
THE FLAGSHIP



April 23, 2023

Tom King, Editor

Coming Up!!!

April 26: Jill Lagerberg,
Director, KnoxCAM
Prison Ministry

April 29: Stream
Cleanup Project, Turkey
Creek, 9:30 a.m.

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

May 3: Club Assembly

May 10: State Sen.
Becky Massey

May 17: Bob Kesling,
Voice of the Vols

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

KnoxCAM Director Dr. Jill Lagerberg Is Wednesday's Speaker

Jill Lagerberg has been inside a lot of prisons in the last several years as the director of the **KnoxCAM (Knoxville Christian Arts Ministries)** Prison Ministry. On Wednesday she will introduce us to KnoxCAM —



a faith-based, multi-
g e n e r a t i o n a l ,
c o m m u n i t y - w i d e
o u t r e a c h m i n i s t r y o f
c h o r a l a n d
i n s t r u m e n t a l
m u s i c i a n s , h a n d b e l l
r i n g e r s , a c t o r s , a n d
d a n c e r s w h o u s e t h e i r

artistic gifts to proclaim the gospel of Christ beyond the walls of the church.

KnoxCAM has 120 volunteer members, ages 18 to 90, from 40 different congregations in the Knoxville area. Its primary ministry is to

prison inmates throughout Tennessee. The generous support of donors enables them to minister free of charge.

In past years PP Fred Martin, who is planning to introduce Jill, was part of the choir as was Faye King, PP Tom King's wife.

For eight years Lagerberg was Professor of Music and Chair of the music program at Johnson Bible College (now Johnson University) in Knoxville, where she taught choral conducting, private voice, and music theory, and directed the college choirs and traveling ensembles.

Jill holds the degree of Bachelor of Arts with Honors in Music, Summa Cum Laude, from Wake Forest University in Winston-Salem. She holds the degrees of Master of Music and Doctor of Musical Arts in Voice Performance from the University of Michigan.

The Kaufman-Singletary Show!

The **Steve Kaufman** and **Mike Singletary Show** this past Wednesday was most entertaining and was a real change of pace for our program presentations. Steve and his "flatpicking" is a fascinating combination and when Mike started his fiddling along with Steve's guitar it was a great sound.

Steve is a world-renowned flatpicker, a three-time world champion in fact, and he and his wife operate summer musical "Acoustic Kamps" at Maryville College during the weeks of June 11-17 (Old Time & Trad Week) and June 18-24 (Bluegrass Week). And each week they have concerts Monday-Friday evenings at 7 in the Alumni Gym on



campus. This will be their 27th Kamps and it attracts musicians from around the world. They basically take over the Maryville College campus.

If you missed the meeting, or if you were there, you can enjoy the video of Steve and a video of them playing together. Just click on each link:

<https://youtu.be/XbU4CHDSexU>

<https://youtu.be/dA1Hdw6nqmA>

Stream Cleanup Needs a Larger Team!

This has never happened before and we're hoping it does not actually happen on Saturday, April 29. Howard Fass is directing our **Annual 2023 Turkey Creek Stream Cleanup** project that begins at 9:30 a.m.



What has never happened is having **ONLY** three other Rotarians to sign up and work with Howard. Surely we can do better than only four (4) members cleaning the stream. This is an incredible fun and great community service project. It does not take all day, Howard says it he hopes to have the work done by 12 noon. Notice the big group we had two years ago!!!

Our volunteers can park at David's Abbey Carpet and we'll clean the creek from there to behind Costco. Howard says we have 20 pairs of waders from the Town of Farragut but can probably get a few more if we have enough members or guests to sign up.

Here is the LINK to sign up for this project. Those who plan to work also need to fill out this document. Click on this link and give it to Howard:

(https://forms.office.com/Pages/ResponsePage.aspx?id=1WSF0Zvs9EqZjILjc0nTc_KxXyi4O7ZBqUJ9G-Ab3r1URDJGWDNJSTRQNIQxNTFZSFdWU0VNOFVMQy4u)

Light Day for Guests

We had only two guests of Rotarians at Wednesday's meeting.

Scott Bertini's guest was **Luke Martin**, who works with Scott at Patterson Pope and was in town from Cleveland, OH working on a project at East Tennessee Children's Hospital with Scott.



Ron Williams introduced us to his guest, **Stephen Hearon**, who was a Ford Motor Co. executive in the Glass Division. He is a neighbor and good friend of Ron's.

Humor Meter Rises!

PE Val Privett elevated the quality of our weekly "humor" time with this story:

"Wife texts husband, "Windows frozen, won't open." Husband replies, "Gently pour some lukewarm water over it and gently tap edges with hammer." Wife texts back 5 minutes later: "Computer is really messed up now."

Next up was **Alex Barnwell**, and he had a knee-slapper: "When I go to bed, I can't remember anything...then it dawns on me."

Cheers!!!!

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

If you have not visited our Facebook page, give it a try!

Stephanie Markowitz 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.

Our Family of Rotary News

The Fabers — Jack and Jeanne — have both been battling COVID for more than a week now. “We are both better,” Jeanne says. Dr. Jack has really struggled with it this time around. “He’s fallen once or twice. His legs are weak. But he’s better and I’m feeling better too,” she said. “All’s good here.”



Julie Blaylock tells us that her mother in law, **Ann Blaylock**, is a patient at Blount Memorial Hospital and not doing well. She has been battling kidney problems and has some dementia. “She is struggling greatly health-wise in the wake of recently losing her husband of 55 years,” Julie said. Julie asks that we keep Ann, Eric and the family in our prayers.

The Water Walk Is May 6th

Tory Kinson asks that we not forget about the **Walk For Water** fundraising event on May 6th at Lakeshore Park’s Marble Pavilion. The walking begins at 10 a.m. The goal is to raise \$30,000 and as of yesterday they have raised \$18,000. That equates to providing a lifetime supply of clean water to 600 people (\$50 per person).

Close to 100 walkers have registered and they expect many others to sign up in the next 10 days. There are 18 walkers signed up from our club but far fewer volunteers and they need volunteers. There are different jobs, from check-ins to passing out water or directing walkers along the routes.

Tory says that our club has raised \$1,600 — \$1,000 from the club and the rest from members making donations. “Bearden is just \$5 behind our club, so let’s not let them beat us!,” he added.

If you would like to make a donation, click on this [LINK](#)

To walk or create your own team, click this [LINK](#)

And click this [LINK](#) if you want to volunteer.

Farragut To Sponsor 2nd RYE Student

Youth Service Co-Chairs Bill Nichols and Tory Kinson worked hard this year for a second **Rotary Youth Exchange (RYE)** student to spend a year in Knoxville and be hosted by another Rotary club here. They found a young man from South Korea to be hosted by Tory and his family and sponsored by the Rotary Club of Bearden.



Bearden earlier this week decided not to be the host club, so President Megan Belcher is working to rustle up the \$2,500 we need to be his host club and sponsor him. The club can only contribute \$1,000 and she's hoping that donations will make up the rest.

The RYE student we agreed to sponsor is a young woman from France. VP Teri Jo Fox and Vicki Williams will be her counselors for the year.

FHS Interact Elects New Officers



Tom Woodbery has been busy with the new **Interact Club** at Farragut High School. Tom and Tory Kinson are our advisers to the club.

Tom said the club recently elected its officers and they are in the picture you see here: From left to right we have Faculty Sponsor Katie Beckett, Ambra Ruhbusch (vice president-10th grade), Keira Shafer (president-10th grade) and

Gi Burns (secretary-10th grade), members Edward Kim and Adrian Gatica Lemus and Faculty Sponsor Shelby McGill.

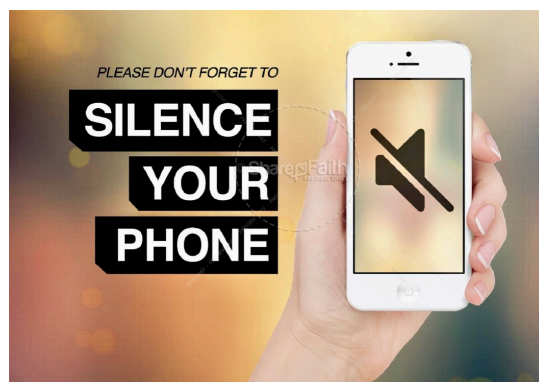
Tom added this: “They are moving real slow. We will be lucky to get all the documentation and bylaws completed by end of the school year. The good news: all officers are sophomores, so they will be back next year as well.”

News & Notes Time

Third Thursday, JJ & Boston, Julie Speaking

It was an **April Third Thursday** social for four couples and they had a grand time at Bravo's! Italian Restaurant discussing a plethora of topics — family, travel, Rotary, dogs big and little, and even golf.

Doing the discussing were VP Teri Jo Fox (who had her first golf lesson on Friday) and hubby Eric Whitener; PP Tom King and wife Faye; Jerry and Barb Schwallier; and Larry and Michelle Sheumaker — all pictured here. The food was fabulous, too. On to May!!!!





PP Jonathan “JJ” Johnson and his son, **Hank**, who is 18, ran the 26.2 miles in this past Monday’s Boston Marathon along with some 30,000 other distance runners from around the world and the U.S. Jonathan finished 269th in his age group of 45-49, in 3,748th place out of 27,024 runners and placed 3,523 place out of 15,348 male runners. His time was 2 hours, 58 minutes and 44 seconds. Hank was a little better: 2:55.33. Only 32 runners were 18 or younger so Jonathan does not know where Hank placed. He and Hank are pictured here with Knoxville buddies Aaron Wise (2:54:49) and Andy Broome (3:01:47).

For your calendars: Our former Rotary Youth Exchange student here from the war in Ukraine, **Julie Tryukhan**, will be speaking to the Rotary Club of Knoxville downtown on Tuesday, May 23, at noon. Attending would count as a makeup and you can be there to support Julie! They meet at the Crown Plaza.



Here is a short-notice volunteer opportunity for you: President Megan says that **Farragut Primary School** is hosting a Superhero Family Fun Night on Friday, April 28th, from 5:30 to 8 p.m. at the school. There will be food trucks, crafts, a movie, and outdoor games for attendees. They are trying to fill volunteer spots with community members so that FPS families can come and enjoy time with each other. All jobs are fairly easy. Here is a [LINK](#) to their volunteer sign-up page.

2023 District Golf Tournament
**Farragut Has 3 Teams Entered; 2 More
Golfers Needed To Enter a 4th Team**

May 4 is not too far off and we have 12 golfers on three teams ready to tee off in the **2023 District 6780 Golf Tournament for Polio Plus** at the Sevierville Golf Club. We have two men's teams and a women's team entered. And our Golf Director Tom Marsh says if two more players step up we can enter a fourth team.

Here are our teams:

Women: PE Val Privett, VP Teri Jo Fox, Denise Bash & Sonya Ford.

Men's Team 1: Farrell Levy, PP Doug Powell, Richard Bettis and Roger Moore.

Men's Team 2: Alex Barnwell, Greg Tilley, Scott Bertini and Jerry Schwallier.



Tom says we have two other guys wanting to play — PP Ed Jones and Scott Brockamp — but they need two more members to join them to make a team. Tom Marsh usually plays in this event but this year he has a work conflict and on May 2 his wife is having rotator cuff surgery, so'll be busy at home with her in addition to working.

The Governor's Cup is the big prize and it goes to the lowest-scoring team that is composed of four Rotarians from the same club.

Dr. Charlie Barnett Says:
‘It’s the Small Things That Matter’

A recent study in the American Journal of Cardiology looked at 93,000 patients (average age 61) with an initial treadmill stress test followed by a repeat test one year or more later then followed for six years. Those individuals who lost their maximum exercise capability by two METS (maximum exercise equivalent) had a 75% increase of risk of death in a later followup.

Inversely, those who increased their exercise capability by two METS had a 64% decrease in risk of death. Practically speaking, that equates to increasing your walking pace from a slow 2 mph to a moderate 3 mph gives you a 64% improvement in your risk of dying. For more than you ever wanted to know about METS, click on this [LINK](#)



JAMA reports that getting children to increase the number of fruits and vegetables in their diet was improved by simply increasing family mealtime by only 10 minutes! Rushing through our daily lives and not taking a bit more time with our families is simply not healthy in more ways than one.

The British journal Lancet reports that individuals with hearing loss without using hearing aids resulted in a 42% increase in dementia occurrence. Those with hearing aids had no increase in developing dementia. This surprising result was thought to be due to reducing social isolation, reducing loneliness, and reducing depressed mood. I would think that quality, interactive time with friends and family is the true underlying benefit.

Thought for the Week

“Nothing great was ever accomplished without enthusiasm.” — **Ralph Waldo Emerson**