

January 2021 ECHOES



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

Being a part of a community as welcoming and inviting as Champion Hills means we quickly become a family. Members and Staff are in each others lives for birthdays, anniversaries, weddings, births and all of life's celebrations. And, when life throws us difficult moments, we are there for each other too. It is in our most challenging, scary and vulnerable times that we need each other most. In these moments we realize how lucky we are to have a real hero step up at our greatest time of need.

Miranda Galloway, Lieutenant Chief of Security, did just that.

In August 2020, a member had a severe health emergency on the golf course. Miranda arrived quickly on the scene and began performing life saving measures all by herself - measures that normally require multiple trained professionals. Miranda's training kicked in, fueled further by her admiration for the member. She recalls, "I was giving it everything in me - finding strength I didn't even know I had. Those minutes felt like hours, but I knew what had to be done."

Because of Miranda's bravery, skill and dedication, this story has a very happy ending. Though the path to recovery was long, our beloved member is now nearly back to his old self; practicing his golf swing and taking full advantage of the club.

"I can never fully express my gratitude for what Miranda did for me and my family. People say I'm looking great, but I say all the credit goes to Miranda. She is why I am here today" he remarks.

Miranda was recognized by Troon and her fellow Champion Hills staff on September 30, 2020. She was presented with the Chief Executive Officer Award for her remarkable service not only to Champion Hills, but also to her members. We could not be more proud to have Miranda Galloway on our team! She truly is our hero.



Inspired by Miranda's act of kindness and fearlessness, a generous donation was made to staff at Champion Hills to renew and gain more CPR certifications. Below are the Champion Hills Staff Members who are trained and certified to step up just like Miranda in a time of need for anyone in our Community.

Thank you to all involved as we know this will help us stay an active and healthy community for years to come!

SECURITY



GOLF



FOOD & BEVERAGE



WELLNESS



CPR CERTIFICATIONS

THANK YOU FROM THE STAFF

The 2020 Angel Tree project at Champion Hills concluded another very successful year. A total of 139 Angels had a very special Christmas this year, due to your kindness!!! 46 of those Angels were children of our very own staff. To show our gratitude here are just a few messages of thanks to those who helped make Christmas magical in 2020.

"Thank You for adding to the joy of Christmas with your gifts for my daughter. We are so humbled and grateful for her gifts. We can't wait to see Leia's face when she opens her gifts on Christmas morning. Thank you for everything."

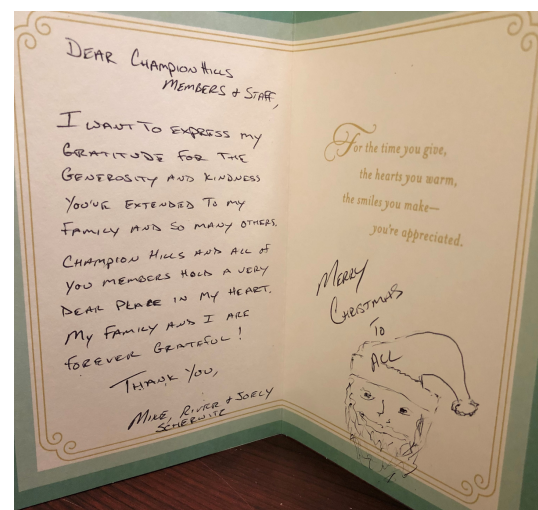
"As the year comes to end, we look back and think what all was accomplished, things we missed, people we seen. All comes down to love and thanks."

"I cannot thank all of you enough for taking not only the employees but our kids into consideration this Christmas. You helped us out tremendously by bringing joy to our child's holiday.

From the bottom of our hearts THANK YOU!!!"

"Thank you from my family for helping spread Christmas joy for my two children on Christmas morning. I hope 2021 brings you happiness and blessings in return for your generous heart."

"Christmas this year will be different, but your thoughtfulness will help bring joy to my children this year on Christmas morning. Thank you so much."



WINTER WEATHER TIPS

Winter is here and as we all know there is always a possibility of winter weather that can catch us off guard. We are here to make sure you are staying safe and updated with any information on winter weather happenings. Please note the following tips this season:

- We will send email updates when necessary informing you on community road conditions.
- If you do not feel safe leaving your drive way please stay home.
- If you need assistance during a winter storm please call Security at 828.243.1515
- We will do our best to maintain all road conditions within the community

Our goal is to keep you safe. Please feel free to call the Admin Office at 828.696.1962 or Security at 828.243.1515 with any questions.

HIGH SPEED INTERNET

With more people opting to work form home and travel less, the need for fast, efficient internet is more important than ever. Whether its a conference call to the office or a video chat with the grandkids, we know you need to stay connected. Maybe it is time to check out the 1 Gig Internet package for \$149 per month from Morris Broadband.

<https://www.morrisbroadband.com/high-speed-internet/>

TRIVIA NIGHT IS BACK!

JANUARY 6

COCKTAILS: 5:30 | DINNER: 6 | GAME: 7

\$26++

New Year & New Questions to Test Your Mind!

Menu for the Night:

Poached Pear Salad

Red Wine Poached Pears, Local Baby Greens, Clemson Blue Cheese,
Toasted pistachios, and Dark Balsamic Dressing

Roasted Bone In Chicken Breast

Wild Rice & Cranberry Pilaf, Broccoli with Toasted Garlic,
Apple Ginger Chutney

Molten Chocolate Lava Cake a la mode

Alternative Meal

Salmon with Wild Rice & Cranberry Pilaf,
Broccoli with Toasted Garlic, and Lemon Wedges



JANUARY 14

Why not practice being the perfect host while we wait for the best time to start having parties again?



JANUARY 13

A special dinner featuring hand-picked beers from one of our favorite local breweries!



FEBRUARY 7

Sundays are for Football! Come watch the biggest game of the year with us in the Fazio Pub. Featuring special bar bites and drink specials for for any tailgate party.



FEBRUARY 10

Ladies' Night Out, what a way to start the year! Grab a cocktail and your favorite Gal Pal for this month's LNO.



Valentine's Day Cocktail Class

FEBRUARY 11

Shake up the typical date night with our Valentine's Day Cocktail Class. If your lucky you may even get to show off some of your bartending skills.



February 14
11:30 am - 4 pm

FEBRUARY 14

No need for breakfast in bed when you can bring your "sweetheart" to brunch. Make your reservation today!

JANUARY DINING SCHEDULE

Monday's | Clubhouse Closed - No Dining Service

Tuesday's | 11:30 am - 4 pm Lunch Service
5:30 pm - 8 pm Burger Night or Pasta Night (alternating weeks)

Wednesday's | 11:30 am - 4 pm Lunch Service
5:30 pm - 8 pm Dinner Service

Thursday's | 11:30 am - 4 pm Lunch Service
4 pm - 6 pm Thirsty Thursday
6 pm - 8 pm Dinner Service

Friday's | 11:30 am - 4 pm Lunch Service
5:30 pm - 8 pm Dinner Service

Saturday's | 11:30 am - 4 pm Lunch Service
Weekly To-Go Menu Options

Sunday's | 11:30 am - 4 pm Brunch Service

WEEKLY SATURDAY TO-GO

January 2 | Pub Menu To-Go

January 9 | Pizza On the Go

January 16 | Pub Menu To-Go

January 23 | Hot & Ready Casseroles

January 30 | Pub Menu To-Go



Hot & Ready
Casserole
To Go &
Home Delivery

January 23 | Pick Up 2 pm - 4 pm

Although they can be frozen.... these casseroles are best enjoyed warm when picked up and then you can freeze the leftovers in smaller portions.

Choice of Large Salad
Garden Salad or Greek Salad

Choose one entrée:

Chicken Parmesan over Baked Penne

Crispy Breaded Chicken with Melted Mozzarella & Parmesan Cheeses
Over Three-Cheese Penne Pasta with Pomodoro Sauce.
Served with Side of 4 Garlic Breadsticks

Chicken Pot Pie with Biscuit Topping

Tender Joyce Farms Chicken, Shredded & Folded into a
Rich Chicken Cream Sauce with Onions, Carrots, and Peas.
Served Warm with Flaky Split Biscuit Topping.

Each entrée comes with 4 freshly baked chocolate chip cookies

All orders must be placed by 12 pm on Thursday, January 21.
Please call Cathy Brovet at 828.696.1962 ext. 1317 to place your order.
Or email her at cathyb@championhills.com

WINTER LESSON SERIES IS BACK!

The professional staff will be offering a winter lesson series 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!

2021 MAJOR TOURNAMENT DATES

Ladies' Opening Day | May 11
Men's Opening Day | May 12
Sunday Couples' Opening Day | May 16
Memorial Day Mixed ABCD | May 31
Match Play | June 12-13 (Rd 1 and Rd 2)
Queen Bee | June 22 & 24
4th of July Mixed | July 4
Club Championship | Begins July 9
Ladies' Member-Guest | July 21-23
Men's Member-Member | August 6-8
Ladies' 9 Hole Club Championship | August 12 & 13
Ladies' Member-Member | August 17, 19 & 20
Labor Day Mixed | September 6
Husband & Wife Championship | October 3
Ladies' Closing Day | October 5
Men's Closing Day | October 6
Men's Green Tee Cup | October 8
Men's Member Guest | October 13-16
Couples' Closing Day | October 17

TIP FROM THE PRO: WINTER GOLF

The winter is a great time to do some golf exercises inside when the weather may not be so good outside. This is a great way to maintain flexibility and possibly increase club head speed!

Follow the link below for some more Troon Fitness golf specific exercises.

www.troon.com/moments/fitness/

FAVORITE CHAMPION HILLS GOLF HOLE!

The results are in! We asked and you told us your favorite golf holes at Champion Hills.



WINNER! MEMBER FAVORITE: HOLE 15

"Multiple options off the tee, and then a green surrounded with trouble!"

"GREAT DESIGN AND GREAT WALK TO GREEN"

"I think the use of the creek results in an extremely well designed hole. A fairly wide fairway but don't hook it into the creek or push it left into trees. The second shot is usually a short iron but if you miss it short, you're in the creek. Scull it long or slice it and you're in the creek too. The hole rewards two decent shots but fairly penalizes poor shots."

"PRETTY, PLAYABLE"

OTHER TOP FAVORITES:

- Hole 5
- Hole 9
- Hole 11
- Hole 12
- Hole 13

IMPROVE YOUR HEALTH | BALANCE

by Mackenzie Jones, Wellness Director

This month we will focus on the importance of practicing balance.

Balance relies on input from several of the body's systems; including the following:

Visual System - To get an idea of how important vision can be for balance, see if you can stand on one leg with your eyes closed for 30 seconds. (If your performance is wobbly, don't worry; balance training can help stabilize it.) Our eyes also help us adjust our body's position, so we can steer around obstacles in our path.

Vestibular System - If you have ever suffered from vertigo, you know about balance problems caused by inner ear trouble. Nerve receptors in the semicircular canals, the utricle, and the saccule - parts of the inner ear- are sensitive to movements of the head and relay its position to the brain.

Proprioception - Receptors called proprioceptors in the skin, joints, ligaments, tendons, and muscles receive stimuli (for example, pressure on the bottoms of the feet) indicating the position, orientation, and movement of the body, and convey information to the brain, which uses it to create a constantly changing map of your position. When you lift your right leg, for example, the map is revised, and you maintain your balance by unconsciously shifting your weight to your left leg.

You need sensory input, central processing (motor control), and muscle power to maintain stability during both purposeful movements, such as lifting the foot off the ground during an exercise routine, and reflexive ones, such as recovery from a sudden stumble. Injury, illness, neurological disorders, medications, and advancing age can affect all the systems involved in balance.

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Exercises to improve your balance include yoga, a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply.

Balance Exercises:

- Try standing on one foot, then the other. If at first you need support, hold on to something sturdy. Work your way up to doing this movement without support. Get up from a chair without using your hands and arms.
- Try the heel-to-toe walk. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch, as if you were walking along a balance beam or tight rope.

Safety Tips:

- Have a sturdy chair, balance bar, or counter to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about a particular exercise.

NEW GROUP FITNESS CLASS | CYCLE CORE

Join Katie for a 45-minute circuit style class including 30 minutes of cycle followed by 15 minutes of floor core work.

Designed with a face mask in mind, this class is sure to help you reach your fitness goals by combining light to medium intensity cardio with core strength training.



Classes are limited to 5 participants and offered two times per week.

Tuesday 10:30am

Friday 9:15am

WEEKLY GROUP FITNESS SCHEDULE

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

BULK CLASS CARDS

Contact Mackenzie to purchase a class card

1 class | \$15

10 classes | \$100

20 classes | \$180

30 classes | \$240

50 classes | \$350

class cards do not expire, are non-refundable, and transferrable

3 REASONS TO BE OPTIMISTIC ABOUT REAL ESTATE IN 2021

This year will be remembered for many reasons, and optimism is one thing that's been in short supply since the spring. The challenges brought on by the health crisis have also forced many homeowners to reevaluate their space and what they need in a home going into 2021. So, experts are forecasting that next year is one in which we can be optimistic about real estate for three key reasons.

1. The Economy Is Expected to Continue Improving
2. Interest Rates Are Projected to Stay Low
3. Future Home Sales Are Forecasted to Grow

Bottom Line

Experts forecast that buyers and sellers are going to be active in 2021. If you've thought about buying or selling your home this year but have held off, now may be the time to take advantage of this market. Reach out to Mary Kay or Amber to take the first step toward your new home today.

[Click Here to Learn More](#)

[Click Here to Read Our Blog](#)



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

INCREASED DEMAND TO LIVE IN A GOLF COMMUNITY

The statistics prove true at Champion Hills

In recent surveys, the private golf community industry has seen the demand to live in a golf community at record highs - 63% of Sunbelt buyers are now seeking this option for their real estate purchase. Why is this significant? Prior to 2020, data shows only 51% of buyers were planning a real estate purchase in a golf community.

Moreover, buyer feedback is telling us that the idea of living in a safe, secured and controlled environment is now outweighing the thought of living outside the area of their future golf club.

But what does that mean at Champion Hills? Well, we have seen a year of extreme success in Real Estate and Membership sales in 2020:

CHAMPION HILLS STATISTICS

Total Home Sales for 2020



Total New Memberships in 2020



14
Golf
Members

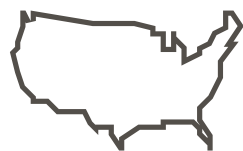
Compared to 12
New in 2019

Million Dollar (+) Sales for 2020



11
Social
Members

Compared to 2
New in 2019



8
National
Members

Compared to 3
New in 2019

To read more about the real estate decision in golf communities, click the button below for the entire Wall Street Journal story. We hope you enjoy!

[Click Here to Read the Full Article](#)

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day Clubhouse Closed	2 Pub To-Go
3 A La Carte Brunch	4 Clubhouse Closed	5 Burger & Ribs Night	6 Trivia Night	7 Thirsty Thursday	8	9 Pizza On the Go
10 A La Carte Brunch	11 Clubhouse Closed	12 Pasta Night	13 Beer Dinner	14 Napkin Folding Class Thirsty Thursday	15	16 Pub To-Go
17 A La Carte Brunch	18 Clubhouse Closed	19 Burger & Ribs Night	20	21 Thirsty Thursday	22	23 Hot & Ready Casseroles
24 A La Carte Brunch	25 Clubhouse Closed	26 Pasta Night	27	28 Thirsty Thursday	29	30 Pub To-Go
31						