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# THE FLAGSHIP



March 5, 2023

Tom King, Editor

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## *Coming Up!!!*

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March 8: Karen Pershing, Executive Director, Metro Drug Coalition

March 15: Cindy Bradley, Sacred Heart Hospice

March 16: Third Thursday, 5:30 p.m., location TBA

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

March 22: Club Assembly

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

## Farragut Rotary To Lead RI \$300K Grant To Help Medical Efforts in Turkey

Former Rotary International (RI) director **Safek Alp** in Turkey recently called our friend in Chattanooga, RI Past President **John Germ**, about RI offering medical assistance in his earthquake-ravaged country. Germ knew he needed a lead club, so he called his friend Jim Roxlo, District 6780 Global Grants chair and Finance Committee chair. Then Roxlo, of course, emailed our club and said “I hope you’ll be able to help on this.”

Roxlo and PP Bruce Williamson talked and the ball started rolling down the hill. Our work on this is being led by Bruce, PP Jim O’Brien, PP Becky Duncan and Judith Bradbury.

The sequence of calls and emails has led to our club being the lead partner in an RI International Global Grant application for \$300,000 with host club Caddebostan Rotary in Istanbul, Turkey’s District 2420. The grant

will provide a mobile clinic (think M\*A\*S\*H\*) to serve families and children in the devastated areas in the Adiyaman province, where hospitals were destroyed along with almost every other structure.



The magnitude 7.8 quake struck on Feb. 5. The death toll in the massive earthquake and after shocks stands at more than 50,000-plus and counting, according to Turkey's management agency. It is the worst national disaster in a century. Some 214,000 buildings containing 608,000 apartments, either collapsed or suffered heavy damage.

“The Rotary Club of Farragut has been given the opportunity to participate in a global grant as the international partner for our district. This is a huge honor.” President Megan Belcher said. “Any funds donated over \$1,000 will be matched. The Rotary Club of Farragut Foundation has already committed \$5,000 towards this grant, which means any additional funds will be matched. We have the opportunity to be part of a project that will make a tremendous impact for the Turkish people.”

Some background is needed here, especially for our newer members. Our club has history in Turkey. We were the lead club in July 1, 2009 in an RI International Global Health Hunger Humanity (HHH) grant for \$192,000 to impact breast cancer awareness in Izmir in western Turkey and eventually across the country. The grant helped create a very effective Breast Cancer Education and Outreach program, working with the Turkish Ministry of Health. It was the largest-ever grant in the history of Dist. 6780 and the largest ever HHH grant awarded by RI.

That project grew out of a Group Study Exchange five-week trip that PP Jim took to Turkey in April-May 2001. While there he learned about this breast cancer issue. Once back he enlisted Bruce's help. That led to the grant and

led to the training of 30,000 health professionals, including doctors, midwives, nurses and women and teen girls how to self examine for cancer.

We have a pair of videos for you. PP Becky sent along the first video. It shows Rotary Trustee Geeta Manek on her visit to the very historical city of Antakya and the damages there. Click on this [LINK](#) for this video.

Our second video shows a “new” canyon carved though an olive grove in Turkey. Here’s the [LINK](#)

## **Next Up: Drug Class II by Karen Pershing**

We’ll be back in the “drug business” Wednesday when we hear from **Karen Pershing**, the Executive Director of the Metro Drug Coalition. Having her is a natural followup to Dr. Stephen Loyd’s presentation this past Wednesday (see story below).

Pershing is a 30-plus-year veteran of public health. She works with local and state policymakers to advocate for laws that help prevent substance misuse and its consequences.

She is a Certified Prevention Specialist II and a 2014 graduate of the UT Consortium for Social Enterprise Effectiveness. Karen was the 2016 recipient of the Partners and Leadership Award from the Tennessee Public Health Association as well the recipient of the 2017 FBI Community Director’s Leadership Award.



Let’s give her a warm welcome!

# A Doctor Who Is a Recovering Addict Talks About His Life & How It Happened

**Dr. Stephen Loyd** is the No. 1 physician in Tennessee who deals with the out-of-control drug addiction issue — its causes, how to escape its shackles and how government, medical professionals and the private sector can work



together. In his early 30s while still in the final year of his residency program at East Tennessee State University he became an addict, risking his medical license and everything he'd studied for in life.

Today, he's 55 and in his 19th year of recovery. His addiction began when he took one half of a hydrocodone pill after a dentist appointment. That one led to another and another and he was hooked. And his co-workers and patients didn't even know it. He told us Wednesday that many doctors today are addicts in the shadows. "The percentage of doctors who are addicted is higher than the general population," he said. "You've got doctors and friends right here in Farragut who are addicts and you don't even know it."

## ***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.

He says addiction is caused by three primary characteristics: genetics, social opportunity or access, and the body's pleasure system. Loyd said his past made him a perfect candidate for addiction — being beaten by his bipolar mother with belts, the trauma from that and being sexually abused by an uncle when he was 6 and 7 years old. He said his entire family has been riddled with drug addiction.

Within three years he was taking 500 mg of Oxycontin a day (equivalent to 100 Vicodin). Reality stuck him hard one day as he was treating a patient who had overdosed. “I was taking more milligrams of acetaminophen every day than my patient had overdosed on,” he said. “A couple months after this my dad noticed a big change in me and intervened.” He was lucky because he was able to get “world class drug treatment” that many people can't afford. He was in treatment for four months.

In addition to his other work and practice, he also works in prisons and jails trying to stop the addiction cycle among the inmates. “I'll try to save'em where and when I can,” he said.

Great program from the doctor! Sobering!!!

## Our Wednesday Visitors & Guests

- Dr. Charlie Barnett had a gaggle of guests to hear our speaker — his wife **Sheila, Mary Weiss, and Lorraine and Dr. Reeves Johnson.**
- Andrew Vollman introduced us to his wife, **Kalya.**
- PP Peggy Wilson's guest was husband **Joe.**
- Candace Viox's guest was daughter **Sydney.** She is celebrating Sydney going to Pellissippi State, moving into an apartment and now being an empty nester! She was happy!

Big welcome to everyone!



## Big Crowd — Young & Old — Work Together To Build 34 Beds at Fox Den



Yesterday's **Sleep In Heavenly Peace (SIHP) Bed Build** at Fox Den Country Club, in Scott Bertini's words, was "A BIG success and as a group we successfully built 34 beds for SIHP to distribute throughout our community."

Bertini, our Service Projects co-chair, said four clubs were represented — the Rotary clubs of Farragut and Tellico Lake, Hardin Valley Academy Interact and the Pellissippi State Community College (PSCC) Rotaract Club. Several family members, guests and even Farragut community members came to join in on the fun. There were approximately 70 adults and kids working together on a beautiful East Tennessee Saturday.



After a quick introduction, a prayer from Rev. David Bluford, our team quickly went to work. There were sawing, sanding, drilling, screwing, assembling, stamping, and staining stations. There was also a kids' table and they worked incredibly hard.

"All of our newest members were present and they had a blast," Bertini added. "Overall our club should be very proud of what was accomplished this morning. It was a great project and will be a blessing to kids in our community."

Below are a few of the pictures from yesterday and here is the [LINK](#) to a Google file with loads of pictures from the day. Bertini also said you can add your pictures to this too.





## Big Pub Crowd Celebrates Bettye Sisco

The Admiral Pub was packed with the “**Bettye Sisco Bunch**” Thursday afternoon, when some 60 of Bettye’s friends gathered to share their stories, toast the lady and say goodbye. Bettye passed away from leukemia on Sunday, February 19, at Park West Medical Center.

She requested no services, so Julie Blaylock, her successor at the Farragut West Knox Chamber of Commerce, organized this party in her memory and honor. Julie shared some sweet Bettye memories as did Marianne Morse, one of Betty’s best friends who worked with her at Mary Kay. “Mary Ann spoke directly to Bettye during her toast and thanked her for being the wind



beneath the wings of so many business owners over the years,” President Megan Belcher said. “She asked Bettye to keep carrying the chamber. It was very touching.”

In the crowd were Linda and Sam Taylor, Pam and Terry Kerbs, Past Presidents Staci Wilkerson, Jim O’Brien and David Smoak, former club member Chris Thomas, Farragut Mayor Ron Williams, Jeanne and Dr. Jack Faber, and Sam Mishu, among others. Megan’s husband Damen also was there.

And Megan added this: “It was a very good showing of Rotarians. We also had a lady who had joined the chamber in the 1980’s show up. She owned a flower shop in Farragut and she said she never would have made it without Bettye’s help.”



## Too Much Family of Rotary News

While we are still dealing with the death of Bettye Sisco to leukemia, unfortunately we have a lot of news to pass along about our Rotary family. We all need to be praying a lot.

This past Tuesday Julie Blaylock's father-in-law, **David F. Blaylock**, 77, on passed unexpectedly on February 28, 2023 in Maryville. He and his wife, Ann, lived in Maryville and were married for 55 years. In addition to Ann, he is survived by his two sons, David Eric, Julie's husband, and Jason, and multiple other family who miss him greatly. A celebration of life is being planned for a later date.



**PP Fred Martin** called to let us know that his wife, **Dianne**, has just been diagnosed with advanced pancreatic cancer that has metastasized to her liver and other internal organs. "I'll be stepping away from Rotary for a long time to be with and care for Dianne," Fred said. Fred had taken over our New Member Orientation sessions from **PP Jim O'Brien**, but Jim has volunteered to handle that job until a permanent replacement can be found.

**PP Bruce Williamson's** wife, **Susan**, was back at M.D. Anderson Cancer Center in Houston earlier this week so doctors could check on what is a rare form of cancer in her abdomen. "Susan's news is not good. Several more tumors have appeared and whether they are fast growing or slow growing awaits the results of a PET scan she had on Friday. We'll get the read on that scan on Monday and then have a discussion of the next steps, which could include surgery, chemo, or another drug trial," Bruce said.

Please keep these families in your thoughts and prayers in the days ahead.

## The Board Met; Here's What It Did!

A big part of the first March meeting of the **Board of Directors** was dominated by a presentation made by PP Bruce Williamson. He proposed that we allocate \$5,000 to begin the process of the Rotary Club of Farragut being the lead club on an International Global Grant of \$300,000 medical earthquake relief in earthquake ravaged Turkey. His proposal was accepted (see the first story in this newsletter today).

The board also:

- Heard from **Secretary Sonya Ford** that our February attendance was 66.4% and that we now have 89 members. Can we get to 90? Or 100 again? We'll see!
- Accepted the resignation of **Paul Sehgal**.
- **Treasurer Steve Krempasky** had a great report. "Finances are in great shape," he said. Report accepted.

The board will reconvene prior to our March 22 meeting to finish working on club business (11 a.m.). Our club meeting on the 22nd will be a Club Assembly since we needed to accommodate a speaker on the first Wednesday of this month.

## Tips for Membership Opportunities

Today **Membership Co-Chair Larry Sheumaker** begins contributing thoughts and tips about helping our club grow membership, which is the life blood of our club and every Rotary club. Here is what he passes along this week from his long career in Rotary.



**JUST ASK!** When I was Assistant District Governor and visiting Farragut Rotary one Wednesday I saw the late Ray Fisher. I was not aware he had

become a Rotarian. I asked him he'd never been a member of Rotary before joining Farragut. His reply: "No, I was never asked. When they asked me I joined." This is a great example of "you never know. So ASK!"

**BRING A GUEST!** Guests are potential members. Meetings are a great way to showcase the club.

**WHERE ARE THEY NOW??** Recent history has shown that the Rotary Club of Farragut is attracting former members (I'm one of those), some who have been gone for several years. Reach out to former members. Let them know who all has returned. That might encourage them to come back.

### *News & Notes*

## **3 New Members Inducted on Wednesday**

It was fun this past week to induct our three newest members — **Rev. Chase Depew, Emily Lamon Justice, and Brian Walker**, pictured here left to right. Their sponsors, respectively, are Cindy Kraus, Scott Bertini and PP Tom King. With their induction we now have 89 members. Each introduced themselves to the club and based on that, three great Rotarians have joined our family!



**Liz Gregor** and a few of her buddies have been helping **Julie Tryukhan** lately. "We all enjoyed a nice afternoon get together with Julie, Mark and Polly on Sunday, February 19," Liz says. "These working women have also offered to share Julie's resume once she's ready to look for local employment. And after meeting Julie and Dimas' wonderful kids, there will be no shortage of babysitters for Julie in the future."



These ladies are all Webb School mothers helping Julie by purchasing household items, birthday gift cards, and Christmas gifts. In the picture, L-R, are Jennifer Ross, Kathleen Zitzman, Julie and Polly, Sarah Schaeffer and Liz Gregor.



Angels all!!!!

An FYI: This past Wednesday the bloke who solved our **February Mystery Rotarian** puzzle didn't show up for the meeting, so we'll present him with a bottle of wine Wednesday and ID the Mystery lady! If he's not in the room, the lady gets the wine!!!!

If you're in their area and looking for a makeup, the **Rotary Club of North Knoxville** is now meeting on Thursdays at 12 noon at Anafres Grill and Market at 110 Cedar Lane. Justin Wilson is the President.

## A March Mystery Madness To Solve

Playing off the NCAA basketball March Madness tournament, our **March Mystery Madness** begins today as we present you with the first four clues for this March mystery.

- Played and lettered on their high school varsity golf team and still enjoys playing!
- Auditioned for Wheel of Fortune while passing a kidney stone.
- Save for a goldfish, they've never had a pet.
- Loves ice cream and has enjoyed it for their dinner more than once.



The drill is this: the first correct guess emailed to TOM KING will win a bottle of nice wine. If no one can solve this madness, the Mystery Rotarian takes the wine home.

## Thought for the Week

“Tell me and I forget. Teach me and I remember. Involve me and I learn.” — Benjamin Franklin