
THE FLAGSHIP



July 17, 2022

Tom King, Editor

Coming Up!!!

July 20: Amy Perkins,
UTMC Volunteer
Coordinator

July 21: Third Thursday,
5:30 p.m., Honeybee
Coffee & Brewery

July 27: New Member
Orientation, 10:30 a.m.

July 27: Tammy White,
Leadership Knoxville
President/CEO

Aug. 3: Board of
Directors, 11 a.m.

Aug. 3: Club Assembly

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

UTMC's Vol Boss Amy Perkins Is Over COVID & Joining Us

Same song — second verse — but improved!?

After surviving COVID and our membership surviving John Hoffman, **Amy Perkins** on Wednesday will explain how she is very adept at herding cats — like Hoffman. But what she really does is herd volunteers. Amy will be presenting about her job as the Director of Volunteer and Visitor Services of the University of Tennessee Medical Center (UTMC).



John subbed for her recently and did a pretty good job!

She is a native Virginian who also lived half of her life in Georgia and proudly claims both states as her home. She is a graduate of Georgia State University in Atlanta where she received her Bachelor's in

Urban Studies and Human Resource Management.

Since joining UTMC in 2015 Amy has grown the volunteer program from 135 members to over 300 members in less than 2 1/2 years. When COVID impacted her team in 2019 Amy was able to step in and assist the hospital by overseeing the checkpoint process at all points of entry into the hospital.

She manages three operational teams, works with hospital directors in 38 departments, serves on the Patient Experience Steering Committee, Diversity Equity and Inclusion Council and is a founding member of PRISM. And manages John Hoffman!!

Wednesday's Club Assembly, Board News

President Megan Belcher did we what we thought she would do — a great job in her first meeting as our leader at the Club Assembly. She also led her first meeting of the Board of Directors.

Service Projects Co-Chair Scott Bertini said plans are underway for two projects. The first in September would be a meal-packing day working with Operation Inasmuch. The goal right now is for packing 25,000 meals. The other is a second “build day” with the non-profit Sleep in Heavenly Peace in October. Last year 30 or so Rotarians worked with them to build 25 beds for children who do not have beds. Scott is hoping to build 50 this time. He's also working on having Rotarians from other clubs in Knoxville to be part of these projects.

We had only one visitor Wednesday — **Andrew Vollman**. He was the guest of Julie Blaylock. Julie also has submitted his membership application to the board. Vollman works at the FirstBank branch on Kingston Pike near Fort Sanders West, and is a VP, Community Relationships, and also participating on the Farragut/West Knoxville Chamber's 2022 Auction Charity Gala committee, Julie told us.

Secretary Sonya Ford reported that we now have 93 members (2 Honorary) and our June average attendance was 55%. We now have Vollman's New Member application that the board will be voting on this week virtually.



Ohh Boy! The Humor of the Day

Tory Kinson asked if we “wanna laugh?” And we did. Tory and Bill Nichols last weekend were at the Ohio-Erie Rotary Zone Youth Exchange meetings for outbound exchange students. “And I’ll bet more than half of you reading this are about to get an education like I did,” Tory said.



“So I was giving a talk to an auditorium full of outbound exchange students getting ready for their first year abroad. I wanted to emphasize the importance of them not staying in their rooms but saying ‘Yes’ to every opportunity that comes their way exploring the new country they are in.

“To make a point I asked if anybody ever had one of those weekends where there was nothing scheduled and you were planning to “Netflix and chill?” And then suddenly a friend calls up with an extra ticket and will be at your house in 30 minutes. When you thought your plans were ruined you later realized that was the best decision you could’ve made and ended up having an awesome time.

“I’ve been using this in my talk for over a year in different audiences. And today one of the students came up to me and asked if he could give me one piece of feedback. He said that it was a great talk and that he understood what I was trying to get across but ‘I don’t think you understand what **‘Netflix and chill’** means to our younger generation. He then explained. Here’s a [LINK](#) to the explanation!”

“Time to edit the script just a little. Now I know why I would hear occasional giggles and couldn’t understand what was so funny,” Tory added. Great story!



**IMAGINE
ROTARY**





Third Thursday Is Thursday at Honeybee Coffee & Brewery

July's Third Thursday is only four days away and this should be a very enjoyable club social. We will be having fun at a first-time location for our monthly social — the Honeybee Coffee & Brewery at 10716 Kingston Pike near Matlock Tire and across the pike just west of Costco.

We will start as usual at 5:30 p.m. for some great fellowship, drinks, dinner and a few laughs while playing trivia. Family of Rotary Co-Chair Cindy Kraus says we have the back room reserved for our group, which is close to the patio. Honeybee also recently opened up their brewery and the craft beer options are fantastic we are told. The trivia game fun starts at 7 and lasts for about an hour.

We need you to make a reservation by clicking on this [LINK](#) to register.

Bring along your spouse or significant other and potential members. Let Cindy Kraus know if you have any questions.

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?

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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.

DEI: Diversity, Equity & Inclusion; PP Ed Jones Talks About District Plans

Rotary International has a new focus on exemplifying and embracing **Diversity, Equity, and Inclusion (DEI)** and how it has to be part of everything we do at Rotary. On Wednesday **PP Ed Jones** spoke to the club about this initiative to introduce DEI and highlight its focus. Alan Clark, our new District Governor, appointed PP Ed as the District 6780's first DEI Chair.



DG Clark has this to say on this topic: “Starting the conversation about this can open the doors to many who could become Rotarians, but somehow feel it is not for them. This begins with a community assessment in which you determine if your club has the appropriate mix of professionals of all colors, nationalities, and gender, then act to make your organization available to new members, and include them all once they are sworn in.”

And on Wednesday PP Ed shared these comments: “Rotary is about fellowship and service. In my opinion, DEI and membership growth compliment each other. When we know and include a representative sampling of the community we have equitable opportunities for fellowship and service by all,” Jones said. “We have an atmosphere where the community and club feel comfortable. We can work together and have fun doing it. Rotary is committed to treating everyone with dignity and respect and allowing everyone’s voice to be heard. This year we, District 6780, are starting that conversation.”

DG Clark is asking all clubs to support DEI by having a representative on a new DEI committee at the club level. This is a requirement for the Governor’s citation district award. "This is a call for a volunteer to serve on the district’s new DEI committee. If anyone is interested in serving, let President Belcher or me know,” PP Ed said.

As part of this PP Ed is hoping the club forms its own DEI Committee with its chair or co-chairs becoming part of our Board of Directors.

Here is a [LINK](#) to Rotary’s new statement about DEI. We also have a [LINK](#) for you to read more about this DEI initiative and moving forward with this.

Our Family of Rotary
**Denise, Alex Bash Are Home; Updates
on PP Tom and Our COVID Patients**

After averaging 6 hours of sleep per night and being on a constant state of alert for the last four months, **Denise and Alex Bash** are home from Camp Lejuene, S.C. and being with Lance Cpl. son **Benji** of the U.S. Marine Corps. Benji is still recovering from the bad motorcycle accident he had last March. Benji has had 20-plus surgeries since the accident and Denise and Alex have been there throughout.

“I am trying not to commit to anything for a while. Just trying to take time to recover from the mental and physical exhaustion of all of this,” Denise says.

“Benji is doing well. Not much to update except we still need the catheter and colostomy to come out before we can really begin rebuilding his strength. It is holding him back right now.”



And Denise added this: “Benji said he feels like he needs to own this himself and that Wounded Warrior has given him enough resources to let us go home. So he sent me home on my birthday. He’s there alone. He plans to FaceTime with us each day and we will go down when he has more surgery or other significant needs. We are all trying to figure out this transition from survival back to thriving.”

Benji’s recovery still has some miles to travel so keep the Bash family in your prayers.

Here’s the rest of our Family of Rotary updates:

PP Tom King is improving after a cortisone injection Thursday into his right hip bursae and a plan to improve his overall health this year. The plan includes weight control, aqua physiotherapy, physical therapy, healthier eating habits and acupuncture to strengthen his back, core and legs. He’s hoping to be at our Wednesday meeting with a stability cane helping him.

President Megan says husband **Damen**, our club’s First Husband now, is recovering nicely from his week with COVID. “He’s actually cooking dinner right now, she said Saturday evening. Great news!

Jeff Reed and wife **Tracy** have been home battling COVID too. Tracy's 10-day quarantine ended yesterday. Jeff is on day 3 of his 10-day quarantine. "She's doing well. She went to Rogersville today to attend a funeral for a family friend. I'm getting better slowly," he said.

Judith Bradbury says she's doing fine but also has the date of her right knee replacement surgery — August 23 at St Thomas Hospital in Nashville. She's tired of limping around and ready to get moving again — and good for her!

The Latest About Julie Tryukhan Leaving Ukraine for Life in the U.S.

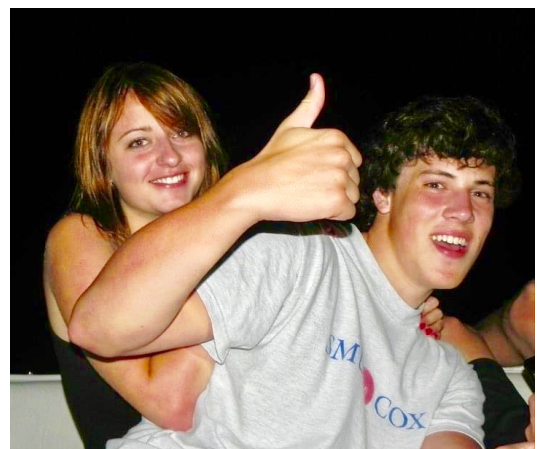
Earlier this week our friend Bill Vogel was communicating with our former Rotary Youth Exchange student **Julie Sergyeyeva Tryukhan** in Slovakia. She and her two children are still planning to leave the war area in her home country of The Ukraine and relocate to Knoxville or Farragut as soon as they can.

A big piece of news is that we have found a car for her needs and there's more about this below.

Vogel and wife Dinah were host parents for Julie when she was here in 2007-2008 and attended Webb School. Vogel and our Bill Nichols have been heavily involved in this project that has the full support of our club.

Here is the news Vogel shared from Julie:

- Dima's (Julie's husband in the Ukraine Army) unit is moving from the front lines to Rivine, a city in western Ukraine, for a month to regroup. Their evacuation from their front-line position was difficult and very dangerous due to the intense fighting. Julie was close to crying as she told us how perilous the situation was given the Russian advancement in the very location Dima was in at the time.
- Julie believes his reassignment to a different (non-combat) unit will still happen once he is in Rivine.



- She had friends move their belongings out of the apartment they had in Kiev. Zoom and Facetime videos were used to go through which items were kept and which were donated. Dima's father has moved their car from where they left it (on the street) in Kiev to his home in central Ukraine.
- She is making plans to come to Knoxville but would like the opportunity to see Dima once before she leaves. His new location is a 15-hour train ride from Uzhhorod (on the border of Ukraine and Slovakia from which they crossed). She is hopeful that he can get leave in the next two weeks, for enough time to travel to the border to see her and the children. Julie's 90-day window to begin travel ends on August 8. She and Dinah discussed inquiring to see if that can be extended without having to re-apply. Vogel thinks Julie and the kids will be arriving at the end of this month.

..... And About Wheels for Julie

Bill Nichols has worked with a special group to have a car ready for Julie Tryukhan and her two kids and work is underway on a 2015 Nissan four-door sedan with 77,000 ,miles on it. The car is being repaired and prepared for her by **Bill King** and his team at **King's Collision** — at no cost. They will be hoping for donations to pay for some of the necessary parts. “They’re doing this work on their own time for us,” Nichols said.

The two others making a difference are Knoxville Volunteer Club Rotarian Rob Schutt, who also happens to be on the board of directors of “Volunteer Rides,” a non-profit that works to provide cars to those in dire need, and Jeff Mynatt, the founder of “Volunteer Rides.”

Back in 2020 this same team came together too get a vehicle for the mother of our Exchange student, Konie Warren who was in Lagoas, Brazil.



Clockwise, Bill King, Ron Schutt, Jeff Mynatt and Bill Nichols

News & Notes Roundup: Cindy Kraus' Big Opening & 'Park the Park' Is Aug. 9



Owner **Cindy Kraus** had her

Grand Opening and Open House Friday afternoon for her new real estate agency — **Engel & Völkers**. Her offices are at 11347 Parkside Drive. More than 100 showed up to wish her well including a batch of Farragut Rotarians — Steve Krempasky, PP Jim O'Brien, Ron Williams, Teri Jo Fox, PP David Smoak, PE Val Privett, and Julie Blaylock, talking with Cindy here in the picture. Maybe this counts as a makeup-meeting for them! And for Cindy!

Here's a great family fun Rotary event for one and all to get on your calendar — the 2022 Rotary District 6780 12th Annual **"PACK THE PARK TO END POLIO NOW"** on Tuesday Aug. 9 at the Tennessee Smokies baseball game against the Mississippi Braves. The first pitch will be at 7 p.m. at the Smokies Stadium in Kodak. The \$12 donation for a ticket gets you a voucher into the game and \$6 in stadium credit (available for Aug. 9 game only). And as a bonus \$5.50 from each ticket sold goes directly to help eradicate polio! If you can't attend the game on August 9th your ticket voucher is good for any regular season home game for the remainder of the 2022 season. It's a win-win! For tickets please see President Megan!

Today's Medical Moment

COVID Hit Dr. Charlie; What's Next?



Today, **Dr. Charlie Barnett** shares his most-recent thoughts on COVID after it knocked him down. What to do: Take the second booster? Is long COVID a fear? Here is his Medical Moment for this week.

Two weeks ago I was maskless, three times vaccinated against COVID and thinking the worst of the pandemic was over. Then, I got COVID, probably the Omicron BA.5 variant. I previously was

naïve enough to believe these mutated variants would cause an infection similar to the common cold. Wrong. It was awful. Thankfully, I could take the antiviral Paxlovid but was left with severe fatigue, sleeping 20 hours a day.

Better now, but I fear developing long COVID. Would the second booster have helped?

The current recommendation from the FDA and CDC is that all individuals over 50 years of age or immunocompromised take the second booster vaccine. However, data shows that this booster is ineffective against these newer BA.5 and BA.4 variants. Paradoxically, deaths and hospitalizations from these variants remain generally low, confined to those with chronic disease and advanced age.

This probably is due to the fact that we have two arms of the immune system, the B cell (the antibody arm) and the T cell (cellular immunity). The vaccine causes the B cells to make antibodies. Unfortunately this response can be short-lived. Fortunately, however, the T cell immune response can be more permanent as it is primed by both past infection and the vaccine. It appears that even though the new variance escapes our B cell defenses, our T cells are there to prevent severe disease and death. It is also thought that the second booster might help prime the T cell response just a bit more, hence the recommendation for the over 50 and immune compromised patients to get the booster. However, this is not known for sure.

My recommendation is for those at high risk to discuss the pros and cons with their doctor. For those at low risk, the second booster is not necessary. Hope this vague explanation helps, at least a little.

A Thinking Thought for Us

“You have to allow a certain amount of time in which you are doing nothing in order to have things occur to you, to let your mind think.” — **Mortimer Adler**