

THE FLAGSHIP



Nov. 19, 2023

Tom King, Editor

Coming Up!!!

NOV. 22:
NO MEETING!
HAPPY
THANKSGIVING!

Nov. 29: Dr. Lynne
Parker, UT Associate
Vice Chancellor;
Director of the AI
Tennessee Initiative

Dec. 6: Webb School
Madrigal Singers

Dec. 13: Board of
Directors, 11 a.m.

Dec. 13: Club Assembly

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



PLEASE DO NOT FORGET:

***NO MEETING
ON WEDNESDAY!!***

It's RI Foundation Month!

Now Is the Time To Contribute!

November is **Rotary Foundation Month!** Year after year, Dist. 6780 is known for its generous giving, consistently coming in #1 or #2 in all annual fund categories — per capita giving, total giving, etc. Just a few global initiatives funded by the Foundation include:



- Programs that support education
- Programs to improve health, including the eradication of polio
- Improving the environment.
- Aiding communities affected by disasters.
- Fund global and district grants (last year funded 1,100 global grants, 470 district grants)

Bill Rice, chair of our Rotary Foundation Committee, is asking our members to please consider giving to The Rotary Foundations

NOW and help fund service projects that change lives around the world. “As an additional incentive, from now until end of the year, any member who makes a contribution to the Foundation, beyond what they make each quarter, Farragut Rotary will match in points which will go towards their Paul Harris Fellowship (up to 250 points),” Bill explained.

The easiest way to make contributions is via this [LINK](#) And for tax deductible purposes, we hope you can make your donations before the end of the calendar year not far away.

You also can write a check made out to Rotary International Foundation and give to our club treasurer, Steve Krempasky. Please let Bill know the amount of your contribution and he will be sure you receive matching points to apply to your Paul Harris Fellowship.

Walker, Belcher Win Wednesday's Singo

Tom Marsh did a great with our new brand of bingo — Singo! We only heard two cries of “Singo” at the Farragut Community Center. **Jennifer Walker** (at left here) was the first to sing out and our second winner was **PP Megan Belcher** on Wednesday!



Both were awarded Paul Harris Society 300 points.

And the best news is....we raised \$1,100.

Our Singo DJ was Marcie Odum and Tom and Marcie checked the songs played with the songs marked on their cards to make certain of their Singo's. Marsh is busy around town DJ'ing his karaoke music fun at various events. Marcie is a neighbor friend of Tom's who sings karaoke and professionally she is a CPA for a large family business in Chattanooga.

Great job Tom and it was a real change-of-pace fun meeting!

Our Guests & Visitors

It was a light day for welcoming our G&V's.

- Tom Marsh's guest was our SINGO game DJ who played those songs for us — **Marcie Odom**. Great job!
- Tory Kinson celebrated his birthday Wednesday and his guest was his better half by far, **wife Monica**. And PP Megan Belcher led us in the “Happy Birthday Tory” song (especially since it was a day for song)!!
- The now retired director of Webb School's International Center, **Liz Gregor**, was the guest of Bill Nichols.

Family of Rotary Report

Many of us remember **Jim McIntee**, the husband of our late “**Mother Rotary**” and past president, **Joan McIntee**. Jim attended meetings and most of our functions with Joan. Jim, now 91, lives with one of their four daughters, Jeanne. We spoke with Jim last weekend and with Jeanne. He’s still singing with his



beloved “Singing Buckeyes” chorus; enjoying the grandkids and great grandkids. Here is what Jeanne told us: “His dementia has taken a toll on his ability to



have a conversation, but he’s always on point when his great grandchildren and grandchildren stop by for a visit. He’s still walking around under his own power and very much enjoys our “Friday night Family

FaceTime.” If you would like to send Jim a card, the address is: Jim McIntee / % Jeanne Middleton / 5232 Carifa Ct., Hillard, OH 43026.

Jim is pictured here with their six “kids” visiting Dad: Jeanne is next to Jim and then Julie, June and Janet and the sons — Jim Jr., and John.

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!

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.

News and Notes

Third Thursday! Light the Park! Wreaths Across America!



November's Third Thursday at the new place — Sparrow's Wine Bar — was fun as we had a small gathering of nine enjoying the wine, food and fellowship. You can see them all in picture here. Clockwise we have Brian and Jennifer Walker, Cindy Kraus, PP Jim O'Brien, President Val Privett, Jerry and Barb Schwallier, and Meghan and Jonathan Jackson. Cindy had a white pino she recommends and said "there was some drinking going on."

Don't forget tomorrow night's fun at Founder's Park on Campbell Station. Here are the details: **"Light the Park 2023"** Monday evening is a great start for your holiday season. The park will come alive for the holidays when the fun begins 5:30 p.m. with a full slate of activities, including a visit from a special guest in red from the North Pole at 6:30 p.m. The switch will flip at 6:45 p.m. for the explosion of lights. Entertainment will include harpist Joanna Seiber, Southern Taps Clogging Company and holiday tunes from local favorite Mike Snodgrass. Younger visitors will enjoy a scavenger hunt, a fire pit, crafts and treats.

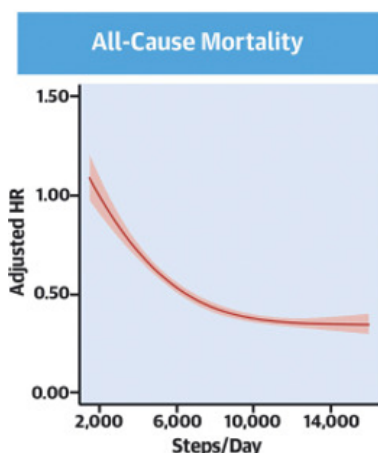


Another great holiday project is the Vietnam Veterans of America Captain Bill Robinson Chapter 1078 's **Wreaths Across America**. Ceremonies on December 16 begin at 12 noon. Veterans volunteers, young and old, will begin placing wreaths on the graves of veterans buried at the Old East Tennessee State Veterans Cemetery on Lyons View Pike. The group needs remembrance wreath sponsors (wreaths are \$17 each) and volunteers. Wreaths also will be placed at two other cemeteries — the Knoxville National Cemetery and the new East Tennessee State Veteran’s Cemetery. They need approximately 18,000 wreaths for the three cemeteries combined. You can donate, find more information and details at this [LINK](#)

How Many Steps Is Enough?

In today’s “**Medial Moment**” **Dr. Charlie Barnett** says he remembers — from years ago — the advertisement for prunes — “Is four enough, is five too many?” As humans we are always trying to optimize our actions. The same is true for exercise.

A recent study in the Journal of the American College of Cardiology examined the accuracy of the popular advice of walking 10,000 steps per day for improved health. This study combined 12 previous studies encompassing 111,000 individual’s steps per day counted with an accelerometer. Then they followed their mortality over several years as compared to inactive controls.



The results were surprising in that a lower all-cause mortality and the incidence of cardiovascular disease improved with as little as 2,600 steps per day. This effect continued to improve to a maximum around 8,000 steps per day after which the effect plateaued. A summary graph of this effect is pictured here.

Every little bit helps. It’s up to you. Pick your step number and go for it!

PP Fred Martin Solves Our November Mystery: It's Emily Lamon Justice

PP Fred Martin is back! Fred is one of our Super Sleuths and it's been a while since he last left a meeting with a bottle of wine. But he did this week by being the only member to unmask our November Mystery Rotarian — **Emily Lamon Justice**.



The 12 clues Emily passed along stumped many. We had 32 guesses submitted — and 29 guessed the Mystery Rotarian was a man. Only three thought it was a woman and

Fred nailed it.



“I knew from early on it was a woman but waited to make sure and then I took a wild guess it was Emily,” he said. “Tough clues for sure.”

A few of those tough clues:

- A Stage 3 cancer survivor
- Graduated from UT with a degree in Hotel-Restaurant Administration
- Favorite book is The Bible. “I read it every day.”
- Has been part of several medical trials for migraines.
- Has been skydiving twice
- Loves all things chocolate
- Currently learning how to speak Mandarin

By the way, Emily did not want wine had she won. She wanted a bottle of the bubbly! Thanks to Emily for a great job!!

A Thoughtful Thanksgiving Thought

“Be thankful for what you have. Your life is someone else’s fairy tale.” —
Wale Ayeni