
THE FLAGSHIP



Jan. 28, 2024

Tom King, Editor

Coming Up!!!

Jan. 31: @Top Golf,
Derrick Furlow, Hunger

Feb. 7: Board of
Directors, 11 a.m.

Feb. 7: Club Assembly

Feb. 14: Marianne
Wanamaker, Dean of the
UT's Howard Baker
School of Public Policy
and Public Affairs

Feb. 21: Todd Kelly,
"100 Black Men on
Peace"

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

Derrick Furlow To Talk About Hunger in U.S., Plus Empowerment

Derrick Furlow Jr., a former UT Volunteer football player and professional athlete, will be our speaker at our meeting Wednesday at Top Golf. Part of his personal philanthropy work is leading the XHunger movement to end hunger in America. Derrick is pushing the agenda to impact, inspire and empower everyone he encounters and we'll hear more about this Wednesday.



He completed his B.A. degree in Legal Studies and Master's in Sports Psychology in four years at the University of Tennessee. He is the CEO of Sport Life Business LLC, where he

authored multiple books such as “What’s Next? How To Transition Like A Champion”, “The Transition Playbook Curriculum & Athlete to Entrepreneur” along with over 11 other e-books. They’re all specifically created to help athletes and high performers transition from one phase of life to the next.

He also founded SLB The Agency, the first of its kind mental health sports agency designed to help athletes get NIL deals with brands but specifically with mental health clinics. He also is co-founder of Onrise Care, an Athlete mental health company.

Howard Fass: The Pharmacist Is In!

Dr. Howard Fass had four topics related to drugs that he shared with us Wednesday — Melatonin, Expiration Dates, Grail Cancer Screening and Diabetes/the coffee buzz. Howard is a retired long-time pharmacist who worked in a number of areas dealing with drugs.



The first fact he shared with us was eye opening — in 2021 the population of the U.S. was 332 million. “Forty percent (40%) are on prescription drugs and on average they take four a day,” he said. “Big number.” 132.8 million.

As for **Melatonin**, Dr. Fass said its use as a sleep aid is safe, with a recommended dosage of 6-10 mg per day taken 45 minutes to an hour before bed. “On average, it reduces the time for someone to get to sleep by 10 minutes,” he said.

Expiration dates on medications are either ignored or not noticed on the bottles or however they are packaged. The FDA, he said, says most medications are good for a year. “There are three classes of meds that do not retain their potency — insulin, liquid antibiotics and nitroglycerin,” he said. “Also, be careful with eye drops. Do not use them past the expiration date. That could actually infect your eyes.”

The **Grail Cancer Screening** test is a topic that Dr. Charlie Barnett discussed last year in a “Medical Moment” article. The Galleri test is a first-of-its-kind multi-cancer early detection (MCED) test that can detect a signal shared by more than 50 cancer types and predict the tissue type or organ associated with the signal to help healthcare providers determine next steps. If your insurance will not cover this test, its out-of-pocket cost is approximately \$1,000.

Coffee and diabetes led to Howard asking this question: “How many cups of coffee a day will reduce your risks of having diabetes?” Someone guessed two. Someone else said six (6). “Correct,” Howard said. Studies show that six cups coffee may lower your odds of getting type 2 diabetes in the first place.

Great program, Doc Fass!!!!

A Little Rx Humor for Howard



A pharmacist is going over the directions on a prescription bottle with an elderly patient.

“Be sure not to take this more often than every 4 hours,” the pharmacist says.

“Don’t worry,” replies the patient. “It takes me 4 hours to get the lid off.”

Updates About Our Family of Rotary

PP Peggy Wilson has an update for us about husband **Joe**, who is at Parkwest Medical Center: “Our kidney doctor said his kidneys are still not awake. They may take weeks or months to wake up.



He had hoped Joe would be out of CCU by the end of next week,” she says. “He said he may have to have outpatient dialysis.” She also said they have him off any antibiotics, which means the sepsis is gone. He had five hours of dialysis yesterday. “The dialysis is very tiresome. He has to hold his head completely still because they are going through the jugular vein,” Peggy added.

Here is more about **PP Jim O’Brien’s** fall this past Monday in a UT Medical Center parking garage: “Soon after I crash landed on black ice I heard my Apple Watch telling me that it had registered a fall and asking me if I wanted to call 911. I said “Yes” and the next voice I heard was that of a woman at Knox County 911. She stayed with me until the AMR paramedics arrived. The only part of me that continues to hurt is my right hip. It’s even more colorful than my face!”

Jeanne Faber had one word to let us know how **Dr. Jack** is doing this weekend: “Wonderful.” Prayers answered.

Prayers for Joe, Peggy and Jim!!! And Jack!

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.


It'll Be Top Golf Tourney Time March 6th

We have our “marching” orders from President Val Privett about our big March 6th fundraising **Top Golf Tournament** at Top Golf to benefit **Sleep in Heavenly Peace**.

Her orders are:











- Pull together teams of 6 players — \$900 per team.
- Sign up as an individual player — \$100.
- Secure tournament sponsorships. Various levels available (see the flyer here).
- Be a **SPONSOR!**

The event's Presenting Sponsor (\$5,000) — known

Register Here


MARCH 6, 2024
1:00 - 4:00
AT TOP GOLF
ROTARY CLUB OF FARRAGUT

BENEFITING SLEEP IN HEAVENLY PEACE

ACE PRESENTING SPONSOR \$5,000 ONE AVAILABLE		Six golfer entries (includes meal and 2 drink tickets), Poster-sized company logo displayed at your bay, video loop rotation and social media. Opportunity to provide gift to every golfer, along with your company marketing collateral. SOLD
DOUBLE EAGLE LUNCH SPONSOR \$3,000 ONE AVAILABLE		Six golfer entries (includes meal and 2 drink tickets), Poster-sized company logo displayed at your bay, video loop rotation and social media, along with your company marketing collateral.
19TH HOLE BAR SPONSOR \$3,000 ONE AVAILABLE		Six golfer entries (includes meal and 2 drink tickets), Poster-sized company logo displayed at your bay, video loop rotation and social media, along with your company marketing collateral.
BIRDIE BAY SPONSOR \$1,250 SEVEN AVAILABLE		Six golfer entries (includes meal and 2 drink tickets), video loop rotation
EAGLE PRIZE/GIFT SPONSOR \$1,000 DONATION ONE AVAILABLE		Signage and recognition at the Awards Ceremony
HOLE IN ONE SPONSOR \$1,000		Signage at event, ONLY ONE HOLE IN ONE WINNER!
TEAM SIGNUP SPONSOR \$900 SEVEN AVAILABLE		Six golfer entries (includes meal and 2 drink tickets),
INDIVIDUAL REGISTRATIONS ONLINE \$175		Individual includes meal and 2 drink tickets. Get 5 friends to join you as a team and save a total of \$150 with a team sponsorship (\$25 per person).
BOGEY FRIENDS OF ROTARY SPECTATOR \$150 ONLINE		Register online for meal and 2 drink tickets. No golf
MAKE A DONATION DONATION		Contact Vicki Williams at 865-742-4505 or Vicki.Williams@Movement.com

as the “ACE” — is the Knox Fox Real Estate Group (PE Teri Jo Fox of course). The other sponsorship levels are listed on the flyer. But to make it easy for you, go to this [LINK](#) for the sponsorship page and pick your option. Sponsorships are first come, first served and secured once payment is received.

The tournament also will include a Hole-In-One contest. Our fundraising goal for this event is \$18,000. Get busy!!!! If you have questions about this event, call or text Vicki Williams — 865-742-4505. You can also email her at this [LINK](#)

Visitors & Guests of the Day



Attendance was light for Wednesday’s snow week meeting, just 35 at our meeting. We were also light on **Guests & Visitors**.

Tory Kinson had two guests — son **Sebastian**, an 8th grader at West Valley Middle, and our Rotary Youth Exchange (RYE) from Korea, **Junoo Choi**. They’re pictured here. This weekend he’s been in North Carolina doing another “first” — snow skiing at Black Mountain.



Get Your New Rotary State License Plates

Let's not forget about an initiative by Rotary District 6760 to have a specialty plate dedicated to Rotary and Peace that was recently approved by the Tennessee State Legislature. The goal is for 1,000 registered motorists to order the new plates. The first 1,000 reserved are free the first year (\$35 annual fee is added to vehicle registration renewals). Net proceeds fund community peace projects organized by the 7,000+ Tennessee Rotarians. First editions are expected on or before October 2024. You can click on this [LINK](#) to reserve your first edition plate(s) or to donate to the project. Your County Clerk will notify you when your plate is ready to be picked up.

Knoxville Volunteer Having Its 5th Bourbon Tasting Fundraiser Feb. 13



The Knoxville Volunteer Rotary Club on February 13th will have **5th Annual "Bourbon Tasting" Fundraiser event**. This year tasters will be sampling Tennessee whiskeys from across the Volunteer State.

Patrons will cycle throughout the space at The Lighthouse to visit with and taste samples from several of our State's finest whiskey makers. Heavy

hors d'oeuvres will be served and there will also be a specialty cocktail provided along with a beer and wine bar. There will be a Silent Auction — from events to weekend get-aways, whiskey and wine baskets, and bottles of some of Kentucky's finest allocated bourbons.

All funds raised will go towards the club's continued service with inner-city schools (i.e. Sarah Moore Greene Elementary, Vine Middle School and Austin East High School) and other nonprofit organizations that are doing tremendous work throughout our community.

Tickets are \$100 per person and here is the [LINK](#) to buy your tickets!

RLI-II-III & Graduate Courses on Feb. 24

Dist. 6780's Rotary Leadership Institute (RLI) may be perfect for you to learn more about Rotary and leadership skills. Consider joining us for RLI Part 1 on Saturday, February 24 in Knoxville. And if you have begun your RLI journey already, please continue with us! RLI-II-III and the Graduate Course will be conducted.

Class size for each level is limited to 30, so members should register early. RLI is a series of three fast-paced, interactive, one-day courses designed to build knowledge of Rotary. Among others, topics include Membership, Service Projects, and the Rotary Foundation. Courses are fun, topical, hands-on, and class members learn from each other – no lectures!



On-site registration starts at 8 a.m. and the classes begin at 8:30 a.m.

The cost for attending RLI is \$60 per person per course, which includes all materials as well as a continental breakfast and lunch. Many clubs choose to pay the cost for their members. Online registration is now open and you can click on this [LINK](#) to register.



'24 Walk for Water Event is April 13th

The 2024 version **Walk for Water** will again be held at Lakeshore Park's Marble Pavilion at 10 a.m. The date is Saturday April 13.

**COLLECTIVELY,
WOMEN SPEND 200
MILLION HOURS PER
DAY WALKING FOR
WATER.**



“Millions of women and children walk more than three miles to collect water each day for their families. Often, the water collected is unsafe to drink. But there is hope,” said Rotarian Tory Kinson, who is part of the event’s team leadership. “This year, we will join together to bring clean, safe water to more than 1,500 people in need around the world.”

Tory says he’s asking club members to consider three areas of support:

- A financial donation on behalf of the entire club. Last year Farragut Rotary donated \$1,000.
- Volunteers to work the event. Shifts begin at 7 a.m. for volunteers.
- Have a Farragut Rotary team or each of us can try to collect pledges and beat the other Rotary clubs for the most money raised.

Here is the [LINK](#) to get more information and enter a team, make a donation or be a sponsor.

February's Birthday Girls'n'Boys

Our **February birthdays** include a Valentine's Day birthday girl we can celebrate during our Feb. 14th meeting — **President Val Privett**. She is one of seven members celebrating in February.

Here they are:

Feb. 5: Sara Branson

Feb. 6: Noah Myers

Feb. 10: PP Staci Wilkerson

Feb. 14: President Val Privett

Feb. 15: Stephanie Myers

Feb. 16: Tom Marsh & Andrew Vollman



Happy Birthday folks!!!!

Thought for the Week

“When you’re going through an uncertain time and crisis, over-communicating is so important.” — **Sara Blakely, Founder and CEO of Span**