
THE FLAGSHIP



March 19, 2023

Tom King, Editor

Coming Up!!!

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

March 22: Club Assembly/PP David Smoak

March 29: WBIR Anchor Robin Wilhoit

April 5: Board of Directors, 11 a.m.

April 5: Club Assembly

April 12: Knox County Mayor Glenn Jacobs

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

Smoak, Parks & Rec Staffers To Discuss Grant for Farragut

Our Wednesday program three days away, was originally scheduled for Feb. 22, but a scheduling snafu delayed it. So this week we will hear from our **PP David Smoak**, Farragut's Town Administrator, and two of his top lieutenants. They are hoping to have our club vote to support a grant request for park funding from the state.



With David will be the Town of Farragut's new Parks and Recreation Director Ron Oestreich and Park Program Coordinator Bryson Keith. The grant request of \$2.5 million is for major park renovations and new facilities at Mayor Bob Leonard Park and McFee Park.

“After the presentation we will be asking for a vote to support the grant request as it is required as part of the grant process,” Smoak said. “If we are approved for any portion of the grant it would be a 50/50 split with the State of Tennessee,” he added.

Oestreich, who just joined the town, replaces Sue Stuhl, who retired in January after 31 years with the Town of Farragut. Ron was with the Bolingbrook (Illinois) Park District for 27 years. He became executive director in 2012, managing 52 parks as well as 63 full-time and 300 part-time staff.

He has family in East Tennessee and grew up spending two weeks here each summer. He loves the mountains and the Vols and has always dreamed of moving back, he says. Oestreich and his wife have four children, including a grown son who lives in Powell.

Also on Wednesday our Board of Directors will meet at 11 a.m. in the back meeting room at Fox Den Country Club.

Mynatt Explains the Volunteer Rides Way



Jeff Mynatt has been the key figure in providing two Rotary Youth Exchange (RYE) students with wheels — or used cars. He is the president and founder of a faith-based ministry named Volunteer Rides. 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.

Julie Tryukhan, our RYE student in 2007-2008 who is a war refugee from Ukraine, is driving a car now that Mynatt and his organization presented to her last fall. “I feel very independent having the car and my favorite thing is singing in the car as loud as I can and I love it that no one can hear me.”

Volunteer Rides does not seek out the recipients of the cars they donate — they count on non-profit organizations (like Roary) and charities to contact them. They also do not pay for repairs, he explained. “I explain to the mechanics that it isn’t ministry work if you are charging for it,” he said. “Sometimes the younger ones have a hard time understanding this.”

Judith Bradbury asked if he had considered starting a fund for this and he said no. He told us that he isn’t the greatest at raising funds to begin with. You can imagine this made us all laugh a little...or a lot. He is very passionate at what he does.

Thanks for a great program Jeff!

Our Humor From Alex Barnwell

Alex says he told this joke Wednesday in honor of **PP Ron Lawrence**, a Tennessee Walking Horse owner.

Q. What did the horse say when it tripped and fell?

A. “I’ve fallen and can’t giddy-up!”

Guests & Visitors 3-15-23

- Sonya Ford's guest was Prospective Member **Jay Povlin** (see story below).
- **Julie Tryukhan** from Ukraine and her two kids, **Mark and Polly**, were guests of the club. She and Polly are pictured here. Mark crawled under the table.
- **Keli Begley** with Home Trust Bank was Jared Greene's guest.
- We had a Visiting Rotarian from the Rotary Club of Bearden — **Tom Daughtrey**. He's the husband of our former member Patty, now in the Bearden club also. Tom will serve as our Assistant District Governor next year.
- **Richard Bettis**, who will be inducted Wednesday as a new member, was Larry Shuemaker's guest. Richard is a former member and past president of the Rotary Club of Bearden and is the District 6780 Vocational Services chair.

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.

Board OKs Jay Povlin for Membership

Secretary Sonya Ford has proposed businessman **Jay Povlin** for membership and in a virtual vote, the Board of Directors has approved his application and recommends him to our members. They are pictured here.

Jay and his wife, Louise, are the parents of three sons and two rambunctious dogs. They have been residents of Farragut since 2008. Louise of course is the Vice Mayor of the Town of Farragut. Jay is a 1987 graduate of Middle Tennessee State University with a B.S. in International Relations.



In addition to his approximate 20 years in the marine/boating industry, he currently is Chief Operating Officer for GatorStep, a marine decking company based in Lenoir City and has operated several businesses in the community since 2012. He has owned Anytime Fitness in Farragut for 11 years and is a partner in 5-Star Holdings, a tax and bookkeeping firm, both on Kingston Pike.

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 Jay for membership.

DG Clark Offers Change to Make District Conference Registration Easier

The **2023 District 6780**

Conference is May 5-6 in Pigeon Forge at the beautiful DreamMore Resort. DG Alan Clark says that he knows some Rotarians may have difficulty using DACdb.com and/or prefer not to use it to register. So he's making it easier to register and extending the deadline for registering.



On Friday he sent an email to every Rotarian in 6780 explaining what he has done.

“For purposes of district conference registration, I have attached to my email a paper version of our Registration Form for the 2023 District Conference,” he wrote. "This form is for the Early Bird Pricing, the deadline for which has been extended until March 31, 2023. If you choose to use this paper version, please allow plenty of time for receipt on our end in order to satisfy the March 31 deadline.”

News'N'Notes: Third Thursday & More!



The word from Finn's Irish Tavern for our **St. Patrick's Day Third Thursday** celebration is “we had a great time, lots of fun.” Enjoying the Irish party were PP Ed Jones, Larry Sheumaker, Cindy and Paul Kraus, Mike and Anita Singletary, and Fred Adomat and Paula Womack.

Kudos to our **VP Teri Jo Fox** and her husband **Eric Whitener**, co-owners of the Knox Fox Real Estate Group, for recently making a \$2,500 donation to the Farragut High School Education Foundation during a networking event sponsored by the Farragut West Knox Chamber.

Just a date and calendar reminder: Howard Fass and our **Club Stream Cleanup Team** works on Saturday April 29 @ 9 a.m. More details and registration coming next week!

A big “Thanks” to **Sonya Ford** for pinch-hitting for Flagship editor Tom King this week. Tom drove up and back to Roanoke Tuesday with Faye to see her mother. On Wednesday Tom’s back reacted and he was down at home.

Update on District Golf: We Have 1 All-Club Men’s Team, 2nd Ladies Team



***This is our Ladies
championship team from 2021
— Lilly Rayson, Denise Bash
and Val Privett***

Our **District 6780 Golf Tournament for Polio Plus** leader Tom Marsh is on the hunt trying to find a second ladies team for the district tournament on May 4th at the Sevierville Golf Club. WHY? Because we want to break a record! No club has ever sent two ladies’ teams from the same club in our district.

The first team we have entered is Sonya Ford, Val Privett, Teri Jo Fox and Denise Bash. “We only need one more team. We’re trying to make history people,” Sonya says.

That said, we still need a four-member

men's team to compete for the prestigious Governor's Cup. Andrew Vollman is a former PGA professional and a scratch golfer, but he's playing in a tournament in Florida the same week.

We have one team so far — Alex Barnwell, Greg Tilley and non-members Josh Crotty and Keith Marks. But they can't compete for the Governor's Cup.

If you can play, please let Tom know as soon as you can. You can text him at 865-607-5902 or click [HERE](#) to email him.

Lack of Sleep.....Serious or Healthy?

Dr. Charlie Barnett says that it is well known that a lack of sleep is a primary risk factor for dementia. An interesting study in the January 25, 2023 issue of the American Journal of Preventive Medicine looked at over 6,000 patients in the National Health & Aging Trends Study, evaluating them annually until death.



This article reviewed the latest 10-year data relating to insomnia. It found that using sleep medications was associated with an increased risk of developing dementia. The increased risk of developing dementia was also true in those with difficulty in falling asleep. Paradoxically, the study showed that sleep maintenance insomnia, that is early awakening, was associated with a decreased dementia risk by 60%!

I'm not sure if other studies will prove this correct, but it's reassuring in knowing that just because one wakes up early, it's not detrimental to mental health. Perhaps the old saying "the early bird gets the worm" is not only good lifestyle advice, but it may be scientifically true for our health.

March's Mystery Creating Madness!

This week we move into Week 3 of clues for the **March Mystery Rotarian**. Six clues down and no correct guesses. Perhaps these next four hints will help our great sleuths.

- Our Rotarian never learned to swim.
- Has never been out of the continental United States, which also includes Alaska.
- Major lover of fondue who loves eating at The Melting Pot.
- Have not missed voting in an election since they turned 18.



A bottle of fine wine awaits the winner — the first member to email the correct guess to TOM KING. If the mystery remains a mystery after all 16 clues, the Mystery Rotarian gets the wine!

A Thought for Our Week

“Worrying is like a rocking chair. It gives you something to do but never gets you anywhere.” — **Erma Bombeck**