COGS

Official newsletter of the
ROTARY CLUB OF KINGSPORT

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November 11, 2026 Meeting Summary

Attendance was 62.2%

Sharon Moore presided over the November 11 meeting of the Rotary Club of Kingsport at MeadowView. In recognition of Veterans Day, the meeting opened with a special expression of gratitude to the veterans among us and across our nation for their service, sacrifice, and dedication to protecting our freedoms. Jane Crawford led the invocation and Pledge of Allegiance. Buddy Scott provided Sunshine with a charming story involving youth, high-spirits, a canon, and a memorable detonation!

November birthdays announcements included Vanessa Bennett, Leslie Lynch, and John Fleming. There were no member or wedding anniversaries to celebrate.

Members were reminded that the All-Sullivan County Rotary Friends-giving gathering is coming up next week (11/18). As plans and headcounts are finalized, Wirt Taylor encouraged members to limit seating to two club members per table to make guests from other clubs feel especially welcome.

Committee Reports

- Impact Projects: Jennifer Salyer reminded members about the November 14 Day of Service at Darrell's Boundless Playground at Warriors' Path State Park. Members were encouraged to dress in layers for the chilly weather.
- Membership: The committee is refining the membership application and is nearing completion of its exit interview document.
- Nominating Committee: Leslie Lynch reported that the committee has met and is finalizing its slate.
- Public Relations: Aundrea Salyer shared that the PR team continues to tell the club's story and build its online following. Club videos have received more than 1,700 views! The club currently has 25 YouTube subscribers, with a goal of reaching 50 to unlock free live streaming for members who cannot attend meetings in person.
- Fundraising: John Fleming reported that poinsettia and wreath sale orders are coming in. Members who are unable to sell poinsettias are encouraged to consider donating instead. Apple butter, Grace and Grumpy books, and Rotary sweatshirts are also available for purchase.
- Foundation: Jim Johnson reported recent numbers and trends and suggested November as a good time to donate to the Rotary International Annual Fund or the Polio Plus fund. See information on page 7.
- Attendance: Kathleen reported of 62.5% attendance for the 11/4 meeting with no guests present.

Linda Coffey introduced Dr. Harry Turner, distinguished local cardiologist, who shared the fascinating story behind the evolution of The Heart Center. Dr. Turner took members through the center's history and development into a regional cardiovascular center of excellence, highlighting the outstanding cardiac care available right here in our community.

The meeting concluded with the recitation of Rotary's Four-Way Test and the ringing of the bell.

Thank you to everyone who joined us for another great Rotary meeting!

New Member Applications

We have received two new applications for membership in the Kingsport Rotary Club. See information below.

Lance Evans - Sponsored by Aundrea Salyer.



Lance is a member of an Elite National Advisory Firm, connected to Top Tax Strategy Firms, and dedicated to helping clients and business owners strategically minimize taxes and grow their wealth in an efficient and tax-favorable manner. He is committed to providing guarantees and protections that empower his clients to achieve their financial goals. As a hometown banker and insurance professional, Lance is passionate about making a positive impact in the community and is always eager to connect and collaborate with others. When it comes to getting money, saving money, protecting, and growing it, Lance with Legacy Life Planning can help!

Tramara Darnell - Sponsored by Bruce Sites



Tramara is a proud Kingsport native. She joined The Blake family as Director of Sales in March 2022. She is a graduate of East Tennessee State University with a Bachelor's in Business Administration and a Marketing Minor. She has 21 years in the hospitality industry through resort and event sales. Tramara's favorite part of working at The Blake is building relationships with residents and family. She loves listening to their stories, wisdom and life experiences. She loves how The Blake helps seniors thrive and enjoy life. When Tramara is not working, she enjoys traveling, swimming and recently taken up Tai Chi with her husband Tyler. She and her mom are also best friends, and they do a mother/daughter trip every year usually going on a cruise or flying to a tropical destination.

Photos from the Warrior's Path Park Cleanup Day





kingsportrotaryclub@gmail.com

Rotary Club of Kingsport

CREATE LASTING IMPACT

ROTARY CLUB 2026

Homemade Apple Butter

great for meals and gifts

Pints $9.00

Quarts $15.00

All proceeds go to support local projects.

Locations:

Unicoi County Chamber of Commerce
Unicoi County YMCA
Clinchfield Adult Senior Center
Unicoi County Rotary Club
&
Rotary Club of Kingsport

Rotary Club of Unicoi County | Rotary Club of Kingsport



kingsportrotaryclub@gmail.com

Rotary Club of Kingsport

CREATE LASTING IMPACT

Club Annual Poinsettia Fundraiser

FUNDRAISING CAMPAIGN 2026

One of the club's fundraising campaigns over the last few years has been the sale of Poinsettia Plants at Christmas. This year we would again like your support for this major fundraising campaign with a target of exceeding the previous year's sales. The more we raise, the more we can put back into our community projects. We will offer Fraser Fir Wreaths to supplement our fundraising campaign.

This year there will be 4 alternatives of pot/basket size with the usual choice of red, white or marbled flowers (except for the 1 plant pot which will only be available in red or white). We will also offer 3 sizes of Fraser Fir wreaths.

The following is the cost of the various options available for plants and wreaths.

	Donation	Color Options
1 Plant Pot	$10	Red or White
2 Plant Pot	$15	Red, White or Marbled
3 Plant Pot	$18	Red, White or Marbled
4 Plant Basket	$20	Red, White or Marbled
**Add $1.25 to price of poinsettia for a bow.*		
12" Fraser Fir Wreath	$17	
16" Fraser Fir Wreath	$22	
20" Fraser Fir Wreath	$30	
**Add $3.00 to price of wreath for a bow.*		

Please contact John Fleming with any questions. An electronic version of the form has been sent out by email and return using the email kingsportrotaryclub@gmail.com is preferred if possible. Members are being asked to pick up plants and wreaths at the greenhouse. **Curbside pickup is available.** If a member is unable to pick up their order, see John Fleming to arrange another delivery alternative. Keeping the plants and wreaths at the greenhouse allows us to offer a higher quality product.

Key Dates

Friday, November 20, 2026.	-	All orders must be submitted as we must confirm our requirements with our supplier, late orders need to be in by Saturday November 28, 2026
Monday November 30 – Saturday December 5, 2026	-	Plants & Wreaths available for delivery and pick up at FJ Torbett Greenhouse located at 6181 Hwy 11E Piney Flats Phone 423-538-8492 (Curbside pickup available.)

THE TARGET IS FOR EVERY MEMBER OF THE KINGSPORT ROTARY CLUB TO SELL A MINIMUM OF $180 WORTH OF PLANTS AND WREATHS. BUT LET'S SEE IF WE CAN ALL EXCEED THIS FIGURE IN ORDER TO MAKE IT A SUCCESSFUL FUND-RAISING CAMPAIGN.

Make your Rotary International Foundation Contribution in November and receive extra Benefits

Exciting news! District 7570 is offering a Rotary Foundation Points Match opportunity to help members achieve Paul Harris Fellow recognition while supporting The Rotary Foundation.

During November, your donation can go even further through this special points match campaign. You will receive double recognition points in November.

How It Works

- **Campaign Dates**: November 1–30, 2026
- **Donation Amount**: $100–$500
- **Recognition**: Paul Harris Fellow
- **District:** Rotary District 7570

Through this opportunity, eligible donations can be combined with Rotary Foundation recognition points to help members achieve or advance their Paul Harris Fellow recognition.

This is a wonderful opportunity to support the Foundation's humanitarian work around the world while celebrating the generosity and commitment of our Rotary members.

Your Donation + Rotary Points = Paul Harris Fellow Recognition!

Have them fill out section 1 and 4 of the Rotary Contribution Form, scan it and email it to Paula Alston (Email: paulakalston@gmail.com), along with their receipt from the Rotary Foundation for their donation. ***Contributions may be made on-line with a credit card at MyRotary.org, or mail a check along with a copy of the contribution form to The Rotary Foundation.***

If they have problems, call Paula Alston (757-651-0338) or Jim Johnson (423-914-1744) and we will help fill out the form with you.

Together, we can strengthen The Rotary Foundation and make an even greater impact in the world.

Thank you for your continued support of Rotary and our Foundation!

Making friends in Rotary Youth Exchange thousands of miles from home

By Rossa Katrina Quiblat, past president of the Rotary Club of Malaybalay, Philippines



Rossa Katrina Quiblat, right, with fellow Youth Exchange Student Aya Ishibashi at the Grand Canyon in 2006.

In 2005, I took part in a Rotary Youth Exchange to the United States, sent by the Rotary Club of Cagayan de Oro and hosted by the Rotary Club of Lake Forest-Lake Bluff in Illinois, USA. I was a teen from the Philippines flying alone across the Pacific Ocean for the very first time, 8,240 miles away from home.

Arriving 20 hours later, I was completely unprepared for the surprises the exchange had in store for me: three host families, one school year, a new culture, a new language, and new people. It was my first time experiencing spring, autumn, and winter, all rolled into one full year.

I was part of a group of hundreds of students being hosted by the Central States Rotary Youth Exchange multidistrict group. Through District 6440, the home district of Rotary International, I met people just like me: young, confused, excited, alone, and navigating an experience only we could truly understand. It didn't matter where anyone came from; it felt like we were all on equal footing.

We all faced the adjustment of living with new host families and siblings, adapting to unfamiliar lifestyles, and easing into the daily culture shocks that eventually became second nature. That shared experience was the bond that glued us together, the mutual understanding and cultural exchange only we could express with one another.

I attended Lake Forest High School, where I took classes in pottery, rock climbing, and skiing for the first time. Capping off the year, we were invited on a tour of the West Coast of the United States. We bonded as we reminisced about the year while taking in the sights of Yosemite, the Grand Canyon, and beaches. We said our goodbyes, with tears in our eyes, in Grand Rapids, Michigan, not knowing if our paths would ever cross again.

As we returned home and resumed our previous lives, we held fast to memories of friendship and the belief that peace is possible when people gather for a good cause.

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Kat and Aya in Kyoto in 2015

After graduating, I was lucky enough to be able to travel. Some of my exchange friends came to visit me in the Philippines, and I visited others in their countries. I have even revisited two of my three host families, staying in my old bedrooms. I also visited the club that had hosted me in Lake Forest-Lake Bluff. It was a joy to reconnect with the people who showered me with love and support when I was a teenager. Even after 10 or 15 years apart, we still shared a feeling of belonging and understanding.

I am now a past president of my Rotary club and want to share with teens about how they can equip themselves with confidence, find fellowship, and serve in Rotary through the Rotary Youth Exchange program. Even in a world full of conflict, peace is still achievable, and love is still present. The experiences one can create through Youth Exchange can last a lifetime. It is a beautiful thing to know that in various little corners of the world, I still have people I can call friends and, 8,000 miles away, a family and a home.

CALENDAR OF EVENTS

NOVEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Rhonda Chafiin Second Harvest Food Bank	5	6	7
8	9	10	11 Harry Turner - Evolution of the Heart Center	12	13	14 Warrior's Path Day of Caring
15	16	17	18 Friend-Giving Special Luncheon Event	19	20	21
22	23	24	25 No Meeting This Week	26 Thanksgiving Day	27	28
29	30	1	2 Jeff Fleming - Kingsport	2	3	4

MEMBER BIRTHDAYS

Nov 08 - Vanessia Bennett
Nov 14 - Leslie Lynch
Nov 14 - John Fleming
Nov 15 - Lindsey Franks
Nov 24 - Linda Coffey
Nov 30 - Judy Fischer
Nov 30 - Linda Figliolino

MEMBERSHIP ANNIVERSARIES

Nov 01 - Luther Cain - 38 Years
Nov 01 - Al Crymble - 40 Years
Nov 01 - Terry Cunningham - 31 Years
Nov 01 - Kathleen Frazier - 36 Years

WEDDING ANNIVERSARIES

Nov - 06 - Paul Montgomery - 50 Years

UPCOMING EVENTS

November 18 - Friends-giving Luncheon - Meadowview 12:00-1:00 PM

kingsportrotaryclub@gmail.com

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

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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