
THE FLAGSHIP



October 23, 2022

Tom King, Editor

Coming Up!!!

Oct. 26: David Crocker,
Founder, Operation In
As Much

Nov. 2: Board of
Directors, 11 a.m.

Nov. 2: Club Assembly

Nov. 9: Kara Finger,
Wesley House

Nov. 16: Howard Fass
(who is that???)

Nov. 17: Third
Thursday, 5:30 p.m.,
location TBA

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

Operation Inasmuch Founder David Crocker Speaking Wednesday

Retired Minister David Crocker (will he ever retire?) is the founder of Operation Inasmuch and now working part-time for this global ministry. David served nearly 30 years as a pastor and senior pastor in various church settings and he and the leaders of Snyder Memorial Baptist Church in Fayetteville, N.C., inaugurated the first two Inasmuch Days in 1995. And the rest is history.



On Wednesday we will hear from Crocker, who today is responsible for communications intended to advance the knowledge and practice of serving people globally. Using the Inasmuch model of compassion ministry, it empowers believers to live out their calling to

serve others and experience the joy that comes from serving.

Crocker wrote the books “Operation Inasmuch: Mobilizing Believers Beyond the Walls of the Church” and “The Samaritan Way: Lifestyle Compassion Ministry” in order to encourage and equip churches to serve their communities with compassion.

David founded Operation Inasmuch, Inc. in 2006 after serving several years as senior pastor of Central Baptist Church of Fountain City. He also served as a Trustee of Carson-Newman College.

Our Vicki Williams is a member of the Operation Inasmuch board.

UT Beats ‘Bama! ‘Greatest Game Ever?’ Tom Mattingly Says ‘Maybe’ It Is!

With a score of 52-49 still on his mind, University of Tennessee sports historian **Tom Mattingly** said the Vols’ victory over Alabama “was the greatest game ever played in Neyland Stadium.” He then allowed that with time it may be rated as the best game ever in the history of college football.”



*Tom Mattingly with his two buddies
— John Hoffman & Bill Nichols*

Mattingly, 74, an author and walking encyclopedia of UT sports, and not just football, entertained us with stories about big moments and big people in UT’s rich history — Peyton Manning of course, Smokey the UT mascot, the 2017 coaching search involving names from that debacle, including fired Athletic Director John Currie and coaches Greg Schiano and Mike Leach (now at Mississippi State).

Mattingly and John Hoffman said hello again — they work elections together for the Knox County Election Commission.

He spoke about the tragic accident on Oct. 18, 1965 when a car with three UT assistant coaches collided with a train next to Westland Drive and killed all three, including Bill Majors, Bob Jones and Charlie Rash.

Tom is the author of “Tennessee Football: The Peyton Manning Years”; “The University of Tennessee Football Vault: The Story of the Tennessee Volunteers, 1891-2006”; and “The University of Tennessee Trivia Book” — among others. He also writes a weekly sports history column for the weekly Knoxville Focus.

Thanks for a fun program, Tom!

Our Guests for the Day

It was a very light day for guests on Wednesday....only two.

- PP Peggy Wilson’s guest was her husband, **Joe Wilson**.
- **Liz Gregor**, former Webb School Interact Club adviser and director of the International Center, was the guest of Bill Nichols. Liz brought a donation to our Foundation for Julie Tryukhan.



Family of Rotary Updates: Bradbury, Wilson & More

Today's news from **Judith Bradbury** is soooo great! "I am faring much MUCH better! PT has been progressing at pace. Can you believe I am walking around the house without a cane or walker? My primary focus at the moment is to be rid of pain pills altogether, which will help with nausea as well as allowing me to drive again — hopefully in a couple of weeks! I am so grateful for the driving help I have had from Rotary, friends and neighbors."



PP Peggy Wilson was with us on Wednesday but she shared her next health adventure with us. "It will be cataract surgery soon. I am legally blind in the left eye." Compared with past health issues, this could be a piece of cake for her!

Bettye Sisco says she's very tired these days. She says her numbers "are doing good." She said she'll be going back to Duke in two weeks.

Denise Bash and daughter Chloe are on a two-week trip to Israel and having a blast. Denise rode a camel yesterday and stayed on for two minutes. She says no updates on son Benji. "He's just continuing therapy. It's a long road!" Have fun ladies!

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're Needing Sponsorships & Ticket Sales For Our 'Sock Hop & Cork Pop' on Dec. 2nd

Put on your saddle shoes and poodle skirts, slick back your hair guys and let's relive those days on the dance floor and you'll be ready for our **"50s Era Sock Hop & Cork Pop"** on Friday Dec. 2. The fun — and this will be major fun — will be at the Farragut Community Center. The doors will open at 6 p.m.



President Megan Belcher will do the "how low can you go?" limbo and Ralph Henry and his bride will show young and old what the real "jitterbug" looks like.

This will be our club's major fundraiser this Rotary year to support the projects and organizations that deserve our attention. It is only five weeks away and Dec. 2 will arrive quickly.

To date we have \$21,500 in sponsorships after Sonya Ford and Citizens Bank became a Bronze sponsor with a \$500 sponsorship. We hope for and need additional sponsorships to make this evening a HUGE success! Sponsorships include multiple tickets and other goodies!

One member said if the club raises \$10,000 then they would match it and to date we have raised \$11,500 and that match gives us the \$21,500 — so far!!!

There are three levels of sponsorships available: **Gold** - \$2,000 and above; **Silver** - **\$1,000**; and **Bronze** - \$500.

Tickets are \$100 each and \$75 of each ticket is tax deductible through our Rotary Club of Farragut Foundation. All checks and credit card payments

need to include that this donation is for this fundraiser. Items bought at the live and silent auction also are tax deductible. We will not be billing members for any of these charges. This simplifies the bookkeeping.

Other fast facts:

— Event Chairs Scott Brockamp and Jerry Schwallier are asking and hoping that each member will buy at least 2 tickets. Our goal is to sell 150 tickets @ \$100 each.

— We will have our meal catered by Trisha Kelly, who owns Classy Caterer.

— Details for a dance contest will be forthcoming.

— VP Teri Jo Fox and Julie Blaylock are spearheading the auctions. We are asking members to donate items for both auctions. Be creative!!!!

To date we have these sponsorships committed:

GOLD: Faye & Tom King, \$2,500; M&M Development, Sam Mishu, \$2,500; Engels & Volkers, Cindy Kraus, \$2,000.

SILVER: HIS Security, Scott Brockamp, \$1,000; Fox Knox Real Estate, Teri Jo Fox, \$1,000; TN Bank, Mark Holder, \$1,000.

BRONZE: First Bank, Andrew Vollman, \$500; United Community Bank, Megan Belcher, \$500; Citizens Bank, Sonya Ford, \$500.

Here is the [LINK](#) to sign up for the “Sock Hop & Cork Pop.”

Julie's Moved In & Needs Household Items, Has Amazon Page for Shopping

Julie Tryukhan and her two kids have moved into their new apartment and she's in the process of setting up their new household. Her children Mark and Polly now have their own rooms and are settling in.

There are a number of items she needs and we're asking members to consider helping them by going shopping for her on her registry at Amazon. She needs basics, things like the following:

- 12-cup coffee maker
- Toaster
- Plastic coat hangers
- Iron
- Vacuum cleaner
- Frying pans
- TV stand for the kids
- Kids craft table



Julie says as soon as she gets their clothes in drawers Mark and Polly enjoy emptying the drawers!

Her complete needs are on the registry.

And she says this: “This does not mean that people have to buy the items from those links. It’s just to give everyone an idea of what I have in mind for those items and what we need.”

Keep in mind she came here with only the clothes and items she could put into her travel bags.

If you can shop for them, here's the [LINK](#) you need. Thanks to one and all.

Fun-Filled ‘Spooktacular’ Draws 13 To Chuy’s for Third Thursday Social



Alex, Paula and Fred

Third Thursday’s “Spooktacular” at Chuy’s was fun fun and more fun....and it took only 13 of us to have the fun. The images you see here captured just snapshots of the good times. These club socials are special and we wish more members would participate.

Conversations were mostly about the great game and great Tennessee victory over Alabama. As one unnamed member said: “We rolled the Tide!” Our Dec. 2 “Sock Hop & Corn Pop” was talked up and someone mentioned the quality of our programs this year. Take a bow President Elect Val Privett, our Programs Chair.



“Hey Larry!!!!!!”

Coming together were Fred Adomat and his friend Paula Womack, Jeanne and Dr. Jack Faber, Anita and Mike Singletary, Faye and Tom King, Larry Sheumaker, Mary and Rev. David Bluford, Jerry Schwallier and Alex Barnwell. Family of Rotary Chair Cindy Kraus showed up but headed home under the weather before the fun started.

Chuy’s is a great venue and perhaps a candidate for an “SRV” — Serious Return Visit — at some point down the road.

As for Nov. 17’s Third Thursday location — stay tuned!!! Cindy’s already thinking about it.

News and Notes

Hoffman Solves October's Mystery; HarvestFest on Oct. 30; VMC & MOH

During a lunch not long ago our **October Mystery Rotarian** shared a few details of his life with **John Hoffman** and John was listening. That conversation got John to thinking and he correctly unmasked **Tory Kinson** as the Mystery Man. John took home a superb J. Lohr Pinot Noir wine from Dixie Lee Wines & Liquors and was very happy, as the picture clearly shows.



There's a whole lotta fun planned on Sunday Oct. 30 at Village Green Shopping Center. It's the first annual **2022 Harvest Fest**, a new autumn tradition event sponsored by SouthEast Bank. It begins at 2 p.m. and runs 'til 6. The highlight will be a Festival Halloween Costume Contest. The three judges are all Farragut Rotarians — Farragut Mayor Ron Williams, County Commissioner Kim Frazier and Farragut West Knox Chamber CEO Julie Blaylock. Costume judging is set for 3:45 p.m. There will be 48 retail and promotional booths (including food and beverage) and four hours of live entertainment with "Mighty Blue" at 2 p.m. and "Solstice" at 4:30. And it's all FREE!!!!

The Mission of Hope (MOH) is having a special event for a good friend of our club — **Emmette Thompson**. It is a "Thank You Gathering" for Emmette on Sunday, Nov. 6, at the Rothchild Catering & Conference Center (8807 Kingston Pike) between 2 and 5 p.m. Emmette recently retired after serving the MOH for 23 years. They are requesting RSVPs at (865) 584-7571 or email at this [LINK](#)

The Doctor Says Think ‘Prevention’

In today’s *Medical Moment*, **Dr. Charlie Barnett** has a simple piece of advice: “Prevention is best.”

Most folks would agree that a daily walk or some form of aerobic activity is good for you. However, many are not aware of the additional benefits of strength training (anaerobic activity) in maintaining good health and life extension. Strength training is best defined as moving a weight against gravity such as leg squats, weightlifting, push-ups, rubber bands stretching, etc.



Multiple studies show the association of poor muscle strength and conditioning with shortened life expectancy (<https://pubmed.ncbi.nlm.nih.gov/28991040/> and <https://pubmed.ncbi.nlm.nih.gov/20142372/>).

In trying to postpone the inevitable, an excellent study from Sweden followed 1.1 million males for 24 years beginning in adolescence. They found a 30% reduction in premature mortality due to any cause.

<https://pubmed.ncbi.nlm.nih.gov/23169869/>

How much exercise is enough? Current recommendations are 150 minutes of moderate intensity exercise or 75 minutes of high intensity exercise per week (this would include both aerobic and strength training). A rough rule of thumb for moderate intensity exercise is if you can talk but not sing during the exercise. High intensity exercise would be shortness of breath that would prevent even talking.

A Thought for Our Week

