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# THE FLAGSHIP



Nov. 5, 2023

Tom King, Editor

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## *Coming Up!!!*

Nov. 8: Hallerin Hilton Hill, NewsTalk 98.7

Nov. 15: SINGO

Nov. 16: Third  
Thursday, 5:30 p.m.,  
Sparrow Wines Bar, 141  
Wend Ave.

Nov. 22: NO  
MEETING! HAPPY  
THANKSGIVING

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

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

## Hallerin Hilton Hill Speaks Wednesday: His Topic Is 'Joy'

It may well be a joyous Wednesday meeting at the Farragut Community Center. Our speaker will be Knoxville's well-known talk show host **Hallerin Hilton Hill**. He is also a motivational speaker, trainer, and wisdom crusader. His topic on Wednesday is "Joy!"

He is the author of the book "The Seven Pillars of Wisdom."

His top-rated show is Monday through Friday from 5:30 a.m. to 10 a.m. on NewsTalk 98.7. Hallerin — aka Triple H — has been voted Best Talk Show host by Metro Pulse five times. His mission is to inspire, inform and



entertain every time the microphone comes on. Hallerin is also a Grammy-nominated singer/songwriter. His song “Who Would Imagine a King” was recorded by Whitney Houston for the movie “The Preacher’s Wife.” He is a graduate of Oakwood College in Huntsville, AL where he studied Communications. Let’s give him a great welcome!

## Farragut Rotary Inducts 4 New Members



It’s always a special day at the Rotary Club of Farragut (RCF) when new members are inducted. And Wednesday Nov. 1 was very special at the Farragut Community Center.. We began November welcoming four new Rotarians -- **Craig Donnachie, Patrick Finn, Eddie Jett and Jennifer Walker** -- to our Family of Rotary. These inductions increase the club membership to 89.

Donnachie is a retired FBI special agent and his sponsor is Bill Nichols. VP Scott Bertini is sponsoring Finn, a Boy Scouts of America executive with the Great Smoky Mountain Council, and Eddie Jett, Chief Executive Officer of MBI Engineering. Jennifer Walker’s sponsor is her husband, RCF Rotarian Scott Walker. Jennifer is a Personal Consultant with Arbonne. They’re all pictured above, L-R: Finn, Bertini, Jett, Walker & Walker, Donnachie and Nichols.

RCF Val Privett inducted these new members and welcomed each to the club. “We were excited to induct these four outstanding Rotarians today. Our club lost members as a result of Covid and we are finally increasing our

membership again,” she said. “I’m confident they will help impact our community in a positive way. I’m extremely excited about today.”

**Donnachie** recently concluded a 30-year law enforcement/military career, spanning 26 years as an FBI Special Agent and four as a U.S. Army officer. He started his FBI career with New York’s Joint Terrorism Task Force between 1997-2005. He earned a B.S. degree from the University of Pittsburgh in 1992 and an MBA from Xavier’s EMBA program in 2017.



**Finn**, 38, is the Mount Le Conte District Director with the Great Smoky Mountain Council. He is an Eagle Scout, a Bearden High graduate and has a Bachelor's degree in Exercise Science and a Master's in Public Health, both from the University of Tennessee. He and his wife Ali have a 15-year-old stepson at Farragut High and a soon-to-be 3 year old.

**Jett** is a Blount County native and he and wife Heather are the parents of four. He’s 50 and CEO of MBI. He attended Pellissippi State, transferred to the University of Tennessee and graduated in 1997 with a B.S. in Civil Engineering. At MBI he became department head of Structural Engineering in 2007 and Chairman of the Board in 2012. When the company founder retired in 2014, he became CEO.

**Jennifer** is 43 and has been married to Brian for 20 years. They have two almost “kids” – Riley, 22, and Adilynn, 18. She is a Southern California girl and received her B.S. degree in Communications from California State University San Bernardino. Jennifer worked as a Claims Supervisor for Farmers Insurance until leaving to raise her family full time, where she started her martial arts journey as a hobby. After receiving her black belt, she became an instructor and competitor winning several World Championships and earned a 5th Degree Black Belt.

## From the Board Room

This is no joke!

On Wednesday our **Board of Directors** voted to eliminate the jokes and humor from our meetings. Several members have complained recently about being offended. “This will for sure give us a more professional look in our meetings and we have no business offending members or guests with jokes,” President Val Privett said.

In other actions, the board:

- Approved John Hoffman’s request for Rule of 85 designation.
- Terminated the membership of Jason Zachary.
- Heard report from Secretary Sonya Ford: We currently have 85 members; we had four meetings in October with 66% attendance. After inducting four new members on Wednesday, we now have 89 members.
- Service Projects Committee reported that we will have another “BUILD DAY” with Sleep in Heavenly Peace this coming spring. Great news!

Other issues were discussed with no actions taken by the board.

### ***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.

## This Week's Family of Rotary Report

**PP Jim O'Brien** is only four days away from ringing the bell at Thompson Proton Therapy Center, celebrating the last of his 39 treatments for prostate cancer. "I've completed my 35th proton therapy session this past Friday. This leaves just four more treatments. On Thursday I'll have the opportunity to ring the Victory Bell to celebrate the end of my treatment plan," Jim said. "Diane, Meghan and Lily will be there to help mark the occasion." He says that his cardiac rehab continues unabated. "I should complete this program just before Thanksgiving—a day on which I'll celebrate my return to being cancer free and heart healthy again!" he added.



If **Dr. Jack Faber's** chauffeur shows up Wednesday, he's planning to be at our meeting on Wednesday. It will be great to have him back with us!

**Denise Bash** says her patient husband **Alex** is doing OK after knee replacement surgery two weeks ago. "He goes back for his two-week check up on Monday. His pain is a bit better and physical therapy is going well too," she said.

**Bill Nichols** says wife **Linda** tested negative for Covid this morning. That's a step in the right direction. She also begins treatments this week for bronchiectasis, a chronic condition where the walls of the bronchi are thickened from inflammation and infection, causing breathing difficulties. She will have daily treatments for six months. The she will return to National Jewish Hospital in Denver.

We are still hoping that a few of you will volunteer to drive **Dr. Bill Adkins** to our meetings and back home. We need drivers for the last meeting of this month — Nov. 29 — and also into December. Here is the [LINK](#) to sign up and you will find all of the relevant information you need on that page! Thanks!!



## **News & Notes**

# **Update Your Emergency Info, Please!** **Ridgedale Career Day; Farrell Honored!**

Halloween this past Tuesday evening was great fun for a young man who had never experienced it — Rotary Youth Exchange (RYE) student Junoo Choi, who is 17. He went trick or treating with his “brothers” Garrett (16) and Sebastian (13) Kinson. He is spending his exchange year with the Kinson family and their daughter Valerie is an RYE student in Korea. Junoo collected his candy as a “fat ballerina” (pictured here). “He said Halloween was very fun and he and the boys collected about 5 pounds of candy. He also loved our family recipe for roasted pumpkin seeds,” Tory said.



The Board of Directors is asking all members to update their **Emergency Contact** information in our DACdb Club Website. You need to log in, click on the “Club Members” tab. Then scroll down to your name, click on it, and then click on Edit Member. Scroll across the tool bar to Contact Info and update the information under the Emergency Contact box. This is for your safety so we know how to find your emergency person should that be necessary. If you have trouble and need help either call or text Secretary Sonya Ford at (865) 323-3780.

**Ridgedale School**, our Partner In Education School, is having a **Career Day** for their 8th graders from 12 noon to 1:30 p.m. on Thursday, Nov. 9th. They will be having mock interviews with the students. They would like to have two volunteers from our club to participate. If you can help, please let PE Teri Jo Fox know. Text her: (865) 617-3292.

**Farrell Levy** has been honored again by Cityview Magazine as a “Best of the Best Attorney” in Auto Accident litigation. Only three attorneys received this honor. Congratulations, Farrell.

# Hypertension: Time To Sound the Alarm



In today's Medical Moment **Dr. Charlie Barnett** offers great advice about a serious issue many of us have — hypertension. A recent study from the American Heart Association revealed that half of Americans aged 20 and older have hypertension (high blood pressure). That number increases as you age — such that 75% of Americans 65 and older have hypertension! Unfortunately, many did not realize the importance of proper diagnosis while hypertension silently shortens life.

Hypertension is defined by using both the systolic (top number) and diastolic (bottom number) measurements.

- Normal blood pressure is systolic  $< 120$  AND diastolic  $< 80$ .
- Elevated blood pressure (not yet hypertension) is systolic 120 to 129 AND diastolic  $< 80$ .
- Hypertension, stage 1 is systolic 130 to 139 OR diastolic 80 to 89. Stage 2 is systolic greater than 139 OR diastolic 90 or greater (the higher value determines the stage).



The significance of this is that for every 20 mm increase in systolic pressure or every 10 mm increase in diastolic pressure **DOUBLES** the risk of death from heart disease or stroke.

The cheapest, easiest method to measure blood pressure is by yourself at home using a validated automated blood pressure monitor, readily available at pharmacies and on the Internet at this [LINK](#) for a list of good monitors.

How to take your blood pressure if you don't have a current diagnosis of hypertension:

- Rest five minutes before measuring. Sit with the arm and back supported.
- No cigarettes, alcohol or caffeine 30 minutes prior
- Place the cuff on the upper arm with the little arrow over the brachial artery which is just inside the biceps tendon at the elbow.
- Use a proper size cuff. If you have big arms you need a big cuff
- If using manual inflation, inflate the cuff to at least 180. Self-inflating cuffs are automatic.
- Initially, check your pressure twice a day at varying times for at least a week. The average of all the values determines the diagnosis of hypertension.

Knowledge is power. Hope this helps!

## 4 More Clues for November's Mystery

This **November Mystery Rotarian** is going to be a big enigma for the Farragut Rotary sleuths. Perhaps these clues will offer some help and hope!

- Spent summers on their grandparent's dairy farm in Maryville
- A Stage 3 cancer survivor
- Graduated from UT with a degree in Hotel-Restaurant Administration
- Visited 41 of our 50 states



The first correct guess emailed to TOM KING takes a bottle of wine home. If the Mystery Rotarian remains unmasked after our clues they will enjoy the wine!!

## Thought for the Week

“Before you marry a person, you should first make them use a computer with slow Internet to see who they really are.” — **Will Ferrell**