



# TELL-E-GRAM

AUGUST 22, 2017



## BOARD ELECTION REMINDER

If you are interested in running for the Board of Directors, applications are now available at the POA offices by contacting Mitzi Lane at [mlane@tvpoa.org](mailto:mlane@tvpoa.org) or calling 865-458-5408, ext. 4100. Board applications must be turned in by 3 p.m. Friday, Sept. 8, 2017.

## KEEP THINGS MOVING

**By Jessica Antrim, Assistant Recreation Manager**

Forward momentum is important for everyone to keep things moving and stretching is one of the best ways to get your body moving. In general, stretching is great for warm up and cool down of your muscles when doing an intense workout but as we age, stretching takes on a much different and even more important role.

As we age, our bodies change. Muscles become shorter, weaker, and less flexible. For most of us, this will cause a great deal of discomfort and our first reaction is to stop everything. If it hurts, don't do it. But with muscle fatigue, due to exertion or aging, stopping everything is a very bad idea. When seniors slow down their regular routines due to muscles stiffness, a snowball effect occurs. Pain leads to inactivity and inactivity leads to more pain and so on until the lack of movement

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## POA MEETINGS AND EVENTS (RED DENOTES IRREGULARITY OF TIME, DAY, AND/OR LOCATION):

- August 24, 9:30 a.m., Long Range Planning, POA Conference Room
- August 25, 9 a.m., Golf 101, Tanasi Pro Shop
- August 31, 12:30 p.m., Recreation 101, Wellness Center

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leads to an inability to perform simple, routine tasks.

Stretching to the rescue! This simple activity added to your daily routine will work wonders for your quality of life at any age, but especially for seniors. Stretching and simple, slow, muscle strengthening movements can help improve blood circulation, improve balance and stability, all while increasing flexibility, which promotes increased mobility. Simple stretching techniques can even improve or slow down mobility loss that is attributed to diseases like Arthritis, Parkinson's or Multiple Sclerosis.

So when you are starting to feel like exercise is not an option, remember that even the simplest movement is better than no movement at all and it's never too late to start working on improving your balance and flexibility to increase mobility and decrease pain. The Recreation Department has several different group fitness classes with this focus already in mind and few new ones starting in September. You can join any one of our fantastic water fitness classes, but on Monday, Wednesday and Friday at 11 a.m., Marilyn Kulesa focuses on exercises for improving joint flexibility and deduction of pain associated with Arthritis. There are also over a dozen different yoga, pilates, and tai chi classes, all of which focus on building strength, balance and flexibility through a series of slow, deliberate movements.

If land based classes are more your style, join Balance, Bend, and Build at the Kahite Activity Center or the Chota Rec Center. This chair based fitness class will incorporate a variety of exercises designed to increase balance, flexibility, range of motion and strength. These exercises can be performed with partial or complete assistance from a chair. This September, two more awesome classes will be added. Core & More is a full-bodied, anti-aging workout designed to improve your posture, balance and flexibility with standing, fluid movements designed to liberate the spine and challenge your balance reflexes. Instructor, Carol Carra, will then help you lengthen and strengthen your core muscles with a series of floor exercises. These classes will be held at the Wellness Center on Saturday mornings at 7:15 a.m. for the early birds, as well as on Wednesday mornings at 8:30 a.m. at the Chota Recreation Center beginning September 6th.

You can also join Occupational Therapist and fitness instructor, Joanne Wilkinson, for "Believe You Can Fly." On Wednesday afternoons at 1 p.m. beginning on September 6th, Joanne will take you on a fun-filled adventure of the spirit while improving your balance, breathing and muscular strength for increased safety and stability. Most importantly, you will focus on leg strengthening exercise to increase oxygenated blood flow to the brain, which activates your muscle movement. Don't forget, all of these exercises can be adjusted to meet your specific fitness needs.

Another exciting adventure to get you up and get you moving in September involves some of our newest hiking trails and local fitness celebrity, Missy Kane. Tellico Village Recreation and Director Simon Bradbury have already been featured with Missy Kane on WBIR over the summer and now she is coming to us! Join Tellico Village Recreation and Missy Kane on September 15th for a nature hike through our newest trails on the Wellness Center site then join us for refreshments on the back patio and a brief "Hiking 101". These lectures are presented all around the greater Knoxville area by Missy Kane and were developed to educate people on the health benefits of hiking, as well as give tips on hiking safety and exercise tips for strengthening the key muscle groups needed to hike through beautiful East Tennessee without getting hurt. Space is limited for this free hiking adventure so be sure to sign up by calling 865-271-6060.

## LAST DAY TO PURCHASE TICKETS IS TOMORROW AT NOON TELLICO VILLAGE 30TH DINNER CELEBRATION

Join us as we celebrate Tellico Village turning 30! We will be having a dinner celebration at the Yacht Club on August 24th. Tickets are now available to purchase at the Welcome Center. Tickets are \$35 per ticket and **we only have 20 tickets left!** There will be tables of 10 and if you would like to sit with a group, those tickets need to be purchased together. If you have a group smaller than 10, you will be paired with another table. Along with dinner, Bill Landry will be our guest speaker and harpist, Amy Carty, will be playing throughout the evening. Contact Lisa McCray at 865-458-5408, ext. 4131 or LMcCray@tvpva.org. All guests will receive a special commemorative gift.

The menu will be as follows:

- House Salad with choice of dressing
- Pan seared chicken breast, served with roasted fingerling potatoes & grilled white asparagus OR Grilled Bistro Steak, served with roasted fingerling potatoes & grilled white asparagus
- Chocolate Lovin' Cake, a giant mouthful of chocolate pudding between two layers of dark, moist chocolate drenched chocolate cake.

# PSAC (PUBLIC SERVICES ADVISORY COMMITTEE) SEEKING APPLICATIONS

If you have skills in construction, roads, water or sewer maintenance, building maintenance, engineering, site planning, or architecture and wish to volunteer to help your community plan toward its future, please call Ken Holland at (865) 657-9271 or email [ken751@aol.com](mailto:ken751@aol.com) for information.

## ADVISORY COMMITTEE OPENINGS

All Advisory Committees have seat openings for the upcoming year. If you are interested in serving on a committee, you can pick up an application at the POA Office or contact Mitzi Lane at [MLane@TVPOA.org](mailto:MLane@TVPOA.org) or 865-408-2619.

## UPCOMING EVENTS AND MEETINGS

### TELLICO VILLAGE HIKING CLUB - HIKE ON AUGUST 23

Depart at 8:00 a.m. from Chota Center

GLENDALE LOOP/COYATEE TRAIL (EAST LAKESHORE TRAIL)

When: Wednesday, August 23

Distance: 2.2 - 5 miles (using short cut option is available)

Rating: Easy

Driving Time: 30 min.

Leader: Bob Kutschera 865-408-3092 [bkkutch@yahoo.com](mailto:bkkutch@yahoo.com)

This trail is a pleasant hiking experience winding along the shoreline of Powerline Cove and the main channel of Tellico Lake.

East Lakeshore Trail was placed on The National Register of Hiking Trails. Please refer to the following link for directions and a trail map you can save for future hikes: <http://tellicowater.org/documents/Complete%20ELT%20Map.pdf>

### SOGGY BOTTOM PADDLE - CLINCH RIVER, AUGUST 25

You are invited to join the Soggy Bottom Kayak Club on a placid paddle down the Clinch River from Melton Hill to the Gallagher Ramp on Friday, August 25. We will meet at 7:30 am at the Poplar Springs Boat Ramp. This first time paddle is 9.2 miles, but with a significant assisting current. We'll see lots of birds, pastoral scenery, and pass the former site of the proposed Liquid Metal, Fast Breeder reactor, if you're into that sort of thing. Plan on stopping for a light lunch after the paddle. Any questions should be directed to the event leader Bruce Barbre at [bruceb612@gmail.com](mailto:bruceb612@gmail.com) or 865-458-3559.

### LIBRARY CORNER

- **Wednesday, August 23, 7:30 p.m.** - movie night showing "Tesla". This is the story of Nikola Tesla, the genius engineer and tireless inventor whose technology revolutionized the electrical age of the 20th century. Although eclipsed in fame by Edison and Marconi, it was Tesla's vision that paved the way for today's wireless world. There is no charge for the movie that will be shown at The Public Library of Tellico Village. Soft drinks, popcorn and water will be available for a small fee.

### TELLICO VILLAGE SINGLE BABY BOOMERS

Tellico Village Single Baby Boomer's Club will be meeting this Thursday, August 24. Social gathering at the Yacht Club bar 5:30 p.m. Meeting from 6 to 7 p.m. on the 3rd floor. Monthly meetings, dinners out, lots of activities, volunteer opportunities, Tiki nights etc. Contact Carolyn Hudspeth, President via email: [tvbabyboomers@gmail.com](mailto:tvbabyboomers@gmail.com) or visit our website at [www.tvsinglebabyboomers.com](http://www.tvsinglebabyboomers.com)

### HAVE SOME FUN...TRY SQUARE DANCING!

**Two FREE square dance lessons:** August 29th and September 5th at 7 p.m. in the Memorial Building (103 North B Street, Lenoir City). Little T Square Dance Club will meet every Tuesday September through December, 7 p.m. - 8:30 p.m., \$5 per person for each dance night. For more information, call Maggie at 865-617-1267 or Shea at 865-816-4061/[PrezlittleT@comcast.net](mailto:PrezlittleT@comcast.net). There is no commitment, come enjoy yourself and have some fun! Visit our website at [www.LittleTSquares.com](http://www.LittleTSquares.com)

Registration is open for these classes offered in September:

- **Comparative World Religions** - September 6, 13, 27 and Oct 6. Taught by Rev. Dr. Morris Hudgins in Chota Room D from 6:30 – 8:30 PM. This is a repeat of a very popular class offered last year with rave reviews! These four sessions cover a different set of religious traditions each evening. You may register for only those of interest or for all four. Each session has a \$5 tuition. Read details for each week at the website before you register.
- **Fundamentals of Financial Investments** - September 8 from 10 a.m. - Noon. Taught by Gary Stuart CFP in Chota Room D. What are the different types of investment options? What are the risks and advantages of each? This is a basic course to help us to understand these choices so we can decide where to invest our hard earned money and achieve our financial needs. Tuition is \$5.
- **Origami Art** - September 12 9:00 – 11:00 Chota Room D. Taught by Knoxville origami artist Susan Wettling. Susan will tell you this is a fun and relaxing art form that anyone can learn. The bonus is that we can share this fun with our grands! Tuition for this class is \$7 and covers all paper materials for the class. Take home some pretty things! See our TVU website for photos of Susan's work. Limited to 20 students.
- **When Style Meets Trust** - September 15 and 22. 9:00 – 11:00 Chota Rec Room D. Taught by Villager Cindy Rogers. If you enjoy a highly informative and interactive type of class, then try this one. Explore personality types: Why do people behave the way they do? And how will you be challenged to work with people who are alike and different from you? Tuition is \$10 for two days. Really fun last year!

### Tellico Village University Registration Procedure

Registration for a TVU class is easy! Go to our website at [www.tvuniversity.org](http://www.tvuniversity.org) and click on "Classes in Tellico Village" tab. Read all of the important information about the class of interest. Please note date, time, location, tuition, and other requirements (such as bringing your mobile device). Register on the "Contact Us" page by entering your name, e-mail, phone and the name/date of the class you want to attend. Put this class on your calendar so you remember to attend. Be aware that some classes have an enrollment limit and you may be placed on a waiting list.

Some classes require PREPAYMENT with a check at the Welcome Center within 3 days of your receiving a response from TVU. If you do not pay your tuition by then, we may offer your saved seat to someone on the waiting list. You are not registered for these classes until we receive your tuition payment. We need to ensure that those who want to attend the class are able to attend and pay the instructor's fee. If not . . . TVU must pick up your registration fee, and we are not in a position to do that. You may always cancel your registration and pick up your check within 3 days of the class. We will use our waiting list to fill the class. For most classes, tuition is paid at the class. There is no need to prepay.

Hope to see you at a class! Calligraphy! Origami! History! iCloud Technology! Comparative World Religions! and many more . . .

## TELICO VILLAGE BRIDGE LESSONS

- Basic/Intermediate Bridge Lessons will start at 1:30 p.m. and last until 3:45 p.m. on Thursdays, August 24th-Nov 16th (no class on Nov 2nd) at First Baptist Church of Tellico Village. There will be a pre-class Question and Answer each week at 1 p.m.
- Advanced Intermediate Bridge Lessons will start at 10 a.m. and last until 12:15 p.m. on Thursdays, August 24th-Nov 16th (no class on Nov 2nd) at First Baptist Church of Tellico Village. There will be a pre-class Question and Answer each week at 9:30 a.m.

Seating is limited to 28 for each class. Pre-registration and payment are required to confirm participation. Participants are expected to be familiar with basic bridge bidding and play.

12 lessons for \$150 - ACBL Certified Instructor. To find out more about the content of either class, contact Jim Ricker at [jdricker.jdr@gmail.com](mailto:jdricker.jdr@gmail.com) or 865-805-0420. Send payments to Jim Ricker, 1825 Raven Hill Court, Knoxville, TN 37922

# SEPTEMBER LADIES LUNCHEON AND FASHION SHOW

Join us Wednesday, September 6 for lunch and to view fashions provided by Chlco's. Music will be provided by Peggy Bastien and vendors will include Fashion Artwear Jewelry, Cranberry Hollow, Sandy's SouthernSalts and Jewel's and Threads and table centerpieces by Just 4 You Custom Designs. Doors open at 10:00 for your shopping and visiting convenience with lunch served at 11:30.

Charity baker is Jan Panozzo benefiting Loudon Animal Shelter. Menu is Turkey Wraps with a side salad and Yacht Club House Chips. No Substitutions. Rolls, coffee, tea & water plus a full cash bar is now available from 10:00 to 1:00.

Reservations \$15 per person cash or check can be made at New Villager & HOA Socials or at the Yacht Club by Wednesday, August 30, 2017 deadline.

**September  
Ladies Luncheon & Fashion Show**

Wednesday, September 6, 2017  
Tellico Village Yacht Club

*Fashions by Chico's*

Music by Peggy Bastien

Centerpieces by Just 4 You Custom Designs

Charity Guest Baker: Jan Panozzo - Loudon Animal Shelter  
Desserts available for purchase for \$3.00 at luncheon

**September Vendors:**  
Fashion Artwear Jewelry  
Cranberry Hollow  
Sandy's Southern Salts  
Jewels & Threads

**Menu:**  
Turkey Wraps with a Side Salad and Yacht Club House Chips,  
coffee, tea and water

*No Substitutions Please*

Full Cash Bar Available from 10:00 - 1:00

\$15.00 pp check payable to TV Yacht Club by August 30 deadline  
Reservations and Payment at Yacht Club, New Villagers & HOA Socials

PosterFlyWall.com

Tellico Village Yacht Club

Join us for  
**TIKI**  
Friday

August 4th NO TIKI  
August 11th Bo Ashby  
August 18th Southern Star  
August 25th AM Station  
7-10:00pm

Weather permitting outside on  
the patio  
865-458-4363

Keep a look out for  
September's Soc Hop

**SOCK HOP!!** 50's 60's  
SATURDAY SEPTEMBER 16TH 7-10 PM  
FOOD DANCING 70's  
CASH BAR

Tellico Village Yacht Club  
PRESENTS.....  
THE MEMORY ROAD REVUE BAND  
\$20 PER TICKET  
PURCHASE TICKETS AT THE YACHT CLUB  
865-458-4363

## PLEASE NOTE

Seating for Tiki Friday's are on a first come, first serve basis. Please do not reserve tables or seats. Thank you for your cooperation.

## TELLICO VILLAGE UW COMMITTEE STARTS PLANNING FOR THE 2017 CAMPAIGN

Although the start of the 2017 campaign is still several months away, the members of the TV Steering Committee have been meeting regularly to plan for the upcoming campaign. They are looking to exceed the success achieved in the 2016 campaign where 104% of the goal of \$90,000 was reached by raising \$94,400.

They are looking at several approaches to achieving the increase. First and foremost, is increasing villager participation rate in the campaign from last year's 15%; secondly is increasing the average amount donated from slightly less than \$200 to at least \$225. The other, and this is a somewhat new initiative, is to reach out to the TV business community and persuade them to become donors. Several options are currently under review that will characterize this effort.

The first big event currently scheduled is the United Way Street Fair. This will be the third year in a row this event is being held. The date is earlier than last year; this year it will occur on Saturday, September 16. The Vols are away that weekend and it is the weekend of a craft fair at the TVCC. So those who attend the fair can do so late in the morning and then join us at the Street Fair.

As in the past, it will be held in the Village Square around the TV Welcome Center. There will be the car show with vehicles exhibited by the Corvette Club, the Vintage Car Club and the Motorcycle Club. (The photo shows some of the vintage cars that were exhibited at last year's Street Fair). Also featured will be the Tellico Tap Dancers, the clowns as well as DJ Lou. Several partner agencies will also be in attendance briefing attendees on their program(s) that grants from UW enable them to execute.

There will be free hot dogs and ice cream as well as a raffle. Attendees will also be able to vote on their favorite vehicle in all three categories.

So mark your calendars and plan on joining your fellow residents for a fun afternoon.

## THE COMMUNITY CHURCH AT TELLICO VILLAGE ANNOUNCES FINE ARTS CONCERT SERIES 2017-2018

The Community Church at Tellico Village recently announced the line-up for the Church's annual Fine Arts Concert Series. The series will include seven diverse and rich performances:

- Southern Raised Band Sunday, Sept 10
- Knoxville Opera Thursday, Oct 19
- \*A Community Church Christmas, December 10 & 11
- Dallas Brass Saturday, January 20
- Tim Puckett Jazz Night Friday, February 23
- Peter and Will Anderson Jazz Trio Thursday, April 5
- The Raleigh Ringers Saturday, May 5

Ticket prices for all concerts are only \$10, except for the Christmas Celebration which is free.

A significant change in this year's series is that there will be two performances of "A Community Church Christmas". The first on December 10, and the second on December 11. The celebration includes the Knoxville Symphony Orchestra and choirs and ringers of the Community Church members under the direction of Dr. John R. Orr presenting an evening of Christmas favorites of all ages and for all ages.

For more information on the individual concerts go to events page at <https://www.tellicochurch.com/events> and click newsletters

Those interested in becoming a 2017-2018 Concert Series Donor can call the church office at (865) 458-1516 or inquire by email at [john@tellicochurch.org](mailto:john@tellicochurch.org).

## PROVISION TOUR DE TELLICO - OCTOBER 7

On Saturday, October 7, the Tellico Lake Rotary Club will sponsor the 12th annual Provision Tour de Tellico bicycling event. Cyclists of all levels will come to Tellico Village and ride the beautiful back roads of East Tennessee.

This year we continue to offer four challenging rides to match rider's skill level. For the casual cyclist we offer our popular and easy 25k (15 mile) and the more challenging 50k (30 mile). For the experienced cyclist we offer two popular distance rides: the Metric100 k (62.1 mile) and the Century 100 mile. Many cyclists from East Tennessee consider our ride to be the best run biking event in the area. It includes a light breakfast, well stocked rest stops, and our famous smoothies for lunch.

So mark your calendar and plan to be part of our "Ride for Charity" event. Early registration is \$40 and the "Tour" begins at the First Baptist Church of Tellico Village. Our website [TourdeTellico.com](http://TourdeTellico.com) contains all event information for registration, as well as course routes and their associated grade charts.

The Provision Tour de Tellico is the major fund raising event for the Tellico Lake Rotary Foundation, a 501(c)(3) non-profit organization. All event proceeds go directly to help people of our club's charities, primarily local in Loudon and Monroe counties.

## PET OF THE WEEK: MEET BO!

Bo is this week's Pet of the Week at the Monroe County Animal Shelter. This handsome boy is a German Shepherd mix and we guess his age at about 4 years. He came into the shelter as a stray and we've not been able to find his owner, so he is now available for adoption. Bo's been living at the shelter for quite some time and is eager for a new life with a family to love. Stop by and meet him. He may be just the new addition you've been looking for. All animals adopted from Monroe County Animal Shelter are spayed or neutered, have age appropriate vaccinations and testing, and are microchipped (with registration).

The shelter is extremely crowded right now. We could really use some help in caring for our dogs and cats while they are with us. If you think you would be able to lend a hand, give Shelter Director Liz Sneed a call at 423-442-1015 to volunteer. Many of our animals are scheduled to go on rescue runs, but need to be housed as that date approaches. If your lifestyle just isn't conducive to being a pet owner right now but you love animals, consider volunteering as a foster parent for a short term commitment. Longer foster care is also needed as our animals await adoption. If you think you might be able to provide foster care on a temporary basis, you could help save more than one animal's life. While you are caring for that lucky dog or cat, a space is freed up at the shelter for another incoming animal.

You can check out other volunteer opportunities and lots more on the Monroe County Friends of Animals website at [www.friendsofanimalsmc.org](http://www.friendsofanimalsmc.org). The Monroe County Animal Shelter is located at 170 Kefauver Lane in Madisonville (behind Wal-Mart). Please note new hours: Tuesday-Friday from 11-4:30 and Saturdays from 11-2. The shelter is closed to the public on Sunday and Monday. Call 423-442-1015 and check out all available pets on our web site at [www.friendsofanimalsmc.org](http://www.friendsofanimalsmc.org).

TN Monroe County Animal Shelter is the official Facebook page for the Monroe County Animal Shelter. Adoption Gift Certificates are available all year.

