

ROTARY FORWARD

The Weekly Newsletter of the
Rotary Club of Knoxville



November 10, 2020

Club Meeting Location: Crowne Plaza Knoxville & Zoom at 12pm

Upcoming Events

Tuesday, November 10, 2020

RCK Club Meeting
Veterans Day Program

Tuesday, November 17, 2020

RCK Club Meeting
RI Foundation Program

Tuesday, November 24, 2020

RCK Club Meeting
Speaker: Dr. Barry Rouse

Tuesday, November 10, 2020 Location: Crowne Plaza (with Zoom Option)

RCK's weekly meeting will be held on Tuesday, November 10, 2020 at 12pm at the Crowne Plaza. You may also 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: Randy Corlew

Program Chair: Demetrice Hall

Program: Veterans Day

4-Way Test: Bob Samples (via Zoom)

November is Rotary Foundation Month

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
Fowler

Directors: Jim Alexander, Jeff Allen,

Virginia Babb, Kim Isenberg, Frank

Robinson, and Emma Webb

Club Administrator

Cate Bolden

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Upcoming Program:

**Tuesday,
November 10,
2020**

Veterans Day Program
Demetrice Hall, Chair

Members of the Rotary Club of Knoxville have a long tradition of military service, from our founders to many veterans in our club today.

Rotarian Demetrice Hall, a 24-year veteran retired from the US Air Force, has arranged for a guest speaker who is also a veteran, Retired Navy Command Master Chief and current CEO of Linton Leadership and Management Consulting, LLC.

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
January 1
New Year's Day
January 18
Martin Luther King, Jr Day
February 15
President's Day
May 31
Memorial Day

Rotary Record - November 3, 2020

President **Paul Kedrow** called the meeting to order.

Sam Albritton led us in the pledge, followed by the invocation, via Zoom.

Paul Kedrow welcomed our visitors and guests.

Secretary **Shannon Holland** made the announcements via Zoom.

Whit Addicks introduced speaker **Michael Waltke**, of the Helen Ross McNabb Center.

The Four Way Test was led by **Bob Samples**.



Program Recap November 3, 2020

**Michael Watke,
Helen Ross
McNabb Center**

Michael Waltke with the Helen Ross McNabb Center was last week's speaker. He is a licensed social worker and serves as the Senior Director of Mental Health & Recovery Services and has been with McNabb for 20 years.

Helen Ross McNabb has a \$70 million budget and no debt. They serve those with the most serious challenges, children & adults, uninsured and under-insured. They try to figure out a gap in the community and try to fill it.

McNabb opened in 1948 as the 1st mental health center in Tennessee. Its main focuses are Mental Health Services, Addiction Services, Social Services and Victim Services (which includes their sexual assault and domestic violence centers). They serve 29 counties and in a typical year see 29,000 clients; this year over 31,000 people have been served.

Mr. Waltke discussed how 1 in 5 people will experience mental illness each year and 1 in 6 youth experience mental health disorders each year. In youth it is not diagnosed as an illness until they are an adult. The most prevalent mental illnesses are:
Anxiety Disorder – 19.1%
Depression – 7.2%
PTSD – 3.6%

There is a lack of access usually to do with stigma; people don't like to talk about needing mental health help, and a lack of insurance is also a problem. In the US, 60% of the counties do not have a single practicing psychiatrist, making access difficult. As a society we can help by trying to reduce the stigma and showing compassion.

Mental Health impacts the community with 1 in 8 ER

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](#)

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visits caused by mental illness or substance abuse. Serious mental illness leads to millions in lost earnings each year. 70% of youth in juvenile justice system have a mental disorder diagnosis.

Mr. Waltke also discussed suicide and shared that if you are worried about someone hurting themselves, you should ask in a compassionate way. The suicidal person will usually talk about it. Suicide is the 2nd leading cause of death for ages 10-34; the 10th leading cause of death in the US with 132 suicides per day (he made the analogy of a large plane crashing every day); and the highest rate of suicide is middle-aged white men.

He also discussed substance abuse and that Tennessee has the 3rd highest prescribing rate in the country. If you notice someone's behavior changing, it might be a reason for concern.

And then he discussed the topic of the moment – Covid and how it is impacting the services at McNabb.

- McNabb is not seeing a huge uptick in suicides and crisis services. There is an increase, but not a huge significant increase. However the way data is collected, it will take 2 years to know if suicides have increased during this period
- They are seeing more people with depression & anxiety
- More people who have never accessed mental health before
- 25% increase of people with their first appointments, able to provide help through tele-health. More people are able to access
- Overdose services have been going up

Why is Covid impacting mental health? All of these cause stress:

- Basic needs are harder to access (i.e., toilet paper)
- People getting sick
- Virtual at home learning, juggling work/home life
- Lost some of the things we like to take part in
- Financial stress
- Isolation

McNabb has a couple of new programs. The Crisis Counseling Program is funded by FEMA like when a natural disaster happens. They are also helping the working poor, those without insurance, and offering free mental health services.

Meeting Scribe: Virginia Babb

WEEKLY ANNOUNCEMENTS

Reminder: The Rotary Office will be closed on Wednesday, November 11, in observance of Veterans

Day.

7pm Thursday, November 12th is the next District-wide Facebook Live meeting: Our topic will be “Stories of Impact” and how our district clubs have worked with grants from the Rotary Foundation to make a difference in our communities here and abroad.

A speaker from each club will tell their short story about their project. The tentative list of projects to be shared include the following:

- * Peace Corners in Schools (Chattanooga Breakfast)
- * COVID Response (Oak Ridge)
- * Midwest Disaster Recovery (Pigeon Forge)
- * Suicide Prevention in Middle School and High School (Kingston)
- * Kenya School Nutrition (Lafayette)
- * River Mile Markers (Sparta)

Our District Social Media Chair, Andrea Ludden, will facilitate the meeting, and our District Foundation chair PDG Debbie Alexander-Davis will make introductions and lead the Q&A during the program. Log on to Facebook a few minutes before 7pm on Thursday, and navigate to the District page to joining the meeting.

[District 6780 Facebook](#)

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

AmazonSmile benefits the Rotary Foundation of Knoxville: As you begin your holiday shopping, navigate your browser to smile.amazon.com and set your charity to the Knoxville Rotary Student Loan Fund Inc. AmazonSmile will donate 0.5% of the purchase price for your orders to our Rotary Foundation! Don't forget to bookmark the site for next time!

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

VOLUNTEER TO RING THE BELL FOR THE SALVATION ARMY



It's that time of year again! The Rotary Club of Knoxville has reserved two locations to ring the bell for the Salvation Army on Saturday, December 12th. 2-hour shifts are available at West Town Mall near the Cheesecake Factory and at the Dillard's entrance facing Kingston Pike from 8am-8pm.

The Salvation Army is working to keep volunteers safe from COVID-19. Every volunteer will be given a PPE kit prior to their shift. This kit will include a mask, disposable gloves, disposable apron and disinfectant/sanitizer.

Contact the Rotary Office to reserve your shift! Email Cate at office@knoxvillerotary.org or call 865-523-8252.

SIGN UP FOR VIRTUAL BEAUMONT BOOK CLUB!

The Rotary Beaumont Magnet Academy Book Club is back in session - virtually!

We will be reading and discussing books with kids by Zoom videoconference the following dates

Nov 11, 2020 03:30 PM

Nov 18, 2020 03:30 PM

Nov 25, 2020 03:30 PM
Dec 2, 2020 03:30 PM
Dec 9, 2020 03:30 PM

If you would like to sign up for one of these dates, please follow instructions below.... And hopefully there will be more of these dates next semester! We're using SignUp.com (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/divxEJU>
 - 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.
- Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact [Mark Webb](#), and he will sign you up manually.



WELCOME NEW MEMBERS

On Tuesday, October 27th, **Margo Hughes** and **Ryan Rasmussen** were introduced as new members of the Rotary Club of Knoxville.



Margo Hughes is the Director of Strategy & Implementation for Bluemont Group (a Dunkin' Donuts franchisee). Margo is from Philadelphia, but grew up in Kassel, Germany, where her father sang in the state funded opera house. She graduated from the University of Tennessee with a degree in Advertising and spent the next 5 years working in New York City before moving back to Historic Old North Knoxville, where she lives with her husband, Jerad, and dog, Zeek. Some of Margo's favorite things are puns and dad jokes, singing, swimming and dresses with pockets. Margo's sponsor is **Dave Baumgartner**.

Ryan Rasmussen is the VP of Creative Structures, Inc. He was born and raised in Knoxville, and is a graduate of East Tennessee State University. Ryan and his wife, Krista, have two daughters; Addy is 5 and Eliza is 3. Ryan's sponsor is **Elaine McCulloch**.



WEEKLY POLIO UPDATE



Polio Headlines:

- The Independent Monitoring Board (IMB) for polio eradication will host its 19th meeting via video conference from 17 – 19 November 2020 to discuss overall situation report; ongoing COVID-19 impact, outbreaks and vaccine deployment among other issues. In preparation for the meeting, we have made the necessary meeting documents available [here](#).
- Fahima Ahmed Hassan is a 25-year-old community mobilizer who goes the extra mile to ensure parents of children under the age of five are well informed of the polio vaccination campaign and ready to vaccinate their children in Somalia. [Take a look at this photo essay](#) showing Fahima and other mobilisers lay the groundwork for vaccinators.

Afghanistan: No wild polio type 1 (WPV1) cases were reported this week. There have been 53 cases reported in 2020, while the total number of cases reported in 2019 remains 29.

Pakistan: 1 wild polio virus type 2 (WPV2) case was reported this week. Reported cases in 2020 total 80, while the total number of 2019 cases remains 147.

Wild poliovirus (WPV)

Total global cases in 2020: 132 (compared to 96 for the same period in 2019)

Total global cases in 2019: 176

Circulating vaccine-derived poliovirus (cVDPV) cases

Total global cVDPV cases in 2020: 605 (compared with 122 for the same period in 2019)

Total global cVDPV cases in 2019: 378

DATES TO REMEMBER

Thursday, November 12 - District 6780 Facebook Live Meeting

Monday, November 16 - 11am Board of Directors Meeting on Zoom

Thursday, November 26 - Thanksgiving Holiday

Tuesday, December 8 - Rotary Club of Knoxville Annual Meeting

Saturday, December 12 - Salvation Army Bell-Ringing at West Town Mall

Monday, December 14 - 11am Board of Directors Meeting on Zoom

NOVEMBER BIRTHDAYS & ANNIVERSARIES



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

11/1 - **Mike Parton**
11/2 - **Dave Baumgartner**
11/5 - **Joanne Latimer**
11/6 - **Fred Trainer**
11/7 - **Ginny Morrow**
11/8 - **Jim Alexander**
11/9 - **Terry Igoe**
11/10 - **Sam Weaver**
11/11 - **Kim Bumpas**
11/13 - **Lisa Robinette**
11/18 - **David Moser**
11/19 - **Brooks Clark**
11/20 - **Thomas Sullivan**



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:

Sam Coulter - 41 years
Jim Cundall - 36 years
Ellen Fowler - 22 years
Alan Hill - 17 years
Brooks Clark - 15 years
Jennifer Sepaniak - 11 years
Brent Midyett - 8 years
Robin Easter - 6 years
Whitney Ray-Dawson - 6 years
Ryan Dobbs - 5 years
John Billings - 2 years
Tyler Fest - 2 years
Christian Corts - 2 years

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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