

Tell-E-Gram Text Only Version, Dec. 31, 2013

POA Meetings and Events:

- **POA Offices CLOSED Wednesday, Jan. 1, in observance of New Year's Day**
- **Recreation Advisory Committee, 9 a.m. Thursday, Jan. 2, Wellness Center**
- **Communications & Marketing Advisory Committee, 9 a.m. Friday, Jan. 3, POA Office**
- **POA Board Workshop, 10 a.m. Tuesday, Jan. 7, POA Office**

Recreation Department Activities for January

By Holly Bryant, Recreation Manager

Happy New Year

The Recreation Department staff wishes everyone a happy and healthy new year. We invite you to take advantage of your recreation facilities along with the many programs and activities as part of this year's New Year's resolution. Visit the Wellness Center, Chota Rec Center, and Kahite Activity Center today!

Thanks Village Residents

We would like to extend a very special thank you to all those who donated toys for the Loudon County Toys for Tots campaign this year, as well as those who donated scarves and mittens to the mitten tree. Your kindness and generosity is greatly appreciated!

2014 Memberships

2014 Memberships may be purchased now. Prices are:

- 12-Month Annual Fee
 - Family: \$515 with check/cash or \$530 with credit card
 - Individual: \$330 with check/cash or \$340 with credit card
- 6-Month Memberships
 - Family: \$335 with cash/check or \$345 with credit card
 - Individual: \$215 with cash/check or \$221 with credit card

Those who purchase a 12-month or 6-month paid in full membership by cash/check receive a 3% savings.

- 12-Month Monthly Fee (auto drafted for 12 months)
 - Family: \$45.53
 - Individual: \$29.14

Swim Lessons

Are you interested in feeling more comfortable in the water? Are you or your child ready for summer swim? If you are interested in either Adult or Child swim lessons, please contact the Wellness Center to have your name added to the list. Kim Wiebe, a Red Cross Certified Swim Instructor, is ready to teach any level of swim and will customize the lessons to meet your goals. Cost for four 30-minute private lessons: \$120 and \$90 for four 30-minute semi-private lessons. If you have questions about Kim or swim lessons, please contact Kim at 865-661-7365. If you are interested in signing up for lessons, please contact the Wellness Center at 865-458-7070.

Weight Equipment Orientations

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

- Wednesday, Jan. 8, 3 p.m.
- Tuesday, Jan. 14, 10:15 a.m. and 3 p.m.
- Wednesday, Jan. 22, 3 p.m.
- Tuesday, Jan. 28, 10:15 a.m.
- Wednesday, Jan. 29, 3 p.m.
- Anyone wishing to make an appointment for an orientation at the Kahite Activity Center needs to 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 none of the above dates are convenient for you, please leave your name at the Wellness Center front desk and the instructor will contact you.

Jin Shin Jyutsu®

Join Mary Ruth Kelly at the Wellness Center for Jin Shin Jyutsu® Self-Help on Thursdays at 2:15 p.m. beginning Thursday, Jan. 9. The clinic will run for 6 weeks, ending on Feb. 13, so don't miss out. For more information about Jin Shin Jyutsu®, please contact Mary Ruth Kelly at 865-458-2910.

Intro to Line Dancing

A new Intro to Line Dancing class with Toni Grovier is scheduled to start Tuesday, Jan. 21, at 1 p.m. If you are interested in participating in this line dancing class, please contact the Wellness Center at 865-458-7070 to have your name added to the list. *There is an additional fee of \$3 for each class you attend, payable to the instructor.

Rec 101

The next Rec 101 will be Thursday, Jan. 30, at 12:30 p.m. If you are interested in learning the ins and outs of the Recreation Department. For more information, please contact Jessica Antrim at 865-458-7070.

Tennis Lesson/Clinic

Interested in learning about tennis? Wanting to jump in on a clinic or get a lesson in the game? Contact Greg Carter at 614-446-9944 or gctennispro@yahoo.com for more information.

Hearing Issues Seminar

Join Jill Cole Gresham from the Family Hearing Center on Tuesday, Jan. 7, at 2 p.m. at the Chota Rec Center when she helps you decide if you need a hearing aid. The seminar/complimentary hearing screening is FREE, but reservations are required by calling the Rec Center at 865-458-6779.

Five Secrets to Permanent Weight Loss Seminar

Join Dr. Jessica Smiley-Hedrick, DC, from Smiley Chiropractic and Wellness Center, on

Wednesday, Jan. 8, at 11 a.m., in the Chota Rec Center, when she discusses the five secrets to permanent weight loss. Losing weight has five key ingredients that when unified together, bring lasting results that not only help you lose weight, but will have you looking and feeling younger as well. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Consumer Protection for Hearing Aid Purchases Seminar

Join Dr. Jan Dugan, from Appalachian Audiology, on Thursday, Jan. 9, at 10 a.m. at the Chota Recreation Center on hearing aid purchases. Learn how to avoid paying too much for aids and unnecessary features, the newest technology in hearing healthcare, waterproof aids, wireless connections, hands free phone use, and so much more. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Weight Loss, the #1 New Year Resolution Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she talks about critical information and motivation to help keep your weight loss resolution! You do not want to miss out on this seminar, so Dr. Jessica will be offering the fun talk twice in January!

- Thursday, Jan. 9, at 11:45 a.m., in the Kahite Activity Center
- Thursday, Jan. 16, at 10:30 a.m., in the Chota Rec Center

Please contact the Chota Rec Center at 865-458-6779 to sign up for the date you want to attend this seminar.

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 on Wednesday, Jan. 15, 9:30 a.m.-noon 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.

Some Other Stuff You Need to Know...

The Blue Heron at the Yacht Club Closed Through Jan. 2

The Blue Heron at the Yacht Club is closed for the holidays through Jan. 2. The New Year's Eve Gala is sold out.

Thyme for Herbs Meets Jan. 2

Thyme for Herbs will meet 9 a.m. Thursday, Jan. 2, in the Chota Rec Center. Because it is the first meeting of the year, \$5 dues will be collected and plans for 2014 will be discussed. At 10 a.m., Scott Drucker, from Chattanooga, will speak about heirloom plants with a concentration on herbs. For more information, contact Mary Garner, 865-408-0337.

Garden Club Meets Jan. 2

The Tellico Village Garden Club will meet 12:30 p.m. Thursday, Jan. 2, in the Yacht Club. Come at 12:30 p.m. for a social time. "Ask the Gardener," begins at 12:45 p.m., when our knowledgeable gardeners will be available to address questions. The program this month: "The Gardens of Budapest, Prague and Schoenbrunn of Vienna," presented by Scott Drucker, owner, Dream Gar-

dens, Chattanooga. Visitors are welcome. For more information, contact Linda Schuessler, 865-657-9228, or see www.tellicoclubs.com/garden.

Computer Users Club Meets Jan. 7

Tellico Village Computer Users Club will meet 7 p.m. Tuesday (**first** Tuesday), Jan. 7, top floor of the Yacht Club. We need your presence to vote on proposed Bylaws changes. This is very important. Refer to the current newsletter and the TVCUC website for full details. The program, presented by Dr. Marcio Fagundes, medical director for the Provision Center for Proton Therapy, will include what the Center provides, the process, how computers are utilized and how Knoxville was chosen. We think you will find this interesting. See you there. Visit our website at www.TVCUC.org.

Auditions Jan. 7-9

Auditions for the Tellico Community Players' upcoming play, "Sex Please We're Sixty," will be held:

- 6 p.m. Tuesday, Jan. 7
- 10 a.m. Wednesday, Jan. 8
- 4 p.m. Thursday, Jan. 9

Auditions will be held in the Players' office in Lakeside Plaza.

Performances will be March 19-23 in the Tellico West Conference Center. The play will be directed by Len Willis.

Mrs. Stancliffe's Rose Cottage Bed & Breakfast has been successful for many years. Her guests (nearly all women) return each year. Her next door neighbor, the elderly, silver-tongued, Bud "Bud the Stud" Davis believes they come to spend time with him in romantic liaisons. The prim and proper Mrs. Stancliffe steadfastly denies this, but really doesn't do anything to prevent it. She reluctantly accepts the fact that "Bud the Stud" is, in fact, good for business. Her other neighbor and would be suitor Henry Marshall is a retired chemist who has developed a blue pill called "Venusia," after Venus the goddess of love, to increase the libido of menopausal women. The pill has not been tested. Add to the guests three older women: Victoria Ambrose, a romance novelist whose personal life seems to be lacking in romance; Hillary Hudson, a friend of Henry's who has agreed to test the Venusia; and Charmaine Beauregard, a "Southern Belle" whose libido does not need to be increased! Bud gets his hands on some of the Venusia pills and the fun begins, as he attempts to entertain all three women.

Cruising Club Meets Jan. 8

The Tellico Cruising Club will meet 6 p.m. Wednesday, Jan. 8, lower level of the Yacht Club. For more information, call Commander Kenn Genge, 865-458-5710.

Ladies Book Club Meets Jan. 9

The Tellico Village Ladies Book Club will have an 11:30 a.m. lunch followed by a discussion at 12:15 p.m. Thursday, Jan. 9, in the Tanasi Clubhouse. The January book is "Defending Jacob." The discussion will be led by Kathy Crowley. For more information, contact Bette Purvis, 865-458-8070.

Message from Public Works

Thanks for the Generosity

The POA staff extends its thanks to all Villagers who stepped up to help Doug Williford's family get back on their feet after a devastating fire. Your kindness and generosity is much appreciated and helped tide the family over the worst of it. Your help ensured happy holidays for the Willifords.

Mailbox Thefts

Did you know that locking mailboxes are available through Public Works? Mail goes in, but cannot be taken out without a key. For more information, call 865-458-4522.

Here are some other tips:

- Avoid putting your outgoing mail in your mailbox the night before with the flag up. The flag alerts those who pass by that mail is in the box and makes for an easy target of theft.
- It is best to deposit outgoing mail to a USPS drop box for extra security.
- Outgoing mail can be taken to Sloan's Village Hardware.
- Pick up your incoming mail daily. The sooner it is out of your mailbox and inside your home, the better.
- If you are going out of town, have the Post Office hold your mail. An overflowing mailbox tips off would-be thieves that nobody is home.

Loudon County Clerk's TV Satellite Office Open Thursdays

The Loudon County Clerk's office is assisting customers with the following services: Vehicle registrations, vehicle renewals, duplicate titles, handicap applications. The office space is located at: 100 Chota Center, courtesy of Lakeside Real Estate Group. Hours are: 9 a.m.-4 p.m. Thursdays to serve Loudon County residents.

Dam Bridge Information

For Villagers interested in the dam bridge construction and rerouting, go to the Tennessee Department of Transportation's website: <http://www.tdot.state.tn.us/sr73/>. Be sure to click the various options—such as MAPS. The map selection shows where the new traffic bridge will be.

Recent Events and Bragging Rights

Library Announces Corporate Sponsor

The Friends of the Library Board of Directors is pleased and excited to announce its first Corporate Sponsor - Michael Ruppert, owner of Lakeside Real Estate Group. The Friends Board would like to sincerely thank Michael for his generosity!

For more information about The Public Library at Tellico Village, go to www.tvlibrary.org.

New Villagers Gather for a Wine Tasting

Recently, a group of New Villagers celebrated a little holiday cheer with a wine tasting. Those attending were Sue and Richard VanCampen, Kirk and Barbara Eidenmuler, Dan and Donna Kuzdzal, Tracy Jaekel (not in photo but taking the photo), Bob and Barb Lackivic, Marie and Richard Gettings, and Julia Hurley