
THE FLAGSHIP



June 5, 2022

Tom King, Editor

Coming Up!!!

.....

June 8: Amy Perkins,
Director, Volunteer
Services, UTMC

June 15: Sarah Pass,
Executive Director,
CADES (Concord Adult
Day Enrichment
Services)

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

June 22: Kat Jones,
University of Tennessee
Director of NIL (Name,
Image & Likeness)

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

UTMC Vol-Visitors Director Amy Perkins Speaks on Wednesday

Some people may say that **Amy Perkins** is very adept at herding cats. But what she really does is herd volunteers — like our John Hoffman. Amy will be presenting our program Wednesday about her job as at the Director of Volunteer and Visitor Services of the University of Tennessee Medical Center (UTMC).

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.

Our Board Met: Here's the Rest of the Story!

Your Board of Directors, under the guidance of **President Elect Soon-To-Be President Megan Belcher**, discussed an array of issues at its monthly board meeting this past Wednesday. Here are the actions taken:

- Approved the Rule of 85 designation for President David Bluford.
- Accepted the resignations of two members — PP Tim Phillips and Kristin Abouelata.
- Approved the membership of Tom Woodbery (see story below) and noted that Jason Zachary would be inducted soon since the board approved his membership in early May. Mansour Hasan is his sponsor.
- Noted the attendance of President David Bluford at the 2022 Rotary International Convention in Houston, TX. In fact, David left our Club Assembly meeting early, cranked up his Harley and headed down I-40 West. We think he returned yesterday or today. That's a long trip in the saddle for "Iron Butt" Bluford!
- Approved presenting a \$1,000 scholarship to Luke Myers, the son of Noah and Allison Myers. Luke will be attending Furman University in the fall and entering its ROTC program.
- Approved funding to send 5 Interact students to RYLA in September. Three will be from the Hardin Valley Interact Club and two from the CAK Interact Club.

Secretary Sonya Ford reported that we currently have 91 members and that our May club meeting attendance was 62.1% (which is pretty stout).

Board OKs Tom Woodbery's Membership

Tom Woodbery, a past president of the Rotary Club of Downtown Macon (GA) in District 6920 and a past assistant district governor, was approved for membership into our club by the Board Directors this past Wednesday. His sponsor is PP Tom King.



Woodbery's occupation he says is "retired and watching grandkids grow up." He retired after 32 years in marketing/advertising positions in agencies and banks in Cleveland, Memphis, and Macon. He was marketing director at State Bank & Trust in Macon for seven years and VP/Marketing for the Security Bank Corp. for five years. Tom worked for eight years in Memphis at Union Planters

He graduated in 1974 from Sewanee The University of the South with a degree in Political Science. A native of Tallahassee, FL, he is the father of three sons and has two grandchildren. He moved to Knoxville in 2021 to be closer to his grandchildren. He has been an active Rotarian since 2006. He is a Paul Harris +3 Fellow and a Benefactor of the Rotary Foundation.

According to Article 13, Section 5 of the club's Bylaws, any member who would like to comment about or object to his membership has one week (7 days) from the date of this publication to make in writing any objections to the Board of Directors. If there are no objections, we will proceed with the process to accept Tom for membership.

This Visitors & Guests Report

- Scott Brockamp had a special guest — his daughter **Kira**. She also attended our board meeting and they are pictured here.
- For two consecutive weeks Brian Elton's guest was his son, **Bennett**.
- PP Tom King again introduced **Tom Woodbery**, who was approved for membership by the board.
- **David Crocker**, founder of Operation Inasmuch, was Vicki Williams' guest.



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!

Denise Bash 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.



Don't Forget June 11: Vols Needed To Pack 250,000 Meals for Ukraine

Don't forget about next Saturday's Operation Inasmuch food packing event — it's Saturday, June 11, when a hoped-for volunteer army of 1,100 come together to pack 250,000 meals for relief aid in Ukraine.

Pictured above at our Wednesday meeting is Vicki Williams and Rev. David Crocker, who founded Operation Inasmuch.

Here are the details you need plus the link to register to volunteer:

- What: Food Packing Event for Ukraine—250,000 meals
- When: Saturday, June 11 [shifts @ 8AM, 10:15AM, 12:30 PM, 2:45PM]
- Where: Expo Center off Clinton Highway
- How to sign up: Just click on this [LINK](#) -- and note the shift times.

Our Family of Rotary News

Bettye Sisco sounded upbeat today and said she survived another long trip to Duke Medical Center for her leukemia. She didn't get home until around 10 p.m. Thursday night. She has three doctor appointments this coming week. "Please let everyone know how much I appreciate their prayers for me and keep 'em coming," she said.



PP Brian Welch is home recovering from a second surgery related to his colon cancer. He's doing well and thankful for our concern, thoughts and prayers!

Mexico Grant Project for Clean Water For Kids at 8 Schools Is a Done Deal

PP Becky Duncan can perhaps relax a little now. She has poured 100 hours of work, a conservative estimate to be sure, into writing a grant for the **Heart 2 Heart "100 in 100 Program"** in celebration of the 100th anniversary of Rotary International in Mexico on April 1, 2021.

Becky, pictured below, is chair of our International Service Committee and handles any grants we propose and submit.

"We were the lead club on this project and a participating club on the Bearden project. I wrote the grant. With meetings and emails and writing I probably spent 100 hours or more. However, I was also assisting the Bearden club during that time helping them to write their grant and reports also," she explained.



Our club has been a strong supporter of the Heart 2 Heart 100 in 100 Program. We have contributed to Heart 2 Heart for several years now.



This project was a multi-club project which included all Rotary Clubs in Knoxville – Farragut, Bearden, Knoxville, Knoxville Breakfast, Knoxville Volunteer, and North Knoxville – and Pachuca Sur Rotary Club, our partner club in Mexico. The total project cost was \$10,217. The Knoxville clubs provided \$4,500 toward the project, \$1,000 of which came from our club. “We applied for and received a matching grant of \$4,500 from Rotary District 6780. The additional funds came from Pachuca Sur Rotary Club and Furmex, a Mexico nonprofit that works with Rotary clubs throughout Mexico on community projects,” Beck explained.

Here is what this project means to the children and people in Mexico: Clean water is now available to 4,139 students and 326 staff members. Nine water filtration systems were purchased and installed in eight schools in Huichapan, Hidalgo Mexico. The filtration systems provide clean drinking water for the students and staff. Training in installation, maintenance and use of the equipment was held on May 20, 2022.

The goal of the project was to increase the quality of life and health for the children and personnel in the schools by providing clean drinking water:

- (a) To help reduce the high incidence of gastrointestinal illness and diabetes.
- (b) To improve the diets of the children by curtailing the consumption of high sugar-content beverages.
- (c) To reduce school absenteeism and future rates of diabetes through instruction in healthy nutrition and hygiene practices thereby helping students to make healthy life choices and form positive habits.
- (d) In addition to providing clean water, this project will generate savings for the schools which currently purchase and provide filtered water for students.

“Let's all celebrate together that clean water is now available to 4,139 students and 326 staff members. Isn't it great to be a part of this project and a part of Rotary!!!” Becky said.

Great job Past President Becky!!!!

News & Notes of the Day

PP Fred Gets His Wine; Can We Raise \$2,000?

One of our Mystery Rotarian Super Sleuths explained how he sifted through the clues over a four-week period and whittled it down to the name of **Dr. Charles Barnett** as the May Mysterian. **PP Fred Martin**, pictured here, used a method of elimination as he described in figuring out it was Charlie. And for that effort he added a bottle of fine wine — a Francis Ford Coppola Pinot Grigio — to his wine rack. Truth be told, that bottle from Dixie Lee Wines & Liquor may be empty as you read this. Way to go Fred!!!!



Fundraising Committee **Co-Chair Scott Brockamp** is trying to raise \$2,000 for our club (and we need the money) by selling raffle tickets from the Knoxville Volunteer Rotary Club. If our club sells 200 tickets we will make \$2,000 for our projects. Our club will retain \$10 for every ticket sold. The Grand Prize is a \$3,750 Cub Cadet ZTI 50" cut Kawasaki Twin grass mower. Second prize is a one-week vacation worth \$2,625 in a small motor home courtesy of Berkshire Hathaway. Third place is \$200 and fourth place \$100. The date for the drawing is on August 20. Tickets are \$25 each with a \$15 cost to your club. Knoxville Volunteer Rotary members are selling 20 tickets each for a total of 500.

Our club has always been a supporter of the **Mission of Hope** and their big fundraising golf tournament — the **19th Annual Chick-Fil-A Knoxville & Mission of Hope Golf Classic** on Thursday Sept. 15 at Willow Creek Golf Club. This event supports the Mission's Back To School project — purchasing backpacks, school supplies and hygiene items to 12,000 Students in 29 schools In Rural Appalachia. Mission Executive Director Emmette Thompson says they need players (teams), sponsors and volunteers. You can click on this [LINK](#) to sign up and register to play and become a sponsor. If you have questions call the office at 865-584-7571.

The possibility of having a **Farragut Rotary “Biker Gang”** is nearing reality — maybe. We were not aware that PP Ron Lawrence also has a three-wheel cycle much like Terry Kerbs’ machine. We now have five bikers in the club — Ron, Terry, Sonya Ford, Preston Hennessy (Sonya’s son) and President Bluford. Pictured here is PP Ron with his spiffy cycle!



Today’s Medical Moment With Charlie

Dr. Charlie Barnett, Doctor In Residence at Farragut Rotary, today talks about an interesting topic — “Long COVID.” He says it’s a syndrome following COVID infection that is characterized by multiple vague symptoms (in decreasing order of frequency) of fatigue, shortness of breath, cough, joint pain, chest pain, difficulty concentrating, and loss of memory lasting longer than three months. Symptoms less than three months duration are defined as the “post COVID-19 syndrome.” “Due to the short time that COVID has been with us, there is a dearth of accurate information. There is no known definitive treatment. A full discussion of long COVID is beyond the necessary brevity of this article, so for more information please visit this [LINK](#) for much more information,” he said.



The two greatest dangers of this syndrome are: 1) blaming the above symptoms on long COVID and not investigating other more serious but mimicking conditions such as heart disease or occult cancer (known as anchoring bias in the medical world); 2) Believing social media and trying different non-approved treatments such as mega vitamins, herbal remedies, and veterinary medications can in themselves cause illness and cloud the diagnostic and treatment process. “I wish I had a magic pill to offer, but until we know more, the best medicine is no medicine,” Charlie adds



McFee Phase 3 Grand Opening Is June 11; How About a Dog Park?

Farragut Rotarian and Farragut Mayor **Ron Williams** hopes we'll come out and support and enjoy the town's celebration at its official opening of the Phase 3 improvements to **McFee Park** on Saturday June 11. The party will include food, music, games, a ribbon cutting and special events for our furry friends. Festivities are 10 a.m.-1 p.m.



Guests are encouraged to park at the lower parking lot (near the fields) and walk to the new pavilion on the Great Lawn.

The Town is hoping to win a \$25,000 grant towards a dog park from the Boyd Foundation (Dog Park Dash). Please share this information with all your social media friends – the foundation will be watching for community action via social media to make their choices.

There also will be yard games, food (cotton candy, trail mix bar, popcorn, lemonade), music (DJ), pickle ball clinics, basketball (3x3 tournament), a doggy photo booth and a “dog mob” at 11 a.m. (bring your dog and join our aerial photo shoot).

To see the schedule of events and more information about the day click on this [LINK](#)

Thought for Your Week

“Everyone wants to be the sun to lighten up someone’s life, but why not be the moon, to shine in someone’s darkest hour.” — Anon

.....And Remember This Please!

