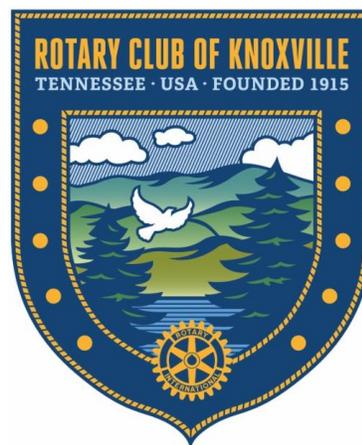


# ROTARY FORWARD

The Weekly Newsletter of the  
Rotary Club of Knoxville



February 2, 2021

Club Meeting Location: Zoom at 12pm

## Upcoming Events

**February 2, 2021**

RCK Meeting  
Program: Clayton Wood,  
Executive Director  
Thrive Lonsdale

**February 4, 2021**

2021-22 Board of Directors  
4pm Zoom Planning Meeting

**February 9, 2021**

RCK Meeting  
Program: TBA

**February 16, 2021**

RCK Meeting  
Program: Janet Sexton,  
Knox County Reading Programs

**February 17, 2021**

2020-2021 Board of Directors  
11am Zoom Meeting

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## 2020-2021 Officers & Directors

### ROTARY INTERNATIONAL

Holger Knaack, President

### THE ROTARY CLUB OF KNOXVILLE

President: Paul Kedrow  
President-Elect: Ginny Morrow  
Vice President: Bill MacGrath  
Secretary: Shannon Holland  
Treasurer: Whit Addicks  
Representative of Past Presidents: Ellen

**Tuesday, February 2, 2021**

**Location: Zoom**

RCK's weekly meeting will be held **virtually** on Tuesday, February 2, 2021. You may join us via Zoom from your PC, Mac, Linux, iOS, or Android using the link below:

<https://zoom.us/j/92215413313>

Meeting ID: 922 1541 3313

**Presiding:** President Paul Kedrow

**Pledge & Invocation:** Jim Decker

**Program Chair:** Annette Winston

**Program:** Clayton Wood

**4-Way Test:** Ed Anderson

*February is Peace and Conflict Prevention/Resolution Month*



**Upcoming Program:**

**Tuesday,  
February 2, 2021**

**Clayton Wood,  
Executive Director  
Thrive Lonsdale**

Clayton grew up in Wears Valley, TN where his parents operate Wears Valley Ranch, a Christian home for children. He has a degree in English Literature from UTK and a law degree from Washington and Lee. After practicing law for several years, the Lord called him to the position of Executive Director at Thrive in 2012. He is a pastor at Lonsdale Community Church and enjoys ministering to our neighbors here in Lonsdale. Clayton loves

Fowler

Directors: Jim Alexander, Jeff Allen,  
Virginia Babb, Kim Isenberg, Frank  
Robinson, and Emma Webb

Club Administrator

Cate Bolden

Office Phone: 865-523-8252

Fax: 865-521-0664

Email: [office@knoxvillerotary.org](mailto:office@knoxvillerotary.org)

### The Object of Rotary

The Object of Rotary is to encourage and foster the ideals of service as a basis of worthy enterprise and, in particular, to encourage and foster the following:

- **FIRST.** The development of acquaintance as an opportunity for service;
- **SECOND.** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- **THIRD.** The application of the ideal of service in each Rotarian's personal, business, and community life;
- **FOURTH.** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

### The 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?

### Rotary Office Holiday Schedule

September 7  
Labor Day

November 11  
Veteran's Day

November 26 & 27  
Thanksgiving

December 25  
Christmas

spending time with his wife, Danielle, and his 5 children, and is an avid fan of all things Vols, especially Tennessee Basketball!

### Rotary Record - January 26, 2021

Vice President **Bill MacGrath** called the meeting to order.

**Ray Mowery** led us in the pledge, followed by the invocation.

Secretary **Shannon Holland** made the announcements.

**Annette Winston** introduced **Keven Burdorf** of Performance Training, Inc.

The Four Way Test was led by **Ed Anderson**.



### Program Recap January 26, 2021

### Keven Burdorf, Performance Training Inc

Keven Burdorf, a certified personal trainer and certified nutritionist who is the co-ordinator of corporate wellness and fitness for Performance Training, Inc., Knoxville, gave a presentation, "How to Thrive in 2021," at RCK's January 26 meeting on Zoom.

Keven named the five action items recommended by the CDC to mitigate stress during the COVID pandemic, saying they are the same things he would tell a client who came to him for help with any problem:

1. Pause, breathe, notice how you feel. Breathing correctly is one of the most important things you can do for your health, he said.
2. Take breaks from unsettling content. He said that especially this year, taking breaks from screen time, whether it be your phone, computer or television, is extremely important.
3. Take care of your body.
4. Reach out and stay connected.
5. Seek help if overwhelmed or unsafe.

Keven said he began his study of nutrition during his "weight loss journey" of six or seven years when he lost 60 pounds, beginning in his sophomore year in high school into college. He grew up in a Minnesota family where a traditional meal was "a hot dish, meat and potatoes, and things we grew in the garden in the summer. You ate fast, because there wasn't much left afterwards; we were members of the Clean Plate

January 1  
New Year's Day

January 18  
Martin Luther King, Jr Day

February 15  
President's Day

May 31  
Memorial Day

July 4  
Independence Day

### Quick Links

[Rotary Club of Knoxville](#)

[Rotary District 6780](#)

[Rotary International](#)

[E-MAKEUPS - E-Club One](#)

Club Membership Forms:

[What is the Rotary Club of Knoxville?](#)

[Membership Proposal Form](#)

[How to Sponsor a New Member](#)

[Explanation of Member Dues &  
Contributions](#)

### Subscribe to the Rotary Forward:

[Click Here to Subscribe](#)

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Club.”

He discovered that the hot dish was mainly a source of calories, and to be healthy, he learned that he needed to have more vegetables on his plate than just potatoes.

As a healthy lifestyle, he said “You may be lucky enough to have good health, but you won’t be lucky twice.” Maintaining good health is intentional. It’s based on learning from evidence (science) and transforming that knowledge into habits. It takes 30 to 45 days to form a habit that sticks, he said.

His Eight Golden Rules of Health (with some interesting observations) are:

1. Don’t overeat. (Eating slowly greatly facilitates this rule. In a study, 90% of people who did nothing but slow down the speed at which they ate a meal, lost weight. One reason the hormone that dictates feeling full after a meal takes 15 minutes to kick in.)
2. Eat mostly whole foods, which he describes as “food that when you look at it, you can tell what it is.” The more real the food, the greater the nutrition; the more added ingredients, the more calories and less nutritional value.
3. Drink water. Among other benefits, it has a positive effect on cognitive ability. A study has shown that college students who drank water stayed more attentive in class, even more than those who drank caffeinated beverages.
4. Move actively every day. (Keven likes to say “move,” because it’s not necessary to follow a formal exercise routine.)
5. Lift heavy things now and then. This rule, and the one before, are particularly important in maintaining muscle mass and cardiac health as we age.
6. Sleep well. Turn off screens 45 minutes to an hour before sleep.
7. Manage stress.
8. Be a good friend- stay connected!

(See the link below for details on these rules, their rewards, and strategies for following them.) Keven named some resources for help with maintaining a healthy lifestyle, in addition to Performance Training, Inc. They are Knox County Health Department; your primary care physician; and in-network coverage provided by your health insurance company.

Meeting Scribe: **Alice Torbett**

The Zoom meeting and Keven's presentation may be viewed at [this link](#).

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**Update on Don Hasson:** Don Hasson is in the hospital battling COVID-19. RCK sends him best wishes for a full and speedy recovery!

**RCK will meet by Zoom through the end of February.**

**2021-2022 Committee Preference Forms:** Planning has begun for the 2021-2022 Rotary Year. President-Elect Ginny Morrow requests that you fill out the [Committee Preference Form](#) and return it to the Rotary Office by Wednesday, February 3rd. A description of each committee may be found on our website - <http://knoxvillerotary.org/committees.php>. Please contact Cate at the Rotary Office with any questions.

**Beaumont Virtual Book Club is BACK!** The Beaumont Magnet Academy Virtual Book Club will meet on the following dates from 3:30-4:00; 2/3, 2/10, 2/17, 2/24, 3/3, and 3/10. You can sign up by contacting [Mark Webb](#) or on Sign Up.com using the following steps:

- 1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/DmWywim>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's easy - you will NOT need to register an account or keep a password on SignUp.com.

Thanks to Ray Mowery, Ron Fuchs, Ellen Fowler, Emma Webb, and Mark Webb for reading in the Fall!

**Supporting the Community of Beaumont Elementary:** The Local Community Service Committee is collecting funds for the children at Beaumont Elementary. After consulting with the school, it has come to light that January & February are the most difficult months for Beaumont families, as they often receive lots of support during the holiday season, but come January some need to choose between paying rent or purchasing food. The committee is working to support these families, and to ensure the children have food to eat in this uncertain time. If you would like to contribute, you may do so through [Paypal](#) or by sending a check to the Rotary Office, with LCS Beaumont in the memo line. Contact Ray Mowery or Emma Webb for more information!

**Not getting Rotary emails?:** Do you feel like you're missing information? Some email servers, like Gmail, block emails from unknown senders, or automatically add them to spam. Take a moment to check your spam folder, and add [mailservice@dacdb.net](mailto:mailservice@dacdb.net) to your address book as a trusted sender! If you find any Rotary emails in spam, mark them "not spam" and move them to your inbox. Contact the Rotary Office if you have any questions.

**Do you know someone who tells great stories?:** The Program Committee is always looking for speakers! Contact Program Chair [Annette Winston](#) with suggestions.

*Do you have an upcoming Rotary committee meeting or event? Please notify the Rotary Office ([office@knoxvillerotary.org](mailto:office@knoxvillerotary.org)) to include it in our weekly announcements.*

## 2021 ROTARY INTERNATIONAL CONVENTION UPDATE



The Rotary International Convention, scheduled for 12-16 June 2021, in Taipei, Taiwan, will now be a **virtual event** in response to the ongoing threat of COVID-19.

From the RI Board of Directors: We are sorry that we will not see you in Taipei this year, but this decision, made by the Rotary Board of Directors, is necessary to protect the health of everyone involved. We will share more details about the 2021 Rotary International Virtual

Convention soon.

More information can be found at <https://convention.rotary.org/en/taipei>.

## MATESZALKA CHRISTMAS RECAP

Rotarians and Inner Wheel Members in Mateszalka utilized donations from our club to purchase and distribute Christmas gifts for orphans and children in foster care.

This year's gifts included tablets with a year of internet access to assist in access to virtual school in the event of closures due to COVID-19. The students also received gifts from their wish lists like toys, coloring books, etc.

Thank you to all who donated to help provide Christmas for these children in Hungary!



## SAVE THE DATE



# SAVE THE DATE!

## 1st Annual Rotary Foundation of Knoxville Spring Cirqtacular



Thursday May 20th, 2021  
Zoo Knoxville

## WEEKLY POLIO UPDATE

### *Polio Headlines:*

- Meeting virtually at this week's WHO Executive Board (EB), global health leaders and ministers of health urged for concerted and



emergency efforts to finally rid the world of polio, noting a global and collective responsibility to finish the disease once and for all. Delegates also reiterated their support for the sustainable transitioning of polio assets, recognizing that successful polio transition and polio eradication are twin goals. [Read more...](#)

*Please note that due to the time it takes to investigate, confirm and report wild polio cases, actual numbers for 2021 will not be available until February or March of 2021.*

**Afghanistan: 0 wild polio type 1 (WPV1) cases were reported this week.** There were 56 cases reported in 2020, while the total number of cases reported in 2019 remains 29.

**Pakistan: 0 wild polio virus type 2 (WPV1) cases were reported this week.** Reported cases in 2020 total 84, while the total number of 2019 cases remains 147.

#### Wild poliovirus (WPV)

**Total global cases in 2020: 140** (compared to 156 for the same period in 2019)

**Total global cases in 2019: 176**

#### Circulating vaccine-derived poliovirus (cVDPV) cases

**Total global cVDPV cases in 2020: 932** (compared with 261 for the same period in 2019)

**Total global cVDPV cases in 2019: 378**

## DATES TO REMEMBER

**Thursday, February 4** - 2021-22 Board of Directors Planning Meeting on Zoom, 4pm

**Wednesday, February 17** - 2020-21 Board of Directors Meeting on Zoom, 11am

**Tuesday, February 23** - Rotary's Birthday, World Understanding & Peace Day

**Thursday, May 20** - RFK Spring Circutacular at Zoo Knoxville

**June 12-16** - Rotary International Virtual Convention

## FEBRUARY BIRTHDAYS & ANNIVERSARIES



The Rotary Club of Knoxville wishes a very Happy Birthday to the following members celebrating a birthday this month:

2/3: **Wes Stowers**

2/3: **Mark Webb**

2/9: **Phil Mitchell**

2/10: **Jennifer Sepaniak**

2/12: **Shannon Holland**

2/19: **Pat Rutenberg**

2/23: **Brian Salesky**

2/25: **Ryan Dobbs**



Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves.

**Congratulations to the following members who are celebrating their Rotary anniversary this month:**

**John Bailey** - 36 years

**Townes Osborn** - 28 years

**Charlie Harr** - 26 years

**Anthony Wise** - 8 years

**Randy Boyd** - 4 years

**Bart McFadden** - 3 years

**Shane Jackson** - 1 year

**Carol Kelly** - 1 year

## AREA ROTARY CLUBS

**Monday:** Lenoir City-12Noon, Loudon County Visitors Bureau;Oak Ridge Sunset-5:30pm, Emory Valley Center

**Tuesday:** Clinton-12Noon, Clinton Community Center;Loudon-12Noon, Blairland Baptist Church; Morristown A.M.-7:30am, Morristown Country Club

**Wednesday:** Farragut-12:15, Fox Den Country Club; Knoxville Breakfast-7:00am, Gus's World Famous Chicken; Maryville-12Noon, Blount County Public Library; Morristown-12Noon, Morristown Country Club; Oak Ridge Breakfast-7:15am, The Unitarian Universalist Church of Oak Ridge  
**Thursday:** North Knoxville-12Noon, Litton's Restaurant; Oak Ridge-11:45am, Doubletree Hotel;  
**Friday:** Knoxville Volunteer-12Noon, Blount Mansion; Bearden-12:15pm, Bearden Banquet Hall

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**ROTARY CLUB OF KNOXVILLE** | [www.knoxvillerotary.org](http://www.knoxvillerotary.org)  
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