

Tell-E-Gram Text Only Version, March 22, 2013

POA Meetings and Events:

- Long Range Planning, 10 a.m. Thursday, March 28, POA Office
- Recreation 101, 12:30 p.m. Thursday, March 28, Wellness Center
- Public Services Advisory Committee, 1 p.m. Thursday, March 28, Wellness Center
- POA Board Workshop, 10 a.m. Tuesday, April 2, POA Office

Recreation News for April

Easter Egg Hunt

The Easter Egg Hunt will be held **Saturday, March 30, at 10 a.m. sharp** at the Wellness Center. The Easter Bunny will be here for photos, but please bring your own camera. Contact the Rec Department at 865-458-7070 or 865-458-6779 for more information. You do not have to sign up to attend the Easter Egg Hunt.

Recreation Department CLOSED Easter

The Chota Recreation Center and Wellness Center will be CLOSED on Sunday, March 31, in observance of the Easter Holiday.

Mark Your Calendar's now for Camp Tellico!

Camp Tellico is coming soon! Camp will be held:

- June 24-28
- July 8-12
- July 29-Aug. 2

Camp Tellico will be held from 11 a.m.-3 p.m. at the Chota Rec Center on the mentioned weeks. The second week of Camp Tellico (July 9-13) is held in conjunction with the annual Golf Camp at Toqua. **Sign-ups will begin April 1 at the Chota Rec Center. Registrations will NOT be taken by phone, as payment must accompany sign-up.** Please contact the Toqua Pro Shop regarding information about Golf Camp. Watch the Tell-E-Gram and *Connection* for more details. For more information contact Larissa at the Chota Recreation Center at 865-458-6779.

Weight Equipment Orientations

Orientations on the proper use of the cardiovascular and weight equipment will be provided in April on:

- Monday, April 1, 4 p.m.
- Tuesday, April 16, 4 p.m.
- *Anyone wishing to make an appointment for an orientation at the Kahite Fitness Facility or cannot attend any of the classes above, please contact the Wellness Center at 865-458-7070 and leave your name with the receptionist.*

It is recommended that you get approval from your doctor prior to beginning an exercise program. The orientations are free; however, **reservations are required**. Please contact the Wellness Center at 865-458-7070 to have your name added to the date you desire.

Rec 101

Want to learn the ins and outs of the Recreation Department? Want to learn who the correct contact person is for room reservations or the addition of new classes? Come to the Rec 101 on Thursday, March 28, at 12:30 p.m. or Thursday, April 25, at 12:30 p.m. at the Wellness Center.

“Get Ready for the Season” Swim Team Clinics

The Tellico Village Tarpons Swim Team will be hosting swim clinics on Saturday, April 27, from 10-12:30 p.m. and Sunday, April 28, from 1-3:30 p.m. The Wellness Center pool will be **CLOSED** during these times. For more information about the swim team, you can email the team manager, Agnes Beauchamp, at tvtarpons@charter.net

Play and Practice Bridge

Play and Practice Bridge, with the Nances, will begin on Wednesday, April 3, at 9 a.m. at the Chota Rec Center. Play and Practice will be instructed by Doug and Helen Nance and will be held each Wednesday at 9 a.m. at the Chota Rec Center. Sign-ups are NOT required. If you have any further questions, please contact the Chota Rec Center at 865-458-6779.

Headaches and Migraines Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she talks about how headaches are not normal and how to prevent and manage them naturally. The seminar will be held at the Chota Recreation Center on Thursday, April 18, at 10:30 a.m. This seminar will be a great one, so don't miss out. The seminar is Free, but registration is required by calling the Chota Rec Center at 865-458-6779.

Mexican Train Dominoes

Interested in learning and/or playing Mexican Train Dominoes? If so, join the Lefevres on the first and second Thursday of the month starting Thursday, April 4, at 1 pm at the Chota Rec Center. Please bring your own Double 12 dominoes set. If you have any questions or for more information, call Ray and Carol Lefevre, 865-657-3110.

Hearing Seminar

Join Dr. Jill Cole with the Family Hearing Center on Thursday, Wednesday, April 24, at 2 p.m. at the Chota Recreation Center. Join this small group discussion when they talk about the myths surrounding hearing aids. This seminar will allow everyone the chance to ask questions, as well as provide feedback, about hearing aids. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Prevent, Control, & Eliminate Type II Diabetes & Metabolic Syndrome Seminar

Join Cristina Vieira, CNC, a wellness consultant with Smiley Chiropractic and Wellness Center, when she discusses how to prevent, control and eliminate type II diabetes and Metabolic Syndrome on Friday, April 26, at 10 a.m. at the Chota Recreation Center. The seminar is FREE, but registration is required by calling the Rec Center at 865-458-6779.

Tinnitus and Dizziness Seminar

Join Appalachian Audiology on Thursday, April 11, at 10 a.m. at the Chota Recreation Center. Learn answers to questions such as: Why do I hear ringing in my ears? What is the cause of tinnitus? How do I make it go away? What causes dizziness? Dr. Jan Dungan, a clinical audiologist at Appalachian Audiology, will also tell you about a screening you can do in your home to help determine the cause of dizziness. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Village's No Solicitors Policy

Solicitors seems to follow stormy weather as rainbows do rain. In Tellico Village, there is a policy against door-to-door solicitations (signs are posted throughout the Village) and it is considered trespassing; Village roads are private property. Only Village property

owners and their guests have permission to use the roads. If you see anyone soliciting, contact Public Works as soon as possible by calling 865-458-4522 or call the police.

Some Other Stuff You Need to Know...

TLTA Tailgate March 24

Tellico Lake Tennis Association is planning a tailgate tennis lunch for UT vs. Vanderbilt Men's and Women's Tennis Match March 24, at 1015 20th Street, Knoxville, TN 37796. Sign-up for the TLTA tailgate tennis lunch and come out to cheer on our UT tennis teams playing Vandy. Free for all TLTA members and \$5 for guests. Women's match begins at 10 a.m. and Men's at 1 p.m. with lunch served between 12:30-1 p.m. Sign-up for the tailgate lunch on the TLTA website, www.tlta.usta.com, or Chota Recreation Center. Membership forms will be available; \$15 to join TLTA if desired at the event or on TLTA website. Membership is not required to join us at the tailgate party.

Women's Club Meets March 25

The Tellico Village Women's Club will meet on Monday, March 25. Business meeting begins at 3 p.m. This month's meeting will be a working meeting with a soup supper provided by the board of directors. The club meets at the Christ Our Savior Lutheran Church on Highway 72.

DOG Meets March 26

The annual members meeting of DOG (Dog Owners Group) will be held 6 p.m. Tuesday, March 26, in Christ Our Savior Lutheran Church on Highway 72. The event will be a potluck dinner; members are asked to bring a dish to share—everything else will be provided. RSVP to Gretchen Kitchen, walchen@charter.net.

Hike Oswald Dome Trail March 27

The Tellico Village Hiking Club will depart 8 a.m. Wednesday, March 27, from Chota Center to hike:

- Oswald Dome Trail
- Distance: 8 miles in and out
- Elevation Gain: 250 feet
- Rating: Moderate
- Driving time: 1 hour to Reliance, TN
- Leader: Gail Eades, 865-599-6785 or G3Evolution@gmail.com

This well maintained trail reaches the top of Oswald Dome on Bean Mountain for some spectacular winter views west and north in the Cherokee National Forest. The first 2.7 miles is a steady uphill grade to the almost flat top of the mountain, then the trail levels out to a moderate grade. Hiking boots and hiking sticks are recommended. Driving directions will be provided the morning of the hike. Bring water and a trail lunch. Carpooling is recommended, passengers are asked to contribute \$6 to the driver to help cover gas, etc. For more information, go to www.TVHikers.com.

T-BART Quarterly Meeting March 27

Tellico Boaters Assistance Response Team (T-BART) will hold their second quarterly meeting 5:30 p.m. Wednesday, March 27, in the Kahite Pub & Grill and Annex Function Center. A cocktail social in the Pub will be 5-5:30 p.m. (pay as you go bar) and the T-BART meeting is 5:30-6:15 p.m. in the Kahite Annex. After a brief review of recent T-BART activities, there will be a short presentation on "Getting Ready for the Boating Season."

Buffet Dinner after the meeting is open to everyone. Buffet menu: Sliced Roast Beef with Gravy, Grilled Chicken with Green Peppers & Onions, Mashed Potatoes, Vegetable Medley, Rolls, Tea/Coffee/Soda, Dessert, and gratuity for \$13 per person, paid to the Kahite Pub that evening. For dinner reservations, contact Phil Hamilton, 423-884-2226 or phil.hamilton@tds.net, no later than Monday, March 25, to let Phil know your name and the total number in your party for dinner.

Garden Club Meets April 4

The Tellico Village Garden Club will meet 12:30 p.m. Thursday, April 4, top floor of the Yacht Club. The program will be "Color in the Shade," featuring Dr. Sue Hamilton, Director of UT Gardens. New members are welcome. For information, go to www.tellicoclubs.com, or call Linda Schuessler, 865-657-9228.

Submitted by Linda Schuessler

Yacht Club Closed April 5

The Yacht Club restaurant and bar will be closed Friday, April 5, for a special event.

Kiwanis Hosts Breakfast to Benefit Kids April 6

Kiwanis Club of Tellico Village is hosting its semi-annual breakfast/brunch 7:30-11:30 a.m. Saturday, April 6, in the Tellico Village Community Church's Christian Life Center. Don Fraley, Project Chairman, invites everyone to loosen their belts and join their friends. Ticket prices are:

- Adults: Advanced purchase - \$8; at the door - \$9
- Children: 12 and under are free

Tickets may be purchased from members of the Kiwanis Club, or call Chuck Sanford 408-2339 or Jack Litzenberg 458-3514. Tickets are also available at two Tellico Village banks; First National and United Community Bank.

The "breakfast" has turned out to be an event that brings neighbors of all ages to an all-you-can-eat brunch in a setting where you can see old friends and make new ones. The menu is diverse and exceptionally delicious. It ranges from pancakes and quiche to sausage, fruit, and yogurt accompanied by all of the coffee, milk and juice you can drink. Wampler's Sausage and Mayfield Dairies are major sponsors.

The last pancake breakfast hosted more than 800 guests. "Our target is to exceed that record," said Fraley. More than 70 Kiwanians and their wives, along with members of the Loudon High School Key Club will prepare the food and assist in serving.

The Kiwanis Club Mission is to serve the children of the world. Your participation helps provide the funds to pursue this mission in the Loudon area. It's all for the kids!

Household Hazardous Waste Collection Day April 6

Household Hazardous Waste Collection will be held 8 a.m.-1 p.m. Saturday, April 6, at the Loudon County Justice Center, located at the corner of East Lee Highway (Highway 11) and Sugarlimb Road. There is no cost for Tennessee residents.

Guidelines: Leave products in their original containers. Re-label containers that have lost their labels. Do not mix two or more different products into one container. Place items in a cardboard box, preferable lined with newspaper or plastic.

Items accepted are: Automotive/Marine Products: Fuel and oil additives, grease and rust solvents/ naval jelly, carburetor and fuel injector cleaners, starter fluids, body putty, antifreeze, and gasoline. Home Maintenance/Improvement Products: Used strippers and thinners, adhesives, driveway sealant, roofing tar, and wallpaper remover. Home Lawn and Garden Products: Pesticides, fertilizers, wood preservatives. Miscellaneous: Rechargeable batteries, pool chemicals, photo processing, medicine/ drugs, aerosols/compressed gas, mercury thermostats and thermometers, and fluorescent tubes.

Unacceptable Items: Medical/Biological: Needles and sharps, infectious waste, dead animals, nor any waste from a doctor's office/clinic or veterinarian's office/clinic. Explosives/Ammunition: Fireworks, military ordnance, gun powder, nor ammunition. Radioactives: Smoke detectors, nor radium paint. Business/Institutional Waste: No business, no colleges nor universities, no schools, no hospitals, no home improvement nor painting contractors, no agribusiness. Miscellaneous: Empty containers of any kind, automotive gas tanks, laboratory chemicals, pain, nor electronics.