

ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS CLUB



DECEMBER 2022

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



FROM THE GM'S DESK

Can you believe that the Holiday Season is here? Where in the world did the year 2022 go? During this unique time in our Club and industry as a whole, we continue to move forward to provide Members with the best our Club has to offer. There have been staffing issues, supply chain shortages, and increasing prices, but everyone has been supportive and understanding in the face of adversity. A sincere thank you does not express the gratitude felt by those who have stood behind us through it all. We appreciate your patience!

I am pleased to report that the Club is moving closer to being fully staffed. I would like to acknowledge the hard work and dedication our staff has put in to keep all departments up and running. When you see them around, please thank them. Our staff would also like to thank our Members for the valuable feedback provided to help us improve our operations this year. We are committed to serving you, the wonderful Membership of Champion Hills.

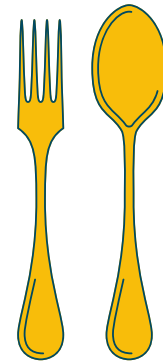
When you chose to join Champion Hills, you became part of an extended family of over 300 Members, all with the common goal of enjoying everything our Club and Community offer. One prominent aspect of this is that each of you do your part to make Champion Hills feel like home! Many of you have mentioned to me that being a part of a small community where everyone knows your name and cares about you and your family makes Champion Hills such a special place. You have our guarantee that we will do our best to provide you with the finest experience possible.

I would like to personally offer one last sincere thank you to all Members who contributed to the Employee Holiday Fund, Angel Tree and Food Drive. On behalf of our local community and the entire staff, we say thank you for not only making Champion Hills a special place to work, but for giving back to our friends and neighbors in Henderson County.

Thanks for a great year and we look forward to an even better 2023!

Happy and Healthy Holidays to each and every one of you!

Alan Deck, CCM, PGA
General Manager/COO



Thanks to the generosity of our Residents and Members at Champion Hills we were able to collect 795 lbs. of food for the IAM Holiday Food Drive. Our community is so blessed!



CHAMPION HILLS ANGEL TREE

We are proud to say that this year's Angel Tree program was a complete success! The Salvation Army and our associates are beyond thankful to all the Members who helped make Christmas special for their children. All together, gifts were donated for 38 Champion Hills Angels and 85 Salvation Army Angels.



Thank You From



UPCOMING EVENTS



LADIES' HOLIDAY TEA & CANDLE MAKING

DECEMBER 8 | 2 PM - 4 PM

Join the ladies of Champion Hills for this special annual tradition! Handcraft your very own holiday-scented soy candle while enjoying delightful bites and assorted teas.

CHAMPION HILLS HOLIDAY PARTY DECEMBER 16 | 5:30 PM - 8 PM

Celebrate the most wonderful time of the year with friends at the Champion Hills Holiday Party!



UGLY SWEATER PARTY AT THIRSTY THURSDAY

DECEMBER 22 | 4 PM - 6 PM

It's a time-honored tradition here at Champion Hills - come one, come all, come with your snazziest holiday sweater. Prize for the ugliest sweater will be awarded!

NEW YEAR'S EVE CELEBRATION DECEMBER 31 | 7 PM - 11:30 PM EARLY CELEBRATION | 5:30 PM

The Finns are coming to ring in the New Year with us. Their harmony and impressive singing ranges are sure to make this a night to remember. You don't want to miss it!



Visit chmember.com to learn more about these events!



CONGRATULATIONS!

Patrick & Matt

CHAMPION HILLS
CORNHOLE CHAMPIONS!

CONGRATULATIONS!

FERNANDO LEITE

CHAMPION HILLS
TURKEY TROT CHAMPION!



CONGRATULATIONS!

Quizzly Bears

John & Lauri Chambless

Karen Gilbert

Chuck & Tammara Darnell

*Not Pictured - Thea Sommer

NOVEMBER TRIVIA WINNERS!

CALLING ALL GIN RUMMY FANS!

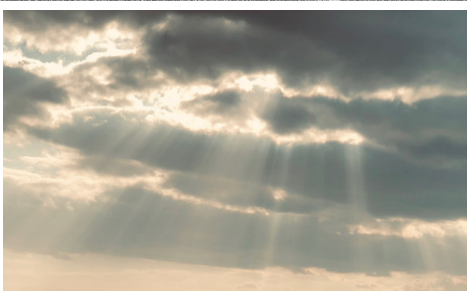
If you would like to play a little low stakes Hollywood Gin Rummy this winter at the Clubhouse please contact Christine Spalding at christine@championhills.com. The game will be set on Tuesday afternoons. We can play 2, 4 or more handed depending on the amount of sign ups we have. The first game will be on December 13 at 1:30 PM.



AROUND THE CLUB



DECEMBER



THE PARK AT BOLLERS KNOB



Champion Hills is famous for its breathtaking views, and the park at Boller's Knob certainly doesn't disappoint. The park is located just off Little Cherokee Ridge at the end of Boller's Knob Lane, and provides beautiful views of the Hendersonville and Flat Rock areas. The staircase leading up to the park has a gradual incline for ease of access. Once you reach the top of the park, there is a new sidewalk leading to the concrete patio which was installed earlier this year. The patio area has three picnic tables and plenty of room for your small gatherings. So grab some friends, your favorite beverages, snacks and visit the park at Boller's Knob. It's certain to be a wonderful afternoon with a gorgeous view.

HAVE A SAFE HOLIDAY SEASON BY CHIEF CHARLIE GALLOWAY

Valley Hill Fire & Rescue and Henderson County EMS both confirmed that the most important part of taking life saving measures in the event of a heart attack or stroke is recognizing the warning signs and calling 9-1-1 immediately.

This holiday season, take a moment to familiarize yourself with the American Heart Association website at heart.org so you can act quickly in crucial moments.

We are very fortunate to have great services in our area with Valley Hill Fire Department's Station #3 so close. In fact, the response time to Champion Hills is usually between 3 - 4 minutes. Henderson County EMS team can determine the most appropriate transportation to further medical assistance nearby. If needed, we do have three landing sites for MAMA in Champion Hills that have already been designated and mapped out.



WELCOME TAY MCKAMY

FOOD & BEVERAGE DIRECTOR

Happy Holidays everyone! I wanted to take a moment to thank the Membership profusely for making me feel so welcome in such a short time. The outstanding reputation the Club and Community have is well-deserved and tangible. I greatly appreciate those of you who have gone out of your way to say hello and include me in the Champion Hills family. If we have not yet met, I would love to have you visit us for lunch or dinner so I may have the opportunity to make your acquaintance. In the meantime, I thought I might leave you all with a simple cozy cocktail recipe to warm your spirit and soul in the coming months.

THE HOT TODDY

[They could not be easier to make!] For this classic cocktail, you will need just hot water, whiskey [I recommend Woodford Reserve bourbon because of the profound flavor profile], local honey and lemon. Unlike your typical mulled wine, wassail or warm cider, hot toddies are light and hydrating and not overly sweet. Hot toddies are lovely slow sippers, and great for a nightcap. My aunt used to say, "they are perfect for playing cards with friends" (as I now remember always seeing the "tea service" present on bridge day as I was growing up).

Suggested Garnishes: 1 Orange Slice, 1 Cinnamon Stick, 3 Cloves, or try adding a bag of Earl Grey Tea to your hot water for an extra herbaceous flavor.

Directions: Add hot water to a teacup and pour in the desired amount of whiskey (Irish and Scotch whiskeys are acceptable if you prefer). I suggest 1.5 ounces. Stir in a scant teaspoon of local honey (ingesting local honey is a homeopathic remedy and will increase your immunity against allergies caused by pollen). Squeeze the juice of 1 lemon wedge into your teacup. Your Hot Toddy is now ready! You may add optional garnishes if you wish. I hope you all enjoy the Holidays with your family and friends. I will look forward to seeing you at the Clubhouse!

SUNDAY SUPPERS

DECEMBER 4, 11 & 18

5 PM - 7 PM

Your favorite Champion Hills Comfort Food Classics are coming to Sunday nights! Kick back and relax in the Fazio Pub with these comforting food classics or call your order in to-go!



AMBROSIA SALAD

BY CHEF SEAN THOMAS

My grandmother made Ambrosia every Thanksgiving and Christmas. It was as certain as turkey. For a few years after she passed away, no one made it. I'm not really sure that anyone noticed or if they did, no one mentioned it. It just wasn't on the table.

Then a few years ago I started hosting Thanksgiving in our home. So, when it came time to plan the menu Ambrosia was at the top of the list. One of the most precious moments of that first Thanksgiving was my dad told me he'd like me to make it again for Christmas. I still smile thinking about the memory.



INGREDIENTS

- 1 (15 oz.) Can of Dole Mandarin Oranges
- 1 (20 oz.) Can of Dole Pineapple Tidbits
- 1 (16 oz.) Jar of Regal Maraschino Cherries with Stems Removed, (Cut in Half if Desired)
- 1 Cup of Green Grapes, Washed and Cut in Half
- 1 1/2 Cups Mini Marshmallows
- 1/2 Cup Unsweetened Coconut, Shredded
- 1/3 Cup Walnuts Tidbits
- 1 1/4 Cups Heavy Whipping Cream
- 1/2 Cup Sour Cream
- 1 - 2 Tablespoons Granulated Sugar

INSTRUCTIONS

1. Open and drain the cans of fruit. No need to rinse, but you do need to drain. If you have time, drain the fruit in a strainer for 30 minutes.
2. Wash the grapes and then cut them in half.
3. Remove the maraschino cherry stems if they are still attached. Cut the cherries in half. Reserve a few whole cherries to place on top of the salad.
4. Whip the heavy cream. Pour the heavy cream into a cold bowl and whip using a hand mixer with a wire whip attachment for 4 to 5 minutes, or until the cream is whipped to soft to medium peaks.
5. Measure the sour cream. Mix the whipped cream into the sour cream.



The Perfect Swing

By Head Pro, Scooter Buhrman

COUNT TO IMPROVE YOUR SWING TEMPO

Many golfers struggle with swinging the golf club too quickly when on the golf course. To remedy this try counting '1' when you start your swing, '2' when you reach the top of your backswing, '3' at impact, and '4' when you reach a balanced finish. This small tip can make a drastic difference in your tempo and give you a one swing thought. A good tempo and a good strike will create those long straight shots we are all looking for!



WANT TO PRACTICE YOUR SWING?

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 cold winter months! Contact the Pro Shop to reserve a time!

THE GOLF ELF IS BACK...

Be sure to keep up with your golf emails for the chance to win deals at the Pro Shop! Once the sale has begun, if you think you know the answer to our riddle, email lilly@championhills.com before midnight each day to be entered into a drawing if your answer is correct.





GOLF

Lessons

WINTER LESSON SERIES IS BACK!
BUY 3 GET 1 FREE

The professional staff will be offering a winter lesson series that will run December through February and will cover all aspects of the game or target a specific area. Lessons can be redeemed anytime during 2023.

GOLF NEWS

Pro Shop Holiday Sale

THURSDAY, DECEMBER 8

3:30 PM - 5:30 PM

Stop by the Champion Hills Pro Shop to enjoy complimentary wine, cheese and free gift wrapping. This is a great opportunity to use your Pro Shop credit that expires at the end of 2022!

New Year, New You!

With a variety of weekly classes to choose from you are bound to find the right group fitness class to meet your health and wellness goals. Start the new year off right!

Tabata Circuit | Fridays 8:15 AM

Instructor: Elijah Askew

A 45-minute class with both HiiT (high impact interval training) or LiIT (low impact interval training) options. This class is sure to challenge you. Each exercise in a Tabata workout lasts only four minutes.

The structure of the program is as follows:

- Work out at moderate to hard level for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

Rip Trainer Tabata | Tuesdays 10:30 AM & Wednesdays 8:15 AM

Instructor: Elijah Askew

Cross-train for your best golf or tennis game! This is a 45-minute isometric strength training class using the rip station.

Golf Core | Thursdays 8:15 AM

Instructor: Elijah Askew

A 35-40 minute class that will target core muscle strength. This class will focus on core articulation, flexibility and strength cross training to enhance your golf game.

Yoga Basics | Tuesdays 8 AM

Instructor: Loretta Zedella

A well-rounded and accessible yoga class with an emphasis on healthy posture and physical alignment. Increase flexibility, improve balance, build core strength, relieve back and neck pain and de-stress. A great way to start the day. Beginners welcome!

Slow Flow + Core Yoga | Mondays 10:30 AM & Wednesdays 10:30 AM

Instructor: Loretta Zedella

This yoga class was designed with strength and fitness in mind. This class offers core focus movement helping in posture, balance, flexibility and articulation. This class ends with Slow Flow to focus on mindfully moving and breathing while holding poses longer. This class is suitable for all levels.

Jazzercise | Tuesdays 9:15 AM & Wednesdays 9:15 AM**Instructor: Mackenzie Jones**

Burn up to 400 calories with this high-intensity low-impact dance workout that mixes modern moves with strength training. Set to Top 40 music, Jazzercise targets the 3 major muscle groups for a full body workout. This class is both fun and effective and can be modified for all fitness levels.

Strength 45 Class | Mondays 9:15 AM**Strength 60 Class | Thursdays 9:15 AM****Instructor: Mackenzie Jones**

Go for confidence-inspiring contour and definition. Both resistance training classes use hand weights and mats. Each class will alternate between three different muscle groups. The class consists of abdominal routines, upper torso/arm routines, and glute/leg routines. These classes are specifically designed to deliver a whole-body, well-rounded, strength training workout. Each workout is choreographed to upbeat music of all genres to drive the class forward and keep your mind on the beat instead of the burn. Strength 60 is an advanced class, Strength 45 is a moderate-level class.

Simply Strength | Thursdays 10:30 AM**Instructor: Mackenzie Jones**

This is a gentle 45-minute functional strength training class. Using lift weights, small balls, and versa bands for extra resistance this class is designed for those new to strength training.

Strength 45 Ball or Band | Mondays 8:15 AM**Instructor: Mackenzie Jones**

This is a 45-minute intermediate to advanced class that will target alternating muscle groups using resistance balls and bands.

Spin | Fridays 9:15 AM & Sundays 9:15 AM**Instructor: Ashleigh Holland**

Saddle up for this 45-minute traditional spin class. Set to heart-pumping music this class is designed to raise your heart rate at your own pace.

H2O Fitness | Offered June - September**Instructor: Wendy Schuchart**

Join our instructor in our heated pool for a no-impact workout. This workout is a blend of cardio and resistance training and may incorporate resistance tools such as buoyant water weights and noodles. This class blends cardio and resistance into a class that's cardio-conditioning and body-toning. You will be working all your muscles, abs, glutes, arms and legs, all set to upbeat music. Great for all fitness levels and is offered during the summer months.

GOOD NEWS TRENDS FOR TODAY'S HOMEBUYERS

While higher mortgage rates are creating affordability challenges for homebuyers this year, there is some good news for those people still looking to buy a home.

As the market has cooled this year, some of the intensity buyers faced during the peak frenzy of the pandemic has cooled too. Here are just a few trends that may benefit you when you go to buy a home today.

1. More Homes to Choose From

During the pandemic, the housing supply hit a record low at the same time buyer demand skyrocketed. This combination made it difficult to find a home because there just weren't enough to meet buyer demand. According to Calculated Risk, the supply of homes for sale increased by 39.5% for the week ending October 28 compared to the same week last year.

Even though it's still a sellers' market and supply is still lower than more normal levels, you have more to choose from in your home search. That makes finding your dream home a bit less difficult.

2. Bidding Wars Have Eased

One of the top stories in real estate over the past two years was the intensity and frequency of bidding wars. But today, things are different. With more options, you'll likely see less competition from other buyers looking for homes. According to the National Association of Realtors (NAR), the average number of offers on recently sold homes has declined. This September the average was 2.5 offers per sale. In contrast, last September, the average was 3.7 offers per sale.

If you tried to buy a house over the past two years, you probably experienced the bidding war frenzy firsthand and may have been outbid on several homes along the way. Now you have a chance to jump back into the market and enjoy searching for a home with less competition.

3. More Negotiation Power

And when you have less competition, you also have more negotiating power as a buyer. Over the last two years, more buyers were willing to skip important steps in the home buying process, like appraisal or inspection, to try to win a bidding war. But the latest data from the National Association of Realtors (NAR) shows the percentage of buyers waiving those contingencies is going down.

As a buyer, this is good news. The appraisal and the inspection give you important information about the value and condition of the home you're buying. And if something turns up in the inspection, you have more power today to renegotiate with the seller.

Bottom Line

While buyers still face challenges today, they're not necessarily the same ones you may have been up against just a year or so ago. If you were outbid or had trouble finding a home in the past, now may be the moment you've been waiting for. Let's connect to start the homebuying process today.

CHAMPION HILLS REAL ESTATE

104 Little Cherokee Ridge

.57 Acres, Additional .55 Acre Lot Available for Added Cost

\$1,225,000



Details of the Property

- 4,000 Square Feet
- 4 Bedroom/4 Bath
- Open Floorplan
- Gourmet Kitchen
- Spacious Trex Deck
- Conditioned Bonus Storage, Workshop & Office
- Water Feature

Interested in learning more?

Call our Real Estate Team for more details:

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

LISTING OF THE MONTH

December

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

