
THE FLAGSHIP



Feb. 5, 2023

Tom King, Editor

Coming Up!!!

.....

Feb. 8: Board of
Directors, 11 a.m.

Feb. 8: Club Assembly

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

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

Feb. 22: David Smoak,
Farragut Parks/
Recreation Program

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

PP Becky's Been Busy: \$11K Grant for Wesley House Library Submitted

PP Becky Duncan has been busy in her role as our International Service Chair and our grants guru. Now she has a little help. Judith Bradbury has joined the committee and is helping PP Becky. They have two grants in the works — one a single club grant for the Wesley House and one to help the Slovakian Rotary Club that helped with Julie Tryukhan's leaving Ukraine for the U.S.



Here is Becky's description of the proposed \$11,000 Wesley House grant that has been submitted to Dist. 6780. The goal is to provide shelving and organizational components for the library at Wesley House, a computer

station especially for those children who do not have internet access at home, a work cubicle for employees and volunteers, and appropriate seating for those using the library.

In addition, we will use volunteer labor to categorize current and future books, organize and set up the existing and new shelving, shelve the books, install the cubicle work area for employees and volunteers, and set up the computer station.



“This is a great opportunity for us to involve members of our club as well as the three Interact clubs and the Pellissippi State Rotaract Club sponsored by our club,” Becky said. “The 37921 zip code has no public library in Knoxville. The library at Wesley House is the only library serving that area. Our grant has been submitted and we are waiting approval, which typically takes 2-3 months.”

The second grant in the works is a Rotary Global Grant to provide humanitarian relief support for the Rotary club in Slovakia that supported and assisted Julia and her children in their transition out of Ukraine. “We will discuss the real conditions and needs of the Slovakian community as they provide support to their Ukrainian guests and build a relationship with them and perhaps other clubs in Slovakia to determine how to proceed,” Becky explained.

She says that as we have discussions and gather information, we will keep the club informed and welcome other club members who would like to join us in the development of this grant and others. We also hope to involve the other clubs in Knoxville as well as others in District 6780, she added.

Holder Holds Court: How Adversity Defined 4 of Our Presidents

Tim Holder's program topic Wednesday was adversity — presidential adversity to be specific. Holder, an author, speaker and radio show host, has authored several books on U.S. presidents and is a former history professor. He discussed the adversities faced by four presidents — Abraham Lincoln, George Washington, James Garfield and James Madison.

He listed Lincoln's adversities: the Civil War, losing two young children during the war and his wife, Mary Todd. "They were complete opposites and he coped with his adversity by using humor a great deal of the time," Holder said.

Washington led a mostly untrained army in the Revolutionary War. "He faced many hurdles but he refused to quit. He was bold and aggressive and determined to win, and he did," Holder said.



Next came the 20th president, Garfield. He grew up in abject poverty on a farm, left home at 16 and almost died in a canal boat accident and said he was saved by a miracle. He got religion. "Garfield returned home, got religion and went to school and became our only president who was a preacher," Holder explained.

Madison focused on what he could do, not what he could not do, we were told. "He was too small for training with the army and sent home and went to college," Holder said. "He was maybe our first college graduate student. He was the leading political scientist, had a keen insight on the issues of the times and became known as the father of our Constitution."

If you are interested in Holder and his books, here is a [LINK](#) to his website.

Guests'N'Visitors **'Your Guest Is Over There, Cindy!'**

Our time for introducing Visitors and Guests was very interesting Wednesday. Greeter Noah Myers asked **Cindy Kraus** to introduce her guest. "He didn't show up," Cindy said. Then Noah noticed a raised hand off to his right.



"I'm here Cindy," said her guest, **Rev. Chase Depew**, Campus Pastor at Faith Promise Church in Farragut. "Sorry I missed you when I came in." Turns out that Chase, who has visited before, is a Prospective Member who

now has a membership application to complete. We assume Cindy will be his sponsor.

Our other guests:

- PP Tom King's guest was **Brian Walker**, an insurance agent representing a number of companies. He too is a Prospective Member and has a membership application.
- President Elect Val Privett had two guests — **Blake Endicott** and **Luke Hornsby**. Both work for Val at her insurance company.
- **Joe Wilson** was PP Peggy Wilson's guest, driver, husband and great all-around guy!

Welcome to everyone!

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.

Humor Help High on Our List!

Oh my gosh, **Bill Nichols** did it to us again with his humor.

“What does a mermaid wear to a math class?” Bill asked. “An algeBRA!”

Something’s gotta give! Someone needs to share some “real” humor that is actually funny. Whew! Wow! Help!!!!!!

Family of Rotary

Today’s Sisco Update; Bosson Working Again

Bettye Sisco is back home at Sherrill Hills Retirement Resort community and hoping to start feeling better after spending five days at Park West Medical Center. When she went to the ER last Sunday, she tested positive for Covid and still has it, she says. “I’m trying to get back on an even keel, but I am very very tired and I feel very weak. I think this is a combination of the Covid and my leukemia,” she said. Bettye says she will be beginning physical therapy on Monday at Sherrill Hills. Keep the prayers coming, she said.

Nancy Bosson, who is on a leave of absence after having lung cancer surgery in New York this past October, is back at work and feeling good. She returns to see her doctor in New York in May. She asks for our prayers because her family is going through some struggles right now.

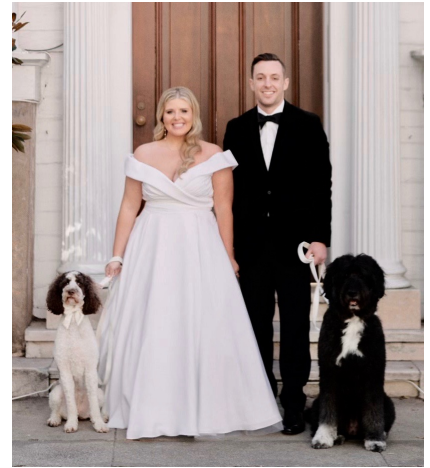
*If You’ve Not Seen It,
This is Our 2023-2024
Rotary Theme & Logo*



**CREATE HOPE
in the WORLD**

How About Some Good News!

Cindy Kraus and her family were in Charleston, S.C. on Saturday June 21 for the wedding ceremony of daughter **Hannah** to **Nathan Stokes**. They repeated their vows at the Charleston Society Hall. They are pictured here with their two dogs that they both selected — Milly next to Hannah and Sofie with Nathan.



Dr. Joseph Hicks had a pair of good news items to share. He has just celebrated his 20th year in his dental practice and their son, Griffin, just accepted a graduate position at UT Memphis in physical therapy.

Congratulations to both the Kraus and Hicks families!

2023 District 6780 Conference: May 4-6 at DreamMore in Pigeon Forge



This year we're lucky — the **2023 District 6780 Conference** will be held on May 4-6 just down the road in Pigeon Forge at the beautiful Hollywood DreamMore Resort Hotel.

District Governor Al Clark is inviting everyone in the District to attend.

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.

The district will be sending along registration information this week for room reservations and registering for the conference. As soon as we have those we'll pass them along to everyone!

Valerie Kinson's RYE Wish Comes True! She's Going to South Korea

Valerie Kinson's wish came true for her year abroad as a Rotary Youth Exchange (RYE) student. She wanted to spend her year in South Korea and so she shall. Earlier this week Valerie, daughter of Rotarian Tory Kinson and wife Monica, opened an envelope for her home away from home in 2023-2024.



“She fell to the floor crying she was so happy,” Youth Services Co-Chair Bill Nichols said. “It was something very special to see.” Here is a [LINK](#) to the video of Valerie getting the great news!

As Valerie heads out for the year, the Kinson family will be welcoming an inbound RYE student into their home. They're not 100% certain, but they think they will be hosting a young man from South Korea.

“As parents, this is going to be one of the hardest things Monica and I have ever done, but in our hearts, we know the priceless value of this experience. It's going to teach her how to handle life, seek adventure, and take the road less traveled. And as Frost's poem states...’That will make all the difference,’” Tory said. “We are so grateful for this opportunity and look forward to sharing highlights throughout the upcoming year.”

Singing to Julie! Bed Building at Fox!

Noah Myers recognized our February birthday boys and girls Wednesday and then Scott Bertini chimed in. “We have one Rotarian celebrating her birthday today that you missed,” Scott said. “**Julie Blaylock.**” Indeed, it was Julie’s birthday Wednesday so Noah had everyone sing to Julie. When that ended, President Val asked how many people in the club sitting there sing in their church choirs. Only one person raised their hand.

Julie is a great sport. We looked back to last year’s February newsletter and she was left off that list. No clue why. Newsletter editor error? DACdb error? Who knows. “HA, I was rather enjoying flying under the radar until Bertini threw me under the bus of our choir! I’m not sensitive about stuff like that; it’s all a lot to keep up with,” Julie said.

**news
&
notes**

- **Scott Bertini** on Wednesday confirmed that our upcoming bed-building project with **Sleep In Heavenly Peace** will be on March 4 at Fox Den Country Club in the upper parking lot. He’s still searching for an alternate site if the weather is wet and too cold. Work will begin at 9 a.m. This is a great project. Please get it on your calendar and radar.
- **Tammy Cheek** had a fine story about **Candace Viox** traveling to Monroe, LA last week to finally meet her late father’s family — the Hemphill’s. Candace was adopted at birth in 1976. In 2000 she located her birth mother. It’s a heart-warming story Tammy wrote in this week’s Farragut Press. In case you didn’t see it, here’s a [LINK](#) to the story.
- Tom Woodbery said he and Tory Kinson met with the newly reformed **Interact Club at Farragut High School** this past week and they had nine members there. That’s a start for sure!!

Polio Attack '23 Focusing on 2 Countries

2023 is a critical year for the global effort to eradicate polio. It is the year where all remaining poliovirus transmission globally is slated to be fully interrupted, per the **Global Polio Eradication Initiative (GPEI) Strategy 2022-2026**.



GPEI says that a unique epidemiological window of opportunity is presenting itself at the start of the year end and that we must capitalize on. So what is the program's focus for achieving success this year? The answer is: reaching zero-dose children in the most consequential geographies.

To read the full report and watch an accompanying video, click on the [LINK](#)

In the two countries where remaining endemic to wild poliovirus – Pakistan and Afghanistan – virus transmission is more geographically restricted than ever before. In Pakistan, for example, all cases in 2022 were concentrated in just six districts of one province, out of a total of 180 districts in the country. The situation in Afghanistan is very similar, and incidentally, we saw the same thing in other countries as they approached their final eradication efforts, notably India, Nigeria and Egypt.

Here is the latest update as of Jan. 25, 2023:

Afghanistan: three WPV1 positive environmental samples

Pakistan: one WPV1 positive environmental sample

Botswana: one cVDPV2 positive environmental sample

Canada: two cVDPV2 positive environmental samples

Malawi: one cVDPV1 case

Mozambique: one cVDPV1 case

Nigeria: six cVDPV2 positive environmental samples

Dementia Study: Fate or Lifestyle?

Today **Dr. Charlie Barnett** discusses a study about dementia. He points to a recent study from China on 29,000 individuals followed for 10 years beginning at age 72 looked at their mental decline and its association with six risk factors which could be modifiable according to lifestyle. Here is a [LINK](#) to the full study.

The 6 risk factors:

- Physical activity, frequency and total time
- Smoking: current former or never smokers
- Alcohol consumption scaled from never drinking to heavy drinking
- Diet: fruits, vegetables, nuts, meat, fish
- Cognitive activity: writing, reading, playing cards and games
- Social contact and interactions



The results are interesting in that healthy diet had the highest correlation with a protective effect and not drinking alcohol was associated with the least protective decline. In summary, the six risk factors with increasing protective affect ranked from best to worst were healthy diet, active cognitive activity, regular physical exercise, active social contact, never or former smoking, and never drinking.

Even though the lower important risk factors were not as protective as the higher ones, they were still more protective than none at all. Also, those patients reporting more of the healthy factors had the best results. Another interesting result is that individuals with the APOE4 gene (which is highly associated with dementia) had a slower onset of dementia when adopting a healthy lifestyle.

So, how do you want to spend your day at age 82? Pickle ball or having someone wipe up your drool?

Sheumaker IDs January's Mystery Member! Here Are 4 Clues for February's Mysterian



Last month's Mystery Rotarian proved to be pretty easy. After only eight clues **Larry Sheumaker** correctly pegged **Tom Woodbery** as our Mystery Man. They are pictured here with the wine Larry took home!

Perhaps our February Mystery Rotarian will be more challenging!!!! Here are the first four clues:

- On a dare, this open-minded member, not too long ago, ate a dog treat — all of it. “These dog treats looked like cookies with cream in the middle. I took the dare. Thinking about it now is making me sick to my stomach.”
- Once had a big tick embedded in their stomach and couldn't get it out. Had to call for help. The advice: pull it out with pliers. That worked.
- While visiting a relative during a holiday, a young man inside the house lit an M-80 firecracker (a big boomer). He was trying to throw it out the window and didn't make it. “I witnessed him blow two fingers and a thumb off to be exact.”
- “I have very sloppy handwriting, or so I've been told many times.”



The first correct guess emailed to TOM KING will win the wine. If no one solves the Mystery, the wine goes to the Mystery member!

This Week's Interesting Thought

“Never, under any circumstances, ever take a sleeping pill and a laxative on the same night.” — **Dave Barry**