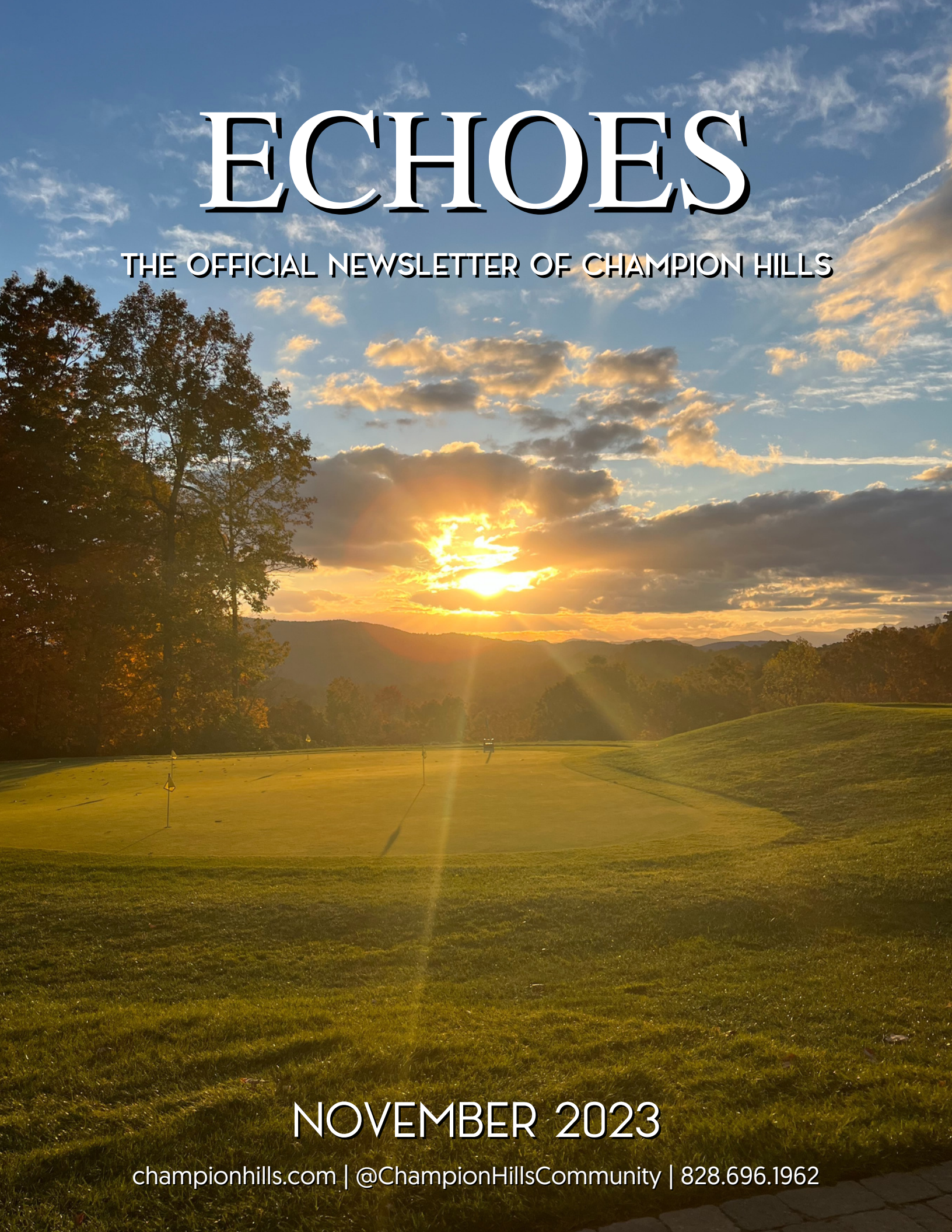


# ECHOES

THE OFFICIAL NEWSLETTER OF CHAMPION HILLS



NOVEMBER 2023

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



## FROM THE GM'S DESK

Dear Owner/Members,

November is a special time of the year at Champion Hills. As autumn winds down and the holiday season approaches, the month is full of great events and beautiful weather. We hope you plan on joining us for some or all of the events if you're in town.

We kick off the month with Trivia Night, a Mixology Class and the Tour de France Wine Dinner. Later in the month, we have Men's Night Out, Ladies' Holiday Boutique and National Apple Cider Day. Finally, we will be hosting a Thanksgiving Day meal with seatings starting at 11 AM.

In addition to these events, we will be changing our dinner service to Tuesday - Saturday nights for our regular menu, with special feature items only on Tuesdays - Burger Night, Steakhouse Night, Pasta Night and Lobster Night.

Our search for executive staff continues, and we want you to know that we are close to filling two of the three open positions. Keep an eye on your email as we share the exciting announcements this month. Speaking of staff, we want to thank everyone for working extra hours to fill the gaps and continuing to deliver the Champion Hills experience. We hope you will take the opportunity to thank all of our golf, dining and administrative staff.

As always, we appreciate the feedback, suggestions and ideas you have shared to improve our Club's operations. This month we will be conducting our annual member survey after the Member Town Hall meeting on November 13th. We look forward to your responses and additional suggestions and comments. Your involvement has guided us through our first year and helped us better understand the culture of Champion Hills.

Through this year of transition and growth, we are reminded of the strong bond we share at Champion Hills. With your unwavering support, we have accomplished so much and we eagerly anticipate an even brighter future.

See you around the Club,

Alan Deck, CCM, PGA  
General Manager/COO

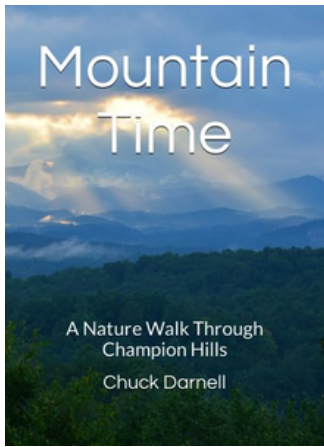
## COMMUNITY REMINDER

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We are proud to say that Champion Hills is one of the most naturally beautiful communities in the country. We want to keep it that way, so we need your help.

We all notice when someone's garbage bags, left for pickup at the side of the road, have been broken into and the contents are strewn all over the place. The best practice is to use a receptacle for your garbage and set it out the day garbage is to be collected and not the night before.

We appreciate everyone's support in keeping our community and its roadways clean!



## MOUNTAIN TIME

A NATURE WALK THROUGH CHAMPION HILLS

BY CHUCK DARNELL

Chuck Darnell, our resident naturalist, has updated his popular nature guides and put them in a book, titled "Mountain Time - A Nature Walk Through Champion Hills". The 170 page book contains numerous stories, photos, and poems about our local lands and waters, along with all birds, trees and wildflowers that make our community their home.

If you would like a copy, the book is available on Amazon in both printed and electronic forms. The printed version makes a great tabletop book for family and friends to explore when they come visit, while the electronic version is an excellent reference for bringing along on your neighborhood walks.



## BE AN ANGEL - TAKE AN ANGEL

The Champion Hills Angel Tree is now on display in the Clubhouse lobby. If you'd like to sponsor a child this holiday season, please stop by, choose a tag, and record which tag(s) you took on the sheet next to the tree. Champion Hills Angels are on the tree first, then Salvation Army Angels go up after that. All gifts are due back by Monday, November 27.

If you'd rather make a monetary donation instead of shopping, that is great too. We have volunteers who will do the shopping for you! You can make checks payable to Pam Roadman. An email will be sent out with more information. However, if you have further questions please call, text or email Jean Calkin or Pam Roadman.

Jean Calkin: (513) 646-9490 or [jean.calkin@yahoo.com](mailto:jean.calkin@yahoo.com)

Pam Roadman: (781) 540-4705 or [pmroadman@yahoo.com](mailto:pmroadman@yahoo.com)



## CHAMPION HILLS FOOD DRIVE

NOVEMBER 6 - 20

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



TRIVIA NIGHT  
WEDNESDAY, NOVEMBER 1  
5:30 PM - 8 PM

Want to show off your trivia knowledge?  
Reserve your team a table today!

OCTOBER TRIVIA WINNERS



Congratulations!  
"Not Smarter Than a Fifth Grader"  
Dung & Christina Phan  
Rick & Linda Kirkendall  
Bill & Marilee Welliver

MIXOLOGY CLASS  
SATURDAY, NOVEMBER 4 | 3 PM - 4 PM  
Join us for a mixology class and light bites!



VALLEY HILL CHAT  
TUESDAY, NOVEMBER 7 | 2 PM  
Instructors from Valley Hill Fire Department will be joining us for an emergency basics chat. This class is free to all who attend.

TOUR DE FRANCE WINE DINNER  
WEDNESDAY, NOVEMBER 8  
6 PM - 9 PM

Enjoy soulful wines from Thomas Meunier's  
"Authentique" dream selection.



VETERAN'S DAY  
SATURDAY, NOVEMBER 11  
5:30 PM - 8:30 PM  
Let us always remember the great sacrifice of all those who have served our nation. Join us for live music and prime rib feature.

**MEN'S NIGHT OUT**  
**WEDNESDAY, NOVEMBER 15**  
**5:30 PM - 6:30 PM**

We invite the gentleman of Champion Hills to an evening of great food and conversation!



**LADIES' HOLIDAY BOUTIQUE**  
**FRIDAY, NOVEMBER 17**  
**11 AM - 2 PM**

This Champion Hills tradition is back! It is time to get started on your holiday shopping - visit local vendors and enjoy a delicious lunch!

**NATIONAL APPLE CIDER DAY**  
**SATURDAY, NOVEMBER 18**  
**9 AM - 11 AM**

Stop by the Clubhouse for complimentary apple cider and donuts!



**THANKSGIVING DINNER**  
**THURSDAY, NOVEMBER 23**  
**11 AM - 2 PM**

Please call Shelly Metcalf at 828.233.0973 to make reservations!

**CH BOOK CLUB**  
**MONDAY, NOVEMBER 27**  
**10:30 AM - 12 PM**

Join the Champion Hills Book Club for their discussion of *The Wedding Dress Sewing Circle* by Jennifer Ryan.





# GROUP FITNESS CLASS TIPS

At first, taking a new fitness class can be intimidating. We've all been there! You may wonder which class is right for you, what to wear, when to show up, and what to expect.

If you're feeling uncertain about trying a particular fitness class, ask whether you can watch a session before diving in. You may also want to bring a friend or accountability buddy for that extra dose of motivation.

At the Champion Hills Wellness Center there are classes for everyone! Below are a few tips to set you off on the right foot.

## DRESS APPROPRIATELY IN YOUR NEW WORKOUT CLASS

Another way to set yourself up for a successful work out is by wearing the right athletic gear. We generally recommend wearing comfortable clothing that is fitted and flexible.

It is a good idea to refresh your workout clothing every year. Most workout clothes are made of poly or other synthetic fibers. Synthetics are designed to repel water and much harder to wash, as water/detergents do not always penetrate the fibers deep enough to clean out all the bacteria.

## HYDRATE BEFORE & AFTER

Hydrating before your fitness class will be a major performance factor. Why? As you begin to work up a sweat during class, you'll lose essential fluids. To avoid negative health impacts, hydrate before and after your workout.

Drinking enough fluids helps regulate body temperature, keeps joints lubricated, and transports important nutrients throughout the body. Pay attention to signs of dehydration during and after your work out. These include extreme thirst, dry mouth, dizziness, and fatigue.

## ARRIVE EARLY TO THE NEW GROUP FITNESS CLASS

When it is finally time for your new group fitness class, make sure to arrive early. This will give you the opportunity to speak to the instructor before getting started. Be sure to let them know it's your first time there. It's always valuable to share past injuries and physical limitations so that they can suggest the right activity modifications.

Once class starts, your main goal should be to keep an open mind. New experiences can be challenging but also so rewarding!

# LISTEN TO YOUR BODY WHEN TAKING A NEW FITNESS CLASS

Despite researching how to prepare before a workout, the bottom line is that you just never know how a new fitness class is going to feel until you try it. Therefore, it's crucial to listen to your body during your workout.

Although new movements can sometimes feel awkward or unfamiliar, they shouldn't hurt or cause you distress. If you experience pain, shortness of breath, symptoms of dehydration, or anything else of concern during class, stop immediately and flag your instructor.

If you're new to working out or restarting a fitness program after a break, be sure to consult your doctor beforehand. Also, keep in mind that you don't have to compete with anyone. Go nice and easy - you can always work your way towards higher intensities.

## HAVE FUN!

No matter which fitness classes you decide to try, the most important thing is that you have fun! Studies show that people who enjoy their workouts are more likely to make exercise a regular part of their lives and ultimately meet their fitness goals.

## CHAMPION HILLS GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM Strength 45 Ball & Band Optional (Mackenzie)	8:00 AM Yoga Basics (Julia)	8:15 AM Rip Trainer Tabata (Elijah)	8:15 AM Golf Core (Elijah)	8:15 AM Cardio Tabata Circuit (Elijah)
9:15 AM Strength 45 (Mackenzie)	9:15 AM Jazzercise (Mackenzie)	9:15 AM Jazzercise (Mackenzie)	9:15 AM Strength 60 (Mackenzie)	9:15 AM Gentle Flow Yoga (Julia)
10:30 AM Slow Flow + Core Yoga (Julia)	10:30 AM Cardio Tabata Circuit (Elijah)	10:30 AM Slow Flow + Core Yoga (Julia)	10:30 AM Simply Strength (Mackenzie)	10:30 AM Pilates (Wendy)

Contact Mackenzie to purchase a class card

1 Class \$18 | 10 Classes \$160 | 25 Classes \$350 | 50 Classes \$500

Class cards do not expire and are non-refundable

# TOASTED ALMOND MARTINI

By Joyce Ellis



Searching for a unique dessert cocktail? Look no further! This creamy drink brings together a balance of almond and coffee flavors in perfect harmony. This delicious cocktail is a great way to shake up a White Russian.

## INGREDIENTS

- 2 oz. Tito's Vodka
- 2.5 oz Disaronno Velvet Cream Liqueur
- .75 oz. Kahlua
- Freshly Grated Nutmeg

## INSTRUCTIONS

1. Overfill cocktail shaker with ice and combine Tito's, Disaronno Velvet and Kahlua in a shaker.
2. Shake vigorously and strain into chilled martini glass and garnish with freshly grated nutmeg.

For an even sweeter treat, try rimming the martini glass with caramel, or using a vanilla vodka like Absolut Vanilla or Grey Goose La Vanille.

## THEME DINNER NIGHTS

CONTACT SHELLY METCALF AT 828.233.0973 FOR RESERVATIONS

### Burger Night

Tuesday, November 7  
5 PM - 8:30 PM



### Steakhouse Night

Tuesday, November 14  
5 PM - 8:30 PM



### Pasta Night

Tuesday, November 21  
5 PM - 8:30 PM



### Lobster Night

Tuesday, November 28  
5 PM - 8:30 PM





# PREFERRED LIES

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 RESULTS

### Men's Green Tee Cup

Overall Champions - Craig Alper & Ernie Smith

### Men's Member-Guest



**Overall Champions**  
Daryl Sakol & Craig Bostic

### Lundahl Cup Winners



Frank Giannuzzi, Bob Nazarian, Dirk Novosad, Sanford Davis, Glenn Midnet, Scott Ogden, Dung Phan, David VanHare, Hyler Stanavage, Rick Kirkendall, Kevin Imhof, Rich Kacik  
Not Pictured: Gregg Hague & Harold Kutner

## TIP FROM THE PRO

By Carole Clark

As a golf professional I am often asked "how can a player be more consistent?" My response is that you must do things consistently. The best place to start is with the pre-swing principles such as grip, stance, posture, aim and alignment. Grip pressure should always be between a 4 or 5 on a scale of 1 - 10. Stance should be shoulder width apart for irons, slightly wider for longer clubs. Posture should be tilt at the waist with knees flexed, not bent. Feet should be aligned parallel to the target line and the shoulders should be aligned towards the target. Take time this fall and winter to work on your pre-swing principles and watch your consistency improve!



# CHAMPION HILLS

## Real Estate

18 WILD IVY RUN

LISTING PRICE | \$1,040,000



Enjoy dramatic, long-range mountain views and romantic sunsets from your large deck and screened porch. This beautifully updated mountain home on a quiet cul-de-sac has it all: wonderful architectural lines, light-filled open floor plan and three levels of living space that offer privacy. Spectacular views are seen from most rooms, especially from the Great Room with its two-story stone fireplace and multiple large windows.

Cooking will be a pleasure in this lovely kitchen with richly stained cabinetry, stainless steel appliances and plenty of countertops and storage. Relax in the master bath with a large tile shower or take in the mountain views while soaking in the free-standing tub. Downstairs has a large family room with guest suite and covered deck. In close proximity is the clubhouse and first tee.



4 BDRM



4 BATH



3,323  
SQFT



### PROPERTY FEATURES:

- 3,323 Sq. Feet on 3 Levels
- Long-Range Mountain Views
- Open Layout
- Handsome Stone Fireplace
- Screened Porch
- Two Car Carport with Cart Storage Area



# WHY YOUR HOUSE DIDN'T SELL

If your listing expired and your house didn't sell, you're likely feeling a little frustrated. Not to mention, you're also probably wondering what went wrong. Here are three questions to think about as you figure out what to do next.

## Did You Limit Access to Your House?

One of the biggest mistakes you can make when selling your house is restricting the days and times when potential buyers can tour it. Being flexible with your schedule is important when you're selling your house, even though it might feel a bit stressful to drop everything and leave when buyers want to see it. After all, minimal access means minimal exposure to buyers.

Sometimes, the most determined buyers might come from far away. Since they're traveling to see your house, they may not be able to change their plans easily if you only offer limited times for showings. So, try to make your house available as much as you can to accommodate them. It's simple. If no one's able to look at it, how's it going to sell?

## Did You Make Your House Stand Out?

When selling your house, the old saying matters: you never get a second chance to make a first impression. Putting in the work to make the exterior of your home look nice is just as important as how you stage it inside. Freshen up your landscaping to improve your home's curb appeal so you can make an impact upfront.

But don't let that impact stop at the front door. By removing personal items and reducing clutter inside, you give buyers more freedom to picture themselves in the home. Additionally, a new coat of paint or cleaning the floors can go a long way to freshening up a room.

## Did You Price Your House Compellingly?

Setting the right price is extremely important when you're selling your house. Even though it might feel tempting to push the price higher to maximize profit, overpricing can scare away buyers and make it hard to sell quickly.

If your house is priced higher than others like it, it could make buyers lose interest. Pay attention to the feedback people give your agent during open houses and showings. If lots of people are saying the same thing, it might be a good idea to think about lowering the price.

For all these insights and more, rely on a trusted real estate agent. A great agent will offer expert advice on relisting your house with effective strategies to get it sold.

# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Trivia Night	2 Thirsty Thursday	3	4 Mixology Class
5	6 Food Drive Begins Clubhouse Closed	7 Valley Hill Fire Dept. Chat Burger Night	8 Tour de France Wine Dinner	9 Thirsty Thursday	10	11 Veteran's Day
12	13 Clubhouse Closed Town Hall Meeting	14 Steakhouse Night	15 Men's Night Out	16 Third Thursday	17 Ladies' Holiday Boutique	18 National Apple Cider Day
19	20 Food Drive Ends Clubhouse Closed	21 Pasta Night	22	23 Thanksgiving	24	25
26	27 Clubhouse Closed Book Club	28 Lobster Night	29	30 Thirsty Thursday		