

# ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS CLUB

NOVEMBER 2022

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



## FROM THE GM'S DESK

Although I have been here just a few weeks, what an incredible few weeks it has been. This October, not only did we celebrate a fantastic Men's Member-Guest and Far Niente Wine Dinner, but we also enjoyed the crisp fall air and one of the most colorful changing of leaves we've seen!

First, I want to thank all the Members I have met that provided me a warm welcome back home to Western North Carolina. For those I have not had the opportunity to meet, I look forward to introducing myself and getting to know you. Both the club and community have undergone a great deal of change over the last six months. Change brings a season of opportunity, and I'm pleased to see that our Club and POA teams have done an excellent job keeping everything operating at a superior level. Over the next few months, I will strive to fully understand the culture of Champion Hills and work with them to polish and improve our operations.

I'm happy to share that we conducted final interviews with candidates for our Director of Food & Beverage and Bar Manager for the Club. We hope to make announcements soon upon their acceptance of the positions.

If you were able to attend the Club and POA Board meetings on Monday, October 24, then you are up to speed on what is happening in our community and at the club. If you were unable to be present, the minutes from both meetings will be published on [chmember.com](http://chmember.com) upon their approval when the Boards reconvene.

November is another busy month as we have a wine dinner, Turkey Trot, Thanksgiving and much more! The election for our POA Board of Directors and Club Board of Governors is underway and will run through November 29. We encourage you as a Property Owner and/or Club Member to learn about each of the candidates and vote. We would like to offer a big thank you to Barbara Van Hare and Mike Swartzlander from the POA Board of Directors and Ed Kearns and Jodi Sundeen from the Club Board of Governors who are transitioning off at the end of the year. We appreciate your service and time spent to make our club and community better.

As always, please let me know if you have any suggestions for improvement or concerns about what is happening here at Champion Hills. See you around!

Alan Deck, CCM, PGA  
General Manager/COO  
[adeck@championhills.com](mailto:adeck@championhills.com)

# WELCOME CHRISTINE

## MEMBER CONCIERGE

Champion Hills is excited to welcome Christine Spalding to the team!

Christine moved here with her two cats (Alley Cat and Thea "The Goddess") from Orlando, Florida in January of this year. After living in downtown Orlando for nearly 30 years, the mountains of Western North Carolina called her name.



She previously owned her own professional pet-sitting company for 10 years and during that time graduated from Rollins College in 2013 with a BA in Psychology. Prior to 2010, she lived in Delray Beach, Florida working for a golf and country club as their Banquet Sales Assistant. She then was recruited by a 55+ HOA community in Lake Worth, Florida. Christine started out as a Concierge in their fitness center and was then promoted to Administrative Assistant/Assistant Property Manager and thrived serving their members for four years.

Christine quickly fell in love with the mountains and waterfalls of WNC and considers this a magical place to live and work. Stop by the Administrative Office to welcome her to our beautiful club and community!

# ROBERT JUSTUS

## SECURITY OFFICER



Robert has been working in Champion Hills for over 13 years in the Security Department and loves looking out for the safety and concern of our community.

A native of Henderson County, Robert was raised just a few miles from Champion Hills. Before working here, he was an insurance salesperson and a mail carrier. In fact, Robert was the first mail carrier in Champion Hills!

Robert is an Army Veteran and loves spending time with his family. Not only do we thank him for what he does for the community, but we thank him for his service to our country!



A photograph of a paved path leading through a dense forest. Sunlight filters through the trees, creating a bright, hazy atmosphere at the end of the path. The path is flanked by lush green foliage and trees.

# COMMUNITY REMINDERS

## Leaf Blowing

We've enjoyed a beautiful fall with the gorgeous hues of yellow, gold and red throughout the community! And now it's time for the leaf blowing and collection. Whether you do the work yourself or hire outside help, please be a good neighbor by containing your leaves and don't blow them into surrounding yards. As a reminder, the POA Grounds Crew will remove your leaf piles for a small fee. Leaf collection is planned for November 21 through December 1.

## Dogs on Leashes

We are blessed to have lots of four-legged canines residing in our community. Please remember that all dogs, whenever they are outside a residence, **MUST** be on a leash at all times. This requirement is for the protection of our community members and also for the protection of your pet.

## Garbage Pick-Up

Should your waste contractor not pick up your garbage and recyclables on the assigned date, please take your trash back inside until the next day. Allowing trash to remain visible beyond the scheduled day/early evening of pick up, is not only unsightly, but also encourages bears and other wildlife to stay in the area and can lead to safety issues and an even more unsightly mess.

## Yard Art

One of the key reasons many of us like living in Champion Hills is the pristine beauty of the natural surroundings. Blending with nature is a key focus of our community architectural guidelines. As such, any yard art that can be seen from the road, golf course or adjacent properties must be approved by the Champion Hills Architectural Review Committee [CHARC] Yard art made of natural materials and colors or the CHARC approved colors that are on the homes are more likely to be approved by the CHARC. More information can be found in the Existing Homeowner Guidelines. A copy of the guidelines can be found on [chpoamember.com](http://chpoamember.com) under POA Info > POA Minutes & Governance Documents > POA ARC Guidelines.

## Questions?

Contact Kyle Hicks at [poa@championhills.com](mailto:poa@championhills.com) or by phone at 828.696.1962, Ext. 1401.



# CHAMPION HILLS FOOD DRIVE

NOVEMBER 7 - 21

Now is your chance to give back to the surrounding community! Bins will be placed in the Clubhouse and Wellness Center to collect donations of nonperishable foods that will then be distributed to those in need.



# CHAMPION HILLS ANGEL TREE

NOVEMBER 2 - 28



It is that time of year again! The Champion Hills Angel Tree will be on display in the Clubhouse lobby on November 2. Our own Champion Hills Angels will be up on the tree first. Once these are taken, Salvation Army Angels will be placed on the tree. Help our associates and local families give their children a magical Christmas! For more information, contact Cindy Schafer at 828.595.2711.

## UPCOMING EVENTS



### NOVEMBER TRIVIA NIGHT NOVEMBER 2 | 5:30 PM - 9 PM

Want to show off your knowledge?

Reserve your team a table today!

RSVP to Shelly Metcalf at [shellym@championhills.com](mailto:shellym@championhills.com).

### BOSS OF THE TOSS CORNHOLE TOURNAMENT NOVEMBER 5 | 3 PM - 5 PM

Earn the title "Boss of the Toss" at our annual Cornhole Tournament. Register your two-person team and get ready for some fun!



**MEN'S NIGHT OUT**  
**NOVEMBER 9**  
**COCKTAILS 5:30 PM | DINNER 6:30 PM**  
We invite the gentleman of Champion Hills to an evening of great food and conversation!

### CHAMPION HILLS ANNUAL TURKEY TROT NOVEMBER 14 | 1 PM - 4 PM

Run, walk or trot your way through the beautiful scenery at Champion Hills during this annual event!



Visit [chmember.com](http://chmember.com) to learn more about these events!



## NATIONAL APPLE CIDER DAY NOVEMBER 18 | 9 AM - 11 AM

Come grab a cup of free cider and an apple cider donut at the Clubhouse!

You "donut" want to miss it!

## LADIES' LUNCHEON NOVEMBER 18 | 11:30 AM - 1 PM

Anice Pryor is a local interior designer with a store filled with home good called "Things You'll Love". She will discuss transitioning from Fall/Thanksgiving to Winter/Christmas/Holiday to Spring by changing your home decor.



## THANKSGIVING CELEBRATION NOVEMBER 24 | 11 AM & 2 PM

Enjoy spending time with family and friends over a Thanksgiving meal here at the Club. We will have two seating times. Make your reservation today!

MORE INFORMATION COMING SOON!



Visit [chmember.com](http://chmember.com) to learn more about these events!



AROUND THE CLUB



OCTOBER





# ELEMENTS OF THE PERFECT CHARCUTERIE BOARD

Holiday entertaining is upon us! 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!

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 kinds of cheese and meats. Include apricot, raspberry or grape jam. 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 selections. Pickled vegetables such as pickles, olives, pickled jalapenos or pepperoncinis are great options. They pair easily with bold meats, such as salami or soppressata, 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 baguettes 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!



# TIP FROM THE PRO

By Scooter Buhrman, PGA

## PLAYING IN COLDER WEATHER

1

### Layers are Key

Use a lot of thin layers to build up warmth, but still have enough movement to make a good turn.

2

### Cover your Head

Find a warm hat and one that covers your ears.

3

### Use your Pockets

When you are not hitting remember to keep your hands in your pockets. Always a good idea to get some hand warmers from the Pro Shop as well!

4

### Warm Up

Always give yourself some time to warm up before teeing off. Hit a few balls, make a few practice swings, or even do a few jumping jacks!

5

### Continue to Drink Water

It is important to stay hydrated even though you may not be sweating.

6

### Take an Extra Club

The cold weather will impact your golf ball and many shots will not go as far as you normally hit them.

## JUST A REMINDER:

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.



# TOURNAMENT WINNERS

## MEN'S GREEN TEE CUP OCTOBER 7



### Overall Champions

Bob Bradham & Randy Raup

## HUSBAND & WIFE CHAMPIONSHIP OCTOBER 9



### Overall Champions

Jerry & Tracy Ennis

## MEN'S MEMBER-GUEST OCTOBER 12-15



### Overall Champions

Kevin Huges & Pete Merkel

## SWING FOR PINK OCTOBER 18



### Overall Champions

Glenn & Terry Strow,  
Susan Thomas, David Doudna

Champion Hills Teams Swing  
for Pink raised \$10,000 for the  
Pardee Hospital Foundation!

# WALK YOUR WAY TO BETTER HEALTH

Some very heartening new data has just been published in JAMA [Journal of the American Medical Association] Neurology.

In a nutshell: Just walking a lot more could do a lot to cut our risks of developing dementia. It could actually cut our risk in half!

Remarkably, the ideal target is about 9,800 steps a day: In other words, just shy of the magic 10,000 steps a day figure - a number that was apparently plucked out of the blue by the marketing department of a Japanese clock company several decades ago. Weird, but true.

This is now the # 1 preventable cause of Alzheimer's in America! The latest findings were based on a study of nearly 80,000 people in the U.K. over several years. They involved comparing actual data from step counters, such as Fitbits, worn by subjects with follow-ups seven years later.

In this study, a higher number of steps was associated with lower risk of all-cause dementia. The findings suggest that a dose of just under 10,000 steps per day may be optimally associated with a lower risk of dementia. Steps performed at higher intensity resulted in stronger associations.

Those who walked 3,800 steps a day had a 25% lower risk of developing dementia in the study. Those who walked 9,800 had a 50% lower risk. Those who walked at least 6,000 steps and who walked reasonably quickly for about half an hour a day had 62% lower likelihood of developing dementia.

Naturally in the real world there are all sorts of caveats. How far are we looking at correlation or causation? Will other studies find similar things? If the follow-ups were just seven years later, what would longer-term numbers show?

We'll have to stay tuned for more research, as usual. Meanwhile, I will take what I can get. Purchasing a step counter for your wrist could rapidly turn into your best healthcare investment.

There are three key takeaways from the research.

1. The benefits of walking kick in when you average at least 3,800 steps a day.
2. The optimum average is about 9,800 steps a day.
3. Just casually wandering around doesn't get you the full benefit. For maximum advantage, we should try to walk "purposefully", at a rate of "112 steps a minute," for at least half an hour a day.

## SPEAKING OF WALKING...

Join your Champion Hills friends, neighbors, and fit-pros for the annual Turkey Trot on Monday, November 14 at 1 pm and rack up those steps!

## AND...

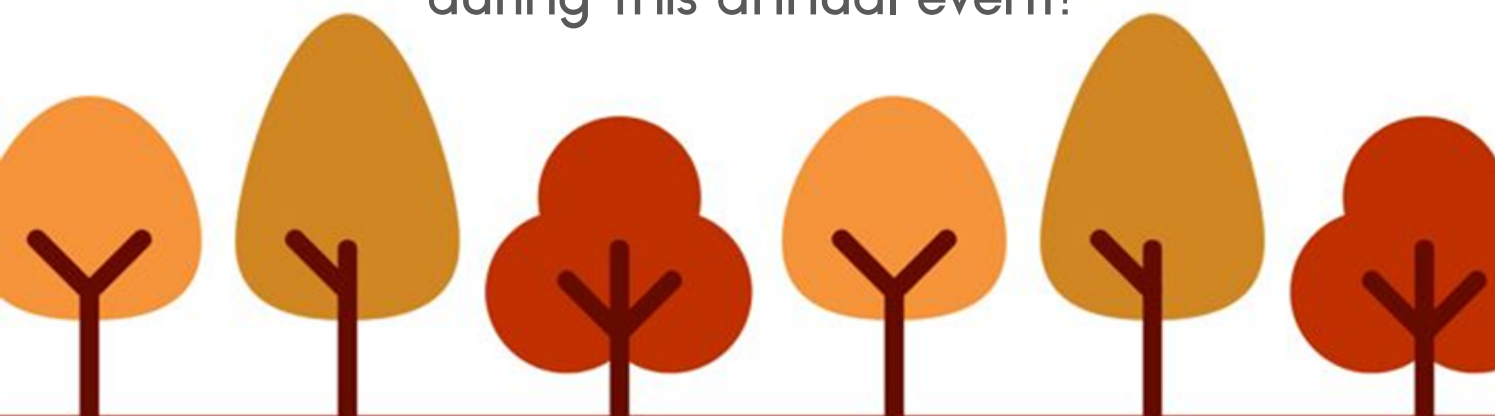
The first twenty-five registrants get this super-cute Trot themed blender cup!



Champion Hills

# TURKEY TROT

Run, walk or trot your way through the beautiful scenery at Champion Hills during this annual event!





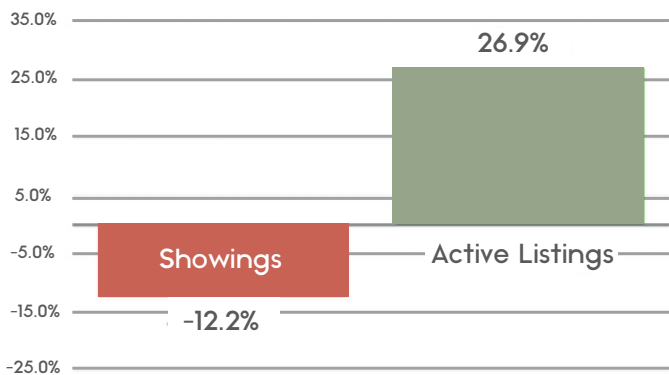
# THE LATEST ON SUPPLY & DEMAND

Over the past two years, the substantial imbalance of low housing supply and high buyer demand pushed home sales and buyer competition to new heights. But this year, things are shifting as supply and demand reach an inflection point

The graph below helps tell the story of just how different things are today.

## Supply & Demand Ratio Changing Quickly

*Year-Over-Year Comparisons*



This year, buyer demand has eased as higher mortgage rates and mounting economic uncertainty moderated the market. This slowdown in demand is clear when you look at the red bar on the graph. It uses the latest date from Showing Time to illustrate how showings (an indicator of buyer demand) have softened by just over 12% compared to the same time last year.

Now for a look at how housing supply has changed, turn to the green bar. It uses data from realtor.com to show active listings are up nearly 27% compared to last year. That's because the moderation of demand allowed housing inventory to increase in 2022.

## What Does This Inflection Point Mean for Buyers?

If you're thinking of buying a home, you'll have less competition and more options than you would have had last year. Enjoy having more homes to choose from in your home search and lean on a trusted real estate professional who can talk you through the opportunities and challenges buyers face in today's shifting market. You may be surprised to find they're different than they were a year ago.

## What Does This Inflection Point Mean for Sellers?

If you're looking to sell your house, know that inventory is still low overall. That means, if you work with an agent to price your house based on current market value, it will still sell despite the inventory gains and moderating buyer demand this year. That's because there are still buyers out there who want to move, and your house may be exactly what they're looking for.

### Bottom Line

If you're thinking of buying or selling a home, the best place to turn to for information on today's supply and demand is a trusted real estate professional. Let's connect so you can know what's happening in our local market and what that means for you.

# LISTING OF THE MONTH

## CHAMPION HILLS REAL ESTATE

192 Pine Shadow Drive

\$800,000



### Details of the Property

- .13 Acres
- 2,462 Square Feet
- 3 Bedroom, 3 Bathroom
- Overlooking the 3rd Fairway
- Open Floor Plan
- Gorgeous New Primary Bath
- Stone Fireplace with Gas Logs
- Screened Porch
- Landscaping Maintained by the POA

Interested in learning more?

Call our Real Estate Team for more details:

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

# November

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

Trivia Night

3

Thirsty  
Thursday

4

5

Boss of the Toss

6

7

Clubhouse  
Closed  
Food Drive  
Begins

8

9

Men's  
Night Out

10

Thirsty  
Thursday

11

12

13

14

Clubhouse  
Closed  
Turkey Trot

15

16

17

Third  
Thursday

18

National Apple  
Cider Day  
Ladies'  
Luncheon  
Prime Rib Night

19

20

21

Clubhouse  
Closed  
Food Drive Ends  
POA Board  
Meeting  
Book Club

22

23

24

Thanksgiving  
Dinner

25

26

27

28

Clubhouse  
Closed

29

30

Wine Dinner