



TELL-E-GRAM

OCTOBER 10, 2017



START YOUR RESOLUTION NOW...GET MOVING THIS FALL

By Jessica Antrim, Assistant Recreation Manager

Who said you have to wait until January 1st to get back into the gym or to get active outside? How many of us spend a tipsy New Year's Eve promising ourselves and anyone else who will listen that this is going to be the year? Almost all of us, but what if we started changing our habits now? Fall is a great time to get started with a new fitness regime so start your resolution now!

Take advantage of the great Tennessee weather. This is the perfect time to take your health and wellness outdoors. It's always easier to get moving when there is something to look at. With so many hiking options in the Smokies and around Tellico Village, this is a no brainer. The cooler weather is great for exercise. It's easier to breathe and avoid getting overheated. It's also a great time of year for allergy sufferers with less blooming. There are also less bugs and creepy crawlies to combat as well. Getting outside during the fall will give you the perfect opportunity to enjoy all of the colors. People travel from all over the country to enjoy fall in East Tennessee and all you have to do is walk out your own front door. You can even get exercise credit for all that fall

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POA MEETINGS AND EVENTS (RED DENOTES IRREGULARITY OF TIME, DAY, AND/OR LOCATION):
 October 9-11, 10 a.m. - 2 p.m., FAC review of dept. budgets, POA Conference Room
 October 11, Having Your Say, POA Conference Room, By Appointment Only
 October 12, 10 a.m.-Noon, FAC review of dept. budgets, POA Conference Room (if needed)
 October 13, 9 a.m., Financial Advisory Committee, POA Conference Room
 October 16, 5 p.m., Dock Captains, Chota Rec Center

yardwork that's on your honey-do list!

Starting a new habit before the onset of winter could be a game changer for us mentally and emotionally. For many of us, the cold weather and greys skies also brings some seasonal depression. With less Vitamin D on our skin and less fresh air in our lungs, many of us start to feel overwhelmed and hopeless. Did you know exercise is the perfect cure for that? Exercise has been proven to have an antidepressant effect on the brain. Problem solved. Stimulation of blood flow and oxygen intake can even reverse some of the fatigue from the year by improving your ability to focus.

One of the big motivators for all New Year's resolutions is always weight loss, but what if you didn't actually have any extra weight to lose? What if you were already sticking to a healthy diet and exercise routine that ushered you into the holiday season feeling good and fitting into all your favorite red clothes? Starting a new, healthier lifestyle in the fall can put you on track for a holiday season riddled with less guilt. You will already have healthy habits started but not be so bored with your "diet" that you are willing to cheat. It's so hard to say no to those extra, sweet treats all those Christmas parties you attend. Well, what if you were not even tempted? We are all motivated by different things. If you cannot get outside, then stay inside. Try something new. If you have always wanted to learn to jump rope, then learn to jump rope. If you would like to learn martial arts, sign up for martial arts class. Master a skill that you love and you will be benefiting your body, mind and soul. Do you enjoy TV as your exercise distraction? So many TV shows begin new seasons in the fall. Schedule your workout in accordance to the return of your favorite fall TV show and you'll be done before you know it.

Fall is a great time to rejuvenate ourselves, mind, body and spirit. We begin to slow down the pace a little and reflect on all that we have done throughout the rest of the year. Don't forget that exercise is not the only way that we can embrace wellness in our lives. Learn to meditate, get a massage, take an art class, or try out yoga. It's important to take care of our whole selves to truly achieve wellness.

UPCOMING EVENTS AND MEETINGS

TELICO VILLAGE FISHING CLUB

The Tellico Village Fishing Club will meet at 7 p.m. on Wednesday, October 11, 2017 on the top floor of the Yacht Club. The Club promotes fellowship, learning fishing techniques and knowledge of local lakes, as well as presentations by various speakers on topics related to fishing in the area. Guests are welcome. For further information, please contact 2017 President Chip Young at 614-562-9310 or crtsyoung@gmail.com

TELICO CRUISING CLUB

The Tellico Cruising Club will hold it's monthly meeting on Wednesday, October 11th at the Tellico Village Yacht Club. The social hour begins at 5 p.m. with the meeting starting promptly at 6 p.m. All Tellico Lake boaters are welcome. Any questions should be directed to Commander Tom Morgan at 865-657-5257.

TELICO VILLAGE LADIES BOOK CLUB

The Tellico Village Ladies Book Club will meet on Thursday, October 12, 2017 at the Tanasi Club House. Lunch will begin at 11:30 a.m. and the discussion will begin at 12:15 p.m. We will be discussing the fictional book "Girl with Seven Names" by Hyeonseo Lee. Discussion leader is Arden Trudnak.

TELICO VILLAGE ROADRUNNERS RV CLUB

Tellico Village Roadrunners RV Club general meeting will be October 17th on the top floor of the Yacht Club. The social hour begins at 7:00PM and the meeting begins at 7:30. Visitors are welcome. There will be an introduction of new members, highlights of prior and future rallies as well as discussion of 2018 rallies. The nominating committee will report potential officers for 2018. For more information go to <http://tellicoroadrunnersrvclub.org>.

THYME FOR HERBS CRAFTING SESSION

Thyme for Herbs will hold a crafting session on October 19, 2017 at the Chota Rec Center-Room D. Attendees can learn to make a variety of holiday herbal ornaments and gifts. For more information and to sign up contact Mary Garner at 865-408-0337 or mhgarner@yahoo.com no later than September 30th.

HIKE THE EAST LAKESHORE TRAIL IN OCTOBER

Join us on October 17th when we hike 2.5 miles miles of the northern section of the Lotterdale Branch of East Lakeshore Trail. We will gather at the Poplar Springs Boat Ramp parking lot at 9:00 AM, where we will car pool to the trail head. Hikers coming from from Kahite, can meet us around 9:15 AM at the Sinking Creek Trailhead, which is on Axley Chapel Road/East Coast Tellico Parkway. The East Lakeshore Trails are just across the lake and are one of the most beautiful and accessible hiking trails in East Tennessee and have been designated as National Recreation Trails by the Department of the Interior. If you would like to become more familiar with these trails and/or would just like to take a short 2 1/2 to 3 mile hike, then come join us on the 3rd Tuesday of every month. All of the monthly hikes should finish no later than 11:30 AM. Your hike leaders will be Larry Elder and Jon Foreman. For additional information feel free to contact: Larry: lelder49@gmail.com / 865-657-9722 or Jon: for4man@charter.net / 412-337-5500.

HOA GENERAL MEETING: MEET THE POA BOARD CANDIDATES

This important meeting will be held at the Community Church at Tellico Village on Thursday, October 26th. It will begin at 4 p.m. and end at 6 p.m. This will be in the town hall format. For more information, visit: www.hoatellikovillage.com. If you have questions, contact Sue English-Kovar at sue_english_kovar@yahoo.com

TELLICO VILLAGE UNIVERSITY

HERE'S WHAT'S COMING UP AT TELLICO VILLAGE UNIVERISTY IN OCTOBER...

- **Witches** – American and British History during the 16th and 17th centuries. October 10th and 17th from 10:30 a.m. – 12:30 p.m. in Chota D. Come in a witch's costume and participate in our "Halloween party" for free.
- **Facebook Advanced** - October 16th at 8:30 a.m. in Chota Rec Center Room D. This is a prepaid course with tuition of \$10 made to Jennifer Dancu at the Welcome Center
- **Using Your Mobile Device as a Camera** - October 15th at 10:45 a.m. in Chota Rec Center Room D. This is a prepaid course with tuition of \$10 made to Jennifer Dancu at the Welcome Center.
- **Calligraphy** - October 25th from 6:30 p.m. – 8:30 p.m. in Chota Room A. This is a prepaid course with tuition of \$ 45 made to Katherine Michalik at the Welcome Center. All class materials are included.

Prepaid courses may be cancelled within 3 days of the course; checks may be picked up at the Welcome Center. Register for these and our November classes at the TVU website www.tvuniversity.org. Read complete class descriptions and registration requirements at the "Classes in TV" tab. Use the "Contact Us" page to submit your registration.

LIBRARY CORNER

On Tuesday, October 17, 2017, from 9:30 a.m. - 10:30 a.m., Barb Gothard will present a lecture on sugar-free & diabetes diets and menus. This will be presented at The Public Library of Tellico Village conference room, 300 Irene Lane, Loudon, TN 37774. Please call 865-458-5199 to confirm space available. There is no charge for this session.



Friends of the Tellico Village Library
HOA

4 B's Festival

BBQ • Bluegrass • Beer • Books

Saturday, October 28, 2017

5:00 pm – 6:30 pm
Tellico Village Library Campus

One ticket includes BBQ & Sides,
Wine, beer, music
plus 3 Books of your choice.

HOA & FRIENDS MEMBERS \$40 Non-Members \$45
(price is all inclusive)
Children under 12 free

Tickets Available
Library
United Community Bank
HOA/New Villager's Social



COLD WATER BOATING

FISHING, DUCK HUNTING, KAYAKING, CANOEING
...and just sight seeing

U.S. Coast Guard Auxiliary



WHEN: October 12, 2017- 1:00 p.m. – 4:00 p.m.

WHERE: Tellico Village Yacht Club(top floor meeting room)

COST: \$25.00

Boating in cold waters (typically) under 60 degrees requires special considerations and preparations. Boats are often smaller on trailer and with low freeboard. Many small boats are aluminum so positive flotation is important. Personal flotation is even more important. Boat load capacity and gear storage are just some of the issues to be considered when boating in colder waters. Duck hunters, deer hunters and fishermen are often unaware of cold water limitations and dangers. Boating in the late Fall, through the Winter and during the early Spring can be a beautiful time to enjoy mother nature. However, it also brings additional risks that you should anticipate and be prepared. This seminar has been developed to give cold water boaters the information they need to survive the unexpected.

**SPACE IS LIMITED
PLEASE CALL EARLY TO MAKE YOUR RESERVATION**

Call:

Dennis Beard 865-657-3080 / email djbeard3@gmail.com

Mike Colacone 352-804-8257 / email mc195@aol.com

For all details including the instructor's resume – go to:

<http://www.flotilla-12-2-tellico-village.blogspot.com>



Marketplace At the Yacht Club

October 20th, 2017
10 A.M. to 2 P.M.

Tellico Village Yacht
Club

- Local Business
- Ceramic Painting Demos
- Moonshine Tasting



2018 CLUB/GROUP RESERVATIONS FOR THE YACHT CLUB

If you are a club/group president and intend on reserving a meeting space in the Yacht Club for meetings in 2018, you must contact Linnea Elliott at the Yacht Club to reserve your space. She can be contacted at lelliott.awehospitality@gmail.com or 865-458-4363. The deadline to reserve your space is Thursday, December 21st.

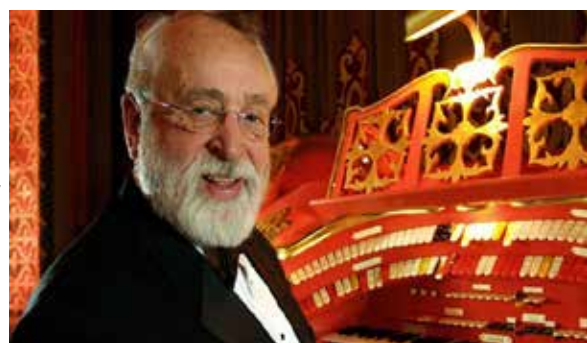
TELLICO VILLAGE FALL FEST

Please join us for Fall Fest 2017 on Friday, October 13th from noon-5 at the Wellness Center. We will also be celebrating the 10th birthday of the Wellness Center. There will be bbq, bluegrass, cake and ice cream, and booths to explore. Admission is free! There will be free shuttle service running from the Welcome Center and Community Church. The Holloway Sisters will be performing from 1-3 p.m. If your group, club, or organization would like to have a booth at Fall Fest, please contact Lisa McCray at 865-458-5408 ext 4131, or email her at lmccray@tvpoa.org for details. We hope to see you there!



DAY TRIP TO THE TENNESSEE THEATER

Join Lisa McCray, Lifestyle Coordinator, for a day trip to the Tennessee Theater in Knoxville on November 6th. Enjoy Mighty Wurlitzer organ performances by Dr. Bill Snyder and Freddie Brabson and special guest, Kathryn Frady for Mighty Musical Monday. American soprano Kathryn Frady has been widely praised for her vocal range and dramatic talent. Frady is also the General & Artistic Director and Co-Founder of Marble City Opera. Space is limited to the first 23 individuals that RSVP. We will meet at the Welcome Center at 10 a.m. and transportation will be provided. Doors open for the show at 11:30 a.m. We will go to lunch as a group after the show and then return to Tellico Village Welcome Center. You can RSVP by calling 865-458-5408, ext 4131 or email lmccray@tvpoa.org. There is no cost for the shuttle and the show. You will be responsible for the cost of lunch. Because this is a free event, it will fill up quickly. Reservations are first come-first served.



ADOPT-A-SCHOOL DONATION PROGRAM

Do you want to make a difference in the lives of local schoolchildren? Consider the Adopt-a-School Donation Program! All donations collected will be given to both Loudon and Steekee Elementary schools. The top 10 needs are: Kleenex, hand sanitizer, expo dry erase markers, pencils, pencil top erasers, erasers, Clorox wipes, glue sticks, crayons, and construction paper. Donation boxes are located in the Welcome Center, Wellness Center, Chota Rec Center, and the Library. Cash donations are also accepted by mailing a check made out to Karen Hamerslag and mailed to her address at 232 Elohi Way. No donation is too small!

MEET & GREET AND ANNUAL MEETING OF THE WATERSHED ASSN OF THE TELLICO RESERVOIR (WATER)

You are invited to attend the Meet & Greet and Annual Meeting of the Watershed Assn of the Tellico Reservoir (WATeR) on November 9th at 6:30 p.m. at the Tellico Village Community Church, 130 Chota Ctr, Loudon, TN. The WATeR organization is a non-partisan group focused on issues and practices that promote clean air, water and the natural habitat in and around the Tellico Watershed. Keynote speaker: Erich Henry; Blount County Soil Conservation District. Additional information on WATeR: www.tellicowater.org

TENNESSEE LIVING TRUST WORKSHOP

On Wednesday, October 11th and Friday, October 13th, you're invited to the TN Living Trust Workshop at Tanasi Bar & Grill. The October 11th session will begin at 6 p.m. for dinner and the October 13th session will begin at 8 a.m. for breakfast. Seating is limited and reservations are required. To make reservations by phone, contact Libby Underwood at 865-415-2062. To make reservations online, visit: www.TNLivingTrust.com – you can also view a video preview online. Attendees will receive the TN Living Trust workbook and checklist. This event is free and there is no charge for the materials received.

Christ Our Savior Lutheran Church Welcomes

LAUDAMUS



Sunday, Oct. 15, 7 p.m.

Laudamus is a select choir of Concordia Seminary in St. Louis. All their members are preparing to be pastors in The Lutheran Church— Missouri Synod (LCMS). Under the direction of Dr. James Marriott, the Seminary's director of musical arts, the choir delights in proclaiming the Gospel of Jesus Christ through singing an eclectic program representing the church's song from many different genres.

We hope you will join us

The Blue Heron Restaurant



PRESENTS:

"DINING with the NOTES"



The Top notes will be performing live

"BIG BAND"

music in the dining room

Saturday, October 21st
6:00PM

For reservations call: 865-458-4363



Shoppes of Christmas



Ladies Luncheon, Shopping & Fashion Show
Wednesday, November 1 - Tellico Yacht Club

Fashions by the
"Lily Pad Boutique"

Get a jump start on your
Christmas Shopping
45 Vendors



Music Provided
by Linda Schuessler

Parking & Shuttle from
Tugaloo
Thank You Community Church

Guest Charity Baker - Judy Smigiel
Benefitting PPAW
desserts available for \$3.00 at luncheon

Vendors Open 9:00 - 2:00



Lunch served at 11:30

*Menu: Turkey, stuffing, gravy and cranberry sauce
(No Substitutions Please)
Rolls, coffee, tea and water*

Reservations will fill up fast for this wonderful and anticipated event
\$15.00 pp check payable to TV Yacht Club by October 25
Reservations at HOA & NV Socials and at the Yacht Club



Thanksgiving FEAST



When: November 23, 2017
Where: Tellico Village Yacht Club
Time: 12:00-4:00pm
* Price: \$24.99 Adults
\$12.50 Children 6-12
Children 5 & Under Free

Join us for all your Thanksgiving favorites!!

Call (865)458-4363 for reservations!!

*All prices subject to sales tax and 20% gratuity

PET OF THE WEEK: MEET BUSTER!

Oh the trouble poor Buster's nose led him into. This five-year-old beagle mix was found as a stray. Odds are, he ended up that way because he caught scent of a bunny or some other fun-to-chase critter and chased it. Before he knew what happened, he was lost and far away from home. On top of it, some pesky mosquito bit poor Buster and transferred heartworm to him because he tests positive for heartworm, but is being treated. If you are interested in adopting Buster and have any questions about heartworm or its treatment, call the shelter number below. Buster is sweet and gets along with other dogs. He loves to run in a fenced yard for exercise. He will also enjoy walking with his new human companions.

In fact, Beagles rate about as high on the friendliness scale as a dog breed can go. They are affectionate with families, incredibly kid and dog friendly, and friendly to strangers. They also rate high on the energy scale and playfulness scale.

If you are looking for a friendly dog that loves to let you know how happy he is to see you when you come home, come out to the Monroe County Animal Shelter and meet Buster. 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 TN Monroe County Animal Shelter is the official Facebook page for the Monroe County Animal Shelter. Adoption Gift Certificates available all year.

All animals adopted from Monroe County Animal Shelter are spayed or neutered, have age appropriate vaccinations and testing, and are microchipped (with registration).

