
THE FLAGSHIP



July 3, 2022

Tom King, Editor

Coming Up!!!

July 6: NO MEETING

July 13: Board of
Directors, 10:30 a.m.

July 13: Club Assembly

July 20: Amy Perkins,
UTMC Volunteer
Coordinator

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

July 27: Tammy White,
Leadership Knoxville
President/CEO

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

Monday, July 4th! Our Country Is 246 Years Young!



HAPPY 4TH OF JULY

Let the freedom fought for us by the heroes of this country never be in vain. Let us all work hand in hand to protect it.

God bless America, and happy 4th of July to all the beautiful people of this great country.

Changing of the Guard Celebrates Bluford's Year & Belcher's Up Next

Before a packed room at Fox Den County Club, the annual **Changing of the Guard** ceremony, circa 2022, celebrated the great presidency of **Rev. David Bluford** and the welcoming of his successor as president of the Rotary Club of Farragut, **Megan Belcher**. Club leadership always changes in concert with the end of the Rotary year..



Asst. District 6780 Governor Janice Mitchell had the honor of swearing in President Megan and her officers and directors. It was a ceremony of seriousness of responsibility and yet one of some good humor along with it. We were joined by our past presidents who were in attendance as well.

Looking ahead, President Megan said: “I feel extremely honored to be president of such a prestigious club. Our club impacts the lives of so many and I feel blessed to play a small part in that. I want to see the club grow in numbers but I also want to see our existing members unite and enjoy serving

our community together. I would love to see each member this year who is able to be part of at least one service project.”

Bluford also presented Megan with her Rotary International “Imagine Rotary” theme flag for our club (picture above).

Past President David was presented with a Rotary plaque with a gavel on it and he presented his outgoing board members with plaques and Rotary travel cups. One member of the Infamous Back Table Bunch said their members met before the meeting Wednesday and after some discussion, voted unanimously to invite Bluford back to the table.

PP David also reviewed our year with an excellent PowerPoint presentation that is shared with you as an attachment to the email.

“My thanks to our Past President Ed Jones for staying the course through the pandemic year and allowing us to return to meeting in-person while sustaining our club’s continued tradition of service,” Buford said, “And to our board this year for being willing to work toward recovering what it means to be a service club in our community and our world. And to you, our members, who have been willing to come together, not just for meetings, but in the realm of serving others, reaching out to invite individuals into our membership.”

And do not forget that Bluford retired this year as chaplain at Park West Medical Center after 32 years there. Now he really has more time for riding the Harley and traveling with Mary!

Thanks for a great year as our president, Rev. Bluford!



President David finally gets his Past President’s pin



President Megan and her leadership team minus four members



ADG Janice Mitchell and Megan share a fun swearing-in moment



The Day's Guest/Visitors List

- President Megan Belcher had a special guest — her husband **Damen**. This was his first ever Rotary meeting to attend. We hope our new “First Husband” enjoyed the day and his wife’s swearing in! They’re pictured at above right.
- Vice President Teri Jo Fox’s husband **Eric Whitener** was her guest and it’s always good to see him. Eric is a regular working at our service projects and most Third Thursdays.
- Ralph Henry’s guest was his boss, **Jimmy Matlock**.
- Scott Brockamp also had a special guest — his mother **Phyllis Draper**, visiting from her home in Dunlap, IL. They are pictured here at top left.

Glad you all joined us!

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.

This Week's Family of Rotary News

Stephanie Markowitz had some great news to share. She and her husband Brent announced that they are expecting their first child in January 2023. Our Family of Rotary continues to grow. Our congratulations to Stephanie and Brent! Exciting news indeed!

Judith Bradbury is about to have an MRI done on her right knee and this fall will have a total knee replacement done in Nashville. "I'm not ready to sit on the swing on the front porch. I've still got a lot of things I want to do," she said. "Like see the beautiful bluebells again near my home in England."



PP Tom King's resting at home after a busy medical week that included doctor visits, two MRI's/CT scans, a targeted cortisone injection at Tennova West that went sideways and a pair of EKGs that diagnosed him with A-Fib. He's already on medication, seeing a cardiologist soon, and beginning some PT on his right leg and hip this coming week. The only great thing of the week was not needing a total hip replacement. He's getting around with a limp, but getting around, something Faye is most happy about.



Marine Lance Corp Benji Bash at Camp Lejeune got to see the fifth family member this week since his accident — his dog Lucy. Denise says his rehabilitation has started. "He's having several tests run to see if they can reverse the colostomy and remove the catheter. That is his biggest challenge right now," she said. He's spending some great time with them on vacation this week and getting stronger every day she said. They always vacation at Emerald Isle, N.C., just 45 minutes from his base. Have a great time!

Bettye Sisco had a great report at Duke Medical Center. Her white cell count was down from 100 to 47. "My numbers have come down and that's great. The doctor was very pleased," Bettye says. "I am feeling better. That's the lowest my number has been in a long time."

Prayers to one and all!!!

July's 3rd Thursday at HoneyBee Coffee

July's Third Thursday should be a lotta fun, Farragut Rotarians! For the first time we will gather at the **Honeybee Coffee & Brewery** at 5:30 p.m. on Thursday July 21 for some great fellowship, drinks, dinner and a few laughs while playing trivia. Honeybee



is located at 10716 Kingston Pike near Matlock Tire and across the pike just west of Costco.

Family of Rotary Co-Chair Cindy Kraus says that 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.

Here is the [LINK](#) to sign up for this club social and it does look like great fun is ahead for us. Please RSVP as soon as you are able so we can give Honeybee a head count expectation. And here is a [LINK](#) to their menu.

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

RFC Foundation's Year-End Wrap-up

The **Rotary Club of Farragut Foundation's** Board of Directors held its year-end meeting on June 29th and today PP Jim O'Brien, president of the Foundation, shares their news and changes for the upcoming year.

PP Fred Martin is stepping away from Foundation board to focus on his new job of coordinating New Member Orientations for our newly inducted club members. The Board unanimously approved PP Ed Jones to succeed Fred. Having participated in board meetings and deliberations during his presidential year, Ed is ready to "hit the road running."



Also, Jerry Dietz is stepping down as treasurer and PP Staci Wilkerson is replacing Jerry in that vital position.

Here's a summary of other issue discussed and decided:

- Jerry Dietz (Treasurer) provided current financial statements: Total income for RY 2021-22 = \$48,706.68; total expenses (including multiple projects) = \$29, 572.66; net income over expense = \$19,134.02; total assets = \$53,936.55; total Cash = \$6,465.55; endowment Fund = \$47,471.00.
- The Board approved a Gift In-Kind form that will need to be completed and submitted by anyone who makes other than monetary donations to the Foundation (e.g., furniture, clothing, etc. for Julie Tryukhan and her children).
- The Board has a Tax-Exemption Certificate available for use when the Foundation is purchasing items to support the Club's charitable projects.

To learn more about our Foundation please click on this [LINK](#) to visit our page on our website.

News & Notes to Know

New Member Orientation is July 27; Plus Flagship, Mission of Hope & Dog Daze VI



PP Fred Martin (pictured here) is taking over our “**New Member Orientation**” sessions from PP Jim O’Brien, who has been doing this for 15-plus years. We’ve have had a number of new member inductions of late. His first session will be on **Wednesday, July 27**, at 11 a.m. in the Fox Den Boardroom. Fred is communicating with these new members and their sponsors about this meeting. Thanks for taking this on Fred and our thanks to PP Jim for his hard work.

Since our club is not meeting on Wednesday, **The Flagship** will not be produced for Sunday, July 10. If you have things that need publishing, email them to [TOM KING](#). The Flagship will resume on July 17.

Emmette Thompson and our friends at the **Mission of Hope** have put out an “all-call” plea for volunteers to help them on Saturday July 9, at a “ Drive Thru event at Jellico High School. Emmette says they are expecting a big crowd. At their previous two events this year they served 2,000 at each site. They will be distributing food, hygiene bags, various other items along with Bibles. & Tracts. If you are interested, call the Mission office at 865-584-7571 as soon as possible.

For your planning purposes for a great time, get August 12-14 on your calendar. It will be **Dog Daze VI** that weekend at the Village Green Shopping Center. This will be a nationally sanctioned regional canine aquatics competition by Dock Dogs International. It's a three-day festival of fun, food, shopping and competition! The festivities will take place in the Village Green Shopping Center parking lot, just south of Planet Fitness. Smoky Mountain DockDogs is the local club that will be supporting this event. The field is already set with approximately 150 dogs competing. Winners of this weekend's events will move on to the World Championships in October on ESPN. For more information click on this [LINK](#) And — the entire weekend is free!

Happy Birthday in July!!!

We've only 5 birthdays to celebrate this month and today is PP Jonathan Johnson's special day. Happy Birthday Jonathan! Here is the complete list and we hope we didn't miss anyone.

July 3 — PP Jonathan Johnson
July 5 — Terry Kerbs
July 9 — PP Bob Parker
July 14 — Denise Bash
July 21 — Nancy Bosson



Our Weekly Medical Moment

Today our in-house doctor — **Charlie Barnett** — shares two brief reports on studies about two relevant medical conditions — Alzheimer's and COVID — in our Medical Moment.

- The risk of developing Alzheimer's disease over the course of four years is 40% lower in those age 65 or older who have received a flu vaccine. Over 900,000 vaccine recipients were compared to a like number of those unvaccinated to reach this conclusion. Here is the [LINK](#) to that study.
- The risk of hospitalization or ER visits was extremely rare (less than 1% of patients) when Paxlovid (the drug used for treatment of COVID) was used early in the course of the infection. This was true in both vaccinated and unvaccinated individuals, the elderly and those with underlying medical conditions. You can read about this by clicking on this [LINK](#)



Thanks Doc!

A Thought for Our July 4th Week

“I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him.” – **Abraham Lincoln**