

## Tell-E-Gram Text Only Version, Jan. 30 2014

### POA Meetings and Events:

- **CANCELED: POA Board Workshop Feb. 4**
- **Architectural Control Committee, 9 a.m. Thursday, Feb 6, POA Office**
- **Recreation Advisory Committee, 9 a.m. Thursday, Feb. 6, Wellness Center**
- **Communications & Marketing Advisory Committee, 9 a.m. Friday, Feb. 7, POA Office**

## Recreation News and Events for February

By Holly Bryant, Recreation Manager

### Rec 101

Join one of our friendly staff members for this informative seminar where you can learn everything you need to know about the Recreation Department. What to do, where to go and who to ask as well as upcoming events! If you can't get it here, then we don't know it. The next Rec 101 will be held 12:30 p.m. Thursday, Feb. 27, in the Wellness Center conference room.

### 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](mailto:gctennispro@yahoo.com) for more information.

### “Get Ready for the Season” Swim Team Clinics Feb 15-16

The Tellico Village Tarpons Swim Team will be hosting swim clinics on 10 a.m.-12:30 p.m. Saturday, Feb. 15; and 1-3:30 p.m. Sunday, Feb. 16. The Wellness Center pool will be **CLOSED** during these times.

### 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

FREE orientations on the proper use of the cardiovascular and weight equipment will be provided in February. Please contact the Wellness Center at 865-458-6779 to sign up for a day that will fit into your schedule!

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.

### FREE Health and Wellness Screening Feb 26

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, Feb. 26, to offer free screenings. Screenings will include a 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.

### **Tinnitus Seminar Feb. 13**

Join the Appalachian Audiology 10 a.m. Thursday, Feb. 13, in 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? The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

### **Free Hearing Screenings Feb. 13**

Join the Appalachian Audiology on Thursday, Feb. 13, after the Tinnitus Seminar, in the Chota Recreation Center when they conduct comprehensive hearing checks that will look at the outer, middle, and inner ear. Screening will take about 15 minutes and reservations are required by calling the Rec Center at 865-458-6779.

### **Healthcare Seminar Feb. 20**

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she talks about the five practical ways to get the most out of your healthcare. Understand how Medicare and other healthcare companies work and learn how to become healthier and save money. The seminar will be 10:30 a.m. Thursday, Feb. 20, in the Chota Rec Center. You can sign up by calling 865-458-6779.

### **Hearing Issues Seminar Feb. 4**

Join Jill Cole Gresham from the Family Hearing Center 2 p.m. Tuesday, Feb. 4, in the Chota Rec Center when provides a question and answer session on why you are losing your hearing and what you can do about it. The seminar is FREEE, but reservations are required by calling the Rec Center at 865-458-6779.

### **Five Natural Remedies to Reduce Depression Seminar Feb. 12**

Join Dr. Jessica Smiley-Hedrick, DC, from Smiley Chiropractic and Wellness Center, 11 a.m. Wednesday, Feb. 12, in the Chota Rec Center when she discusses 5 natural remedies to reduce depression, the role of vitamins, hormones, toxicity and stress. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

## **Some Other Stuff You Need to Know...**

### **Kahitian Recognized as “Educator of the Week”**

Sarah Amos, of the Kahite Neighborhood, received the “Educator of the Week” award from WBIR/ Channel 10 on Jan. 27, for her work. To see the news video and see Sarah in action in the classroom, go to <http://www.wbir.com/video/default.aspx?bctid=3097095255001>.

### **TVVFD in the News**

The Tellico Village Volunteer Fire Department is in the news: <http://realestatescorecard.com/news/real-estate-news/tennessee/tellico-village-fire-rescue-team-full-burning-love>

### **Tellico Politico Looking for Members**

Looking for a club to join? Interested in local politics? What is Tellico Politico? Tellico Politico is a new club looking for members. We will meet once a month to introduce Villagers to local elected officials. If you are interested in when and where we meet, contact Julia Hurley, 864-458-7328.

### **Cribbage Group Meets Tuesdays**

Looking for a game of cribbage? Come to Chota Recreation Center 6 p.m. on Tuesdays. For more information, contact Bruce Guyon, 865-657-9637.

### **Computer Users Club Meets Feb. 4**

The Tellico Village Computer Users Club will meet 7 p.m. Tuesday, Feb. 4, on the Yacht Club's top floor. This is the TVCUC annual meeting. We need your presence to vote on proposed bylaw changes. This is very important. Refer to the current newsletter and the TVCUC website, [www.TVCUC.org](http://www.TVCUC.org), 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!

### **Thyme for Herbs Meets Feb. 6**

Thyme for Herbs will meet 9:30 a.m. Thursday, Feb. 7, in the Chota Rec Center, for a Valentine Tea. Mary Garner will give a presentation on elderberry, the 2013 Herb of the Year. Please bring a goodie to share. For more information, call Mary Garner, 865-408-0337.

### **Garden Club Meets Feb. 6**

The Tellico Village Garden Club will meet on Thursday, Feb. 6, 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: "Floral Design for Your Home," presented by Kay Lee, award-winning floral designer and former president, TN Federation of Garden Clubs. Visitors are welcome. For more information, contact Linda Schuessler, 865-657-9228, or go to [www.tellicoclubs.com/garden](http://www.tellicoclubs.com/garden).

### **First Fridays for Local Authors Begins Feb. 7**

Marilyn Mae Randall, the first author in The Public Library at Tellico Village's *First Fridays for Local Authors* Series, will be at the Library 10 a.m.-noon Friday, Feb. 7.

**Author and Teacher**—Marilyn Mae Randall is the author of eight children's books, including *Southern Christmas*, *Wishes for Christmas*, *Wellington's Windows*, *the Three Wives of Hero the Second*, *The Meanie*, *Razzle Dazzler*, *Sweetwater Village*, and *Bears Don't Snore*. She uses her books as tools to engage the thousands of students she has visited in schools across the country to promote reading and writing.

### **Hike House Mountain State Park Feb. 10**

The Muddy Boots Hiking Club will depart 8 a.m. Monday, Feb. 10, from Chota Center, to hike:

- House Mountain State Park, north of the city of Knoxville
- Distance: 4.5 miles
- Rating moderate - hiking poles recommended
- Elevation gain: 750 feet., both up and down
- Driving time: 1:05 hours. Restrooms at the trailhead
- Leader: Allan Johnson: [allanpeggy@gmail.com](mailto:allanpeggy@gmail.com), 865.657.7589

The ridge atop House Mountain provides panoramic views of northeast Tennessee, the Cumberland and Smoky Mountains and downtown Knoxville.

### **Chef Cook-Off Part of Lovin' Loudon County Feb. 10**

Four local chefs will throw down the ingredients and have a "mano y mano" cook-off as part of the Lovin' Loudon County event Feb. 10 at the Yacht Club. The chefs will receive a list of ingredients in advance, and event organizers will throw in a couple of surprises to see how they adapt.

Attendees to the event will determine a winner by voting with their cash. Cash only votes will determine who is the best chef. ALL the proceeds from the chef cook-off will go directly to the Kids' First Child Advocacy Center.

Bring your dollars for a good cause.

**Lovin' Loudon County** will be 4-8 p.m. Monday, Feb. 10, in the Tellico Village Yacht Club. Enjoy tastings from some of the area's best restaurants, support for some of your favorite charities, entertainment from some of your favorite acts, activities for some of your favorite kids, and competition from some of your favorite chefs! Adult tickets are \$30 in advance or \$50 per couple. All adult tickets will be \$35 at the door. Children 12 and younger are \$5; children younger than 5 attend free. Tickets available at Loudon County Chamber of Commerce, Loudon County Visitors Bureau, and Tellico Village Property Owners Association. Tickets are also available at the *News-Herald*. Online ticketing is available now at: <http://lovinloudoncounty.ticketleap.com/lovin-loudon-county/>. Visit [www.facebook.com/lovinloudoncounty](http://www.facebook.com/lovinloudoncounty) for more info.

### **Ladies Book Club Meets Feb. 13**

The Tellico Village Ladies Book Club will meet 11:30 a.m. for lunch, in the Tanasi Clubhouse, followed by a 12:30 p.m. discussion of "The Art of Hearing Heartbeats," by Jan Phillip Sendker, led by Wanda Moore. For more information, contact Bette Purvis, 865-458-8070 or [bettetv410@chartertn.net](mailto:bettetv410@chartertn.net).

### **Hike Lookout Mountain Feb. 14**

The Tellico Village Hiking Club will depart 8 a.m. Friday, Feb. 14, from Chota Center, to hike:

- Lookout Mountain
- Distance: approximately 5 miles
- Elevation Gain: approximately 600 feet
- Rating: Moderate
- Driving time: 90 minutes
- Leader: Tom Ringenbach, 865-458-0915 or [tommamie@charter.net](mailto:tommamie@charter.net)

This hike will hopefully appeal to those who enjoy great vistas and/or Civil War history. Lookout Mountain was the scene of a significant Civil War battle on Nov. 24, 1863. We stop for lunch at Point Park, which has a small museum, cannons, monuments, and signage documenting the battle. It also boasts fantastic vistas of Chattanooga.

Most of the trail is not difficult. However, there is a fair amount of uphill climbing on this hike. The trail is somewhat rocky, and there is a tall metal stairs to climb to enter Point Park.

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](http://www.TVHikers.com).

### **Medic Blood Drive Feb. 25**

Medic will be at the Chota Recreation Center 1-7 p.m. Tuesday, Feb. 25. A current 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 cholesterol evaluation. No fasting is necessary. One donation a year exempts you and your IRS dependents from paying blood supplier processing fees at any U.S. hospital. Appointments are NOT necessary.

### **Kayak, Canoe, and Paddleboard Safety Class Feb. 25**

U.S. Coast Guard Auxiliary boating safety class for kayakers, canoeists, and paddleboarders 1 p.m. Tuesday, Feb. 25, in the Tellico Village Yacht Club, top floor meeting room, \$45.

Canoeists and kayakers are boaters also. Now, there is a course available to address the unique needs of this audience. *Paddlesports America* is an exciting safety course designed to attract the novice to intermediate paddle enthusiasts. This 3.5-course presents five chapters of safety information. For more information, go to <http://www.flotilla-12-2-tellico-village.blogspot.com>

To register, call Tom Murphy at 865-320-3788.

## HOA Needs You

We need you to support your Tellico Village HOA (HomeOwners Association) by becoming a member for 2014. Please join us and be informed.

What we give you as a member of HOA:

- Accurate information from the governance meetings that affect life in Tellico Village Including POA, Loudon and Monroe county
- A central place for homeowners to voice and elevate concerns
- Quarterly newsletters with the exciting happenings in Tellico Village
- Forums on election candidates, aging in place, property taxes, etc.
- A large variety of social events to attend - including events for New Villagers
- The monthly HOA social event every second Tuesday
- The neighborhood watch program

In Summary: **We bring you the correct facts about issues affecting you as a homeowner**

Now, what we need from you is to become an HOA member. It's only \$10 for the year, so join your neighbors and support an important organization that is working for you. For more information, go to [www.boatv.org](http://www.boatv.org).

*Submitted by VP of Membership Judy LaCouver*

## STAYinTV Program Update

STAYinTV reminds Tellico Village residents that several of their programs are up-and-running or will be ready soon.

- The next HOA Forum will be March 27 in the afternoon at the Tellico Village Community Church. All TV residents are encouraged to learn more about the STAYinTV programs and progress to date.
- The Home Maintenance Program brochures are located at the Welcome Desk at Tanasi, the POA Offices, the Tellico Village Library, the Yacht Club and Kahite's "Wall of Fame." To learn more, call the Home Maintenance number (865) 458-7084 and in Kahite, call 1-866-983-5542 Extension 4197 and listen to their message for how to request help. About 30 residents have been helped since this program began last summer.
- STAYinTV will host another Health Expo on April 11 at the Family Life Center at the TV Community Church. Watch for more announcements and descriptions of the health screenings that will be available.
- The Planning for Lifestyle Changes roadmap document – AKA Plan B – should be out sometime this spring. Details about the content of this document and how it will be useful will be explained at the HOA Forum in March.

## Village's No Solicitors Policy

Solicitors seem 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.