
THE FLAGSHIP



Feb. 26, 2023

Tom King, Editor

Coming Up!!!

March 1: Board of
Directors, 11 a.m.

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

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

March 15: Cindy
Bradley, Sacred Heart
Hospice

March 16: Third
Thursday, 5:30 p.m.,
location TBA

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

Moment of Silence For Bettye; 'Party' Planned Thursday

It was a special moment of silence Wednesday for a special lady — **Bettye Sisco**. Bettye lost her valiant fight against leukemia on Sunday evening (Feb.19) at Park West Medical Center after a 13-year battle. Rev. David Bluford and Noah Myers both shared their thoughts with us about Bettye.



Sisco, 74, was the President and CEO of the Farragut West Knox Chamber for 15

years until her retirement on Dec. 31, 2016. In 2010 she became a member of our club.

In case you missed the email earlier this week, there is celebration planned for her on Thursday March 2 at The Admiral Pub. Julie Blaylock says it will be "A Bettye Sisco Celebration" that begins at 5 p.m. Julie says it'll be a low-key, drop-in party to remember and celebrate Bettye. "We'll be telling Bettye stories, sharing our memories, showing our love for her and toasting her," Julie says. Also, everyone will be on their own tabs for drinks or appetizers.

Bettye's sister, Margaret Perkins of Greensboro, N.C., will be there.

We need an RSVP from one and all for this party, and you can RSVP by texting or emailing Julie. Her cell number is 865-599-9625. Her email is juliea20179@gmail.com

There are no plans for services at Bettye's request.

Dr. Stephen Lloyd Speaks To Us Wednesday as a Recovering Addict

Hearing from a doctor who is a recovering drug addict should be very interesting. That doctor will be our Wednesday speaker — **Dr. Stephen Lloyd**. Dr. Lloyd has been in recovery from opioid and benzodiazepine addiction since July 8, 2004.



He currently serves as the Chief Medical Officer of Cedar Recovery, an addiction treatment company headquartered in Mount Juliet, TN, serving patients across Middle Tennessee. On top of his work for Cedar, he is currently vice president of the Tennessee Board of Medical Examiners as well as serving as a federal expert witness. He is an Internal Medicine/Addiction Medicine physician who graduated medical school and residency from the

James H. Quillen College of Medicine at East Tennessee State University.

While in residency, Dr. Loyd struggled with anxiety and problem drinking. An experiment with hydrocodone led to several years of opiate addiction, culminating in an intervention by a family member.

A nationally recognized thought leader and clinician, Dr. Loyd has decades of experience in internal medicine, mental health, and substance abuse services. His background includes serving as the Medical Director and Assistant Commissioner for Substance Abuse Services with the Tennessee Department of Mental Health and Substance Abuse Services.

Experiencing addiction first hand has allowed him to develop a unique approach to patient care that is passionate, effective, and impactful. His daily goal is to help as many people receive the quality treatment they deserve in order for them to feel better, get better, and stay better.

‘Bed Build Day’ Is Just 6 Days Away

Next Saturday — March 4th — we have approximately 50 volunteers signed up for the **Sleep In Heavenly Peace (SIHP) “Bed Build Day”** at Fox Den Country Club beginning at 9 a.m. Bring your work gloves. Tools and materials will be there to assemble 34 beds for kids who sleep on floors, mats, and in cars.



Service Projects Co-Chair Scott Bertini wants more vols and says we should be finished by 1 p.m. Donuts, hot coffee and orange juice will be available too.

The cost for the beds -- that also includes a mattress and the bedding materials (sheets, pillows, pillowcase, etc.) -- is \$250 and borne by SIHP with money raised from donations.

Should the weather turn bad on March 4th, the bed workshop will be held indoors at True Metal Supply at 1745 Louisville Drive, Knoxville, 37921.

There is still time to sign up and here is the [LINK](#) to our sign-up page.

Bill Thompson, who runs the SIHP chapter here, says they have been able to receive enough of a lumber savings from Lowe's to add 9 more beds to our build total, from 25 to 34! "This doesn't happen very often but I'm glad they stepped up for us for this event," he said. "We are looking forward to next Saturday kicking off the Build Day season in a big way!"

Nichols Does It Yet Again....

We had one comedian volunteer for the "humor" portion of our meeting Wednesday and — yet again — it was **Bill Nichols** who answered Noah Myers' request.

With a straight face, Bill shared this story:

"Do you need an Ark built? I know a guy!"

Will this ever end????

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.

LCUB's Fiber Optic Plans & Progress

Shannon Littleton, the general manager of the Lenoir City Utilities Board (LCUB), brought us up to date on the utility's \$135 million project to install fiber-optic lines and equipment to serve all electric customers, a project that should be complete in two years.

This will allow LCUB to offer its customers high-speed internet service not currently available.

He said that 85% of the project will go to a high-grade smart system that will help control and identify outages, their precise location and to quickly restore power. It also, he said, will isolate the outages and manage demand control where and when power is needed.



The investment for the high-speed Internet fiber is \$22 million, he said. "And this will change our lives," he added. "We will have the first fiber optic network that runs from the beginning of our system to the end. It will make a big difference for things like telehealth services, education and business needs."

He says the cost will be \$65 per residence and \$250 for businesses. "It is going to really increase your upload speeds," he explained. The utility has completed 200 miles of the project that eventually will cover 2,000 miles and 3 million people.

One interesting tidbit is that LCUB pays 85% of its revenues collected to TVA for the power it buys.



We Had a Big Day for Guests and Visitors

We had a banner day for guests, made some new friends and took a few pictures. Let's review who was with us.

- Brian Walker, whose membership has been approved, introduced his wife, **Jennifer**. They are pictured at top left.
- Sonya Ford's guest was **Jay Povlin**, the owner of Anytime Fitness in Farragut. He's also the Chief Operating Officer with GatorStep Boat Flooring in Lenoir City. Picture at top right.



- PP Ron Lawrence's guest was **Kelly Vittatoe**, Vice President/Loan Officer with Commercial Bank. Kelly is also president elect of the Bearden Rotary Club. They are pictured at left with ADG Janice Mitchell.
- **Russell Sturm** is a retired engineer and Mike Singletary's neighbor in Fort West. He also was Mike's guest. Mike says he will invite Russell again.

- Brian Elton's guest was his cousin, **Dr. David Davenport**, a Farragut resident and a recent retiree as a veterinarian at the Knoxville Pet Emergency Clinic. They are pictured at right here. Brian says David went to the University of Tennessee for 13 consecutive years — undergraduate, vet school, then a Master's in Agri-Business and another Masters in Human Nutrition. Wow!!
- **Mike Shaw** was Jared Greene's guest. Mike is with Morgan Stanley.
- PP Peggy Wilson's guest was her husband, **Joe**. Always good to see Joe!
- **Asst. District Governor Janice Mitchell** was with us. She's also a member of Bearden Rotary.
- We had a Visiting Rotarian from the Volunteer Rotary Club, **Dr. Saleh Shahid**.



2023 District Golf Tournament Is May 4 Just Before 6780 Conference

The 2023 District Golf Tournament will be held on Thursday, May 4th, at the Sevierville Golf Course. Our Team Capt. Tom Marsh is already working to put together one or two teams from our club.

Check-in will be at 10 a.m. ET, and lunch will be served from 11-11:45. There will be a shotgun start at noon. Here is a [LINK](#) to the tournament registration and a [LINK](#) to the tournament flyer with all of the information.



Our annual Dist. 6780 Conference will begin the next day on May 5 and end on Saturday May 6 in Pigeon Forge at the beautiful Hollywood DreamMore Resort

Hotel. District Governor Al Clark is inviting everyone in the District to attend and is hoping to have record attendance.

During the conference we'll have a chance to celebrate our accomplishments when the district presents its annual awards in a number of categories. You will hear inspiring speakers, be part of interesting and thought-provoking break-out sessions and build and enhance your Rotary relationships.

Registration is now open. Go to the District Calendar on DACdb to register. Note: There is a separate registration event on the District Calendar for Rotaractors and RYE students.

Our March Members With Birthdays

It's time to celebrate our **March birthdays** and we have them from the start of the month to its end, starting on Thursday March 2 with Dr. Charlie Barnett's birthday. Here is the complete list (we hope):

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

Happy Birthday girls and boys!



Dr. Charlie Barnett:

Drugs, OD's: A Deadly & Costly Problem

Drug addiction is a huge problem in our country. It is estimated the cost of addiction is more than \$600 billion dollars per year. Nationwide, more than 100,000 deaths from drug overdoses were recorded in 2021. Locally, in 2022, 485 souls died in Knox County from overdoses.

On a more personal level, approximately 10% of the patients I admit to the hospital are due to the misuse of drugs. Unfortunately, the problem is only worsening. The number of deaths in this country from drugs has more than doubled since 2015.

There is no good, concise explanation why the addict continues to use, despite knowing this behavior is lethal. However, there have been recent advances in understanding that brain chemistry changes with drug use (sorry Dorothy, but we are just a “bunch of chemicals”). Understanding the addict’s brain is the first step in being able to help our friends, family and neighbors with this lethal disease.

I strongly encourage you to attend this week’s program by Dr. Stephen Loyd as he explains this changing brain. PP Tom King has further information on Dr. Loyd in today’s newsletter. Hopefully, this program may result in your saving someone’s life.

The Mystery Is Solved: But Who & Who?

Earlier this week an email popped into PP Tom King's inbox. One of our members unmasked the **February Mystery Rotarian**, who was really looking forward to a bottle of wine. Oh well.

That said, on Wednesday we will introduce one and all to both the Mystery Rotarian and the winner of the wine. We're also going to go ahead today and pass along the last four clues we had ready.

- They love to eat sushi.
- Hates the sound of a barking dog.
- "My parents almost named me Gidget."
- Once had a little boy's haircut!



Maybe a few others will figure it out now. Find out on Wednesday!

A Good Thought for Everyone

"Life has no remote. Get up and change it yourself." — **Mark A. Cooper**