
THE FLAGSHIP



March 3, 2024

Tom King, Editor

Coming Up!!!

March 6: Board of Directors, 10:30 a.m., Farragut Community Center

March 6: No Meeting

March 6: Topgolf Tournament @ Topgolf, 1 p.m.

March 13: Rebecca Bitner, Principal, Ridgedale Alternative School

March 20: Alan Watson, MEDIC

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

Topgolf Tournament Wednesday: 15 Teams, 90 Players Lined Up

It'll be a different type of golf tournament and a very different kind of fundraiser on Wednesday at Topgolf for the Rotary Club of Farragut. We now have 15 teams and 90 players trying to win our first **Topgolf**

Tournament to raise money for our friends at Sleep In Heavenly Peace (SIHP) and other projects.



There will be no regular meeting on Wednesday at the Farragut Community Center, but you can come to Topgolf and eat lunch and enjoy the tournament. Lunch will be available starting at 1:30 p.m.

Note: Our Board of Directors will meet on Wednesday at 10:30 a.m. at the Farragut Community Center.

Here is the tournament schedule:

1 to 1:40 p.m. — Player arrival & check-in/warmup/Free Play in Bay

1:30 to 3 p.m. – Buffet - players can eat in bays or Skybox Lounge

1:45 — Top Golf will review rules and tournament details

2 p.m. — Tournament starts

3:30 p.m. — Tournament ends

3:45 — Awards ceremony

Sponsors make or break events such as this and again we'd like to present to you our major sponsors:

- “ACE” sponsor, \$5,000: PE Teri Jo Fox/Knox Fox Real Estate Group
- “Double Eagle” lunch sponsor, \$3,000: Scott Brockamp’s His Security
- “19th Hole” sponsorship, \$3,000: Abby Anderson at Admiral Title

Also, we have five (5) Birdie Bay sponsors at \$1,250 each — President Val & Beacon Insurance, Guy Thorpe Automotive, Richard Bettis/ORNL/FCU, Alex Barnwell Horace Mann Insurance and Candace Viox of Water Into Wine fame.

PP Dan Barnett snapped up the \$1,000 Eagle sponsorship for the prize and gifts and Denise and Alex Bash are the \$1,000 sponsors of our Hole In One contest. Hole in One contest tickets will be \$20 each for a chance at a \$10,000 cash prize! Each ticket is good for 3 swings (only 1 winner)!

As we said, a portion of our money raised will help with the upcoming “Build Day” for Sleep In Heavenly Peace on Saturday April 13 at Faith Lutheran Church next to the Farragut Community Center. We will be working to build 35 beds for children without a bed to sleep in. Each bed costs \$250. We currently have only 30 of the 60 slots filled. Here is your sign-up [LINK](#) for this great project!



It's a 20-Day Countdown To Our World Rotary Day @ Ridgedale!

We're only 20 days shy of our big **World Rotary Day** work-day project at **Ridgedale School** when we'll work alongside Rotarians from across Knoxville to help this great special school. It's on Saturday, March 23, and we gather at 8 a.m. to get busy.

We still need volunteers. So far only 27 have signed up. David McGinnis, Ridgedale's Teacher Dean, says he's signed up 18 Ridgedale teachers and staff to work.

We're hoping a few members from the PSCC Rotaract Club and Hardin Valley Academy Interact will help us!

We will need more vols to get these projects done:

- 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

If you have not yet signed up, here is the [LINK](#).

Our club is a Partner In Education school with Ridgedale. Its students are from all over Knox County. It is not a neighborhood school and thus does not have a PTO to support its needs. The students are K-12 Special Education with intellectual and developmental disabilities and the others are middle school Alternative students working to get back to their original schools.

We need to thank these businesses that are helping us out. Bobcat Rentals is donating a small tractor for work on the grounds; Sherwin Williams is donating the paint we need; and our buddies at Dunkin' Donuts are donating the morning goodies and the coffee.

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!

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.

Wednesday's Meeting Sans a Speaker

Our Wednesday meeting was a short one. The scheduled speaker, **Nancy Welch of the CAC Volunteer Transportation** program, was ill and had to cancel. She also was scheduled to speak in January but the snow/ice storm got in the way. Hopefully the third time will be the charm for Nancy!

Here are the meeting highlights:

Reminder that we **DO NOT** have a meeting at the Farragut Community Center on Wednesday. We hope to see many of you at Topgolf for our major fundraising event that begins at 1 p.m.

We had only two guests. **P.J. Dieffenbach** was Brian Walker's guest and **Tammy Cheek** of the Farragut Press joined us.

Tom Woodbery raised the issue of ordering **Farragut Rotary T-shirts** for members. President Val asked for a show of hands of those members to gauge the interest in this. Most all members raised their hands. Tom will investigate this and report back.

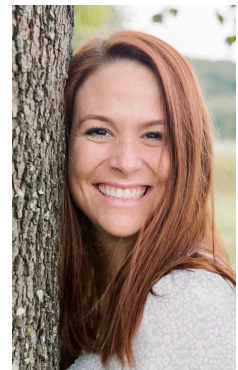
Our **Rotary Foundation Chair Bill Rice** explained our status of becoming a **STAR Club** again and being recognized at the upcoming Dist. 6780 conference in Cookeville (May 7-8). To earn the STAR status our club needs to average \$100 per member in contributions to the RI Annual Fund. Our club donation must be made by March 15 and we are right now \$8,000 short of the \$10,000 goal. His bottom line: "Please contribute now!" Talk with Bill about donating.

Don't forget about the **Water Mission's Walk for Water** event on Saturday April 13 at Lakeshore Park that begins at 10 a.m.. You can donate, walk and also volunteer. Our **Tory Kinson** can answer any questions you may have. Last year's event raised \$25,000. If you can volunteer or would like to walk, here is a [LINK](#) to register and read the details.

3 Membership Proposals To Consider

In a virtual vote this week, the Board of Directors approved three people who have been nominated for membership. The board unanimously recommends to the membership that they be accepted. They are:

Abby Anderson: She is Director of Outreach for Admiral Title Co. (they have a team in our Top Golf tourney). Abby, 29, is from Knoxville, 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. Her sponsor is PE Teri Jo Fox.



P.J. Dieffenbach: He's been a visitor with his sponsor, Brian Walker, at a few meetings. He 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. Brian is P.J.'s sponsor.



Bart Van Edom: Bart is 51 and is the owner of Van Edom's Wine Bar located in the Markets at Choto. Bart is Belgian and has included Belgian beers as a big part of the drink menu with the hopes of bringing some real northern Belgian beer culture to the area. He opened the wine bar in October 2021 right after moving here from Belgium. His wife is Haley with Realty Executives and between them they have three children ages 18, 9 and 7. His sponsor is Larry Sheumaker, chair of our Membership Committee.

According to Article 13, Section 5 of the club's Bylaws, any member who would like to comment about or object to the memberships of Abby, P.J. or Bart 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 them for membership.

The Family of Rotary Report

Wayne Davis is improving he says. The medicine seems to be working. He says his platelet level had been at 0 and it's now between 10,000 and 15,000 but the doctors want it to reach 20,000. Today he said he's hoping to be home maybe by Tuesday. He's been at Park West for three weeks. Keep the prayers coming for Wayne and the family.



Great news about **Joe Wilson**, PP Peggy's husband who spent three weeks in ICU battling sepsis and e-coli. He has been home for a week or so and today they enjoyed going to church together and lunch. She says he's lost about 20 pounds but added, "This is not how you want to lose 20 pounds." Prayers that Joe continues to prove and that Peggy can get some rest!



**CREATE HOPE
in the WORLD**

Doc Barnett's Med Moments

Exercise Works Great for Depression

Dr. Charlie Barnett read a recent study reported in the British Medical Journal that evaluated the effect of exercise in 14,000 participants suffering from major depression. The results showed that exercise (defined as walking, jogging, yoga, strength training, mixed aerobic exercise) was as an effective treatment for depression as antidepressant medications and psychotherapy.

The ramification of this study (other than the obvious) is that exercise is cheap and readily available. This is significant in that even in high-income countries, mental health services are available only to 51% of the population.

Another, but less obvious benefit of this study, has to do with the way medical advances are made. For example, a new drug for cancer is developed. Initially it is tried only in those individuals with advanced or even terminal cancer. The reason — if the drug is effective for the worst situations, it should be even more effective for less advanced or early cancers.

That reasoning holds true for this study also. If exercise is effective treatment for major depression, it may well work for our more common minor or seasonal depression episodes. To extrapolate this logic even further, I believe it is fair to propose that routine exercise may also help prevent depression. So, your choice: the doom and gloom of depression or a daily walk?

P.S. from Charlie & Howard about EpiPen: "In keeping with Howard Fass's recent program on expired medications, it was just reported that the epinephrine in the EpiPen degrades by 31% after the first year in storage. Don't let your EpiPen expire or your next allergic reaction could be your last!"



Super Sleuth Fred Wins the Wine!



He did it again!! **PP Fred Martin**, aka Super Sleuth, thought and thought, reviewed the clues and correctly unmasked our February Mystery Rotarian — Sara Branson. And he accomplished this after only 8 clues. They are pictured here with Fred’s bottle of white wine (a Wente Chardonnay).

“I think the clue about running a 501(c)(3) for youth is what tipped it off for me,” he said. “I remembered that Sara and her husband run the Concord youth baseball program on Northshore.”

On Wednesday Sara also shared more about her professionally riding ostriches at the Dixie Stampede show in Pigeon Forge. Ask her about it. Great story.

Great sleuthing Fred — yet again!

A Thought To Ponder

“The truth does not change according to our ability to stomach it.” —
Flannery O'Connor