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# Lake Views and News

THE JUNALUSKANS

◆  
August 2024



## WHAT'S HAPPENING AT LAKE JUNALUSKA

- **Yoga at the Lake** on Aug 6 from 6:30-7:30p at Inspiration Point near Lambuth Inn.
  - **Paddle to the Cross** on Aug 7 & 14 at 8:30a. Meet at the Boat Beach.
  - **Storytelling & Music Around the Campfire** on Aug 8 & 15 at 8p at the Shackford Firepit.
  - **Summer Worship Service Series** concludes on Aug 11 at 9a with Rev. Jack Shitama. (White Tent)
  - **Will it Float?** on Aug 14 at 10a. Bring your best homemade, manned water craft that floats and doesn't have a motor. (Boat Beach)
  - **Journey to Joy Women's Retreat** will be Aug 23-25 at the Lambuth Inn.
  - **Haywood Community Band Concert** on Aug 25 at 4p. (White Tent)
  - **Lake Junaluska Artists in Residence (AIR) Art Show** on Aug 29- Sep 2 from 10a-4:30p in Room 201 at the Harrell Center.
  - **AIR Art Market & Silent Auction** on Aug 31 from 8a-3p in the Harrell Center.
  - **Associates Celebration Weekend** is Aug 30 - Sep 1.
  - **Friends of the Lake 5K** on Aug 31 at 8a.
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## Change of Venue for August Junaluskan's Meeting

The August meeting of the Junaluskans will take place on the 7th at 10:00am in the **Terrace Hotel Auditorium**. Our guest speaker, Caroline Richardson, a massage therapist at Wellness by the Lake, will be giving a presentation about the unifying support system of the body, the fascial web. This long-ignored and misunderstood membranous structure surrounds and connects everything inside of us. New research is revealing the vital impact fascial health has on the rest of the body. We hope you will find this presentation not only interesting but important to your health. If you've never heard of the fascia read below what some of our finest medical institutions say about it.

From John Hopkins Medicine:

Fascia is a network of connective tissue that surrounds and holds every organ and muscle in place. Learn how to prevent and treat fascia problems that can cause pain, stiffness and limited mobility.

From Cleveland Clinic:

Fascia is a type of connective tissue that surrounds and supports every part of your body. Learn about its function, anatomy and common conditions that affect it, such as plantar fasciitis, myofascial pain syndrome and frozen shoulder.

**TRAVEL GROUP**  
*Sept 6th*

Friday, September 6th, the Junaluskan's Travel Group will explore the **Nantahala Outdoor Center, Stecoah Valley Cultural Arts Center, Fontana Dam and Visitor's Center (highest dam east of the Rockies) and the Fontana Marina**. Expect great views of Lake Fontana, learn about it's history, enjoy a delicious early lunch, etc. The group will meet at the Bethea Welcome Center at 10:00 to form carpools if you wish and depart soon after. For more information contact your Travel Group Coordinators George and Sondra Shepherd at either [shepherdgeorge@att.net](mailto:shepherdgeorge@att.net) or 405-596-2632.

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### Prayer Concerns

Diane Foederer - recovering from shingles  
Jean Pate - second stroke  
Delmas Copeland - aggressive prostate cancer diagnosis

*Caring & Sharing*  
Hilda Ryan  
hryan.777@gmail.com

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# “Wesleyan Roots” is Festival Theme

Junaluskans interested in the second half of life will find the **Festival of Wisdom and Grace** a meaningful time. The annual event at the Lake is August 19-22 this year. Dr. Ashely Boggan D., head of Archives & History for the UMC, is the keynote speaker and Bishop Lawson Bryan is the conference preacher. Those living in the area can register for the program only if housing is not needed. Members of the Junaluskan community leading workshops include Bishop Charlene Kammerer, Ashley Calhoun, Sarah Tippet and Melissa Tinsley. George Shepherd is a member of the Design Team. Register on-line under the events section of the LJA website or, for more info, contact [programming@lakejunaluska.com](mailto:programming@lakejunaluska.com) or 828-454-6716.

## Hiking Group



The upcoming hike for Junaluskans will be to **Swamp Camp Gap from Bear Pen Gap Overlook** on the Parkway on Aug 16. The name may not sound inviting but it is a thrilling place – a large field filled with phlox, blackberries and blueberries (see photo). There is also a nice overlook with mountain views. The relatively easy trail is 3 miles with minor climbs totaling 340 feet. Meet at Bethea Welcome Center at 8:30a to form carpools. Bring water, lunch, sun screen and containers for berries (if they aren't already picked out)! Contact Hike Leader George Shepherd for more information: [shepherdgeorge@att.net](mailto:shepherdgeorge@att.net) or 405-596-2632.



## GARDEN TALKS



### Check out the Corneille Bryan Native Garden Programs for the rest of 2024:

- Aug 14 - Native Ferns for Gardens, with Janet Manning (1p)
- Sep 20 - Treatment for Healthy Hemlocks, Hemlock Restoration Initiative (10-11:30a)
- Sep 26 - Tree ID with Kay Kirkman (1p)
- Oct 16 - Plant Propagation with Janet Manning and Melissa Tinsley (1p)
- Oct 25 - Mammals in our Habitats with Tess Fernandes (1p)

For all events, meet at the lower garden entrance on Stuart Circle.

For more information, contact [CBNativeGarden@gmail.com](mailto:CBNativeGarden@gmail.com). To learn more about the Corneille Bryan Native Garden, visit the garden's Facebook page or Lake Junaluska's gardens page.

# Lessons Learned from My Parents

The first presidential election I remember was when I was seven years old. While I did not fully understand the process or who the candidates were, I distinctly remember that my parents favored one of the candidates, and I was, thus, for that candidate. One day, when I came home from school, I noticed that someone had given my father a political poster for our favored candidate. Before going to bed that night, I proudly placed the poster in my bedroom window, which faced the street in front of our house. When I awoke the following day, the poster was gone. My parents explained their belief that, while we had strong opinions regarding our favored political candidates, our family kept our political opinions to ourselves and did not place signs for political candidates in our yards or homes.

Over the years, I have learned that not everyone shares my parents' views regarding political candidate signs. For many, these signs are visible expressions of civic engagement or freedom of speech. Even though this is not a practice within our family, I deeply respect and appreciate that we live in a country where diverse opinions are not only allowed but embraced.

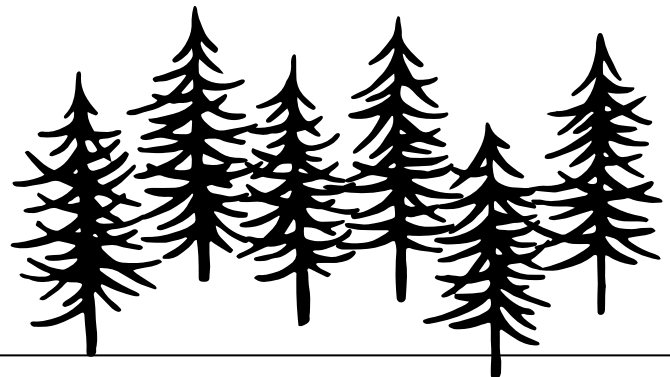
During election years, we are often asked if Lake Junaluska has a policy regarding political signs. As a not-for-profit, faith-based organization, we do not allow political signs on property owned by Lake Junaluska Assembly. This includes the walking trail, gardens, and along the

state roads that run through our community. Our staff work diligently to remove political candidate signs from Assembly-owned property throughout the election season, and the NC General Statutes provide clear guidance on our right to remove the signs from these areas.

As a community, we do not have a policy prohibiting political candidate signs on private property within the Assembly. This means that some members of our community will choose to place signs for political candidates on their property. We always hope that community members who choose to do so are thoughtful and considerate as they express themselves.

Living at Lake Junaluska for the past 21 years, I have learned that this is a place where, even during election season, we can respect our differences and focus on the things we agree on. We deeply love this place, and every day, we work together to ensure that it is a place of Christian hospitality where lives are transformed through renewal of soul, mind and body. Thank you for your ongoing support of our beloved community and your respect for each other.

*Yours in Christ, Ken Howle*



## LAKE JUNALUSKA GUESTS

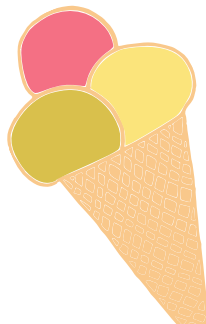
- Hemophilia of North Carolina (Aug 2-4)
- The Salvation Army (Aug 2-11)
- Mizo Church (Aug 2-4)
- Dogwood Health Trust (Aug 6)
- Open Eyes (Aug 7-9)
- Mercy USA (Aug 8-10)
- Landmark Apostolic Church (Aug 9)
- NC Conf of Clerks of Superior Court (Aug 12-16)
- Carolina Fiber Retreats & Tours (Aug 15-18)
- Scrapbooking Retreat (Aug 15-18)
- Sound FX Clogging (Aug 16-18)
- Studio 180 Design (Aug 18-24)
- Festival of Wisdom & Grace (Aug 19-22)
- Women's Retreat (Aug 23-25)
- Blue Ridge Big Band (Aug 23)
- Write Wild Co. (Aug 26-Sep 1)
- NC Dept of Public Instruction (Aug 26-30)
- Revol Church (Aug 29-31)

## 2024 Junaluskans Events - Save the dates!

*(General meetings are always  
the first Wednesday of the  
month at 10 am)*

- August 25 - Haywood County Band at the White Tent 4p
- August 27 - Junaluskan Dinner at Terrace Hotel
- September 17 - Hymn Sing 6:30p at Biblical Garden
- October 8 - Vespers 4p at LJ Chapel
- October 15 - Soup "potluck" lunch at York Dining Commons
- December 10 - Christmas dinner at Lambuth Inn
- December 14 - Lessons and Carols at LJ Chapel

**WANT MORE INFO ABOUT LJ ACTIVITIES??  
CHECK OUT THESE RESOURCES**



- Bethea Welcome Center
- Terrace Hotel Front Desk
- Lambuth Inn Front Desk
- Gifts and Grounds
- Assembly Public Works
- Junaluska Weekly (can be picked up at any of the locations listed above and also online at <https://bit.ly/LJweekly>)
- [www.lakejunaluska.com/Calendar](http://www.lakejunaluska.com/Calendar)
- Junaluska Assembly Community Council Minutes and Lake Views & News can be found at [lakejunaluskacommunity.com](http://lakejunaluskacommunity.com)



# FELLOWSHIP GROUPS

The 2024- 2026 Fellowship Groups have been compiled. Monthly meals will begin in September. Your group leader will be contacting you to establish a date and time for your first gathering. Hope you enjoy!! - Grace Gattis

SHAVER LUNCH- Jeanette Shaver, Adma Ross, Margaret Fite, Jackie Wolfe, Ginny/Tim Moe, Anna Ruth Conway
FOLDS LUNCH- Susan Folds, Gregg Tomlinson, Charlie/Meg Guyton, Leigh/Charlene Kammerer
LEMASTERS LADIES LUNCH- Jan Lemasters, Gail Holt, Diane Boston, Cherry Stone, Dana Meek, Hazel Morgan, Jan Lipp, Patrice DeMay
STANTON LUNCH- Debbie/Barbie Stanton, Steve Berwager, Paul Davenport, Sylvia Russell, Peyton Adams, Diane Goodgame, George Fields
AMICK LUNCH- Margaret Amick, Paul/Laura Young, Melanie Young, Larry/Rhonda Stanes, Ron/ Nancy Clauser
VARNER LUNCH (outside of Waynesville)- Linda Varner, John/Ginger Rutland, Nancy Thomasen/Lanier Bayliss, Patricia Parrish/Gary Phillips, Donna Surret
GATTIS LUNCH- Grace Gattis, Margaret Ervin, Paul/Judy Starnes, Willie Hubbard, Wanda Rogers, Rich/Bettyanne Buell
GOLSON LUNCH- Bruce/Cat Golson, Laura Wohlberg, Jim/Evelyn Corell, Shirley Fakler, Diana Little
MICKLE LUNCH- Jeff Mickle/Deborah Austin, Sam/Kitty Crain, Jack /Sharon Carlisle, Jean Pate, Carroll/Kay Eddleman
KENNEY-YOUR OWN WAY- George/Wanda Kenney, Jack/Cynthia Ewing, Steve Younce/Ann Scott, Mike/Diane Pass
SCOTT- YOUR OWN WAY - John/Sandra Scott, Rich/Rachel Moser, Doug/Alyce McSwain, Daphne Chapman, Linda Henley
LAFONTAINE-YOUR OWN WAY - Ed/Judy LaFontaine, Pat/Lyndon Dean, Bob/Mary Stack
SHEPHERD FRIDAY DINNER - George/Sondra Shepherd, Barbara/Leo Coffee, Ed Hernadez/Cindy Adamson
ALLEN DINNER - Wayne/Anna Allen, Rush/Nancy Hood, Frank/Pat Dunnewind

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# HAYWOOD CHORAL SOCIETY



Haywood Choral Society's 2024 Fall Concert Season is starting soon! The popular group, directed by Don Kirkindoll will begin rehearsals in September for their December holiday concert. All interested singers are welcome to join HCS. Online registration will be available beginning August 12th via a link on the chorus website and by email to HCS members.

Rehearsals for the fall choral season begin on Monday, September 9th, with registration opening at 5:15p followed by a full chorus rehearsal from 6:30-8:30p. The chorus will rehearse at the First United Methodist Church in Waynesville, 566 South Haywood St. Membership dues are \$40.00 which helps to cover the cost of purchasing music and the hiring of instrumentalists for the concert performance. Scholarships are available upon application. Rehearsals continue each Monday evening for 12 weeks with a dress rehearsal on December 7th and a concert performance on December 8th.

*Haywood Choral Society was created in 1997 with a goal to help preserve an appreciation for the great classical music of the past, as well as the present. The chorus performs classical, spiritual, folk, gospel, and contemporary music. The ability of its singers to read music is not essential but is very helpful, as some of the music is challenging.*

*For additional information about singing with the choral society, email us at [haywoodchoralsociety@gmail.com](mailto:haywoodchoralsociety@gmail.com). Follow us on Facebook and visit our website at [haywoodchoralsociety.org](http://haywoodchoralsociety.org).*

Victor Dingus and Melba & David Hanson represented the Swan Keepers in the Holiday Parade. They decorated the golf cart, tossed candy, and accepted numerous "THANK YOUs", applause, and words of encouragement from the spectators along the route. The reaction was overwhelming and showed great appreciation for the Swan Team's work. (Margaret Amick, The Junalusks Membership chair, drove the golf cart.)

## LIBRARY NEWS

August is a great month to read an old-fashioned mystery!! We have quite a few books by Louise Penny (Three Pines Mystery), Agatha Christie, and Sherlock Holmes. There is also a nice selection of children's books for you to check out anytime your grandchildren visit. Remember, your name goes on the card and we limit children to three books please. Stop by and give us your new contact information so we can update our patron list. We need a few more volunteers for weekly, monthly, and subbing spots. Give us a call if you can help. We always appreciate your donated books.



Diana Foederer 828-246-1414  
Stephanie Schulz 850-445-4375

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# FINANCIAL REPORT

2024 - 2nd Quarter

JUNALUSKANS FINANCIAL REPORT 2024					
As of June 30, 2024					
772	BUDGET	January - May	June	YTD	Balance AMOUNT OVER/UNDER BUDGET
<b>Bank Balance:</b>					
<b>RECEIPTS:</b>					
Flea Market	\$15,000.00			\$0.00	(\$15,000.00)
Member Contributions	\$10,000.00	\$8,770.00		\$8,770.00	(\$1,230.00)
Miscellaneous (Balance brought forward)	\$5,300.00	\$24,701.45		\$24,701.45	\$19,401.45
<b>TOTAL INCOME</b>	<b>\$30,300.00</b>	<b>\$33,471.45</b>	<b>\$0.00</b>	<b>\$33,471.45</b>	<b>\$3,171.45</b>
<b>EXPENSES:</b>					
<b>ADMINISTRATION</b>					
PRINTING LV&N & COPIES	\$1,800.00	\$512.18		\$512.18	(\$1,287.82)
FLEA MARKET EXPENSE	\$1,500.00	\$95.34		\$95.34	(\$1,404.66)
POSTAGE	\$250.00	\$168.56		\$168.56	(\$81.44)
BANKING CHARGES	\$450.00			\$0.00	(\$450.00)
<b>TOTAL ADMINISTRATION</b>	<b>\$4,000.00</b>	<b>\$776.08</b>	<b>\$0.00</b>	<b>\$776.08</b>	<b>(\$3,223.92)</b>
<b>SERVICES &amp; BEAUTIFICATION</b>					
ASBURY TRAIL	\$2,000.00	\$548.70		\$548.70	(\$1,451.30)
GARDENS, ROSEWALK	\$3,500.00			\$0.00	(\$3,500.00)
INSPIRATION POINT	\$1,000.00			\$0.00	(\$1,000.00)
BIBLICAL GARDEN	\$1,000.00			\$0.00	(\$1,000.00)
CORNEILLE NATIVE GARDEN	\$2,000.00			\$0.00	(\$2,000.00)
LAKE & BOOMS (Operation & Maintenance)	\$750.00	\$624.89		\$624.89	(\$125.11)
FULBRIGHT PARK	\$500.00			\$0.00	(\$500.00)
SEASONAL DECORATIONS	\$3,000.00	\$518.17		\$518.17	(\$2,481.83)
SWAN FEEDING PROGRAM	\$2,250.00	\$1,459.34		\$1,459.34	(\$790.66)
<b>TOTAL SERVICES &amp; BEAUTIFICATION</b>	<b>\$16,000.00</b>	<b>\$3,151.10</b>	<b>\$0.00</b>	<b>\$3,151.10</b>	<b>(\$12,848.90)</b>
<b>MINISTRIES &amp; FELLOWSHIP</b>					
PRAYER MINISTRY	\$ 350	167.84		\$167.84	(\$182.16)
CARING & SHARING	\$ 200			\$0.00	(\$200.00)
CHORAL SOCIETY	\$ 1,000			\$0.00	(\$1,000.00)
LAKE JUNALUSKA ARCHIVES	\$ 250	\$200.98		\$200.98	(\$49.02)
SCHOLARSHIPS	\$ 1,000			\$0.00	(\$1,000.00)
JUNALUSKANS DINNERS/PROGRAMS	\$ 2,500	\$1,681.50		\$1,681.50	(\$818.50)
CLOTHES TO KIDS	\$ 1,000			\$0.00	(\$1,000.00)
LJA STAFF CHRISTMAS PARTY	\$ 500			\$0.00	(\$500.00)
HAYWOOD COMMUNITY BAND	\$ 500			\$0.00	(\$500.00)
INTERNET SERVICE	\$ 800	\$430.26		\$430.26	(\$369.74)
<b>TOTAL MINISTRIES &amp; FELLOWSHIP</b>	<b>\$8,100.00</b>	<b>\$2,480.58</b>	<b>\$0.00</b>	<b>\$2,480.58</b>	<b>(\$5,619.42)</b>
<b>Miscellaneous &amp; Special Projects</b>	<b>\$2,200.00</b>	<b>\$12,647.33</b>		\$12,647.33	\$10,447.33
					\$0.00
<b>TOTAL EXPENSES</b>	<b>\$30,300.00</b>	<b>\$19,055.09</b>	<b>\$0.00</b>	<b>\$19,055.09</b>	<b>(\$11,244.91)</b>
					\$0.00
<b>PROFIT/LOSS (MONTHLY INCOME LESS EXPENSES)</b>	<b>\$0.00</b>	<b>\$14,416.36</b>	<b>\$0.00</b>	<b>\$14,416.36</b>	<b>\$14,416.36</b>
<b>775</b>					
<b>JUNALUSKANS SPECIAL PROJECTS</b>	<b>Beginning Balance</b>	<b>INCOME</b>	<b>EXPENSE</b>	<b>YTD BALANCE</b>	
p9095 - CHORAL SOCIETY FUND	\$6,606.18	\$8,948.00	\$6,700.65	\$8,853.53	
p9096 - EMPLOYEE ASSISTANCE	\$9,967.37	\$487.40		\$10,454.77	
p9128 - JUNALUSKANS DESIGNATED GIFTS (Swans)	\$1,844.55	\$500.00	\$1,108.26	\$1,236.29	
p9099 - JUNALUSKANS DIRECTORY FUND	\$613.41			\$613.41	
p9103 - VESPER FUND	\$3,684.02			\$3,684.02	
p9108 - SEASONAL DECORATIONS MEMORIAL	\$1,216.39			\$1,216.39	
p9110 - MISC SALES	\$2,953.50			\$2,953.50	
p9130 - FOOD MINISTRY	\$1,693.97		\$1,693.97	\$0.00	
p9101 - TENT FUND	\$1,918.52			\$1,918.52	
p9116 - TRAVEL COMMITTEE	\$2,115.76			\$2,115.76	
<b>TOTAL</b>	<b>\$32,613.67</b>			<b>\$33,046.19</b>	
<b>772</b>					