

THE FLAGSHIP



Feb. 25, 2024

Tom King, Editor

Coming Up!!!

Feb. 28: Nancy Welch
CAC, Volunteer
Transportation

March 6: Board of
Directors, 10:30 a.m. ,
Farragut Community
Center

March 6: No Meeting

March 6: Top Golf
Tournament @ Top
Golf, 1 p.m.

March 13: Rebecca
Bitner, Principal,
Ridgedale Alternative
School

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



(Click on the Arrow)

Top Golf Tournament Field Is Filling Up For Major Fundraiser

We have sold out our major sponsorships for our big March 6 fundraising event at the **Tournament at Top Golf** to benefit **Sleep In Heavenly Peace**, but you still can participate by becoming a Friends of Rotary Bogey

participant at the \$150 level.

Many of our members have to yet to step up and contribute in any way. In fact, that number is less than 20% of our membership. Can't we do better than this, Farragut Rotarians? This is our first major fundraiser of the year, too!

In a fundraiser like this, sponsors can make or break an event and our sponsors are rocking it. How about a Standing O for them for their commitment and generosity:

- “ACE” sponsor, \$5,000: **PE Teri Jo Fox** and The Knox Fox Real Estate Group
- “Double Eagle” lunch sponsor, \$3,000: **Scott Brockamp’s** His Security
- “19th Hole” sponsorship, \$3,000: **Abby Anderson** (Prospective Member) at Admiral Title.



PE Teri Jo and her video team have been recording videos and dropping them throughout social media:

Here's the [LINK](#) to her video if the arrow click didn't work on the picture.

Also, we have five (5) Birdie Bay sponsors at \$1,250 each — **President Val & Beacon Insurance, Guy Thorpe Automotive, Richard Bettis/ORNL FCU, Alex Barnwell Horace Mann Insurance and Candace Viox of Water 2 Wine fame.**

PP Dan Barnett snapped up the \$1,000 Eagle sponsorship for the prize and gifts.

Denise and Alex Bash are the \$1,000 sponsors of our Hole In One contest. Hole in One contest tickets will be \$20 each for a chance at a \$10,000 cash prize! Each ticket is good for 3 swings (only 1 winner)!

As of today we have a total of 8 teams entered with six players per team. Teams from our club are led by VP Scott Bertini and Eddie Jett, Sonya Ford, Kristen Otto, Vicki Williams, Megan Belcher, Roger Moore and one from the Rotary Club of Knoxville (Downtown). Chris Burleson of UMortgage also has a team.

We have one spot open for a team and the deadline to secure the final team is Tuesday. The Bogey Friends of Rotary deadline is Tuesday unless they are not eating, then the deadline is March 6. As of today we have 8 Bogey Friends sponsor backers at \$150 per bogey.

You also can play as a single for \$150.



And don't forget the great non-profit we are supporting with this fundraiser — **Sleep In Heavenly Peace (SIHP)**. Our members and their family members will work together on Saturday, April 13, in the parking lot of Faith Lutheran Church (next door to the Farragut Community Center) to build 35 beds for children in Farragut, Knox County and beyond who do not have beds to sleep in. The cost for each bed is \$250 and that includes all of the bedding essentials (sheets, pillowcase, pillow, etc.).

As of today we only have 18 of 60 slots filled for the bed build and we need a lot more builders. Here is [LINK](#) to sign up and please do!!!! On Saturday April 20 we will help SIHP with their Delivery Day. Here is the [LINK](#) to volunteer for what is a very fun and satisfying day of SERVICE!

This is our **MAJOR FUNDRAISER** of the year so we'd like for everyone to contribute and help us support our community!!!!

ACS's Nancy Welch To Discuss Need For Transportation Help

We were supposed to hear from **Nancy Welch** last month but Mother Nature had other ideas. That January meeting was wiped out by snow and ice and really cold temps so we rescheduled the manager of the Volunteer Assisted Transportation program of the Knoxville-Knox County Community Action Committee.



For the last 13 years she has recruited, coordinated and trained volunteers from the community to assist with transportation for Knox County's seniors and people with disabilities.

Prior to becoming Program Manager, she served in several roles with the program. Nancy's compassion and caring heart for the senior and disabled community is what motivates her each and every day to assist those in need. Nancy has been active in the community by volunteering at numerous non-profit organizations, faith-based events, and community outreach activities. She is a member of the Mayor's Council on Disability Issues.

She's all about service and hope, just like Rotary! Please give her a warm Farragut Rotary welcome.

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.

A Day of Inspiration: Todd Kelly Discusses Living Life Successfully

If **Todd Kelley** did not inspire you it's for sure not his problem. More than a few Farragut Rotarians said it was a perfect day for them to hear and absorb his messages. It's safe to say his program was one of our best of the year.

The former Tennessee football Vol and San Francisco 49ers first-round draft choice stands tall at 6-5, but he's thinned down since his playing weight of 270 to 280.



Kelly was an All-SEC and All-American defensive end and captain of the Vols in 1992 and was a first-round NFL draft choice in 1993 and played four years in the pros, helping San Francisco win Super Bowl XXIX. He's a native of Hampton, VA. His son, Todd Jr., also played for the Vols. He and his family live in Knoxville.

His life today, he says, is built around service, much like Rotary. His wife, he said, is a Rotarian. "I can tell by being here today that this club is getting it done" he said.

Life today revolves around these factors, he offered: People who are solvers, our relationships, our victories, our integrity, our commitment and our execution. "And the things we all need to focus on with energy: health, family, marriage, career and yourself," he said.

He took a moment to say hello to Dr. Joseph Hicks, a longtime friend. "Thanks to Dr. Hicks our children have beautiful teeth," he said.

Kelly is very involved locally with the national organization “100 Black Men” who mentor young black boys with no fathers twice a month and help them prepare for life.

Our Day’s Visitors & Guests

- PP Tom King again introduced prospective member **John Currado** and his wife, **Lani**, recent transplants from Southern California. John is a 47-year Rotarian who owned a large insurance company. They are pictured here with Tom.
- **Drew Dennis**, who handles PE Teri Jo Fox’s wonderful video productions, and **Jade Ross**, now TJ’s assistant, were her guests Wednesday.
- Our **ADG Bill McGrath** of the Rotary Club of Knoxville joined us for the meeting.



- Julie Blaylock’s guest was **Zahn Sherden**, a new resident of Knoxville. He and his family moved from Maryland last October. He is an intern coach/trainer at the recently opened Farragut Fit Body Boot Camp.

- Brian Walker also had two guests — both prospective members, he says —

Bart Van Edom and PJ Dieffenbach.

- And back with us was **Tammy Cheek** of the farragutpress.



Come back again y’all!!!

Updates About Our Rotary Family

Wayne Davis is doing pretty good today at Parkwest Medical Center. Wife Patti says he is still having infusions and dialysis but is feeling better, eating great (as usual she says). He is improving and she says the fluid swelling in his abdomen is better. He's in Room 1206 and can have visitors!

Sara Branson's mother, **Martha**, is resting at home after being hospitalized this week with COPD and double pneumonia with a touch of congestive heart failure. "Her problem was that she's an ex nurse and she's too stubborn to go to the doctor when she doesn't feel well," Sara said.



Joe Wilson is home and doing "fair" wife Peggy says. But he's not home for long. It's back to Parkwest Medical Center tomorrow to have surgery to take out kidney stones and a stent between his kidneys and ureter. And she says the renal diet he's on is brutally bland.

Friday Was Proclaimed World Rotary Day In Knoxville; Ours Is on March 23



Knoxville Mayor Indya Kincannon earlier this week officially proclaimed Friday February 23, 2024 as **World Rotary Day in Knoxville**. She enjoyed helping celebrate what our Rotary clubs and their members mean to the civic life of our community.

PDG Greg Maciolek, also our District 6780 Public Image chair, was instrumental in setting this up. Joining him for the ceremony were Rob Dansereau, our District Governor Elect, Kelly Vittatoe, president of Bearden Rotary, Mayor Kincannon, our President Val Privett. and John Ley, president of Knoxville Volunteer Rotary. They are pictured above left to right.

The six Knoxville clubs will be celebrating World Rotary Day locally with a work day at Ridgedale Alternative School on Saturday, March 23, from 8 a.m. to 1 p.m. We need volunteers!! Please add it to your calendars!!!! As of today 22 are signed up, including 14 from our club.

If you have not yet signed up, here is the [LINK](#).

Ridgedale is our club's Partner In Education school. Half of its student population are students in K-12 Special Education with intellectual and developmental disabilities and the others are middle school Alternative students working to get back to their original schools. Keep in mind that Ridgedale has no Parent-Teacher Organization (PTO) to support it since its students are from throughout Knoxville and Knox County.

PE Teri Jo Fox has produced a superb video on this project that is being shared on social media and with the other clubs. Here it is at this [LINK](#)

News & Notes of Great Interest!



Five of our members spent their Saturday (yesterday) learning more about Rotary and Rotary leadership at the all-day **Rotary Leadership Institute** classes at the University of Tennessee. These members worked to make our club more effective as trained leaders: **PE Teri Jo Fox, VP Scott Bertini, Jennifer Walker, Craig Donnachie**

and Greg Tilley. Their dedication to our club is appreciated. Our five Rotarians accounted for 25% of the attendance! We rock it! The picture here speaks for itself!

Our **February Mystery Rotarian** will be unmasked at Wednesday's meeting and then we'll present a bottle of wine to a Super Sleuth and find out how he identified her after only 8 clues. This should be fun!

Stephanie and Knick Myers' oldest daughter, **Sarah,** finished her second year at East Tennessee State University Medical College in December. Along with other med school students across the country she had to take an exam after two years to remain in med school. Fail this test and you're out. "Tons of pressure," Stephanie said. Sarah passed as Uncle Noah told us.

Ralph Henry asked members to consider supporting an upcoming **Mission of Hope** activity in Bean Station. It will be on March 23 at 10 a.m. It is an **Outreach and Food Giveaway** in Grainger County at Clayton Homes in Bean Station (1160 US-11W). They will again partner with Compassion Ministries. If you would like to volunteer call the MOH office at (865) 584-7571.

RI Teams With Peace Corps

If you ever thought about serving in the **Peace Corps**, a new partnership between two international partners can make that happen — virtually. Rotary and Rotaract members are eligible to serve via the Peace Corps' Virtual Service Pilot. Participants donate 5-15 hours per week for 3 to 6 months to support organizations abroad with their community-level projects related to education, health, agriculture, youth development, and entrepreneurship. Apply your professional skills, language skills, and interest in both global friendships and cultural exchange.

Learn more about Virtual Service opportunities and apply at this [LINK](#)

Valerie Kinson in Korea! 한국의 발레리 킨슨입니다!

Happy New Year Korean style....A new host family... Korean language classes....Hot pot dinners....Street food.....Her first K-Pop concert....School resumes in March! The girl has been busy!

It is clear from **Valerie Kinson's** January report from Korea that she is loving this experience and has immersed herself in her year as our Rotary Youth Exchange (RYE) student far away from home. Monica and Tory's daughter will have a great bit to share when she comes home this summer. This young lady also is a superb writer. She makes you feel as though you are there sharing her experiences. That's unusual for young writers.



Please click on this [LINK](#) to read her words and enjoy her pictures!

‘For My Aging Friends.....That’s You!’

The headline is a quote from Dr. Charlie Barnett as he discusses a recent study about our lifestyles and degenerating brain functions in today’s Medical Moment.



A remarkable study from the University of Chicago was published this past month in JAMA Neurology, linking a healthy lifestyle to lower dementia despite the physical degeneration of the brain. In this large study on aging, conducted from 1997 to 2022, there was a subset of individuals who had recorded their lifestyle over the years AND had cognitive testing near the time of their death AND had brain autopsies.

The results are quite interesting in that a healthy lifestyle (see below) is associated with less dementia, independent of the degenerative brain pathology of amyloid plaques and tau tangles which are associated with dementia. In other words, a healthy lifestyle can help protect against dementia despite the progressive degeneration of the brain.

In the study a healthy lifestyle is defined as:

- A Mediterranean diet Rich In plants and fish
- Avoiding or limiting alcohol
- Exercising 150 minutes a week
- Learning new things, playing games, doing puzzles or just conversations with friends
- Not smoking

Is this you?

We Have 7 March Birthdays!

March arrives next Friday and in case you've wondered, it is named after Mars, the Roman God of War. Why? Because this was the month the weather was fair enough to resume military campaigns, the Romans said. Not sure how that relates to our **March Birthday Rotarians**, but it's a little interesting! Click on the image here!

March 2 — Dr. Charlie Barnett
March 8 — Cindy Kraus
March 21 — PP Megan Belcher
March 24 — Sam Taylor & Sam Mishu
March 29 — PP Ron Lawrence
March 31 — Michael Brower



Happy Birthday one and all!!!!!! Cheers!!!!

A Thought for Today

“Enjoy your life today because yesterday has gone and tomorrow may never come.” — **Alan Cohen**, American author