
THE FLAGSHIP



Nov. 12, 2023

Tom King, Editor

Coming Up!!!

Nov. 15: SINGO

Nov. 16: Third
Thursday, 5:30 p.m.,
Sparrow Wine 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)

It's



TIME!!

Knowing your music is what **SINGO** is all about. The best description is it's "singing bingo." And we'll have fun playing it in the Farragut Community Center gym on Wednesday at 12:15 p.m. Our Music Man Tom Marsh will be our Master of SINGO!

Tom passes this along: It's basically bingo, but instead of calling out letters like B-10 or G-57, we play a song and if you find the name of that song on your SINGO card mark it with an X.

“It’s going to be a simple game and you can win just as in bingo — horizontal, vertical or diagonal,” Tom said. The winner of each game will get 300 Paul Harris points. We’re asking a \$25 donation for anyone who wants to play and they will be billed by Treasurer Steve Krempasky.

This past Wednesday Tom mentioned an “app” you can use — the Shazam app. You can download it to your cell phone. “When a song starts the app will let you know the title of the song. We may also recap the songs we just did — usually five at a time...hopefully we can get three games in. It’s a really fun game,” Tom said. Just yell SINGO!!!!!!

Triple HHH Talks Life — His & Ours

It was a feel good day Wednesday for the Rotary Club of Farragut at the Farragut Community Center. Popular 98.7 NewsTalk personality **Hallerin Hilton Hill** — or Triple HHH — was in the house talking about his life, its ups and downs, hope, our attitudes, goals and life, as only HHH can.



After he focused on having hope, someone suggested he’s now “Four HHHH.”

“I am fatigued by politics and bad news,” he began. “I’m going to talk about my life some. I’ve been through a lot. It goes so fast. Sometimes we all need to pause and look in the mirror.”

(Pictured here with Hallerin is President Val and PDG Greg Maciolek)

After a disappointing start in the radio business at WGOD Radio in the Virgin Islands, he came to Knoxville 33 years ago looking to start over, from nothing. He and wife Nedra lived in a bedroom in his sister's home in Mechanicsville.

“I got my resumes and business cards and left them everywhere around town. I heard about a radio guy at WOKI-FM who had to take a leave I walked into the station said I could be the fill-in. Jim Dick hired me as a temporary employee for \$6.80 an hour. I knew then I was going to make it. I had hope.” Dick hired him full-time. And he made it.

Today he is a successful radio and TV personality, songwriter, motivational speaker and a highly regarded talk show host five days a week.

Then came his life advice. Joy, he said, is a habit. Be a giver. When you can't get it done, go to God — “the architect of hope.” Hit the reset button.

He also left us with a collection of wise words to keep us mentally and emotionally healthy.

- Gratitude (being grateful, not hateful)
- Attitude — check it and fix it all day long
- 555+1 = Everyone should have a morning ritual — 5 minutes each of reading, meditation and prayer
- Take a rest day weekly
- Work well with joyful excellence
- ESN — Exercise, Sleep, Nutrition
- Growth — set & achieve goals

Thanks HHH for a great day!

Our Meeting's Guests

Let's meet our guests we welcomed to our Wednesday meeting.

- PE Teri Jo Fox had a very, very special guest — her mother **Connie Jo Williams**, pictured here with Teri Jo. Lots of love and smiles were at that table!



- Alex Barnwell had two guests — **Richard Castleberry** is a Risk Management Specialist at Barnwell Insurance and **Josh Crotty**, an actor and an entrepreneur who is brave enough to play golf with Alex and Greg Tilley. Fore on that group!!!!



- PP Peggy Wilson, wearing one of her signature classy hats, had a special guest as well — daughter **Missy Bassett**. They are pictured here.

- We had one Visiting Rotarian — **Past Dist. Governor Greg Maciolek**, who is a past president (at least twice)

of the Knoxville Breakfast Rotary Club.

- And **Tammy Cheek** of the Farragut Press joined us too.

Y'all come back, ya hear!!

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.

Nov. 16 @ Sparrow: Third Thursday!

Family of Rotary Chair Cindy Kraus has us lined up at a new Farragut watering hole for November's Third Thursday. The fun will begin at 5:30 at the **Sparrow Wine Bar** in the West End Shopping Center at 141 West End Ave. this coming Thursday.



You will be treated to wine flights, cheese flights, and wine by the glass or bottle. Sparrow is becoming known for its charcuterie boards and desserts. They also have non-alcoholic options. Next door they have a cheese shop, Euphoric.

We'd like to know about how many will attend, so here is the sign-up [LINK](#) for everyone! We have 12 who have already RSVP'd. This also counts as a meeting makeup.

This Week's Family of Rotary News/Updates



On Friday **PP Jim O'Brien** had his 39th and "LAST" proton treatment at the Thompson Proton Center (TPC). "Afterwards, I was honored to recognize the several members of the TPC staff who took such excellent care of me. I was surrounded by my family," Jim said. Pictured with Jim are Rotarian son-in-law Jonathan Jackson, his wife Meghan, granddaughter Lily and Jim's wife Diane. "My granddaughter (Lily) helped me ring the Victory Bell to mark my 'graduation.' Thanks to all who have provided

support, encouragement, and prayers through this process. God willing I'll soon be cancer free again!" Amen Colonel!

Julie Blaylock shared news about her mother, **Agnes Predny**. "We found out Monday that my mother's recent checkup turned up a suspicious spot on her right lung. She will have a PET scan this coming Friday," Julie said. "At least as of Monday, she said she's finally quit smoking, so there's that silver lining. Prayers and hope appreciated from all. I really appreciated Hallerin's message Wednesday. As if losing Bettye Sisco and Eric's Mom and Dad in succession not long ago was not enough this year."

It's been a roller-coaster month for **Madi Markowitz** and Mom and Dad. Here is the latest update from **Stephanie**: "She had a setback Friday and I thought she was going to have to go back to ER but we went to the doctor this morning (Saturday) and she is doing better. He said this can last 14 days. So she's at the half-way mark. She's in good spirits today. She's been one sick girl. I've been more scared this week than when she was in NICU when she was born." Great news!



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!!



Emergency Contacts: It's IMPORTANT!

More than 80% of our members have not updated their emergency contact information on our website and DACdb. The Board of Directors is asking all members to update their **Emergency Contact** information as soon as possible.

Here is the process: 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 below. If you need your sign-in and password and have no clue how to do this, please contact **Secretary Sonya Ford** and she will help you. You can call or text her at (865) 323-3780.

This is for your safety so we know how to find your emergency contact person should that ever be necessary.

News & Notes to Note

Brockamp's HIS Security Team Mops Up! Bell Ringing; FHS Dancers; CityView Features Jim O'Brien; & Light the Park

Kudos to our **Scott Brockamp** and his team at **His Security & Technology** for hitting the “trifecta” — being selected as the Best of 2023 as the Farragut Readers Choice, Best of Knoxville's Community Choice, and Best of Cityview Magazine in the category of Security Systems. “We have been Readers Choice in Farragut for 7 years running, and I think 3 years running for Cityview. To receive these awards is a great honor,” he said. Congratulations to Scott and his team!



It's not too soon to think about volunteering for our **2023 Salvation Army Red Kettle Bell-Ringing Team — The RCF Ding-a-Lings**. Boss Ringer Mike Singletary has our team lined up for the two Saturdays before Christmas — Dec. 16 & 23 — at the Farragut Kroger. More details to come. Mike will be passing around a sign-up sheet on Wednesday.



Megan Belcher is a major dance mom for the **Farragut High School Dance Team** and she shared this photo from last weekend (Nov. 4). The team won first place in both the Jazz and Pom state competition at Middle Tennessee State University. Her “little girl” **Piper Grace** is at the left end of the first row. Not to be outdone, the Farragut Middle School team also won first in the same categories!!! Way to go ladies!!!

Perhaps most everyone has seen the superb story on **PP Jim O'Brien** in this month's edition of *Cityview* Magazine. It is a story about the many avenues of service Jim has traveled and still travels. It covers his military service, Rotary and everything else he has touched in his own special way. If you have not seen it, here is a [LINK](#). You'll enjoy it!

“Light the Park 2023” needs to be on your schedule. Get your holiday season started by joining the Town of Farragut as the switch gets flipped on a massive light display at Founders Park at Campbell Station Road on Monday evening, Nov. 20. **Countdown to Light the Park** starts at 5:30 p.m. with a full slate of activities, including a visit from a special guest in red. A special guest from the North Pole will say hello at 6:30 p.m. and the lights come on at 6:45 p.m. This year's event brings fresh activities. 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. For more details, click this [LINK](#)

‘Medicine Man’ Documentary About Stan Brock Airs Tuesday at Regal Theaters

“**Medicine Man**” is a documentary about the late **Stan Brock** that will be shown once on Tuesday November 14 at all area Regal Cinemas. Brock founded Remote Area Medical (RAM) in Knoxville and many of our members have volunteered at RAM clinics.



The movie begins at 7 p.m. and tickets cost \$14 per person. Tickets are purchased online or at the door. Here is the [LINK](#) to the show’s website.

The documentary follows the unlikely journey of the British-born Amazonian cowboy turned star of TV’s Mutual of Omaha’s

Wild Kingdom. Brock sacrificed everything for his life-changing mission to bring free healthcare to remote and underserved communities across America.

This event also features an empowering short film about the vital work that RAM does in providing free healthcare across East Tennessee, rural Appalachia and the world.

This Month's Mystery: Keep Guessing!

My my my, we do have a Mystery unfolding, don't we? There is some serious sleuthing going about this fascinating **November Mystery Rotarian**. Eight members pulled me aside Wednesday and thought for sure their guesses were correct. Nope. Not close. Four more clues, boys and girls, and here they are:



- Eloped to Las Vegas at 22 after dating 6 weeks — on a dare.
- Loves to paint or be creative using Photoshop.
- Favorite book is The Bible. “I read it every day.”
- Has been part of several medical trials for migraines.

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

A Happy Veteran's Day Thought

