
THE FLAGSHIP



January 22, 2023

Tom King, Editor

Coming Up!!!

Jan. 25: FBI Agent
Richard A. Lara

Feb. 1: Club Assembly

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

Feb. 15: Program TBA

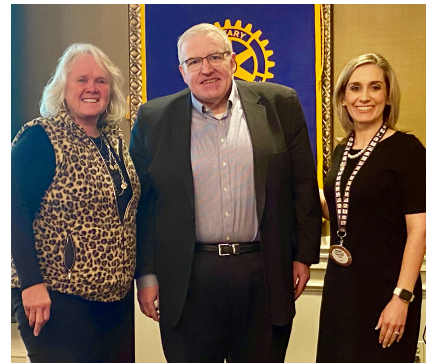
Feb. 16: Third
Thursday, 5:30 p.m.,
location TBA

Feb. 22: Program TBA

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

Tankersley Arms Us To Fight Onslaught Of Cyber Crimes

Eyes were opened. Questions were asked. IRS tax business is going strong. W-2s and 1099s are circulating as are too many SSNs (Social Security numbers) and passwords. The bad guys of cyber and tech crimes are paying attention and on the prowl... maybe inside your computer. **Brian F. Tankersley** spent 45 minutes Wednesday educating members of the Rotary Club of Farragut about cyber and identity theft focused on "Tips for Protecting Your Data in the New Year!"



Tankersley, a Farragut resident, is a top-rated speaker with thousands of educational

presentations for accountants and other financial professionals across the U.S. and Canada. He has more than 30 years of professional experience in accounting, technology, and education.

He focused on three primary areas – Phishing and Ransomware, Passwords/Credential Stuffing and Voice Scam Frauds. It was high tech talk that he was able to make understandable to the non-tech experts in the room at Fox Den Country Club.

He said that on Tuesday his email was hit by four phishing attacks within a 30-hour period. They want your personal information – passwords, credit card and bank numbers and who you do business with and where.

Here were his main recommendations to fight these cyber attack criminals:

- Passwords: “Make them long and strong, a minimum of 12 characters, letters, upper and lower cases, one number, one symbol or special character, and never use the same password for multiple websites, apps and email accounts. Same for usernames. Computers and phones.”
- Find a good password management software app to use.
- Start changing older passwords.
- Do not open PDF files from anyone. If it’s a friend, ask if they sent it first. They can be packed with viruses and malware.
- Be cautious when opening pictures. Many contain malware.
- Watch for emails doing Quick Books impersonations.
- Beware the fake emails asking you about your payment information for McAfee and Norton Virus protection.
- Be suspicious of all links in emails. You won’t be sorry.

If you have questions for Brian you can direct message him @BFTCPA on Twitter and Instagram.

Wednesday's Program: FBI Agent Lara on Cyber Crimes

On Wednesday we will be having another program dealing with cyber crimes. This time our speaker will be **FBI Special Agent Richard A. Lara** of the Knoxville Divisions Cyber-Crime Unit.

He says that his cyber presentation usually lasts 45 minutes to an hour, and it is an overview of the most serious cyber threats targeting people in Tennessee.

Proposed 2023-2024 Leadership Team

Today we publish the second required notice of the Rotary Club of Farragut's last of officers and directors for the 2023-2024 Rotary year. **Scott Bertini**, our co-chair of Service Projects, will be our Vice President, if elected, putting him on the ladder to be president in 2025-2026.

This process elevates Val Privett to the president's job this next Rotary year beginning July 1 and Terri Jo Fox to president elect. Joining them as our officers are Sonya Ford, secretary; Steve Krempasky, treasurer; and Howard Fass, sergeant-at-arms.



Here is the slate including our directors. who serve as committee chairs and co-chairs in their respective areas of responsibility:

President	Val Privett
President Elect	Teri Jo Fox
Vice President	Scott Bertini
Secretary	Sonya Ford
Treasurer	Steve Krempasky

Sgt.-At-Arms

Public Image

Membership

Fundraising

Andrew Vollman

Family of Rotary

Rotary Foundation

Service Projects

Adomat, Jerry Schwallier

International

Youth Services

Nichols

Diversity

Howard Fass

PP Tom King

PP Larry Shuemaker

T o m M a r s h &

Cindy Kraus

Bill Rice

Kristen Otto, Fred

PP Becky Duncan

Tom Woodbery & Bill

PP Ed Jones

At our meeting on Wednesday members can make nominations from the floor but you must have that member's approval before you nominate them. If no one nominates anyone, President Megan Belcher will put this slate to the membership for a vote.

**Oh My, Oh My,
Oh My, Oh My!!!!**

Bill Nichols shared a wee bit of humor on Wednesday and it may well be the worst joke ever told at one of our meetings since this club began in 1980. For that reason only, we share it with you now:

“My wife Linda bought a new horse and she named it Mayo. Sometimes Mayo-“neighs.”

Worst ever? Let the voting begin.

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.

V&G Rundown for Wednesday

We had two Visiting Rotarians and welcomed back a past member who has been approved for a reinstatement of his membership — **Jonathan Jackson**, who is PP Jim O'Brien's son-in-law and Meghan's husband.

- **Richard Bettis** was a Visiting Rotarian from the Rotary Club of Bearden. He is a Community Relationship Manager for Capstar Bank. Richard is pictured here with Jim O'Brien.



- We also had a Visiting Rotarian from the Oak Ridge Sunset Club — **Emily Dejarnett**. She works for Morgan Stanley and was introduced by PP Ron Lawrence. Pictured at the left.
- Tory Kinson's lovely bride **Monica** was visiting with us. With tax season here, Tory said we would not be seeing her again until after April 15.



Do come back to see us!!!

Board Meets Virtually on 2 Issues

Our Board of Directors dealt with two pieces of club business this week — virtually.

The club received a letter of resignation from Home Federal banker **Andy Luttrell** this week. Andy is a Vice President/Commercial Loan Officer at Home Federal downtown. When he joined our club he was Vice President/Branch Manager of the Farragut Home Federal. Outside of a very few

meetings, he's not been able to join us due to the long lunch commute. The board has accepted his resignation.

The other item involves **Sleep In Heavenly Peace**. We will be having a bed building service project with them on March 6th (see story on Service Projects below). President Megan Belcher of United Community Bank reminds us that the bank provided a grant in the amount of \$2,500 to aide our efforts. Her request to the board was for an additional \$2,500 to be contributed to this project from the Rotary Club of Farragut Foundation. "With our combined resources we should be able to build 25 beds for children in need," she said.

The board unanimously approved her request.

Service Projects: 3 Are On Our Calendar

We have a trio of big projects coming up, according to Service Projects Co-Chair Scott Bertini. The first one on the calendar is Saturday, March 4, with the bed-building pros from **Sleep In Heavenly Peace**. Good weather means we'll work in the parking lot at Fox Den Country Club, he says. Bad weather means indoors and he's now looking for a location. If you know of one, let Scott know quickly please!



The Rotary Club of Tellico Lake is stepping up as a partner and contributing \$5,000 as well as volunteers. Scott says we'll begin at 9 a.m. and the plan is to build between 25 and 30 beds.

We're also hoping our three Interact Clubs (Hardin Valley Academy, Christian Academy of Knoxville and Farragut High School) and the Pellissippi State Rotaract Club can help on all of our projects.

Here are the other two projects with more details to come:

Saturday, April 29: **Howard Fass** is heading up our stream cleanup team to work on, we think, **Little Turkey Creek** behind Costco and down to David's Abby Carpets. This is a fun event. Some of us end up in the water (ask PP Leah Berry) and it's interesting to see what we find in the creek. It's been awhile since we cleaned it up.

Saturday, May 6: We will be joining all six Knoxville Rotary clubs for a major fundraiser for the **Water Mission Walk** at Lakeshore Park. In addition to walkers, they will need volunteers for help at the sign-in desk and giveaway area and other admin jobs.

Also on the horizon is "plan in progress" project for **Wesley House**. No date is set. Our club has applied for a grant from List. 6780 for this project, which will probably focus on their library (new furniture, new books and filing/shelving books). Lots of details to come on this.

Family of Rotary News'n'Updates

Bettye Sisco says that her clinical trial for her leukemia at Duke Medical Center has ended. "The pills are not working and Duke's over with," she said. "I'm resuming twice a week chemo treatments this week — six hours one day and four hours the second day, for five weeks. My doctor here is back in charge and is working to find the right medicine for me." Keep Bettye in your prayers.



Allison Myers is much better, Noah says, after her fall recently at the Farragut Town Hall. She was left with a concussion plus a number of bumps and bruises and a sore neck. "She slept through the night last night but still has a hard time focusing and using a computer for longer than about 20 minutes," he says. She returns to the doctor on Tuesday.

At Wednesday's meeting **Candace Boone-Viox** reminded us that she was adopted and that she met her birth mother 23 years ago. This weekend she has been in Louisiana to meet lots of family members. The picture here is of Candace and her grandmother, Lorraine Rita Buford Hemphill. "It's great to



finally look like someone. Candace says, "I've been looking for my birth father 'Ronald Hemphill' since 2000, when I found Brenda (her mother). I'm a believer in God's timing. I took a '23 & Me' kit in 2019. I finally received a 'match' on my paternal side. And Hemphill was the name listed from Monroe, LA. This had to be them! I finally matched up to a Hemphill. I'm meeting about 20 family members tomorrow after we go to their church. Ronnie had a hard life. He suffered a stroke and never fully recovered.

He died in 2016. I have 2 half sisters and a half brother. The sisters are amazing — Miranda and Kristie. My brother Jason told me on Christmas Day that he's glad he's not the oldest any longer." Special times for Candace.

Here's an update from **Stephanie Markowitz** and how things are going there: Madi's doing great. She is 1 month old on Monday. Time goes by so quick. Her one-month appointment is next week. Her parents are good. Brent is selling houses and Madi and I are just chilling at home. We get out and go to Mimi's on occasion for a change of scenery. Just living the baby life! Which is so sweet!"

Judith Bradbury said that today weather has her thinking how similar it is to the UK!!! "Hopefully the rain will have finished by the time I get there in May. Meanwhile, I will treat myself to the warmth of the therapy pool today and am still working on the 3 hours a day with the brace — only 6 weeks to go! I'm still waiting for my invitation to the coronation."

Orly Berry's Going for Girl Scout Gold With Bed & Books Project

Orly Berry is 15. She joined Girl Scouts in kindergarten at Rocky Hill Elementary School. But she became a Farragut Rotarian when PP Leah Berry brought her into this world. Well, not a full-fledged member, but a member, sorta.

Today, she's a Senior Girl Scout, a member of the CAK (Christian Academy of Knoxville) Interact Club and in the 10th grade. Many of our members have watched her grow up. She's helped out at a number of our projects, especially when we did Free Flu Shot Saturday.



And in the spirit of Rotary, she has created a project to help her earn the Gold Award from Girl Scouts – the equivalent to the Boys Scout's Eagle Scout award. "My Gold Award project involves working with Bridge Refugee Services in Knoxville and helping them purchase 200 new beds and 200 bed-time story books for children arriving in Knoxville," Orly says. One bed costs about \$270.

If you'd like to pitch in on this project, she has three ways to do so:

- Donate your favorite children's book/bedtime story (I have a nameplate if you'd like to add a special welcome wish for a child). I have an Amazon wish list, but you can choose your favorite book too). Here is the link to the wish list: https://www.amazon.com/hz/wishlist/ls/28JXVJHSKMYLO?ref_=wl_share
- She can accept small donations through Venmo.
- Donations, in the form of a check, should be sent to the address below with the attached Troop Sponsorship Agreement Form.

Please include a note to make sure that they know it is for her project. The contribution to the Girl Scout office is tax deductible:

Girl Scout Council of the Southern Appalachians
Ref. Troop 20114 Gold Award-Berry
1567 Downtown West Blvd.
Knoxville, TN 37919

News & Notes

Third Thursday Fun Leads the Way

Third Thursday at Seasons Innovative Bar & Grill was fun! The report from the table is that discussion topics included boat repairs, traveling, cruising, frozen tinklers and the menu. How interesting. In attendance was a motley crew — Mike and Anita Singletary, Andrew Vollman, Tom Marsh, Fred Adomat and Paula Womack, Terry and Pam Kerbs, Sam Mishu and those two Fabers — Jeanne and Dr. Jack (all pictured here).



And **Tom Marsh** stays somewhat busy. On Friday nights he serves as the Karaoke DJ at Avalon Country Club. The fun runs from 6:30 p.m. to 9:30 in the club's ballroom

Julie Tryukhan wrote to stay “thank you” for our club helping her and her two kids enjoy a rainy New Years Even visit to Dollywood. She said the “kids loved it even in the rain” and that “it’s a great American experience. It was amazing.” She also says husband Dima is now back in the “field” with his Ukrainian Army unit.

Our **Hardin Valley Academy Interact Club** is raising money to support Laundry Love and their plan is to volunteer with Laundry Love in February

or March. That's the update from PP Leah Berry, our adviser to the HVA club. Our club has been a big backer of Laundry Love as well.

In case you are interested, **UT basketball Coach Rick Barnes** will be speaking to the Rotary Club of Knoxville downtown at the Crowne Plaza on Tuesday, Feb. 14 at noon. Please let them know you'd like to attend. Their office number is (865) 523-8252.

Coronary Artery Plaque: Reversible????

Today's "Medical Moment" by **Dr. Charlie Barnett** (emailed from Key West, FL) deals with an issue of the year.



The question: Is coronary artery plaque reversible?
Short answer: Yes. Read on.....

A fascinating study from Norway — here is the [LINK](#) to the study — looked at 60 patients who had coronary artery stents placed and simultaneously had the thickness of the plaque in the involved artery measured by ultrasound. Half were placed on routine exercise and half were placed in a HIIT program (High Intensity Interval Training) Six months later all participants had a repeat cardiac catheterization and their plaque thickness measured. The results:

- There was significant reduction of plaque in the HIIT participants but not in the regular exercise control group.
- There was a significant increase in VO2max (a measure of fitness) in the HIIT participants but not in the control group.
- There was a decrease in total body weight and waist circumference in the HIIT group as compared to the control group.

Ready to start?

2 Solve Our January Mystery Rotarian

Two members this week unmasked our **January Mystery Rotarian**. And just when we were about to get into some really interesting clues about our member, too. You'll meet the Mystery Rotarian on Wednesday.

The plan is to present a bottle of wine from **Dixie Lee Wines & Liquor** to our January Mystery winner on Wednesday. Now we're busy looking for a February Mystery Rotarian!!!



A Thought for the Week

“Did you ever notice that when you put together the two words ‘The’ and “IRS” it spells “Theirs” — **Author Unknown**