
THE FLAGSHIP



November 13, 2022

Tom King, Editor

Coming Up!!!

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Nov. 16: Chris Albrecht,
Wreaths Across America

Nov. 17: Third
Thursday, 5:30 p.m.,
Smoky Mountain
Brewery

Nov. 19: Service Project
@ Volunteer Ministry
Center, 9 a.m.

Nov. 23: NO
MEETING –
THANKSGIVING
HOLIDAY

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

SALUTE TO OUR VETERANS!

On Wednesday
our club
honored our
military
veterans in
observance of
Veterans Day.

Our veterans
served in either the U.S. Army or the U.S. Air
Force. President Megan Belcher asked the vets
to stand.



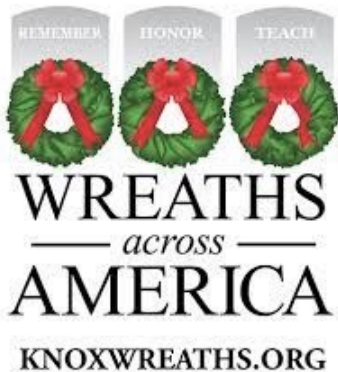
Here is the list of our veterans: Jerry
Schwallier, Tom Pattison, Larry Shuemaker,
Jim O'Brien, John Hoffman, Tom King, Chuck
Laine, Tom Woodbery, David Fielder, Jonathan
Johnson, Mike Singletary, Ron Lawrence,
Wayne Davis, Sam Taylor, Larry Click and
Bill Nichols.

A Farragut Rotary salute and thank you to
everyone!

Chris Albrecht Returns Wednesday With Message About ‘Wreaths Across America’

Since we are fresh off of celebrating Veterans Day, it’s most appropriate to again have **Chris Albrecht** as our speaker on Wednesday. He joins us to talk about the “**Wreaths Across American**” program, a national grassroots program that is rapidly becoming a Knoxville holiday tradition.

The goal of the program is to honor the Veterans buried in our Veteran cemeteries with a beautiful evergreen wreath on National Wreaths Across America Day. In 2022 that day is Saturday, December 17.



Chris is a native of Ohio and a graduate of The Ohio State University. Prior to earning his degree, he served in the United States Navy as an Aviation Electronics Technician from 1968 through 1972.

Knoxville is unusual in that there are three cemeteries here for veterans where over 18,000 veterans are buried. The local chapter’s annual goal is to honor them all.

Albrecht and his family moved from Kansas to Farragut in 1996. His wife, Mary, retired from the University of Tennessee as Associate Vice Provost in 2017. They have a son who graduated from Farragut High School and ETSU. Their son, daughter-in-law and granddaughter live in north Knoxville.

Let’s welcome Chris back Wednesday!

Dec. 2 Sock Hop & Cork Pop Needs: Ticket Sales, Sponsorships & Auction Items

As we are getting closer to our first fundraiser in three years — the **'50's Sock Hop & Cork Pop Wine Tasting** — on Dec. 2 at the Farragut Community Center, there are still a few things you can do to help.

1. If you have not purchased your tickets yet, please do so now. You can do this by simply clicking on this [LINK](#) and filling out the basic information with your name, number of tickets and then click submit. Once you click submit, you will see a message with a link that will take you to our Rotary Club of Knoxville Foundation's Paypal page to make your payment for your tickets. Also if you

would like to do a sponsorship, you still have the opportunity to do this as well.

2. Share with your friends, family, neighbors and co-workers as this is a public event and we want our community to know what the Rotary Club of Farragut is all about.

3. We are still looking for silent and live auction items. Many of our members donated items for the last fundraiser and we are asking for you to do so again if you can. Please contact Teri Jo Fox or Julie Blaylock if you have items or questions.

4. Please promote, invite and support this event. We are on a great pace to reach our \$50,000 goal.

The fun begins at 6 p.m. with live music from The School of Rock, wine from Dixie Lee Wines & Liquor, food by Classy Caterer, the always popular



Silent Auction and Live Auction items and more fun than you have had in years. We'll have a dance contest and a limbo contest as well.

Fundraising Co-Chair Scott Brockamp adds this: It is imperative that you sign up using the provided information as this is the list we will be working off of. If you need help with this Jerry Schwallier and Scott will be at this week's meeting at 11:30 a.m. to help our members through this process to get signed up, so bring your checkbook or credit card, and we will get you registered! They will be in the Fox Den lobby near the sign-in desk.

If you have questions or need help with anything please contact Scott Brockamp at 865.441.0420 or email him at scott@hisecurity.net or Jerry Schwallier at 480.313.5969 or at his email jlschwallier@gmail.com

Let's join together, Sock Hop, Cork Pop and most importantly have a great time!



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.

We Need You for Saturday's Project At the Volunteer Ministry Center

If you missed Service Projects Co-Chair Scott Bertini's email Friday about our service project at the **Volunteer Ministry Center** on Saturday, here's all the news he shared. Work will begin at 9 a.m. The center is located at 511 N Broadway, Knoxville, TN 37917.

"As mentioned in this week's meeting, we need **everyone** to participate and get **excited** about our upcoming service projects! Our next project is at Volunteer Ministry Center on November 19th. All the info you need is on the following link — so sign up and let us know you will be there!! Just click on this [LINK](#) to sign up.



If you have some tools we can use, we would certainly appreciate your bringing them for everyone to borrow. Here's a list of what's needed:

- * Hedge Trimmers (Cordless If Possible)
- * A Telescopic Hedge Trimmer For Tall Bushes
- * Extension Cords
- * Gloves
- * Rakes
- * Blowers (Cordless If Possible)
- * Bypass Loppers
- * (2) Wheelbarrows
- * Weed Wackers / Trimmers (Cordless If Possible)

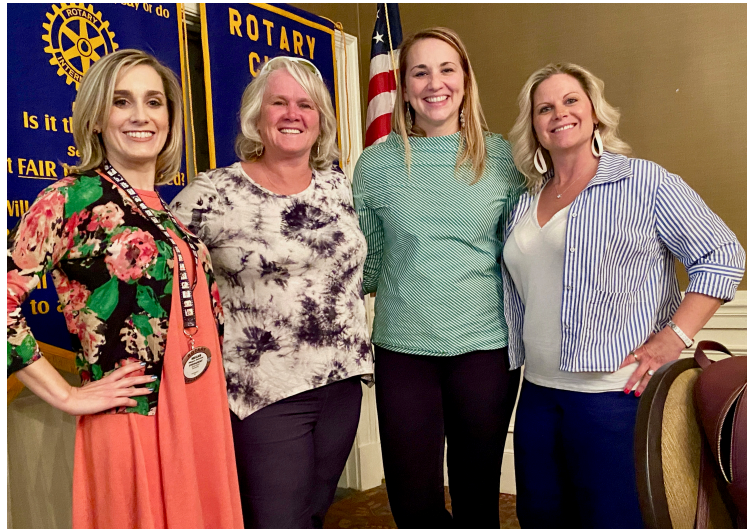
And it's a good idea if you put your name on the tool or tools you bring.

The next project after this one is "Fostering Hope" and we are helping with its Christmas party for local foster children and families on Dec 18th at First Baptist Church Concord.

Kara Finger Shares the Good Work Being Done At Wesley House

Kara Finger has a big job at the **Wesley House**. It's apparent she's up to the challenge. On Wednesday she was very effective in sharing the difference this agency is making in the Mechanicsville, Lonsdale and Beaumont communities.

- Its after-school program serves 14 Knox County schools.
- Its eight-week, five days a week STEP summer camp for Knox and surrounding counties is major for the families with no other options for their children.
- The WISE program for senior citizens — primarily the “Grannies” — meets every Friday at 11:30 a.m. to play what she describes as series bingo.



What a quartet!! L-R, President Megan, PE Val, Kara Finger and VP Teri Jo

The House also has started a food pantry that allows clients to go “grocery shopping” — for free. Fingers manages a \$1.2 million budget.

The difference the House is making was partially wrapped up in a major improvement in reading scores as a result of tutoring. “In February 2021 our children were in the 7% percentile. So we switched to a 1 on 1 three days a week reading program,” she explained. “Our children were just tested and they’re now in the 72% percentile for second graders, and nationally that number is 52%.”

Fingers has also adopted a little girl who was in their program. She is a single parent for Amiyah, who was 6 at adoption in August 2000. She's now 8 and a second grader at Dogwood Elementary School.

Our President Elect Val Privett along with Vice President Teri Jo Fox serves on the Wesley House Board of Directors.

‘Farmer’ Ron’s Miles for Miracles Ride Ends

PP Ron Lawrence’s “Miles for Miracles” fundraising tractor ride came to a rolling stop on a rainy Friday afternoon at East Tennessee Children’s Hospital (ETCH). Ron drove his green John Deere tractor from Rev. David Bluford’s Jefferson City home to Knoxville to end his week-long ride that began in Crossville.



Ron drove from Crossville, then to Dayton, Cleveland, Lenoir City, Sevierville, Greeneville, Jefferson City and then to Knoxville.

If you missed WVLT-TV’s Friday night news, Ron’s ride was featured. Here is a [LINK](#) to the WVLT story and interview with Ron.

“It’s got no cushion in it,” Ron said of his tractor. “You feel every bump in the road, every pebble almost. “I’m not special. My wife and I have a farm and I just grew up learning to work hard and learning to do things to try and help people, so that’s my heart, and that’s my motivation.”

There is still time to contribute to this fundraiser to benefit ETCH. This [LINK](#) takes you to the donations page.

Today's Family of Rotary News/Updates

Here's the news from **Stephanie Markowitz**: "I need my prayer warriors. I just got done with my high-risk pregnancy doctor and I'm on new blood pressure medicine which has stabilized my BP for now. I will be 30 weeks along on Tuesday. I was just told that most likely we will be delivering Madi at 34 weeks — if not sooner. I feel confident in my doctor and he said no



matter when she comes, she will be perfect and will be good. It's just the case now that both of our health is at stake. So Brent and I are preparing to deliver any day. On top of losing Mamaw any day now, this is not what I had envisioned but I know that God is in control and is going to take care of me, Madi, and my entire family." OK Prayer Warriors, get busy!

Denise Bash was with us for the first time since February and it was great to see her back. She gave us an update on her Marine son — **Cpl. Benji Bash**, who was critically injured in a motorcycle accident last March. The last plan was for him to be at our meeting Wednesday, but all leaves were canceled at Camp Lejeune for the Marine Military Ball. Benji has had 25 surgeries so far, with a few more to go, Denise said. She did say he is planning to walk with the family in the Thanksgiving Day Turkey Trot. He's also doing PT daily and get this — he is volunteering at a homeless shelter for vets and pulling light duty on base. Semper Fi!!!

Bettye Sisco will be headed back to Duke Medical Center tomorrow to resume her clinical trial for her leukemia.

PP Tom King bumped into longtime member **Gene "Legs" Wessel** at dinner this past Friday evening. He is doing better after a recent short hospital stay and hopes to be back to Rotary soon. He's enjoying his 80th birthday today.

Keep our family members in your prayers!

[News & Notes](#)

Third Thursday, Interact, Bell Ringers, Sonya on DACdb Passwords & CART

Third Thursday November style will be at Smoky Mountain Brewery in Turkey Creek this coming Thursday — November 17. It begins at 5:30 p.m. Please go to this [LINK](#) to RSVP.



Youth Service Co-Chair Tory Kinson passes along that our new Interact Club at Farragut High School now has two faculty advisers — **Shelby McGill**, a Social Studies teacher, and **Katie Beckett**, who teaches ESL. They are pictured here left to right.

Mike Singletary will have sign-up sheets Wednesday so you can sign up for our **Salvation Army Bell Ringing Team** at Kroger in Farragut on Dec. 17 and Dec 24. Please make your plans and get these dates on your calendar — and sign up!!!!

Here is a message from **Secretary Sonya Ford** about the online platform our club uses — DACdb. “Several members have received an email from DACdb with instructions to reset their passwords. I’m told by DACdb everyone will be getting this email if their password hasn’t been recently reset. The email has instructions for resetting the password but if anyone gets stuck they are welcome to contact me for help. You will need your login name to reset your password and your login name is your email address. Several of our members have also been prompted to enter their Rotary ID and if you don’t know your ID call me and I’ll look it up for you. The moral of the story is... if you need help call me and I can walk you through it. If we can’t figure it out together we’ll get DACdb involved.” You can call Sonya at (865) 323-3780. Here is a [LINK](#) to a video from DACdb about this process.

Tom Woodbery reports that member donations to the **CART Fund** on Wednesday totaled \$46, bringing our total to \$187.48. The coins and bills are forwarded to the CART organization to help fund Alzheimer's disease research.

Medical Moment's Focus: Drugs!

Today **Dr. Charlie Barnett** shares a pair of interesting drug-related medical briefs.

First — Semaglutide (Ozempic, Rybelsus, Wegovy), a medicine originally developed for improved blood sugar control for diabetics, is now approved for “use as an adjunct to diet and exercise in patients with a BMI greater than 30 or a BMI greater than 27 with a comorbid condition,” such as hypertension or elevated cholesterol. It is taken by a weekly injection with escalating doses over a four-month period. It has relatively minor side effects but is incredibly expensive at \$404 per dose or \$1,600 per month. The cost is much more reasonable at compounding pharmacies but that is problematic. I look forward to Howard Fass’s forthcoming program on drug pricing.



A recent article from the Journal of the American Medical Association (JAMA) on Internal Medicine reviewing 145,000 pregnancies showed that anti-depressant use is not associated with neuro-developmental disorders in children. It is reassuring to see this article, as so many females in the pregnancy possible age group are using anti-depressants. Relying on medications to cope with life is inherently depressing, but if it helps....

It's Week 2 for Our November Mystery

Week 1 clues about our **November Mystery Rotarian** brought in a lot of guesses — all wrong! Perhaps these next four clues will solve the mystery!

- Was under the Eiffel Tower on New Year's Eve during "Y2K."
- Every Christmas they build a fairly expansive Christmas village and "Each year it seems to get more and more elaborate."
- A cherished childhood memory includes going to flea markets with their grandfather and working in his antique shop in North Carolina.
- Was in a group that sang the National Anthem at an Atlanta Braves game.



The drill is simple: the first correct guess emailed to TOM KING will win the wine from **Dixie Lee Wines & Liquor**. If no one can figure it out, the Mystery Rotarians takes home the wine.

A Thought for Our Veterans

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude." — **President Harry S Truman**