

TELL-E-GRAM

MAY 29, 2018



LIQUOR STORE UPDATE

The possibility of Tellico Village having a liquor store became more feasible on Tuesday, May 22nd, as the Governor of Tennessee signed the legislative bill. With that said, the POA will not take on this endeavor without a thorough business analysis. Business models will be built and people with experience in the liquor business will be consulted. This research process is in the beginning stages and will be ready for preview in the Fall 2018.

If you would like to read the previous article regarding the liquor store in the May 1st Tell-E-Gram, please visit the POA website, click "News" and click "Tell-E-Gram." It can also be accessed by visiting this link:

http://www.tellicovillagepoa.org/images/tellico/Gram2018/tg20180501.pdf

TELLICO VILLAGE UNIVERSITY SEEKS NEW DIRECTOR

Tellico Village University (TVU) seeks the interest of any villager who can provide leadership to program development and delivery as its next Director. The Director has the privilege of working with 15 village volunteers and one paid POA staff member for overall program operation. The Director is primarily a program manager who provides development, oversight, promotion and support for this two semester program. A former organization officer or program manager would have the right set of experiences to serve Tellico Village in this role. Education experience is not required.

POA MEETINGS AND EVENTS (RED DENOTES IRREGULARITY OF TIME, DAY, AND/OR LOCATION):

June 1, 9 a.m., Communication Advisory Committee, POA Conference Room June 5, 10 a.m., Board Workshop, POA Conference Room June 6, 9 a.m., Public Services, POA Conference Room June 7, 9 a.m., ACC, POA Conference Room

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Jim Beam Bourbon Dinner, Tiki Friday, Pets of the Week.......Page 9 Volunteers include a team of very dedicated and capable course coordinators who ensure that each course and instructor receive the required support, room set up, and media they need. Another small group provides information at HOA, POA and New Villager events several times a year. A Media Coordinator makes our Great Course collection available on loan to Village residents. The POA Lifestyle Coordinator helps TVU as the registrar and webmaster. TVU is a program set in the Communications and Marketing Department of TVPOA and has access to POA staff support. Because of this highly functional team, there is plenty of freedom for the Director to travel and be away from the Village.

The complete list of Director duties is found at the TVU website at www.tvuniversity.org under the "About Us" tab. The founding director will remain active in program planning and other supporting tasks.

Started in January 2015, TVU has offered over 150 short courses on a variety of topics. Courses are taught by Village resident volunteers or outside contractors. TVU operates on the principles of being Diverse, Convenient and Affordable. Over 2,000 people have attended a class to date.

Interested persons are invited to call the current Director Cindy Solomon at 865-408-1520 to explore this opportunity further.

The Fall 2018 Semester Curriculum will be published in mid-August at the TVU website.

TWO SIDES TO EVERY STORY

By Jessica Antrim, Assistant Recreation Manager

We all know that knowledge is power but sometimes it feels like the more we learn, the less we know. This is especially true with health and wellness. There are so many opinions and all seem to be based on fact but they are in opposition to one another. Who is right? The reality is they are all right to some degree because we are all so physiologically unique. Maybe the saying should say, the more you know, the better you can prepare yourself to experiment with what works right for you and your personal needs. Today's double edged sword involves a little vitamin called D.

Vitamin D is essential for the proper utilization of calcium in the body. Therefore, it's very important for the functionality of all the cells in your body, especially those responsible for bone growth and the maintenance of bone density over time. Vitamin D is also an immune system modulator, which means proper levels of this vitamin help enhance innate immunity and inhibit the development of autoimmunity. Research has even linked Vitamin D to the regulation of blood pressure.

This little vitamin sounds pretty important, but did you know that health data statistics indicated that nearly 1 in 3 Americans suffer from Vitamin D inadequacy or deficiency? Did you know that there are almost no natural food sources for Vitamin D? How about that the most effective source of Vitamin D requires absorption of the sun's ultraviolet rays by your skin. But wait, being out in the sun is bad for us, right? Let's go back to Vitamin D deficiency.

What are some of the everyday things that you can see and feel when you are suffering from Vitamin D deficiency? There is a laundry list of symptoms but, unfortunately, they are often overlooked because they mirror so many other conditions. Some of the things you want to look out for include, but are not limited to: weak immune system, poor sleep, depression, moodiness, low endurance, muscle weakness, bone pain, general fatigue and chronic sweaty head.

In the short term, the symptoms are uncomfortable but in the long term, deficiency can lead to a number of chronic conditions like kidney, cardio-vascular and respiratory disease. Disease risk reduction is a massively important motivator of preventative health. Keeping Vitamin D levels up has even been linked to the prevention of osteoporosis, many autoimmune conditions and several types of cancer, including breast cancer.

So wait a minute, am I saying that we wear sunscreen to avoid cancer but, in doing so, we are blocking Vitamin D absorption, which can help prevent cancer. Quite a conundrum, isn't it? This is where one's best judgement and advice from a primary care physician is best to find the perfect balance for you. You can find Vitamin D in certain kinds of fish and some mushrooms or through supplements, but they don't provide near the efficiency as a little sunshine. Now we know why it was so important for Superman.

The use of sunscreen can affect how much Vitamin D you are exposed to, but the latitude and air pollution levels where you live can also undermine your levels. People who live in higher latitudes are already starting off with diluted levels of UVB rays. Carbon particles in the air can scatter and absorb these rays, making them an even less effective source of Vitamin D. But guess what, holes in the Ozone can actually be a good thing as far as Vitamin D is concerned. There is that conundrum again. Your skin is a factor as well. Warmer skin produces Vitamin D more efficiently than cool skin. The color of your skin even takes its toll on vitamin production. Melanin, the substance that makes our skin dark, gobbles up UVBs before our skin can produce Vitamin D. Therefore, the darker the skin, the more UVBs are necessary to produce the same amount of Vitamin D as folks with lighter skin. As we age, our skin not only loses elasticity, but it also loses the substance needed to convert UVBs into Vitamin D. Fat tissue also eats up the vitamin before it can be used by the body and even issues in the digestive system, liver or kidneys can affect how Vitamin D is metabolized in the body. The cards are stacked against us in a lot of ways but do your research and find out your levels. Paying a little more attention to this tricky little vitamin may be one more piece of your preventative health puzzle.

DO I NEED A PERMIT TO ...

Now that spring is here and the wonderful Tennessee weather has returned, thoughts may be turning to sprucing up your home. You might be thinking "Do I need some kind of permit from our Architectural Control Committee (ACC) to do my update?" The guiding point is that if you change the exterior of your home, you will need a permit. Listed below are some but not all of the most frequently requested permits. Page numbers refer to the Residential Construction Handbook, dated March 16, 2016. This handbook is available to view on the POA website, under the ACC section.

House Changes:

Deck & porch changes/ additions (p. 29)

Screening, railing, stairway, enclosing an existing deck, sunroom addition

Irrigation Installation (p. 9 & 31-32)

Patio, installing or extending Garage addition, carport and detached garage (p. 27)

Exterior Painting (only if the color/materials change)

Roof, if the color changes

Siding, adding or changing

Stone addition to existing structure or foundation

Yard Changes:

Driveway or parking area (p. 32)

Flag Pole

Fencing (p. 29)

Playground equipment (p. 41-42) only if base is in excess of 30 sq. ft.

Retaining wall (p. 29) only if over two (2) feet tall

Swimming pool & related construction

Sidewalk

Tree Removal (p. 9 & 36)

Landscape & Water Features such as arbors, latticework, pergola, trellis (no permit if attached to the house), structures, waterfalls and pond

Shoreline permit is required for dock, electrical, riprap, and seawall. Applications are first submitted to the ACC and the ACC will forward the request to the TVA and Corps of Engineers for approval.

Other Changes:

Antennas, Radio & TV, if larger the 1 m in diameter (p. 30-31) Demolition (p. 9 & p 46-47) Geothermal energy system (p. 30) Solar Panels (p. 31)

No permit is needed to complete maintenance such as painting if the colors and materials remain the same (p. 8). Remember structural and visual changes need permits. If in doubt, call the ACC Permit Office 865-458-5408 ext. 4117 and ask for advice.

UPCOMING EVENTS AND MEETINGS

HOA WELCOME ORIENTATION

HOA will hold a Welcome Orientation for new villagers on Thursday, May 31st at the Yacht Club from 6:30 – 8:00 pm on the Third Level. Learn about our community and our key organizations. For more information visit: www.hoatv.org

ATTEND POA 101!

Did you just move to the Village and want to learn more about our committees, clubs, and history of Tellico Village? Come to POA 101! The next session is Wednesday, June 6th at 2 p.m. on the top floor of the Yacht Club. Attendees receive a binder full of information, contact names, resources and governing documents, along with a goody bag. The presentation lasts about an hour. RSVP to Jessica Miles at JMiles@TVPOA.org or 865-458-5408, ext. 4115. In order to prepare the correct number of printed materials, the deadline to RSVP is Friday, June 1st. We hope to see you there!

TOWN HALL MEETING

Property Owners Association of Tellico Village

Shaping Our Future
Strategic Planning Process & Your Participation in Future Village Developments
Monday, June 4, 2018
4:00 – 6:00 PM

Topics

Community Church of Tellico Village

Current Strategic Plan Creation of a new Plan Opportunity for Q&A

TELLICO VILLAGE NATURALISTS CLUB

The Tellico Village Naturalists Club's monthly meeting will be on Monday, June 4th in Room A, Chota Recreation Center. The members' social starts at 6pm and the Program meeting starts at 6:30pm. This month's topic will be "Feathered Friends" (Overview of Birds) and there will also be a nature profile of a mystery mammal. Nature-lovers are welcome to come to the Program meeting to learn more about the club. For more information, visit www.sites.google.com/view/tvnaturalists-public or send an email to tvnaturalists@gmail.com

NEW VILLAGERS MONTHLY SOCIAL

The New Villagers Club holds a Social 5-6.30pm on the first Thursday of every month at Tellico Yacht Club. The next Social will be 5pm, Thursday June 7th at the Yacht Club. New members should arrive at 4.30pm. Visit the New Villagers Club website for more information at www.telliconewvillagers.com

TELLICO WOODWORKERS MEETING

The Tellico Village Woodworkers Club will be holding their monthly General Meeting on June 7, 2018 at 7:15 pm. The meeting will be held on the top floor of the Yacht Club. This month's program will be the Spring Challenge. Members are asked to build a box or a turned bowl that meets the requirements needed for the child that are attending treatment at the East Tennessee Children's Hospital. Epoxy materials are encouraged to be incorporated into the container. Each child undergoing treatment receives a bead after each treatment and these containers are used to store their many beads. Come and see how creative our members can be for this worthwhile cause. The public is welcome to attend. For more information, go to www.tvwoodworkers.com

UNITED WAY GOLF OUTING

Help your neighbors by joining in the United Way Golf Outing at the Rarity Bay golf course on Saturday, June 2nd. It begins with a shotgun start at 9:00 AM. The event is jointly sponsored by the Loudon and Monroe County United Way organizations and will equally benefit the fund drives of each organization. In Loudon County, the benefits will accrue to the 32 partner agencies of the United Way. These include the TV Volunteer Fire Department, the Computer Users Club TAP, StayinTV, Iva's Place, Good Samaritan, STAR, the Boys and Girls Club

of Lenoir City, the Senior Citizens Home Assistance Program, to name but a few familiar to village residents. Teams can be all male, female or mixed. The entry fee is \$400/team. This includes all green and cart fees, gift bags with lots of goodies in them, mulligans, tees, snacks, breakfast and a luncheon. Prizes will be given for longest drives, closest to the pin, most accurate drives (individual) and team winning foursomes in all three team categories. For more information please visit the UW web site at www.unitedwayloudoncounty.org or contact Judy Fenton, Executive Director UW Loudon County at (865) 582-4082 or via email to fentonj@unitedwayknox.org. Again, take advantage of this opportunity to play a great course and at the same time help your less fortunate neighbors enjoy a better quality of life. We appreciate the support.

2018 GARDEN WALK

The Tellico Village Garden Club presents our 2018 Garden Walk, "Art In The Gardens". Thursday, June 7 from 9:00 am to 2:00 pm. Three residential gardens and the Butterfly Garden at the Wellness Center will be on display with artists working in the gardens. The walk is free of charge. Directions and descriptions will be available after June 1 At Chota Rec Center, The TV Welcome Center, The Kahite Club House, and online at www.tvgardenclub.org

TELLICO VILLAGE FISHING CLUB MONTHLY MEETING

The Tellico Village Fishing Club monthly meeting will be on Wednesday, June 13, 2018 from 7:00 P.M. to 8:30 P.M. at the Village Yacht Club (top floor). Club meetings feature fishing related guest speakers and discussions about various Club fishing activities and events. Visitors are welcome. For additional information, contact Club President Pete Young at 865 - 458 -1527.

COMING UP AT TELLICO VILLAGE UNIVERSITY...

Complete course descriptions are found on the TVU website. You can register now for these TVU classes at www.tvuniversity.org

SocialMedia4Seniors Class Schedule at TVU

SocialMedia4Seniors is now affiliated with TVU as our computer application training provider. Registration is directly through SM4S; the link to their website for each course is found with the course description and requirements at the TVU website: www.tvuniversity.org

Payment to SM4S is made at the time of registration. Participants have expressed their appreciation for the very small classes as they get individual attention they need. Classes are filling; register now if you are able to attend. Complete descriptions and requirements for these remaining classes are found on the TVU website:

- Apple Basics. 10-12. June 28 & 29 at the Welcome Center
- Android Basics. 12:30-2:30. June 28 & 29 at the Welcome Center

TELLICO RIDERS MEETING

Thursday June 14, 2018, the Tellico Riders will conduct their monthly meeting at the Tellico Village Yacht Club. The club social starts at 5pm in the Yacht Club Bar. Followed by a meeting on the 3rd floor at 6pm. If you own a motorcycle, ride in East Tennessee, or would like to meet those that do, come join us.

At 7pm after the meeting, it's optional to join many of the Tellico Riders for dinner in the Yacht Club Dining Room. If you desire to have dinner, we recommend you place your dinner meal order during the Club Social Hour... tell them you are with the Tellico Riders. For additional information, please contact Dave Johnson, Director Tellico Riders at ae0e@hotmail.com

TELLICO VILLAGE LADIES BOOK CLUB

Join the Tellico Village Ladies Book Club on Thursday, June 14th at the Tanasi Clubhouse. Lunch will begin at 11:30 a.m. and discussion begins at 12:15 p.m. We will discuss the fictional book "The Memory Keeper's Daughter" by Kim Edwards. Discussion leader is Karen Erpelding.

UPCOMING ART GUILD EVENTS

Creating Dramatic Landscapes in Watercolor

Art Instructor - Kate Aubrey

June 7, 8, 9 from 9 a.m. to 4:30 p.m., Chota Recreation Center - Room A

For more information see www.tellicoartguild.org or contact vermeerschci@gmail.com

TELLICO VILLAGE BROADCASTING

Tune in as Len Willis provides a "State of the Players" address as he recaps the 28 year history of the Tellico Community Players that includes 102 productions. Len also provides a peek at what's coming up this year. To view this video, visit https://vimeo.com/270989116

All TVB videos are available on the TVB website at www.tellicovillagebroadcasting.org

LIBRARY CORNER

Below, you will find information about upcoming events at the Public Library of Tellico Village. If you are interested in learning more about upcoming events at the Library, contact them directly at 865-458-5199.

- Thursday, May 31, 2018, 1 6 p.m., The Public Library at Tellico Village. "Don't be a Victim" (Encore Presentation), Safety & Security seminar by Paul Nackino on physical, home, travel, automobile and cyber security. Personal protection, mental preparedness and the psychology of criminals will also be discussed. Fee of \$25 (cash or check) payable to Paul Nackino at the time of the class. Please call the library at 865-458-5199 to preregister.
- Friday, June 1, 2018, 10am 12 noon, The Public Library at Tellico Village, First Friday Meet the Author Series: Cheryl Peyton, a writer of mysteries including Six Minutes to Midnight, Murder in Margaritaville and Murder on the Rhine. There is no charge for this event.
- Wednesday, June 6, 2018, 9am 5pm, Battle of Chattanooga Tour of Chattanooga Civil War battlefields with Jim Jorgenson (JJ Tours). This will' be narrated and on a deluxe coach. Transportation to/from Chattanooga not included and there are no refunds. The Public Library at Tellico Village has flyers with detailed information or contact Jim Jorgenson at 865-458-2792. The cost is \$30 per person (for the coach). Please register at the library and pay when registering. (Checks to FOTVL)
- Thursday, June 7, 2018, 9:39-10:30am, Mike Kitchens from the Smoky Mountain Service Dogs organization will speak about their mission and the recipients of the dogs. He may bring the canine ambassador, Hooligan, to demonstrate tasks that these dogs are trained to do. There is no charge for this event at The Public Library at Tellico Village. However, please call the library at 865-458-5199 to sign up for this presentation.
- Tuesday, June 12, 2018, 7:00 8:00 pm, Financial Planning for the Long Haul, presented by Bruce Landis from Providence Advisors. This will be held in the Public Library at Tellico Village Conference Room at no charge. Please call 865-458-5199 (Library) to preregister for this event.
- Tuesday, June 19, 2018, 9:30-11am, The Origins of Tellico Village with Bo Carey, an encore presentation by a 7th generation Tennessean and local historian. He will speak to the origins of Tellico Village beyond it being more than a simple real estate development. Its creation, planned by the TVA, was part of a controversial, comprehensive plan to bring jobs, higher income and economic development to Loudon, Monroe and Blount counties. This will be presented in The Public Library at Tellico Village Conference Room at no charge. Please call 865-458-5199 to preregister for this event.

AMERICAN LEGION MONTHLY MEETING

American Legion Post 256, extends an invitation to all Veterans to join us at our meetings on the 1st Thursday of each month. The next meeting will be Thursday, June 7th. The meeting begins at 9 AM and includes a breakfast buffet for \$12.00. Reservations are required by noon on the Monday prior to the meeting. Please call Commander Vic Vickery, (423) 884-6476 or Adjutant Jim McNeece, (865) 233-5664. Breakfast is followed by an informative guest speaker and updates on community and veteran's services projects. Join us in the Fellowship Hall at The First Baptist Church of Tellico Village. For directions and more information visit www.TellicoLakePost256.org

SMOKY MOUNTAIN SERVICE DOGS 2018 GOLF CHALLENGE

The Smoky Mountain Service Dogs 2018 Golf Challenge will be held on Saturday, June 9th at the Toqua Golf Course. The rain date is Sunday, June 10th. For more details please visit the SMSD website: www.smokymountainservicedogs.org and download the necessary registration forms or obtain copies at any Tellico Village golf clubhouse. If you would like more information as to how you can support the tournament and Smoky Mountain Service Dogs, contact Romano Sims at 571-251-1640.

LAKE DAY 2018

Tellico Village will have it's annual Lake Day celebration on Friday, June 1st from from 11-2 at the Tellico Village Yacht Club. The event is free to attend and there will be a free shuttle that runs from the Community Church to the Yacht Club and Tugaloo Beach Pavilion. There will be live music on the waterfront by J Luke, vendors, opportunities to test paddle boards and kayaks, as well as free ice cream for the first 300 people. Participating vendors this year include:

Eagle Yacht Management, River Sports Outfitters, Nautical Boat Club, Docks and More, Premier Watersports, Aquatic Weed Wizards, Loudon County Tourism, Steve's Custom Canvas, Nautical Workz, Electrolux, Jackson Mobile Marine, Uncle Lems, American Boat Center, TBart, and Frontier Kayaks. Hope to see you there!



AUDITIONS SET FOR TELLICO PLAYERS OCTOBER DRAMA, OUTSIDE MULLINGAR

Auditions for the Tellico Community Players production of Outside Mullingar will be held from 6 - 8 p.m., Thursday, June 7; 2-4 p.m., Sunday, June 10 and 6-8 p.m., Monday, June 11 at the Tellico Community Playhouse, 304 Lakeside Plaza, Tellico Village, Loudon.

Play dates are Thursday-Saturday, October 4-6 and 12-14 and Thursday-Sunday, October 11-14.

Director Dennis Loy is looking to cast two men and two women for John Patrick Shanley's play, which is set in rural Ireland and loosely based on Shanley's Irish ancestors.

Shanley presents a tale about two lifelong introverted misfit-neighbors who grow into adulthood caring for sick parents, while illustrating the many hardships of rural Irish life and the difficulties of finding one's "other half."

The roles:

- **Rosemary Muldoon**: Female, 40-49, a farmer's daughter and a "tough cookie." She deals with the realities of Irish farming as a bit of a tomboy, yet she has a romantic soul. She is single-minded, willful, patient and optimistic. She has a fervent but secret soul and plays the long-game.
- **Anthony Reilly**: Male 40-49, a shy, intense dreamer who is also dutiful and quiet. His full, yearning heart masks a subdued manner, eternally sensitive and guarded to let love into his life for fear of getting hurt.
- **Tony Reilly**: Male, 60-77. Anthony's father, a wily old Irish farmer who is cantankerous, sly, and set in his ways. He is a fixture of the Irish county-side proud, stubborn, and gruff.
- **Oeife (Efa) Muldoon**: Female, 60-77. Rosemary's mother in bad health and, when first introduced, grief-stricken because of the recent death of her husband. She is a sharp, straight-shooting "old bird" who doesn't suffer fools gladly. Weathered, opinionated, and set in her ways.

Scripts are available at the Tellico Village Library. Any questions should be directed to Dennis Loy, director (loyatty@gmail.com), or Sue Aukerman, assistant director (sue.aukerman@gmail.com)

Playwright and screenwriter Shanley won an Oscar for Best Original Screenplay for the 1988 film Moonstruck, for which Cher won Best Actress and Olympia Dukakis won Best Supporting Actress. Outside Mullingar was nominated for a Tony Award.

KNOXVILLE TRANSFER BAND TO PLAY TIKI NIGHT ON JUNE 1ST

On Friday, June 1st, Tiki Night will feature the Knoxville Transfer Band. This is a 7 piece horn band playing hits from Chicago, Blues Brothers, Van Morrison, Delbert McClinton and many more. Two members of the band are Villagers - get there early to get a seat and support your neighbors!







PETS OF THE WEEK: MEET ATHENA AND POE!

Athena and Poe are two delightful, calm, tightly bonded best friends. They are great companion cats for any human who wants to hang out petting cats...one for each hand! They are Indoor only cats and both are about 1½ years old. Athena is a Golden Brown tabby with ticked fur (individual hairs in a tabby-patterned coat that may be banded with different colors) who will let you pet her all day, non-stop. Poe is a gorgeous medium hair black cat with some white areas who loves to head butt and get kisses on her head. She is a bit of a "flopper"- reach your hand to pet her and she'll flop onto her side for scratchins.' Both girls have perfect litter box manners, are spayed, have tested Negative for FeLV/FIV, have all vaccinations and are microchipped. Bring a carrier, or two and come and get them.

SNAP (Spay Neuter Assistance for Pets) offers free vouchers to qualifying families for a spay or neuter procedure at participating local veterinarians. The next voucher session will be held Saturday, June 2nd, at the Sweetwater City Hall, 10-11am. Vouchers are available to qualified Monroe County residents. PPAW in Greenback also offers low cost altering at their clinic for anyone who does not meet the voucher income or county qualifications. Be proud to be a part of the solution! The Shelter is located at 170 Kefauver Lane in Madisonville (behind Wal-Mart). Open Tuesday-Friday from 11-4:30 and Saturdays from 11-2. The shelter is closed to the public on Sunday and Monday. TN Monroe County Animal Shelter is the official Facebook page. Call 423-442-1015 and check out all available pets on our web site at www.monroecountyfriendsofanimals.org.

