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# THE FLAGSHIP



May 21, 2023

Tom King, Editor

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## ***Coming Up!!!***

May 24: Cindy Bradley,  
Sacred Grounds

May 31: John Myers,  
RAM Medical Missions  
in Guyana

June 7: Board of  
Directors, 11 a.m.

June 7: Club Assembly

June 14: Neil Heatherly,  
VP of Healthcare  
Strategies, South College

June 15: Third  
Thursday, 5:30 p.m.,  
TBA

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

## **What's Happening About RCF & Fox Den? Here's An Update**

In keeping everyone in the loop about the important issue of either staying at Fox Den Country Club for our weekly Wednesday meetings or relocating to a new venue, here is what's happening to date.

Just for background, in early May Fox Den emailed President Megan Belcher that our contract with the club expires on June 1 and to extend the contract we would have to agree to a 54% increase in the per meal charge to our members. The bottom line — the meal price would climb from \$19 to \$29.

President Megan sent an email this past week to Fox Den asking for an extension of the contract through July 1 plus this: "Would it be possible for a few of us to meet to discuss potential menu change options to trim the cost

a little? Again, I completely understand that inflation is crazy right now and we are due for a price increase. Just trying to see if there are any other options.”

The reply came from Caroline Inman, Fox Den’s Assistant General Manager: “We are fine with pushing the (contract) date to July 1st and understand that your year ends on June 30th. We would be glad to accommodate that for you! As far as having a meeting to discuss altering the menu to reflect lower prices, I am not sure that would be the best idea for us. We have a certain standard and reputation to uphold and take immense pride in our culinary experience here at The Den. While I understand this is a large jump for many of your members, we hope this will not affect our relationship moving forward.” Plus this: “From 2017-2021 you all paid \$12.75++ per person. In July of 2021 we went to \$14.50++ per person.” Those figures do not include taxes and gratuity charges.

The message: we will not meet to discuss any options.

PE Val added this: “There are many questions that can’t be answered yet. We don’t have all information from the meeting places we have talked to or from catering food sources we’ve been talking with about this. It’s a work in progress right now. We have several good choices and will provide them as quickly as we have all of the info.”

## **Wednesday’s Speaker: Cindy Clark Bradley To Share the Sacred Ground Hospice Story**

This week’s Wednesday program will be about a very special North Knoxville facility — **Sacred Ground Hospice House**. This house offers those at the end of their life and their loved ones peace of mind. Our speaker will be the woman who founded this non-profit, **Cindy Clark Bradley**, who said she felt called by God to do this.



*Cindy Clark Bradley, left, with  
Gwen Brown*

“It doesn’t feel medical, look medical, there’s nothing medical here. It’s like being in a five star resort,” said Bradley. There’s 16 guest rooms to give people in their final days the comfort they need.

The residents are admitted regardless of their ability to pay, and the annual budget of the 501(c)(3) is \$750,000. Only caregivers receive pay. There are opportunities to volunteer on the website. There’s a wish list on Amazon where people can donate needed items.

Director Gwen Brown handles admissions and oversees the staff and facility. She is an ordained minister whose career is in pastoral care and social work. Brown retired from the state Department of Human Services and came to Sacred Ground to volunteer. Bradley put her to work.

To learn more, here is a [LINK](#) too their website.



# Vols' Voice Bob Kesling Begins His 25th Season

When the 2023 Tennessee football Volunteers kick off this season in Nashville against the University of Virginia on Sept. 2, Bob Kesling will be celebrating 25 years of calling the play-by-play as “the Voice of the Vols.”

In 1999 he took over for the legendary John Ward, his mentor and friend, when Ward retired. Ward had a massive influence on Kesling -- both personally and professionally. Ward in 1974 hired Kesling as a film editor on the “Bill Battle Show” and starting in 1976 he began a 15-year run of sitting next to Ward at all games as his “spotter” plus handling pre-game, halftime and post-game interviews.



On Thursday Kesling, 69, talked about an array of topics as our speaker.

“Many people in our business of broadcasting, at ESPN, the TV networks and college and the pros move around a lot and live in a lot of different places,” Kesling said. “I am blessed by being here, working at my alma mater (1977 UT graduate) and never having to move my family around. What I do is so much fun. I still pinch myself.”

## ***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.

Leading up to his Vol Network jobs, Kesling was Sports Director at WIVK Radio and for 19 years was Sports Director at WBIR-TV. Kesling also has a long history with the Lady Vols basketball team, serving as the radio play-by-play voice from 1978 through 1999. He was behind the microphone calling the late Coach Pat Summitt's first six NCAA National Championships.

Kesling came to UT as a walk-on fullback from Dayton, OH during Coach Bill Battle's tenure and in 1972 played on the UT Junior Varsity as a freshman. How did he not become an Ohio State Buckeye? His father was the drum major for the Ohio State band and his younger sister, Diane, an OSU graduate in vocal music, sang with the Metropolitan Opera Center – The Met – for 18 years.

Here are a few other tidbits from Kesling:

- Ward and Bobby Denton, who was the General Manager at WIVK, were both instrumental in him not leaving Knoxville.
- A question put to him: Why has Coach Josh Heupel been so successful here: "Simple answer. He found the right quarterback (Hendon Hooker) to run and manage his offense."
- The transfer portal: "I have no idea where it's going for college football."
- Has one pre-game superstition – he wears lucky underwear.
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- He said UT basketball Coach Rick Barnes does not like being outscored by the football team.

Great program Bob!!!

## **More Alex Barnwell Humor**

"My friend was showing me his garage and pointed and said that's my stepladder. I never really knew my real ladder."



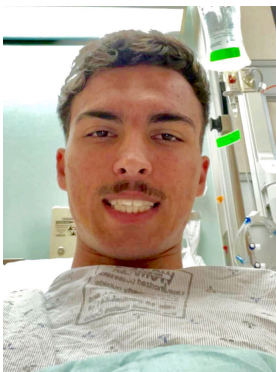
## The Guests We Welcomed

- Dist. 6780 Assistant District Governor **M. Janice Mitchell**.
- Vicki Williams introduced her guest, **Ellen Suchomel**, who is the Development Coordinator for Make-A-Wish of East Tennessee. She's also a Prospective Member.
- A guest of the club was **Andy Ho**, who was a Rotarian in Whitesboro, TX and also a Prospective Member.

## Family of Rotary Updates & News



We welcomed back **PP Fred Martin**, who thanked the club for our calls, texts, emails and prayers during his late wife Dianne's pancreatic cancer. He also thanked our members who attended her services. Fred also had a special guest with him, son-in-law **Justin Lyons**. Justin is married to Fred's older daughter Hayley. They are parents of his two precious grandkids, Cara Beth, 6, and Houston, 3. "They do live in the same neighborhood as us. Justin is Director of Global Sales with Enterprise Leasing. I'm doing ok, learning to adjust without Dianne day by day. And can I just add that Larry Click was an absolute pleasure to work with on the funeral arrangements!"



**Denise Bash** gives us an update on son **Benji's** surgery this week. "Thanks for all the calls and texts. Benji is out of surgery — either the 27th or 28th — we've lost count. It was more complicated than they thought but the new device was implanted. Next steps are they will be doing testing next month to see if it is working. If it does, it will be game changing for him so that's the real prayer."

**Adam and Jenny Brock's** daughter, **Carter Schmidt**, gave birth to her first child on May 8 at Fort Sanders Regional Medical Center. The little guy, named **Harrison**, and Mom are doing fine, Adam says. Carter is a Human Resources Business Partner at East Tennessee Children's Hospital. Her husband, Daniel, is Director of Finance at Promevo, a Google reseller based in Cincinnati. Carter's older sister, Berkeley, has 3 children and they live in Miami. Meet the Schmidt family pictured here! Congratulations to the family!



## **Vandal Does \$14,000-Plus in Damages To Candace Viox's Water2Wine Friday**

A few hours after our Third Thursday ended at **Candace Viox's Water2Wine**, her Bistro and Lounge was vandalized to the tune of more than \$14,000 in damages at 12:50 a.m. In typical Candace fashion Friday morning, she immediately went to work, meeting with law enforcement, her staff and a company to do the glass repair work.



She had her W2W open and ready for Happy Hour by 5 p.m. and was open for dinner Friday. The picture here shows part of the damage at the left plus repairs being made Friday.

Here are her comments she made today: "I am very appreciative for Farragut Rotary supporting my restaurant on Thursday night. There were 18 Rotarians who

showed up on Thursday night, and just for perspective, the tab from Rotary that night covered my \$1,000 deductible for the vandalism that took place on Friday morning. God always provides, and supporting small local means the world to my team and my restaurant in Farragut.

“I was at a speaking event at Fox Den on Thursday night, which forced me to be absent. I was sharing my story of faith, perseverance, and the love of Jesus, with 25 ladies. I was offering encouragement and hope while sharing my story of Water Into Wine.

“On a side note, the amazing Rotarians who reached out to me the last 48 hours has been astounding. Many private messages have provided beautiful encouragement. My response to everyone has been, “What the enemy intended for harm, our God will make good.” Amen!

### *News & Notes of Note*

## **4 Attend District Assembly; Third Thursday Attracts Big Group; April Anniversaries**

Our club had four members in Crossville yesterday at the District 6780 Training Assembly for club officers and directors. **President Elect Val Privett** and **Vice President Teri Jo Fox** were there along with **PP Ed Jones** and **Richard Bettis**. Ed is the District Chair of the DEI (Diversity, Equity & Inclusion) Committee and was a presenter as was Richard, a past president of Bearden Rotary who chairs the district's Vocational Services Committee.





“Yesterday's training was very informing. Val and I are excited about bringing some of the ideas to our club and making the club a fun and informative time for our members and guests,” VP Teri Jo said.



**Third Thursday** this past week was a huge success at **Water Into Wine**. Close to 20 of our members enjoyed a great time provided by our member and host/owner, **Candace Vioxx**. As best as we can tell the group

included Family of Rotary Chair Cindy Kraus, Sam Mishu, Terry and Pam Kerbs, Brian Walker, Jerry and Barb Schwallier, Steve and Mary Krempasky, the Singletary's, President Megan and Damen Belcher, VP Teri Jo and husband Eric Whitener and PE Val Privett. Cindy said a few dropped in and dropped out so we're sorry if we missed anyone.

This past Wednesday **Secretary Sonya Ford** shared the April membership anniversaries of our members who joined in **April** and how many years they have been in our club. Sonya plans to do this at upcoming monthly Club Assembly meetings. Here's the rundown: Bill Rice 22; Gene Wessel 19; Sam Taylor 13; Adam Brock 13; Lilly Rayson 8; President Megan Belcher 7; Dan Barnett 6; Scott Brockamp 4; Cindy Kraus 4; and Kim Frazier 2.

**PP Tom King** shared the good news about his grandson **Jackson Lowe**, 17, who just finished his junior year at Heritage High School in Blount County. At the TSSAA Class AAAA Regional track meet last week in Johnson City, he finished fourth with a time of 1:55.76 in the 800-meter run, which qualified him for the state championships this coming Thursday in Nashville.

## Risk Factors in Young Adults: ‘Worrisome’

In today’s Medical Moment **Dr. Charlie Barnett** shares news about an increase in risk factors in young adults for cardiovascular disease: “It’s worrisome,” he says,

A recent study reported in the March 2023 JAMA (Journal of the American Medical Association) highlights the fact that good health habits and lifestyle changes should began early in life and not later when disease strikes.



The study looked at lifestyle and cardiovascular health in 12,000 U.S. adults aged 20 to 44 who were followed from 2009 to 2020. During that period, the prevalence of hypertension, diabetes, and obesity increased, with obesity showing a marked increase.

Even more worrisome is that only 55% of young adults with hypertension and only 50% with diabetes were receiving treatment. The authors speculated that the under treatment was due to the young adults not being aware of their diagnosis. The attitude of being “superhuman” and “won’t happen to me” was prevalent.

The moral of the story is that good health habits and regular medical evaluations are as important for the young as well as the elderly.

## A May Thought To Consider

“I just realized why they call this the month of May. It may rain, it may snow, it may hail, it may be 90 degrees, it may be 20 degrees.” — **Anon**