
THE FLAGSHIP



October 31, 2021

Tom King, Editor

Look What's Coming Up!!!

Nov. 3: Board of
Directors, 11 a.m.

Nov. 3: Club Assembly

Nov. 10: Pat Polis,
President, Vietnam
Veterans of America
Chapter 1078

Nov. 17: Jeff Devlin,
Asst. Chief of
Operations, Rural Metro

Nov. 24: No Meeting!
HAPPY
THANKSGIVING!

(All meetings begin at
12:15 — unless noted
otherwise)



***HAPPY
HALLOWEEN
FROM
FARRAGUT ROTARY!!!***

Our Sleep in Heavenly Peace Team Of 30+ To Build Beds on Saturday

A Farragut Rotary team of perhaps 30 to 40 — including members, family members and Interact students — will join builders from **Sleep In Heavenly Peace** on Saturday (Nov. 6) at Fox Den Country Club to build beds for kids in Knox County and East Tennessee who do not have a bed to sleep in.

If the weather cooperates, everyone will meet in Fox Den's North parking lot (on the left as you enter the property) at 9:30 a.m. Service Projects Chair Scott Bertini will have OJ and donuts for everyone.

If the weather does not cooperate, the build will be held indoors at Noah Myers' building in Lenoir City at 255 Kevin Lane. Early weather forecasts are predicting sunshine and highs of around 57 on Nov. 6 with a zero chance of rain.



Scott suggests you may want to bring work gloves and safety glasses. If you bring tools please put your name on the tools.

Scott will not be at our meeting Wednesday, so if you have questions shoot him a text at (865) 898-4421.

Fass Fascinates With His Drug Lecture

Professor Howard Fass, B.S, PharmD, mesmerized his class of Farragut Rotarians Wednesday with his knowledge, opinions and recommendations on a variety of topics related to health, drugs and lifestyles. A practicing pharmacist for 30 years, he is mostly retired but still works when needed at the Helen Ross McNabb Center.



He spoke to our club last year about a month before COVID hit the U.S. and the world. He says this week's presentation was what he didn't get to cover in 2020.

He had three pieces of advice about COVID:

1. Get the vaccinations and booster shots.
2. Wash your hands constantly (in cold water because using hot water only irritates your skin and does not help with cleaning).

3. Howard also said you can get your COVID injections and flu shots at the same time but in different arms.

He said to be wary of fake pills and make sure you know what is in the meds you are taking, especially with OTC products. "Some pills today contain fentanyl, meth and synthetic opioids and you really have to be careful," he said.

Some of us learned a new term — dispills. Howard showed us a dispill. The blister cells can hold up to 31 days of morning, noon, evening and bedtime doses and a printed label with personalized instructions. This helps give your highest-risk patients a way to ensure they are taking the right medication and the right dose at the right time. It's ideal for patients with multi-dose requirements, alternate or long-term care sites, or patients with

Four-Way Test

Rotary's Four-Way Test
of the things we think,
say or do:

- 1) Is it the **TRUTH**?
- 2) Is it **FAIR** to all
concerned?
- 3) Will it build
GOODWILL and
BETTER
FRIENDSHIPS?
- 4) Will it be
BENEFICIAL to all
concerned?

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Denise Bash does a
great job of keeping
the page updated. If
you have not visited
our page, we invite
you to do so and to
also **LIKE** the page!

Here is a [LINK](#) to
our page.

over-the-counter (OTC) regimens, such as fitness
or dietary supplements.

He warned us about added sugars in our diets and
said the limit for women should be 24 grams a day
(about 6 tsp) and 36 grams for men (about 9 tsp).
Cereals, he said, are full of added sugars and the
healthiest cereal is Cheerios.

Howard says this year's flu season could be
devastating. "Many people didn't get flu shots last
year and their immunity is way down and it's
really important to get a flu shot this year and get
it soon," he said. "The flu got lost in the COVID
shuffle last year. Not this year."

His lecture also included these bits of information:

- Sunscreen: Use sunscreen with a SPF (sun
protection factor) of 15. All you need is the 15, he
says, not the 30 or 50 SPF, and reapply every two
hours.
- One-third of all meds are taken by the elderly 65
and over.
- For UTIs drink lots of water, cranberry juice and
take the Pyridium pain reliever.

Class dismissed! Great program, Dr. Fass.

RCF Contributions to Senior Center Highlighted in Dedication Ceremonies

The new **West Knox County Senior Center** in Farragut had its dedication ceremony this past Monday and the Rotary Club of Farragut and the Rotary Club of Bearden were front and center as part of the celebration. The two clubs worked together to fund the center's new outdoor recreation area.

With matching funds from Rotary District 6780, this \$11,500 project provided 6 raised planter boxes, 8 steel picnic-style tables with seats, including two with umbrellas, 4 patio benches, 2 outdoor baseball corn hole games, 4 regular corn hole games, and gardening supplies and plants. Farragut Rotary's contribution to the new area was \$5,000 and Bearden chipped in with \$750.



“This is a great outdoor recreation area – the benches and raised gardens, the tables and games – we didn't have any of that and it's wonderful that the Farragut and Bearden Rotary clubs put this project together for us and made it happen,” said Darrell Gooding, the coordinator of the Senior Center.

As part of the ceremonies, a plaque of appreciation mounted on the building was unveiled. Just below the Rotary emblem are these words: “Dedicated to the physical, social and intellectual well being of the senior citizens of Knox County.”

Our Service Projects Calendar

Nov. 6 Sleep In Heavenly
Peace bed project.
Location/time TBA

Dec. 4 & 18: Salvation
Army Bell Ringing,
Kroger in Farragut

Dec. 17: East Tennessee
Children's Hospital Toy
Drive/Angel Tree

There for the celebration were Rev. David Bluford, president of Farragut Rotary, Immediate Past President Ed Jones, who began the project during his year as president in 2019-2020, Ron Williams, the mayor of Farragut who is also in Farragut Rotary, and Janice Mitchell of Bearden Rotary, who also serves as a Rotary District 6780 Assistant Governor (pictured above).

The Rotarian most instrumental in making this happen was **Becky Duncan**, Past President of Farragut Rotary and chair of its International Service and Grants Committee. She missed the ceremonies, out of town visiting family in Wyoming.

The center, at 239 Jamestowne Blvd. just off Campbell Station Road, had its opening delayed due to the COVID pandemic. Gooding said in its first month it has had approximately 2,500 seniors through its doors. The center is open Monday through Friday from 7:30 a.m. to 4 p.m.

Wednesday's Visitors & Guests

- **Jeff Devlin**, Assistant Chief of Operations for Rural Metro Fire, was PP Tom King's guest. Jeff and his family live in Farragut and he works at the station on Campbell Station Road. Jeff is a Prospective Member. You'll be hearing from him this month on Nov. 17 when he speaks to the club.
- We had one Visiting Rotarian with us — **Dr. Saleh Shahid** from the Knoxville Volunteer club.
- **Tammy Cheek** of the Farragut Press was with us as again.



The Family of Rotary Report

Judith Bradbury says that **Phill's** "sleep days" are increasing — which is why they missed our meeting on Zoom Wednesday. They will miss this week due to an appointment about his wheelchair. She says that on some days he's awake for only five hours or so. "We have had a series of bad days this past week — and this makes it difficult to get him to take his meds and get adequate food and drink," Judith said.

PP Peggy Wilson says she is not feeling very well today after her shoulder replacement surgery. "I'm thankful to have people checking on me," she says. "I have an appointment with the surgeon Thursday afternoon to take off the bandage and see what's next. The sling arm is a good Halloween costume for me." Peggy's humor intact!



Bettye Sisco says she has been having some trouble swallowing and is having an endoscopy tomorrow morning at 9. Her next trip to Duke Medical Center for the leukemia clinical trial is in two weeks.

Alex Barnwell says son **Thomas** is home from UT Medical Center after being injured in a three-vehicle crash on Canton Hollow Road a week ago. He goes back for a consultation with the surgeon at UT on Wednesday. His left leg was crushed, his ankle is broken in five places and he had a compound fracture of his tibia. Thomas had to be cut out of the car.

Our thoughts and prayers are with **Mark Holder** and his family on the passing of his mother, Sharon Gayle Holder, in Oak Ridge. She passed away on Saturday, October 23, 2021, at the age of 76. Her services are tomorrow — visitation from 5 p.m. to 7 p.m. at the Weatherford Mortuary followed by the service at 7.

Prayers and good thoughts for everyone please!

A Program That's Making a Difference



PP Jim O'Brien says he sent this note to Dr. Charles Barnett: “Thanks again for arranging for Dr. Nick Xenopoulos to speak to the club. As a result of his presentation, I had a CT coronary calcium scan last Tuesday (Oct. 26). Within two hours I had a call advising me that I have extensive calcification of all three coronary arteries. You may have saved my life!”

Jim now has an appointment with Dr. Xenopoulos on November 19 to discuss where they go from here.

Joe Wilson, PP Peggy's husband, told Jim that it was the results of his CT coronary calcium scan that caused him to see Dr. Xenopoulos. That consultation resulted in Joe's surgical procedure. “A message to my fellow Rotarians: You may want to talk with your personal physician about having a scan yourself. It's not covered by insurance, but the cost is only \$99. Money well spent!” Jim says.

Message received!



Teri Jo Fox & Husband Eric Now In RCF Foundation Founder's Club

November is **Rotary International Foundation Month**, probably the most important month to reflect on why we are in Rotary. The Foundation's mission is to enable Rotarians to advance world understanding, goodwill and peace through the improvement of health, the support of education and the alleviation of poverty.



With that in mind, PP Jim O'Brien, president of the Rotary Club of Farragut's Foundation board, passes along that **Teri Jo Fox** and her husband, **Eric Whitener**, are now members of the RCF Foundation Founder's Club, having pledged a qualified gift of between \$10,000 to \$29,999. They recently made another donation toward the completion of their pledge.

"Heartfelt thanks to TJ and Eric for their continued financial support of the RCF Foundation," Jim says.

November 1 is tomorrow and this is the right time to consider making donations to our Foundation as we near the end of the 2021 tax year.

Let's Not Forget Wednesday Nov. 3

11 a.m. — Board of Directors Meeting

12:15 p.m. — Club Assembly

News & Notes

Early Alert! No Meeting on Nov. 24

FYI for November: No meeting on Nov. 24. Thanksgiving is the next day and we'll be "dark" for that meeting, so don't show up at Fox Den thinking we will be meeting. We won't!!!!

SHOP FARRAGUT and the Town of Farragut will again usher in the holiday season with the **10th Annual Countdown to LIGHT THE PARK** presented by TDS. The event will be held from 5 to 7:30 p.m. on Monday, Nov. 22, at Founder's Park on Campbell Station Road, near the Farragut branch of the Knox County Library.



You can click on this [LINK](#) to find out everything you'd like to know and more about the park lighting.

The District 6780 Rotary Foundation Dinner will be held on Friday, November 12, at Gettysvue Country Club off Westland Drive. The cocktail reception will begin at 6 and the dinner program at 7. The speaker will be Dean Rohrs, a current Rotary Foundation Trustee and Past Rotary International vice president. This is a hybrid event – you may also attend the program via zoom. The dress is cocktail attire.

You need to RSVP for yourself and a guest by Friday, Nov. 5. You can click on this [LINK](#) to register. You also can contact PDG/District Foundation Chair Debbie Alexander-Davis via [EMAIL](#) or call 865.591.3350. The cost per person is \$60.

12 To Celebrate November Birthdays

November's 2021 birthday celebrations begin Tuesday with **PP Peggy Wilson**. She's only eight days removed from right shoulder replacement surgery. We hope Peggy and all of our November "babies" enjoy their special days!

Nov. 2: PP Peggy Wilson
Nov. 5: Dr. Bill Adkins
Nov. 7: PP Brian Welch
Nov. 13: Gene Wessel
Nov. 15: PP Joan McIntee
Nov. 15: Tory Kinson
Nov. 19: Doc Pratt
Nov. 21: PP Becky Duncan
Nov. 21: Kristen Otto
Nov. 23: PP Tom King
Nov. 25: PP Dan Barnett
Nov. 27: Mark Hastings



Good Luck With November's Mystery

Yes, we have a **November Mystery Rotarian**. Yes, it's not gonna be easy to solve. TMOT (trust me on this)!!!! The first four clues are:

- Modeled Levi's bluejeans and shirts for Goody's while in college.
- Favorite movies — James Bond 007 and The Godfather series.
- "While on a date in college we slipped into the Knoxville Zoo in the middle of a foggy night with the help of a security guard (a close friend). We drove to the end of the zoo and the security car



broke down. We had to walk back to the entrance in the pitch black dark and could hear the lions and hyenas, but not see them.”

- In their teens, he or she would entertain the neighbors by building ramps in the road, have their friends lie down and then jump over them with a bike. Everyone survived!

That first correct guess emailed to TOM KING will win the wine donated by **Dixie Lee Wines & Liquors**. It's a good bet the Mystery Rotarian will enjoy this wine!

