

# THE FLAGSHIP



March 24, 2024

Tom King, Editor

## *Coming Up!!!*

March 27: Bill Thompson, Sleep In Heavenly Peace

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

April 3: Club Assembly

April 10: Mike Murray, Knoxville Ice Bears

April 17: Kelly Henry, Second Harvest

April 18: Third Thursday, location TBD

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

## 2024 WORLD ROTARY DAY AT RIDGEDALE: 'THERE IN A BIG WAY!'



*'Ghostbuster' Scott Bertini showed up at Ridgedale School to do a lot of cleaning for the painting crews!*

## *Ridgedale Is Different Today vs. Yesterday!*

It was a true “labor of love” at **Ridgedale School** when a small army of 70- or so workers, led by the Rotary Club of Farragut, worked unselfishly and voluntarily yesterday to help improve the educational experience for this very special school in celebration of **World Rotary Day 2024**.

President Val Privett perhaps said it best: “In my opinion, World Rotary Day is what Rotary is all about. Ridgedale will know we were there in a BIG way.”

If the sign-in sheets are accurate, we had 13 Rotarians working and they brought another group of 8 family members or co-workers and a Rotary Youth Exchange student from Korea. Stephanie Markowitz had nine members of the Pellissippi State Community College Rotaract Club working and Liz Gregor of the Rotary Club of Knoxville had a group of Webb School Interact Club members helping out, along with a volunteer parent.



*Brian Walker & Marc Below of the PSCC Rotaract Club built this major project, a seating area for a new outdoor classroom*

And we are honored that our ADG Bill McGrath and PDG Greg Maciolek pitched in and helped.

We painted lockers in classrooms. Doors were given paint jobs. We built an outdoor classroom sitting area. The school’s front entrance has a new, fresh look. Both levels of the building were pressure-washed and the school got a fresh cleaned-up look.

PE Teri Fox heaped praised on the Ridgedale staff too. “It was a great day. I loved seeing so many volunteers come together to help our community.

Ridgedale by far was the most involved than any organization we have ever worked with on World Rotary Day. They came, helped out, cleaned, monitored, fed us and showed they cared about the relationship we have with their school. That makes a difference in our community and for these children.”

Work began at 8 a.m. and PE Teri Jo added this: “When I left at a little before 1, work was still being done, but finishing up. Pressure washing was probably another couple of hours; deck was probably another hour and then the window tint was being installed at 2 p.m.”

Here are a few comments from the morning:

**President Val** gave a shout-out to **Eddie Jett** for Parent of the Year. “Eddie’s son **Milo** (pictured at right raking) helped in my group and I have never seen a more productive 10-year-old! He never stopped working and is just a great young man.”



**VP Scott Bertini** went around the entire two-story school and through all the classrooms vacuuming the baseboards and corners for a team working behind him washing the baseboards. “I had a blast serving and pretending to be a Ghostbuster....It’s amazing what a little positive, focused, and can-do attitude will quickly knock out so many jobs.”

**Brian Walker** helped build the outdoor classroom (sitting area). Brian said, “It was a rewarding experience creating something for the students of today and tomorrow to encourage their love of learning.”





**Kristen Otto:** “Jennifer Walker and I (pictured here) painted lockers all day...I did see lots going on when I went out for fresh air though!” They painted lockers in David Farmer’s middle school social studies classroom. “We spoke with Mr. Farmer/ He was so appreciative and amazed at the generosity of everyone donating their time today.”



*Great tint job on Ridgedale’s front-office windows!*

## *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*

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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.



## *....And Here's What We Did at Ridgedale!*

This is PE Teri Jo's list of jobs we tackled at Ridgedale yesterday.



*It took 4 hard-working folks to clean this door — clockwise, Teresa Bransfield of Knox Fox, Jerry Schwallier, Larry Sheumaker and Knox Fox's Jade Ross*

1. Cleaned all available baseboards on both floors and all classrooms
2. Painted 4 classrooms' sets of lockers with black chalk board paint. This required 3 coats, but the teams did great.
3. Cleaned the interior of all windows and windows seal. Cleaned the exterior windows.
4. Pressure washed the entire front of the building, including the 2nd story along with front and back sidewalks. We had 3 companies donate their Saturdays. My contractor was able to bring a crew of 4 for the biggest project of the second story. It looks so great.
5. Exterior gutters scraped, cleaned and painted.
6. Planter boxes made off-site and delivered. Area was leveled and they are ready for plants, herbs, fruits and veggies. This will be a class activity for children to learn.

7. Built a 15x20 deck for the outdoor classroom. It is fixed with concrete and has railing on 3 sides.

7. Weeded, cleaned, and redesigned the front cul-de-sac with less maintenance design. New stone around edges, heavy duty weed mat and tons of pea gravel. "This was my priority, as it is the focal point upon arriving to our school," said Ridgedale Per Dean David McGinnis.

8. Cleaned grounds around the building, including bush trimming, raking up old leaves, trimming trees and picking up sticks.



*Craig Donnachie working hard on Ridgedale's front landscaping area*

9. Cleaned the windows of all the doors, then after we left the windows were all tinted to allow teachers and staff to look in and students won't be disturbed by it.

10. Tinted the front office windows with mirror tint. This allows the staff to see outside for who's visiting and be safe when that person enters the building. It really will brighten the office space up.

## **SHP's Top Builder Bill Thompson Speaks Wednesday About 'Build Day'**

Wednesday's speaker is one of the nicest guys you'll ever meet — **Bill Thompson**, chapter president for **Sleep In Heavenly Peace (SHP)** of East Tennessee. If you are signed up or planning to sign up, you will see him in action at our April 13 "Bed Build" at Faith Lutheran Church.



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....And you don't need to build them to deliver them. We currently have 48 bed builders signed up and need about 12 more. To sign up for this great project, give this [LINK](#) a click.

Thompson, who grew up in Tennessee and Kentucky, attended the University of Louisville and Eastern Kentucky University. After retiring from the Dairy Division of Dean Foods in Corporate Sales and Operations out of Orlando FL, he and wife Nancy (his high school sweetheart) moved to our neck of the woods in 2016. And we're glad they did. The Thompsons have two sons and six grandkids.

Two years later in 2018 Bill started the first SHP chapter in Tennessee. Today, there are seven chapters in Tennessee and 270 nationwide. “At SHP, we fully believe that a bed is a basic need for the proper physical, emotional, and mental support that a child needs,” Thompson says.

From volunteering your time and energy on a Build Day, to making a donation to your local chapter, to sponsoring a local build day... there are countless ways you can help us continue to ensure that “No Kid Sleeps on the Floor in Our Town.”

You can click on this [LINK](#) to read the SHP story.

## MEDIC’s Role Is Big in ET

Knoxville’s **MEDIC Regional Blood Center** has come a long way since its doors opened for donors in 1958. Today MEDIC serves an 18-county area in East Tennessee with 25 hospitals, with 129 employees and they’re available 24/7. MEDIC’s role is major in our health care arena.



Our program this past week was presented by MEDIC President/CEO Alan Watson, who followed Jim Decker’s years at MEDIC as he retired a year ago. Watson’s background is in hospital administration.

MEDIC’s main office is on Ailor Avenue downtown with other offices in Farragut, Crossville and a new center in Athens. They’re also serving three hospitals in Kentucky.

Alan shared some interesting statistics with us:

- According to America's Blood Centers (ABC,) transfusions are needed in 1 out of every 83 infant deliveries, while at the same time, on average, only 3% of the U.S. population donates blood each year.



- 62% of the U.S. population are eligible donors.
- Only 9.8% of people under 24 donate while 68% of those between the ages of 25-64 donate.
- 46% of donors are men and 54% women; minority donors account for 12%. People donate on average twice a year.
- Donation volumes: red blood cells 56,000; 7,000 platelets; 150 plasma procedures.

MEDIC's primary need has not changed — 0-negative blood because anyone can take 0-negative, but people with 0-negative can have ONLY 0-negative.

And contrary to what many believe, there is no age limit for donors. “Anyone can donate, no matter their age. You have to be healthy and not taking certain medications like Eliquis,” Watson said. If you are interested, this [LINK](#) shows the medications that prevent being a donor.

To learn more about MEDIC, this [LINK](#) guides you to its website. <https://medicblood.org/>

## The Guest List for the Day

**Kerri Greene** was husband Jared's guest (finally). Kerri has been a stay-at-home Mom for daughter Madalyn, 6, but since Madalyn is finishing kindergarten Kerri is in the market for a job. She has a degree in Public Health from ETSU with an emphasis on Community Health, Disaster Preparedness and BioStatistics.



Larry Sheumaker's guest was **Chris Phipps**, MEDIC's Donor Engagement Coordinator. Larry says he is a Prospective Member. He has been with MEDIC for eight years. He's responsible for the coordination and

scheduling of blood drives in companies, schools and communities. Prior to MEDIC he was a reporter for five years at the Morristown Citizen-Tribune. He earned a B.S. degree in Journalism 2010 from UT-Knoxville in Electronic Media & Media Management.

PE Teri Jo Fox's guest was **Dana English**, a neighbor of Teri Jo's who is a retired Neo-natal ICU nurse.

Nice to have met everyone!

## **School of Rock's Spring Concert May 4 Is Our Final Fundraiser**

What's more fun than dancing, maybe singing a little, swaying to the beat and rocking out along with the talented young talents of **Knoxville's School of Rock Spring Concert**. And raising money for your favorite Rotary club — the Rotary Club of Knoxville.

Saturday May 4 is the date at our Farragut Community Home from 6 to 8 p.m. for the rocking and rolling. The money we raise will benefit our Partner in Education school — Ridgedale Alternative, the school many of our members, family and others worked at yesterday.

The Emcee for the evening will be popular radio personality Phil Williams.

Our Fundraising Committee Co-Chairs Tom Marsh and Andrew Vollman are leading this event. Their goal is for this to be a sellout with all 190 seats occupied. Here are more details:

- General admission tickets are \$25 per person and you can pay with check, cash or credit cards (all accepted at the door).
- You also can have your charges added to your Rotary bill.

- We have 4 sponsorship levels: \$5,000 Platinum; \$1,000 Gold; \$500 Silver; Bronze \$250. Make tax deductible checks payable to the Rotary Club of Farragut Foundation (10805 Kingston Pike Ste. 200, Farragut TN 37934).

We have a pair of superb food trucks lined up — Smith’s Endzone BBQ and the West Knoxville Smiley Swirl truck. Candace Viox’s “Water Into Wine” is providing wine and beer available at a cash bar.

You can buy your tickets on Wednesdays at our sign-in desk.

## Our Family of Rotary Report

Here is an update from PP Peggy Wilson on her son **Donnie Mahan** and the news about him having a tumor on his pancreas: “He has a neuroendocrine tumor on the pancreas. He meets with the oncology surgeon next week. They will remove the tumor and part of the pancreas. He went to the Tennessee Cancer Specialist office last week. They will see him every two weeks, before and after surgery.” Peggy said the doctor said the tumor is a Grade 1 of three grades. “The specialist was very encouraging,” she added.



Keep **David Bluford** in your prayers (and Mary). Our “Evil Knievil” Harley Davidson bike rider is having ankle surgery on Wednesday at the Park West Surgery Center in the office building. Of course recovery and physical therapy will follow, so Miss Mary will be his very busy caregiver and Uber driver.

**Tom Woodbery** says he’s doing good and feeling great today! Great news!

When **Wayne Davis** answered the phone today you knew he was better. You could hear it. “I am feeling better today, watching March Madness and my strength is improving. And, my platelet count has gone up from 3 to 30, a



really big improvement,” he said. He returns for more tests tomorrow. But what great news for Wayne!

## How About A Little Good News!!!

It was really good to welcome back Rotarian **Nancy Bosson** Wednesday. She is Assistant Branch Manager and Loan Officer and loan officer at U.S. Bank. Her schedule was such that she could not get away at lunch for our meetings. That schedule has changed and she was back this past Wednesday. PP Fred Martin welcomed her back as did many others!



**Sara Benson** shared the great news that her twin 13-year-old daughters, **Ella and Elizabeth**, and their team — Topline Equestrian — competed at the Interscholastic Equestrian Association (IEA) Zone 4 finals last weekend and did well enough to be one of three teams qualified to compete at the IEA National Championships. That event will be at the Tryon (N.C.)

International Equestrian Center April 25-29. They will be competing in the Hunter-Jumper Division against teams from all over the country.

**Kristen Otto's** twins — daughter **Huxley** and son **Hawkins** — turned 7 this past Tuesday. “I took cupcakes to their classes so they could celebrate at 10 a.m. and then busted them out of school to spend the day at Dollywood with me, Grandma Jane, and big sister Harlow,” she said. The twins go to Powell Elementary and are pictured here Mom and Harlow



## *News and Notes*

# HVA Interact at Culver's; Order Your 'Terri Lynn' Treats; Or Walk for Water



The **Hardin Valley Academy (HVA) Interact Club** had a fundraiser at Culver's this past Tuesday and there in support were President Val and Vicki Williams pictured with the students. Culver's donated 10% of their sales during a two-hour period to the HVA club.

Fundraising is part of a Rotary club's success in attaining its goals and serving our communities. In that spirit, President Val is asking one and all to help us raise funds by ordering premium nuts, confections and sweet & savor snack mixes by "**Terri Lynn.**" Val let us sample a few of their products at this past week's Terri Lynn meeting. Buy them for your offices, co-workers, families, friends and for gifts. A portion of every product sold benefits Rotary Club of Farragut Foundation! Click on this [LINK](#) to browse their products and to place your orders.



The Water Mission's **Walk for Water** is coming up on April 13. at Lakeshore Park. You can donate, walk and also volunteer. 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.

## Charlie's Advice on Navigating the ER



Today **Dr. Charlie Barnett's Medical Moment** does not focus on a single health issue or the latest medical news. He gives us his best advice on how to reduce our frustrations in emergency rooms and what to expect and how to get the best care.

1. Take an updated list of all medications or the actual bottles of your medications. That information is present somewhere in the medical system's computer or on your personal portal, but so are all the other medications you've been given in the last five years. Avoiding medication errors starts with the patient.
2. If you have anything implanted in your body (cardiac pacemaker, defibrillator, heart valve, insulin pump, etc.) keep a copy with you of the device ID that you were originally given. I recently saw valuable hours wasted trying to find if the patient's pacemaker was MRI compatible or not. Treatment for the suspected stroke was needlessly delayed by not having that information.
3. Do not utilize the ambulance for trivial complaints such as nausea-vomiting, joint pain, rashes, etc. You do not move to the head of the line because you take an ambulance. You are triaged on admission and if trivial, you go to the waiting room. Our ambulance service is overworked and not available for true emergencies because they have responded to inconsiderate requests.
4. If you must go because of an acute illness, the best time is the early morning hours between 6 a.m. and 10 a.m. Waiting time is minimized and all hospital services are available. Expect to wait hours if you go between 12 noon and 12 midnight.
5. Do not make trivial requests of the nurses such as adjusting your TV or fluffing your pillow. They are incredibly busy and such annoyances can turn the Angels of Mercy's halos into daggers!





6. If you are a heart patient carry a small laminated copy of your latest EKG with you. It will save you hours and dollars.
7. Expect to see the doctors and nurses spending more time on the computer than with you or other patients. The modus operandi of the insurance payor is, “If it's not documented it's not considered done.” Therefore, EVERYTHING must be documented, which takes hours.
8. Do not stand outside the examination room door demonstrating your impatience. You will be asked to go back into the room and if you don't, security will be called. It is never pleasant.

Suffering an illness or accident is never a “Disney Experience.” However, the ER team and the patient working together will deliver the best outcome.

## **A Good Thought for Forever**

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you can.” — **John Wesley**