
THE FLAGSHIP



March 31, 2024

Tom King, Editor

Coming Up!!!

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

April 3: Club Assembly

April 10: Mike Murray, Knoxville Ice Bears

April 13: SIHP Bed Build, 8 a.m., Faith Lutheran Church

April 17: Kelly Henry, Second Harvest

April 18: Third Thursday @ 5:30 p.m., 35 North, 11321 Kingston Pike

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



Sleep In Heavenly Peace Build Day: April 13

‘No Kid Sleeps on the Floor in Our Town’

If you enjoy assembling things and sanding, using drill presses and screwing things in and staining the wood, our **Sleep In Heavenly Peace (SHP) “Build Day”** needs you at 8 a.m. on Saturday April 13 in the parking lot at Faith Lutheran Church next to the Farragut Community Center.



On Wednesday we heard from **Bill Thompson**, the president of the SHP’s East Tennessee chapter. He began SHP here in 2018 on a freezing-weather day and their motto sums up what this is all about — “No Kid Sleeps on the Floor in Our Town.” And they mean it, literally, assembling beds and setting them up wherever the kid lives. He currently has a waiting list for 147 beds, he told us.

Someone asked who makes the requests for beds. His reply: “Grandparents who become parents again. Single women coming out of addiction with kids and a lot of foster families,” he replied. “Plus families having financial problems who can’t afford beds.”

Bill and his cadre of volunteers began and now six more chapters are filling the need in Tennessee. The organization was founded in 2012 as a 501(c)(3) in Kimberly, Idaho by a fellow named Luke for an 8-year-old girl. Today that girl is 20 and helps build beds in Idaho. The national organization is busy in every state except for New Hampshire and New Mexico.



Bill's chapter serves kids in 37 ET zip codes in six counties and recently added five more zip codes in Blount County. Everyone, 100% of them, who work at SHP is a volunteer. "Our goal is to have two build days a month and for that we need around 115 volunteers for the work," he explained.

Each bed built, including sheets and pillows and pillowcases, cost \$250. Farragut Rotarians are responsible for 35 beds and the Tellico Lake Rotary Club will join this year, too, to build five beds.

We need Rotarians to volunteer for this major service project and here is the [LINK](#) to our sign-up page. We have 53 of 60 available work slots full. Be one of the 7 to give us a full roster of workers! Sign up now!

Our New Club T-Shirts Look Great!

Our new **Rotary Club of Farragut T-shirts** arrived this week and PE Teri Jo Fox was passing them out at Wednesday's meeting. And they are very snazzy looking and impressive. Wear yours often!!!



A few members bought a shirt for their spouses. Wear them to our meetings. A great place will be at our April 13 Bed Build Day with our partners at Sleep In Heavenly Peace. We will meet in the Faith Lutheran Church parking lot next door to the Farragut Community Center — 8 a.m.

PE Teri Jo is checking to see when we can submit a second order if other members would like to order shirts. They are \$21.85 each and that can be added to your quarterly invoices.

If you were not at this week's meeting to get your shirt, **Jennifer Walker** will have the shirts with her on Wednesday.

A Bit About Wednesday

It's **Club Assembly** time on Wednesday at the Farragut Community Center and before that our Board of Directors gathers at 11 a.m. to do its business.



Also, we will hear a brief tax advice talk from fellow Rotarian and Certified Financial Planner **Adam Brock** at Patriot Investment Management. His topic will be “Smart Strategies for Giving to Charity.” He will discuss the four leading strategies that financial planners are recommending to help clients reduce their taxes — Qualified Charitable Distribution (QCD), Donation of Appreciated Securities, Bunching and Donor Advised Funds.

And since April Fools’ Day is tomorrow, perhaps someone on Wednesday will share a great April Fools’ Day practical joke or prank they played on a friend or family member. That could be fun!

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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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.

Our Visitors & Guests

A Special Young Lady From Munich

We had a very, very special guest with us — **Francesca Rubesamen**, who was our Rotary Youth Exchange student in 2014-15. She is German/Italian but was living in Turin, Italy during her exchange. Today she lives and works in Munich. While here she attended Webb School. Bill Nichols introduced Francesca and his other guests — former member Diane Wilkes, who was Francesca’s adviser here, and Liz Gregor, former director of Webb’s International Center who has remained close to Francesca. They are pictured here along with PP Leah Berry, whose family became close to Francesca. It was a treat to visit with her again!



VP Scott Bertini’s guest was **Jeff Cheek**, a new friend of his who is the chapter president for East Tennessee of Truth At Work. Beginning in 1998, Truth at Work has developed products, programs, and services to serve thousands of Christian business and marketplace leaders. Jeff is a sought-after speaker and consultant in both the for-profit and non-profit sectors.

PE Teri Jo Fox had a “couple” of guests — **Dana Fisher** for a second time and this time she had her husband **Bob** with her. They are neighbors and friends of Teri Jo and hubby Eric Whitener.



Great to have welcomed these guests!

‘Best Ever World Rotary Day Project!’

PE Teri Jo Fox said Wednesday that our work at Ridgedale School was “the best ever World Rotary Day in Knoxville” and thanked everyone who was there to work. And Ridgedale Principal **Rebecca Bitner** was blown away with what all we did and how quickly it all happened.

“Farragut Rotary has been such an overwhelming blessing to Ridgedale,” she said this week. “Every staff member who pulled up Saturday morning to work was in shock when they saw the number of volunteers from the Rotary clubs already here. The amount of work that was done in just four hours was unbelievable!”



Bitner and her Dean of Students David McGinnis showcase their new outdoor classroom here!

And this past Monday was special as well. “It was so exciting to come in Monday and see our beautiful campus! One teacher said to me, ‘Bitner we’re on the map. They know we’re here.’ It’s like we have a brand new school,” she added.

Last Saturday morning the Rotary Club of Farragut and a bunch of its members with family members in tow led a World Day Project at Ridgedale School – also known as Ridgedale Alternative School – to knock out a few jobs inside and outside of the two-story building. At absolutely no cost to the school. Several years ago when Diana Gossett was principal we joined with Ridgedale as a Partner In Education. We’ve been there ever since.

Every classroom in this school is unique, with unique students with their own unique problems and needs. “We are so passionate about the students we serve, so for Farragut Rotary to be willing to give us all of this amazing

support, well, it fills our hearts with such gratitude. It's an honor that you have done so much," she said. "One teacher said it takes a while to take it all in, that the school even smells cleaner."

News From Our Family of Rotary

PP Rev. David Bluford is home on R&R (resting/recovering) after surgery on Friday to repair his broken right ankle/foot after a very strange accident on his Harley Hawg. "I got home this afternoon from surgery and all went very well. I have a lot of hardware in my ankle — plates and 13 screws! I am feeling good, minimal pain, no nausea so on the path of recovery," he said. No weight bearing for two weeks, no driving and no physical therapy schedule so far.



Wayne Davis says his strength is improving and his platelet count is now at 47, a big jump from 3 two weeks ago. He's still dealing with fluid issues, is on dialysis and is beginning to sound like Wayne again.

Tom Woodbery says he got a "thumbs up from the doc" this week after his scare with two hematomas on his brain and a brain bleed. He's been taking it easy! He said the doctor says no heavy lifting for a while longer but he is driving again! Great news Tom!

Many of us remember and know Realtor **BJ Swinehart**, who is the widow of our former member, **Mark Bialik**. Mark died of a heart attack doing what he loved — playing golf — on June 18, 2021. Last August BJ was diagnosed with breast cancer and underwent a partial mastectomy on August 29. She had 5 doctor appointments last week and she is now cancer free and no longer immune compromised! "I just finished 30 radiation treatments and this was great news," she says. "Chemo started the day before Thanksgiving and ended in January of this year. I was told after surgery that

I did not need chemo. It was stage 1 and no lymph node involvement. The oncologist ran a new test using Artificial Intelligence, comparing my pathology report to others with the exact same cancer. I had a high probability of cancer returning without chemo. I am extremely lucky I was not under treated. I started a hormone blocker this week and will continue it for 5-7 years.” This is celebration news for BJ!

Prayers and thanks for the good news!

Today’s Good News: District Conference; A Walker Wedding & Valerie’s Korea Report

Everyone in our club should have received an email this past week about the **2024 Dist. 6780 Conference** in Cookeville on May 17-18. If you didn’t, please let me know and we’ll forward one your way.

Take a Walk on the WestSide

It will be held at the Leslie Town Center and its theme is “Take a Walk on the Westside!” The conference hotel is The Holiday Inn on S. Willow Ave. Here is the [LINK](#) to register for the conference and read the conference agenda. And this is the [LINK](#) to reserve rooms at the Holiday Inn (\$134).

The district golf tournament will be played on Thursday May 16 at the White Plains Golf Course. To date we do not have a team entered. District awards will be passed out as well.

Big and exciting news from **Jennifer and Brian Walker**. Jennifer shared Wednesday that their son **Riley** is engaged and will be getting married on May 31st to **Kjerstin Topou** in Salt Lake City. They are both in school at Southern Utah University. She is from Salt Lake City and the second piece of big news, Jennifer says, is that they are moving here in July when their lease is up. Congratulations!

It was a great February for our Rotary Youth Exchange student **Valerie Kinson** in Korea. Yep, in case you didn't know, that's Tory's daughter. Snow skiing in South Korea to biking in Thailand — what adventures for Valerie and she also celebrated her 19th birthday (see the picture) on Valentine's Day — Feb. 14th. It's another great report and it's filled with interesting and fascinating pictures. Click this [LINK](#) to enjoy it!



Time to Celebrate Our April Birthdays

April's famous birthdays are impressiveMarvin Gaye, Jane Goodall, Leonardo da Vinci, Charlie Chaplin, Jack Nicholson, and William Shakespeare, among others. However, we have a few pretty famous birthday celebrants in our club, too!

So Happy Birthday to:

April 1 — Scott Brockamp
April 5 — Jay Povlin
April 6 — Jerry Schwallier
April 15 — PP Bruce Williamson
April 18 — PP Jim O'Brien
April 24 — Jim Dodd
April 25 — Scott Bertini
April 30 — Candace Viox



Still Smoking Those Cigarettes? You May Want To Read This!

Dr. Charlie Barnett's "Medical Moments" offers those who still light up their cigarettes the results of a significant study that should open eyes and minds.

Frequently when reading medical articles the results reported have such low statistical significance one wonders if the authors have actually proven anything. However, occasionally an article comes along with such strong evidence, the reader concludes it must be the gospel truth. Such an article was reported last month in the New England Journal of Medicine.



The death registries of 1.48 million adults followed over 15 years compared smokers and never smokers. The results, quoting from the article are: "Survival between 40 and 79 years of age was 12 and 13 years less in women and men, respectively, who smoked compared with never smokers." In case your eyes did not connect to your brain, I repeat: If you smoke and are in this age group, you will probably live 12 to 13 years less.

However, all is not lost. Quitting smoking, particularly before age 40, was associated with longer survival. Cessation of smoking of 3 years averted 5 years of life lost whereas quitting 10 years or more averted 10 years of lost life.

Quitting smoking is incredibly difficult. Step 1 is making up your mind, today (not waiting another minute). Step 2 is seeing your doctor. There are safe, non-habit forming medications.

It's Time for a Fun Mystery

This is not an April Fool's joke. There is, however, an **April Mystery Rotarian** for you. Super detective PP Fred Martin solved our last mystery after only 8 clues. Perhaps this one will require a bit more sleuthing.

And the first 4 clues are:

- Has played in multiple pickleball tournaments in different states.
- Went trick'o'treating at Halloween as "Thor!"
- Is an avid and rabid super fan of University of Tennessee baseball.
- Travels throughout the state doing leadership training for nonprofits.



The first Rotarian to submit the correct guess via email to TOM KING will win a bottle of wine. If no one solves the puzzle this week, we'll present four more clues next week.

An Easter Thought for the Week

"I still believe in Santa, the Easter Bunny, the Tooth Fairy and true love. Don't even try to tell me different." — **Dolly Parton**