
THE FLAGSHIP



May 29, 2022

Tom King, Editor

Coming Up!!!

.....

June 1: Joint Board of Directors, 11 a.m.

June 1: Club Assembly

June 8: Amy Perkins,
Director, Volunteer
Services, UTM

June 15: Sarah Pass,
Executive Director,
CADES (Concord Adult
Day Enrichment
Services)

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

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



PE Megan Belcher To Chair June's Board(s) Meeting

The Transition is afoot! The Belcher-Privett-Fox Years are just around the calendar! History in the making! The picture below is reality!

President Elect Megan Belcher will chair her first meeting of our Board(s) of Directors Wednesday when she calls the meeting to order at 11 a.m. Members of this year's board and the board for Rotary year 2022-23 are asked to attend. Enjoying the meeting will be David Bluford as he nears his Past



President year.

In fact, our club will not see a male president until the Rotary year 2025-26 — maybe. This will be the first time in 42 years that our club will have three consecutive female presidents and it should be interesting.

The board on Wednesday will be making some decisions about which non-profits will receive our year-end contributions and will consider a pair of membership proposals.

MBody's Dr. Mike Major Talks About DRT

Dr. Mike Major had his choice of what to focus on Wednesday and he shared with us his thoughts and facts about TRD — Treatment Resistant Depression. One definition of TRD typically refers to “inadequate response to at least one antidepressant trial of adequate doses and duration. TRD is a relatively common occurrence in clinical practice, with up to 50% to 60% of the patients not achieving adequate response following antidepressant treatment.”

Major and his wife, Melissa (pictured here), a nurse practitioner, own **MBody Healthcare** in Farragut. They are a doctor and nurse practitioner team with more than 40 years in the medical field. Dr. Major is a board-certified family practice physician and has even delivered a few babies over the years. He also works as a hospitalist at Tennova North Hospital.

MBody is a membership-based primary care practice that operates on the direct care model. For a monthly membership fee they provide a wide variety of all-inclusive primary care services. They do not accept commercial insurance, Medicaid or Medicare.



As for TRD, Major discussed the increasing suicide issues in the military (about 6,000 a year now), PTSD and stress and how to treat those. He explained the use of magnet therapy for deep brain stimulation, the use of Ketamine nasal spray and a new medication called Spravato. He also talked about the high cost of treatment for these depression issues.

It was a fascinating program, to say the least.

Our Visitors & Guests

It was a great Wednesday for meeting and welcoming a few guests to the meeting.

- PP Tom King again introduced Prospective Member **Tom Woodbery**. He moved here from Macon, Ga. last August and is a past president of the Rotary Club of Macon and a past assistant district governor. He is retired from the banking world. Tom is his sponsor.
- **Jason Zachary**, president of Americomm, a telecommunications firm is also a Prospective Member and the guest of Mansour Hasan, who is his sponsor.



- Brian Elton's guest was his 13 year old son **Bennett** (pictured here with Dad).
- **Jeff Donsbach** was the guest of Scott Bertini. He is the Head of Community Partnerships for Zippy, a brand-new chattel (manufactured homes) lender that was formed by industry veterans from JPMorgan, Cascade, Clayton Homes/Vanderbilt Mortgage, and Better. They are pictured here too.
- We also had **Tammy Cheek** from the Farragut Press.

Glad you all joined us!

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!

Denise Bash 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.



A Perfect Marker for Mark

This past Tuesday **B.J. Swineheart** placed the marker at Highland Memorial Cemetery and laid to rest her late husband **Mark Bialik**. Mark passed away on Friday, June 18, 2021 of a massive heart attack while playing golf at the Ruggles Ferry Golf Course in Strawberry Plains.

As you can see, the Rotary International logo is placed between the dates of his birth and his passing.

“I think Mark would have loved the simplicity of his marker with his Rotary symbol front and center,” BJ said. “He always wore his Rotary pin so I thought it had to be included. The family was there and we laid to rest my brother Tom, my Mom and Dad and Mark all at the same time.”



For 15 years Mark, 61, was the coordinator of our annual Free Flu Shot Saturday event and did an incredible job year after year. He also was always a big part of our club's team in the Rotary district golf tournaments.

Family of Rotary News

Thomas Barnwell Dies After Seizure

These are tough times right now for the **Barnwell's** — **Alex and Laura**. If you missed yesterday's news, their son, **Thomas**, died Friday after falling into Fort Loudon Lake and drowning. Alex says they think Thomas had a seizure while cutting the grass near the water and tumbled into the water. The Knox Rescue Squad found him in four feet of water. "I walked down to the water and saw the lawnmower upside down and Thomas was nowhere to be seen. That's when I realized he may be in the water," Alex said. Several years ago Thomas suffered a traumatic brain injury in a skateboarding accident. The picture here is when Alex brought Thomas to our November 19, 2014 meeting. Click Funeral Home is assisting the Barnwell's. Our love, prayers and thoughts go out to the family.



Bettye Sisco got her weeks mixed up last week, and that means she's headed back to Duke Medical Center tomorrow for the leukemia clinical trial. "I'm feeling pretty good...not 100% but I'll take 90%. I won't get it but I'll take it," she said.

"I think we are past frustration. He's currently laying upside down in his bed." That's the word from **Denise Bash** about son **Benji**. "Physically he is healing well. Amazingly well. Mentally he is really down. It's time to get out of here!," Denise said. "Today is day 80. No idea how much longer in the bed. Plastic surgery wants him to lay perfectly still for two weeks and orthopedics want him to stay off his feet for at least one more week." This long road continues....

Teri Jo Fox says her mother, Connie, is home recovering from the second surgery on her broken right leg femur. "She's improving little by little. She is in a lot of pain still and hardly able to move her leg," Teri Jo said. Her mother-in-law, Jane Whitener, had a triple bypass heart surgery on Thursday in Asheville. "Yesterday was a busy day. She got moved to the next floor. She had a terrible night. We are expecting her to be in hospital for at least another 3-5 days," she added about Eric's mother.

Please keep everyone in your prayers!!!

Barnett Shares Flu Shot Saturday Statistics After 30-Year Run Ends

Dr. Charlie Barnett made it official on Wednesday — after 30 years **Free Flu Shot Saturday** has come to an end. “It has been a joy to work with everyone through the years. Thank you for the opportunity to do so,” Charlie said.



He shared with the club a number of statistics about this great community service project that started in our club in 1992:

- A total of 278,188 shots were given
- Empty Stocking Fund received \$1,122,385
- Blue Cross Blue Shield donated \$1,080,000
- Knoxville doctors and others donated \$669,000
- Summit Medical Group donated a total of \$240,000

The six Rotary clubs of Knoxville have worked with the program since 2005 providing logistical support on the chosen Saturday. The Knoxville Academy of Medicine was instrumental in taking the program countywide. More than 1,000 University of Tennessee and Tennessee Wesleyan University student nurses have administered the shots over the past 15 years. “This has truly been a partnership of the Knoxville community delivering disease prevention, disease awareness, and full tummies and children's smiles at Christmas,” Charlie added.

6 Birthdays in the 6th Month

We have six birthday boys in June and Devin Driscoll gets it started on Tuesday. A very Happy Birthday to one and all!!!

June 1 — Devin Driscoll
June 18 — Harvey Heard
June 25 — Alex Barnwell
June 27 — Larry Click
June 29 — Howard Fass & Mark Holder



Volunteer Rotary's Raffle Is Back Again!

The Knoxville Volunteer Rotary Club this year is again having its big raffle with a few great prizes. This is a fundraiser for their club to support reading programs, polio eradication, veteran's services, and student leadership programs. And if your club sells 200 tickets we will make \$2,000 for our projects.

Our club will retain \$10 for every ticket sold and Fundraising Co-Chair Scott Brockamp will be selling the tickets on Wednesday. "So not only do we need to buy tickets, we need to sell tickets. I am in hopes that every member can take and or sell at least two tickets," he says.

The Grand Prize is a \$3,750 Cub Cadet ZTI 50" cut Kawasaki Twin grass mower. Second prize is a one-week vacation worth \$2,625 in a small motor home courtesy of Berkshire Hathaway. Third place is \$200 and fourth place \$100.

The date for the drawing is on August 20. Tickets are \$25 each with a \$15 cost to your club. Knoxville Volunteer Rotary members are selling 20 tickets each for a total of 500.

Brockamp will answer your questions Wednesday and add any details.



HELP THE ROTARY CLUB
AND
HELP YOUR COMMUNITY





GRAND PRIZE-\$3,750 Value
Cub Cadet ZTI - 50" Cut 23HP Kawasaki Twin
Hydrostatic transmission 3-year warranty
Delivered within 150 miles of Knoxville, TN
On Display at Ladd's in Knoxville, TN

2ND PRIZE-\$2,625 Value
One Week Vacation
Including \$100 cash for travel expenses and
Snack Basket provided by Berkshire Hathaway
7-Days use from Pickup to Return
100 miles per day mileage allowed free
Pet Friendly with responsible adult care
4 free generator hours per day
Enhanced cleaning regimen per CDC guidelines
Pickup and return to Farragut Tennessee
Signed rental contract required
Provided by Jane Ondocin
Commercial Realtor
Berkshire Hathaway

3rd Place \$ 200.00
4th Place \$ 100.00

Purchase a \$25.00 ticket for an opportunity to win one of the above prizes. Drawing will be at 12:00 noon EST on Saturday, August 20, 2022. Your attendance at the drawing is not required to win. The drawing will be broadcast live from Ladd's Carts of Knoxville on the Knoxville Volunteer Rotary Facebook page and winners will be notified within 24 hours after drawing by phone.

Corporate Sponsor
**13125 El Camino Ln**
Knoxville, TN 37932
(865) 531-6275

Drawing Winning Tickets
Steve Catlett
President of Knoxville Volunteer Rotary
2022 - 2023

Proceeds from ticket sales will be used to fund Rotary's community and worldwide projects. Including: Student Leadership programs, Elementary School Reading programs, Veteran's Services, Environmental and Conservation programs, Fresh Water Development in Remote Areas and Polio Eradication Worldwide.

News & Notes & Such

Farragut Rotary Biker Gang? Could Be!

Secretary Sonya Ford Wednesday said she's interested in trying to form a group of Rotarians to start riding their motorcycles together...a Rotary Biker Gang.



Our Auger Queen rides a Ducati Multistrada 620. "I started riding when I was 18 and my first bike was a Honda 250. I've had mainly sport bikes with the exception of a KLR 250 which was a kick start... I had to stand on the peg and push all my weight down just to get that sucker to roll over. That was my least favorite bike," she says. "My all time favorite road is Foothills

.... I have a favorite overlook that I always stop at to take it all in."



Her Rotarian son Preston Hennessy rides a Yamaha R3. We know of at least two other riders in our club — President David Bluford and Terry Kerbs. Bluford rides a Harley Davidson and Kerbs sits astride his CanAm Spider. Have we other motorcycle riders in the club?

Let Sonya know if you're interested!

In other news ...

- **Mark Holder** shared the good news that his oldest son, **Harrison**, passed his CPA examination. He's 24, earned his Master's from the University of Tennessee and has worked for Ernst & Young in Nashville for about a year.
- Don't forget about the need for 1,100 volunteers on Saturday, June 11, when the volunteers will pack 250,000 meals for relief aid in Ukraine. **Operation Inasmuch**

is a local non-profit that packs non-perishable food for distribution around the world. Here are the details:

- What: Food Packing Event for Ukraine—250,000 meals
- When: Saturday, June 11 [shifts @ 8AM, 10:15AM, 12:30 PM, 2:45PM]
- Where: Expo Center off Clinton Highway
- How to sign up: Just click on this [LINK](#) and note the shift times.

May's Mystery Solved: Charlie Barnett

Well, we tried to present a bottle of wine from Dixie Lee Wine & Liquors to the person who correctly guessed that **May's Mystery Rotarian** is **Dr. Charlie Barnett**. PP Fred Martin submitted the first correct guess last Sunday afternoon at 4:53 p.m.

However, he was not at Wednesday's meeting in person and PP Tom King has not figured out how to transfer wine from our meeting room via Zoom.

Worry not, Fred says he'll be there Wednesday and we'll present him with the wine.



He was not the only one to guess it was Barnett. On Monday PP Larry Sheumaker submitted a guess at 11:24 a.m. and three minutes later came a guess from PP Ed Jones. Too little too late guys!! At 8:20 a.m. PP David Smoak sent his guess in — but it was the wrong brother. He guessed Dan Barnett.

Now, if we can get Fred and Charlie there on Wednesday we can snap a picture for eternity and let Fred explain his sleuthing process this time.

An Interesting Thought

“The razor blade is sharp but can’t cut a tree; the axe is strong but can’t cut a hair. Everyone is important according to his or her own unique purpose....Never look down on anyone unless you are admiring their shoes.” — Unknown