

# THE FLAGSHIP



April 30, 2023

Tom King, Editor

## *Coming Up!!!*

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

May 3: Club Assembly

May 5-6: District 6780  
Conference, Pigeon  
Forge

May 10: State Sen.  
Becky Duncan Massey

May 17: Bob Kesling,  
Voice of the Vols

May 18: Third  
Thursday, 5:30 p.m.  
location TBA

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

## Turkey Creek Stream Team of 10 Wade In To Remove the Debris

A section of Turkey Creek in Farragut is a lot cleaner than it was on Saturday morning when volunteers from the **Rotary Club of Farragut** and the **Pellissippi State Community College (PSCC) Rotaract Club** waded in and pulled out debris and trash, some of it unrecognizable.

Howard Fass coordinated this community service event. Here is a list of what he “knows” they found in the creek from behind Costco and west to David’s Abbey Carpets:



2 tires; 5 large bags of trash; a complete bed frame; pieces of prime junk (where's Fred Sanford?); and 2 large pieces of who knows what and pipes.

“No one fell in this year and the water was a little lower and that helped,” Howard said. “We had a really good time working together and it was really a lot of fun.”



With Howard from our club were Alex Barnwell, Tom Woodbery, Jay Povlin, Bill Rice, Jerry Schwallier and Brian Walker. Our other volunteer was Bill's daughter, Caroline Rice, who took all of our pictures while in the water wearing waders.

“We had two really hard working young guys from the Rotaract club,” Howard added. He was referring to Marc Below and Jonathan Kostamayer. “They had the energy and worked hard throughout the morning.”

Here are a few more pictures taken by Caroline Rice!!!! Thanks to her!!!!



## KnoxCAM: A Prison Ministry Of Music, Hope & Messages

**Dr. Jill Lagerberg's** world is music — specifically the musical arts, combining choral presentations augmented by dance, handbells, and orchestra all wrapped around a Christian message communicated from a stage vs. a pulpit. She is the founder and director of **KnoxCAM (Knoxville Christian Arts Ministries)** and its primary focus is offering a very effective prison ministry throughout the Volunteer state.

As she says, “KnoxCAM is musical theater that we take to six prisons and present a positive program and for many men and women in prison we’re the only people they see other than those at the prisons. This is my ministry in life now.”

Jill (pictured here with President Megan) earned her Ph. D in Musical Arts in Voice Performance and Master’s of Music from the University of Michigan. She has directed children’s choirs for the Knoxville Opera Co. and the Knoxville Children’s Choir.



KnoxCAM has approximately 120 members, aged 18 to 90, from 28 different churches. This ministry’s home is Cedar Springs Presbyterian Church. In 2020 KnoxCAM became a 501c3 organization. This will be their 13th season in the prisons. You can get a real feel for Knox CAM at its Friday May 12 concert — “A Requiem for the Living” — at 7 p.m. at Cedar Springs Presbyterian. This will be a performance combining the Cedar Springs and KnoxCAM choirs and full orchestra.

If you want to learn more about this ministry, here is the [LINK](#) to the website.



## Family of Rotary Updates & News

Here is **PP Fred Martin's** update today about his wife **Diane**: "She's gradually getting weaker and less responsive. We are tentatively planning a service at Click's Funeral Home next Sunday, May 7. Thanks for everyone's prayers." Please keep Diane, Fred and the family in your prayers!



On Tuesday **Judith Bradbury** leaves for a month-long vacation to her native stomping grounds in England and Scotland to visit family, old friends and to enjoy

the burst of beauty from the spring flowers, especially the Bluebells, she says. However, she departs with a rigid brace on her right wrist after falling in her driveway earlier this week and fracturing the wrist. No other injuries, thank goodness! And of course the morning after, she drove herself to the CVS Minute Clinic and then to Fort Sanders West and KOC for x-rays and treatment. She's one tough cookie! Her trip includes stops in her home county of Yorkshire, then a long weekend in Edinburgh, then south to the Cotswolds in southwest England, to Devon and Cornwall and then home on May 25th, her birthday. She's promising to send pictures during her trek.

### ***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.

## O'Humor, O'Humor, Where Art Thou?

Comedian **Alex Barnwell** again had a crafty one-liner ready for us.

“Why is it so cheap to throw a party at a haunted house? The ghosts bring the boos.”

**PP Jim O'Brien** also jumped onto the comedy stage and shared this little puzzle.

Q. “What has six eyes but can't see?”

A. “Three blind mice.”

No comment!

## ‘Walk for Water’ Project Next Saturday Need Vols, Donations & Walkers

Next Saturday’s Water Mission’s project “**Walk for Water**” as of today has 110 walkers registered and has raised \$19,000 of its goal of \$30,000. Our club is an event sponsor along with the Rotary Club of Bearden and the Knoxville Breakfast Rotary Club. The fun begins on Saturday May 6 at 10 a.m. at Lakeshore Park’s Marble Pavilion.

Of the 110 walkers, 18 are from our club. Tory Kinson is helping run this project. He says the \$30,000 that they hope to raise will provide sustainable clean water for 600 people!

Its not too late to sign up to walk, to donate, or to be a volunteer — and Tory says they really need more volunteers.

**Click on the link below to walk:**

<https://walkforwater.rallybound.org/walk-for-water-knoxville/RotaryFarragut>

**Here is a link for you donation:**

<https://walkforwater.rallybound.org/walk-for-water-knoxville/Donate/Index/1561612?submit=Continue>

**And here is the link to be a volunteer:**

[https://docs.google.com/forms/d/e/1FAIpQLSfI2yr9eKaAPgkU\\_r-plGWfOmkDEE9O2xGqKuV6gBpWUDJq7Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfI2yr9eKaAPgkU_r-plGWfOmkDEE9O2xGqKuV6gBpWUDJq7Q/viewform)

They have three shifts for the volunteers: 7-10AM setup time; 9-1PM walk time; and 12-3PM Tear Down

## **News & Notes of Interest To Know**

**Bill and Linda Nichols** are now sharing their home with a new member of the family. She is 11 years old and named Bandit. Bandit is a Feist and they like to hunt. They especially enjoy chasing squirrels, Bill says. Bill and Linda adopted Bandit after a 94-year-old man and his disabled daughter could no longer care for her. They moved to Maine to be with family to care for them, Bill said. Bill's loving on Bandit here!!!!



President Megan Belcher had the privilege of speaking to the **Pellissippi State Community College (PSCC) Rotaract Club** last Monday. Here is her report: “Stephanie Markowitz has done a remarkable job of keeping this club engaged considering that none of them live on campus and most of them hold full-time jobs outside of their school obligations. Some of the students admitted they that came only for the free pizza but I guarantee you they will be back! This is an active, vibrant club. It is always refreshing to visit!”

REMINDER: **Our Board of Directors** will meet at 11 a.m. on Wednesday before our May Club Assembly meeting. President Megan always has a full agenda.

We had only one guest at our Wednesday meeting, good buddy **Joe Wilson**. And of course he was the guest of his bride PP Peggy W., who was wearing one of her signature hats to the meeting. Great to see her out and about again!

This past Wednesday was **Scott Bertini's** birthday so new member Emily Lamon Justice (Scott was her sponsor) made sure we sang "Happy Birthday" to Scott. He appeared to really enjoy it, too!

Thanks to the generosity of five of our fellow Farragut Rotarians, Staci Wilkerson (RCF Foundation treasurer) has mailed a \$3,800 check to the **Mississippi District 6820 Foundation** as a donation in support of the victims of the tornado that devastated Rolling Fork and the surrounding area in Mississippi not long ago. These funds will be a godsend to many people who have suffered a terrible loss, said Foundation President PP Jim O'Brien. "This is your Rotary Club of Farragut Foundation in action. Thanks to those who so generously donated in support of others whom they'll never meet."



## Heart Attacks & Sudden Death: 2 Conditions Best Avoided

Today **Dr. Charlie Barnett's Medical Moment** is about our hearts. It's very interesting and revealing.

A recent study from Denmark looked at nearly 10,000 patients that had no symptoms for ASHD (atherosclerotic heart disease). They then subjected these patients to the imaging procedure CTA, an acronym for a CAT scan of the heart focusing on the coronary arteries. The results were eye-opening.



They found 10% had obstructive lesions to blood flow, 36% had detectable but non-obstructive lesions and 54% with no atherosclerosis. At 3½ years of follow up with those with obstructive ASHD had a relative risk of heart attack nine times greater than the non-obstructive patients. Knowing the risk focuses treatment guidelines.

Obviously, the unfortunate 10% need intensive therapy for their ASHD, i.e., blood pressure control, cholesterol management, smoking cessation, weight control, exercise, and stress management. The 36% with non-obstructive lesions should be encouraged to follow the same risk reduction program staying ahead of this progressive disease. The good news is that 54% don't have to worry, at least for now. The decision to aggressively treat obstructive disease with stents or surgery is much more complicated. It is best left to the individual patient and their physician.



## Happy Birthday in May!!

Our fifth month of 2023 arrives tonight and with it eight Farragut Rotarians who celebrate May birthdays. Wayne Davis begins the parade on May 8 — the 127th day of the year and, historically speaking, the day in 1945 that World War II in Europe officially ended at midnight.

On that note, Happy Birthday y'all.

May 8 — Wayne Davis  
May 10 — Bill Nichols  
May 11 — Brandon Hackett  
May 14 — Bill Rice & Greg Tilley  
May 21 — PP Doug Powell  
May 22 — Sonya Ford  
May 25 — Judith Bradbury



## March's Mystery Rotarian Finally Shows!



You should recall that in March we had a very elusive **Mystery Rotarian** with an array of fun and interesting clues. No one came close to unmasking her and only one person ventured a guess naming a female member. On Wednesday we identified this member — **Stephanie Markowitz**.

However, due to some miscommunication by PP Tom King, who is the Mystery Rotarian administrator, he came to the meeting without a bottle of wine. That will be taken care of shortly, he promised Stephanie.

Lest you have forgotten, here are a few of those interesting clues about her:

- Our Rotarian never learned to swim but loves to wakeboard
- Has never been out of the continental United States,
  - which also includes Alaska.
- Major lover of fondue and loves The Melting Pot.
- Has not missed voting in an election since they turning 18.
- Kickboxing is a major stress reliever.
- Loves Mexican food and eats it once a week.
- Has passed 50 kidney stones — so far.
- Legally blind in one eye.
- Finally watched "Star Wars" and "I'm now obsessed with it."

Great going Stephanie!

## Now, Let's Present May's Mystery Rotarian Clues!!!

Yes you may begin guessing and you may begin submitting your best guess if you can unmask our **May Mystery Rotarian**. If you can, it may be a miracle considering what's been happening of late. So, you may now read the first four clues.

- Grows and eats the hottest peppers on Earth, including the Carolina Reaper.
- Loves to take train rides.
- Lived in New York City for about a year and worked at the Hyman-Newman Institute for Neurosurgery/Neuroradiology at Beth Israel Hospital.
- Was in Alabama for Tennessee's 41-14 victory on Oct. 14, 1995 in Birmingham.



If you have a guess, you may email it to TOM KING and the first correct will win a bottle of great wine. As has happened recently, if no one has the correct answer, the wine is the Mysterian's. May you all have good luck.

## **A Thought for Our Week**

"Sometimes you will never know the value of a moment, until it becomes a memory." — **Dr. Seuss**