
THE FLAGSHIP



Feb. 12, 2023

Tom King, Editor

Coming Up!!!

Feb. 15: Dr. Amanda Edsell, 865 Academy Coach, Farragut High

Feb. 16: Third Thursday, 5:30 p.m., Bonefish Grill

Feb. 22: David Smoak, Farragut Parks

March 1: Dr. Stephen Lloyd, Chief Medical Officer, Cedar Recovery

March 8: Karen Pershing, Executive Director, Metro Drug Coalition

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

FHS's 865 Academy Coach Dr. Amanda Edsell Speaks Wednesday

Joining us Wednesday will be **Dr. Amanda Edsell**, the coordinator of Farragut High School's (FHS) 865 Academy. FHS is among the first Knoxville County school to participate in The 865 Academies that began this past fall for incoming 9th graders in the Freshman Academy.



These students are exploring future academy pathways in preparation for choosing an academy prior to their 10th-grade year.

This new program will create career-themed academies at district high schools, which will be known as The 865 Academies. This approach will allow students to participate in authentic, work-based learning opportunities for job shadows and other career exploration activities; work closely with professionals in

their field of interest; and create stronger connections between classroom knowledge and workplace success.

Edsell joined Knox County Schools in 2011 as an English Language Arts teacher and basketball coach at Karns Middle School. She has also worked as a teacher and basketball coach at Bearden High School. She then assumed the instructional coach and Response to Intervention Coordinator role at Bearden High. She worked as an assistant principal at Bearden High School from 2017-2019 and at Bearden Middle School from 2019-2022.

She received a bachelor's degree in English and Youth Ministry from King College, a Master's degree in Secondary Curriculum and Instruction from King College, and a doctorate in Education in Educational Leadership.

Farragut Rotary's 'Choir' Nails The National Anthem

Well, whaddya know? We can sing!!! After a dreadful “Happy Birthday” serenade to Julie Blaylock last week, we came back strong Wednesday with a really nice job on a very hard song — our National Anthem! It was requested by a member and President Megan Belcher led us from the lectern.



“Wow, we can sing,” Megan said with a big smile on her face. “That was pretty strong everybody.” That kicked off our Club Assembly in great fashion!

On Wednesday our board had its monthly meeting. Here's what happened:

- Approved Dan Barnett's request for the Rule of 85 designation.
- We now have 88 members (two Honorary).
- Our January meeting attendance was 67%.
- Discussed the formation of a Vocational Services Committee.

- Agreed on \$11,000 for the Wesley House project in partnership with Dist. 6780. Once the project is completed the district will repay us \$5,500.
- Agreed to donate \$1,000 for a sponsorship of the Water Mission's May 6 Walk at Lakeshore Park.
- Agreed to move \$10,000 into the Rotary Club of Farragut Foundation's Endowment Fund — the money coming from our December 2022 fundraiser.

Wednesday's 2 Guests

We had only two visitors Wednesday — **Emily Lamon Justice** and **Joe Straub**.



- Emily was the guest of Scott Bertini and she is an excited Prospective Member. Notice her middle name — Lamon — as in Lamon Jewelers. They are closing their Log Cabin Jewelry Store on Kingston Pike and are soon to be opening their new store in Turkey Creek at the former location of Skechers Shoes in The Pinnacle complex.



- Joe was the guest of Candace Viox. They have become good friends since he's a regular at Candace's Water 2 Wine Bistro & Lounge,

Great to have met and hosted both!

Humor & Then Some!

Nichols, Blaylock & Barnwell. That's not the name of a new law firm in town, but our trio of "comedians" on Wednesday.

Bill Nichols continued his incredible run of "Moan Humor" with this little joke: "In the Bible, the Torah and the Koran the only sport referenced is baseball. It is referenced in Genesis Chapter 1 — "In the big inning."



Julie Blaylock's humor was in the form of a true story, also Biblically related. To wit:

"A few years ago, I had the opportunity to ride in a hot air balloon. Of course, I asked my husband Eric to go with me. What could be more romantic than a balloon ride with room for just two (plus the operator)? When I asked he said, 'I'm sorry, I can't go with you.' 'Why not?' 'Well, I can't go with you because it says I can't in the Bible.' 'WHERE in the Bible does it say anything about you not riding in this hot air balloon?'

'It's VERY clear: the Bible says, 'LOW... I am with you!'" Ask Julie if you want more details of the story.

And we'll leave you with **Alex Barnwell's** contribution: "How did the scarecrow win the Nobel Prize? He was out standing in his field."

Amen!

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!

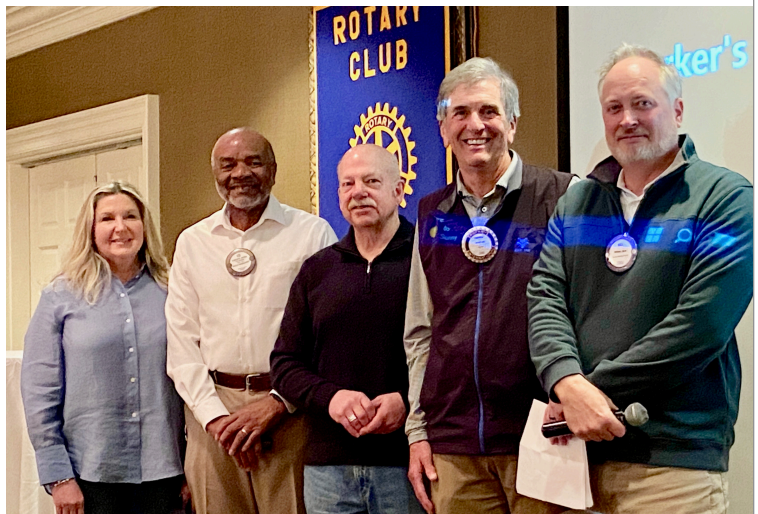
Here is a [LINK](#) to our page.

4 Honored With Paul Harris Pins

We had the privilege to honor four members Wednesday for their contributions to The Rotary Foundation as Paul Harris Fellows. Our Foundation Chair Bill Rice did the honors. For those members who may not know, Paul Harris was the founder of Rotary.

We celebrated these members and they are pictured here, L-R, with Bill Rice.

- ◆ **Cindy Kraus** with her first PH recognition (\$1,000)
- ◆ **PP Ed Jones** with his PH +1 (\$2,000 plus)
- ◆ **PP David Bluford** with his PH +3 (\$4,000 plus)
- ◆ **Farrell Levy** with his PH +5 (\$6,000 plus)



Recognized but absent were Terry Kerbs (PH +1); Larry Click (PH +4); and Doc Pratt (PH +5).

Bill also shared the following with us:

- The Rotary Foundation was established in 1917 with \$26.50. Now it exceeds over \$1 billion.
- Our club's all-time giving YTD since our club began in 1980: \$530,983.
- Based on most recent reports, we have 57 PHF members (approx 66%) in Farragut Rotary.
- We have 5 Major Donors in our club who have made contributions greater than \$10,000 – Judith Bradbury, PP Tom King, Sam Mishu, Sam Taylor, and PP Peggy Wilson.

- We give extra special recognition to PP Bob Parker, who is a Level 2 Major Donor with contributions between \$25,000 and \$49,000.
- We have 2 members of The Bequest Society who are leaving at least \$10,000 of their estates to The Rotary Foundation — Judith Bradbury and PP Tom King.

You can learn more about the Rotary Foundation at this [LINK](#) To make a contribution click on this [LINK](#) If you have questions please contact Bill at (865)-690-7678 or (865) 809-7153.

Step Up & Sign Up: March 4th Sleep In Heavenly Peace Project

Join us for an incredibly fun service project that is truly going to make a difference in the lives of 25 kids! The Rotary Club of Farragut and Tellico Lake Rotary will be joining forces this year to partner with **Sleep In Heavenly Peace** to build 25 beds for some kids who currently do not have a bed.



We will be meeting in the North Parking Lot at Fox Den Country Club on March 4th at 9 a.m.

“This is always a very fun project and no special construction talents are needed. Also, please don't worry about bringing any tools as Sleep In Heavenly Peace will have all the materials and tools needed. With that being said, I would recommend bringing some outdoor work gloves if you have some, says Service Projects Co-Chair Scott Bertini.

Lastly, we will have donuts, coffee and some orange juice for volunteers.

Here is the sign-up [LINK](#) we hope you'll mark to join us!

Our Family of Rotary

The Family Markowitz is doing just fine. “We are great...just growing like a weed!” Stephanie says of their now 7-week-old daughter Madi. “She was 7 weeks on Friday and will be 2 months old on February 23rd!” Yes — time flies. And yes, that is Stephanie with her natural hair color.



We tried to get an update on **Bettye Sisco** but were unable to contact her today. As soon as we do speak with her, an update will follow.

News & Notes

Third Thursday Feb. 16; Julie Tryukhan Speaking March 14 at Rotary Downtown



February's Third Thursday will be in Turkey Creek at Bonefish Grill and if you've ever been, you know it's great food! If you have not enjoyed Bonefish, join us on Thursday Feb. 16 at 5:30 p.m. The food, fellowship and fun makes for a great Rotary memory! Here is the sign-up [LINK](#) if you plan to join us.

Here is a heads-up for your consideration: Our Ukrainian refugee and former Rotary Youth Exchange (RYE) student **Julie Tryukhan** will be speaking to the Rotary Club of Knoxville on Tuesday, March 14, at noon at the Crowne Plaza downtown. It would be great if a few of us could be there to support Julie!

The Rotary Leadership Institute (RLI) is coming to town on Saturday Feb. 25 at Pellissippi State Community College. There will be three courses that day on topics like Membership, Service Projects, and the Rotary Foundation. The day begins at 8:30 a.m. and will adjourn at 3:30. The cost is \$50 per person per course and that includes all materials as well as continental breakfast and lunch. Many clubs choose to pay the cost for their members; in others, members pay their own way. Payment by online credit card is preferred. If paying by check, make it payable to HOA-RLI and bring to the session. Here is the Registration [LINK](#).

We noticed in the Farragut Press that our **Jared Greene** of Home Trust Bank is a new Ambassador for the Farragut West Knox Chamber of Commerce. Congrats to Jared!

Scotland's Gordon McInally Selected To Serve as RI's 2023-24 President

Gordon R. McInally, a member of the Rotary Club of South Queensferry, Lothian, Scotland, is the selection of the Nominating Committee for President of Rotary International for 2023-24.

McInally, a graduate of dental surgery at the University of Dundee, owned and operated his own dental practice in Edinburgh. He was the chair of the East of Scotland branch of the British Paedodontic Society and has held various academic positions. He has also served as a Presbytery elder, chair of Queensferry Parish Congregational Board, and commissioner to the church's General Assembly.



A Rotary member since 1984, McInally has been president and vice president of RI in Great Britain and Ireland. He has also served RI as a

director and as member or chair of several committees. McNally and his wife, Heather, are Major Donors and Benefactors of The Rotary Foundation. They are also members of the Bequest Society.

McNally called for members to capture the world's attention and lead the way toward possibilities far beyond our current expectations. In saying that, his theme for our next Rotary year is “Create Hope in the World.”

"The goal is to restore hope — to help the world heal from destructive conflicts," McNally said at Rotary's annual training event for incoming district governors.

You can click on this [LINK](#) to read more about McNally.

Mexico Clean Water Grant Complete, 9 Schools Now Have Filtration Systems

There are nine schools in Mexico that now have water filtration systems thanks to a **Rotary District Multi-Club Grant** of \$12,006. Our club is the sponsor club and partnering with us were the other Knoxville clubs — Bearden, Knoxville, Knoxville Breakfast, Knoxville Volunteer, and North Knoxville Rotary.

PP Becky Duncan, our International chair and Grants Coordinator, spent a good amount of time pulling together this grant. The schools are in San Agustin Tlaxiaca near the city of Pachuca, Hidalgo. Many of the people in the communities lag socially and educationally; suffer from lack of economic development, industry and commerce, and migration; and are marginalized due to lack of job opportunities.

The goal of the project was to increase the quality of life and health for the school children in the town of San Agustin who have the services of school cafeterias. Only two of the 11 school cafeterias had water filters to provide clean drinking water for students and school personnel.

The grant is helping approximately 1,408 children and 114 staff members in the nine schools.

Attached to this newsletter email is a complete report from our partners in Mexico.

Exercise: Even a Little, Counts a Lot

Dr. Charlie Barnett is on an exercise kick today. Give it a read for your health.

Perhaps the discussion of diet and exercise is getting a bit old, but please let me share one more study showing that even brief periods of exercise can make a world of difference.

A recent study from England followed the seven-year mortality of 25,000 people with an average age of 61. Each person wore an exercise monitor watch, such as Fitbit, Apple Watch, etc.



Their results are surprising in that they focused on individuals who had evidence of vigorous intermittent lifestyle physical activity (VILPA) as evidenced by an increased heart rate for periods of 1 to 10 minutes. They found that even 3 bouts per day of 1 to 2 minutes of VILPA, such as climbing steps or a brisk walk, resulted in a 40% decrease in all cause and cancer mortality and a 48% decrease in cardiovascular deaths.

Here is a [LINK](#) to the study.

I'm not sure these results are entirely accurate, but there is certainly no downside into taking the stairs instead of the elevator or walking briskly from the car to the store. Again, your choice.

The Next 4 More Mystery Rotarian Clues

The first four clues about our **February Mystery Rotarian** failed to elicit even one guess from our membership. Just maybe these next four clues will get the sleuths more active!

- “I’m frequently told that I need to have my hearing checked.”
- A bucket list item is a place they really want to visit — Alaska.
- Really hooked on ice cream.
- Have had at least 12 different kinds of pets.



Get your guess in via email to TOM KING. The first correct guess takes home a bottle of wine. If no one can ID our Mysterian, then they get the wine!

A Thought for Valentine's Day

“Love has nothing to do with what you are expecting to get — only with what you are expecting to give — which is everything.” — **Katharine Hepburn**