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# THE FLAGSHIP



December 4, 2022

Tom King, Editor

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## *Coming Up!!!*

Dec. 7: Board of Directors, 11 a.m.

Dec. 7: Club Assembly, Webb Madrigals, 12 Noon (note time change)

Dec. 14: Volunteer Ministry Center

Dec. 17 & 24: Salvation Army Bell Ringing

Dec. 18: Fostering Hope Service Project, 2 p.m.

Dec. 21 & 28: NO MEETINGS!!!!!!!

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

## SOCK HOP/CORN POP: IT WAS A BLAST ON A GRAND EVENING!!

It was a MAJOR BLAST!

It was a rousing and rocking success!!!!  
It is the most successful fundraiser in the 42-year history of the Rotary Club of Farragut!

How much did we raise? Almost \$40,000.

We danced and danced and danced some more and here is [LINK](#) to a video of The Four Rocking Rotarians who danced the most! That would be President Megan Belcher, VP Teri Jo Fox, Julie Blaylock and Treasurer Steve "Elvis" Krempasky. There was some serious shaking



going on!!!! And even Dr. Jack Faber hit the dance floor with Jeanne! It was great! And congratulations to Megan and Steve for winning the dance competition! They're pictured here above with Dance Judge Barb Schwallier.

"The Sock Hop on Friday night was a tremendous success. We are still waiting for the final total but this promises to be our most profitable fundraiser ever," President Megan said. "I am so appreciative of the efforts that made the event such a success! At one point we had three generations out on the dance floor. A good time was had by all! I love our club and I can't think of a better way to have spent a Friday night!!"



The music was provided by the young students at the School of Rock of Knoxville, which offers a revolutionary music education approach. They are pictured here with Scott Brockamp and Megan. With lessons from expert instructors, students learn to play their instruments using

the music from local legend Dolly Parton and other artists. As part of the curriculum, students regularly take the stage to perform live at great local venues like the Tennessee and Bijou Theaters. Friday night they performed for 90 minutes — pro bono! And these kids are really good! Pro bono or not! If you are interested, here is a [LINK](#) to the school's website.

The catered dinner — complete with decorations — was presented by Trisha Kelly and her "Classy Caterer" staff and it was, by every account, absolutely delicious. We're also going to have her cater our Jan. 6 After Christmas Party.

PP Jim O'Brien, president of our Rotary Club of Farragut Foundation, shared the preliminary totals from the event:

- Donations (including sponsors and individual ticket purchases/donations and including some expenses) = \$29,694.60.
- Auction sales = \$7,340.
- The initial total (which will be refined) is \$37,034.60.

We had several cases of wine left over and we will be reimbursed for those, too.

“Thank you to everyone who supported this event and a special thanks to all who attended! We had a fantastic turnout with great food, good drinks and The School of Rock kids were absolutely amazing,” said Scott Brockamp, Fundraising Co-Chair who pulled this all together with a big assist from his co-chair, Jerry Schwallier. “Jerry and I would like to thank all who helped make this possible....Madame President Megan, Teri Jo Fox, Julie Blaylock, and a special thanks to Barb Schwallier for her amazing talent creating the table toppers and so many valuable auction items! And the very special Christmas tree.”



***Teri Jo's \$800  
Christmas tree***

In sheer numbers, 24 members attended with spouses or friends. Fewer than half of our members bought tickets. Had we sold tickets to 40 more members (two tickets each) that would have raised an additional \$8,000.

And it's not too late if you would still like to contribute. Please make your check out to the Rotary Club of Farragut Foundation and pass it along to either PP Jim O'Brien, president of our Foundation, or to its treasurer, PP Staci Wilkerson. We're trying to support our projects and organizations in our community and we wish all members would contribute!

## Webb's Madrigals Return With Their Christmas Show

The talented teenagers from **Webb School's Madrigal Singers** will present their seasonal program for us on Wednesday. We need to be seated by 12 noon. It's a little early for us, but they need to get back to school and in class. So, arrive early, get your food and find a seat!

Their voices, their music, their smiles and their humor are perfect to kick off our December holidays. We appreciate PP Jonathan Johnson again for scheduling this wonderful program.

Also, our Board of Directors will meet Wednesday at 11 a.m. Following the Madrigals' program, we will spend a little time handling club business, reviewing our Friday night fundraiser and reminding everyone of our December activities.

Below are articles about our Fostering Hope service project, our Salvation Army Red Kettle Bell Ringers and our January After Christmas Party.



### ***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.



## Today's Prescription World: Fass Says 'Your Prices Can Change in Seconds'

**Howard Fass** didn't mince words. The pharmaceutical world today is “a thick thick forest,” he said. “And the cost of your prescription medications can change in a second—literally—with GoodRx,” Howard, our Sgt. at Arms, is a retired pharmacist and he was our speaker Wednesday. He shared a lot of information and we're going to hopefully hit the highlights.

He said that 34% of our population uses Medicare, 36% is commercial insurance from their respective employers, 4% use Medicaid and 26% are the uninsured.

“And between 20% and 30% do not even get their prescriptions filled primarily due to cost,” he added. “The New England Journal of Medicine says that a person dies every four minutes in the U.S. by not taking their medications.”

Fass seems to be a fan of GoodRx, an American healthcare company that operates a telemedicine platform and a free-to-use website and mobile app that tracks prescription drug prices from more than 75,000 pharmacies. It provides free drug coupons for discounts on medications and can save you up to 80% to 90% on prescriptions based on the retail price.

“GoodRx levels the playing field, especially for the uninsured,” he said. He said that the monthly charge of \$9.99 for the GoodRx Gold program is worth the money.



## Light Meeting for Visitors

It was a light day for visitors, but we did have a Visiting Rotarian with us from California.

- **Ray Solomon** was in East Tennessee on business in Jonesborough and stopped in to visit with us before heading to McGhee Tyson Airport and his trip home to Davis, CA. He's a member of the Rotary Club of Davis Sunrise. He and President Megan are pictured here swapping club banners.
- Our other guest was **Michael Brower**, a new chiropractor in town who was the guest of PP Mike Petty.
- Also with us was **Tammy Cheek** of the Farragut Press.



## We Need Volunteers for Fostering Hope

Service Projects Co-Chair is asking that you join us at our next service project by helping the nonprofit agency "Fostering Hope" with its upcoming Christmas party benefiting some foster children and families on Sunday Dec. 18 at First Baptist Church Concord.



So far we have only seven people signed up. Here is the [LINK](#) to the invitation for you to sign up. Send Scott a text or call if you have any questions at (865) 898-4421.

Fostering Hope was created to help children in the foster care system feel a sense of hope and self-worth by providing backpacks, suitcases, and supplies to children

who are transitioning from foster homes or who have just entered the system.

We will have two slots for this project, but you are welcome to stay for both if you'd like. The first slot is from 1:30 to 3:30. This slot will be primarily helping with the set up of the party (tables / chairs / food set up / etc.). The second slot is from 3:30 to 5:30. This slot will be primarily helping at the party (food / bounce house supervision / helping families / clean up afterwards / etc.) The actual party is from 3-5 for the families, but a lot of help is needed before and after.

## Julie Turns 32 & Speaks at Webb Assembly



**Julie Tryukhan** celebrated her 32nd birthday this past Wednesday and the students at Webb School serenaded her with a great “Happy Birthday” at their assembly.

Julie, who attended Webb during her Rotary Youth Exchange year (2007-08), was the speaker at the assembly and talked about the war in Ukraine and how she and her two children made it back to Knoxville. It is a very moving presentation!

Her presentation was heartfelt, heart warming and very special. Here is a [LINK](#) to her speech.

She and her two children (she’s pictured here with Polly) are planning to join us on Wednesday to hear the Webb Madrigals perform their Christmas program.

## Today's News From Our Family

**Stephanie Markowitz** gave us a great report after her visit with the doctors Thursday about her pregnancy and welcoming daughter Madi to the family. “Madi made it to the 12th percentile from the 8th! She is now 3 lbs 11 oz. So it looks like the last week of December is more likely for her delivery....and 36 weeks is not ideal but better than 34 weeks! Still going twice a week to see the doctor. We will get measurements again in two weeks. Covid really took us down but we're feeling better.”



Also, please don't forget about the request we made for our members sending **Door Dash** gift certificates to Stephanie so they can order the foods they enjoy from specific restaurants! Here is the [LINK](#) to get this done. Just follow the instructions and please do not send it via the U.S. Mail.

## Happy Birthday in December!!!!

It's December “**Happy Birthday**” time for us and we've already missed one member's special day and another member celebrates today. Joshua Hornberger's special day was Friday and today Jeff Reed will be celebrating.

Here are our birthday girls and guys! Happy Birthday everyone!

Dec. 2: Joshua Hornberger  
Dec. 4: Jeff Reed  
Dec. 5: John Hoffman  
Dec 11: Teri Jo Fox  
Dec. 24: Preston Hennessy  
Dec. 28: Kimberly Frazier  
Dec. 31: Farrell A. Levy





## The Roster of Ringers at the Kettle



Mike Singletary has our **Salvation Army Red Kettle Bell Ringing Team** lineup set for the two Saturdays before Christmas — on Dec. 17 and Dec. 24. We begin at 10 a.m. at the Kroger main entrance (closest to Kingston Pike) with two Rotarians working two-hour shifts.

And we thank everyone for volunteering for this very important project.

### **Dec. 17:**

10 a.m. — Tom Pattison and Bill Nichols

12 Noon — Tom King and Bruce Williamson

2 p.m. — Tom Woodbery and Jim O'Brien

4 p.m. — Howard Fass and Jerry Schwallier

6 p.m. — Wayne Davis and Brian Elton (bring FRC vests to next mtg)

### **Dec. 24:**

10 a.m. — Sonja Ford and Tom Marsh

2 p.m. — Steve Krempasky and Tory Kinson

4 p.m. — Mike Singletary and Dan Barnett



## *News & Notes This Week*

### **After Christmas Party News & Invitation**

The **annual After Christmas Party** for our club will be on Friday, Jan. 6, at the beautiful home of **Allison and Noah Myers**. The fun will begin at 6 p.m. No gifts. Bring your own wine or beverage of choice. And if you'd like bring a dessert we can enjoy. The dinner will be a catered affair. As we get close to the date we will send a map to their Farragut home at 503 Concord Rd. Family of Rotary Chair City Kraus has created an online invitation for you to sign up for the party — and here's the [LINK](#) to the invitation.

The 2022 Cape Cod Baseball League Hall of Fame class was inducted November 20th at the Wequassett Resort in Harwich, MA and **PP David Smoak** was there to help induct his brother, Justin. During the summer of 2006, following his freshman year at South Carolina, Smoak led all hitters in the Cape League with 11 home runs, 21 extra-base hits, 87 total bases, and a .565 slugging percentage to capture the league MVP. Smoak was selected 11th overall in the 2008



MLB draft by the Texas Rangers. He went on to enjoy an 11-year major league career playing with Texas, Seattle, Toronto, Milwaukee and San Francisco. He was selected to the American League All-Star team in 2017. The switch-hitter concluded his major league career in 2020 with 196 home runs and 570 RBI.

**Bill Nichols and Tory Kinson**, our Youth Service Co-Chairs, have been in Blowing Rock, NC all weekend with our District 6780 Rotary Youth Exchange Training program for our inbound foreign students and our future outbound students from North Carolina and Tennessee. “We interview all the Inbound students to see how they are doing and any problems or concerns,” Bill said. One of the students there was Tory’s daughter, Valerie, who will be going overseas but does not where yet.

## Medical Moment: Fentanyl & Fatal Overdoses

Facts and statistics in following up to Howard Fass's great talk this past Wednesday:

**Dr. Charlie Barnett** says that fentanyl was developed to help in controlling pain. It is 50 to 100 times stronger than morphine. Changing the fentanyl molecule structure results in more potent versions, such as Carfentanil, which is 10,000 times stronger than morphine. These chemicals are mixed with other street drugs such as morphine and methamphetamine to produce a "higher" high for the user. Unfortunately, the doses are high enough to tranquilize the brain and lose the drive to breathe. Hence, death.

In 2021 more than 71,000 Americans died from fentanyl overdoses. The large majority of these were accidental as the user thought they were taking a legitimate opiate such as Percocet (the pusherman or the cartels use pill presses to manufacture these illicit drugs. The counterfeit looks just like the original).

If the overdosed but alive patient is discovered, they are treated with naloxone which is given by injection or nasal spray. The nasal spray is available without prescription from your pharmacy and can be handy to have around the house. Naloxone may require several administrations. If it is ineffective, the patient is placed on a ventilator until the body clears the drug. Naloxone will not reverse methamphetamine or benzodiazepines (valium, Xanax etc.)

If one wishes to check their illicit drugs for fentanyl, test strips are available. They are not 100% accurate!

## Final 4 Mystery Clues Are Here!!!!

We've passed along 12 great clues and no one has yet to unmask the **November Mystery Rotarian**. This Farragut Rotarian has — so far — defeated our best sleuths and others. Today we put forth clues 13-16 for one and all.

- Although he wasn't very good at all, he learned how to surf in Monterey Ca where he lived for a time in his 20's.
- Has never played golf at Augusta National Golf Course or met Jimmy Carter, but has worked for both indirectly.
- Is a big movie buff and their three favorite movies are "The Shawshank Redemption", "Gladiator" and "Christmas Vacation."
- Has led two medical missions to Africa.



The first correct guess emailed to TOM KING will enjoy a fine wine from Dixie Lee Wines & Liquor. Our Mystery Rotarian wins the wine if he or she is not unmasked!

## A Thought for Our Week

"The trouble with quotes on the Internet is that it's difficult to determine whether or not they are genuine." — **Abraham Lincoln**