

THE FLAGSHIP



March 17, 2024

Tom King, Editor

Coming Up!!!

March 20: Alan Watson,
MEDIC

March 23: World Rotary
Day Project at Ridgedale
School, 8 a.m.

March 27: Bill
Thompson, Sleep In
Heavenly Peace

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

April 3: Club Assembly

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



Next Saturday: It's World Rotary Day Big Project Day at Ridgedale School

It's time for **World Rotary Day Ridgedale** as Rotary Club of Farragut's Rotarians and those from Knoxville's other clubs join for a much-needed Work Day at our Partner In Education School. On Wednesday Ridgedale's leader, Principal Rebecca Bitner, explained why we'll be there.

We currently have 43 signed up on our page and could use a few more. "All Hands" need to get busy signing up and it's easy to do. Just click on this [LINK](#) and follow the directions.

With Bitner on Wednesday was David McGinnis, Ridgedale's Dean of Students, pictured with Rebecca.



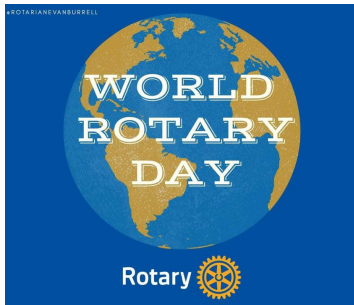
Ridgedale isn't considered a "base school," she said. That means the school does not receive the same funding/budget that other schools do. The classes they have, such as culinary class, sewing class etc., are all funded from donations. The school also has no Parent Teacher Organization to raise money and support the school.

"Ridgedale is the only school in Knox County that teaches both alternative education and special education and serves students from 52 elementary schools, 17 middle schools and 17 high schools," Bitner said. Many of their students also would rather stay at Ridgedale than return to their base school, which isn't an option currently. "They believe most of the students want to stay because of the support system and because it's a smaller school," she added.

A note from PE Teri Jo: She says the club t-shirts we ordered should be here in time for everyone to wear them at Ridgedale.

..... More About the Work at Ridgedale

The workday begins at 8 a.m. and we hope to be done by 1 p.m. This is our Partner In Education school and this is easily an “All Hands on Deck” project for our club. As of today we have 43 volunteers signed up. And we have 89 members in our club.



McGinnis says he's signed up 18 Ridgedale teachers and staff to work with us.

To get the work done we suggest you bring gloves, trimmers, trash and lawn/leaf bags, rakes, shovels, a chainsaw, tree lopper, wheel barrels, ladder/step stools, microfiber rags plus Clorox wipes or other cleaning items. Note: Be sure to tag whatever you bring with a name tag.

Now, here are the jobs on the work list:

- Put tint film on office windows and on all classroom doors downstairs
- Pressure washing the outside of the building and sidewalks
- Redoing the circle driveway island
- Cleaning and painting inside
- Cleaning all windows inside and out
- Trimming bushes and trees
- Installation of two 4x10 feet raised flower beds for students to grow flowers and vegetables

MEDIC CEO Alan Watson Needs Your Blood

H. Alan Watson, President and Chief Executive Officer of MEDIC Regional Blood Center, will present our program on Wednesday. A healthcare executive for 41 years, he previously served as the CEO of Maury Regional Health in Columbia, TN from 2012 until 2021.

Prior to coming to Columbia, he was CEO of Baptist Hospital West, St. Mary's Medical Center of Campbell County and St. Mary's Medical Center of Scott County in the Knoxville area, and CEO of Bradley Memorial Hospital in Cleveland, TN.

He is a Tennessee native and holds a Master's from Hofstra University in Health Law and Policy, a Master's in Community Health Administration from California College for Health Sciences, a Bachelor's in Nuclear Medicine Technology from the University of Alabama at Birmingham, and an Associates degree in Biology from Cleveland State Community College.

He and his wife of 36 years, Michele, have twin daughters who are 33 and a son who passed away at age 25. They have four grandchildren.

Let's give him a big welcome!

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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Guests & Visitors Recap

Stephanie Markowitz had three special guests from the Pellissippi State Community College Rotaract Club: Treasurer **Crystal Brace**; **Austin Marie Ruth** is the vice president; and **Kadence Motto** is the secretary. They are pictured here with Stephanie.



Also, **Tammy Cheek** of the Farragut Press joined us.

Family of Rotary Concerns

Wayne Davis says today that he's feeling better and is able to use a walker to get around at home. Doctors still do not know what is causing his system to destroy his platelets and says he may be going to Vanderbilt Medical Center soon to hopefully get a diagnosis there. They do know it is some type of an infection. He's ready to get well and be back with us, he said.



Rev. David Bluford says he's not sure what to call what happened to him Wednesday morning on his big Harley out on Highway 321 near Lenoir City. He did not fall off his bike and it wasn't really an accident, he said. His bike never touched the ground. Whatever it was it broke his right ankle.

"When I stopped and looked down at my foot, it was at a crazy cocked-kind of angle but there was zero pain. I hit some gravel and the back end slid and I put my right foot down to catch it and stop the motorcycle," he said. His best guess is the weight of his 950-pound Harley was too much for the ankle-foot joint and it snapped. An ambulance took him to an ER he's familiar with at Park West, where he worked for many years. They

eventually put him to sleep to straighten his ankle and foot for a soft cast. He's seeing an orthopedic surgeon at TOC tomorrow and hoping that surgery happens very quickly. He's on crutches and can't drive, so Uber wife Mary is his driver and caregiver. "I'm lucky. This could have been a lot worse," he added.

Tom Woodbery came home from Park West Medical Center on Thursday after undergoing surgery to ease a brain bleed. He was admitted a week ago today. Doctors discovered subdural hematomas on both sides of his brain. They have no firm diagnosis on why this happened. The surgery was done to relieve the pressure from the blood on the brain. He's feeling better, still moving slowly he said and can't drive until cleared by the doctors.

We're sad to report that **Shirley Maxwell Clark**, spouse of **Immediate Past District Governor Al Clark**, passed on Wednesday morning, March 13th, at Vanderbilt Medical Center. Shirley and Al were married 45 years. Shirley was a vibrant, beautiful, giving daughter, wife, mother, sister, grandmother, who cared about those in need, a dedicated educator, and received many awards and recognition for her hard work. She supported Al as he toured the District as Governor last year and attended many of the clubs' fundraisers. Our deepest sympathy to PDG Al and his family. Here is the [LINK](#) to her obituary.

Prayers for everyone!



2 New Members Inducted:
Abby Anderson & P.J. Dieffenbach

Abby Anderson and **P.J. Dieffenbach** are our newest members of the Rotary Club of Farragut after their inductions on Wednesday. Abby's sponsor is PE Teri Jo Fox and Brian Walker sponsored P.J.

On Wednesday the plan is to induct another new member, Bart Van Edom, who could be with us this week.



A fun fact about Abby: she is one of 5 children, she grew up in Knoxville and all of her siblings still live here along with their parents.

Abby, 29, is Director of Outreach for Admiral Title Co. She is a graduate of CAK and East Tennessee State University (class of 2017) with a degree in Theater and a minor in Marketing. She is married to Taylor, who works at Axle Logistics.

***L-R, Brian Walker, P.J.
Dieffenbach, Abby
Anderson & Teri Jo Fox***

And here is a fun fact about P.J.: his Dad (who he is named after) invented the artificial Christmas tree!

P.J. is the owner of The Web Mavericks, an online marketing business with a focus on promotions and volunteering. P.J., 57, for many years was a Boy Scouts Scoutmaster and volunteered with the American Legion.

We welcome them both to our Family of Rotary!

Newsy Notes, Etc.

Teri Jo at PETS...Thanks to Steve & Jared! And April 'Tis A Very Busy Month for Us!



Our **President Elect Teri Jo Fox** was busy in Chattanooga this weekend at the Presidents Elect Training Seminar (PETS) learning how to be a great president for our 2024-2025 Rotary year. She's been busy already scheduling meetings in anticipation of her overthrow of President Val Privett's reign on July 1st. She's off and running, that Teri Jo! "It was eye opening on what we can do as a team, a club and a community. The differences we can make are unbelievable," she said. She is pictured here with Bryan Hedden (center), Clinton Rotary's PE, and PE Chris Lambert

of the Rotary Club of Knoxville.

She's also encouraging all members of her leadership team (officers and directors) to attend the **Club Leaders Training Assembly (CLTA)** to help prepare incoming club leaders for the Rotary year ahead. Electronic devices are a must to bring with you in order to get the most out of your training session. The 2024 DTA will be held April 20th at Stone Memorial High School in Cookeville. The opening session starts at 8 a.m. CST and PE Teri Jo is hoping we can carpool to Crossville. As soon as the link to register is up and running we will send it out.

PE Teri Jo also reminds those on her incoming Board of Directors to sign up for **Dist. 6780 Rotary Leadership Institute RLI** Parts I, II, & III, and Graduate in-person. It is Saturday, April 27, starting at 8:30 a.m. at the

Cleveland/Bradley Chamber of Commerce @ 225 Keith St SW. If you have not attended this yet, here is the [LINK](#) for you to sign up.

President Val wanted to pass along the club's appreciation to **Treasurer Steve Krempasky** and **Treasurer Elect Jared Greene** for their help during the recent Topgolf Tournament and how efficiently they worked together at the event in handling the business end of the tournament!



APRIL 13: Sleep In Heavenly Peace Build Day at Faith Lutheran Church next to our Farragut Community Center home. We'll be building 35 beds and the Tellico Lake Rotary club will be building 5 that they funded. We begin the work at 8 a.m. and need all the help we can get.... And Bed Delivery Day is April 20....You don't need to build them to deliver them Here is the signup [LINK](#) and this is a great project!!!!



APRIL 13: The Water Mission's Walk for Water is coming up, and so far our club is in 2nd place for funds raised. It again will be held at Lakeshore Park. You can donate, walk and also volunteer. Tory Kinson is our link to this event and this also is a project Rotary International is promoting. Last year this event raised \$25,000. If you can help and participate, here is a [LINK](#) to register and read all of the event's details.

MAY 4: The School of Rock is performing at our May 4th fundraiser from 6 to 8 p.m. at the Farragut Community Center....Tickets are \$25/each....Tom Marsh says we need sponsors We can accommodate 190 people. Stay tuned for all of the details to come.

Lung Cancer Screening: It's Underutilized!

Dr. Charlie Barnett says in his Medical Moment today that lung cancer kills more Americans than colorectal, breast and pancreatic cancer combined. The five-year survival rate for lung cancer is 5% when detected late vs. 56% when detected early.

For early detection a low-dose CAT scan is utilized. This screening CAT scan is so effective it was even recommended by the United States Preventative Task Force (which is amazing as their usual recommendations are about vaccinations and seatbelts, etc.). This CAT scan is covered by commercial insurance, Medicare and most Medicaid programs. Despite this, the test is amazingly underutilized. It is estimated that at least 25,000 deaths per year could be prevented by this scan.



The criteria to participate in the program and have insurance coverage is:

- Age 50 to 80 years old
- A 2- pack year cigarette smoking history (eg. one pack per day for 20 years).
- Currently smoking or having quit within the last 15 years

Are you a candidate but still sitting on the sidelines? Get in the game. What do you have to lose other than an early funeral?

A Thought for St. Patty's Day

"Legend says that each leaf of the clover has a meaning: the first is for hope, the second for faith, the third for love and, if you can find a 4-leaf clover, the fourth leaf represents luck." —**Jean LeGrand**