

1 class | \$ 15
 10 classes | \$ 100
 20 classes | \$ 180
 30 classes | \$ 240
 50 classes | \$ 350

LISTING OF THE MONTH

91 OLD HICKORY TRAIL | 3,713 SQFT. | \$550,000



A great opportunity and fabulous value in Champion Hills, home to Tom Fazio's Mountain Masterpiece, for anyone looking to buy a home with great bones and make it their own! The lovely, private setting is perfect for the outdoor spaces which include a nice size screened porch, and 2 large decks. Inside you'll be greeted by the wall of windows in the great room along with the stone fireplace, built-in cabinetry including wet bar and fridge. The open floorplan allows you to be in the kitchen, but also a part of the party. Another great feature are two main level bedrooms suites, one is the Master, then an additional suite upstairs, and one downstairs. Downstairs also offers a spacious family room with another stone fireplace, and a large room that could be a bedroom, hobby room or just use it for storage. Located just 8 minutes to downtown Hendersonville with galleries, restaurants, live entertainment, grocery stores, and great medical care. Visit for a day, stay for a lifetime!

[CLICK HERE TO VIEW 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

Beverly-Hanks

REALTORS®

QUARTER 3 MARKET REPORT



Tune into the Beverly-Hanks Quarter 3 Market Report by Neal Hanks, President. Although the country was expecting a major slow down with the eve of the COVID-19 pandemic, this year has become on the largest turn arounds in the Real Estate Market.

"COVID-19 has clearly shifted the momentum of our sales activity from Spring and Early Summer to Late Summer and Early Fall." - Neal Hanks, President

- Low interest rates that are predicted to maintain well into 2021
- More luxury homes sold in WNC than last year at this time

[Click Here to View the Market Report: Quarter Three 2020](#)



December 2020



SUN

MON

TUE

WED

THU

FRI

SAT

		Pasta Night 1		Holiday Spirits Class Thirsty Thursday 3		Mix & Mingle Jingle Holiday Party 5
Brunch 6	Clubhouse Closed 7	Holiday Tea Party Burger & Ribs Night 8		Hanukkah Begins Thirsty Thursday 10		Pizza On the Go 12
Brunch 13	Clubhouse Closed 14	No Dining Service Due to Kitchen Maintenance 15	No Dining Service Due to Kitchen Maintenance 16	Thirsty Thursday Ugly Sweater Competition 17	Hanukkah Ends 18	Pub Menu To Go 19
Brunch 20	Clubhouse Closed 21	Burger & Ribs Night 22		Christmas Eve Clubhouse Closes @ 2 pm 24	Christmas Day Clubhouse Closed 25	Pizza On the Go 26
Brunch 27	Clubhouse Closed 28	Pasta Night 29		Thirsty Thursday New Year's Eve Celebration 31		 SATURDAY GIFT