

November 2020 **ECHOES**



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OUR MEMBERS ARE FANS OF FALL

Check out these photos snapped from our members and residents! Fall is definitely a magical time here at Champion Hills.



MESSAGE FROM THE MANAGER

by Dana Schultz

2020 never turned out how any of us could have expected but yet, we made it through! Thank you so much to all of you who made this year extra special to those who needed it most. Through all the thoughtful donations our membership made a difference to so many in the community and for that we are so thankful and proud to have you in our Champion Hills Family. Read on to the next page to learn about this year's projects that have made such a positive impact around the community.



POSITIVE IMPACT AROUND THE COMMUNITY



Our Kicks for Kids annual donation drive helps support the Salvation Army and provide new shoes to local children in need. This year you donated 100 pairs of shoes!



Even though school looked very different for students this year, local kids still needed the essential supplies! This year we collected over 300 lbs. of school supplies for Interfaith Assistance Ministry, including backpacks, pencils, hand sanitizer and more.



The Swing for Pink Fundraiser was held October 6. The all ladies golf tournament and raffle luncheon raised nearly \$9,000 for the mobile mammography program at Pardee Hospital. Thanks so much for all the help the staff contributed that made this all possible. The help was valued at “priceless”.



Our Golf Marathon on October 26, featured Head Golf Pro, Scooter Buhrman and General Manager, Dana Schultz and raised over \$26,000 to support our Champion Hills Employee Scholarship Foundation. This foundation helps employees and their children reach new educational goals.



For many years our members have supported the local Salvation Army and their Angel Tree initiative to help children have the best holiday season possible. Over the years this initiative has spread into helping staff's families as well. We are so grateful for all your kindness. This year's Angel Tree will be in the Clubhouse starting November 6.

LUNDAHL CUP

On the weekend of October 3 & 4, the men's L&N Golf Group held its annual tradition of Lundahl Cup competition. It is a Ryder-Cup style team competition which marked the end of their summer-play season and captained by its co-commissioners, Mr. Kerkstra and Mr. Phan. The L&N golf group at Champion Hills play on Saturday mornings throughout the year and is open to all players and new members looking for a game with a fun and friendly group.



Captain Kerkstra presented the 2020 Lundahl Cup Trophy to Captain Phan.



Captain Phan Winning Team [from left to right] Steve Anderson, Ed Kearns, Harold Kutner, Tom O'Hara, Dung Phan, Sam Halley, Bob Nazarian, Rich Kacik, Collie Lehn, Bruce Searing and Bill Zollinger.

[Missing in the pictures are Jerry Coluccelli, Craig Fox, Andrew D'Onofrio and Jeff Springer.]

SWING FOR PINK



HARVEST WINE DINNER



GOLF MARATHON



TRIVIA NIGHT | NOVEMBER 4

Cocktails: 5 pm | Dinner: 6 pm | Game: 7 pm

\$26++

TRIVIA WINNERS



October Winners | Brainiacs

Allen & Anna Brown, Marta & Scott Loftfield,
Frank & Mary Merritt, Guest of the Merritt's



| NOVEMBER 12 |

Cocktails: 5:30 pm | Dinner: 6:15 pm

Ladies, it is time for a night out at the club!
With spectacular food and drinks, your time
with your favorite ladies is sure be a hit



| NOVEMBER 20 |

This interactive lesson and lunch will be
sure to help you learn some tricks of the
trade a cook with confidence in your own
kitchen.



| NOVEMBER 23 |

Huffing and Puffing before we eat too much
stuffing! This fun run/walk is a great way to
get active before the holiday season starts.



| NOVEMBER 26 |

2 pm & 3:30 pm | Seating Times
3 pm & 4:30 pm | To Go Order Pick Up

Please contact Cathy Brovet by
November 20 to make your reservation or
place your order.

WINTER HOLIDAY HAPPENINGS

Holiday Spirits



HOLIDAY SPIRITS CLASS | DECEMBER 3

3:30 pm - 4:30 pm | Fazio Pub

It is time to mix it up, literally! Come learn how to make some of our favorite holiday cocktails with Bartender, Brian, so that you can impress your guests this holiday season or so you can enjoy them yourself... We don't judge!

MIX & MINGLE JINGLE PARTY | DECEMBER 5

Cocktails 5:30 pm | Dinner 6 pm

Come celebrate the season with festive foods and a jolly good time.

all social distance protocols will be maintained



HOLIDAY TEA | DECEMBER 8

11 am - 1 pm

There is nothing like a warm cup of tea and cookies. Spice up the holiday season with our Annual Holiday Tea Party.

UGLY SWEATER CONTEST | DECEMBER 17

4 pm - 6 pm | Fazio Pub

Come show off your Ugly Holiday Sweater at Thirsty Thursday with festive drink specials and bar bites.

Prizes will be awarded to the best sweater.



Don't forget, we can help you create a holiday season to remember with catering, wait service and more. The holidays have never been easier!

CARAMEL APPLE SANGRIA



1 (750 ml) Bottle Pinot Grigio - or Your Favorite Mild White Wine
 1 Cup Caramel Flavored Vodka
 6 Cups Apple Cider
 2 Medium Apples - Cored and Chopped

INSTRUCTIONS

Stir the wine, vodka, and apple cider together in a large pitcher.
 Add the chopped apples to the pitcher, or to individual glasses.
 Serve the sangria cold or over ice.

SATURDAY DINING SCHEDULE | NOVEMBER

| NOVEMBER 7 |

Italian Night To-Go

All orders must be placed by 12 pm

Thursday, November 5



Pick Up Time: 4 - 6 pm

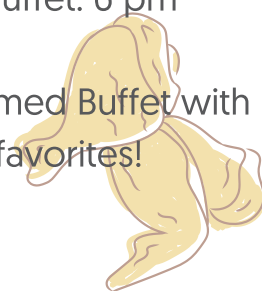


| NOVEMBER 14 |

Southern Buffet

Cocktails: 5 pm | Buffet: 6 pm

Enjoy this Masters Themed Buffet with some southern favorites!



| NOVEMBER 21 |

Cozy Night In To-Go

All orders must be placed by 12 pm

Thursday, November 19



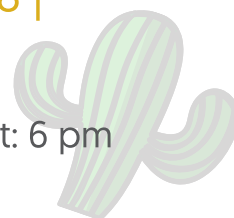
Pick Up Time: 4 - 6 pm

| NOVEMBER 28 |

Cantina Buffet

Cocktails: 5 pm | Buffet: 6 pm

Have a taste of South of the Border during this Cantina Themed Buffet.



Holiday entertaining is upon us! Hosting family and friends should be easy and relaxing, charcuterie is the best way to create a stunning spread with ease. Learn what makes an amazing charcuterie board below, but don't worry we can take care of the hard part.

Call 828.696.1962 to order one for your event today!

ELEMENTS OF THE PERFECT CHARCUTERIE BOARD

Charcuterie should include a variety of meat and cheese, meaning an assortment of mild, medium and bold flavors. Be sure you have options for both mild and bold flavors, as well as middle-of-the-road options.

Add seasonal fruit to the mix. It is always smart to include fresh in-season fruit to add sweetness to the salty and to change up the experience. If you want to get extra fancy, you can roast or grill fresh fruit.

Jams or preserves also provide some added flavor and sweetness to balance out the dry and salty meat and cheese. Fig spread goes marvelously with many cheeses and meats.. I also like to include apricot jam, but raspberry or grape jam works, too. You can always step this up by using homemade jams, but store-bought works great and chances are you already have several options in your pantry.

Provide something briny to pair with the meat and cheese. Pickled vegetables, such as pickles, olives, pickled jalapenos or pepperoncinis are great options. They can be paired easily with the bold meats, such as salami or sopressata, and add a mouth-watering tang.

You may also include any of your favorite spreads, such as stone ground mustard, tapenade, pate, hummus, and/or white bean dip. These spreads are great for smearing on sliced baguette for stacking meat and cheese on top.

When appropriate, include alcohol to your charcuterie experience. Wine and beer pair excellently with meat and cheese and can enhance the flavor experience. Generally speaking, you want to pair bold-flavored meat and cheese with bold-flavored alcohol. For instance, goat cheese, smoked salmon and prosciutto pairs well with white wine, while salami, cheddar and blue cheese go great with red wine.

While your guests can get along perfectly well without crackers or sliced baguette, these items can be great for pairing a variety of ingredients for providing stability to the bite. Try to choose crackers that don't have a huge amount of flavor, added herbs or salt so that the crackers don't detract from the flavor of what's being added to them.

Putting all of these elements together, you will end up with a board that has a variety of pairing options that are sure to please any guests you may have over the holidays!



MEN'S GREEN TEE CUP RESULTS | OCTOBER 9, 2020

OVERALL CHAMPIONS | JORGE CANO & BRIAN FITZGERALD



Flight 3

1st Place

Paul Betters & Ken Thomas

2nd Place

B.T. Alexander & Chris Culley

Flight 4

1st Place

Jorge Cano & Brian Fitzgerald

2nd Place

Gerritt Kerkstra & Dung Phan

Flight 1

1st Place

Steve Landis & Jack McWhirter

2nd Place

Ben Meyer & John Gilmore

Flight 2

1st Place

Jerry Coluccelli & Paul Hummer

2nd Place

Dirk Novosad & Jeff Schiffman

Flight 5

1st Place

Harold Kutner & Frank Giannuzzi

2nd Place

Jim Petillo & Sam Halley

WINTER SEASON KICKOFF RESULTS | OCTOBER 14, 2020

1st Place

Scott & Denni Eisen
Alan & Gloria Wasserman

3rd Place

Geoff & Kay Jollay
Dirk & Carol Novosad

2nd Place

Ralph & Camille Grant
Jerry & Debbie Smith

4th Place

Paul & Penny Betters
Gayle Covey & Steve Devico

5th Place

Collie & Joy Lehn
Dung & Christina Phan

TIP FROM THE PRO: PLAYING INTO THE WIND

by Scooter Buhrman, PGA

How often are you caught posing over a shot that you felt you hit great and then suddenly see the ball land thirty yards short of the flag because you forgot one important variable, the wind. Often times this can have a huge affect on your scores. Here a few tips to help flight the ball down when hitting into the wind.



Take a narrow stance

Taking a narrow stance will keep the ball low on exit from the clubface. This stance will help the ball boar through the wind and create less spin on the golf ball. Less spin means less impact the wind will have on the golf ball.

Take more club

Take an extra club when hitting the shot and a three-quarter finish which will keep the ball from gaining spin and elevation. Using extra club with a smooth and slower tempo will help you hit straighter shots and decrease spin resulting in lower shots closer to your intended target.

Sweep the ball off the Turf

When trying to hit a low shot into a hole its 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 and shots that will not be affected by the wind.

These three simple tips can help flight the ball down resulting in lower spin and shots that will land closer to your target!

NOTE FROM THE GOLF SHOP

Preferred lies are in effect November - April in which case a ball lying in the fairway may be lifted, cleaned, and placed within 6 inches of its original position no closer to the hole.

IMPROVE YOUR HEALTH | ENDURANCE

by Mackenzie Jones, Wellness Director

There are four types of exercise that can improve your health and physical ability.

Endurance
Strength
Balance
Flexibility

Most people tend to only focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

This month let's learn a little more about endurance.

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day.

Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others.

Physical activities that build endurance include:

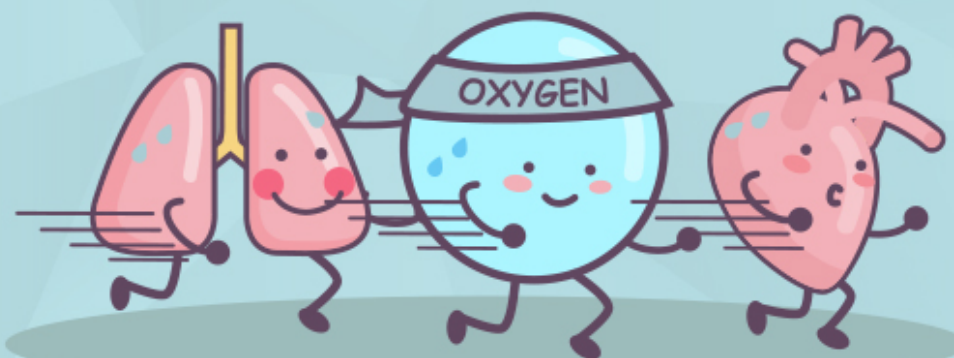
- Brisk walking or jogging
- Yard work (mowing, raking)
- Jazzercise or Spin classes
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis

Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Safety Tips:

- Do a little light activity, such as easy walking, before and after your endurance activities to warm up AND cool down
- Listen to your body: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to drink liquids when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.

Quick Tip: Test your exercise Intensity
When you're being active, just try talking: if you're breathing hard but can still have a conversation easily, it's moderate-intensity activity. If you can only say a few words before you have to take a breath, it's vigorous-intensity activity.



GROUP FITNESS SCHEDULE

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

Register for classes at CHmember.com



You no longer need to make a reservation for the gym and hours are back to normal (5am - 9pm)

Please remember that all health and safety protocols are still in place to help protect members and staff. Although we are maintaining a rigorous cleaning schedule, we still ask that you help by wiping down all machines and equipment after use.

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

408 HARDWOOD SUMMIT | 6,254 SQFT. | \$1,728,000



Enjoy living at Champion Hills highest point! This gorgeous English Tudor was exquisitely crafted and takes advantage of the spectacular 270-degree views. The impressive entry hall has handsome wood paneled passageways that lead into either the spacious great room w/wood trimmed cathedral ceiling, stone fireplace, custom built-ins plus wet bar, or adjacent spacious dining room. Beyond is the gourmet, eat-in kitchen, complete with top of the line appliances, richly stained cabinets, and lovely Quartzite counters. Then the fabulous 900 sf 4-season sunroom where you will feel surrounded by views w/2 walls of windows and custom designed fireplace, you'll never want to leave! The Master wing includes a den w/fireplace, and newly renovated luxury bath. Downstairs has 2 guest suites, office, craft room/4th bedroom and outdoor terrace. Partially heated paver drive, extensive landscaping, place for future elevator and much more. Eight minutes to downtown Hendersonville and all it has to offer!

[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



The 2020 housing market has surpassed all expectations and continues to drive the nation's economic recovery. The question is, will this positive trend continue throughout the rest of the year, especially given the uncertainty around the current health crisis, the upcoming election, and more?

Here's a look at what several industry-leading experts have to say.

Lawrence Yun, Chief Economist, National Association of Realtors

"Home sales continue to amaze, and there are plenty of buyers in the pipeline ready to enter the market...Further gains in sales are likely for the remainder of the year, with mortgage rates hovering around 3% and with continued job recovery."

Frank Martell, President and CEO, CoreLogic

"Homeowners' balance sheets continue to be bolstered by home price appreciation, which in turn mitigated foreclosure pressures...Although the exact contours of the economic recovery remain uncertain, we expect current equity gains, fueled by strong demand for available homes, will continue to support homeowners in the near term."

Zillow

"Zillow's predictions for seasonally adjusted home prices and pending sales are more optimistic than previous forecasts because sales and prices have stayed strong through the summer months amid increasingly short inventory and high demand."

The pandemic also pushed the buying season further back in the year, adding to recent sales. Future sources of uncertainty including lapsed fiscal relief, the long-term fate of policies supporting the rental and mortgage market, and virus-specific factors, were incorporated into this outlook."

Bottom Line

Many economists are in unison, indicating the housing market will continue to fuel the economy through the end of the year, maintaining this unprecedented strength.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Brunch	2 Clubhouse Closed	3 Pasta Night	4 Trivia	5 Thirsty Thursday	6 Prime Rib Night	7 To Go Dinner
8 Brunch	9 Clubhouse Closed	10 Burger Night	11	12 Ladies' Night Out Thursday Thursday	13 Prime Rib Night	14 Southern Buffet
15 Brunch	16 Clubhouse Closed for Carpet Cleaning	17 Pasta Night	18	19 Thirsty Thursday	20 Culinary Course Prime Rib Night	21 To Go Dinner
22 Brunch	23 Book Club Turkey Trot Clubhouse Closed	24 Burger Night	25	26 Thanksgiving	27 Prime Rib Night	28 Cantina Buffet
29 Brunch	30 Clubhouse Closed					