

THE FLAGSHIP



March 12, 2023

Tom King, Editor

Coming Up!!!

March 15: Jeff Mynatt,
Volunteer Rides

March 16: Third
Thursday, 5:30 p.m.,
Finn's Irish Restaurant &
Tavern

March 22: Board of
Directors, 11 a.m.

March 22: Club
Assembly/PP David
Smoak, Town of
Farragut

March 29: WBIR
Anchor Robin Wilhoit

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

Volunteer Rides Founder Jeff Mynatt Joins Us Wednesday

Jeff Mynatt, president and founder of **Volunteer Rides** that gives away restored, like-new vehicles to deserving recipients, is a buddy of Bill Nichols and on Wednesday Mynatt will be our speaker about this faith-based non-profit.

Mynatt is the Market Manager of Byrd's Automotive and uses his business connections in service of his charity. He has been the leading force in getting Julie Tryukhan a car for the family and it was presented to her last fall. He also had a car restored for Meshan Dobbins,



the mother of Keoni Warren from Austin East High School (now at UT) who went to South America as a Rotary Youth Exchange student.

Jeff is a Halls guy through and through, graduated high school from Halls High and then continued his education at the University of Tennessee, earning a B.A. degree in Applied Science/Business Administration and Management.

Immediately after graduating he began working at Sherwin-Williams selling automotive paint and body shop supplies for 12 years. He then moved companies but stayed in the same industry and has been working with Byrd's Automotive as the Market Manager ever since.

Volunteer Rides began in 2016 after he heard of a body shop repairing a car and donating it to a person in need. Since then Volunteer Rides has donated 30 cars to deserving individuals.

Jeff is married to wife Amy and they have two girls.

Let's welcome Jeff!!!

Young People Are Not Leading the Drug Overdose Numbers Here

In 2021 in Knox County, 537 people died of drug overdoses. Would you care to venture a guess about their ages? Most people guess it's young people, **Karen Pershing** said. "But it's actually adults in the 35-44 age group."

Pershing, executive director of the Metro Drug Coalition, was our speaker Wednesday, our second consecutive program about drug issues here and across the state. "Those people in that adult age group are working and have the money to afford the drugs," she added.

The sharpest increase of drug overdoses is in the 55- to 64-years-old. Here are three interesting numbers she shared:



*Becky Duncan & Jim
O'Brien chatting with
Karen Pershing*

- 60% of those who died in Knox County were male
- 265 died in their residences
- A total of 3,874 died in Tennessee in 2021

The abuse of prescription drugs is borne out by the massive numbers of medications sold. In 2021, doctors in Tennessee wrote 4.8 million prescriptions and 3,874 died of overdoses. The number of prescriptions written places Tennessee third nationally, behind No. 1 Alabama and No. 2 Arkansas.

And after Tennessee are two other Southern states – Louisiana and Kentucky. East Tennessee is, by far, the No. 1 region in our state for overdose deaths, Pershing said.

Double-Trouble Humor!

Sgt. at Arms Howard Fass, who did a great job subbing for Noah Myers, asked for some good-natured humor and we got a double-barrel blast of it.

First up was **Alex Barnwell's** joke: “Two guys walked into a bar...the third one ducked!”

Next was **Bill Nichols**, who initially demurred to share a joke. Then he heard Alex's offering and changed his mind with this: “I got into the bed with Linda and told her I didn't have any underwear on. She said she'd buy me some tomorrow.”

Bars and underwear! Can it get any worse?

Guests & Visitors Report

We had a very special little package with us as maybe our youngest visitor ever — Miss Madi Markowitz. Mom Stephanie enjoyed sharing her little sleeping beauty with us. Madi is 80 days



young today and Stephanie uses the title “Princess” a lot these days. Stephanie thanked our club for being so supportive and embracing them through what was a difficult pregnancy. And FYI — she’s working full-time remotely now and will be

back in her office April 3.

- Sam Mishu was smiling when he introduced his good friend, **Roger Moore**, who is a former member of our club. Sam told us that Roger is a Prospective Member (PM).
- Dr. Charlie Barnett again introduced us to his wife, **Sheila**.
- Candace Viox’s guest was **Jacob Ogle**. She met him recently when she spoke to a class at Pellissippi State studying “Entrepreneurship” and invited him to one of our meetings.

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.

Third Thursday at Finn's Irish Tavern

It's **St. Patrick's Day** week starting today and the world will celebrate the actual day on Friday, March 17. But the Rotary Club of Farragut will celebrate a day earlier at **Finn's Irish Restaurant & Tavern** for our March Third Thursday gathering.

The fun, green beer and the Irish dishes will be plentiful. We begin at 5:30 p.m. The Tavern is at 9000 Kingston Pike on the top floor of the beautiful Bakers Peters House at the corner of Kingston Pike and Peters Road. Built in 1830, it is a Greek Revival antebellum house that is said to be haunted.



We need to make reservations for this Third Thursday and you can click on this [LINK](#) to confirm that you're coming and the number of guests. Family of Rotary Chair Cindy Kraus sent the Evite to all members on Thursday.

Richard Bettis Proposed for Membership

Richard Bettis, a past president of the Rotary Club of Bearden, has been proposed for membership by his sponsor, **Larry Sheumaker**. In a virtual vote this week the Board of Directors approved his membership. Bettis works in Commercial Lending at the ORNL Credit Union.



Richard, 41, grew up in Greeneville on an 80-acre farm. He earned a degree from Tusculum University in Organizational Management in 1999.

He has been in Rotary for 12 years and has held multiple board positions. He also is the current chair of the District 6780 Vocational Service Committee. He and his wife Lisa have a daughter, Ainsley, who is 12. They are active at the Northstar Church.

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 Richard for membership.

Opportunities To Honor Bettye Sisco

There is a fundraiser underway in Farragut to honor the memory and life of **Bettye Sisco**, who we lost to leukemia on Sunday, February 19. This project is through the Town of Farragut's Adopt a Bench/Plant a Tree program to honor our late member.

The hope is to raise enough money to at least adopt a greenway/sidewalk bench with a memorial plaque (\$1,800) and plant a tree with a memorial plaque (\$200/\$250 depending on type of tree). The greater hope is to also adopt a park bench with a plaque (\$800). Any overage of donations received will be donated to Bettye's two charities of choice.



The target date for donations is by April 15th. Here is the [LINK](#) where you can donate to honor Bettye. You also can mail or drop off checks at the Farragut West Knox Chamber of Commerce office at 11826 Kingston Pike, Ste 110, Farragut 37934.

Please make out your checks to Marianne Morse and in the subject line write in Attn: Bettye's Bench/Tree. You also can send to Marianne Morse at Venmo "@ MarianneMK" — and please put "Bettye's Bench/Tree" in the comment area.

A Family of Rotary Update

Denise Bash shared with us on Wednesday that she had just gotten off the phone with son **Benji** at Marine Base Camp Lejuene to say “Happy Anniversary.” Wednesday March 9 marked one year “since Alex and I got the call that he had wrecked on his motorcycle. As an update for today, he continues to get stronger every day. He still has more surgeries ahead and much more work for recovery, so we still have to remember that he has come a LONG way,” Denise said. Benji has already had 20-plus surgeries to put his body back together. Denise wrote a beautiful post on her Facebook page about this. It’s worth reading.



Teri Jo Fox’s Media Team Gives Club A Great Video of the Bed Build Project

Our **Sleep In Heavenly Peace (SHP)** project on March 4th was a mega-success with more than 70 hard workers — 47 from the Rotary Club of Farragut plus Rotary Club of Tellico Lake Rotarians, family, friends a few members of the Farragut community working together to build 34 beds for children who previously did not have beds.



Vice President Teri Jo Fox and her media team at Knox Fox Real Estate Group shot a wonderful video that truly captured the spirit of the event and the day. Here is a [LINK](#) to the video if you have not previously seen it on Facebook.

It was a little nippy early in the morning at the Fox Den Country Club assembly line in the upper parking lot. But young and old worked together under the leadership of Service Projects Co-Chair Scott Bertini and Bill Thompson, president of the SIHP Knoxville chapter. There were Interact club members from Hardin Valley Academy helping along with members of the Pellissippi State Rotaract Club.

This was a joint project working with members from the Rotary Club of Tellico Village. We even enjoyed seeing one of our former members, Amanda DeBord, now a member of the Tellico club. A big thank you to Teri Jo and her team for their hard work and this great video memory of this major project for our club.

HVA Interact Club Wins Major Honor

The **Hardin Valley Interact Club** — which our club sponsors — was honored at the recent 58th Annual District 6780 Interact Conference in Pigeon Forge with the 2023 Rookie Club of the Year for District 6780. PP Leah Berry is our adviser for the club. Five club members, including the three co-presidents, were able to attend.



“We learned so much about Interact over the course of the weekend,” said one of the co-presidents, Katelyn Sherman. “The opportunity to collaborate and interact with other school clubs, as well as learn from Rotary members, was incredible, and everyone left with an intent to serve our Hardin Valley community in a meaningful way.” Pictured here, left to right, are: Kayla Branch (12), Olivia Schippers (11), Eleni Johnson (12), Maddy McColl (12), Katelyn Sherman (12).

Congratulations to the HVA Interact Club!

News & Notes Time

Brian Elton Is New Technology Director for Metro Knoxville Airport Authority

Congratulations are in order for Rotarian **Brian Elton**. The Metropolitan Knoxville Airport Authority (MKAA) has named Brian as Director of Technology. In this position, he will oversee all aspects of technology and cybersecurity for the McGhee Tyson (TYS) and Downtown Island (DKX) airports. He began his new position on February 27, 2023. Brian has more than 20 years of professional technology experience, including 15 years in large-scale, multi-county healthcare facilities. Most recently he was the Information Security Officer and Director of Information Technology for Ridgeview Health Services. Major job for a great guy and Rotarian!



The 8th Annual Southern Tequila and Taco Festival Fundraiser for RAM (Remote Area Medical) will be held on Friday, April 28th, 2023 at its new location — Mayor Ralph McGill Plaza at Campbell Station and Kingston Pike. The “gate” opens at 3 p.m, and the festival will conclude at 9 p.m. President Megan on Wednesday mentioned that they need volunteers to help with the day of the event and for set-up and breakdown. Volunteers must be at least 21 years old to volunteer at the event. Help is needed on the setup day — Thursday, April 27 from 12 noon to 4 p.m. Breakdown will be on Saturday, April 29 from 8 a.m. to 12 noon. Volunteers can register at this [LINK](#).

We were a little late wrapping up our **February Mystery Rotarian** business. **Brian Elton** gladly accepted a bottle of fine red wine for correctly

unmasking the Mystery Rotarian — **Sonya Ford**. He said the clue that mentioned “Gidget” and crayfish” did it for him!

We were in better “voice” Wednesday when we serenaded **Cindy Kraus** on her birthday. She seemed to enjoy it!!! Hope so!!!!

Tom Marsh is still needing a few great golfers for our teams that will play in the **2023 District Polio Plus Golf Tournament** on Thursday May 4 — the day before the annual District 6780 Conference. It will be held at the Sevierville Golf Club. Tom says it looks like we’ll have two men’s teams and he has a full team to win the ladies title. If you’d like to play please email TOM or text him at (865) 607-5902.

Today’s Medical Moments From Charlie!

Dr. Charlie Barnett in his “Medical Moment” this week shares news about three different topics. Here are his News Briefs:

- “No benefit observed with nighttime dosing vs. morning dosing for antihypertensive medications.” Summary: Just take your meds. They don't work sitting in a bottle.



- “FDA panel backs Pfizer RSV vaccine for older Americans.” Not approved as yet. RSV is not just a childhood disease. It sickens and kills without age discrimination. This vaccine lowers the risk of severe illness by 94% in adults 60 and older.
- “Colorectal cancer incidence shifting to younger adults, more advanced disease.” Summary: Because of this, the recommended age to begin screening has been lowered from 50 to 45 years of age. The method of screening varies from colonoscopy to simple stool checks, depending on the person's risk factors and family history. Fortunately, another recent study found that the incidence of colon cancer within 10 years after a negative colonoscopy is low. Bad news for Dulcolax and fleet enemas.

Mystery Sleuths Stumped So Far!

Our **March Mystery Rotarian** madness goes into its second week as we pass along the next four clues about our fellow Rotarian. We had a number of guesses after the first four clues. But not a correct guess. Perhaps these clues will help.

- Was class president in high school.
- Has passed 50 kidney stones — so far.
- Legally blind in one eye.
- Recently and finally watched "Star Wars" and "I'm now obsessed with it."



Email your best guess (only one a week) to TOM KING and the first correct one wins a great bottle of wine. Otherwise the March Mysterian wins the wine!

Here Here for An Irish Toast!

“There are good ships and there are wood ships, the ships that sail the sea. But the best ships are friendships, and may they ever be.” — Irish Toast