

Tell-E-Gram Text Only Version, December 30, 2014

POA Meetings and Events:

- POA Offices closed Jan. 1 for New Year's Day
- POA Board Workshop, 10 a.m. Tuesday, Jan. 6, POA Conference Room
- Recreation Advisory Committee, 9 a.m. Thursday, Jan. 8, Wellness Center
- Golf Advisory Committee, 3 p.m. Thursday, Jan. 8, POA Conference Room

Recreation Department News and Events

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!

Hours of Operation for the New Year

The Chota Recreation Center and the Wellness Center will close at 5 p.m. on Dec. 31 and will be closed all day on Jan. 1. We wish everyone a Happy New Year!

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!

2015 Memberships

There was a 0% increase over the 2014 to 2015 rates

- 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, Competitive Swim Classes or Water Personal Training Sessions, please contact Kim Wiebe, a Red Cross Certified Swim Instructor, today. She is ready to teach any level of swim and will customize the lessons to meet your goals. Competitive swim can help prepare for a swim team and Water Personal

Training sessions provide a no impact, customized workout (no swimming required). Cost for four 30-minute private lessons: \$120 and \$90 for four 30-minute semi-private lessons; cost for water personal training is \$45 an hour. If you have questions about any of the classes or lessons or would like to sign up, please contact Kim at 865-661-7365.

The lap lane in the big pool will be closed each Monday 1-5 p.m., Tuesdays 1-6 p.m., and Thursdays 3-6 p.m. for swim lessons. The other five lanes will be open for open/lap swim.

Weight Equipment Orientations

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

- Jan. 5 at 2 p.m.
- Jan. 19 at 2 p.m.
- Jan. 20 at 2 p.m.
- Jan. 27 at 2 p.m.

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 or you would like an orientation at the Kahite facility, please leave your name with the front desk and the Instructor will contact you.

Cardio Dance Class Clinic

Join Genese Kerns for a 2-week dance cardio clinic beginning Jan. 19 at 7:15 a.m. This class begins with a gentle total-body warm up, moving on to dance-based aerobic movements choreographed to music that will motivate and move you! No prior dancing experience is required. All movements can be done in a low to high impact, moderate to vigorous manner based upon a student's individual ability. Varied resistance and weight training routines will provide core and muscle-strengthening, and a cool-down period will incorporate moves designed for total body balance, stretching and flexibility. Please wear comfortable clothing and bring a mat, hand weights and water. You don't want to miss this dance party! This clinic will meet on Mondays and Wednesdays at 7:15- 8:15 a.m. from Jan. 19-28. Sign-ups are not necessary. For more information, please contact the Wellness Center at 865-458-7070.

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. 22. The clinic will run for six weeks ending on Feb. 26 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. 13, at 1 p.m. and will meet each Tuesday and Thursday 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 12:30 p.m. Thursday, Jan. 29, should you be 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 Seminar

Join Dr. Jan Dungan, from Appalachian Audiology, on Jan. 8 at 10 a.m. at the Chota Recreation Center when she presents a seminar on "I Can Hear You, but I Can't Understand What You're Saying." A discussion will be held for advanced solutions for people who struggle to hear conversations in noisy places or on the phone and knowing the difference between hearing and listening. The seminar is free, but registration is required by calling the Rec Center at 865-458-6779.

Raising Your Metabolism Seminar

Join Dr. Jessica Briere, from Complete Chiropractic & Wellness Center, when she talks about 6 steps to raise your metabolism. Learn how 6 all-natural steps can transform your body by boosting your metabolism. You do not want to miss out on this seminar, so Dr. Jessica will be offering this informational seminar twice in January!

Jan. 8 at 10:30 a.m. at the Kahite Activity Center

Jan. 15 at 10:30 a.m. at 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.

What Is Skin Cancer Seminar

What is skin cancer and what can you do to prevent it. Join Dr. Quyn Rahman from Anderson and Rahman Dermatology at the Chota Rec Center on Jan. 16 at 10 a.m. to find out what you need to look for, how to prevent skin cancer and answer any questions that you may have. The seminar is free, but registration is required by calling the Chota Rec Center at 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 on Wednesday, Jan. 28, 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.

Reference to any specific commercial product, process, or service, or the use of any trade, firm or corporation name is for the information and convenience of our property owners, and does not constitute endorsement, recommendation, or favoring by the TVPOA.

2015 Fees Now Online

The 2015 fees can be found online on the Finance page of the www.TellicoVillagePOA.org website or by clicking on this link: <http://www.tellicovillagepoa.org/images/tellico/pdfs/finance/fees.pdf>

Tanasi and Toqua Clubhouse Changes

Transition Plans Announced

The Clubhouse Restaurants will be closed for a short time to accommodate the changeover from Patterson Restaurant Services to AWE Hospitality.

- Toqua will be closed from Dec. 31, 2014, until Jan. 12, 2015, during the transition of the new clubhouse operator.
- Tanasi will be closed from Dec. 31, 2014, until approximately Jan. 16, 2015. It will take a little longer to transition Tanasi due to some additional renovations taking place there.

We apologize for any inconvenience, but the closure is necessary to complete the inventory, renovation and transitional process.

During the Restaurant changeover, the clubhouses WILL be **OPEN** for golf (except for Jan. 1), AND coffee is available prior to your round in the Pro Shop. Enjoy your round.

Please welcome AWE Hospitality, LLC to the Clubhouse Restaurant operations.

Some Other Stuff You Need to Know...

STAYinTV Offers Rides

STAYinTV is introducing a new **Rides Program**. Are you unable to drive but have places to go and things to do? Or do you have a friend or neighbor who is unable to drive—even temporarily? STAYinTV has a team of volunteer drivers ready to help. Registration, enrollment fees and seven-day ride notice required. Rides available after Jan. 1. For more information, call 865-458-7085.

Ruff Reading Program at Library

Elementary Students are invited to join us for the RUFF READING PROGRAM at The Public Library at Tellico Village. Reserve your special time with Charley and Wilbur for RUFF Reading sessions on the first and third Saturdays 10-11 a.m. What is RUFF Reading? Your public library in Tellico Village hosts HABIT dogs 10-11 a.m. on the first and third Saturdays of the month. You will meet Charley and Wilbur, wonderful dogs with very friendly personalities, who enjoy having children read to them. They also like being petted and hugged. While at the library, you can select several books to check out and take home. Maybe one of the books will be one the dogs would enjoy hearing the next time! Who can participate? YOU, if you enjoy dogs, are not allergic, and would like to practice reading. Want to join us for RUFF Reading? Contact Mary Ann by phone (865-207-2626) or by email (blank.maryann@gmail.com). Let us know by the Thursday before the Saturday session. The dogs will be wagging their tails and ready to listen! Our partner is HABIT (Human Animal Bond in TN) from UT, College of Veterinary Medicine.

Computer Users Club Meets Jan. 6

After the welcome, opening announcements, and committee reports, the program, "Are You Still Smarter Than Your TV?" will be presented by Best Buy. There will be door prizes for members. Reminder: have you renewed your Membership for 2015? Visit our website at www.TVCUC.org frequently

HOA Ballroom Dancing Lessons Begin Jan. 6

The HOA Ballroom Dancing Lessons will be held on the lower level of the Yacht Club:

- Jan. 6, either 5-6:30 p.m. or 7-8:30 p.m.
- Jan. 27, either 5-6:30 p.m. or 7-8:30 p.m.
- Feb. 3, either 5-6:30 p.m. or 7-8:30 p.m.

Due to unforeseen circumstances, we had to cancel the fourth lesson. Please note the new dates and times. Dance instructor Mary Ann Collins will be calling all the participants to verify their lesson time. The money for the fourth lesson will be refunded at the first lesson. You can call Mary Ann at (865) 458-1076 if you have further questions.

Ladies Lite Luncheon Jan. 7

The next HOA Ladies Lite Luncheon will be 10 a.m. Wednesday, Jan. 7; please come early to shop. We will have a fashion show by the Good Neighbors Shoppe, vendors Kathy Korpi of Arbonne International, wreathes by Janet Reynolds, and Robbi Van Nortwick of Pampered Chef; speaker Margaret Boyes on interior design; and our pianist is Linda Schuessler. The menu will be roasted squash, zucchini, carrot, and red onion on a bed of mixed greens with a grilled chicken breast and rolls, coffee, tea, water. Our guest baker will be Kathy Trombley (charity: St. Jude's). We will have monthly table rotations, tables of 8 to 10, get in the spirit and name your table. We are looking for guest bakers, pick a charity and get your friends to help bake. The cost is \$15 per person with payment made to the "Tellico Village Yacht Club" - checks only. Reservations can be made at the Tellico Village Yacht Club, HOA Socials and New Villager Socials. No sign ups accepted after noon the Wednesday before the Wednesday luncheon. Co-chairs: Sam McQueeney, 865-657-9020 or samnskip@charter.net; and Karen Sue Keith, 865-458-4277 or kskeith1@aim.com.

Lecture Series Begins Jan. 7

Ken Ray will update his 2014 lectures on the Middle East and Central Asia. This four part series will highlight the changes in the region and the challenges to the United States. This presentation explains the complex interactions of geography, politics, religion, terrorism, and economics.

It will be offered on the four consecutive Wednesdays, 10-11 a.m., in January of 2015 (Jan. 7, 14, 21, and 28) in the library conference room. Each presentation will cover a different topic and will be coordinated with the preceding offerings. Signups will be for each class, not the series as a whole. The Jan. 7 session is full.

This class is free but preregistration is necessary. Stop by the library or call 865-458-5199. Seating is limited.

Woodworkers Club meets Jan. 8

The monthly meeting of the Tellico Village Woodworkers Club will be held 7 p.m. Thursday, Jan. 8, in the Yacht Club. The educational program will be presented by club member Dick Hoffmann; his topic will be wood bending. The public is invited.

Ladies Book Club Meets Jan. 8

The Tellico Ladies Book Club will meet Thursday, Jan. 8, for an 11:30 lunch followed by a 12:15 p.m. discussion of "Reconstructing Amelia," by Kimberly McCreigh, led by Kathy Crowley.

Thyme for Herbs Meets Jan. 8

Thyme for Herbs will meet 9 a.m. Thursday, Jan. 8, at the Chota Rec Center. At 9:30 a.m., Ruth Shelton, a Certified Medicinal Herbalist, will present "Cooking with Herbs to Keep You Healthy, Wealthy and Wise." Call Mary Garner for questions at 865-408-0337.

Garden Club Meets Jan. 8

The Tellico Village Garden Club will meet on Thursday, Jan. 8, at the Yacht Club. Come at 12:30 p.m. for social time. Any gardening question can be submitted for our "Ask the Gardener" at 12:45 p.m. The program begins at 1 p.m. This month, Bluebirds will be presented by Chuck James, a Tellico Village resident. Visitors are welcome. For more information, contact Dori Holt at [865-657-5050](tel:865-657-5050) or see our website at www.tellicoclubs.com/garden.

Hike Fort Loudoun State Park Jan. 9

The Tellico Village Hiking Club will depart noon (note time change) Friday, Jan. 9, from Chota Center, to hike:

- FORT LOUDON STATE PARK
- Distance: Approx. 5 miles
- Rating: Easy
- Driving Time: .5 hour
- Elevation gain: Minimal
- Leader: Gail Eades at 865-599-6785 or g3evolution@gmail.com

This is a circle hike following the lake shore. There should be nice winter views of the lake and mountains with the leaves off the trees. The visitor center and the fort itself are also worthy of a visit after the hike.

Hiking boots and hiking sticks are recommended. Driving directions will be provided the morning of the hike. Bring water and a trail snack. Carpooling is recommended, passengers are asked to contribute \$2 to the driver to help cover gas, etc. For more information, go to www.TVHikers.com.

Village Quilters Meet Jan. 9

The Village Quilters will meet Friday, Jan. 9, with a 9:15 a.m. social time followed by a 9:45 a.m. meeting, in Christ Our Savior Lutheran Church (Route 72). Annual dues are \$25. We have SO many fun and interesting events this year, starting off with our January speaker, **Barbara Arnold**, a dedicated quilt teacher, lecturer and judge. Barbara spends part of her winter near Coker Creek and will spend a day with us. She will give a power point presentation and trunk show at our meeting. The subject is "The Magic of a Square Quilt." Also at our January meeting:

- * If you haven't paid your **2015 dues**, bring a \$25 check made out to Village Quilters.
- * Pick up a **Village Quilters 2015 calendar** for \$10. It is filled with pics of winning quilts from our show.
- * And it's your last chance to pick up your fabric and instructions for **Rose Hunt's President's Block Stop** by the Block Exchange table for your packet.

Hike Dark Hollow Loop Jan. 12

The Muddy Boots Hiking Club will depart from Chota Center parking lot (across from gas

station) at 8 a.m. Monday, Jan. 12, to hike:

- We will hike a portion of the Dark Hollow Loop at Big Ridge State Park
- Distance: 4.5 miles
- Rating: generally easy with a few uphill portions. With recent rain, a part may be slippery.
- Elevation gain: 300 feet
- Driving time 1 hour
- Leader Tim Kalina timkalina@aol.com

Big Ridge Park was one of Tennessee's first parks developed by the CCC. Dark Hollow Loop crosses a small dam that separates Norris and Big Ridge Park Lakes. We will hike through pine and cedar trees skirting Norris lake with a short stop at an historical cemetery. Bring snack/ water for along the trail and lunch for after the hike. Boots and poles are suggested.

Directions, parking, carpools will be provided the morning of the hike. Please bring \$5 for driver.

Art Guild's Jan. 15 Program: Capturing the Light and Creating a Life

Join the Art Guild of Tellico Village at their Jan. 15 meeting to hear Jonathan Howe, Fine Art Artist speak. From captivating portraits to stunning landscapes, the art of Jonathan Howe speaks to the heart, satisfies the eye, and relaxes the mind. Jonathan Howe is a master oil portrait artist and landscape painter whose work graces the walls of homes across the Southeast. Enjoy touring his work on his website: <http://www.jnhowe.com> and hearing more from him on Thursday, Jan. 15, on the top floor of the Village Yacht Club. The meeting begins at 9:30 am with a social time; 10 a.m. a short business meeting followed Jonathan Howe's presentation. For more information, go to the Art Guild website: www.tellicoartguild.org. Members and guests welcome.

***Love Letters* comes to the new Tellico Community Playhouse Jan. 15-17**

Love Letters is a funny and emotional portrait about the powerful connection of first loves and second chances.

Love Letters was written by celebrated playwright, A.R. Gurney, and was a finalist for the Pulitzer Prize for Drama. Come see two of the Tellico Community Player's more experienced actors, lyn Cozadd and Steve Mayberry, portrayals of Melissa Gardner and Andrew Makepeace Ladd III. You will enjoy the hilarious interaction between two people who always seem to be disconnected despite their long-running relationship.

Love Letters will be directed by Doris Ryan and performances are schedule for Jan. 15, 16, and 17 at the Tellico Community Playhouse (304 Lakeside Plaza, Loudon, TN). Shows start at 7:30 p.m. and doors open at 6:30 p.m. Tickets are \$15 and will be available at Village Salon, Salon Anew, Yacht Club, and Kahite Pub & Grille in Vonore. - See more at: <http://tellicocommunityplayhouse.org>.