Wolf Laurel Property Owners' Association Newsletter

Summer 2019 Edition

Brought to you by the WLPOA BOARD OF DIRECTORS and the WLPOA STAFF

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Wolf Laurel Property Owners' Association

WLPOA Board of Directors:

John Brackett, President
Carl Larrabee, ***NEW*** Vice President
David Smith, Treasurer
Lynn Cagney, Secretary
Steve Parker
Steve Wilcox
Lori Wyman Macaulay
Terry Ranostaj
Larry Veatch
Joanne Wit
Jim Landry, Emeritus
Earlene Shofi, Immediate Past President

WLPOA Staff:

Ronnie Rice, Office Manager
Cindy Tucker, Village Club Director

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TOB Editor and Publisher – Larry Veatch
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WLPOA Community Center & Village Club Hours of Operation – 7 days a week:

	Community Center	Pool
May:	8:30am - 6:30pm	10am – 6pm
June:	8:30am - 7:30pm	10am – 7pm
July:	8:30am – 8:30pm	10am – 8pm
August:	8:30am – 8:30pm	10am – 8pm
September:	8:30am – 7:30pm	10am – 7pm
October:	8:30am – 6:30pm	closed

President's Notes

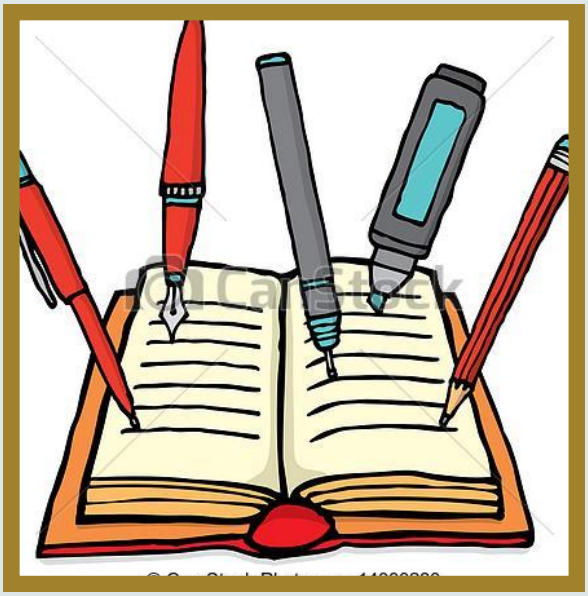
Summer is a great time for relaxing and recharging. Here we are in the middle of summer and I hope your time on the mountain this summer has allowed you to enjoy the warm days. Our community has so much to offer from sports activities, socializing, stargazing, and simply watching the clouds roll over the mountains. Spending time here is an absolute joy. I saw a recent study that said spending 30 minutes in nature reduces an individual's blood pressure. The power of nature is amazing!

There are many events remaining this summer including concerts, Friday night and Monday night socials, an archery demonstration, fitness classes, and dining out with friends. Please contact the community center for more details. We hope you can participate in these events and the many other events scheduled over the next few weeks that are not listed above.

In a few weeks, we will see the days become shorter as the weather turns cooler, so I hope you enjoy the last few weeks of summer and I look forward to seeing you around the community.

John Brackett

Editor's Notes



1. Thanks to all those who have made contributions toward making The TOB enjoyable and informative.

2. A note about the Community Center: Cindy Tucker worked diligently along with others to get the roof repaired. Thanks Cindy! BTW, it cost the POA $15,000

3. I have enjoyed learning the editing process via TOB, and have recently started providing a newsletter for the alumni of my high school. If you know of a group or organization that needs a newsletter editor, I might be of assistance.

4. If anyone would like to know how to do editing with Microsoft Publisher, which I use to design the TOB, I would be glad to share what I have learned. It's almost as much fun as pickleball.

5. I would like to thank the Editorial Committee for assisting with proofreading; Rich Ashley, Nancy Schmidt, Lynn Cagney and Gwynne Beneke.

6. I have often heard the question asked among WL residents, "Who do you know that I can call to …" It seems to be a challenge to find service persons who will return a call, make an appointment, and show up when they say they will arrive. I continue to work toward a WL Service Directory, which will provide the names of businesses or persons who we need to do a variety of tasks related to driveways, roofs, appliances, plumbing, electrical work, rock work, tree work, etc. We all remember those helpful "Yellow Pages." I will need information from the residents, please watch for and respond to, if you can, to emails regarding The WL Service Directory. Thanks for reading my notes! Enjoy the rest of the TOB!

7. Congrats! to Carl Larrabee for becoming our new WLPOA Board of Directors VP.

Larry Veatch, TOB Editor

Welcome Jeanne Wilson
Our New Director of The Village Club at Wolf Laurel!!

Jeanne started working at Wolf Laurel Realty in 2009. When the WL Realty office closed, she took a Village Club Staff position and became our lead Staff person for the team. Jeanne stayed on with us for 4 years - and many of you will remember her excellent work. In 2014 she took a year-round position with a Nursing Facility in Burnsville. She holds a certification as Activities Director as a result of her tenure there.

Jeanne is originally from North Miami, Florida, and moved to the mountains of Western North Carolina in 1982 when her Father retired from The Miami Police Department and graduated from High School at Mountain Heritage in Burnsville. She married a local boy, Chris, and has been married for 37 years. The have 3 grown children and 5 grands - her 'whole world'! Jeanne & Chris love to travel and explore new places.

Jeanne is looking forward to this new exciting endeavor - meeting new friends and reconnecting with those she remembers well from her time here. Please join me in welcoming Jeanne to The Village Club at Wolf Laurel!

Cindy Tucker

Cindy Tucker is to retire in November! **Cindy has been a valuable member of your WLPOA family for several years and her work has been diligent and fruitful.** ***Thank you, Cindy, for your years of service to WLPOA, The Village Club, and the WL Community in general. Your efforts have been of benefit in so many ways. Good Luck in your retirement years, may they be joyful and many.***

Other POA personnel changes: It should be acknowledged that the outgoing WLPOA Board of Directors members, Fred Tygart and Gail Ford have provided a tremendous amount of service to the Wolf Laurel community. We know they will continue to be active and influential. (For example, Fred has agree to continue to provide legal consultation to the board.) The board also expresses a hearty welcome to our new board members, Steve Parker and Steve Wilcox. We look forward to their contributions to the board and the community.

A DAY OF REMEMBRANCE

For over 150 years, the United States of America has honored those brave Americans who have paid the ultimate sacrifice in service to our country, from the Revolutionary War to the current War on Terrorism. This May 27th, the Wolf Laurel Community marked the sixth year we have conducted a Memorial Day Service in front of the American flag at the Wolf Laurel Country Club. Each year the number of attendees and participants has grown. This year's ceremony, led by Col (Ret.) John Ionoff, USA included an Invocation and Benediction by LTC (Ret.) Rich Ashley,USA, the history and meaning of Memorial Day, followed by a stirring rendition of "God Bless America" by Gwynne Beneke. Music and audio was provided throughout the program by Joe Capers, USA and LTC (Ret.) John Ritchhart, USA.

As is the tradition on Memorial Day, the Flag was lowered to half staff at 7:00 am in honor of our fallen heroes. During the ceremony, the flag was lowered completely, and taps was played by David Pressley, former 101st Airborne, Army. After honors to our fallen, the Flag was raised to full Staff while the National Anthem was sung by Ali Macaulay. This year we were honored to have as our Memorial Day speaker, Major General (Ret.) Kirk Martin, USAF, and also a WL resident. Martin was introduced by Capt. (Ret.) R.T. Davis, USN. MG Martin's speech was not only informational but also heartfelt in his recognition of our fallen. Senior Chief (Ret.), Tim Donovan, USCG and Paul Heumiller, master guitarist, performed two songs about the Vietnam War, while Colonel Ionoff, assisted by Joe Capers, presented Vietnam War Commemorative pins to our WL residents who served during this conflict.

After the ceremony, we enjoyed a barbecue buffet lunch at the club followed by the annual golf tournament. Many thanks to all who participated and to those patriotic Wolf Laurel community residents in attendance. Next year the Wolf Laurel Memorial Day Ceremony will be conducted on Monday, May 25, 2020.

John Ionoff

Independence Day Festivities on the Mountain
Thursday, July 4, 2019

WLPOA Independence Day Celebration in The Village, July 4, 2019!

The weather couldn't have been better! Under a bright blue Carolina sky, the crowd was huge – even for a mid-week celebration! Well over 600 tickets were sold for this wonderful traditional Celebration here in The Village. The Band – The Super 60's was jammin' and lots of folks sang along and danced to some of their retro favorites. While the band played, the kids (of all ages) enjoyed the concessions - nachos, cotton candy, snow cones & popcorn. Lots of kids really enjoyed the inflatables – many daring to climb the wall! And face tattoos were enjoyed by kids of all ages.

Families gathered together in many large and small groups to enjoy the evening. Blankets, chairs, and people were spread out from one end of The Village to the other and celebrated being together on this special evening. Ebbs Chapel Volunteer Fire Department brought a fire truck and kid friendly educational materials that the kids really enjoyed.

The ultimate end of our beautiful evening – the spectacular fireworks! This incredible 35+ minute show was provided by The Marshall Volunteer Fire Department with safety oversight provided by Ebbs Chapel Volunteer Fire Department. Just when you would think the show was over and the finale was awesome, the show would start back up again and it was indeed spectacular!!

We have many people to thank for all the fun and wonderful family time. First, all our ticket holders! Every ticket purchase makes us that much closer to reaching our goal – breaking even for the event. We also want to thank our Sponsors who paid at least $200 for a parking space in the Village AND their tickets to the event. They also helped cover a significant portion of our cost. We also had a number of donations from families that chipped in to help out and from Community members that watched the spectacular fireworks show from their porches who purchased tickets though they didn't attend the big Celebration in the Village. A very sincere 'Thank You!' to all! We are still accepting donations to cover all the cost, so if you enjoyed the fireworks from your favorite spot on the mountain without a ticket to our show, please consider a contribution.

A big thanks to our Village Club Staff who worked almost a 16 hour day to make this happen, and then those who returned the next day to clean up. We are very lucky to have this hard-working, wonderful team this year.

A great time in a great Community!
Cindy Tucker

Sponsors & Donors

WLPOA INDEPENDENCE DAY 2019
VILLAGE CELEBRATION
THANKS TO ALL OUR SPONSORS & DONORS!!

SPONSORS

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David & Nancy Schmidt
Barb Smith
Larry Smith
JoAnne & Tom VanHyning
Debbie Wallace

Independence Day Festivities on the Mountain

Village Wolf Cubs Kids Camp 2019!

Our Village Club Kids Camp has always been one of my very favorite times in The Village every season. The kids fill our beautiful space with such enthusiasm, joy, personality and noise! This year, we had absolutely beautiful weather, 33 wonderful kids, and 8 patient, watchful Counselors. We welcomed back a good number of returning Campers and also some new Wolf Cubs who quickly melted into the group and started having fun right away.

What always seems to me as a fun, kind of organized chaos, suits the kids to a **T!** Every day, we offered some 'big group activities' ranging from a daily walk to feed the rainbow trout in the Village Pond and a nice short hike to the upper Village Lane Observation Pond. And, yes, we howled a lot! Also, Science Day really brought the group together to compete in Egg Drop (use basic materials to protect a raw egg that gets dropped from about 12+ feet to the plastic covered floor in the Pavilion), enjoy the thrill of Bottle Rockets and making Slime! The Campers worked in groups to get their t-shirts tie dyed for a group picture on Friday.

One of the most successful components of our Camp is to give the kids the freedom to do activities THEY select for a portion of each day! These were corn hole, endless crafting and art, playground antics, stream stomping/dam building, swimming (!), kick ball, 4 square, basketball and more. The imagination of our Campers was endless and ignited so much creativity resulting in many cool designs with craft materials. Everyone left each day happy and tired.

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Village Wolf Cubs Kids Camp 2019!

A special treat this year was to have TWO Wildlife Education Programs! On Tuesday, we had Ashley Hobbs, Assistant Black Bear Biologist with NC Wildlife Resources Commission provided an informative program called "BearWise." Because bear interactions here at Wolf Laurel are common, Ashley provided tips needed to keep our residents and neighbors safe and also protect the bears. Last, but not least, Nina Fischessher and her interns with the May Wildlife Rehabilitation Center – affiliated with Lees-McRae College, showed the kids lots of cool animals and they learned a lot about each one and also about animal rescue. The Campers absolutely LOVED her presentation and lots of families and other mountain residents were able to attend.

So, the campers had maximum fun but many were a bit sad at the end of the week when they realized Camp was coming to an end. But, the s'mores on Friday after lunch sweetened the group's outlook considerably!

A big thanks to our amazing Counselors and Assistants! Counselors: Mark Tucker, Pam Kroswek, Kate Martin, Angie Gouge, Sarah Tucker, Robbie Gouge, Mike Staicar and Peri Sheerin – 6 are veteran teachers/coaches in Buncombe County Schools with over 120 years of combined teaching experience in Middle and Elementary schools. But most of all, I want to thank all the families who trusted us to take care of their kids and grands. It was wonderful week here in The Village once again!

Cindy Tucker

Village Wolf Cubs Kids Camp 2019!

WOOFMINSTER 2019

This year we had our 4th annual Woofminster event. It's hard to believe that we were sitting around a table 4 years ago discussing what kind of an event we could host that would include our 4 legged family members.

So many families up on the mountain cohabitate with their dogs. There are big dogs, small dogs, furry ones, and short hairs. We wanted to include all of them. We started discussing other dog events and that's when the Westminster Dog Event came up. We played around with the words and WOOFMINSTER was born.

So what is Woofminster? It is an event that the Village Club hosts each summer. All dogs, and their owners, are invited to join in the fun. We have contests for most well behaved, biggest, shaggiest, smallest, best trick, best in show, and my favorite, the winner of the "musical chairs" contest. We have created a little spin on the children's game, "musical chairs." All dogs, and their owners, get into a circle. Once the music starts to play, the dogs on their leashes begin to walk around the circle. When the music stops, all dogs are commanded to sit. The last one to sit is out. This game continues until there is only 1 remaining dog. There are prizes galore for all of these events. Owners may pick anything from doggie shampoo to a Frisbee, dog blanket, squeaky toys or an assortment of balls.

(continued)

WOOFMINSTER 2019 (CONTINUED)

We have judges for each one of our contests. This year's judges included myself, Lori Wyman Macaulay, Earlene Shofi and Lynn Cagney.

Even if someone does not have a dog in this contest, they are more than welcome to attend. It is always fun to watch the dogs. We have had spectators from the Pickle Ball games to parents and grandparents bringing the children (and themselves) to join in the fun.

Another added value of our Woofminster is that all donations collected are donated to the Yancey County Humane Society. We realize that this all-important charity needs as much support as possible, so we decided to make that our cause. This way our event is not just fun and games, we actually benefit a worthwhile cause.

This year we had many dogs enter the contest. We had various breeds ranging from a large Labradoodle to a tiny 4 pound Chihuahua, which won the smallest dog, but also the biggest howl.

We start each year with a non-denominational blessing over our animals. It's a nice way to recognize the importance of these family members as well. Once our blessing is complete, we begin with the festivities.

It's a great afternoon of fun! If you have not attended one of these events, or even if you have, please mark your calendars for next summer. You will be glad you did!

Lori Wyman Macaulay

Dining Out with Friends

"*I cook with wine, sometimes I even add it to the food,*" W.C. Fields

Celebrate food and friends! With Asheville's many splendid restaurants at our door, we do just that. Being a foodie, I have been to over fifty restaurants in the area and enjoy sharing them with you. My mission is to take you to places that only a few have been to broaden your palate and appreciation of this beautiful area. You will experience new cuisine to return with your friends and relatives. Here are a few highlights and a peek at future venues.

Hemingway's Cuba is a rooftop restaurant next to the Grove Arcade. Thirteen of us enjoyed the Latin flavor while overlooking the Blue Ridge Mountains. Love those plantains!

Located on West Walnut, Zambra Tapas can easily be overlooked. Once inside, one enters a Moorish delight with Iberian tapas to greet your taste buds. Unique to a tapas restaurant is sharing, as nineteen of us did with calamari, liver pate, lamb, steak, salad, and much more. A foodie paradise!

How can we top this? By the time you read this, we will be talking about our visit to The Cantina at Biltmore. Future restaurants include Strada, Bone and Broth, Sunny Point Café, Wicked Weed, Lobster Trap, and Wasabi. Carpooling and vegetarian items are always available. We have two outings a month during the summer and one a month in the off season for the year rounders. If you have any questions, just drop me an email, mrsdepp826@gmail.com.

Linda Mullins

Dining Out with Friends - August

Strada Italiano - http://www.stradaasheville.com/
27 Broadway Street
Thursday, August 8th
Limit 19, regular menu. Spaces will go fast for pasta!
Take a day off from your low carb regiment and enjoy pasta as only an Italian chef can prepare! Your nose will fall in love with the aroma of basil, oregano, and garlic. Although you will be familiar with most of the dishes, I suggest you try the Tuscan Figs. Out of this world! After dinner, those that want to view the city are welcome to join me at The Social Lounge atop the restaurant.

Bone and Broth - https://boneandbrothasheville.com/
94 Charlotte Street
Wednesday, August 21st
Limit 30, private room, regular menu.
This is an exquisite restaurant in Chestnut Hills catering to an upscale taste with a chic industrial décor. Wednesday is half priced bottles of wine! It is also Steak Flight night, including bison NY strip, filet mignon and Denver cut steak. The lamb chops are luscious! Truly a culinary experience.

Reservations for both are at 5:45. If carpooling, we will leave from the barn (village office) at 4:30. With your RSVP, please include whether you will be meeting at the restaurant, want to carpool or willing to drive.

Linda Mullins **mrsdepp826@gmail.com** or 706-362-7812

Cooking Class I

Wolf Laurel Village Club began the Season with a Fabulous time at Farmer's Hands.

Sebastian put together a private Pasta Cooking class for us and we had a fantastic time making Ravioli with a mushroom Duxelles filling. We made several different types of pasta with the basic egg recipe, and had a ball rolling out the semolina gnocchi. Sebastian is a gifted teacher and provides a wonderful day off the mountain. Check out their web site and plan a special party for your out of town guests, you will NOT be disappointed! http://www.thefarmershands.com/

Cooking Class II

Daniels' cooking class - Thank You Brenda & Lewis Daniels for opening your exquisite home to the Wolf Laurel Cooking class and cook we did! The theme for the day was Pesto! Pesto! Pesto! Pesto! We also wanted to consider, now that we are in July, how can we cook outside?!

We enjoyed an appetizer of Arugula Walnut Pesto served on Honey Crisp apples, Bartlett Pears and large sliced carrots. We then moved to the 1st course, a Grilled Mushroom & Onion Naan made with a Parsley pesto and finished with a balsamic glaze, served over fresh greens. The main course was a grilled southern medley of grilled chicken, grilled eggplant, onion, and zucchini on top of pesto. Yes, the pesto you are used to, made with basil. This was made even better with goat cheese rolled in Fig Butter, Panko breaded, and made even more savory as we sautéed it warming it perfectly. Some of the ladies said this was so good they could skip dessert. But they didn't! We chilled out on this July day with the grand finale of Vanilla Haagandaz ice cream topped with a Kiwi Lime Pesto.

The food was a treat but nothing like the fun fellowship with our mountain friends.

Michaelene Sanders

We ended the event with a tour of the Daniels' beautiful house.

What a lovely home and.....it's on the market! This is a home everyone would LOVE! (See next page.)

The WL Cooking Class at the Daniels'

The Compelling Story of a Wolf Laurel Resident

Stan Wetschler, M.D.

I graduated from the University of Pittsburgh, School of Medicine in 1960. Pittsburgh became my home following my post graduate training, which was briefly interrupted by a stint as a General Medical Officer in the U.S. Navy. For 27 years I was immersed in my practice paying little attention to myself. Blessed with a dedicated wife and two gifted sons, I deceived myself thinking I was able to be a great husband and father while also enjoying the thrill of being a workaholic. In retrospect, the faster I moved and the more I accomplished, whether professionally or on the home front, the more I validated my worth and success. My observation was that this pattern was not atypical of my contemporaries. However, this way of living for me was about to change abruptly.

In April,1999, I discovered I had stage 4 adenocarcinoma of the colon. In hindsight, all the vague symptoms I had been experiencing and passing off as being functional, were actually signs of a pre-terminal condition associated with a dismal prognosis. This news heralded a sudden shift in perception, for I realized in a moment, that much of the dogma I had been preaching to my patients in concert with state of the art allopathic medical thinking was not going to be successful in extending my life, let alone to effect a cure. My gastroenterologist said, "I have seen one other patient in my career who was alive and well after 5 years and there is no reason why you can't be like him." His words became a powerful focal point for healing. With my incredible wife setting a course which was completely foreign to me, we embarked on a journey of discovery and self-exploration which has lasted for the past 20 years. Our journey was quite involved, and I will only share some of the highlights in the text which follows.

Soon after my initial radical surgery in 1999, I spent a week in an "Intensive" program guided by a native American physician. Dr. Lewis Mehl-Medrona introduced me to indigenous healing practices, as well as to a mélange of modalities, including herbal remedies, dietary strategies, visualization, meditation, and acupuncture. Most importantly, he introduced me to a new way of thinking. He introduced the concept of “Narrative Medicine,” which is now part of oncology services at Columbia University. Dr Mehl-Medrona posed a poignant question asking where I would see myself in the next 5 to 10 years. Without having ever given this any thought, in light of the fact that my main goal was simply one of survival, I stated I would probably be helping patients in the future to seek additional ways, beyond allopathic medicine, to heal.

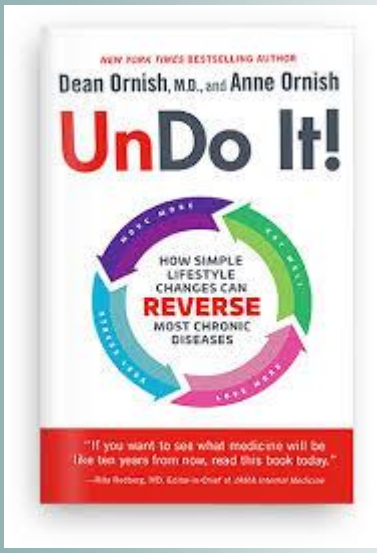
I returned to work with a new vigor, until I hit a major speed bump two years later, the recurrence of metastatic disease. A well-respected oncologist presented a few trial options which would give me an additional two months median survival benefit over standard chemotherapy. No long-term survivors existed for this group. Faced with the prospects of intolerable side effects, a bleak prognosis, and a relative short time to enjoy life, I declined this plan. In retrospect, what my wife, Jayne, demanded I do, was absolutely counter to any recommendation I would have given any patient facing the same scenario during my years in active practice! (continued)

The Compelling Story of a Wolf Laurel Resident - Stan Wetschler, M.D. (continued)

Over the years, Jayne amassed a vast library of books on holistic and integrative medicine. This included tomes about nutrition, meditation, prayer, and spirituality. Before my dismal plight could take hold of me, Jayne, drawing on her resources, whisked me away to sunny Puerto Rico to an institute where together we would detox our minds and bodies and learn a "Living Foods Lifestyle" consisting of wheat grass juice, sprouts, raw fruits and vegetables. Little did I know this life transforming adventure would serve as the foundation for a new direction. After two weeks of learning and experiencing this spartan lifestyle, we returned home feeling well equipped and determined to be disciplined and stay the course. Within six weeks, my tumor marker was decreasing and one of the pulmonary metastases was decreasing in size. Shortly thereafter, I consented to have the pulmonary lesions removed surgically. Now, I was convinced I would be cured.

From the day we left for Puerto Rico, I never went back to my practice again. It was time to pursue a new path, our mission to support other cancer patients to find their unique ways to heal, and perhaps, help effect a cure. I did what was necessary to become credentialed in Holistic and Integrative Medicine in 2005. Jayne and I spent a great deal of time in our home offering guidance to individuals with cancer. Via the grapevine, I was now receiving requests to speak at public venues and cancer support programs regarding my experience, lessons learned, and the importance of self-empowerment. We were honored to speak at Brown University for a course entitled "Bearing Witness to Cancer," following notables like Mitch Album and Carly Simon.

Recognized by the administrators of the new Dean Ornish Heart Disease Reversal Program at our hospital as one who had firsthand experience with the emerging role of Mind-Body Medicine, I was asked to be its acting director. It was gratifying to witness several patients who within six months of completing the program were able to get off the heart transplant waiting list because of nothing short of miraculous reversal of their advanced heart disease. Over the years, Dean has expanded his research to demonstrate how the four pillars of his program, diet, exercise, meditation/yoga and psychological support in group therapy are key elements in the primary and secondary prevention of many chronic, degenerative diseases including cancer. This is the main thesis of his latest work, *Undo It*.



After years of collating information, Jayne and I partnered with a holistic practitioner and presented a pilot program, “Discover the Power Within to Heal, an Integrative Cancer Conference." Our partner in this venture, Janet McKee, was a student of Dr. Neal Bernard’s program, “The Cancer Project.” Her lectures and food demonstrations followed his program. Multiple speakers, including a psychiatrist and practitioners of several healing modalities, interacted with participants with different types of cancers in various stages in a conference setting at our residence. For five days, we met at our home, which many visitors over the years had likened to a “retreat setting” from early morning until well into the evening in an environment of love and support. (continued)

The Compelling Story of a Wolf Laurel Resident - Stan Wetschler, M.D. (continued)

We insisted that the presentations had to be consistent with evidence based integrative medicine. It was extremely rewarding to watch the transformation of the participant's affects from a state of fear, to a place of calm resolve and determination to become proactive in their own care. At our first session with this cohort, we heard a universal theme, that is, in discussions with their respective oncologists, they were left in despair not knowing how they could go on with their lives. Specific recommendations to help improve each participant's "quality of life" issues, were avoided, for we felt every person is unique and would have to find his or her own path. We became acutely aware this was an arena which to my mind was truly never discussed in my formal medical training. Quite unexpectedly, we were rewarded several weeks later when we heard from two of the participants that their physicians could no longer find evidence of their cancer. Admittedly, these reports were anecdotal, yet quite remarkable. Admittedly, what we witnessed firsthand was really part of that whole body of testimonials which exists outside of standard medical literature.

Most importantly, being retired from my medical practice afforded me the opportunity to become more involved in the lives of our children; experiences I would have missed out on considering my all-consuming, self-imposed work schedule before being "sidelined" by my situation. In addition, the widely accepted prognosis was that I would have only months, perhaps a few years, to live. While our oldest son Matthew was attending the UNC School of Medicine at Mission Hospital, he introduced us to the possibility of moving to Western Carolina, which we did in 2016.

Lessons learned were many; "EXPECT THE UNEXPECTED." We have seen that by being mindful, by living in the moment, and by practicing constant integrative awareness, our lives have been enriched by remarkable events beyond the scope of mere coincidences. My life is dedicated to my beloved wife and children and serving my fellowman through volunteerism. I have made multiple trips to India and have served as a physician at a hospital in southern India offering free service to all. I am convinced service has been an essential component to my good health.

After retirement, I remained active with Family Hospice and Palliative Care in Pittsburgh and served on its Board of Directors. I continued to serve on the Cancer Care Committee at Jefferson Regional Medical Center following my terms as President of the Medical Staff and member of the Hospital Board of Trustees. Jayne and I have guided, or served as "navigators," for many patients who have come to us over the years. We have learned that health advocates and community play an extremely important role in the well-being and quality of life of all patients with chronic illnesses, especially those who are afflicted with cancer. Our goal is to continue to explore opportunities where we can become involved in programs which support our passion.

(continued)

Sons Dane & Matthew with Jayne & Stan

The Compelling Story of a Wolf Laurel Resident - Stan Wetschler, M.D. (continued)

I will conclude the bio by bringing things up to date. One of the pleasant surprises we discovered after we made Wolf Laurel our full time residence is the emphasis on the many holistic modalities offered by the Village Club. More importantly, the activities are led by residents and friends of our community. Jayne and I will be serving on the Patient Advisory Committee for the Mission Hospital Cancer Services. It is our hope that we will be able to provide new services which will complement an ever-growing program, including our upcoming service to the Asheville community as members of the Board of Advisors Committee of the Mission Hospital Cancer Center.

Jayne & Stan Wetschler

Greetings from Wolf Laurel Country Club

We have a number of exciting announcements concerning the Country Club. First , this year marks the 20th anniversary of the Club. This is a tremendous milestone, and for many of you who have been here since the inception, we congratulate you and thank the founding members who were responsible for organizing our start in 1999. We are planning a celebration for this special anniversary during the weekend of August 23-25. We invite all past members to be part of the celebration so please join us as we pay tribute to our wonderful Club.

Next, we would like to remind everyone about our new membership initiatives and policies. During the winter the Country Club met with the Village Club and created a special membership offering designed to promote community fellowship and to enhance the experience of all property owners of Wolf Laurel. Any member of WLCC - non Village Club member residing within the gate, you may join the Village Club for a $1,000 fee, a $900 discount. For Village Club - non country club members, you are offered a 50% discount on the initiation fee, so golf would be $4,000 and social $2,000. We have seen a great response to this offering so far this year so please contact us if you have any questions or would like to discuss these exciting membership offerings. These are a one time offerings and will conclude this year. Additionally, we are offering another incentive this year to former members who are currently on our redemption list. We will waive the rejoining fee for a limited time for those previous members that still have equity in the Club. Please help spread the word to anyone you may know who might take advantage of these great incentives and as always, please feel free to contact us if you have any inquiries or questions about membership at Wolf Laurel Country Club.

We hope everyone on the mountain enjoyed the 4th of July festivities. I know the fireworks were a tremendous hit as always, and here at the Club we served over 250 people for lunch, and many more visited to enjoy the entertainment provided by the Bailey Mountain Cloggers from Mars Hill University as well as the SART performance. The next big mountain wide event coming up is the Harvest Festival on Saturday, August 31. We would like to invite and encourage all to attend this great annual event. We already have over 20 local vendors lined up with crafts to showcase, so please let us know if you have any questions about this event and we encourage your attendance and participation.

Bobby Anglin

30th Wolf Laurel Hospice Benefit

The 33rd Wolf Laurel Hospice Benefit was held this year with the Golf Tournament and Dinner / Auction taking place at the Wolf Laurel Country Club on July 20th. The May 25th kick-off event was a plant sale organized by Barby McQueen. Nurseries and generous donors from around the area supplied plants for those on the mountain to begin beautification of our homes for the spring and summer. Barby's team included Kippy Capers, Betsy Browne, Rob Kraft, Carol Krueger and others.

Fifty-six players made up the fourteen golf teams participating, with winners: 1st Place Gross were Bill Gregg, Kevin Saum, Paul Harris, Tim Ross, winning a round of golf at Mountain Air Country Club; 1st Place Net was the Ingles Team of Steve Crawford, Chris Crawford, Ryan Robertson, and Emma Raines, winning a round of golf at Mt. Mitchell Golf Club. 2nd Place Gross winners were Tom Fortson, Palmer Freeman, Steve Curlee, Wade King, winning a round of golf at Grassy Creek Golf Course; and 2nd Place Net were Tom Graham, Dave Marable, Dave Cochran, Marlin Bollinger, winning a round of golf at Wolf Laurel CC. Closest to the Pin on Hole #17 was Marlin Bollinger. Bob Lahr won $2500 in the putting competition on the putting green with a single put across the green.

The highlight of the Hospice Benefit occurred that evening with a raffle and live auction with Louis Bellemare - auctioneer extraordinaire (two Africa Safaris sold!), followed by a delicious buffet dinner. The theme was country-western "Saddle Up with Hospice," with amazing thematic decorations organized by Debbie Wallace and Brenda Daniels. Excellent music was provided by the Hot Springs Health Program's House Band, led by Dr. Steven Johnson!

(continued)

33rd Wolf Laurel Hospice Benefit (continued)

During the dinner, Don Mathis, Hospice Benefit Committee Chairman, and also a member of the Hot Springs Health Program Board, expressed his appreciation for the generous, willing and faithful support and donations provided by the residents of Wolf Laurel over that last thirty-three years. He also thanked the Hospice committee members, the many volunteers, sponsors, and participants, and the Wolf Laurel Country Club. Special thanks go to: Lois-Lynn and Louis Bellemare, Earline Shofi, Willie Romero, Bill Gregg, Paul Carroll, Tim Berry, Cary Monroe, Dan Hartley, Pam Gregg, Rich Ashley, the dinner decoration team and the plant sale team. This and last year's donations will bring the total donated to Hospice to approximately $1.25 million.

During his remarks, Mathis introduced Paul Carroll and Bill Gregg who will be co-chairs of the Hospice committee next year, as well as Ed Bunch who will take over the Treasurer responsibilities from Rich Ashley.

THANK YOU WOLF LAUREL!

Rich Ashley

A "COMMUNITY OWNED COMMUNITY"

At the close of the year in 2012 the Wolf Laurel community took control of its own destiny. In that year using the remaining fiscal assets of our road and security assessments, the Wolf Laurel Road Maintenance and Security Board was created to take ownership of the remaining physical assets of Bald Mountain Development Corporation. With that move the developer was removed from the picture and the community assumed responsibility for determining the fate of our development.

In that transfer of assets, the "Board" received the WLRMS office, and the equipment inventory used for maintaining our infrastructure. We also received approximately 24 undeveloped and unsold lots remaining in the lot inventory. We assumed ownership of our roads and road right of ways along with the responsibility to maintain those roads. In addition, we assumed ownership of numerous parcels of property which are not to be developed or taxed as they are designated green spaces. In combination these would total several hundred acres. The protection of these assets will assure the residents that their community will always retain the unspoiled beauty of our mountains with its amazing flora and fauna.

Beyond this purchase of physical assets, the WLRMS Board assumes the ongoing responsibilities to enforce the Covenants of the community, to provide for the Security of the community, and to maintain the roads that provide the access to the community. Your Board of Directors is composed of nine members. You elect three of members each year. The members must be property owners within the community and current in the assessments. They then represent you in the fulfillment of responsibilities with regard to carrying out the mission of protecting our assets. The Board, in an effort to accomplish the work needed, collects assessments from all property owners. The two assessments generally collected are for the purpose of maintaining the roads and for providing for the Security operation. The Board may from time to time propose a special assessment to be voted upon by the community. The Board may also from time to time create fees to enable other operations. For example, we have fees associated with permitting of new construction or remodeling, where inspection is required for covenant compliance.

A Nominating Committee each year selects 6 candidates to fill the three vacancies. Candidates selected will generally demonstrate they have the TIME, TEMPERMENT AND TALENT to serve the interests of the whole community. The Board is a working board with each member accepting committee assignments. Each Board member is compelled to sign off on a self-dealing policy which precludes any member from accepting or requesting special treatment. The decisions made by the Board can be significant in their impact and the best solutions frequently require research and debate.

One reality the WLRMS Board recognized from the outset was that our infrastructure was sadly neglected and underfunded for many years. We are now engaged in a community effort to begin restoring that infrastructure. One example is the current resurfacing of Wolf Laurel Road. The final cost of that project is sure to exceed a half million dollars. (continued)

A "COMMUNITY OWNED COMMUNITY" (continued)

The Board was in the process of creating a pool of funds for this very purpose. Unfortunately, the road began to deteriorate at a pace indicating the repair could not be postponed any longer. The Board was faced with a decision of delaying the repair for a year while holding a special assessment vote, or to attempt to collect funds through contributions to supplement the funds on hand in an effort to expedite the repairs. As you are reading this article, we have collected $200,000 from the community at large. This would indicate that many owners within our community have accepted and agreed to willingly share in the support for their community.

As we move forward in this endeavor to restore the infrastructure, the Board will encounter many obstacles. Some have been anticipated as evidenced by the creation of reserve funds for the replacement of equipment. Other needs, such as the restoration of the gravel on our roads, will be accomplished over time as funds permit. We have increased the gravel budget from $30,000 per year to $100,000 per year. Significant improvements occurred last year on many roads as a result of the gravel match program in which owners indicated a strong desire to advance the improvement on their road. This resulted in our doubling last year's effort on gravel road improvements.

Your continued support and encouragement will help assure that your community will be healthy and flourishing in the future.

[Part II] Wolf Laurel is a bit of a rare bird. We have no developer and we own and control all the assets of our development. The residents and lot owners direct the operation of Wolf Laurel through their elected Board. The members of WLPOA direct and own the assets including the Community Center. The Village Club members own the assets known as the amenities also directed by WLPOA. The Country Club members own the assets of the club directed by their board. In all this there is no developer.

No individual or corporation is deriving a profit from the community. All assessments are paid to nonprofit corporations which in turn spend 100% of the revenue to maintain services and infrastructure. The primary benefit results in lower costs to owners; our assessments are typically less than 50% of those paid by comparable gated communities across the state. Governance for the community is directed by Wolf Laurel Road Maintenance and Security; a nonprofit corporation created to receive operation from the developer. The nine-member board is elected by the community. Three members are elected each summer to replace current members. These members participate in a working board with no compensation. A minimum of six candidates are presented to the community for consideration and three are selected.

The candidates are screened by a nominating committee in hopes of finding individuals with specific skills needed by the Board. (Remember, I said it was a working board). Among the skills generally sought, we need accountants, contractors, heavy equipment operators, and human resource managers. If by chance you are singled out by the committee and requested to serve, saying no is bad form. (Similar to objecting to jury duty). On the other hand, offering to serve to get your road improved doesn't work because our policies prohibit you having that request granted.

Larry Smith

Wolf Laurel Gates and Roadways

Wolf Laurel is a bit complex. Within our gates there are a number of HOA's to include Wolf Laurel, Blue Mountain, The Preserve, The Ridges, and Deer Run. The front gate is owned and operated by WLRMS. The back gate is owned by the Preserve. The residents of the Preserve and all other HOA's have a deeded access to the front gate. The Preserve extends by courtesy the use of the back gate to all residents since this is not recorded in our deeds. WLRMS operates the back gate remotely for all residents by telecommunication devices during the hours the gate is not staffed. All residents of all HOA's share the use of all roadways within those gates, but each HOA maintains its roads. Wolf Laurel Road is the one common road in use that is heavily traveled by all communities. The road is maintained by WLRMS. In recognition of this fact it was interesting to note that the residents of all HOA 's contributed almost in equal proportion to this project. Thank you to all for your support. We now have 90 % of the requested funds. Also, we are planning a way of recognizing some amazing businesses who have stepped up in a big way.

Larry Smith

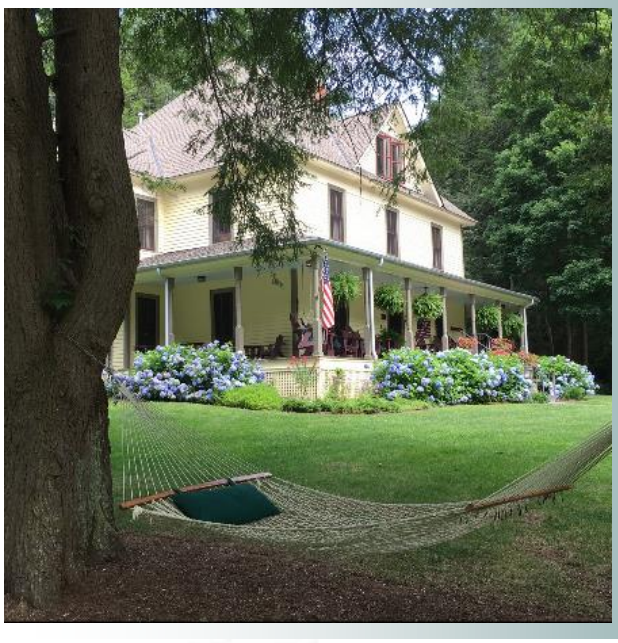
A big THANKS to the WLRMS Board of Directors for the diligent work on their "full plate" of issues, especially toward the repaving of Wolf Laurel Road - we will all benefit. LV

July 23rd - "WLRMS Announces Nominees and Balloting Process for 2019 Board Elections" For more information: wolflaurelroadsandsecurity.com

Wednesday, August 21st by 4pm - Completed Ballots Must Be Received in the WLRMS Office

Friday, August 23 @ 10:00am - Annual Meeting (OPEN MEETING) of WLRMS; Meeting to include seating of new board members and election of officers.

The Southeastern Trust for Parks and Land



STPal has been working on improving and mapping hiking trails with assistance and support from Sam and Debbie Stebbins of the Buck House Inn.

The trails are located just north of the Inn along Bald Mountain Creek. We are still very interested in creating a local group to help plan, develop, and maintain usage of the conservation land. If you are interested in having a voice or being involved, please contact Bill Jones at bill.jones@stpal.org.

Bill Jones

Bucktown Stables

The new Horse Back Riding operation in The Preserve has been open since late June. Stables at Bucktown (https://bucktownstables.com/) is open and booking rides. They had a soft opening in late June and a kids camp for 8 kids. Not a huge start but they were just glad to finally be open. The website is up and they have a phone at the Stables listed on their website which might be the best number to call if you're interested. The co-owner/operator is Heather McIntosh and her number is 828-284-1961.

Cindy Tucker

Wolf Laurel Historical Society

August 21 at 4 PM

The Wilderness Retreat: Wolf Laurel in the Days of the Friends of Bud

Wolf Laurel homeowner Ed Waller came to the development after a long career in the financial industry in Kingsport TN. During his time in Kingsport, Ed enjoyed the friendship of the Edwards family including Bud Edwards, whose purchase of 6000 acres from the Buck, English, and McDaris families in 1964, set the stage for our community. Edwards vision of a mountain getaway initially focused on providing a wilderness in which he and his outdoors-loving friends could enjoy fishing, hunting, horseback riding, and lazy afternoons in the mountains. Ed Waller had met Bud Edwards in 1958. The two sportsmen shared a love of fishing, particularly trout fishing in mountain streams. Waller became one of the Friends of Bud, who spent wonderful times at Edwards' mountain retreat in those early days before it became the community it is today.

Wolf Laurel Historical Society (WLHS) board member Jim Klumpp will interview Ed about their adventures in those early years. The tales of the sporting life among friends in that mountain wilderness are fascinating both for their adventure and for how they connect us to the interesting people who enjoyed and helped shape Wolf Laurel in its early days. The interview will take place at the VC Pavilion.

September 18th, 2 PM

WLHS Annual Meeting

and End of Year Picnic to Celebrate the Silver Anniversary

Members of the Society will gather at the Buck House in September to conduct the Society's business and to formally celebrate our Silver Anniversary year. Bring the family for fun and fellowship in our beautiful, historic, mountain home.

(CONTINUED)

Wolf Laurel Historical Society (continued)

WLHS membership is $20 per year for individuals and $35 for families. Membership material is available on the website. Members support the programming of the Society, are entitled to participate in business meetings and planning sessions, and are admitted without additional cost to the end of the year picnic gala celebrating the Historical Society's year.

The WLHS board for 2019 is: Warren Johnson, President; Kay Brotherton, Vice-President; and Jim Klumpp, Secretary-Treasurer.

Please plan to join us at all of these events. Bookmark our website, WLHistory.org and check there for venues for the events and further information on each of the activities.

And, while you are there, please fill out our membership form and become a member of the Wolf Laurel Historical Society.

Jim Klumpp

Wolf Laurel Library Summer Report

Children borrowing books from the Wolf Laurel Young Readers' library: What could make the librarian happier? And that collection keeps growing with recent donations of easy-to-read and picture books. More advanced young readers also find two sections for them, divided roughly by elementary and middle school levels. This special room, behind the fireplace, also features books about animals, adventure, and fantasy/science fiction, not just for young people. A section of children's non-fiction features crafts and activities, biographies, nature (such as sharks, bats, frogs, dinosaurs, rocks and minerals), conservation, occupations, history, and many other topics. Puzzles and games round out the offerings. Help yourself!

The last library report shared PBS's "Great American Read" top thirty favorite books (out of a list of 100) and which ones are in our Wolf Laurel Library – or not. (See https://www.pbs.org/the-great-american-read/books/#/.)

Following are the list's next twenty books, numbers 31 to 50. Of the adult fiction, the Wolf Laurel Library has #33 *The Da Vinci Code* by Brown, #37 *Call of the Wild* by London, #41 *The Count of Monte Cristo* by Dumas, #42 *The Joy Luck Club* by Tan, #45 *Memoirs of a Geisha* by Golden, and #47 *Catch 22* by Heller. Shelved in our "young adult" section is another favorite, *Frankenstein* by Shelley. Also on the #31-50 section of the "Great American Read" list are titles that our library does not have: *Where the Red Fern Grows* by Rawls, *Outsiders* by Hinton, *The Handmaid's Tale* by Atwood, *Dune* by Herbet, *The Little Prince* by de Saint-Exupéry, *The Clan of the Cave Bear* by Auel, *The Hitchhiker's Guide to the Galaxy* by Adams, *The Hunger Games* by Collins, *The Giver* by Lowry, *Moby Dick* by Melville (we only have an abbreviated children's version), *War and Peace* by Tolstoy, *Game of Thrones* series by Martin and the *Foundation Series* by Isaac Asimov.

If any of the Library's titles interest you, please feel free to borrow them. If you have copies you can spare of the titles the library does not own, we would be delighted if you donated them. Already we have filled in gaps in the previous list – *Charlotte's Web*, for example, Thank you!

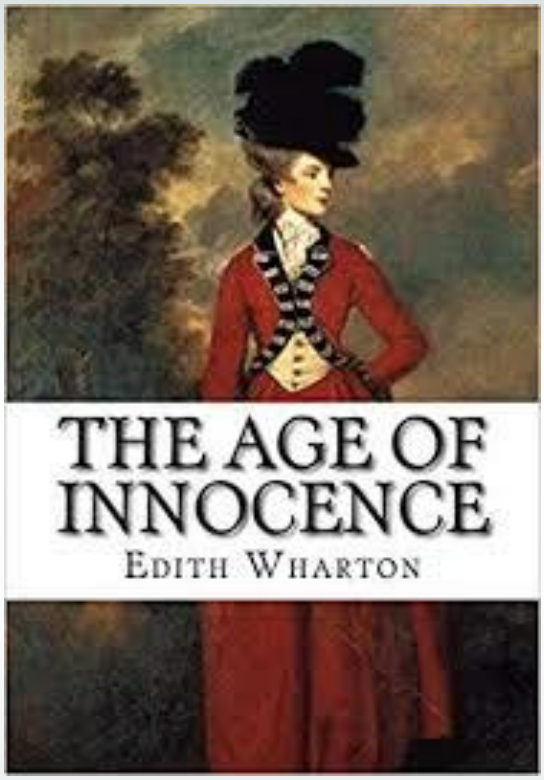
Wolf Laurel residents frequently ask if the Library can use any more donations. The answer is yes, especially popular recent fiction, non-fiction, and children's books and DVDs. We recently received a generous donation of many good Westerns which refreshed that genre nicely. We no longer keep video tapes because so few people still have that equipment. We do keep extra copies of popular books, but any we cannot use are donated to our local public library, so nothing goes to waste. Without your generous donations, we would not have our popular Library, so keep 'em coming and keep using the Library!

Yvonne Carignan

Village Book Club

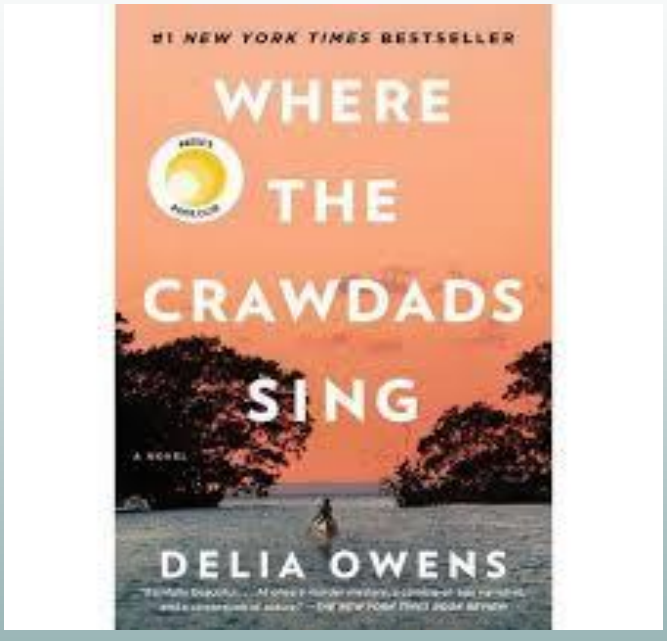
Reading On The Mountain

Wolf Laurel is fortunate to have two book clubs that meet on different days of the month. The variety of topics are invigorating to the mind. What I have learned from fellow readers who have reviewed the books we have chosen is that no matter how you thought what was crucial to the book, you are always intrigued with what someone else gleaned from their reading a different finding to the plot. The interesting authors and their backgrounds come to light and I am always enthralled.



Our first book for this season was *The Age of Innocence* by Edith Wharton. Gwynne Beneke led the review and discussion. The *Age of Innocence* focuses on the wealthiest and the most powerful in New York society in the 1870's. The characters live in constant fear of being excluded or shunned or, worse, pitied. Gwynne gave us the background into Edith Wharton's life as a writer, a most interesting life.

Our next book, *Where the Crawdads Sing* by Delia Owens, will be on Thursday August 8th in the Village Pavilion at 2:15. We hope you will come to join us for the discussion.



Karen Gerry

Wolf Laurel Bears ("Oh my!")

Here are the bear photos I promised. This big guy who I named Henry was making late morning visits to us up here on El Miner Court during the month of June. He is estimated to be 400+ pounds and was showing no fear or intimidation by humans who used the typical tactics to send him away of whistle, clapping and air-horn. He must have been really hungry for that hummingbird food as he came up over the deck of my neighbors porch three times without hesitation.

He also managed to maneuver a suet feeder off of a double circle hook and take it to the ground from a tree branch, which was amazing to me. We haven't seen any sign of him for a couple of weeks now as I'm sure he has found more interesting food to eat with less trouble. Interestingly, we discovered that he walked right past my neighbor when she was in her side yard weeding but did not approach her or try to enter her porch nearby, that was a good thing. Guess humans were not on his list of interests that day.

Debbie Wallace

Wolf Laurel Bears ("Oh my!") (continued)
Wolf Laurel Wildlife and Bear Safety!

Wolf Laurel is a beautiful community with so much forest lands surrounding us. With all that natural beauty comes a myriad of wildlife. The Northern Brown Water snake populates our Village Pond (a non-venomous species), deer are of course numerous throughout the community along with many bird species, coyote, rabbit, raccoon, and of course, black bear.

According to the NC Wildlife Resources Commission, the black bear is the only bear species found in North Carolina or anywhere in the eastern US. The successful comeback of the American black bear in North Carolina represents one of wildlife management's greatest achievements. Black bears were once restricted to remote areas and reached very low population levels in the mid-1900s. Today, black bears are found on approximately 60% of the total land area of North Carolina.

The black bear is an omnivore with a diet of both plants and animals. It varies in color: in North Carolina, the black bear is usually black with a brown muzzle and sometimes a white patch on its chest, commonly referred to as a chest blaze. Black bears rely mostly on their sense of smell and hearing due to poor eyesight, but are adept at climbing, running, swimming and digging. **They have been clocked at speeds of 35 miles per hour over short distances.** Bears prefer large expanses of uninhabited woodland or swampland with dense cover which provide good bear habitat. Recent research has shown bears to be much more adaptable to habitat changes than previously thought and some bears have adapted to living near developed areas.

And that brings us back to bears in our community. It's always a thrill to see wildlife so close and experience such a wonderful connection to nature. One big consideration is how to live with black bear and other wildlife without our interactions becoming problematic for us and for the bears. While bears normally avoid humans, they can be attracted to homes and backyards by the food they can find there. The following guidelines provided by Appalachian Black Bear give us 'food for thought'. A bear can be considered a nuisance when it becomes used to finding human food and garbage in areas where people live or recreate. Carelessly stored food, garbage, even barbecue grills and bird feeders can all attract bears and keep them coming back. The outcome is often a dead bear and even orphaned cubs. This can be remedied by eliminating the source of the attraction. Bears are known to be particularly intelligent and will easily remember where an easy source of food can be found. This applies to adult bear AND bear cubs.
(continued)

Wolf Laurel Bears ("Oh my!") (continued)

As much as you may enjoy putting corn out for deer, enjoying watching the birds feed at your feeders, please consider doing all you can to help prevent bear from becoming 'food conditioned'. As a community, we can still enjoy the wildlife without feeding – ultimately the bears. It's important to eliminate as many of the potential food sources as we can. Consider:

- Putting bird feeders away at night (or better yet, just enjoy an outing of bird watching naturally!)
- Not feeding or baiting wildlife with corn, and not leaving pet food outside
- Locking up or storing grills, trash cans, etc., in your home/garage
- Picking fruit from fruit trees, as regularly as possible – even disposing of rotting fruit left on the ground

We can continue to enjoy natural wildlife interaction and protect our wildlife by doing all we can to prevent wildlife from becoming a nuisance. Remember, a fed bear can become a dead bear. Bears may be less likely to seek other food sources if the annual acorn mast is plentiful, but remember that the acorn mast varies each year. **So, keep vigilant about removing possible bear food sources in your yard – for the bears' sake and for your safety as well as your families' and neighbors' safety.** If you would like to get more information about bear safety, please visit the Appalachian Bear Rescue website: http://appalachianbearrescue.org/.

Cindy Tucker

NOTE: Tuesday, July 9, Ashley Hobbs, Assistant Black Bear Biologist with NC Wildlife Resources Commission provided an informative program called "BearWise." You all know that bear interactions here at Wolf Laurel are common and Ashley provided the info needed to keep you and your neighbors safe and also protect the bears.

> *"Remember, bears are far more likely to enhance your wilderness experience than spoil it. Knowing how to interpret their behavior and act responsibly is part of the thrill of sharing forests and mountains with these amazing creatures." ABR*

The "BearWise" program was a NC Wildlife initiative, where residents learned that Mountainaire is on their way to becoming a "bear wise" community (may be evaluating placing this in their covenants/ restrictions for the community so they don't have problems as a result of bear feeding. Seeing wildlife naturally is cool, but feeding is getting dangerous."

When It's Okay (or Not) to Feed Birds

Baltimore Oriole and Rose-breasted Grosbeak

National Audubon Society

On Saturday, July 13, 2019, National Audubon Society <audubonconnect@audubon.org> wrote:

As bird lovers, we often look for ways to get closer to birds—or to bring them closer to us. However, knowing what kind of food is okay to supply, and when, and where, can be confusing.

But don't fret. We're here to help you make sense of it all. Here are three simple questions to chew on to help determine whether you're helping—or hurting—birds when you feed them.

Learn More:

https://www.audubon.org/news/when-its-okay-or-not-feed-birds?ms=digital-eng-email-ea-x-_20180530_feedbirds_recentlywide1&utm_source=ea&utm_medium=email&utm_campaign=_20180530_feedbirds&utm_content=recentlywide1

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Southern Appalachian Raptor Research - https://bigbaldbanding.org/ ; they do the bird banding on Big Bald. For more information contact Mark Hopey at 828-736-1217. You can be a volunteer or get a demonstration or just watch them do the research. "SARR is an organization of people passionate about birds of all types, including birds of prey and the environments they inhabit in the southern Appalachians."

Richard's & Cap's Fawn

Richard Copeland writes – I had an amazing experience this week (June). My dog Cap and I were taking our walk and on the way back Cap was ahead of me and began barking. It wasn't a mean bark; it was more like a Richard come here bark. So, I did just that. There in the ditch lay a tiny fawn, in the sun, on rocks, panting hard and obviously hurt as it was trying to get up. I didn't see any broken bones and assumed it had fallen down the steep bank. So, I picked it up and carried it to a shady spot and laid it against a log so it wouldn't fall down the mountain. As I was carrying it to a cool spot it was bleating, and its mother came down the bank when she saw us, she ran back up the bank into the trees. I wasn't sure what to do. I looked through the phone book to find someone that might specialize in these things and the only advice I received was to leave it there and the mother would come back to it. So, I went back on the road, staying quite a distance from the little one. Sure enough, I saw the mother approach the little one but didn't stay long. I called a neighbor, who I thought might know what to do, but he was as perplexed as much as I was. I made several more calls with promises that someone would come and take it to the people that could help. No one came or called back. The next morning, I went to where I had left the fawn. Cap went ahead of me and when I got there Cap was lying by the baby. It had rained that night and the fawn was soaked and hadn't moved. I knew something had to be done so I began calling again and finally called the pro-shop (WLCC) thinking they might know someone on the mountain who took care of injured deer. Page, a girl that works in the pro-shop, thought she might know someone who knew someone that did. Shortly she called back and gave me a number of a place called "Deer Shelter" in Burnsville. I called and was told they would come and get it, but it would be a while as they were taking care of 19 babies. So, I got the address and said, "How about me bringing it to you." They said, "That would be great". It wasn't an easy place to find, but I finally did. I knocked on the door to be sure I was in the right place and thankfully I was. A gentleman came out to take the deer inside. I followed him inside and was immediately impressed. They had turned their house into a sanctuary. They cleaned up the baby deer and placed it in a playpen with another little deer and quickly prepared a bottle of goats' milk for the injured one.

(continued)

Richard's & Cap's Fawn

(continued)

They began explaining what they did to care for them and how they introduced them back into the wild. They said, "Of course, it takes a while". Then pointing to a window said, "Look into the shed". There, three grown deer were frolicking with each other. They added, "They almost always come back to visit". Then I was directed to another room and there were 19 little ones asleep. Those were the babies they had been taking care of when I called. Listening to them talk and describing their work, it became a very emotional time for me. They described how different groups come to visit, the cost of goat milk, etc. I could see how God had been using these folks to take care of His creatures. They said a veterinarian would check on the little one I brought in, and for me to call back in about a month to see how it was doing. I certainly will.

Green Mountain Deer Rescue
270 Ayers Mountain Road
Green Mountain, NC 28740
828-682-4311
http://
www.greenmountaindeerrescue.org/

Angela Zeiss is a North Carolina licensed wildlife rehabilitator. Angela and Keith have fostered approximately 100 fawns, at a cost of about $1000 each. They have also committed to providing lifelong care for the fawns they raise who, because of physical deformities or blindness, cannot be returned to the wild. We hope you will consider making a donation to help pay for the feeding and care of the orphaned fawns and injured deer that will be brought to us in the coming year.

Richard Copeland

Richard's fawn was believed to be injured; However, in most cases non-intervention is recommended. People often mistakenly assume that a fawn found alone is orphaned. If the fawn is lying down calmly and quietly, their mother is nearby and they are OK. A doe only visits and nurses their fawn a few times a day to avoid attracting predators. Unless you know that the mother is dead, leave the fawn alone.

Pickleball

The up and coming sport!

If you want to find out what PICKLEBALL is all about, come down and watch us play at one of the regularly scheduled times. If you are interested in learning to play, call the Village Club office at 828-689-4089 and request a free private lesson provided by one of the experienced players. We will meet you at the courts, provide the balls and paddles, and teach you the basics of the game. If you don't just love Pickleball, we will double your money back.

Regular scheduled playing times for players who already know how to play are Wednesday and Friday at 10:00 AM and Sunday at 2:00 PM. If you want to learn to play, please call the Village Office. Hope to see you on the courts soon!

Remember - PICKLEBALL IS A BIG DILL! Becky Shennan

Post-Pickleball Party

After Pickleball we still get along; we are PicklePals. In fact July 22nd we made our way over to the pavilion for refreshments and to celebrate Becky's Birthday. Nice T-shirt Becky. (Also it is nice to have the pool available to cool off.)

Fitness Class

Attention Village Club Members - come join the fun!

There is no extra charge for the fitness classes which include lively music, strength training, and balance & stretching.

ALL FITNESS LEVELS WELCOME!

Mondays & Thursdays @ 9:00
Ace certified instructor - Mary Lou Woodiwiss

Liquid Acrylic Class with Karen Gerry

Community Art Wall 2019

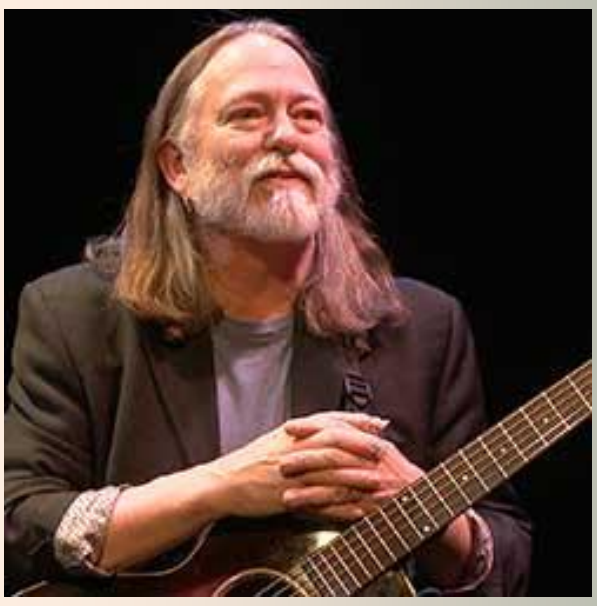
Stop by the WLPOA Community Center to see the art each month and to support our local mountain artists! Bring your checkbook or cash with you (all paid directly to the artists). July: Chuck Kinsey's photography, note cards & 2020 calendars! Beautiful canvases and framed art! Must see!

August will feature work by Tedi McManus.

The Village Club presents

Scott Ainslee in Concert!

Sunday, August 4 at 4pm



If you missed Scott's concert in The Village last year, you REALLY missed a very special event! Scott is a traditional acoustic blues singer, guitarist, historian and songwriter with personal roots in the Civil Rights era and a longstanding affection for cross-cultural exchange. A musician all his life, Ainslie took up guitar after hearing Virginia bluesman John Jackson play a couple of songs in the middle of one of Mike Seeger's concerts in Alexandria, VA in 1967. A

Phi Beta Kappa and honors graduate of Washington & Lee University, Ainslie also studied with elder musicians on both sides of the color line in the old-time southern Appalachian fiddle and banjo traditions, as well as with black gospel and blues musicians. Ainslie maintains an active recording, performing, and teaching schedule that carries him around the country, to Canada, and to Europe. He has received numerous awards and grants for his work documenting and presenting traditional music, including grants from the National Endowment for the Arts and the Folklife Section of the North Carolina Arts Council.

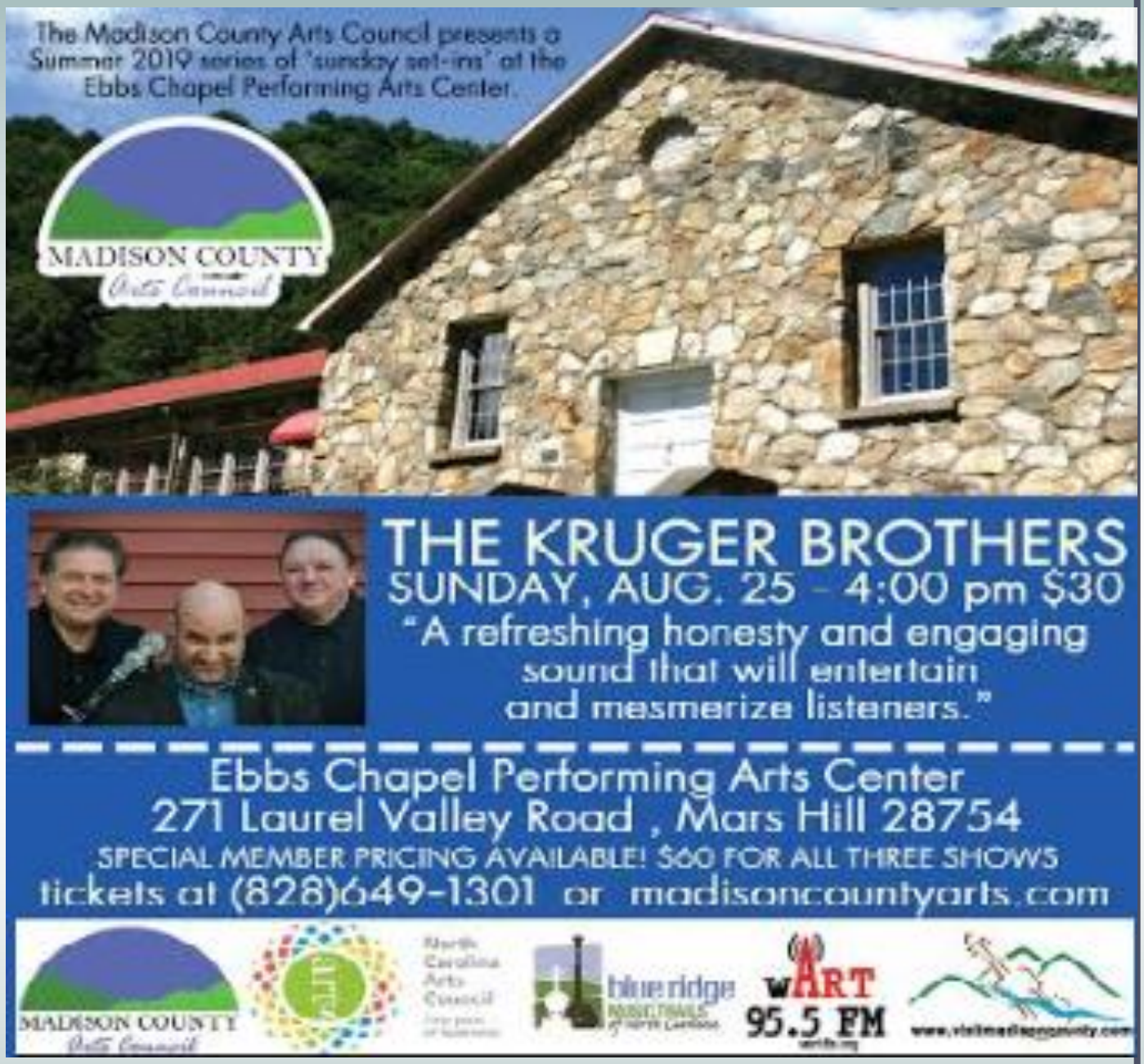
Paul Heumiller & Bobby Hicks are sponsors for this event.

BYOB and a comfy event chair. Tickets on sale now at the VC for only $20 per person.

The event will be held at the VC Pavilion.

Cindy Tucker

Madison County Arts Council



Laura Boosinger
Executive Director
Madison County Arts Council
PO Box 32 Marshall, NC 28753
(828)649-1301
www.madisoncountyarts.com

Health / Healing Practice

WebMD, Walking mistakes:

The Wrong Shoe - You probably already know that high heels aren't the best choice. Tennis and basketball shoes also present problems. The stiffness of these court shoes helps support quick sideways movement but hinders the heel-to-toe flexibility that's good for walking. Look for a shoe with a well-padded heel that's light, breathable, and water-resistant. A running shoe might work as well as a walk-specific model.

Poor Fit - If your shoes are too loose, they won't provide the support you need. Too tight and they can rub and cause calluses or corns. They should feel comfortable in the store: roomy enough to wiggle your toes with ease but snug enough to keep your foot from sliding around. Shop later in the afternoon when your feet are slightly swollen, so you get a good sense of your true size.

Stuck in a Rut - You might get bored and lose interest in your walk if you go the same route every day. Change it on a regular basis to keep it interesting. Not only is it good for your mood and motivation, but it also switches things up for your muscles and joints. Look for hills to add to your route. These can add intensity and strengthen thigh, hamstring, and glute muscles.

Slumped Stance - You might have a hunched posture from sitting at a computer all day. But don't bring it on your walk! The right walking posture can help you walk faster and longer and help prevent injury. Try to lift your spine as if there were a string pulling you up from the top of your head. Your eyes should be forward, your shoulders down, back, and relaxed. Swing your arms naturally and freely as you step your feet lightly from heel to toe.

Not Stretching Afterward – Give your leg muscles -- especially your calves -- a gentle stretch when you're done with your walk. It will help you stay flexible. Don't overdo it -- stretches shouldn't hurt -- and don't bounce. Hold each stretch for 10-20 seconds. Use a chair or a wall for help with your balance.

https://www.webmd.com/fitness-exercise/ss/slideshow-walking-mistakes?ecd=wnl_faf_070119&ctr=wnl-faf-070119_nsl-LeadModule_cta&mb=56mq1r85UlAAjV6F7wlLoCpiMzVEF17PZOoLTKGL1XY%3d

Larry Veatch

Health / Healing Practices, Part 2:

Stay KALM

After returning from a month of travel, my wife and I came down with a bug which caused both of us to visit I respected physicians. I felt that I needed something special to get me back on track. My go-to meal for these situations is Vietnamese Pho.

I checked the internet and the current reviews pointed me in the direction of KALM, a wonderful little restaurant on the north side of Johnson City.

We were cheerfully greeted by the waitress, and a menu was presented to us. There were also several specials on a chalkboard, but I knew what I wanted. We ordered a Viet fried crepe, which was served to be wrapped in fresh lettuce leaves; very tasty indeed. Both of us ordered the Pho with Eye of Round. The beef was razor thin and served raw on a plate. What made this so good was that you could control the cooking time of the meat; we are both rare meat eaters. The usual vegetables and rice noodles were served, which allowed you to pick and choose based upon your own taste. Other options included chicken, beef brisket, tendon, and tofu. The portions were very generous and we both carried a doggy bag home. The menu also offered Bohn Mi (sandwich), Bun, Com Tam to name just a few. A large selection of vegetable dishes adorned the menu, and a variety of desserts were also offered. Before making our journey back to Wolf Laurel, we both chose to use the restrooms; they were extremely neat and clean (always a good sign). KALM is a small, clean restaurant with excellent food and service. It is open for lunch and dinner. Finally, Nancy and I were both dealing so much better within 48 hours; the magic of Pho has worked for me again.

David Schmidt

Hypertension: Advice from Timothy Aungst, PharmD at the GoodRX website

10 Foods and Drinks To Avoid If You Have Hypertension

1) Table salt
2) Sauces and condiments
3) Canned foods
4) Processed foods
5) Unhealthy snacks
6) Cured meats
7) Pickled foods
8) Alcohol
9) Caffeine
10) High-fat foods

David Schmidt

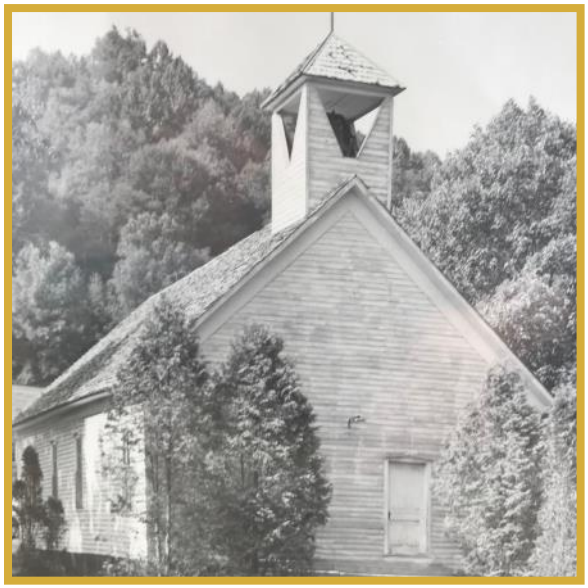
Village Beautification Committee

We would like to recognize and thank the WLPOA Village Beautification Committee. Our community is in a most pleasant location with an abundance of scenery and natural beauty to enjoy. The committee's work is some icing on our cake. Our Village Beautification Committee is Gail Ford and Gwynne Beneke.

Thanks Gail and Gwynne for all your work and the extra beauty you bring us.

Celebrating 150 Years

In the year 1869 the Methodist Church organized a Church to serve our community. For the past 150 years that Church has consistently met the community needs. In the history of the local Church the early 70's were challenging. A deliberate decision was made by the local congregation to reach out to the new residents of a developing community known as Wolf Laurel in order to become a growing viable house of worship. It was also in this period that the Church established the tradition of the APPLE BUTTER FESTIVAL. In an effort to make all worshippers of all denominations comfortable, the Church adopted an ecumenical style of worship. This year the congregation is made up of 75 local families but attendance swells throughout the summer with our many welcomed guests from the mountain.



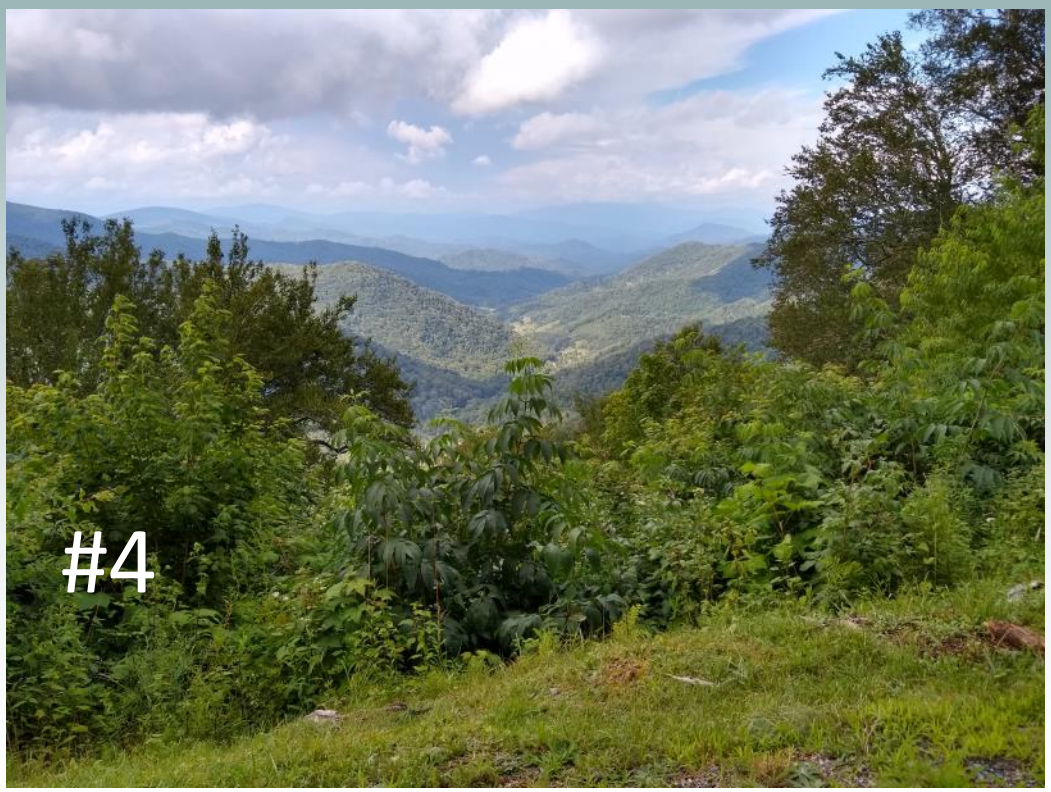
The old church that was replaced in the 1960s .

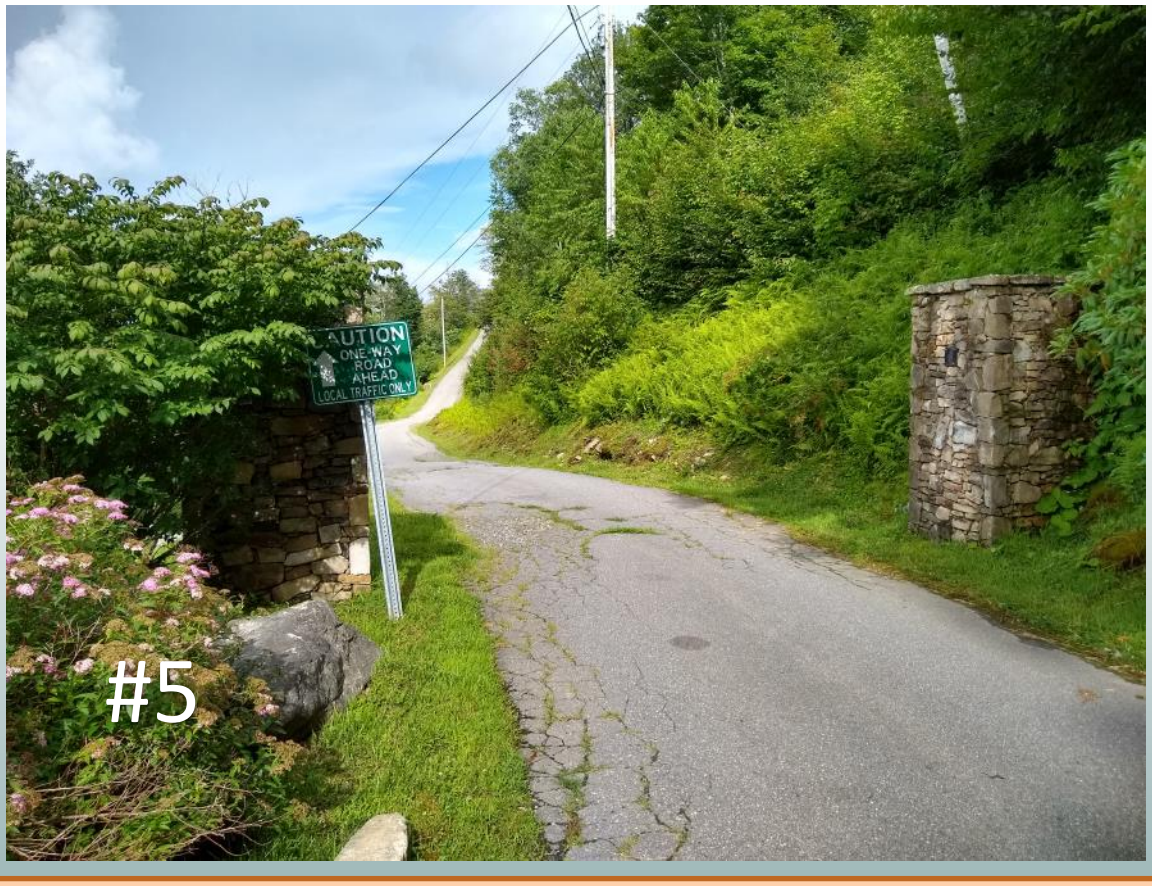
Known as the "little church with a big heart", this community support has enabled an outreach far beyond the capacity for rural churches. This year the Church awarded 12 scholarships to Madison County students and none were from the congregation. A typical collection for a disaster response will exceed $10,000. Funds raised each year by the Festival are donated to local, state, national, and international charities. Designated endowments have been created to underwrite the funds to support local families in need in Madison County. The Church built a community playground by raising $50,000. Their flower gardens offer an attractive setting with a covered bridge over the creek to greet visitors to our community. When the Ebbs Chapel School fell into serious disrepair, again the Church served to help organize the restoration. The Church has survived and has thrived for the past 150 years because it has continued to meet the needs of the community.

Larry Smith

Where Was I?

Where Was I?





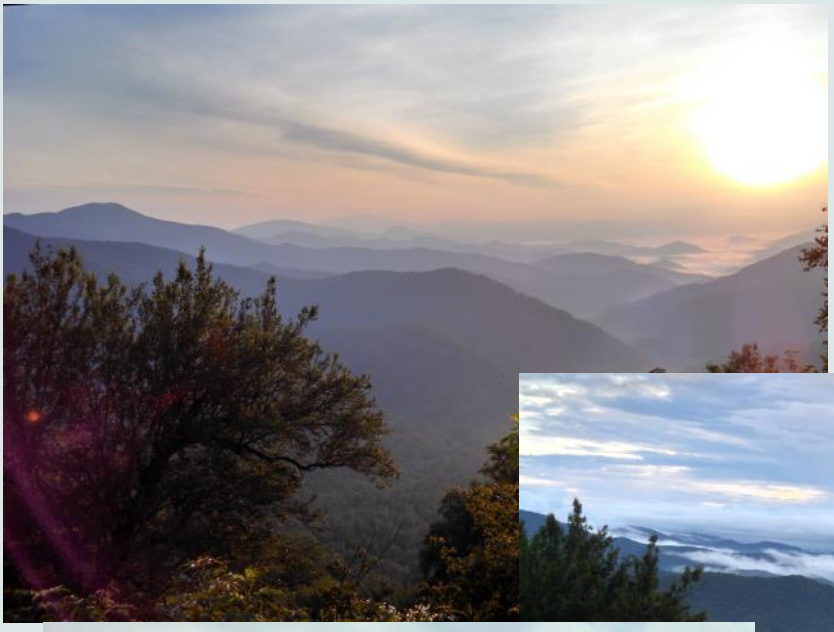
Where Was I answers are at the bottom of the next page.

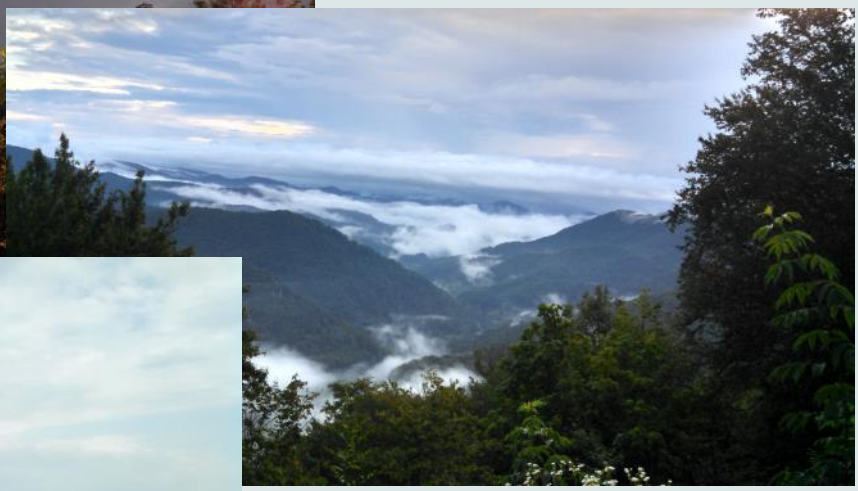
From TOB Spring Edition — Where was I?

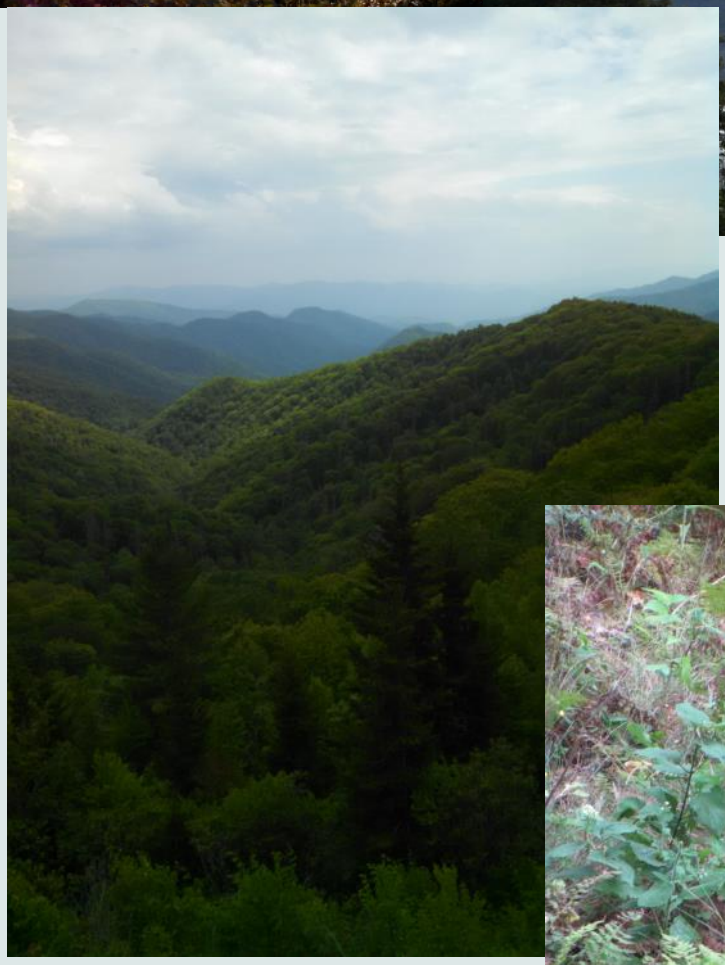
I was at The Preserve's pavilion

Where Was I pix this issue (pages 52-53): #1 Beside the Community Center looking under the front entrance, #2 Lower end of Glenaire, #3 On hole 6 looking up from the green, #4 On Upper Haw on the east side, and #5 Near the end of Upper Haw looking East.

The Beauty of Wolf Laurel



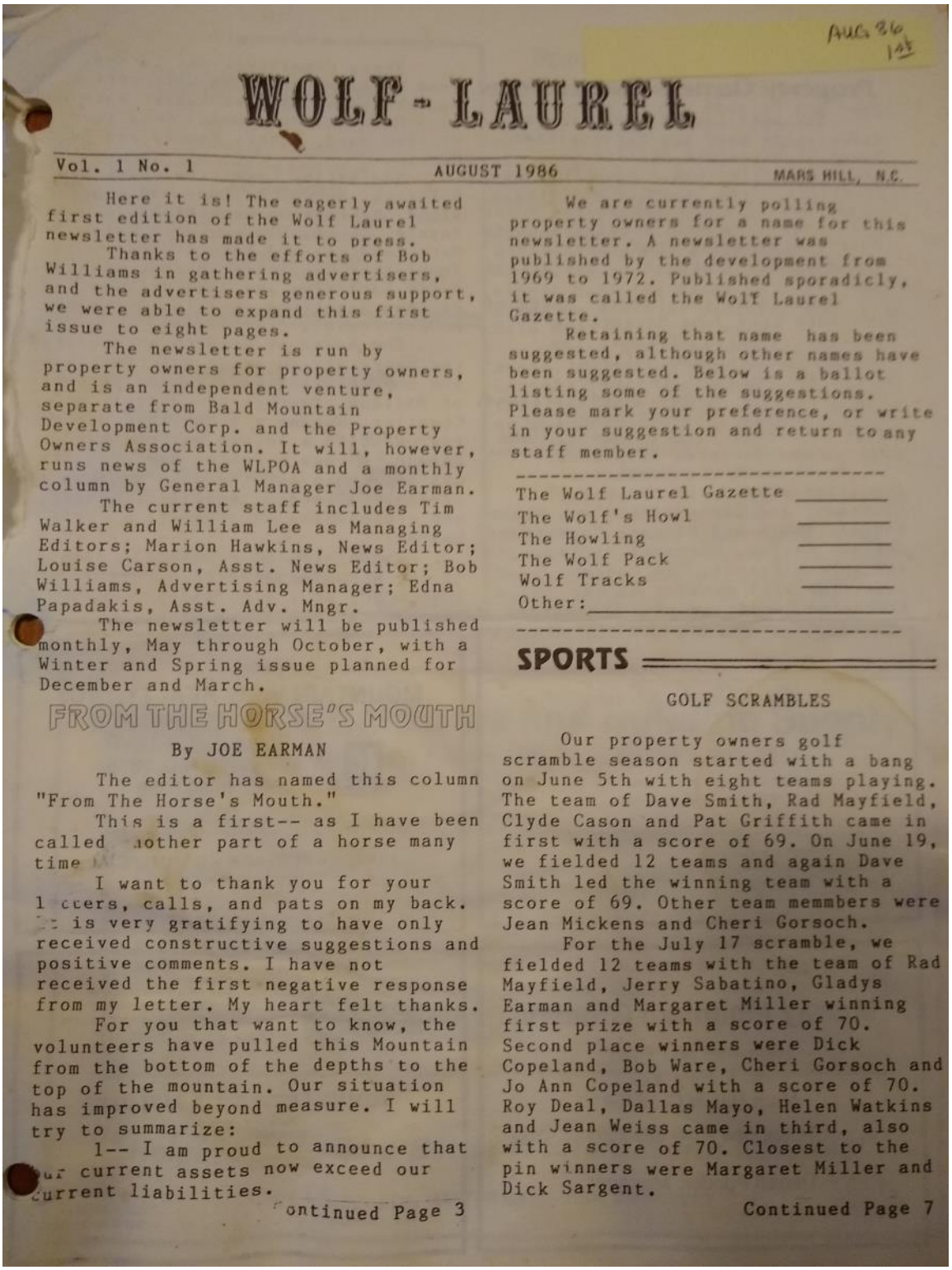




Pix by Larry Veatch

From the 1st TOB – Vol. 1 No. 1

"Here it is! The eagerly awaited first edition of the Wolf Laurel newsletter has made it to press. Thanks to the efforts of Bob Williams in gathering advertisers, and the advertisers generous support, we were able to expand the first issue to eight pages. The newsletter is run by property owners for property owners, and is an independent venture, separate from Bald Mountain Development Corp. and the Property Owners Association. It will, however, run news of the WLPOA and a monthly column by General Manager Joe Earman…We are currently polling property owners for a name for this newsletter."



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WOLF - LAUREL

Vol. 1 No. 1 AUGUST 1986 MARS HILL, N.C.

Here it is! The eagerly awaited first edition of the Wolf Laurel newsletter has made it to press.

Thanks to the efforts of Bob Williams in gathering advertisers, and the advertisers generous support, we were able to expand this first issue to eight pages.

The newsletter is run by property owners for property owners, and is an independent venture, separate from Bald Mountain Development Corp. and the Property Owners Association. It will, however, runs news of the WLPOA and a monthly column by General Manager Joe Earman.

The current staff includes Tim Walker and William Lee as Managing Editors; Marion Hawkins, News Editor; Louise Carson, Asst. News Editor; Bob Williams, Advertising Manager; Edna Papadakis, Asst. Adv. Mngr.

The newsletter will be published monthly, May through October, with a Winter and Spring issue planned for December and March.

FROM THE HORSE'S MOUTH

By JOE EARMAN

The editor has named this column "From The Horse's Mouth."

This is a first-- as I have been called another part of a horse many time

I want to thank you for your l tters, calls, and pats on my back. It is very gratifying to have only received constructive suggestions and positive comments. I have not received the first negative response from my letter. My heart felt thanks.

For you that want to know, the volunteers have pulled this Mountain from the bottom of the depths to the top of the mountain. Our situation has improved beyond measure. I will try to summarize:

1-- I am proud to announce that our current assets now exceed our current liabilities.

ontinued Page 3

We are currently polling property owners for a name for this newsletter. A newsletter was published by the development from 1969 to 1972. Published sporadicly, it was called the Wolf Laurel Gazette.

Retaining that name has been suggested, although other names have been suggested. Below is a ballot listing some of the suggestions. Please mark your preference, or write in your suggestion and return to any staff member.

The Wolf Laurel Gazette _____
The Wolf's Howl _____
The Howling _____
The Wolf Pack _____
Wolf Tracks _____
Other:_____

SPORTS

GOLF SCRAMBLES

Our property owners golf scramble season started with a bang on June 5th with eight teams playing. The team of Dave Smith, Rad Mayfield, Clyde Cason and Pat Griffith came in first with a score of 69. On June 19, we fielded 12 teams and again Dave Smith led the winning team with a score of 69. Other team memmbers were Jean Mickens and Cheri Gorsoch.

For the July 17 scramble, we fielded 12 teams with the team of Rad Mayfield, Jerry Sabatino, Gladys Earman and Margaret Miller winning first prize with a score of 70. Second place winners were Dick Copeland, Bob Ware, Cheri Gorsoch and Jo Ann Copeland with a score of 70. Roy Deal, Dallas Mayo, Helen Watkins and Jean Weiss came in third, also with a score of 70. Closest to the pin winners were Margaret Miller and Dick Sargent.

Continued Page 7

List of Advertisers (pages 58-63)

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Thank You! to our Advertisers

(Regarding Ad space, please contact the TOB editor.)

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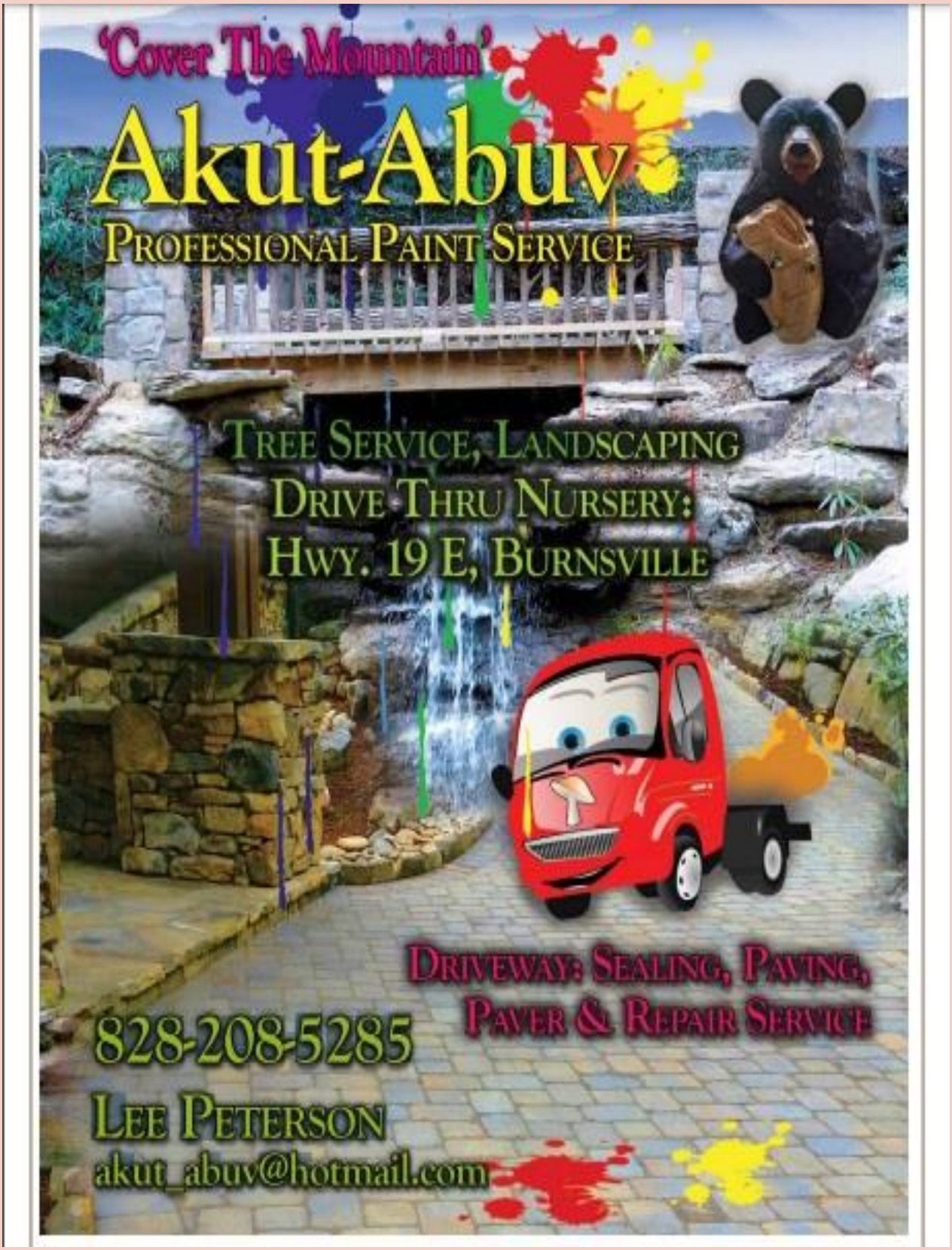
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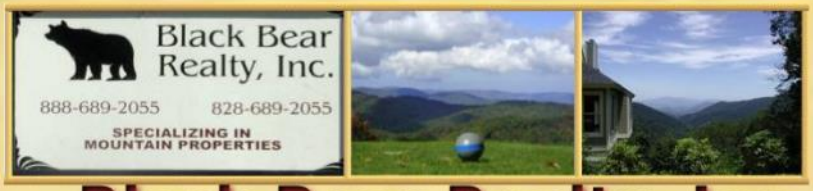

Black Bear Realty, Inc
Tom Ploski 828 380 9451
Tom@BlackBearRE.com
Broker/Realtor/Analyst #250424
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"Success occurs when opportunity meets preparation," Zig Ziglar

[Photo taken at the fence above the WL playground.]

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* Photos include virtual furniture

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