COGS

Official newsletter of the
ROTARY CLUB OF KINGSPORT

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October 12, 2026

Desteny Clemons
Healthy Kingsport, A Program of the Kingsport Chamber



Desteny Clemons is the Director of the healthy Kingsport Program, and leads the Kingsport Chamber's health and wellness initiatives. Her work focuses on creating meaningful opportunities for individuals and organizations to embrace healthier lifestyles and improving the overall quality of life throughout the region. Desteny has a Associate Degree of Applied Science in Legal Office Administration from Northeast State Community College. She is also a graduate of the Tennessee Chamber of Commerce Executives TCCE Institute (March 2025) and a graduate of Leadership Kingsport's Class of 2023. Her leadership and professional contributions have been recognized through the PEAK Young Professionals Rising Star Award in 2024 and the Business Journal's Forty Under 40 Award in 2023. She will continue her professional development as a 2027 graduate of the U.S. Chamber of Commerce Southeast Institute for Organizational Management.

Desteny and her husband, Brian, have 5 children and a Labradoodle as their 6th child. They live to take advantage of all of the activities Kingsport has to offer. Their favorite place to be in outside, enjoying each other, family and friends.

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October 7, 2026 Meeting Summary

Attendance was 48.6%

Sharon Moore presided over the October 7 meeting of the Kingsport Rotary Club. Kenneth Calvert led members in the invocation and Pledge of Allegiance.

The club celebrated birthdays for Paul Montgomery and Kaylee Feathers. There were no member or wedding anniversaries this week. Members were pleased to hear that Bill Adams is recovering nicely and hopes to be back with the club soon. A special thank-you was also extended to Al Crymble for his work with new members and helping implement the club's new membership process. On September 30th, members participated in a video project designed to help tell the stories of Kingsport Rotary. The videos are now in post-production and will be shared across the club's social media platforms. Members can look forward to seeing them soon. The club's Grace and Grumpy project is also continuing to grow. The book is now being made into an audiobook, providing another way to celebrate and share this special project and its beautiful story. The club's annual wreath and poinsettia sale, the club's primary fundraiser, is coming soon. More information will be shared as the sale gets underway.

Upcoming Events

- Kennedy Elementary Spookyfest: October 29
- Friends of Warriors Work Day: November 14
- Sullivan County Rotary Friends-giving: November 18

Fundraising Committee: Kitty Frazier reported that apple butter ($9) and Grace and Grumpy books ($10) are available for purchase. Both will be made available at upcoming meetings and make great Christmas gifts. PolioPlus Committee: Jerry Miller reminded members about PolioPlus Day on October 21. The club's goal is to raise at least $1,500. Jerry also reminded members that donations are tax-deductible and that the Gates Foundation matches Rotary's contributions 2-to-1, making every donation go even further in the fight to eradicate polio. Public Relations Committee: Aundrea Salyer reported that the club currently has 21 YouTube subscribers, with a goal of reaching at least 50. Reaching that milestone will allow the club to provide free meeting streaming for members who are unable to attend in person. Press releases for the club's three newest members have been sent to the Kingsport Times News.



Pam Rehart introduced Susan Lodal and Gail Campbell, who shared the impressive 100-year legacy of the Dobyns-Bennett High School Band. The presentation highlighted the band's rich history and its longstanding connection to the Kingsport community. One memorable piece of that history is that Kingsport Rotary purchased the band's first uniforms, demonstrating the club's long tradition of supporting local students and community programs.

The meeting concluded with members reciting the Four-Way Test, followed by the ringing of the bell and adjournment.

kingsportrotaryclub@gmail.com

Rotary Club of Kingsport

CREATE LASTING IMPACT

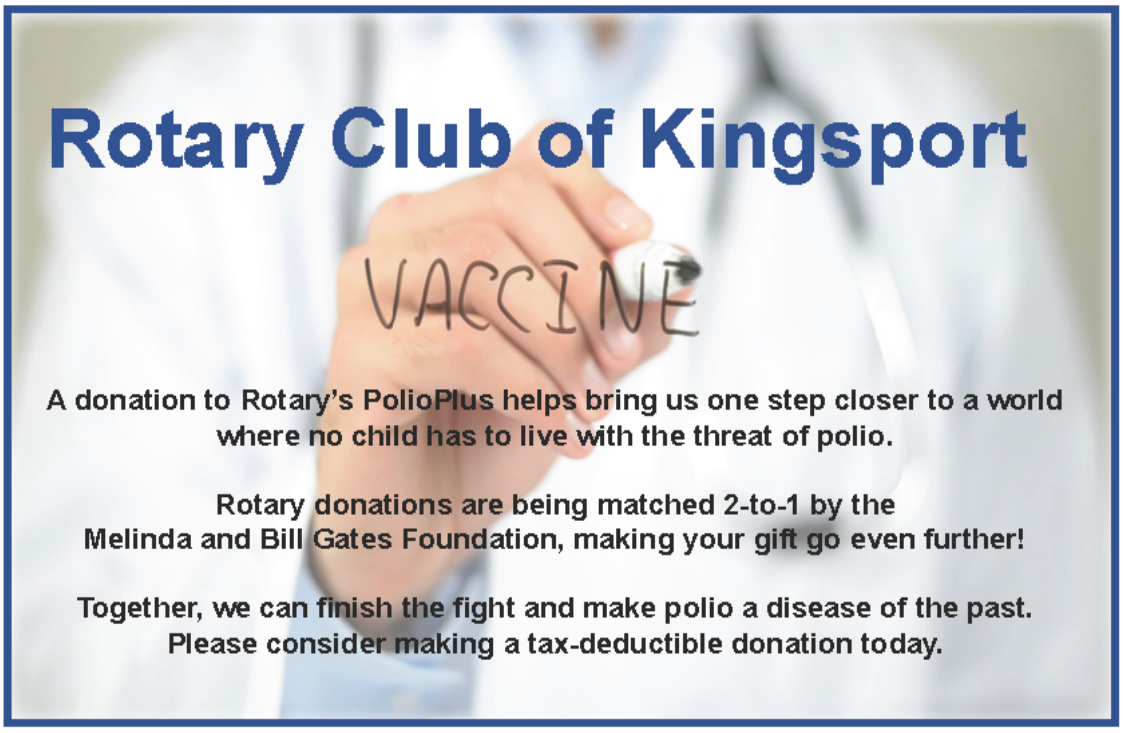


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Polio Plus Contributions



Donations can be made using our club email,
KingsportRotaryClub@gmail.com

In your note please indicate your preference:

Single donation	☐
Quarterly donation for next four quarters	☐
Pay by check	☐
Pay by dues	☐

Amounts suggestions include $25, $50, $100, or other amount.

Friends of Warrior's Path State Park Workday

Fall-Day of Service/Caring

Organized by Friends of Warriors' Path State Park



When: Saturday Novomber 14/ Rain Date Sat. Nov. 21
8:15am-2pm (or as long as you can stay)
Where: Darrell's Dream Boundless Playground
(Located at Warriors' Path State Park)
Breakfast, Lunch, Refreshments & Supplies provided for volunteers

Remember to do!
1. Wear work gloves
2. Wear old clothes in layers.
3. If you have a leaf rake, or heavy-duty rake and/ or wheelbarrow-please bring-make sure it is labeled.

RSVP to Friends of Warriors
For questions, contact Mary Steadman @ 423-956-4330

kingsportrotaryclub@gmail.com

We're planning a Sullivan County-wide Rotary Friends-giving where we can all come together for some good food, great conversation, and a chance to connect.



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Rotary Club of Kingsport

CREATE LASTING IMPACT

Different projects, one purpose

Rotary Voices

By Olha Bosak, 2026–2027 president of the Rotary Club of Vienna Maria Theresia, Austria



Olha Bosak, second from left, and members of the Rotary Club of Vienna Maria Theresia, Austria.

Rotary members around the world work in different communities, speak different languages, and respond to very different local needs. Yet, despite all this variety, we are united by one purpose: to serve others and create lasting impact.

What inspires me most about Rotary

At a Rotary gathering in Austria, I found myself speaking with Rotary members from different clubs and different countries. We talked about the projects we were working on and the challenges we were trying to address.

The projects were different. The communities were different. The approaches were different. And yet, there was a clear common thread: everyone was trying, in their own way, to make their community a better place.

Austria itself is a good example of this diversity. Our two Rotary districts together include more than 220 Rotary and Rotaract clubs. Each club has its own character, its own members and its own projects. Some focus on education or young people, others on health, social support, environmental projects, or international humanitarian

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work.

As a Ukrainian based in Vienna, I feel a particular connection to this international dimension of Rotary. Through our charity work, we support children and families in Ukraine — one example of how a local Rotary community can also reach beyond its immediate surroundings and contribute to a wider humanitarian effort.

We do not all need to do the same thing. We need to move in the same direction.

The power of being connected

For me, Rotary is not only about the projects we deliver. It is also about the connections that make those projects stronger.

Sometimes it is a conversation that creates a new idea. Sometimes it is an introduction that helps a project move forward. Sometimes it is simply meeting someone whose experience changes the way you see a problem.

I have experienced this in my professional life as well. Bringing together people with different perspectives — from business, government, organizations, and communities — can create solutions that would be difficult to achieve alone.

Rotary reminds me that individual efforts become more powerful when they are connected. Real impact rarely happens in isolation. It grows when people and communities contribute their different strengths and align them around a shared purpose.

As president of my club this year, I find this especially meaningful. I am connected to my own club and proud of what we can achieve locally. But I am equally inspired by knowing that our efforts are part of something much bigger.

Different people. Different communities. Different projects. One shared purpose.

That is one of the greatest strengths of Rotary: we can all contribute something different while working together to create lasting impact. And when those efforts come together, our ability to make a difference becomes so much stronger.

COMMUNITY ECONOMIC DEVELOPMENT MONTH

CALENDAR OF EVENTS

OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 No Meeting This Week	1	2	3
4	5	6	7 Susan Lodal and Gail Campbell - The Band at 100	8	9	10
11	12	13	14 Desteny Clemons - Healthy Kingsport, A program of the Kingsport Chamber	15	16	17
18	19	20	21 Dr. Stephen May, Polio Eradication	22	23	24 END POLIO NOW World Poilo Day
25	26	27	28 Aundrea Salyers - So you Think You Want to Run	29	30	31

MEMBER BIRTHDAYS

Oct 05 - Paul Montgomery
Oct 10 - Kaylee Feathers
Oct 14 - Steve Wilson
Oct 15 - Paul Gray
Oct 18 - Sharon Moore
Oct 28 - Emily Ball

MEMBERSHIP ANNIVERSARIES

Oct 23 - Ambre Torbett - 24 Years

WEDDING ANNIVERSARIES

UPCOMING EVENTS

October 29, 2026 - Kennedy Elementary School Trunk or Treat - 5:00 PM - 6:30 PM
November 14 - Fall Day of Caring at Darrell's Dream Boundless Playground
November 18 - Friends-giving Luncheon - Meadowview 12:00-1:00 PM

kingsportrotaryclub@gmail.com

Rotary Club of Kingsport

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HOW TO FIND US

Rotary Club of Kingsport

District 7570 | Area 13 | Club 5739

Meets Every Wednesday at Noon
at
The MeadowView Conference Center
1901 MeadowView Pkwy Kingsport, TN

facebook.com/RotaryClubofKingsport/

@RotaryClubofKingsport

KingsportRotaryClub@gmail.com

KingsportRotaryClub.org

CLUB OFFICERS:

CO-PRESIDENTS:

Sharon Moore | 901-230-3919

Aundrea Salyer | 423-863-6914

VICE PRESIDENT:

TREASURER:

John Fleming | 423-579-0059

SECRETARY:

Kaylee Feathers | 423-967-4667

EXECUTIVE SECRETARY:

Kathleen McLaughlin | 423-429-8421

CLUB DIRECTORS:

Kitty Frazier | 423-534-1745

Linda Coffee | 423-956-9775

IMMEDIATE PAST PRESIDENT:

Leslie Lynch | 520-425-2259

INTERNATIONAL & DISTRICT OFFICERS

RI PRESIDENT:

Francesco Arezzo

DISTRICT 7570 GOVERNOR

Charlotte Whitted

AREA 13 GOVERNOR:

Joseph (Foe) Ley

DISTRICT SECRETARY:

Andrea Milliron

DISTRICT TREASURER:

Peter K. Howard

DISTRICT FOUNDATION CHAIR:

Paula K. Alston

Rotary THE FOUR-WAY TEST

1 | Is it the TRUTH?

2 | Is it FAIR to all concerned?

3 | Will it build GOODWILL & BETTER FRIENDSHIPS?

4 | Will it be BENEFICIAL to all concerned?

LOCAL CLUBS FOR MAKE-UPS

MONDAY

Noon | Tri-Cities—Northeast State Community College, Pierce Admin Bldg., Room P309, Blountville, TN

6:00 PM | Johnson City Evening—Howard Hunt's Edward Jones Office, 4018 Roan St., Johnson City, TN

TUESDAY

7:15 AM | Scott County—Scott Co. Park & Golf Course Clubhouse, 247 Fore Drive, Gate City, VA

7:30 AM | Bristol Morning VA-TN—The Summit Co-Work Space (Expedition Meeting Room) 1227 Volunteer Pkwy., Bristol, TN

Noon | Bristol VA-TN—Bristol Train Station ,101 Martin Luther King Jr. Blvd., Bristol, VA

Noon | Johnson City—Johnson City Country Club 1901 E Unaka Ave., Johnson City, TN

Noon | Greeneville—Tusculum University, Niswonger Commons Pioneer Café, 60 Shiloh Road, Greeneville, TN

WEDNESDAY

7:00 AM | Greeneville-Morning—Laughlin Memorial Hospital Cafeteria Conference Room, Greeneville, TN

7:30 AM | Kingsport-Sunrise—Food City Press Room, Suite 300, 200 Clinchfield St., Kingsport, TN

Noon | Unicoi County—Town Hall, 211 N. Main St., Erwin, TN

Noon | Elizabethton—First Christian Church of Elizabethton, Fellowship Hall, 513 Hattie Ave., Elizabethton, TN

THURSDAY

7:15 AM | Johnson City Morning—Food City Community Room, 920 N. State of Franklin Rd., Johnson City, TN

Noon | Kingsport-Downtown—Food City Crown Center, 1205 N. Eastman Road, Kingsport, TN

AVAILABLE 24/7—

www.RotaryeClubOne.org