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www.westhillsknoxville.org/become-a-member



BE SAFE. BE SEEN.
WEAR REFLECTIVE AND HIGH-VISIBILITY GEAR WHEN WALKING OR RIDING BIKES.

Thank You ELLENBURG NURSERY!

For supporting the West Hills Dogwood Trail grand opening celebration, the West Hills Elementary School landscape renovation, and all you do to help make West Hills a beautiful and caring neighborhood.

From your West Hills friends and the West Hills Community Association



AFFORDABLE OUTDOOR SERVICES + NO CONTRACTS + FREE ESTIMATES

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West Hills Neighbors

April 2022 Edition

Spring is Here!

PRESIDENT'S CORNER

It's official: spring 2022 is here and the West Hills Dogwood Trail has been dedicated with its Grand Opening Celebration on March 24. We have so much to be grateful for.

First I want to thank **Emily DeJarnett**, WHCA Dogwood Trail committee chair, and her team of volunteers and our friends with Dogwood Arts Festival for a wonderful event to mark the official opening of our wonderful new Dogwood Trail.

Among dignitaries in attendance were **City Mayor India Kincannon**, **County Mayor Glenn Jacobs**, **DAF Executive Director Sherry Jenkins**, **DAF Board Chair Eric Botts**, other DAF board members, **County Commissioner Larson Jay**, trail chairs from five different Dogwood Trails, and our DAF advocate and mentor, **Connie Wallace**.

You would think after that accomplishment, a rest would be in order. But your WHCA volunteers keep getting things done. These include organizing litter clean-ups and the annual Easter Egg Hunt which has been expanded into an all-day event named Spring Fling. Details inside this edition. And plans are underway for the Summer Picnic!

Your support and involvement deserve all the credit for everything mentioned above. You make West Hills such a remarkable and desirable place to call home. I'm so thankful my family and I live in such a wonderful and beautiful neighborhood.

Happy spring!

Lee Hume, President
West Hills Community Association

UPCOMING EVENTS

APRIL

All Thursdays **Pickle Ball**-(weather permitting)

Any Day **Marathon in a Month** tracking

April 1 **Recipe of the Month** by Emily Ernst

April 2 **Neighborhood Conference** at Convention Center downtown

April 8 **Book Club**- Finley Donovan is Killing It by Elle Cosimano

April 9 **Easter Egg Hunt and Spring Fling** (Rain date on Saturday, April 16)

April 12 **Theatrical Activity on Zoom** - *Bel and the Dragon: A Story Auditions for the Bible*

April 23 **Outdoor Bike Ride** (weather dependent)

April 29 **Fifth Friday in Front Yard with a Food Truck**

MAY

May 1 **Facebook Video of Cooking Club and Recipe of the Month**

May 10 **Theatrical Activity on Zoom: Stories of the People: Sky Lore of the American Indians**

May 13 **Book Club: The Boys in the Boat** by Daniel James Brown

May 15 **Backyard Yoga** - with You Tube video

May 2 **Wesley Road Dog Walk**

May 21 or 22 **Outdoor Bike Ride** (weather dependent)

May 27 **End of School Movie Night**



ALL DAY SATURDAY
STARTING AT 10AM

APRIL 9

WEST HILLS PARK
NORTH WINSTON ROAD SIDE
OF THE PARK

Details at westhillsknoxville.org



- Official Dogwood Arts Festival West Hills Trail Map
- West Hills Awards
- Litter Clean-Up
- Healthy West Hills events
- & MORE!

www.westhillsknoxville.org

Dogwood Trail April 1-30

Dogwood Arts and WHCA is excited to announce the addition of the first new Dogwood Trail to be added to the Historic Dogwood Trails & Gardens program in more than 20 years.

The beauty of the West Hills neighborhood will be on full display during Knoxville's favorite springtime celebration.

Our West Hills Trail has over 8 miles of blooming landscapes for the public to enjoy. Our trail adds to more than 85 miles of beauty along the 12 other Dogwood Trails.

The festival runs April 1-30. Visit dogwoodarts.com/events for more information.

Award Winning West Hills

Healthy West Hills and WHCA are up for various awards at the 2022 Neighborhood Conference at Convention Center on Saturday, April 2. Our community has many wonderful neighbors that do amazing things. Stay tuned for results at the WHCA website. westhillsknoxville.org

Easter Egg Hunt & Spring Fling

Our Annual Neighborhood Easter egg hunt will start at 10am sharp. We will hide eggs for three age divisions all around the grassy areas of the large pavilion across from the large playground.

New this year is a collaboration with Healthy West Hills to encourage a multi-generational interest to come out to our newly named "Spring Fling." We will have a couple of food trucks in the parking lot. Healthy West Hills will host events in and around the park between 8am and 5pm. Activities will include yoga, a tennis lesson, pickleball, a Sheffield Sidewalk Stroll Through the Blooms, information tables, and a family scavenger hunt.

If it rains, we will have this event on 4/16.

Details at westhillsknoxville.org

Wesley Neighbors Clean Up

Big thank you to all those that helped with the Wesley Neighbor's neighborhood clean-up! We had 25 folks from our West Hills neighborhood and City Council member **Lynne**

Fugate, Janet Testerman, and Andrew Roberto participate as well. Really a great group with lots of energy.

We split up and cleaned the Bearden Branch Library, West Hill Elementary grounds, part of the John Bynon Park as well as roads that include: Wesley, Sheffield, Yorkshire, Whitehall, Vanosdale, Broome and Buckingham. The group collected 40 half to full garbage bags of litter/trash. Amazing what gets thrown out the car. Amazing.

Great to see so much enthusiasm Saturday and thanks neighbors for making West Hills gorgeous!

WH Lawn and Meat Supports Beautiful Yards and Outdoor Grillin'

West Hills Lawn and Meat is a West Hills neighborhood organization focused on community and fellowship.

Our members have an admiration for lush green lawns and meats cooked or smoked on the grill.

WHL&M shares tips, best practices and recipes aimed to equip homeowners to take control of their lawns and master the grill.

Each month WHL&M awards a "Lawn of the month", sponsored by **Dickens Turf and Landscape Supply and Abridged Beer Company**, to the neighbor with the best lawn.

The award not only comes with a sign for the front yard but recipients also receive a reward for their hard work in doing their part to keep the neighborhood beautiful.

WHL&M is a giving organization extending into community outreach and charitable work for our community. If you are interested in the organization or would like to contribute to WHL&M, please follow us on **Instagram @westhillslawnandmeat** or email us at westhillslawnandmeat865@gmail.com.

Healthy West Hills Keeps You Moving and Healthy

We have continued our plans with the city of Knoxville Office of Neighborhood Empowerment to raise our status as a Healthy Neighborhood. Please join us in this venture.

One of the easiest ways for neighbors to become involved is the Marathon in a Month program. Neighbors submit mileage/minutes for any of their physical activities. See examples, and log your own activities at bit.ly/HWHmarathontracker.

If you need any help with recording your numbers or want to receive our bi-monthly newsletter that provides details about all of the Healthy West Hills activities, write to Anne at anneccrais@gmail.com.

Recipes

Thank you **Chico Ogiso, Peter, and Yun** for creating this fantastic cooking demo of **Spinach Cheddar Muffins** for Healthy West Hills. Here's to healthy eating.

READY IN: 40mins
YIELD: 12 muffins

INGREDIENTS

2 cups all purpose flour
1 cup shredded cheddar
2 cups frozen spinach
2 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
2 eggs
1 cup milk
2 tablespoons butter, melted
Pan spray (like Pam)

DIRECTIONS

Preheat oven to 350F.

In a medium bowl, combine flour, salt, sugar, baking powder, cheese, and spinach. Stir using a spatula.

Add eggs, milk, and butter. .

Stir until blended thoroughly.

Prepare muffin pan by spraying with vegetable oil spray.

Divide mixture into the muffin pan, filling about 2/3 full.

Bake 20- 30 minutes, or until muffin tops just begin to brown.

Remove from the oven, and remove muffins from tin.

Leftover muffins can be refrigerated for up to 3 days. They can also be stored frozen for a few weeks. They can be reheated easily, and they make great snacks on the go.

Another thank you goes to **Emily Ernst** (age 16) for her **Chocolate Oat Cookies** recipe.

½ cup oats

1 ripe banana

1 tbsp nut butter

1 tbsp milk of your choice

½ scoop protein powder

1 tsp baking powder

Optional, but highly recommended cinnamon, vanilla, chocolate chips

Scoop out spoonfuls on baking trays.

Cook at 400 degrees for 10 minutes.

Enjoy!


Join WHCA Today

Your West Hills Community Association has been the voice for you and your neighbors for more than 60 years. It has a sterling reputation as being the community's most thoughtful, informed, and effective advocate on major issues challenging our neighborhood. Additionally, it hosts special events throughout the year for all West Hills residents.

Your \$20 annual membership, sponsorships, and gifts to WHCA provides the financial resources that allow the association to host its website, publish and mail the newsletter six times/year, host events like the Easter Egg Hunt/Spring Fling, and obtain special expertise when needed such as when challenging threatening land developments.

Thank you to those who have become members and/or made donations. If you have not yet signed-up for 2022 and would like to support your community association, you can easily use the QR code on back page or key-in westhillsknoxville.org/become-a-member to complete your membership form and/or make an additional gift to WHCA.

Thank you for supporting **your WHCA!**

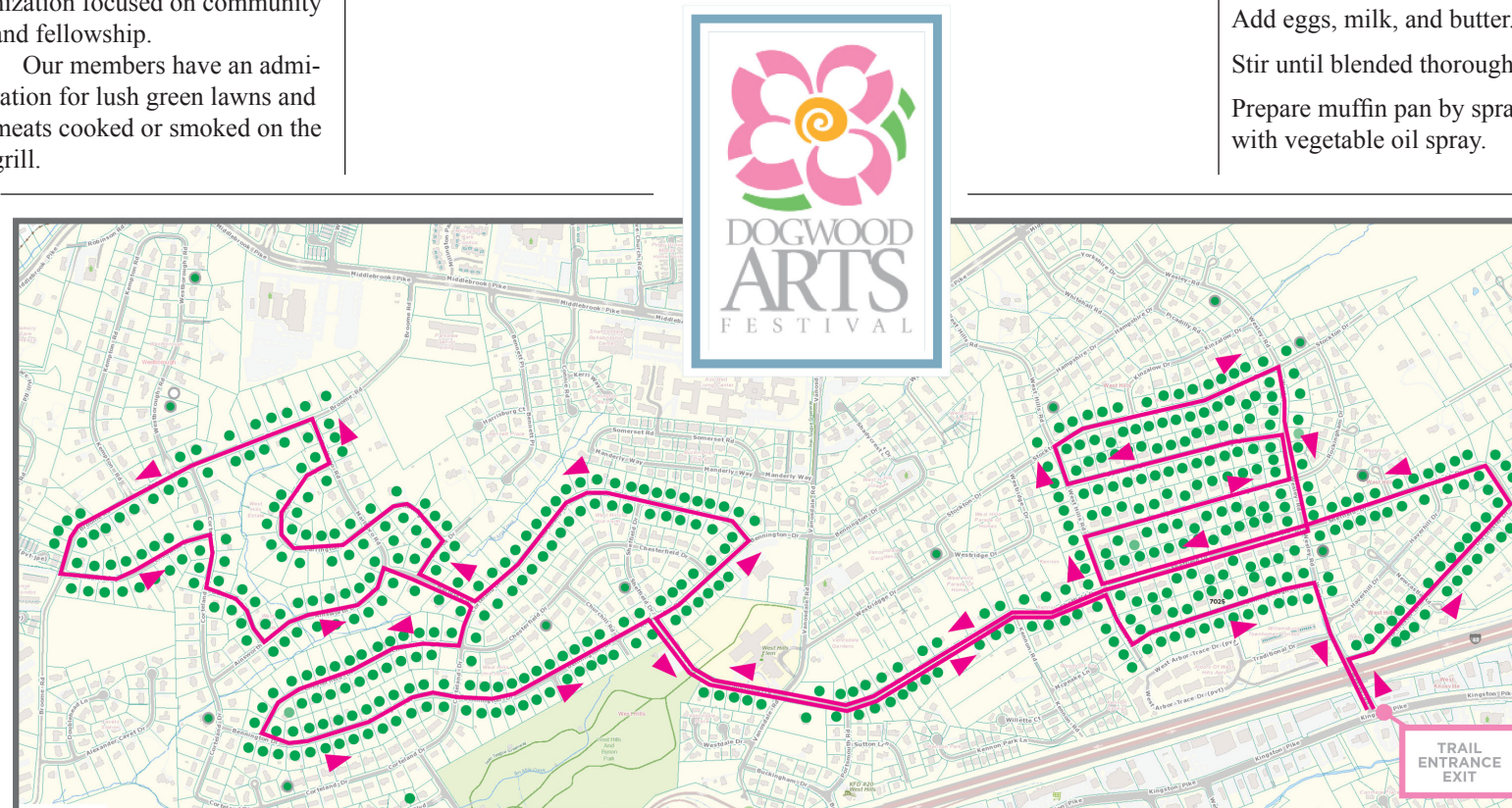


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