
THE FLAGSHIP



Aug. 27, 2023

Editor: Tom King

Coming Up!!!

August 30: Terri Holder,
Lady Vol BoostHer Club

Sept. 6: Board of
Directors, 11 a.m.

Sept. 6: Club Assembly

Sept. 9: Rotary
Leadership Institute LI I-
II-III in Crossville

Sept. 13: Lt. Col.
Travers Hurst, 134th Air
Refueling Wing,
McGhee Tyson Air Base

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

Wednesday's Program: Lady Vol Booster(Her) Club's Terri Holder

Wednesday's program will be presented by **Terri Holder** with the **Lady Vol Boost(Her) Club**. The club was dissolved in 2012 when the University of Tennessee combined the women's athletic department with the men's and all donations fell under the Tennessee Fund.

Now that NIL (Name, Image and Likeness) is part of the college sports business, the club began again in 2022 with Holder leading the way. The club stands on its own and is not part of UT athletics. Holder's aim is for the club to represent all 10 Tennessee women's teams by the end of 2023.



Holder owns Orange Mountain Designs, which she opened almost 16 years ago. Through her business she has signed a number of UT athletes to NIL deals. Prior to starting her business, she spent 25 years as a UPS package driver. She is a graduate of Heritage High School. You can hear more about her and what she's doing in a video produced by PE Teri Jo Fox through KnoxFOX Real Estate. Here is the [LINK](#) to the video.

Wednesday's Meeting Was Different! Speaker Had COVID! Judith Passes Out!

By Leah Berry

It was anything but a usual meeting Wednesday. Our scheduled speaker was in bed in Cookeville, along within her husband, battling a bad case of COVID. And then **Judith Bradbury**, during remarks by our stand-in speaker, passed out and Noah Myers caught her before she hit the floor.

Dist. Gov. Susie Cantrell had to cancel so **Asst. Gov. Janice Mitchell** (pictured here with Bill McGrath) stepped up and in for her, encouraging everyone to watch the video that DG Susie had in the July 12 District 6780 newsletter that all Rotarians should have received. And Janice even sang to us!!!



Judith saw her doctor on Thursday and she was diagnosed with dehydration. She even drove herself to the see her doctor. She refused to be taken to the hospital when our friends from Rural Metro across the street showed up to check her out during the meeting. After the Bradbury Break and scare, the meeting moved on. More about this below in the speaker/program story.

AG Janice talked about RI President R. Gordon R. McNally's four priorities for the year. Janice encouraged us to know our "60 second elevator speech" for Rotary. She also noted that the biggest turnover in membership is within the first year, so be sure to engage our new members!

Janice asked three of our members the following questions, and had them stand up to present:

Emily Lamon Justice

- Why are you in this club? Emily met fellow Rotarian Scott Bertini through involvement with Cub Scouts. She liked what she heard about Rotary and service.
- Why are you staying in the club? She is new but likes what she sees so far! She loves being able to engage her son in the community service projects.
- What is your favorite service project? She worked at the Wesley House project last week and brought her son along!



Jerry Schwallier

- Why are you in this club? Jerry has been a member of many Rotary clubs throughout the years as he has moved around, and all have had incredible people!
- Why are you staying in the club? He has been here for three years, and enjoys the camaraderie and service here as well!
- Favorite project? Jerry really liked the bed-building with Sleep in Heavenly Peace, impacting young people.



Jay Povlin

JUST as Jay got started, we had a Family of Rotary emergency! Judith had a medical emergency and was helped to the floor by a very calm and collected Noah Myers, Bill Rice, Becky Duncan and others. The club jumped into action — PP Megan dialed 911, PP Jim O'Brien waited outside for Rural Metro, and club members cleared a pathway while others attended to Judith. Staff at the Farragut Community Center were quick to help as well. Thankfully, Judith was back on her feet by the end of the meeting -

which she **INSISTED** go on without her! President Val asked Chase Depew to lead us in a word of prayer.

Then it was back to Jay:

- Why are you in this club? Jay hesitated a little, hoping that his start to answer wouldn't have a similar effect on anyone else in the room! He is a newer member, and was glad that Sonya Ford introduced him to us.
- Why are you staying in the club? He has enjoyed the fellowship, camaraderie and service so far.
- Favorite project? He is looking forward to another stream cleanup.



Janice ended the meeting with a song, "We All Live Together", and we got a chance to thank the first responders in the lobby on the way out. Judith opted out of the photo, and we were all so grateful that she was up and in good humor! It did reinforce our Family of Rotary without a doubt!

Wednesday's Special V&G Report

Tory Kinson had two very special guests with him — his South Korea bound daughter, Valerie, and our inbound Rotary Youth Exchange (RYE) student **Choi Junoo** from Seoul. who lives with the Kinson's. They are pictured here. Valerie leaves Knoxville this coming Friday at 6 a.m. and should arrive at 3:30 p.m. Saturday afternoon South Korea time. She will be our outbound RYE student and live in Ansan, about an hour and 15-minute train ride from Seoul between Seoul and Incheon. "Please ask for everyone to pray for her safety, and a life-transforming experience," Tory said. Choi has started his year at Bearden High School. Tory's family has already shown



Making Up, Maybe!

Monday: Lenoir City, Noon, First Baptist Church, 2805 Simpson Rd East; Oak Ridge Sunset, Holiday Inn Express.

Tuesday: Knoxville, Noon, Marriott; Clinton, Noon, Clinton Community Center; Loudon, Noon, First Baptist Church; Morristown A.M., 7:30 a.m., Morristown Country Club.

Wednesday: Knoxville Breakfast, 7 a.m., Gettysvue; Maryville, Noon, Blount County Public Library, Maryville; Morristown, Noon, Morristown Country Club; Oak Ridge Breakfast, 7:15 am, Tech 20/20, 1020 Commerce Park Drive.

Thursday: North Knox, Noon, Litton's Restaurant; Oak Ridge, Noon, Doubletree Hotel, 215 S Illinois Ave; Tellico Lake, Noon, First Baptist Church, Tellico Village.

Friday: Knoxville Volunteer, Noon, Knoxville Marriott; Bearden, 12:15 p.m., Bearden Banquet Hall.

Choi the finer side of American food, taking him to Waffle House and a Chik-Fil-A in one day! Choi loves sports, so if you have an opportunity to invite him for a round of golf, a tennis match, or tickets to a sporting event, he'd love to go!

- **Richard Castleberry** was Alex Barnwell's guest.
- We had a Visiting Rotarian, our **Asst. Dist. Governor Bill McGrath** of the Rotary Club of Knoxville.
- And back with us was **Tammy Cheek** from the Farragut Press.

Our Family of Rotary News

PP Bruce Williamson and wife Susan are on the road today returning to the M.D. Anderson Cancer Center in Houston. Bruce says that Susan's abdominal cancer has worsened in a couple of areas, meaning that the gene approach drug wasn't working. She is entering a different drug trial now. The new trial begins this week, and she will be in and out of M.D. Anderson



for the next two or three months. “Our hope is that at the end of two months, if the drug stabilizes the faster growing areas, or even better, shrinks the tumors, that's good news, and she'd stay for a third month. If there's no measurable improvement by the end of two months, well, we'll cross that bridge when we get there.”

We have news from **PP Jim O'Brien** today. Jim has already told us about this prostate cancer and his upcoming regimen of proton therapy sessions at the Thompson Proton Center that are to begin in September. Now, there's a hitch. “As if prostate cancer wasn't enough, I learned last Wednesday that I may have a blockage in one or more of my coronary arteries. I'll undergo a heart catheterization on September 13th at Parkwest Medical Center. If they find one or two blockages, the doctor will clean them out and insert a stent. If it's more serious than that, I'll need to consult with a cardiac surgeon to discuss open heart surgery.” Jim's asking his doctors about the “what ifs.” His wife Diane, he says, “suggested that she and I are approaching, at or are past our “Use By” this date!”

We've not updated the club lately about how our longtime member **Sam Taylor** is doing. So we asked his wife Linda. "Tell everyone he is maintaining his health issues pretty well. Walking is difficult so he always uses his walker now. Sam is a strong man who loves his life, family and friends no matter the struggles of life. And he always has a positive attitude.”

Please keep Susan, Bruce and Sam and Linda in your prayers!

The Joke of the Day

Someone has imposed a rule we didn't know existed. Was this something like “Executive Privilege?” **Alex Barnwell** was banned from sharing humor on Wednesday. Why? Bad jokes last week it is said.



But **PP Jim O'Brien** had a fair one for us: "An Irishman walks into a bar in Toronto and orders a drink. The bartender, noticing his accent, asks him, "What brings you to Canada?" The Irishman says "Well, I was in a pub in Dublin and the coaster under my glass said 'Drink Canada Dry', so I thought

I'd give it a shot."

A Celebration for Bettye Carol Sisco

About 35 hot and hearty lovers of **Bettye Sisco** turned out for a community memorial service for Bettye this past Tuesday in Ralph McGill Plaza behind the Campbell Station Inn at the Kingston Pike and Campbell Station Road intersection.

Bettye Carol Sisco passed away Sunday, February 19, 2023, after a long battle against chronic lymphocytic leukemia. She was the president and CEO of the Farragut West Knox Chamber of Commerce for 16 years from 2000 to 2016, when her illness forced her retirement.



She also was a longtime member of the Rotary Club Farragut.

Bettye leaves a legacy of love for Farragut and the community, for the chamber and for her many dear friends. Perhaps her best friend, Marianne Morse, organized the memorial service. Money was raised for a memorial bench, plaque and tree in her honor in the McGill Plaza and a bench and plaque at Anchor Park. Both were dedicated in memory of Bettye.

Bettye was born in Memphis and was a preacher's kid. She was predeceased by her parents, Rev. Vernon and Mildred Sisco; a sister Dorothy Kautz; and a sister-in-law Lynette Sisco. She is survived by her sister, Margaret Perkins (David).

Bettye's request was that there be no single service, but that family and friends celebrate her life by rejoicing, loving one another, striving for peace, staying hopeful and positive, singing happiness, dancing joyfully, praising Him and being glad in the day the Lord has made. Vintage Bettye.

"It was a beautiful memorial. About 10 people spoke on Bettye's life from earliest relationships to the latest. So many wonderful things were said about her," said Julie Blaylock, who succeeded Bettye as FWKCC's president.

Gang of 8 Works Hard at Wesley House

Service Projects Co-Chair Kristen Otto had only seven helpers working at **The Wesley House** yesterday. But the seven, not including VP Scott Bertini's young daughter Anniston, covered a lot of library walls with paint.



Joining them were PP Becky Duncan, PP Jim O'Brien and three members of the Hardin Valley Academy (HVA) Interact Club — Judy Taylor, Allie Harm, and Gyuri Park (pictured here). "They were excellent helpers! Although I think they ended up with more paint on their bodies than the wall by

the end,” Kristen said.

PP Jim removed all of the shelving and everyone else painted.

“It was lots of work, and we’ll have to go back one more weekend to finish up, but we made a lot of progress,” Kristen added. “The red with the white accent wall ended up looking beautiful and once they get the logo on it will be perfect.”

We’ll be letting you know about our next Wesley work day!

Today’s Medical Moment:

Proton Pump Inhibitors & Dementia

Dr. Charlie Barnett tells us that in recent years several studies have noted the increased incidence of dementia associated with the use of proton pump inhibitors (Prilosec, Prevacid, Protonix and Nexium to name a few).



A recent study of nearly 6,000 patients followed for five years reported in the journal *Neurology* that those using proton pump inhibitors longer than 4.4 years had a 33% increased incidence of dementia. There was no increase with shorter-term use. Proposed mechanisms for this include allowing buildup of amyloid protein in the brain, decreased absorption of nutrients from the stomach and inhibition of cleaning of the lining of blood vessels.

The net of this is that if long-term use of medication to reduce stomach acid is needed, the H2 blockers (Tagamet, Axid, Pepcid) might be a safer bet. Discussion with your doctor would be appropriate before making any changes.

September Birthdays for 8 Members

We have eight Farragut Rotarians who will be celebrating September birthdays. Only one has a special day on a day we meet — **PP David Smoak** on Sept. 25. Here's the list:

Sept. 11: Mike Reynolds
Sept. 15: Richard Bettis
Sept. 17: PP Fred Martin
Sept. 19: Vicki Williams
Sept. 20: Mansour Hasan & PP David Bluford
Sept. 25: PP David Smoak
Sept. 26: Joseph Hicks



Happy Birthday everyone!

Our Thought for the Week

“The biggest communication problem is we do not listen to understand. We listen to reply.” — **Stephen Covey**