



POA Meetings and Events:

- POA Offices closed Monday, Sept. 2, in observation of Labor Day
- Architectural Control Committee, 9 a.m. Thursday, Sept. 5, POA Office
- Recreation Advisory Committee, 9 a.m. Thursday, Sept. 5, Wellness Center
- Communications & Marketing Advisory Committee, 9 a.m. Friday, Sept. 6, POA Office

Waste Connections Rate Change

Effective Nov. 1, 2013, the rate for residential trash and recycle pick-up will increase by 1.75% - or go from \$14.31 to \$14.56 per month, or \$43.68 per quarter. This contact between Waste Connections and TVPOA will expire Oct. 1, 2014.

Recreation Department News and Activities for September

Labor Day Holiday Hours

The Wellness Center and Chota Recreation Center will be open on limited hours Monday, Sept. 2.

- Wellness Center: 6 a.m.-6 p.m.
- Chota Recreation Center: 8 a.m.-6 p.m.
- Kahite Activity Center: Please contact the Kahite Pro Shop at 423-884-6108 or 865-458-2639

The Recreation staff wishes everyone a safe and Happy Labor Day!

Weight Equipment Orientations

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

- Thursday, Sept. 12, at 4:30 p.m.
- Wednesday, Sept. 25, at 4:30 p.m.
- *Anyone wishing to make an appointment for an orientation at the Kahite Fitness Facility 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. 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.

Rec 101

Are you interested in learning the ins and outs of the Recreation Department? Would you 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 on 12:30 p.m. Thursday, Sept. 26, in the Wellness Center. Reservations 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 Sept. 27.

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Bridge Lessons

Standard American Bridge will begin 9 a.m. Wednesday, Sept. 4. This class of Standard American Bridge is designed for players who have played bridge and would like to learn more. This class will be instructed by Doug and Helen Nance and will be held 9 a.m. each Wednesday. Sign-ups are required by calling the Chota Rec Center at 865-458-6779.

Money Seminar

Join Andrew Bennett, a Financial Advisor, noon Wednesday, Sept. 4, in the Chota Rec Center when he discusses: How do you talk to your children about THEIR money? We all know that the generations behind today's retirees are not saving like they should. They have too much debt, too much house, costly cars. We see them make mistakes, so how do we get them to come to us for advice? Join this seminar when they talk about how we can use our experience to aid the next generation. The seminar is free, including refreshments, but registration is required by calling the Rec Center at 865-458-6779.

Learn about Bridge Class

Attention new bridge players! Are you interesting in learning about the fundamentals of bridge, such as bidding and playing? If so, contact the Chota Rec Center to have your name added to the signup sheet. This class, taught by Doug and Helen Nance, will meet 9 a.m. each Monday beginning Sept. 9 in the Chota Rec Center.

Basic Mechanics of Golf without Injury Seminar

Join Dr. Jessica Smiley-Hedrick, DC, from Smiley Chiropractic and Wellness Center, 11 a.m. Wednesday, Sept. 11, in the Chota Rec Center, as she discusses the basic mechanics of the golf swing, common injuries, and numerous stretches to help avoid possible injuries and how to improve your overall golf game. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Hearing Aid Seminar

Join the Appalachian Audiology 10 a.m. Thursday, Sept. 12, in the Chota Recreation Center. Dr. Jan Dungan, a clinical audiologist at Appalachian Audiology, will answer questions and provide information on consumer protection for hearing aid purchases, how to avoid paying too much for hearing aids, and the newest technology in hearing healthcare. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

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.-1:15 p.m. Thursday, Sept. 12, in 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 at 865-458-6779.

Hospice Seminar

Join Martha Dodge from Amedisys Hospice Care when she presents Hospice: A Continuum of Care. Topics will include: What is provided with hospice? What is covered financially, medications covered, supplies, and much

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Notice of a commercial permit application for Tellico Village

Dollar General is proposing to build a new store at the intersection of Route 444 and Mialaquo Road.

The application will be presented to the Architectural Control Committee at the Oct. 17 meeting. The meeting will be held in the POA conference room beginning at 9 a.m. A preliminary presentation is scheduled for 9 a.m. Thursday, Sept. 19, at the ACC meeting. Contact Clayton Taylor, 865-458-4522 or ctaylor@tvpoa.org, with any questions or comments.

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more. The seminar will be held at the Kahite Activity Center 1 p.m. Thursday, Sept. 12. The seminar is FREE, but registration is required by calling the Chota Rec Center at 865-458-6779.

Cold and Flu Seminar

Join Dr. Kelly Caldwell-Chor, of Primary Care Associates in Lenoir City, 10:30 a.m. Tuesday, Sept. 17, in the Chota Rec Center; she will be here to speak about this important topic and what you can do to protect yourself. She will be discussing tips and recommendations on prevention and treatment of cold and flu, as well as, how to ease back into a workout routine after illness. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Managing Chronic Pain Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, 10:30 a.m. Thursday, Sept. 19, in the Chota Rec Center, as she discusses how to manage chronic pain without taking medications. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Fives Wishes Seminar

Join Martha Dodge from Amedisys Hospice Care on her presentation of Five Wishes. Fives Wishes presentation includes topics of: Decision Making, Medical Treatment, Comfort Level, Who Treats Me, and What My Loved Ones Need to Know. The seminar will be held at the Chota Rec Center 2 p.m. Saturday, Sept. 21. The seminar is free, but registration is required by calling the Chota Rec Center at 865-458-6779.

Some Other Stuff You Need to Know...

Rec Facilities Open Limited Hours Sept. 2

The Wellness Center will be open 6 a.m.-6 p.m. Monday, Sept. 2. The Chota Recreation Center will be open 8 a.m.-6 p.m. Monday, Sept. 2.

Model Boat Sailing Every Tuesday

Model boat sailing is 1:30 p.m. every Tuesday, weather permitting. Visitors are welcome. For more information on this fun event, contact Dick Hinze, 865-458-1946; or Donn Sheill, 865-408-0291.

Mah Jongg - Open Play

- Sept. 5 and 19, first and third Thursday of each month, 1-4 p.m., Chota Rec Center, Room D
- Sept. 10 and 24, second and fourth Tuesday of each month, 1-4 p.m., Chota Rec Center, Room B
- Sept. 23, 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.

Pickleball Schedule for September

- Drills, 5-7 p.m. Thursday, Sept. 5
- New player class, 8-6-8 p.m. Monday, Sept. 9

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Reserves and Investments Policy Draft Now Online

The TVPOA Board is currently considering a Reserves and Investments Policy. The draft under consideration is available to view at: <http://www.tellcovillagepoa.org/tvpoa/board-of-directors>. Scroll down to see ITEMS UNDER CONSIDERATION BY THE BOARD and click on the items you wish to view. To comment or provide feedback, send your email to boardconsideration@tvpoa.org

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- Evaluations, 5-7 p.m. Thursday, Sept. 12
- Evaluations, 5-7 p.m. Saturday, Sept. 14
- Drills, 5-7 p.m. Thursday, Sept. 19
- Tellico Village Age-Based Tournament, Friday-Sunday, Sept. 20-27

For more information, contact Sue Newman, 865-657-9158 or nwmnszne@charter.net.

Tellico Top Notes Rehearsal Schedule

The Tellico Top Notes hold practice/rehearsal 7 p.m. on the second and fourth Tuesdays (Sept. 10 and 24) each month in the Yacht Club. Nick Azelborn, 865-408-0256.

Computer Users Club Meets Sept. 3

The Tellico Village Computer Users Club will meet 7 p.m. Tuesday (first Tuesday), Sept. 3, in the Yacht Club on the top floor. For more information, go to www.tvcuc.org.

Wisconsin Bratfest Sept. 23—RSVP Deadline Sept. 4

The Wisconsin Club Fall Bratfest will be held 5 p.m. Monday, Sept. 23, at the Family Beach and Pavilion on Tugaloo. The cost is \$7 per person, which includes brats, kraut, condiments, games, and door prizes. Bring a dish or dessert to share and your choice of beverage.

You must RSVP and make payment by Wednesday, Sept. 4, by sending your name, email address, and payment to:

Jeannette Kiehnau
104 Gigi Lane
Loudon, TN 37774

Or contact Jeannette at kbkiehnau@sbcglobal.net or 920-737-5052.

Feel free to bring your Wisconsin flags, banners, or other items to adorn the picnic area. You can wear your Packers' green or University of Wisconsin red and mingle with your Wisconsin friends and neighbors.

Thyme for Herbs Meets Sept. 5

The Thyme for Herbs (herb study group) will meet at 9 a.m. Thursday, Sept. 5, in the Chota Recreation Center. The program, beginning 9:30 a.m., will feature Nancy Robinson speaking on native medicinal herbs used before the days of drugstores. For more information, call Mary Garner, 865-408-0337.

Garden Club Meets Sept. 5

The Tellico Village Garden Club will hold its meeting on Thursday, September 5, at the Yacht Club. Come at 12:30 p.m. for a social time. New this year is "Ask the Gardener," beginning at 12:45, when our knowledgeable gardeners will be available to address questions. The brief business meeting begins at 1:00, followed by the program, presented this month by a club favorite, Lyn Bales, Senior Naturalist at Ijams Nature Center. His topic will be "Secrets of Your Backyard Birds." Visitors are welcome. For more information, contact Linda Schuessler, 865-657-9228, or see www.tellicoclubs.com/garden.

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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.

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Basketball Skills Clinic Begins Sept. 7

The Tellico Village Recreation Department is holding a six-week Basketball Skills Clinic 10-11:30 a.m. every Saturday, beginning Sept. 7, in Chota Recreation Center. The cost is \$35 for the six-week clinic and is designed for girls and boys 8-10 years old. Space is limited, so call 865-458-6779 to sign up.

This program is intended to help players develop and refine their fundamental basketball skills. The small group setting will enhance skill sets at the post, wing, and guard positions. Emphasis will be placed on fundamental development, shooting, offensive moves, defense, rebounding, team play, and more.

Turtletown Creek Trail Hike Sept. 9

The Muddy Boots Hiking Club will depart 8 a.m. Monday, Sept. 9 (rain date Sept. 16) from Chota Center to hike:

- Turtletown Creek Trail
- Rating: easy to moderate
- Elevation gain: 500 feet
- Leader: Jim Jeswald, 724-612-2166 or jmjes711@gmail.com

This is an enjoyable four-mile loop hike in the Cherokee National Forest. The trail passes along water cascades and two beautiful waterfalls. There are some short up and down segments under a mostly shaded forest canopy. There is one segment of moderate steepness along the first half of the trail and when returning from the falls. After the hike, there will be an optional stop at Buck Bald, a treeless mountain top, which is 2,348 feet above sea level, and provides a beautiful 360-degree view of the Smokey Mountains, Cumberland Mountains, and Cherokee National Forest.

Bring your lunch to eat at the base of one of the waterfalls and don't forget your camera. Carpooling is recommended and will be set up the morning of the hike. Driving time is approximately 90 minutes from Chota Center. Passengers are asked to contribute \$5 to the driver to help cover gas.

Dog Park Picnic Sept. 9

Members of Tellico Village's Rover Run Dog Park and Dog Owners Group (DOG) will have a picnic 5:30 p.m. Monday, Sept. 9, at the Family Beach and Pavilion on Tugaloo. Hot dogs, condiments, and paper ware will be provided; bring your own beverages and a dish to share. Also, bring a donation for Monroe and/or Loudon county shelters. RSVP to Cathie, cocktailshr711@aol.com or 865-408-0256. For more information on Rover Run, go to <http://roverrun.weebly.com>.

Water Boot Camp Begins Sept. 10

Join Leslie Bentley 8:45-9:45 a.m. Tuesdays and Thursday beginning Sept. 10, in the Wellness Center. This is a stamina-building workout which focuses on strength, power, and speed. You will be challenged through speed drills, strength exercises, interval training, and kickboxing while contained in the safety of a water environment. For more information, contact the Wellness Center, 865-458-7070.

Fishing Club Picnic Sept. 11

The Tellico Village Fishing Club will hold a picnic (in lieu of a meeting) 5 p.m. Wednesday, Sept. 11, at the Family Beach and Pavilion on Tugaloo. Food will be provided by the club, but reservations are required. Bring your own drinks. For reservations and information, contact Jim Goyert, 865-441-2770 or jcgoyert@gmail.com.

Cruising Club Meets Sept. 11

The Tellico Cruising Club will meet 5 p.m. for social time (lower level of the Yacht Club) followed by a 6 p.m. meeting Wednesday (second Wednesday), Sept. 11, in the Yacht Club. All boaters are welcome. For more information, call Commander Errol Keith, 865-458-4277.

Charitable Events and Fundraisers

URGENT: TEAMS NEEDED

Kiwanis Charity Golf Outing To Benefit Kids Sept. 7

“We are all about Kids,” said Chuck Hitch, President of Kiwanis Club of Tellico Village. “That’s our mission.” This is underscored with enthusiasm by Bob Bland, Chairman of this year’s Charity Golf Outing. Bob invites you to join in the fun and help support the area’s deserving children. The event is Saturday, Sept. 7, at the Links at Kahite, and is held exclusively to benefit the kids.

To participate as a player, there is a registration fee of \$45 plus cart and green fees.

The registration fee includes a continental breakfast and a buffet lunch. Breakfast is at 8 a.m. followed by a shotgun start at 9 a.m. Many prizes have been generously donated by local businesses and individuals.

There will be contests and prizes for longest drive, straightest drive, closest to the pin, pitch and putt, and a putting contest. Everyone will have a great opportunity to win.

The Golf Outing is a four-person, modified scramble for both men and women. The event is limited to the first 108 players. This is a popular event and is usually sold out early. Individuals who do not have a team can sign up individually.

Information and registration forms will be located at all Tellico Village golf pro shops, the Yacht Club, the Wellness and Recreation Centers.

Contact Rick Bailey at 865-408-2563 for player registration.

Four Paws Pantry Rummage Sale Sept. 12-13

Here is your chance to find some treasures or to unload some of your stuff which may turn into treasures for others at Four Paws Food Pantry’s huge community-wide garage sale to be held 8 a.m.-3 p.m., Thursday and Friday, Sept. 12 and 13. Follow the signs to 201 Chippewa Lane, Tommotley Neighborhood, in Tellico Village.

Clothing, shoes, sporting goods, housewares, dishes and cookware, tools, musical instruments, arts and crafts, Christmas and very scary Halloween decorations will be available for sale.

Four Paws would very much appreciate any donated items to add to their collection. Call (865) 408-0327 or (865) 567-0231 to make arrangements.

Four Paws is a nonprofit charitable organization, and all donations to the sale are tax deductible under 501(c)3 of the IRS Tax Code. To learn more about Four Paws, visit www.fourpawsfoodpantry.org.

Community Church Crafters/Habitat for Humanity Fall Rummage Sale Sept. 14

The Community Church of Tellico Village Crafters and Habitat for Humanity will host a rummage sale 8 a.m.-noon Saturday, Sept. 14, in the Community Church of Tellico Village’s Christian Life Center.

Time to start cleaning out your homes and garages to donate to this year’s fall rummage sale. Donation Day is 8 a.m.-noon Friday, Sept. 13. Sale day is 8 a.m.-noon Saturday, Sept. 14. CCTV Crafters and Habitat for Humanity are partnering this year, and your help is needed. Many worthy organizations benefit from the proceeds from the sale each year. For more information, call Kathy Blevins, 865-408-3124; or Charlene Barton, 865-458-4539.

URGENT: TEAMS NEEDED

TVKWO Celeb-Pro-Am Charity Golf Event Sept. 14

The Tellico Village Kahite Women’s Organization will hold a Celebrity-Pro-Am tournament 8:30 a.m. Saturday, Sept. 14, at The Links at Kahite, sponsored by Warren & Tallent CPAs PLLC and Vonore Dental Clinic. TVKWO is a non-profit group which raises money for 17 Monroe County charities. For more information, contact Joan Taylor, tjtaylor1523@tds.net or 423-884-6066; or Marty Raque, mraque22@hotmail.com. Registration forms are

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available in all Tellico Village pro shops, Fairways and Greens, and online at www.tellicoclubs.com/kwo.

- The format is an 8:30 a.m. shotgun scramble.
- Amateurs (non celebrities/pros) have a \$45 entry fee which includes a continental breakfast, range balls, and lunch.
- Golf and cart sees separate (\$39 non-member for golf and cart).
- Threesomes—entry fee, golf and cart, plus minimum bid of \$45 per team to play with a celebrity or pro. Sign up as a 3-person team to bid on a celebrity or pro. Optional celebrity auction is Thursday, Sept. 12 at 6:30 p.m. at the Kahite Pub.
- First, second, and third place prize money will go to the charity for which those teams played.
- Gifts to winning team members.
- Door prizes.

Celebrities and pros include:

- Matt Hinkin, weather, and Kristin Farley, news anchor, from Channel 6 News
- Amanda Hara, news anchor, and Daryl Hobby, sports, from Channel 8 News
- Scottie Mayfield, Mayfield Dairy
- Tom Morrow, former Oakland Raider
- Jeff Jacoby, Sports Animal Radio
- Suzanne Strudwick, LPGA touring pro, and Carson-Newman golf coach
- David Sumilas, Fairways and Greens
- From the Ice Bears:
 - Mike Murray, general manager, co-owner, and former Philadelphia Flyer
 - Mark VanVliet, star defenseman
 - Mike Craigen, head coach
- Tellico Village pros: Jim, Mark, Adam, and Jeff
- And more

Reminder: Waste Connections Holiday Schedule

Waste Connections picks up a day late after a holiday. Observed holidays are New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas. Saturdays will be used as a make-up day during holiday weeks. The reasons cited are landfills and other operational needs are not available on holidays.

For instance, Labor Day, Sept. 2, falls on a Monday; if your usual refuse removal day is Thursday, then Friday will be your pick-up day that week. If Friday is your usual day, pick-up will be done Saturday.

For more information, call Waste Connections, 865-522-8161.

Driving in the Rain

Just a reminder, the State of Tennessee requires drivers to have their car headlights on during rain, fog, and other times when visibility can be a factor. Let's keep our roads safe!