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# THE FLAGSHIP

**Rotary**  
Club of Farragut



November 27, 2022

Tom King, Editor

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## *Coming Up!!!*

Nov. 30: Howard Fass,  
“What Is Relevant Today  
in Pharmacy?”

Dec. 2: ‘50s Sock Hop/  
Cork Pop Wine Tasting,  
6 p.m., Farragut  
Community Center

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

Dec. 7: Club Assembly,  
Webb Madrigals, 12  
Noon

Dec. 14: Volunteer  
Ministry Center

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

## Fellow Rotarians!!!! THIS is IT! Your ‘Sock Hop’ Is Here!

This is the Club’s final ask, and, appeal for YOU to participate in our **‘50s SOCK HOP CORK POP’** fundraising event. YOU can make a difference by joining your fellow Rotarians in making a \$200 (\$150 tax deductible) donation for two tickets.

It is very surprising, but our Fundraising Co-Chairs/Event Coordinators Scott Brockamp and Jerry Schwallier report that — so far — more than two-thirds of our Farragut Rotary Club members have NOT bought tickets or made donations to this fundraising event, our first one in three years.

Here are their messages and hopes:

- We are asking every Rotarian to “step up” and help reach the \$50,000 goal for the Foundation.



- A \$200 donation will obtain two tickets to the event. If you cannot attend (you will be missed), but, your donation is still very important to the effort.
- Join your fellow Rotarians and don't be left out. Your donation of \$200, or, through a Gold-\$2,000, Silver-\$1,000 or Bronze-\$500 sponsorship will be huge for a successful fundraiser.

Bring a check to Wednesday's meeting or go to the link below to join the party and be a part of something really special.

Teri Jo Fox and Julie Blaylock still need auction items, so contact them for how you can help with auction items.

The **'50s Sock Hop & Cork Pop Wine Tasting** begins at 6 p.m. on Friday, Dec. 2, at the Farragut Community Center.

Scott and Jerry will be selling tickets Wednesday before, during and after our meeting. Teri Jo Fox and Julie are working on our Silent and Live auctions. They need items for both from our members. We also still need some sponsors as we want to raise as much money as we can for the

organizations and projects we support! That's why this event matters so much!!!!!!

But why wait until Wednesday to buy your tickets? You can simply click on this [LINK](#) to buy them. 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.

You can still sign up to be sponsor and here are the levels and what comes with each level:

- Gold Level Sponsor \$2000 (Includes 10 Tickets, 1 Table Top Centerpiece and Easy Pass to the bar)
- Silver Level Sponsor \$1000 (Includes 6 Tickets, 1 Table Top Centerpiece and Easy Pass to the bar)
- Bronze Level Sponsor \$500 (Includes 2 tickets and 1 table top centerpiece)

Here's a quick look at the key details for the evening:

- Dress like you're 16 and at a '50s sock hop.
- The event will run from 6 p.m. to 9 or so.
- Dinner will be catered by Classy Caterer and Trisha Kelly.
- We will have both a silent auction and a live auction being put together by VP Teri Jo Fox and Julie Blaylock. Money spent at the auctions are fully deductible through our Foundation. If you have items to donate for the auctions, please email either [TERI JO](#) or [JULIE](#).

## It'll Be 'Dr. Howard Fass' Talking Drugs on Wednesday!

There are times when our most interesting programs are from within. On Wednesday our Sgt. at Arms, Howard Fass, becomes **Dr. Howard Fass**. He will be our program and his address is "What Is Relevant Today in Pharmacy."



He is a sorta retired Doctor of Pharmacy. But he's also an avowed fan of the New York Yankees, which is akin to Vicki Williams and her love of Alabama football.

Here's a little of what Dr. Fass will be sharing with us:

- How does Good Rx help the consumer save money on prescriptions?
- OTC medication recommendations by pharmacists
- Prescription medications — OTC medications interactions
- Why did the opioid crisis start?
- Melatonin for sleep
- Medication expiration dates

And there's no telling what else he'll be passing along! But it will be interesting!!!!

### ***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.

## Webb Madrigals Begin Our Holiday Season

The Rotary Club of Farragut will officially begin its Christmas season by again welcoming the smiling faces, the talented voices and the beautiful costumes worn by the **Webb School Madrigals** Wednesday Dec. 7. And because of their school schedule, their program will begin at 12 noon.



That means you need to arrive early and get your meals and be seated before their program begins.

Again we thank PP Jonathan Johnson for lining up this great program that you will greatly enjoy!

Now, here is a quick look at our December schedule:

Friday, Dec. 2: '50s Sock Hop & Cork Pop Wine Tasting fundraiser  
Wednesday, Dec. 7: Webb School Madrigals/Club Assembly (**12 noon**)  
Wednesday, Dec. 14: Volunteer Ministry Center program  
Saturdays, Dec. 17 & 24: Salvation Army Bell Ringing  
Sunday, Dec. 18: Fostering Hope service project, 2 p.m.  
Wednesday, Dec. 21: Christmas Holiday **NO MEETING**  
Wednesday, Dec. 28: New Year's Holiday **NO MEETING**





## Fostering Hope Project Is Dec. 18th At First Baptist Concord; We Need Vols

It's time for us to start signing up for our next service project — the **Fostering Hope Christmas Party** for more than 200 foster families and children on Dec. 18 at First Baptist Church Concord. The dinner begins at 3 p.m. but our volunteers need to be there by 1:30 p.m. to assist with setting up the room for the meals. We also will be helping serve the meals and doing clean-up duty afterwards.



Service Projects Co-Chair Scott Bertini asks that our volunteers click on this [LINK](#) to sign up for the project. This is a very special event for these families and the foster kids and we'd like to help it very memorable this year.

Scott says we have two time slots for this project, but you are welcome to stay for both if you'd like. The first slot is from 1:30 to 3:30. This slot will be primarily helping with the set up of the party (tables/chairs/food set up, etc.). The second slot will be from 3:30 to 5:30. This slot will be primarily helping at the party (food/bounce house supervision/ helping families and clean up afterwards / etc.)

The actual party is from 3-5 p.m. for the families, but a lot of help is needed before and after.

Fostering Hope was created to help children in the foster care system feel a sense of hope and self-worth by providing backpacks, suitcases, and supplies to children who are transitioning from foster homes or who have just entered the system.

Hope you can make it! Send Scott a text or call if you have any questions. His cell is (865) 898-4421.

## Markowitz Now Has COVID! Really?????

Here's an update on **Stephanie Markowitz**: Like she needed this!! "Well, if we want to add the icing officially to this cake, I now have COVID." She is home dealing with a troublesome pregnancy and her doctor says she may deliver as early as 34 weeks. And now COVID. But she's looking forward to tomorrow: "We go Monday for Madi measurements. So Monday will be a big day to see where she is at." Only three of us have sent Door Dash gifts to her. Please use this [LINK](#) to visit the Door Dash website for ordering meals and delivery to their home. Please use the text selection on the website and text it to Stephanie at this number: (865) 207-2990. Please do not send it by U.S. Mail. If you would like to send her a card, her address is 7847 Train Station Way, Knoxville, TN 37931.



**Lance Cpl. Benji Bash** (standing center) and three of his U.S. Marine buddies in the Wounded Warrior Battalion at Camp Lejeune enjoyed being in the Turkey Creek Turkey Trot Walk and Run with the Bash family on Thanksgiving morning. "Before we started the 5k, I told them that there was no shame in having to cut it short," Denise says. "They said 'Ma'am, we are not taking short cuts. We came here to do this thing!' And they completed every step of the 5k. They all had to come home and rest

but they are so proud that they made it."

**Bettye Sisco** is feeling pretty good today, she said. She returns to Duke Medical Center on Dec. 13. One good thing, she said, is that she's having conversations with doctors about switching from Duke to Vanderbilt Medical Center next year to continue the clinical trial. This is her 11th year of battling leukemia.

Let's keep all of these family members in our thoughts and prayers!

## *News & More News*

# After Christmas Party Time Is Jan. 6!

Yes Virginia, we are having an “**After Christmas Party**” in January. Noah and Allison Myers have again agreed to be our hosts for this popular gathering. So add to your calendar the evening of Friday, January 6th. Our dinner will again be catered. Family of Rotary Co-Chair Cindy Kraus is working out the details, so stay tuned for more information. And a big thanks to Noah and Allison!

- In October our very special lady from Ukraine, Julie Tryukhan, spoke to the **Rotary Club of Morristown** and this week Bill Nichols received word that the club there is sending a \$500 check to support our club’s efforts in supporting Julie and her two kids. That, one and all, is the spirit of Rotary at its best!
- Mike Singletary still has a few slots to fill for our **Salvation Army Red Kettle Bell Ringing** team at the main entrance to Kroger on the two Saturdays before Christmas — Dec. 17 and Dec. 24. Mike will have his trusty sign-up sheet with him at Wednesday’s meeting. Here are his open slots: Dec. 17: need 1 @ 4 p.m., 2 @ 6 p.m.; Dec. 24: need 1 @ 2 p.m, 2 @ 4 p.m.
- Here’s a reminder about something we’ve not mentioned of late. You can still watch and attend our weekly meetings via **ZOOM**. Here’s the [LINK](#) to access this convenient option. But if you can attend in person we’d love to see you!



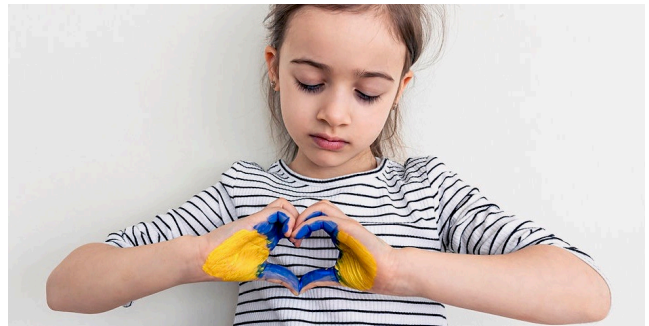
*Last year’s meal was superb — as you can see as these hungry folks are loading up!*



## ‘Santa for a Day’ Project Created To Send Christmas Gifts to Children in Ukraine

Time’s running short, but you still have a few days until Dec. 1 to go online to Amazon and the “**Santa for a Day**” website to send Christmas gifts to the children in war-torn Ukraine as the war against Russia continues.

Ukrainian **Nataliia Yakushko** has been here for four years working on her Ph.D at the University of Tennessee. She has created a website so people here and everywhere can buy and send toys for Christmas to the children in Ukraine. It’s pretty danged cool.



Our Julie Tryukhan is a friend of Nataliia's and has helped with this project. The website’s name is “Santa for a Day” and is billed as a Ukrainian Angel Tree. If you want to use other sources for gifts than Amazon please call Nataliia at (865) 235-1259.

You can click on this [LINK](#) to access the website to get all of the information you need if you would like to participate. Perhaps friends and co-workers would like to be involved as well. The deadline is Tuesday Dec. 1 for this effort.



## A Med Moment About Ultra-Processed Foods and Their Impact on Dementia

Today, **Dr. Charlie Barnett** discusses the link between ultra-processed foods and dementia in his Medical Moment.



A recent study in the journal “Neurology” looked at the dietary history of 72,000 individuals over 10 years. The results showed that a higher consumption of ultra-processed foods (think French fries and sausage biscuits) resulted in an increased risk of dementia, particularly the Alzheimer’s and vascular dementia types.

For example, replacing just 10% of ultra-processed food with non-processed food by weight yielded a 19% reduction in dementia risk.

Why the increase?

Possible mechanisms include more salt, which increases blood pressure, and more sugar, fat, and calories, which leads to a prolonged pro-inflammatory state (particularly for blood vessels) and a decreased intake of healthy nutrients including fiber, flavonoids, and essential fatty acids. As one author summarized for his patients, “Enjoy multi-colored whole foods that were recently alive with people you love.” Good advice.

Here is the [LINK](#) to the full study.

## *November's Mystery Rotarian* **Slumping Sleuths Still Searching!!!**

Our **November Mystery Rotarian** came through Thanksgiving week with the mask still in place. Lots of guesses. None correct. Slumping sleuths. Maybe these next four revealing clues will ease your pain with a correct guess.

- Visited Rio de Janeiro, but only left the hotel once to see the Christ the Redeemer statue. “This was the sickest I’ve ever been,” our Rotarian says.
- All-time favorite TV show: “The Office. Have watched all 9 seasons twice.”
- Has lived in 7 states and 10 different cities.
- Has one major phobia — snakes. “I don’t go near them, ever!”



The first correct guess emailed to TOM KING will enjoy a fine wine from **Dixie Lee Wines & Liquor**. Our Mystery Rotarian wins the wine if he or she is not unmasked!

## **A Good Thought for the Week**

“I got what I needed instead of what I wanted and that's just about the best kind of luck you can have.” — **Cormac McCarthy** in “The Sunset Limited”