
THE FLAGSHIP



April 7, 2024

Tom King, Editor

Coming Up!!!

April 10: Mike Murray,
Knoxville Ice Bears

April 13: SIHP Bed
Build, 8 a.m., Faith
Lutheran Church

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

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

It's SHP 'Build Day' Saturday To Give Kids Without Beds Beds!

Many children used to love — and may still — the “Build A Bear” snuggly buddies. This coming Saturday we will join with **Sleep In**



Heavenly Peace (SHP) to “Build Beds” at 8 a.m. on Saturday April 13 in the parking lot at Faith Lutheran Church next to Farragut Community Center. The kids who get these beds will soon be snuggling in them!

Our aim and the SHP motto is our ultimate goal: “No Kid Sleeps on the Floor in Our Town.”

Bring your tools, water, and roll up your sleeves. There's plenty to do for all us — and

for your kids, too. SHP President Bill Thompson and his chapter volunteers have a special area where the kids can work to help assemble the 35 beds for our club and five more funded by the Rotary Club of Tellico.

If you've not participated in a Build Day, you are in for a treat and much fun on this great community service project day. Each bed built, including sheets and pillows and pillowcases, cost \$250.

As of today, we have 59 of the available work slots full. Who will be No. 60? You can sign up and if you didn't sign up, come on out and we'll find you a job! Just click this [LINK](#) to sign-up. SHP is asking that those who have signed up go to the two links below to fill out personal information and the legal releases for both the build and the delivery.

The Build [LINK](#)

The Delivery [LINK](#)

Knoxville Ice Bears Mike Murray Will Be Talking Hockey Wednesday

Many wonderful things draw people to Knoxville and back to Knoxville. The Great Smokies. The outdoor fun in and around the Tennessee River and our lakes. The beauty. The people. The lifestyles. UT. But, ice hockey? It happened. It's still happening.

It happened to our Wednesday speaker — **President/General Manager/Owner Mike Murray** of the Knoxville Ice Bears professional ice hockey 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 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. Shortly thereafter, he welcomed the opportunity to take full control as team owner, president, and general manager with the understanding that the product, community, overall fan support, and charity aspects of the job are key ingredients to its continued growth and overall success.

To date, he has overseen a league leading four SPHL President's Cup trophies and five regular season titles the Ice Bears have won and he is planning to provide hockey entertainment within the Knoxville sports landscape for many years to come.



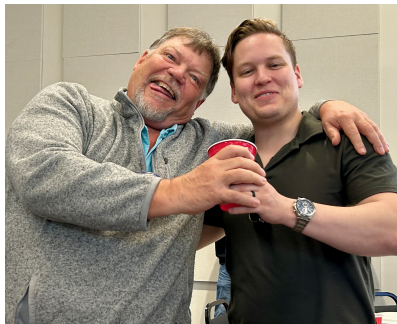
Welcoming Our 2 Guests!

Our Club Assembly was a light day for guests and visitors — only two!



Now that Nancy Bosson has returned, her special guest was her husband **Brian**. It was great to have Brian with us. Great Rotary spouse and guy!

Alex Barnwell's guest was **Ethan Wolf**, who is now cutting his teeth on insurance work at Alex's agency. "I'm his mentor," Alex said. An unnamed member standing next to Alex said "Good luck with that Ethan."



Thanks for sharing lunch with us!!

Don't forget to invite your friends and others who may get interested in our club and consider joining!

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!

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.

School of Rock's May 4 Concert To Help Ridgedale

Many of our members spent more than a few hours recently working to help our Partner In Education Ridgedale School become a better school and home for its diverse students. On Saturday May 4th we can help Ridgedale again with the proceeds from our **School of Rock Spring Concert**.

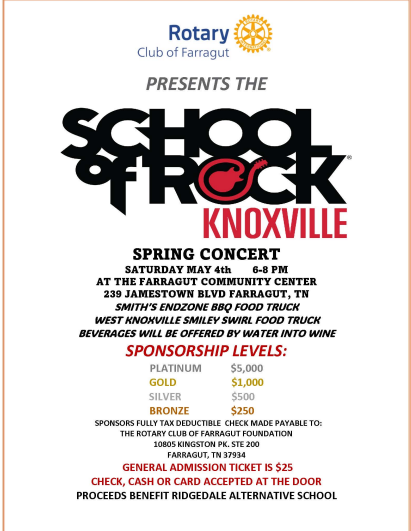
It will be at the Farragut Community Center. The music will begin at 6 p.m. and we'll party down until 8 p.m. Our Emcee for the evening will be popular radio personality Phil Williams and we have no idea what to expect from him.

Fundraising Committee Co-Chairs Tom Marsh and Andrew Vollman are working hard and leading this event. Their goal is for this to be 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).

As for food, we have a pair of 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 Wednesdays at our sign-in desk for yourself and for friends you can invite to join us.



Rotary Club of Farragut
PRESENTS THE
SCHOOL OF ROCK
KNOXVILLE
SPRING CONCERT
SATURDAY MAY 4th 6-8 PM
AT THE FARRAGUT COMMUNITY CENTER
239 JAMESTOWN BLVD FARRAGUT, TN
SMITH'S ENDZONE BBQ FOOD TRUCK
WEST KNOXVILLE SMILEY SWIRL FOOD TRUCK
BEVERAGES WILL BE OFFERED BY WATER INTO WINE
SPONSORSHIP LEVELS:
PLATINUM \$5,000
GOLD \$1,000
SILVER \$500
BRONZE \$250
SPONSORS FULLY TAX DEDUCTIBLE CHECK MADE PAYABLE TO:
THE ROTARY CLUB OF FARRAGUT FOUNDATION
10805 KINGSTON PIKE STE 200
FARRAGUT, TN 37934
GENERAL ADMISSION TICKET IS \$25
CHECK, CASH OR CARD ACCEPTED AT THE DOOR
PROCEEDS BENEFIT RIDGEDALE ALTERNATIVE SCHOOL

This Week's Family of Rotary Updates

Pops Charlie Barnett and wife Sheila were in Chattanooga this week babysitting and saying hello to a new granddaughter — **Dorothy McClain Barnett**, born on Wednesday August 3. Charlie said: “She was somewhere between 7 and 10 lbs (that's all that matters).” He thinks she’ll be called “Dotty.” Mom and Dad are Laura and Nick Barnett and Nick is pictured here with sons Jones and Jake getting their first look at little sister. Their worlds will soon be changing!!!!



PP Peggy Wilson's son, **Donnie Mahan**, was in Parkwest Medical Center since Tuesday. Peggy says his heart rate of 170 is why he went to the ER. “Several medications were given, but his rate only lowered to 150. Today (Friday) he had a cardioversion,” she said. He is back home now. “The surgery for his pancreatic cancer has been delayed six weeks.” Peggy said the scan he had on Monday revealed the cancer is not affecting other organs. “We are just taking it one step at a time.”



Wayne Davis reports that he is feeling good and that his strength is slowly improving. “I’m walking a lot more with the walker of course and that’s a good thing,” he said. In less than a week his platelet number has jumped from the 40s into the 70s. He is still having dialysis twice a week.

Thanks and prayers for our family news!

Report From Your Wednesday Board of Directors Meeting

Your **Board of Directors** met Wednesday and here is a look at what transpired.

- Secretary Sonya Ford reported that we now have 88 members and our March attendance was 64%.
- President Val reported that our club made a little more than \$17,000 from the Top Golf Tournament.
- The Board agreed to discontinue paying \$1,200 a year for weekly advertising in KnoxTNToday.com
- Approved paying a \$1,500 deposit to secure the venue at Riverview Farms for a fundraiser there next fall.



And we welcomed Judith Bradbury as club member in attendance.

Two issues were raised and discussed with no final resolutions. They are:

1. The question was posed as to the importance of our club getting the “STAR” recognition again from Dist. 6780 at the upcoming District Conference in Cookeville. This is an award our club has always received since it began in 2004-2005. The STAR award recognizes every club whose annual contribution level reaches an average of \$100 per member to The Rotary Foundation. Several board members mentioned wanting our funds to stay local. The Board will be holding a vote at a later time to determine if the club wants to contribute additional funds for this recognition.
2. The question was posed about raising dues to \$325 +\$25 for Paul Harris for a total of \$350/qtr, however it was noted that the Rule of 85 members are paying \$51/qtr. It was determined that the reasoning for billing \$51 to the Rule of 85 members needs to be reviewed prior to voting to raise dues and by how much.

News & Notes:

First Paul Harris for Bertini; April Third Thursday Going to 35 North



VP **Scott Bertini** on Wednesday was presented with his first Paul Harris recognition by Foundation Chair Bill Rice. Bill said Scott attained this honor with his donations combined with points from a club member to complete the necessary \$1,000. Congrats to Scott!

April's Third Thursday, on April 18, will be our first time at **35 North**, says Family of Rotary Chair Cindy Kraus. As usual we will begin at 5:30 p.m. We ask you to use this [LINK](#) to sign up so Cindy will know how many will be attending. 35 North is on the corner of Kingston Pike and Campbell Station Road.



Adam Brock, a Certified Financial Planner at Patriot Investment Management and Farragut Rotarian, talked with the club on Wednesday for a few minutes about “Smart Strategies for Giving to Charity.” He discussed the four leading strategies that financial planners are recommending to help clients reduce their taxes and had a very effective PowerPoint presentation as well. He covered these four areas — Qualified Charitable Distribution (QCD), Donation of Appreciated Securities, “Bunching” and Donor Advised Funds. If you would like to see the video again, give Adam a call at Patriot Investment.

Farragut Rotary's Walk for Water Team Is Still Hoping for Members & Donations

Saturday's **2024 Knoxville Walk for Water** on April 13 is in high gear. Tory Kinson says they've already raised more money than last year, and still have a few days to go.

Even if you can't make it for the walk or to work as a volunteer, you can still donate on our team page at this [LINK](#) Our team goal is to raise \$2,500 and we just passed the halfway mark, Tory says. "Also we are the first place club and the 4th place team overall in donations so far."

As you can see here, Tory and Emily Lamon Justice enjoyed last year's event!



Here are the details:

- They still need volunteers!
- Wear an orange shirt.
- Meet at Lakeshore Park Marble Pavilion
- We'll have coffee and some food volunteers.
- Last year there were 3 shifts: 7-30AM Setup Time; 9:15 AM Check in and Walk time; End of event — tear down and cleanup.

News About The CART Fund

The Rotary Club of Farragut with our Blue Buckets is a contributing club to the **The CART Fund** (Coins for Alzheimer's Research Trust) with our members having donated over \$1,300 in the blue buckets during club meetings.



Tom Woodbery who leads our CART efforts, share that after a record fundraising year and an increased number of grant applications, the Executive Committee of The CART Fund, under the direction and advice of the Scientific Review Panel, has announced the organization will award a record \$1.4 million in Alzheimer's research grants in 2024.

The top award, the Roger Ackerman Memorial Grant for \$300,000, will be presented to Ana Griciuc, Ph.D., from Massachusetts General Hospital and Harvard Medical School. Her project is titled “Utilizing CD33-targeting antisenseoligonucleotides to reduce Alzheimer’s Disease Pathology.”

Great news!

How About a Great Joke Today!

Q. “Why should you never play poker at the zoo?”

A. “Too many cheetahs!”

New Rotary State License Plate To Benefit Tennessee Rotarians

An initiative by **Rotary District 6760** to have a specialty plate dedicated to Promoting Peace has been approved by the Tennessee State Legislature and the campaign to get 1,000 registered motorists signed up is underway.

Here are the details:

1. The first year's \$35 will be covered by donations from the Districts. The goal is for \$35,000 to be donated from club foundations so that no one has to pay the \$35 the first year.

2. You don't have to be a Rotarian to have the plate, which is a big deal. Anyone can sign up for the plate and the \$35 still comes to the Rotary districts of Tennessee. As a bit of information, the "Don't Tread on Me" plate has almost 29,000 motorists who display it, and it generates about \$1 million dollars to their organization. This needs to be accomplished by June 30, 2024.

4. \$20,000 has been pledged so far by clubs.



The first 1,000 plates reserved are free the first year (\$35 annual fee is added to vehicle registration renewals). Net proceeds fund community peace projects organized by the 7,000+ Tennessee Rotarians. First editions expected on or before October 2024.

You can click on this [LINK](#) to reserve your first edition plate(s) or to donate to the project. Your County Clerk will notify you when your plate is ready to be picked up.

Today's Weight-Loss Drugs: Which One?

Today **Dr. Charlie Barnett** discusses the FDA-approved drugs being used and available for those trying to drop pounds. Very interesting and very timely.

A recent study in the journal "Obesity" compared the relative effectiveness of the different but FDA approved weight loss drug classes of GLP-1, stimulants, anti-depressants, and fat blockers.



I apologize for the long un-pronounceable words, but to orient you to the various drug names available: the GLP-1 drugs are tirzepatide (Mounjaro, Zepbound), semaglutide (Ozempic, Rybelsus, Wegovy), liraglutide (Victoza, Saxenda); the stimulant is phentermine-topiramate (Qsymia); the anti-depressant is naltrexone-bupropion (Contrave); the fat blocker is Orlistat (Xenical, Alli).

This study looked at 35,000 patients and found that tirzepatide was superior to all others in weight loss achieved, reduced A-1-C, lower total cholesterol, lower low-density cholesterol (the bad guy), higher in high-density cholesterol (the good guy), lower in total triglycerides and finally better in improving blood pressure.

How important is this? The DIRECT trial showed that 86% of participants were no longer diabetic after achieving a weight loss of 15 kg (33 lbs). Want to cure diabetes? Lose weight...it's that simple. Tirzepatide can help.

Our April Mystery: 4 New Clues for You

Four clues down and four more for you this week as our sleuths are busy working to unmask our **April Mystery Rotarian**. A good number of guesses came in Sunday and Monday. Hope these clues help!!

- Chip Ingram and Tony Evans are favorite authors.
- Have hosted two game shows....hmmmm!
- Renewed their wedding vows in a castle in Portugal.
- Had dinner with Oliver North (hope you know that name).



There you go. The first email sent to TOM KING will win a great bottle of wine (red or white). If our Mystery member remains a mystery then the wine goes to them.

A Thought for One & All

“If someone is trying to be there for you, by all means, let them. It is a blessing to have someone look after you. It is a beautiful thing to have someone who genuinely cares.” — **Robert Drake, author**