



# TELL-E-GRAM

JULY 30, 2019



## POA 101

Did you recently move to the Village? Do you want to learn more about how the POA operates and have all your questions answered? Come join us for POA 101 on Wednesday, August 7th. After the 1-hour presentation from our General Manager and one of the POA Board members, attendees will be given a binder of information and a goody bag. POA 101 is held on the top floor of the Yacht Club at 2 p.m. every two months. If you're new, join us on August 7th—the next meeting is October 2nd. **To RSVP**, email Amanda Parks at [aparks@tvpoa.org](mailto:aparks@tvpoa.org). Advance reservations are required.

## TVBA DIRECTORY

Have you received your new 2019-20 Tellico Village Business Alliance Directory? If not, stop by the Welcome Center to pick one up!

This valuable publication lists 80 brick and mortar and in-home businesses located in the community. The new directory also contains a fold-out map which shows where each brick and mortar business is situated in or close to the Village.

Through various surveys over the years, residents have repeatedly expressed interest in supporting Village enterprises. Last year, community businesses banded together to create the Tellico Village Business Alliance

## TABLE OF CONTENTS

- POA 101 .....Page 1
- TVBA Directory .....Pages 1-2
- Tellico Community Foundation, Toqua Pavilion .....Page 2
- Construction Updates, Digital Newsletter Sign Up, Shop TV .....Page 3
- Tellico Players, Tellico Players Auditions, Tellico Village Volunteer Fire Dept ...Page 4
- Woodworkers Club, New Villagers, Soggy Bottom, Public Library, Tellico Skywatchers, Tellico Riders .....Page 5
- Ladies Book Club, Hiking Club, Cruising Club .....Page 6
- Flyers .....Pages 7-9
- August Recreation News .....Pages 10-12
- Pets of the Week .....Page 13

## POA MEETINGS AND EVENTS:

- August 1, 9 a.m., ACC, POA Conference Room
- August 6, 1:30 p.m. Board Workshop, POA Conference Room
- August 7, 9 a.m., PSAC, POA Conference Room
- August 8, 10 a.m., RAC, Wellness Center
- August 9, 9 a.m., CAC, POA Conference Room

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(TVBA). The 2019-20 TVBA Directory provides Villagers the opportunity to identify local businesses close to home and to “Shop Tellico Village!”

Information on the TVBA and its members can be found on Tellico Life via this link: <https://www.tellicolife.org/shop-tellico-village>. The new 2019-20 TVBA Directory is also available digitally via this link: <https://www.tellicovillagepoa.org/directory/>.

Check out the new directory and remember to “Shop Tellico Village!”

## TELLICO COMMUNITY FOUNDATION

The Tellico Community Foundation (TCF) has added two involved and influential individuals to its Advisory Board.

Joining the Board are Marsha Herzog and Joe Marlette, who will augment the TCF leadership currently consisting of Joe Beyel, Chair; Warren Hunt, Vice-Chair; Maureen Beyel; John Bordelon; Teri Bordelon; Jerry Fox, Marty Hulett and Trudy Hughes from the East Tennessee Foundation. The TCF was formally chartered in November 2017.

Herzog came to Tellico Village from Ohio in 2014. Her professional career was comprised of more than 30 years with International Paper in various general management, sales, strategic planning, purchasing, and technology positions. As a Villager, she has served on the HOA Board, the TVPOA Trails Committee, and is still the lead administrator for Tellico Life. She has three adult children, five grandchildren, and two very spoiled Cavalier King Charles Spaniels. She’s a boater who has an evolving interest in golf.

Marlette and his wife Laurel generally support organizations promoting human health, family development, and education. Aligning with TCF was a natural step for Marlette, who is a native of Ohio and spent 35 years with Dow Chemical Company and six years with Aearo Technologies as a senior vice-president, operations, and R&D. He came to Tellico Village in 2001 and served on the Tellico Village Property Owners Association Board of Directors for three years as president. He has been involved in the United Way of Monroe County, the Boys and Girls Club of Monroe Area, and the East Tennessee Foundation. The Marlettes have two sons and four grandchildren. He’s a woodworker, traveler, and wine maker using wine kits.

Chairman Beyel commented, “The Board is delighted to welcome Marsha and Joe to the foundation’s leadership. Both bring unique talents and insights to our group and we look forward to their contributions to our various initiatives.”

TCF exists to enrich the lives of Tellico Village residents and the greater community by evaluating and addressing community issues, connecting generosity to programs and projects, and nurturing a culture of charitable giving. TCF has identified the following high-impact focus areas for future grantmaking. These areas were identified by a series of studies and assessments with a focus on unmet needs. The areas: support for seniors, community enrichment, early childhood literacy, and opioid crisis.

TCF is an affiliate fund of East Tennessee Foundation (ETF). ETF, established in 1986, is a regional community foundation serving 25 counties in East Tennessee. With the mission to provide philanthropic leadership inspiring donors to make lives better and communities stronger in enduring ways across generations, ETF administers numerous affiliate funds, including the TCF.

Online donations can be completed by accessing the Tellico Community Foundation page at [www.etf.org/Tellico](http://www.etf.org/Tellico).

## TOQUA PAVILION

The Toqua Pavilion will be closed on Saturday, August 3rd due to electrical repair.



## UPDATE: TOQUA CLUBHOUSE AND KAHITE COMMUNITY CENTER

**TOQUA:** Crews are working on the ceiling grid, pouring the curb for drive through, and storm drainage. The roof will also be completed this week. Next week, they will begin tiling the kitchen.

**KAHITE:** Kahite Community Center is complete! We received the Certificate of Occupancy this past Friday. A Grand Opening ceremony will take place Thursday, August 15th at 10 a.m., followed by a reception and tour from 10:30 to 1 p.m.

Stay up to date with the ongoing construction for both projects! Click [here](#) for the progress at Toqua and click [here](#) to see progress at Kahite.



Toqua Clubhouse



Kahite Community Center

## SIGN UP FOR THE NEW DIGITAL NEWSLETTER

We're taking our quarterly newsletter digital! The POA is always looking for ways to cut costs and we feel this shift in production could yield significant savings. Each quarter, the POA spends around \$7,000 in printing and postage costs. By signing up for the digital version, you can help us save thousands of dollars—and you'll also receive it much faster!

To begin receiving your quarterly POA Newsletter digitally, straight to your email inbox, please [click here](#) to subscribe. We appreciate your support!

## SHOP TV

A promotional graphic for Lorenzo's Mexican Grille. It features a green and yellow background with a red border. The text reads: "Buy 8 lunch entrees of \$5.00 or more and get 9th free. Lunch Menu Only". Below this is the logo for "Lorenzo's MEXICAN GRILLE" with a rooster icon. The address "101 CHEROKEE PLACE LOUDON, Tennessee" and phone number "(865) 983-5352" are listed. At the bottom, it says "One Punch per visit. No Exceptions. Expiration date: \_\_\_\_\_". There are small circular icons of a rooster on the sides.

Lorenzo's is a favorite among many Villagers and a family-owned business. Whether you enjoy enchiladas, tacos, nachos, Lorenzo's has a delicious assortment of Mexican food to choose from. A friendly and knowledgeable staff will surely make your meal even more enjoyable. Located at 101 Cherokee Place, not only is the food delicious, but the prices are extremely reasonable!

Boasting beautiful views of the lake, The Blue Heron, is a wonderful place to grab a drink or have a meal. Did you know that you can purchase gift certificates at the Yacht Club? Gift certificates can be used at any of the restaurants located on our golf courses, as well. To view the Yacht Club's event calendar and menu, visit

<http://www.tellicovillageyachtclub.com>



THE BLUE HERON RESTAURANT  
TELLICO VILLAGE YACHT CLUB

100 Sequoyah Road  
(865)458-4363  
[TellicoVillageYachtClub.com](http://TellicoVillageYachtClub.com)

Exceptional Lakeside Dining  
Open Tuesday - Saturday  
Bar opens at 4pm Dinner 5-9pm

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## TELLICO PLAYERS

Reserved seats (at \$21) are on sale on [www.tellicocommunityplayhouse.org](http://www.tellicocommunityplayhouse.org) for the Tellico Community Players production of Mark Dunn's *The Glitter Girls*, opening Thursday, August 8.

Directed by Len Willis, this (mostly) female southern comedy will run Thursday-Saturday, August 8-10 and Thursday-Sunday, August 15-18. All shows begin at 7:30 p.m., except for the matinee Sunday, August 18, which begins at 1:30 p.m.

The play revolves around an ad hoc meeting of a North Georgia women's social club called "The Glitter Girls," convened by its richest member- one Trudy Tomaine-who is supposedly at death's door and wishing to bequeath some of her millions to one lucky "Sister of the Gleam and Sparkle." The hitch is that it's the members themselves who must decide to whom to award the small fortune (with hopes that the Glitter Girl they select, will see it in her heart to share the money with the rest of her "sisters"). The play can be described as *Steel Magnolias* meets *Survivor*, with a big dose of quirky Mark Dunn humor thrown in for good measure.

The cast features seven women and three men: Hugh Aukerman as Arpege Lacroix, Freddie Jacob as Trudy Tomaine, Patty Wesley as Jodi Moody, Brad Williams as Charley Seaburn, Judie Douglas as Valerie Fairhope, Pat Ezell as Flossie Price, Mary Gene Brancik as Mayvonne Rausch, Ku Adams as Mamie Ewing, Donna Devenuti as Corinne Culvert and Mark Brashares as Dowd Foster.

## TELLICO PLAYERS AUDITIONS

Auditions for the Tellico Community Players production of E.B. White's classic children's play *Charlotte's Web* will be held at 7 p.m. on Monday, August 12th, at 4 p.m. on Tuesday, August 13th, and at 7 p.m. on Wednesday, August 14th. All auditions will be held at the Tellico Community Playhouse (304 Lakeside Plaza).

The Players plan to present the play free of charge to area elementary school children and their families in three performances, one on October 18th and two on October 19th.

Director Debbie Mayberry is looking to assemble a large and flexible ensemble of male and female actors for the play, which will be done in a modified reader's theater style, meaning there will be limited memorization and movement required.

Rehearsals are expected to begin at 7 p.m. on Tuesday, September 3rd at the Playhouse, with subsequent rehearsals on Monday, Tuesday, and Thursday evenings.

In the auditions, which prospective players need only attend once, candidates will be asked to do a cold reading from the script, displaying their vocal talent by using unique vocal characteristics for different roles. They will demonstrate their use of variety in pitch, intonation, speech rate, and volume to portray their character and adapt their own voice to fit the role.

The story begins when a young girl named Fern rescues a runty piglet, raises it as her own and names him Wilbur. However, after Wilbur grows into a pig, she is compelled to sell him to her Uncle Homer Zuckerman down the street. At Zuckerman's barn, Wilbur meets a host of animals and later learns from them that come winter, he is destined to become breakfast bacon unless someone saves him from that fate. Fearing for his life, Charlotte, a gentle and wise spider who befriends the lonely Wilbur, vows to save his life and sets about doing just that in her own special way.

Detailed information on each character can be found at [www.tellicocommunityplayhouse.com](http://www.tellicocommunityplayhouse.com). Ms. Mayberry can be reached at [sdmayberry@charter.net](mailto:sdmayberry@charter.net). Producer Gail Link is at [gail224@hotmail.com](mailto:gail224@hotmail.com).

## TELLICO VILLAGE VOLUNTEER FIRE DEPT

The Tellico Village Volunteer Fire Department board is accepting applications for Resident Board Member. Application forms are available at the TV Volunteer Fire Department. You must be a Tellico Village resident in Loudon County and a member in good standing of the Tellico Village Property Owners Association. Application deadline is September 13, 2019.

# UPCOMING EVENTS AND MEETINGS

## WOODWORKERS CLUB

The Tellico Village Woodworkers Club will hold their monthly meeting on August 1st at 7:15 p.m. on the top floor of the Yacht Club. This month's program will feature Lynn Dudenbostel, who will discuss the process of making mandolins. The public is welcome. For more information, visit [www.tvwoodworkers.com](http://www.tvwoodworkers.com).

## NEW VILLAGERS

The New Villagers Club holds a social on the first Thursday of every month at the Tellico Village Yacht Club. The next Social will be Thursday, August 1st at 4:30 p.m. New members should arrive promptly by 4:00 p.m. In the interest of time, please make every effort to register online before the meeting. Visit the New Villagers website for more information: [www.telliconewvillagers.com](http://www.telliconewvillagers.com).

## SOGGY BOTTOM

The Soggy Bottom Summer Hot Dog Roast and Evening Paddle will be this Thursday, August 1st at 6:00 p.m. at Tugaloo Pavilion. Please bring a drink, dish to share, and \$5.00 to offset the cost of the meat and table service. If you are paddling after dinner, bring a life jacket and a light for your kayak. We will need a head count for dinner, so please RSVP to Dave Noble (865-657-3252) or (David.noble1131@gmail.com). You do not need to be a member of Soggy Bottom to attend. If you have any interest in paddle sports, please come out and see what we are all about!

## PUBLIC LIBRARY AT TELLICO VILLAGE

Thursday, August 1, 2019, 10-11 a.m., Special presentation by Les Fout, Executive Director of Provision Cares Foundation, about the assistance programs this foundation provides for cancer patients and their families in East Tennessee. There will also be time for questions/answers. This free session will be held at The Public Library at Tellico Village. Please call the Library at 865-458-5199 to reserve a seat.

Friday, August 2, 2019, First Friday Author, J. Kyle Johnson, stop in anytime from 10 a.m. to noon at the Public Library at Tellico Village. There is no charge. He authored *Firedamp: A Killing at Kettle Island*, a fast-moving novel set in Kentucky about a young deputy's struggle with ruthless bootleggers and crime bosses.

Tuesday, August 13, 2019, Tellico Treasures - Antiques and Collectibles, two sessions: 10 a.m. and 2 p.m. \$25 per person/ limited space: 20 people per session. Bring two portable treasures for a verbal appraisal by Scott Bishop, owner of Westwood Antiques and Design for over 20 years. Scott has a Masters Degree in Fine Arts Painting & Design. You must register and pay (cash or check only) at The Public Library at Tellico Village prior to the event.

## TELLICO SKYWATCHERS

The next meeting is on Wednesday, August 7th at 7 p.m. at Chota Recreation Center. For this meeting, bring your smartphone and we will download and explore several planetarium programs, such as Lunescope and Stellarium. After the meeting (weather permitting) stargazing will begin at 9 p.m. on the hillside above the Wellness Center's tennis courts. Bring your newly programmed smartphone and we will continue learning to use the Stellarium planetarium program. Also, feel free to bring binoculars, telescopes, a red lens flashlight, a lawn chair and any snacks or drinks.

## TELLICO RIDERS

The Tellico Riders will conduct their monthly meeting at the Yacht Club on August 8th. The club social starts at 4 p.m. in the bar area followed by a meeting on the 3rd floor at 5 p.m. If you own a motorcycle, ride in East Tennessee, or would like to meet those that do, come join us. At 6 p.m. after the meeting, it's optional to join many of the Tellico Riders for dinner at the Blue Heron. If you desire to have dinner, we recommend you place your dinner meal order during the social hour. For additional information, please contact Carl Bye, Director Tellico Riders at [crbyejr@gmail.com](mailto:crbyejr@gmail.com).

## LADIES BOOK CLUB

The next meeting of the Tellico Village Ladies Book Club will be held on Thursday, August 8th at the Tanasi Clubhouse. Lunch is at 11:30 and the discussion will begin at 12:30. The book for August is "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann. All women are welcome. For more information, call Sue Valle-Parker (1-847-334-8339) or Mary Garner (865-408-0337).

## HIKING CLUB

Location: Black Mountain/Cumberland Trail  
Date: Friday, August 9th  
Depart: 8:00 a.m. from Lakeside Realty parking lot  
Distance: 7.2 miles  
Elevation Gain: 1300 feet  
Rating: Moderate  
Driving time: 1 hr. 15 min.  
Leader: Bev Hawkins- 865-406-0297 | bevhawkins0707@gmail.com

Black Mountain has a variety of different natural and manmade attractions. We will see a stone springhouse and chimneys from homesites, a Federal Aviation Administration tower, and one of the finest overlooks along the entire Cumberland Trail. We'll drop down a narrow slit in the caprock on wooden stairs to a geologic wonderland of massive cliff rocks and boulders the size of minivans, and hike to Windless Cave before returning on the loop trail for another overlook.

## CRUISING CLUB

Tellico Cruising (Boating) Club will hold its regular monthly meeting on August 14th at the Yacht Club. Social hour starts at 5 pm with the meeting following immediately at 6 p.m. The club includes all types of boats: pontoons, bow riders, wake boats, cruisers, and all motorized craft. Anyone with any percentage of boat ownership is eligible for membership. Come check us out and learn about all the fun we have while boating! If you have questions, contact Commander Pat Ezell: 513-257-5279



### KIWANIS CLUB OF TELLICO VILLAGE ANNUAL CHARITY GOLF TOURNAMENT

Saturday, August 24<sup>th</sup>, 2019 9:00 a.m. start Toqua Golf Course

Tournament is a modified scramble format with prizes galore.  
Entry Fee \$50.00 plus green & cart fees. Continental breakfast and a lunch provided by corporate sponsor Chick-Fil-A.  
Registration forms at all the TV golf courses. Or you can contact Jim Dullea: [jimdullea@gmail.com](mailto:jimdullea@gmail.com) (865) 657-9661.



Proceeds go to the Kiwanis Club of TV Children's Fund with over 50 Projects throughout Loudon and surrounding areas.

**KIDS NEED KIWANIS**



Join Us  
FOR THE  
*Grand Opening*  
OF THE  
*Kahite Community Center*



Thursday, August 15th

RIBBON CUTTING CEREMONY 10:00 A.M.  
FOLLOWED BY  
A RECEPTION AND TOUR 10:30 - 1 P.M.

Complimentary hors d'oeuvre and  
cash bar specials Bloody Mary & Mimosa



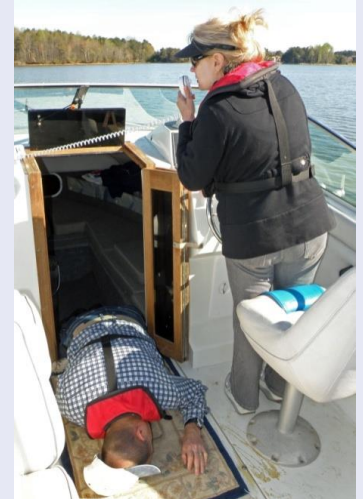
# NOW IN COMMAND

A crucial course for women

## U.S. Coast Guard Auxiliary

### Tellico Lake Flotilla 12-2

**Date:** August 13, 2019  
**Location:** Tellico Village Yacht Club  
top floor meeting room  
**Time:** 1 to 4 PM  
**Cost:** \$25.00



Your captain becomes incapacitated or falls overboard. You're the First Mate and find yourself suddenly in command. What can you do? Where are you? What are the priorities? Are you prepared?

This unique 3-hour boating class is designed for those not generally at the helm and will help you be prepared with practical knowledge and skills to apply in case of an emergency. Pat Rule is not only our instructor for Now in Command, she created this class. Pat is an experienced, qualified Coast Guard Auxiliary Coxswain (CAPTAIN) and will help you acquire the knowledge and confidence to better enjoy your boating experience and take command in an emergency.

**SPACE IS LIMITED**

**PLEASE CALL EARLY TO MAKE YOUR RESERVATION**

•Call Mike Colacone @ 352-804-8257 / email [mc195@aol.com](mailto:mc195@aol.com)

### REMAINING 2019 CLASSES

Tu. 9/17 & Th. 9/19	About Boating Safely	1-5 pm each day
Thurs. 10/10	Cold Water Boating	1-4 pm

For complete details, visit [www.flotilla-12-2-tellico-village.blogspot.com](http://www.flotilla-12-2-tellico-village.blogspot.com)





**TANASI  
MUSIC MONDAY**  
LIVE MUSIC 6:30-8:30PM

**AUGUST 5** James Seaton  
**AUGUST 12** JJ Tyson  
**AUGUST 19** Pair Of Jokers  
**AUGUST 26** Karaoke

.....

**\$16 Prime Rib Special**  
SERVED WITH  
**LOADED BAKED POTATO & AU JUS**  
4PM-8PM

Managed by AWE HOSPITALITY 865-458-9392




## SOFTBALL PLAYERS WANTED

### TELLICO MEN'S SENIOR SOFTBALL LEAGUE

#### New Player Meeting

**Tuesday, Aug. 13<sup>th</sup>. at Chota Recreation Center – 10:30 AM**

- . Open to all men age 55 and over (by December 31<sup>st</sup>, 2019) residing in Loudon County and surrounding communities.
- . Slow pitch, 7 inning, 8 game-season in the spring and 8 games in the fall.
- . Cost to play - \$35 (Fall seasons). Pays for field rental, bats, balls, pizza party, etc.
- . Games played at Loudon Municipal Park off Hwy 72 (about 1 mile east of I-75).
- . Games played on Tuesdays at noon beginning Sept 3<sup>rd</sup>.
- . League will be redrafting teams this fall.

#### ALL NEW PLAYERS MUST ATTEND AT LEAST ONE PRACTICE SESSION

Practices will be held Aug. 15, 20, 22 & 27 beginning at 10:00 AM at the Loudon Municipal Park.

For additional information, contact League Commissioner John Hunter at 865-300-6058.



The Marina at  
**WINDRIVER**

## Boat Rides 4 Vets

Saturday, August 17th  
WindRiver Marina  
10:00 am-4:00 pm

Saturday, August 17 from 10 am-4 pm, WindRiver Marina will host Boat Rides for Vets. This event is sponsored by VFW Post 12135 (based out of Tellico Village Yacht Club). Veterans and their families are invited to enjoy a free day cruising, tubing and fishing on Tellico and Ft. Loudon Lakes. WindRiver Marina will be the boarding and departure point for all boats. Please spread the word to any veterans you may know.

This event originated as a way for boat owners to say 'thank you' to our veterans and has become a blessing to everyone involved, veterans, families and volunteers alike.


More captains and boats of all kinds are always needed! For more information, please call 865-458-2792.

# August 2019

## Summer Heat

It's no secret that this summer has been a warm one. Please remember to stay hydrated and take breaks from the sun often. The humidity is a big factor to consider as well. Our bodies use sweat to cool us off. As sweat evaporates off our skin, we feel a cooling effect. However, when the relative humidity gets high, this system doesn't work as well because the air is already saturated and cannot absorb the moisture from our skin as quickly. This means we don't cool off as quickly and we can become overheated. Be sure to pay attention to the heat index, as well as the temperature. If the index is over 90 degrees, you are more likely to suffer heat exhaustion or even heat stroke.

HEAT EXHAUSTION	HEAT STROKE
<p><b>Symptoms</b></p> <ul style="list-style-type: none"><li>- Faint or Dizzy</li><li>- Headache</li><li>- Profuse Sweating</li><li>- Irritability</li><li>- Weak, Rapid Pulse</li><li>- Shallow Breathing</li><li>- Pale, Cool, Clammy Skin</li><li>- Nausea or Vomiting</li><li>- Muscle Cramps</li></ul> <p><b>Treatment</b></p> <ol style="list-style-type: none"><li>1) Have victim lie down in a cool shaded area or air conditioned area.</li><li>2) Drink water if victim is conscious.</li><li>3) Use caution when victim stands up, apply cold compresses.</li></ol>	<p><b>Symptoms</b></p> <ul style="list-style-type: none"><li>- Absence of Sweating</li><li>- Pulsating Headache</li><li>- Hot, Red, Dry Skin</li><li>- High Body Temp: Above 103</li><li>- Nausea or Vomiting</li><li>- Strong, Rapid Pulse</li><li>- Confusion</li><li>- Convulsions</li><li>- May Lose Consciousness</li></ul> <p><b>Treatment</b></p> <ol style="list-style-type: none"><li>1) <b>DIAL 911</b></li><li>2) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.</li></ol>

 TRILMOB.COM Info Source: MayoClinic.org

## THANK YOU!!

We had another great year of Camp Tellico and we would like to extend a huge thank you to all the volunteers for their contribution. Thank you to Andy Fox and AWE for their generous donation, the Tellico Village Pickleball Club, Tennis Club, Jill Pranger, K-9 officers with the Loudon County Sheriff's Department, Smoky Mountain Service Dogs, Tellico Village Volunteer Fire Department, and Katie Hall with the Monroe County Ambulance Service.

### **Paddleboard Fitness with Jean Clesen at the Tugaloo Beach**

If you are confident on a paddleboard but don't have one of your own, join Jean Clesen on Fridays at 9 a.m., beginning July 26<sup>th</sup> for a fitness class featuring intervals of cardio, balance, resistance training and stretch with a backdrop of Lake Tellico. This class is not intended for beginners and does require the use of a life jacket. All equipment is provided. Signups are required by calling Chota Recreation Center at 458-6779. Limited space is available.

### **Paddleboard Fitness with Jean Clesen in Kahite Neighborhood**

Beginning August 1st, there is another opportunity to join Jean Clesen in the Kahite neighborhood. Bring your own board and come down to the corner of Ama Trail and Golanvyi Trail for Paddleboard Fitness. Classes will be held on Thursdays at 8 a.m. This class will involve intervals of cardio, balance, resistance training and stretch. Participants must be able to safely operate a paddleboard without assistance. This is not a class for beginners. You must provide all your own equipment. Wearing life jackets are required.

### **Kayak 101 and Paddleboard 101 for Recreation Members**

Join the Recreation Department on Fridays for Kayak 101 at 8 a.m. and Paddleboard 101 at 10:30 a.m. This small beginner's group will meet at Tugaloo Beach. Call the Chota Recreation Center at 458-6779 to sign up for these exciting 101 classes.

***\*\*Please note, there will be NO 101 classes on Friday, August 16<sup>th</sup>\*\****

### **Reserve a Kayak and Explore the Cove on Your Own**

Kayak reservations can be made Tuesday mornings by calling the Chota Recreation Center. Times will fill up fast. Please note paddleboards are not reservable outside of classes for safety reasons. Wearing lifejackets while participating in lake activities is always required.

### **Sunrise Yoga Series Continues at the Yacht Club**

Join Recreation Director Simon Bradbury on Thursdays at 7 a.m. for our new Sunrise Yoga Series. These classes will be held at the Yacht Club and are free to property owners and their guests.

### **Basic Hatha Yoga Continues in Kahite**

Basic Hatha Yoga with Coral Johnston on Fridays at 8 a.m. will be held outside near the Kahite tennis courts. Come expand your mind and body while enjoying the breathtaking horizon. Bring an open mind and a yoga mat.

## **NEW Intro to Line Dancing**

Intro to Line Dancing with Wendy Cochran will begin on Monday, August 5<sup>th</sup>. Classes are held at the Wellness Center on Mondays at 2:15 pm with Toni Grovier and Thursdays at 12:15 pm with Wendy Cochran. There is an additional fee of \$3, which should be paid to the instructor at each class. To add your name to the interest list, please contact the Wellness Center at 458-7070.

## **Swim with Kim: Training and Tips**

Join Kim Wiebe, our very own swim instructor during her new “floor training” time. Kim will be present on the Wellness Center pool deck every Wednesday morning from 7 a.m. to 8 am. to answer any water related questions.

## **Weight Equipment Orientations**

Orientations on the proper use of the cardiovascular and weight equipment will be provided at 2 p.m. on the following days:

***Tuesday, August 13<sup>th</sup> at 2 p.m.***

***Tuesday, August 27<sup>th</sup> at 2 p.m.***

## **Floor Training**

Join one of our amazing floor trainers on Monday, Tuesday, and Wednesday from 9 a.m. to 11 a.m. If you have any questions about how to start your fitness journey, our fabulous floors trainers are a great place to start. It's available to Recreation members at no additional charge!

## **Personal Trainers**

If you are looking for a little more assistance, don't forget to ask about personal training!

## **REC 101**

Join Lindsey Allison on August 13<sup>th</sup> in the Wellness Center conference room at 12:30 p.m. for REC 101. Learn everything you need to know about being a member of the Recreation Department and more.

## **FREE Injury Assessments with Tennessee Orthopedic Clinic**

Would you like to receive free onsite injury assessments at the Wellness Center? Believe it or not, this service is available every week. Did we mention you don't have to be a member of the Recreation Department? Join Matt Schaller, a licensed athletic trainer from Tennessee Orthopedic Clinic, on Wednesdays from 10 a.m. to 12 p.m.



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## PETS OF THE WEEK:



Oana is a gorgeous 2 year old tabby. She was surrendered with 2 adorable kittens who have already been adopted and now it's her turn. She was an indoor/outdoor cat that wasn't spayed but was surrendered for having a litter of kittens. She's a bit reserved but will connect with the right person who talks to her and scratches the top of her head.

Fluffy is a gorgeous gray and white long-haired with incredible emerald green eyes. She is 8-10 years old and an absolute loving lap warmer. She's personable, social, and loves humans. Her prior owners taught her that brushing is enjoyable and she loves it. That is a good thing as she will need daily brushing to prevent painful mats.

Malia is a very sweet, cuddly gray and white short hair kitten about 10 weeks old. She would love to be in a home with other cats or be adopted with another kitten so she will have quality playtime with another feline. Cats love to play with other cats and cat-friendly dogs. Often, we humans don't spend enough time playing with our pets.

We have Barn/Farm/Warehouse/Outdoor cats that need homes. Some are very friendly and some just want to be left alone to work their job of non-chemical rodent control. They are altered and vaccinated. If you need some working cats, please let us know they type of cat and how many you want.

The Monroe County Animal Shelter (MCAS) operates a monthly food pantry to help pet families in Monroe County. Our supplies are low and we need your help. The shelter needs: Pedigree dog and puppy canned and dry food, Friskies canned pate flavors, and Purina One dry cat and kitten food. Donations vial PayPal can be made from our website ([www.monroecountyfriendsofanimals.org](http://www.monroecountyfriendsofanimals.org)) or checks may be mailed to MCFA, PO Box 106, Vonore, TN 37885. All funds are used for animal care, including veterinarian fees, antibiotics, testing, vaccinations, flea and heartworm control, cat litter, and sanitary litter boxes. Donations can be dropped off at the shelter during open business hours. In addition, the Food City in Vonore has a donation barrel by the customer service desk/self-check-out area for convenience of purchasing supplies and leaving them at the store. Thank you for your kindness and support.

All animals adopted are spayed or neutered, wormed, have age appropriate vaccinations and testing, and are microchipped with registration. Cats are litter box trained. \$50 adoption fee over 1 year old, \$60 under 1 year old.

The Monroe County Animal Shelter is located at 170 Kefauver Lane in Madisonville (behind Wal-Mart) and is open 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 website at [www.monroecountyfriendsofanimals.org](http://www.monroecountyfriendsofanimals.org). TN Monroe County Animal Shelter is the official Facebook page for the Monroe County Animal Shelter.