

THE FLAGSHIP



April 14, 2024

Tom King, Editor

Coming Up!!!

April 17: Kelly Henry,
Second Harvest

April 18: Third
Thursday @ 5:30 p.m.,
35 North, 11321
Kingston Pike

April 24: David
Heatherly, Mission of
Hope

May 1: Board of
Directors, 11 a.m.

May 1: Club Assembly

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

An Incredible Build Day! 51 Kids Now Have Beds! RCF & SHP Get It Done!



What a **“Build Day”** we had! Beautiful weather. More than 70 adults and kids working hard and when the dust settled, 51 new beds for children without beds are ready for delivery on Saturday April 20.

The Rotary Club of Farragut (RCF) again partnered with the pros from **Sleep In Heavenly Peace (SHP)**, led by Bill

Thompson, at Faith Lutheran Church in Farragut. The work began around 9 a.m. and the work gang was done by 12 noon. “Again, we were overachievers as we finished before noon. Completing 51 beds in 3 hours is impressive,” said President Val Privett. “We had approximately 70 volunteers from the ages of 6 to 83. Pellissippi Rotaract had 10 not counting Stephanie (Markowitz).”



We were also joined by members of The Rotary Club of Tellico, which donated enough money to build five beds (\$1,250) and had 7 members joining us for the build. The RCF donated \$11,500 to cover 46 beds for kids.



***The Bertini Boys:
Scott's father Bob and
grandson Noah***

This year's Sleep in Heavenly Peace service project was by far hands down the best I have seen or experienced,” PE Teri Jo Fox said. “I was so honored to be a part of it and our Rotary Club. We had a lot of members wearing their new Rotary T-shirts, thanks to Tom Woodbery and Jennifer Walker for helping with that project.”

Fox said she had the joy of working with “the kiddos and Farragut Mayor Ron Williams for the majority of the time. I feel confident that I became an expert on branding. Huxley (Kristen Otto’s daughter), Jewls (Val’s granddaughter) and Ella Jett stuck with me for a while. I had such a great day.”

One funny moment (maybe not so funny) happened at the “Headboard Station.” Service Projects Co-Chair Kristen worked at that station. “We had made about 8 headboards and they were backwards before someone realized

it. It was not our fault but I still felt bad. All of our headboards will be upside down so they'll have to fix them!" she explained.



By default, the scariest volunteer of the morning award went to John Hoffman (at left here), who passed for a Star Wars character. John explains: "I was a sander at the Build a Bed project. The amount of sawdust generated was amazing. I was wearing an N95 mask so that my lungs didn't look like my fleece top and pants. I was wearing safety goggles for the obvious danger of flying dust and splinters. Just call me Lord Vader!"

And our PE pretty well summed it all up: "I will say it again, this service project and the impact we are having in our community is what Rotary is all about. Service Above Self at its best. We all should be proud of what our club did to raise the funds to make this happen and the project itself."

One reminder: We aren't quite done yet — our Delivery Day is next Saturday, April 20th.

Build Day's Visual Memories



L-R, Emily Lamson Justice and Ella Jett sanding away; Middle — PP Jim O'Brien and his "goalposts" and PP Megan Belcher working with Huxley Otto



Candace Viox is a Happy Sander



Craig Donnachie is sanding those edges



More hard work underway



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?

Find Us On Facebook

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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.

Wednesday's Program: Second Harvest

Our program on Wednesday will be presented by **Kelly Henry**, Major Gifts Officer for Second Harvest Food Bank of East Tennessee, a member of Feeding America.

In FY19, Second Harvest distributed 20 million pounds of food across 18 East Tennessee counties. Through programs and 550+ nonprofit partners, Second Harvest provides food to more than 143,000 children, adults and seniors each month.



Henry joined Second Harvest a year ago after working in International Sales at Sea Ray Boats for 34 years.

She earned a B.S. degree from Tusculum College.

Ice Bears Owner Talks Hockey

“Come for the fun, stay for the hockey!”

So says **Mike Murray**, the owner, General Manager and CEO of the Southern Hockey League (SHL) Knoxville Ice Bears. This was his first-ever visit to our club to share the message about his team.

Originally from Kingston, Ontario, Canada, Murray has enjoyed a very decorated professional hockey career. In 1984, at the age of 17, he was drafted by the New York Islanders of the NHL, becoming their youngest draft choice to date. He was later traded to the Philadelphia Flyers where he signed a multi-year contract. As a player, Mike played over 850 professional games, contributing a combined total of 424 goals and 484 assists for 908 points.

He now holds dual citizenship after going through the naturalization process, something he's very proud to discuss. He first arrived in Knoxville in the early 1990's to join the then-Knoxville Cherokees of the ECHL for the remaining 20 games of their season. He fell in love with Knoxville, and after two seasons playing in Europe (Germany, Denmark) he returned to call Knoxville "home."

In 2005, Murray joined the Ice Bears ownership group to help keep hockey in Knoxville.



Here are some interesting facts he shared:

- He told us they are about to begin the search for a new coach for the 2024-2025 season, which begins in October and ends in April.
- For the first time, the Ice Bears finished in last place this past season. "The team just didn't gel and we didn't have great players this year or a very good coach. It's all on me."
- He said the SHL teams in Roanoke and Huntsville, AL are the team's top rivalries.
- Average game attendance this past season was approximately 4,200 per game, which includes some 1,700 season ticket fans. The Civic Auditorium seats 5,200 for hockey.

Fun program!



Our Guest Report From Wednesday

We had three guests with us on Wednesday.



Sonya Ford accounted for two of them — her colleague and friend from Citizens Bank, **Steve Kopman**, Steve has been with us before. He is VP Treasury/Business Development Officer with Citizens and also a member/past president of the Rotary Club of Bearden. Her other guest was **Jessica Sowa**, Director of Kidz Connect (connected to Concord Christian) and she's a hockey mom. Her son Elias played on the same team as Sonya's son Brooks — “The Wild.” They are pictured here with Sonya.

Our other guest was the smiling and familiar face of **Allison Myers**, Noah's wife who is the Town of Farragut's Finance Director/Town Recorder. Her office these days is in the tent behind the community center.



Thanks for joining us, y'all!!!

Let's Rock It for Final Fundraiser: School of Rock's May 4 Concert

It's our final fundraiser and final big event of our Rotary year, so let's get behind this fun evening and make it a huge success as we head into 2024-2025 — the **May 4th School of Rock Concert** to benefit Ridgedale School at the Farragut Community Center.

The music from these talented kids begins at 6 p.m. and the evening will end at 8 p.m. Our Emcee will be popular radio personality Phil Williams.

Fundraising Committee Co-Chairs Tom Marsh and Andrew Vollman are working hard and leading this event. Their goal is a sellout with all 190 seats sold. Here are more details:

- General admission tickets are only \$25 per person and you can pay with check, cash or credit cards (all accepted at the door).
- You also can have your charges added to your Rotary bill.
- We have 4 sponsorship levels: \$5,000 Platinum; \$1,000 Gold; \$500 Silver; Bronze \$250. Make tax deductible checks payable to the Rotary Club of Farragut Foundation (10805 Kingston Pike Ste. 200, Farragut TN 37934).

We have two superb food trucks lined up — Smith’s Endzone BBQ and the West Knoxville Smiley Swirl truck. Candace Viox’s “Water Into Wine” is providing wine and beer available at a cash bar.

Please buy your tickets on Wednesday at our sign-in desk for yourself and for friends you can invite to join us.

2024 Walk for Water: More Walkers (200) and More Money Raised (\$70,000)

Last year’s **Walk for Water** at Lakeshore Park had about 140 walkers and raised just under \$30,000. Yesterday’s Walk was different — 200 walkers and the money raised more than doubled at \$70,000.

Our **Tory Kinson**, who is a hard worker for this events, tells us that one person anonymously donated \$25,000 “right on the spot. That means we raised enough money to give 1,400 people clean water for the rest of their life,” Tory said.



Walking and working representing our club (pictured at left) with Tory were Bill Nichols, Brian Walker, our Rotary Youth Exchange (RYE) student, Junoo Choi from Korea who lives with the Kinsons and the Kinson Kids — Garrett and Sebastian.

And, the Rotary Club of Farragut raised \$1,600 and was the top Rotary fundraising club.

The only issue we heard about was parking. Three or four other events going on rendered finding a parking spot a major challenge.

Tory snapped a bunch of pictures and click on this [LINK](#) to enjoy them.

A Little Club Business News To Share

Our Board of Directors approved a leave of absence and accepted a member resignation this week in a virtual vote.

Dr. Tom Pattison has requested a three-month leave of absence due to daughter-in-law Sara's extended illness. Sara and her husband and three children have moved in with Tom and wife Carole. Sara is unable to climb the stairs at her home. "Sarah's cancer has progressed and is unfortunately in the last stages," Tom says. "We have no stairs so it's easier for her here."

Jonathan Jackson turned in his resignation due to time restrictions that are work related to his plumbing business. Jonathan is the son-in-law of PP Jim O'Brien and the proud husband of Meagan O'Brien.

Credit Card Charges Explained (Again!)

Just to be sure that all members who use their credit cards for club business, we're publishing this explanation one more time!

In our recent club billing invoices, some members were confused and questioned a credit card payment. The board took this action last January and it was in the February newsletter. President Val explained it again at our meeting this week for the second or third time.

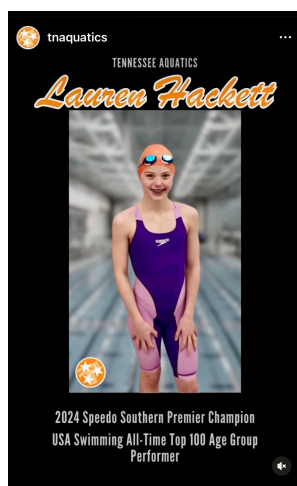
Here is Treasurer Steve Krempasky's explanation:

"Since we started accepting credit cards for quarterly dues payments, the Club has absorbed approximately \$400/quarter in bank fees. That's \$1,200/year that won't be used towards the Club's projects. Last quarter, 41 members took advantage of using their credit cards and the club is now billing those members for the fees."

This is what was published in the February newsletter: "Credit card fees of \$12 per transaction have not been passed along to our members in the past and the club has been absorbing this fee. The board voted to pass this fee on to the members going forward."

If you have questions please contact Val or Steve.

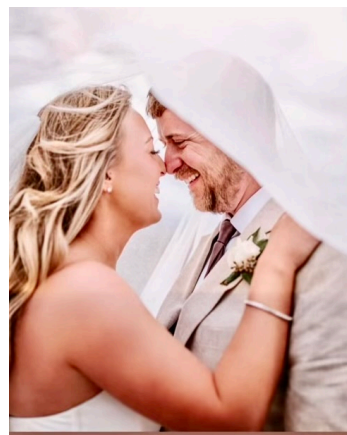
Our Good News of the Day



Brandon Hackett proudly shared with us the splashy news that daughter **Lauren**, 10, made at the recent Southern Premier Swimming Meet in Atlanta in early March. She swims in the 10 and under division. Here is Brandon's report: "She won 2 of her 6 events, but finished top 6 in all her events. Her time in her 50-yard breaststroke qualified as a USA Swimming All Time Top 100 for that event and that age group. She also set 2

meet records with her 50-yard breaststroke and 100-yard breaststroke,” he said. “It is fun to watch all three of our girls compete. The other two swam at the same meet and were successful with new best times in their events as well.”

Vicki Williams says she “is so excited to be a mother in law.” What a wonderful wedding day on 4/4/24. Her only child, **Alex**, married the love of his life **Taylor Collins** (after being together almost 5 years) at a beautiful new venue in Sevierville — Nichols Heir. “I pray I’m as half as good as my mother in law Pat was to me!” Taylor is an Occupational Therapist at Life Care Center of Blount County and Alex is an Electronic Technician in the transportation department for Knox County Schools. They returned from their honeymoon last night at a Sandals resort in Granada. Congratulations to one and all!!



Preston Belcher, 11, is making the news. He is the son of PP Megan and husband Damen. After auditions his photos were selected to be included on the new website and marketing brochures for the renamed Dolly Parton Stampede, formerly known as the Dixie Stampede. Megan says he will not be performing as she did at Opryland. “Both kids (daughter Piper Grace) are signed up

with TalentTrek. They have done a few things over the past 7 to 8 years but nothing recently,” she said.

District Conference: It's May 17-18 In Cookeville; Golf Tourney Is May 16

Our **2024 District 6780 Conference** is literally around the corner and down I-40 West to Cookeville on May 17-18. Its theme is “Take a Walk on the West Side!” of downtown Cookeville, the home of Dist. Gov. Susie Cantrell.

Take a Walk on the WestSide

It looks like it'll be a fun conference. Registration is now open and you can click [HERE](#) to register. You also can save \$10 on dinner by registering by April 17. The conference will be held at the Leslie Town Center at 1 West 1st St.

The hotel for the conference is the Holiday Inn at 1091 S. Willow Ave. Phone: (931) 559-4539. Click on the [LINK](#) to reserve your room. Room block guarantee of \$134 per room ends on April 24th.

Everything you need for the conference can be found at this [LINK](#) — the program, events and speakers and times for each day.

Also, the District Conference Golf Tournament for Polio Plus will be held the day before the conference begins on Thursday, May 16. Check-in will be at 10 a.m. CT, and lunch will be served from 11-11:45. There will be a shotgun start at noon. It will be played at the White Plains Golf Club. Our Club Captain is assembling our team and the early names are Andrew Vollman (former PGA pro), Alex Barnwell and Marsh.



The entry fee is \$100 per player and \$400 per team. The top prize is to win The Governor's Cup and competing teams must be comprised of all Rotarians from the same club. The winning team will retain the Cup at their club for the year following their winning the Cup



Is It Accurate? ‘Trust But Verify’

Dr. Charlie Barnett says that there’s an old saying in medicine —“When something new comes out, hurry up and use it before you find out it doesn't work!”.Such is the case found in two recent articles.

The first article looked at the accuracy of commercially available heart rate monitors (Fitbit, Apple Watch, etc.) when compared to having a properly applied full EKG. The results showed the home monitors to be fairly accurate in the resting state, being off 4 to 7 beats/minute. However, with exercise the inaccuracy range increased from 14 to 29 beats/minute. The inaccuracy was worse with atrial fibrillation (AFIB), which these instruments were initially designed to detect.

The second article from the Cleveland Clinic evaluated the answers to 56 primary care questions answered by ChatGPT-4 and Google Bard. Physicians then assessed the accuracy of these AI generated answers. Google had the best results with 54% deemed accurate, 18% inaccurate and 29% “accurate but with missing information.” ChatGPT-4 did worse with only 29% deemed accurate, 29% inaccurate and 43% “accurate with missing information”.

To summarize, the bottom line for assessing medical progress is borrowed from President Ronald Reagan — “Trust but verify.”

April's Mystery Is Foolin' Our Sleuths

Here we go! And here are four more clues to assist our sleuths as they search to make a valid ID of our **April Mystery Rotarian**.

- Privately toured Chick-fil-A's marketing & training departments.
- Have been to the Master's Golf Tournament twice.
- Coached college basketball for two years.
- Have caddied for a pro golfer.



Our first correct guess emailed to TOM KING wins the wine. Should the sleuths fail in their search, our Mystery Rotarian wins the wine!

A Thought for the Week

“Nothing is impossible, the word itself says ‘I’m possible!’” — **Audrey Hepburn**