



POA Meetings and Events (note irregular dates/times/locations):

- POA Board Workshop, 10 a.m. Tuesday, Aug. 6, POA Office
- Golf Advisory Committee, 3 p.m. Thursday, Aug. 8, POA Office
- Architectural Control Committee, 9 a.m. Thursday, Aug. 15, POA Office
- Finance Advisory Committee, 9 a.m. Friday, Aug. 16, POA Office

TELLICO VILLAGE POA **Tell-E-Gram**
Midweek August 6, 2013

Recreation News for August

Weight Equipment Orientations

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

- Thursday, Aug. 8 at 4 p.m.
- Wednesday, Aug. 21 at 4 p.m.
- *Anyone wishing to make an appointment for an orientation at the Kabite Fitness Facility please contact the Wellness Center, 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, 865-458-7070, to have your name added to the date you desire. If the dates above do not work for you, please leave your name with the front desk and the Weight Equipment Orientation Instructor will contact you.

Medic Blood Drive

The Medic Blood Drive will be held at the Chota Recreation Center 11 a.m.-6 p.m. Tuesday, Aug. 6. A valid ID is required to donate. Donors should be healthy, ages 17 and older, and eat a full meal four hours before giving blood. Each donor will receive a free cholesterol evaluation. There is no fasting necessary. One blood donation a year exempts you and your IRS dependants from paying blood supplier processing fees at any U.S. hospital. There are no appointments necessary.

FREE Hearing Screen Checks

Dr. Jan Dungan of Appalachian Audiology will offer FREE hearing screenings and consultations about tinnitus, balance, or hearing aids 11 a.m.-2 p.m. Thursday, Aug. 8, at the Chota Recreation Center. The screening will check the outer, inner, and middle ear and will take about 15 minutes. The screening is FREE, but sign-ups are required by calling the Chota Rec Center, 865-458-6779.

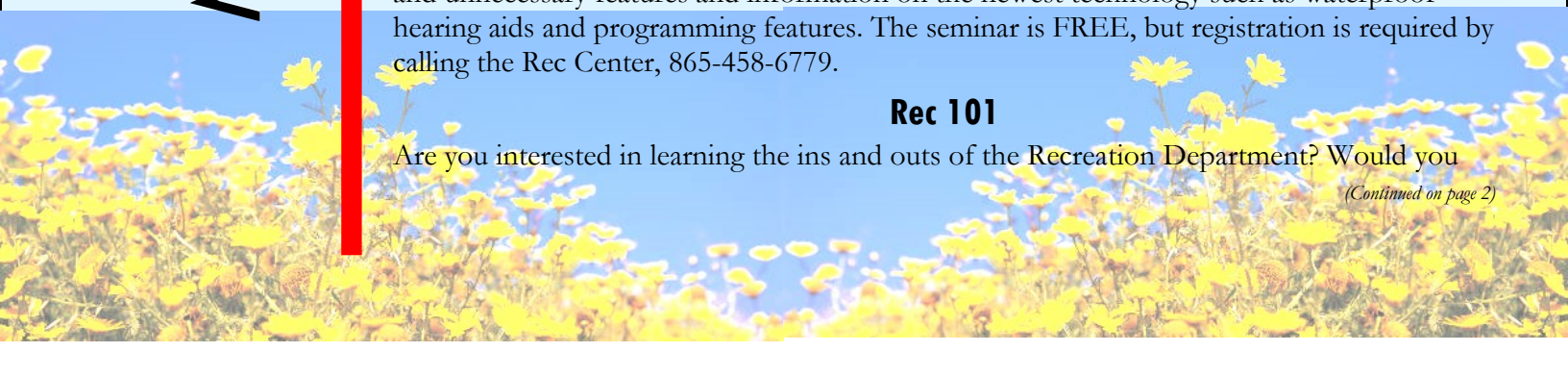
Consumer Protection for Hearing Aid Purchases Seminar

Join Dr. Jan Dungan of Appalachian Audiology 10 a.m. Thursday, Aug. 8, at the Chota Rec Center when Dr. Dungan presents “Consumer Protection for Hearing Aid Purchases.” Some of the topics for discussion include: How to avoid paying too much for hearing aids and unnecessary features and information on the newest technology such as waterproof hearing aids and programming features. The seminar is FREE, but registration is required by calling the Rec Center, 865-458-6779.

Rec 101

Are you interested in learning the ins and outs of the Recreation Department? Would you

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like to learn who the correct contact person is for room reservations or the addition of new classes? If so, please attend the Rec 101 12:30 p.m. Thursday, Aug. 29, at the Wellness Center. Reservations are not required.

Alzheimer's Seminar

Join Amedisys Hospice Care when they present new interventions that not only help in the end stages of dementia or Alzheimer's but also in the early stages. This seminar will be a great one, so it will be offered twice.

- Thursday, Aug. 8, 1 p.m., at the Kahite Activity Center
- Saturday, Aug. 10, 2 p.m., at the Chota Rec Center.

The seminars are Free, but registration is required for both seminars by calling the Chota Rec Center, 865-458-6779.

Healing Powers of Food Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, 10:30 a.m. Thursday, Aug. 15, at the Chota Rec Center, when she presents what you should eat more of when suffering from certain health conditions as well as a variety of natural remedies. The seminar is free, but registration is required by calling the Rec Center, 865-458-6779.

FREE Health and Wellness Screening

Join Dr. Jessica Smiley-Hedrick, a Volunteer Wellness Consultant for the non-profit Foundation for Wellness Professionals, along with her team, will be at the Wellness Center 9:30 a.m.-noon Wednesday, Aug. 21, to offer free screenings. Screenings will include Saliva Test for chemical toxicity, Stress Test, Blood Pressure Check, and a Physical Evaluation for traumatic injuries. The Screenings are FREE and sign-ups are not required.

Fourth Free Friday

Come try us out for FREE on the fourth Friday of each month. See what you are missing at one of your Recreation facilities. Try out the equipment, go for a swim, work up a sweat in one of more than two dozen fitness classes or pick up a racquet. The only thing which limits the possibilities is your not taking advantage of this special offer. This month's free Friday is Aug. 23.

What's the Tingling in your Hands Seminar

Join Dr. Jessica Smiley-Hedrick from Smiley Chiropractic and Wellness Center, when she discusses what the causes tingling in your hands. The seminar will be held 11 a.m. Wednesday, Aug. 14, at the Chota Recreation Center. The seminar is FREE, but registration is required by calling the Rec Center, 865-458-6779.

The Ins and Outs of Hospice Care Seminar

Join Amedisys Hospice Care when they present what is provided with hospice care, what is covered financially, medications, supplies, and who qualifies for hospice care. This seminar will be a great one, so don't miss out. The seminar will be held 7 p.m. Tuesday, Aug. 20. The seminar is free, but registration is required by calling the Chota Rec Center, 865-458-6779.

Coming in September

Intro to Line Dancing with Toni Grovier will start again 1 p.m. Thursday, Sept. 5, at the Wellness Center and will meet each Thursday at 1 p.m. There is an additional fee of \$3 that must be paid to the instructor to attend Line Dancing. To have your name added to the list, please contact the Wellness Center, 865-458-7070.

Do Not Become the Victim of a Scam

Village residents are reminded to be wary of solicitors in Tellico Village. Always check them out thoroughly before engaging them for work on your home or property. Of special concern is a recent rise in companies offering lawn or landscape work. The local Better Business Bureau can help. Go to www.bbb.org and enter your ZIP code. Remember, solicitors are not allowed in Tellico Village.

Yacht Club Offerings and Upcoming Special Events

- **Tiki Bar** is back every Friday at 6 p.m. DJ Mike White appears Aug. 16 and Aug. 30. DJ Lou appears Aug. 23.
- **Tiki Bar** will be **on the dock** Friday, Aug. 9, featuring the Southern Star band. The grill will be open. (If the weather is bad, the event will be held inside.)
- We have launched our new dinner menu. Join us for dinner and see the changes.
- **Farmers Market** will be noon-5 p.m. Sunday, Aug. 11, in the Yacht Club's parking lot.
- Lunch is now open at the Yacht Club for the summer season, Wednesdays-Fridays, noon -2 p.m. Come and enjoy!
- Join us for dinner on Saturday nights for Chef Warren's delicious BBQ Ribs. They are on special for \$15 a full rack and \$10 for a half rack.
- **Seafood Week** is Aug. 27-Aug. 31.
- **Deron Little** will be our **Chef** the week of Aug. 20-24.
- **Wine and Cheese Tasting** 3-6 p.m. Saturday, Aug. 31. Tickets are on sale now for \$15 per person all inclusive.

Tellico Village can now be found on Facebook. Follow this link or search and "like" our page to see the Yacht Club calendar and more: www.facebook.com/pages/Tellico-Village/107440545979485

On a Special Note...

Did you know you can find the Yacht Club calendar and menus online? Go to www.TellicoVillagePOA.org, log in or click on the POA logo, select CLUBHOUSES, click on YACHT CLUB.

For reservations and information, call 865-458-4363.

How are we doing?

We appreciate your business and are committed to providing you and your family and friends with quality services. Please take a moment to complete a short survey online: YachtClubSurvey.com.

Reciprocal Courtesy Cards for Yachting Clubs of America Available

Property owners can purchase Reciprocal Courtesy Cards for the Yachting Clubs of America in the POA office for \$20. The card will allow you to frequent the more than 700 yachting clubs which, like TVYCC, are members of the association. There are YCA affiliated yacht clubs throughout the USA and its territories. For more information about YCOA, go to www.ycaol.com; the website that tells about the Association and all the yacht clubs that are members. Stop by the POA office to learn where member clubs are. For other questions about the program, call Mitzi Lane, 865-458-5408, extension 4116.

Some Other Stuff You Need to Know...

August Pickleball Schedule

- Thursday, Aug. 8, Evaluations, 5-7 p.m.
- Saturday, Aug. 10, Evaluations, 5-7 p.m.
- Thursday, Aug. 15, Drills, 5-7 p.m.
- Sunday, Aug. 25, Raft Off, 1-4 p.m. (corrected date)

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Auditions for “Pajama Game” Aug. 6-8

The Tellico Community Players will be holding auditions for the musical “Pajama Game”:

- Tuesday and Wednesday, Aug. 6-7, 4-6 p.m.
- Wednesday and Thursday, Aug. 7-8, 6:30-8 p.m.

A cast of 20-25 is required for the musical. Auditions will consist of a “cold” reading and a vocal audition (scales and/or music selection of your choice).

Major roles include:

- (Men) Hines, Prez, Sid, and Hasler (a non-singing role)
- (Women) Babe, Gladys, and Mabel

Other roles:

- (Men) Joe, First Helper, Second Helper, Charlie, Salesman, and Pop
- (Women) Mae, Brenda, Poopsie, and workers (dancers/singers)

The play will be held at Loudon High School in mid-October.

Computer Users Club Social Gathering Aug. 6

The Tellico Village Computer Users Club will have a social gathering 5:30 p.m. Tuesday, Aug. 6, at the Family Beach Pavilion. All members and spouses are asked to provide a plat of hearty hors d’ouvres and your own beverages. Attendees will participate in the program. The door prizes will fit the setting. For more information, go to www.TVCUC.org.

Fort Loudoun History on PBS Aug. 6

Fort Loudoun: Forsaken By God and Man will be broadcast live on East Tennessee PBS 8 p.m. Tuesday, Aug. 6. In addition to the half-hour film, a special feature about the archaeology of Fort Loudoun and the former Cherokee Overhill will be shown, along with a short film about the period attire and accoutrements presented by the historian portraying Attakullakulla, a famous Cherokee diplomat.

An encore presentation of the film’s live broadcast will occur 9:30 p.m. Monday, Aug. 12 at 9:30 pm.

Ladies Book Club Meets Aug. 8

The Tellico Village Ladies Book Club will meet 12:15 p.m. Thursday, Aug. 8, in the Tanasi Clubhouse, to discuss *The Reading Promise*, by Alice Ozma. The discussion will be led by Mary Garner.

HOA General Meeting Aug. 8

The HOA will hold a general meeting 7 p.m. Thursday, Aug. 8, in the Yacht Club.

The agenda includes

- HOA President’s remarks
- Treasurer’s report
- Approval of revised By-Laws
- POA update
- STAYinTV update
- TVPOA long-range plan update
- Loudon County report
- Lifestyles Forum II Action Teams Update

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- Identity Thief Prevention Presentation by Parker Still from the Knoxville FBI office. Self Defense Techniques for Seniors Presentation by Dan Sharf from Self Defense Solutions in Maryville.

Hike Charlie's Bunion Aug. 9

The Tellico Village Hiking Club will leave Chota Center 8 a.m. Friday, Aug. 9, to hike:

- Charlie's Bunion
- Distance: 8.1 miles
- Elevation Gain: 1640 feet
- Rating: Difficult
- Driving Time: Approximately 2 hours
- Leader: Larry Peck 865-408-1677 lap44@aol.com

This challenging trail begins at Newfound Gap in Smoky Mountains National Park. The trail traverses some of the most spectacular views in the Smokies. The steady climb over the course of the first two miles will lead to a distant observation of the North Carolina Smokies. At the 2.7 mile point, you will pass Icewater Spring Shelter. This water is cold, but should not be drunk without treatment. Many hikers rate the next two miles as some of the most spectacular in the Smokies. The view from the Bunion makes all the effort worthwhile.

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 for to help cover cost of gas, etc. For more information, go to www.tvhikers.com.

Village Quilters Sale and Meeting Aug. 9

The Village Quilters will meet Friday, Aug. 9, at Christ Our Savior Lutheran Church on Highway 72, west of Highway 444. The sale starts at 9:15 a.m. in the hallway on the church side entrance of the community hall.

Thanks to the generosity of our members, the Quilters have collected close to 500 books. Most of the books are in good to excellent condition, with very few duplicates, and cover a wide variety of current and traditional topics and techniques. The books will be priced to sell! Cash is preferred, but checks will be accepted. The proceeds from the sale will be used to support the guild operations.

The Quilters' guest speaker this month will be from Sulky Thread speaking on Thread Jazz and Embellishing. Even if you are not a quilter, you may want to attend just to see all the wonderful quilts in our show and tell. It is an excellent show!

Corrected Mah Jongg - Open Play

- Aug. 13 and 27, second and fourth Tuesday of each month, 1-4 p.m., Chota Rec Center, Room B
- Aug. 15, third Thursday of each month, 1-4 p.m., Chota Rec Center, Room D
- Aug. 26, fourth Monday of each month, 11:30 a.m.-2:30 p.m., Chota Rec Center, Room D

Please wear your name tag!

If you have any questions, please call Carolyn Neely, 865-458-1323, carolynneely@charter.net.

Hike Observation Point Loop Trail Aug. 12

The Muddy Boots Hiking Club will leave Chota Center 8 a.m. Monday, Aug. 12 (rain date Aug. 19) to hike:

- Observation Point Loop Trail at Norris Lake
- Rating: Easy/Moderate
- Distance: 3.7 miles

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- Elevation Gain: 480 ft.
- Leaders: Jon and Marsha Foreman, [412-337-5500](tel:412-337-5500) or 4Foreman@charter.net

This is a great hike on land originally acquired by TVA as part of Norris Dam, on trails developed by the Civilian Conservation Corps in the 1930s. Begin on scenic Clear Creek at a historic gristmill. Explore the primitive power plant from the outside, parts of which have been in operation since 1798. We will travel along the stream (should be good for wildflowers) before rising to a view atop Reservoir Hill. From Reservoir Hill we continue to our next stop at Observation Point which will complete our rise in elevation. The view is beautiful here, looking northwest to Norris Dam, the Clinch River flowing below, and the Cumberland Mountains rising in the background. Towards the end of the hike we will be on a narrow trail with a steep slope on our left. The view here is the high point of the hike, for those who just want to take in the view or take pictures.

Hiking boots are recommended. Bring ample water and some snacks. We will stop at a local restaurant for lunch after the hike.

Car-pooling is recommended and will be set up the morning of the hike. Passengers are asked to contribute \$5 to the driver to help cover gas.

Farmers Market Aug. 11

Chef Warren will host a farmers market at the Yacht Club noon Sunday, Aug. 11.

Chef Warren is looking for Village crafters to participate. All are welcomed. The tables and chairs are provided and there is NO table fee! Warren will be having a grill/cookout and drinks available. Local produce will be available, too. Crafters should call Warren to confirm their participation by Aug. 1, cell 865-278-0035, or Yacht Club 865-458-4363.

Tellico Top Notes Rehearsal Schedule

The Tellico Top Notes hold practice/rehearsal 7 p.m. on the second and fourth Tuesdays (Aug. 13 and Aug. 27) each month in the Yacht Club. Nick Azelborn, 865-408-0256.

Men's Senior Softball League Looking for Players Aug. 13

The Tellico Men's Senior Softball League is scheduled to begin fall play, at the Loudon Municipal Park on Tuesday, Sept. 10, and continue for 10 weeks. The slow-pitch league consists of six teams and they are looking for new players to fill anticipated vacancies.

If you would like to learn more about the league, you are invited to attend a meeting for current and new players 11 a.m. Tuesday, Aug. 13, in Chota Recreation Center. For additional information contact League Commissioner, David Davis at 458-0952.

Cruising Club Meets Aug. 14

The Tellico Cruising Club will meet Wednesday, Aug. 14 (second Wednesday of every month), in the Yacht Club, with a social hour at 5 p.m. and meeting at 6 p.m. All boaters are welcome. For more information, call Commander Errol Keith, 865-458-4277.

Fishing Club Meets Aug. 14

The Tellico Village Fishing Club will meet 7-8:30 p.m. Wednesday, Aug. 14, in the Yacht Club. The speaker is Tim Voland, owner of the bait and tackle store on Highway 321 in Lenoir City. He will discuss fishing on Tellico Lake. Visitors are welcome. For more information, contact Chuck Stoeffler, Club President, 865-643-1410.

Rummikub Club Meets Aug. 15

Come play Rummikub on the third Thursday each month (Aug. 15) at 7:30 p.m. in the Chota Recreation Center. For more information, contact Sheila Tew, 965-408-3119.

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Wine Tasting Aug. 20

American Wine Society is holding a Knoxville Education Seminar led by Villager Harry Eblen, a certified wine educator and sommelier, 5-7 p.m. Tuesday, Aug. 20, in the Yacht Club. Bread only will be served, so you may wish to make dinner reservations for after the tasting by calling the Yacht Club, 865-458-4363. The cost is \$28 per person. Make email reservations to harryeblen@yahoo.com. The tasting is limited to 48 persons, so please confirm your reservations with a check by Aug. 15, to Harry Eblen AWS, mailed to 430 Cayuga Dr., Loudon TN 37774.

This event will be a tasting of German wines, providing samplings of eight wines from the major wine producing regions of Germany, including Rheinhessen, Rheingau, and Mosel-Saar-Ruwer. Wine quality descriptions within the categories of Tafelwien and Qualitätswein will be discussed. How to read a German wine label for important information such as dryness, German wine board approval, and wine region will also be covered. Examples of some of the highest quality wines will be included in the tastings.

Also, save the date for our next seminar on the third Tuesday of the month, Sept. 17, and learn about the surprising wines of North Georgia.

Women's Club Meets Aug. 26

The GFWC – Tellico Village Chapter's Club meetings are held the fourth Monday of the month at 3 pm except for the months of May, June, and July. The August meeting will be held Aug. 26. Typically the meetings convene with a social hour 3-3:30 pm with the business meeting immediately following. Most meetings are held at the Christ Our Savior Lutheran Church, 260 Wade Road, located on Highway 72 one mile west of Highway 444. For more information, contact Sam McQueeney, 865-657-9020.

Hike Miegs Creek/Curry Mountain Aug. 28

The Tellico Village Hiking Club will leave Chota Center 8 a.m. Wednesday, Aug. 28, to hike:

- **miegs creek/curry mountain**
- Distance: 8.7 miles
- Elevation Gain: 900 feet
- Rating: Moderate
- Driving Time: 1 hr. 15 min.
- Leader: Tom Ringenbach, 865-458-0915 or tommamie@charter.net

Recent Events and Bragging Rights

Maureen Gillis Aces No. 14 at Tanasi

During the Ladies 9-Hole League Member-Member Tournament July 30, Maureen Gillis got a hole in one on No. 14 at Tanasi from the green tee (138 yards); she used a No. 5 wood.

POA Board and Committee Applications Available

Board Application packets and Committee Application packets are now available at the POA offices by contacting Sherry Snodgrass at ssnodgrass@tvpoa.org or calling 865-458-5408, ext. 4100.

- Board applications must be turned in by 3 p.m. Friday, Sept. 13.
- Committee applications must be in by close of business, Tuesday, Oct. 1, to be considered for 2014 committee seats.