

## Tell-E-Gram Text Only Version, April 25, 2014

### POA Meetings and Events:

- Architectural Control Committee, 9 a.m. Thursday, May 1, POA Conference Room
- Recreation Advisory Committee, 9 a.m. Thursday, May 1, Wellness Center
- Golf Advisory Committee, 3 p.m. Thursday, May 1, POA Conference Room (irregular date)
- Communications & Marketing Advisory Committee, 9 a.m. Friday, May 2, POA Conference Room

## Recreation Department May Activities

### Extended Hours at Chota

Beginning May 1, our hours of operation will extend at the Chota facility in conjunction with the opening of the outdoor pool. The hours will be:

#### CHOTA

Monday-Thursday: 8 a.m.-9 p.m.

Friday and Saturday: 8 a.m.-7 p.m.

Sunday: Noon-7 p.m.

#### KAHITE

Pool and Fitness Hours are based on hours of the Kahite Pro Shop. For their hours of operation, please call 423-884-6108.

### Weight Equipment Orientations

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

- May 12 at 4 p.m.
- May 13 at 2 p.m.
- May 14 at 4 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.

### Rec 101

Are you interested to learn 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 12:30 p.m. Thursday, May 29, in the Wellness Center. Reservations are not required.

### Tellico Village Swim Team News

Summer is on its way, Believe it or Not! And the Tellico Village Swim Team is gearing up for the 2014 swim season. Evening practice will begin at the Wellness Center on May 13 at 6-8:30 p.m. All evening practices will be from 6-8:30 p.m. each Tuesday and Thursday through July 24 at the Wellness Center. Morning practice will be 8-10:30 a.m. beginning May 27 at the Chota Rec Center. All morning practices will be held each Monday, Wednesday, and Friday 8-10:30 a.m. at the Chota Rec Center thru July 24. The pool will be closed for open swim and classes during practice times. The Wellness Center pool will be CLOSED for swim meets, be-

ginning at 4:30 p.m., on June 5, June 19, and July 17. For more information about the swim team, you can email the team manager, Agnes Beauchamp, at [tvtarpons@charter.net](mailto:tvtarpons@charter.net).

### **Mark Your Calendars now for Camp Tellico!**

Camp Tellico is coming soon! Camp will be held

June 23-27

July 7-11

July 28-Aug. 1

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 7-11) is held in conjunction with the annual Golf Camp at Toqua. **Sign-ups began April 1. Registrations cannot be taken by phone, as payment must accompany sign-up.** Please contact the Toqua Pro Shop regarding information about Golf Camp. Watch *The Connection* and Tell-E-Gram for more details. For more information contact Larissa at the Chota Recreation Center at 865-458-6779.

### **Swim Lessons**

Are you interested in feeling more comfortable in the water? Are you or your child ready for summer swim? 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 swim lessons:

Four 30-minute private lessons: \$120

Four 30-minute semi-private lessons: \$90

If you are interested in either Adult or Child swim lessons, please contact Kim Wiebe at 865-661-7365 for more information or to sign up.

### **Living with a Healthy Heart Lunch-n-Learn**

Join Kori and Steve Burgess from Live Life 360 for a Free lunch and learn on May 2 at 11:30 am at the Chota Rec Center, to make sure your living with a healthy heart. Learn about alternate ways, including supplements and healthy foods, to prevent heart disease and osteoporosis. The lunch and learn is free, but registration is required by calling the Rec Center at 865-458-6779 to sign up.

### **Helping Your Hormones Seminar**

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she talks about helping your hormones, helping your well-being! Did you know that all of your body functions are regulated by hormones? From thyroid to insulin, we will discuss innovative ways to take care of our health through hormones. The seminar will be held:

Kahite Activity Center on May 8 at 11:45 a.m.

Chota Recreation Center on May 15 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.

### **Tinnitus Seminar**

Join Dr. Jan Dungan of Appalachian Audiology on May 8 at 10 a.m. at the Chota Rec Center when Dr. Dungan will be presenting "Tinnitus: An Uninvited Guest." She will be answering questions such as: Why do I hear ringing in my ears? What is the cause of tinnitus? And 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**

Join the Appalachian Audiology on May 8 at the Chota Recreation Center following the Tinnitus Seminar for comprehensive hearing checks. These screenings will look at the outer, middle, and inner ear and will only take 15 minutes. The screenings are free, but registration is required by calling the Rec Center at 865-458-6779.

### **Rid Your Home of Allergens Lunch-n-Learn**

Join John Lawrence for a free lunch, from Aerus, to learn new ways to rid your home of the most common allergens, dust and pet dander. Learn how healthy your home could be and what you can do to keep the air you breathe clean and healthy. As allergy season is starting up, this seminar on May 14 at 11:30 a.m. at the Chota Rec Center is not one you will want to miss. Call the Rec Center at 865-458-6779 to sign up today!

### **Caregiver Stress Seminar: Emotional Isolation**

Stay at Home Companion Care will be offering the 4 series, Emotional Isolation, of 5 Elderly Care Awareness Seminars on May 20 at 10 am at the Chota Rec Center. This presentation covers the difference between social and emotional isolation and what can be done to alleviate the effects. Please contact the Rec Center at 865-458-6779 to sign up for this free 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 9:30 a.m.-noon Wednesday, May 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.

### **Massage Therapist News**

Join us in congratulating Chris Fiore as she celebrates 20 years of service in Massage Therapy this May. We have been lucky enough to share nearly six of those years with Chris here at the Wellness Center. You can see why Chris is so popular for yourself by making an appointment today. Contact Chris Fiore, LMT/CMT, by calling 865-657-9723 or 865-816-2387. Gift certificates for one hour massages are available at the Wellness Center front desk any time.

*Coming Soon....*

### **AARP Safe Driving**

There will be an AARP Safe Driving course held on June 9 and 10, 9 a.m.-1 p.m. (participants must attend both class days) at the Chota Recreation Center. The fee is \$15 per person for members and \$20 per person for non-members. Payment is expected the day of the class and members are asked to bring their AARP membership card, if applicable. After completion of the class, you will receive a discount on your auto insurance premium. Class size will be limited, so sign up today by calling the Chota Rec Center at 865-458-6779. If the class is full, a waiting list will be maintained for future classes.

## **Volunteers, Charitable Events, Fundraisers**

### **20<sup>th</sup> Annual Used Book Sale April 25-26**

The Friends of The Tellico Village Public Library invite you to join them in celebration of their

20th Annual Used Book Sale, 9 a.m.-7 p.m. Friday, April 25, and 9 a.m.-2 p.m. Saturday, April 26, in the Community Church's Christian Life Center.

This year, in celebration of the 20th Annual Used Book Sale and in appreciation for 20 years of community support, with each \$20 purchase you may choose a book for free. On half-price Saturday, a \$10 purchase will buy a free lunch at the Library, sponsored by The Purdue Club of Tellico Village, 11 a.m.-1 p.m.

### **TVVFD Open House May 3**

On Saturday May 3, please join your friends and neighbors for the annual "Neighbors helping Neighbors" Fund Raising Campaign supporting the Tellico Village Volunteer Fire Department. The Campaign will kick off with an open house 11 a.m.-2 p.m. at the Village Fire Station, 210 Chota Road. Volunteers will be on hand with equipment displays, demonstrations, treats for the kids and a warm handshake. Lunch and refreshments are TVVFD's way of thanking you for your moral and financial support.

### **TVKWO Home, Art, and Music Tour May 4**

The Tellico Village Kahite Women's Organization (TVKWO) will once again be welcoming visitors for the annual Home Tour noon-5 p.m. Sunday, May 4. Each year offers a new theme and this year is no exception, with the mountains and lake of East Tennessee the inspiration. Four handsome homes will open their doors, but visitors will experience so much more than what they might expect. As they wander through country kitchens, they could find a banjo player plucking his favorite tunes from a rocking chair. Besides admiring views from back porches, they will likely be listening to a dulcimer's sounds filling the air. Surprises will be tucked everywhere. The creations of local artist will add to the decorations of these homes, many of the items for sale. In addition, the artists themselves will be creating as visitors watch. Chef Michael has graciously agreed to again invite you to his poolside patio for some comforting country food.

Come for the music, come for the food, come for the art. Come to our home tour which provides this organization with the funds necessary to support 17 local charities all in Monroe County.

Tickets are available at the Kahite Pub & Grill, First National Bank in Village Square, Mickey Vaughn at South East Bank, or by calling 423-884-3224

### **Holly Warlick Speaks at "Hoops for Hope" Event May 7**

On May 7, Kids First Child Advocacy Center is sponsoring a dinner and auction to raise much needed funds to provide free services to victims of child abuse residing in Loudon, Morgan, Meigs and Roane counties.

This year's theme, "Hoops for Hope" is inspired by our guest speaker, Holly Warlick; Head Basketball Coach of the University of Tennessee's Lady Vols. The dinner and auction will be held at Rothschild's Catering and Conference Center, 8807 Kingston Pike, Knoxville, TN. Gathering and preview of the silent auction items will begin at 5 p.m. for VIP sponsors.

Auction items include tickets to the University of Tennessee sporting events, gift certificates from various restaurants, themed baskets and unique items from local businesses. Other special opportunities include mountain cabins, get-away weekends and an Italian themed dinner cooked in a private residence for you and your friends. There will be several "special" items presented in our live auction (after dinner) so you will not want to miss it.

If you have any questions regarding sponsorship of this event, or to purchase your seating, please call Kids First and ask for Denise. Also, visit our website [www.kidsfirsttn.org](http://www.kidsfirsttn.org) for information on current programs and important contacts.

### **Lions Club Golf Tournament May 10**

The Tellico Village Lions Club will have their 14th annual Golf Tournament on Saturday, May 10 at the Toqua course with a 9 a.m. shotgun start. Entry fee is \$70 per non-property owner and \$35 plus green and cart fees per property owner. Entry blanks are available at all three golf courses. Any questions can be answered by Howard Higby at 865-458-9356.

### **Four Paws Food Pantry's Dining for Dogs and Cats May 17**

Four Paws Food Pantry's first major fundraiser in 2010 was Dining for Dogs and Cats. Because of its popularity, it has continued each year, and 11 a.m.-1:30 p.m. Saturday, May 17, the fifth annual Dining for Dogs and Cats will take place at the Tellico Village Beach Pavilion on Tugalo Lane.

Dine on a variety of regional hot dogs such as the Chicago Dog with seven toppings including neon relish, or the Michigan Coney Dog with delicious Coney sauce and cheddar cheese, the West Virginia Slaw Dog topped with chili and creamy coleslaw, and finally the Four Paws Dog with tasty grilled sauerkraut. There will also be a make-your-own-dog station.

These premium all beef hot dogs come with chips, drinks and cookies for a minimum donation of \$7 per person for tickets purchased in advance or \$8 on the day of the event.

The Master of Ceremonies at the event will be Rich Seymour. Musical entertainment will be provided by Gary Bluemel for listening, dancing or singing along. All this and door prizes, too. Everyone is invited and encouraged to bring friends, families and neighbors.

"Four Paws Food Pantry is a group dedicated to keeping pets and their families together during difficult financial times. Many of these families are experiencing a temporary crisis," said Linda Walter, president of Four Paws.

"In the fall of 2009, we partnered with the Good Samaritan Center and began raising funds to provide pet food to these needy Loudon County families. We are keeping many dogs and cats from going hungry or from being surrendered to shelters where many are eventually euthanized."

"Since October 2009, Four Paws has provided over 140,000 pounds of pet food. Your support will allow us to continue this vital program," Walter said.

Tickets can be purchased at The Village Salon and First National Bank in Tellico Village or by contacting Linda Walter at 865-408-0327 or Christine Britton at 865-458-0060. All proceeds from fundraisers and donations are used to provide dog and cat food.

Four Paws is a 501(c)3 nonprofit organization. For anyone who cannot attend, tax deductible donations are always welcome. Make checks payable to Four Paws Food Pantry, P.O. Box 1318, Lenoir City, TN 37771-1318, or donate through PayPal at [www.fourpawsfoodpantry.org](http://www.fourpawsfoodpantry.org). Visit their website to learn more about Four Paws and opportunities to help with their mission.

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

### **Draft of the Summer Directory for Review**

The draft of the Summer 2014 Tellico Village Directory will be at The Public Library at Tellico Village for your review now until noon Saturday, April 26. It will go to the printers after that

time. If you have sent in changes/additions/deletions, you can stop at the library and check to be sure they have been entered correctly. Change forms are available if you need to have changes/corrections made before printing. Thank you for helping make the Tellico Village Directory as accurate as possible.

### **Blessing of the Fleet April 26**

The Tellico Cruising Club is sponsoring the annual Blessing of the Fleet 10:30 a.m. Saturday, April 26. The event is open to all vessels on Tellico Lake. After the ceremony, join the revelry at the Tellico Village Pavilion on Tugaloo Lane for food, drinks, and friendship. Cost: \$6 per boat. This is a pot luck, so please be reminded to bring a dish to share with others, and your own beverage of choice. For additional information contact Bob Mazzola, [ro-mazz321@gmail.com](mailto:ro-mazz321@gmail.com) or 865-657-9306, cell 708-227-1871.

### **Music Reception April 27**

The Tellico Village Concert Committee will hold a music reception 3 p.m. Sunday, April 27, at the First Baptist Church of Tellico Village. The reception is free and open to the public. The 2014 TVCCC Scholarship winners and several past scholarship winners will be the entertainment for the afternoon occasion. Refreshments will be served.

### **Women's Club Meets April 28**

GFWC Tellico Village Women's Club will meet 3 p.m. Monday, April 28, at Tanasi Clubhouse for the April meeting only. Please contact Sam McQueeney at [samnskip@charter.net](mailto:samnskip@charter.net) or 865-657-9020 if you are interested in finding out more about GFWC-Tellico Village Women's Club. As we like to say, "your new best friends are waiting for you – you just haven't met them yet!"

Club meetings are held at 3 p.m. the fourth Monday of the month except for the months of May, June, and July. Typically the meetings convene with a social hour 3-3:30 p.m. with the business meeting immediately following. After the meeting many of the women adjourn for dinner and socialization. Some of the husbands like to meet up at Tanasi for dinner at 5:30 as well.

GFWC Tellico Village Women's Club is affiliated with the General Federation of Women's Clubs, which has headquarters in Washington D.C. The club is primarily a service organization, and members contribute significantly to their communities through their various volunteer efforts.

We had a fun time at the Ladies Luncheon at the Yacht Club for our April outing. We will be planning more outings in the future, so if you were not able to join us this time, please try to join us next time, it's a great way to get to know the other ladies.

We would love to have you come check us out. We have a wonderful system of Big Sisters in place to help you navigate GFWC and our chapter in particular. You can volunteer as much or as little time as you like, we would just like you take a little time to get to know us and see if you feel there is a fit. Please check out our website at <http://www.tellicowomensclub.org/> and read what we are all about, be sure to check out our photo gallery, under the About Us tab, to see how much fun we have volunteering our time, as we all know, a picture is worth a thousand words!

### **Thyme for Herbs Meets May 1**

Thyme for Herbs (Herb Study Group) will meet at 9:30 a.m. Thursday, May 1, in the Chota Recreation Center. Mary Garner will present "Companion Planting." If you have any questions,

please call Mary at 865-408-0337.

### **St. Thomas Catholic Women's Guild Spring Luncheon and Card Party May 1**

The St. Thomas Catholic Women's Guild will hold spring luncheon and card party 11:30 a.m.-3 p.m. Thursday, May 1, in St. Thomas Parish Family Life Center, Lenoir City. Tickets are \$16 and may be purchased by calling Virginia Zorovich, 865-657-9216. Get your table of friends together for a fun day. Individuals may buy a single ticket and be placed with other players. All proceeds will be donated to charity.

### **First Fridays for Local Authors May 2**

Local author Marilyn Smith Neilans, the next 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 May 2. Ms. Neilans will meet and talk, one on one, about her book and writing in general.

Marilyn resides in Tellico Village with her husband, John. She was raised in Norris, Tennessee, and several other places in the United States, including Williamsburg, Virginia. She also lived overseas before coming to live in Tellico Village.

Come meet Ms. Neilans and discuss her captivating book on May 2 at The Public Library at Tellico Village 300 Irene Lane, Loudon, TN 865-458-5199.

### **Art Guild of Tellico Village Celebrating Their 16th Annual Art Exhibit May 2-4**

Once again, members of the Art Guild of Tellico Village (AGTV) will hold their annual exhibit at the Community Church of Tellico Village for the community to enjoy. Exhibit Co-Chairs Lil Clinard and Linda Johnson have organized this exhibit and have planned the opening reception "Meet the Artists" for 7-9 p.m. Friday, May 2. The exhibit will also be open on 10 a.m.-4 p.m. Saturday, May 3; and 8 a.m.-noon Sunday, May 4.

The AGTV has approximately 100 members working in a variety of art mediums. Paintings in oil, watercolor, mixed-media and encaustic will be displayed, as well as, photography and art-work created with wood, clay, glass and metals. You are invited to attend this exhibit, meet the artists and vote for your favorite piece of art.