

APRIL 2, 2013



SPOKES

ROTARY CLUB OF HATTIESBURG



March 26, 2013:
Many thanks to Carolyn Smith of Pine Grove Mental Heath Resources for providing a thought provoking, yet entertaining presentation to our club.

April	May	June/July
9 CINDY BIVINS, M.Ed., CHILDRENS CENTER	7 SHEILA VARNADO, R3SM DENA PARKER, VOLUNTEER H'BURG	6/18 INDUCTION OF SCOTT HUMMEL
18-20 DISTRICT CONFERENCE	14 JOHN BROWN, ASSIST. MAYOR	6/25 AWARDS LUNCHEON
23 "A NIGHT IN ITALY"	21 KRISTIE FAIRLY, VISIT HATTIESBURG	7/2 DISTRICT GOV. BARBARA MAULDIN
30 DELBERT HOSEMANN, SECRETARY OF STATE	28 LEADERSHIP PINEBELT	

"SERVICE ABOVE SELF"

SPOKES EDITOR:
Wes Brooks, Vice President
hattiesburgrotary@gmail.com

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MINUTES: MARCH 26, 2013

Maura McLaughlin presided over the meeting. Thanks to Brian Moore, who gave the invocation and to Wes Brooks who led the members in the Pledge of Allegiance. Thanks also to Sean Priebe who served as our greeter today.

Maura led the Club in the 4-Way Test and then asked Chris Price to introduce today's guests and visiting Rotarians. There are no visiting Rotarians. Elizabeth Gillentine is a guest of Scott Hummel. Jacob Shemper and Witt Starret are guests of Bill McLeod. Amanda Lee is a guest of David Owens. Sarah Price is a guest of Chris Price and Eddie Merrill is a guest of Allen Anderson.

Maura announced that Patrick Ward has resigned his position as President-Elect due to time constraints. He plans to remain an active Rotarian. Officers will move up to the next position and the nominating committee will meet to nominate a candidate or candidates to fill any vacancies created with the moves.

Maura also reported that the Bike-A-Thon originally planned for May has been postponed until October 12. She also noted that April 23rd is the date for this year's Night in Italy event. Every club member is expected to volunteer to assist with the event. There will be no noon meeting on that date. Maura also reported that the board of directors, meeting last evening, has decided to try and hold a water project event during the April and October Live at Five concerts in downtown Hattiesburg.

Janice Touchstone asked that RYLA nominations be submitted before April 30. RYLA is the Rotary Young Leadership Award scholarship. Our club will sponsor to rising high school seniors for the leadership development camp. Anyone who knows school counselors is asked to

get the application information to them in the next few days.

Audra Cummings then came forward and introduced today's speaker Carolyn Smith. Carolyn is the director of intensive workshops at Pine Grove Behavioral Health. She is a licensed professional counselor, a certified sex addiction therapist and supervisor and a certified multiple addictions therapist.

Returning to school for a degree in psychology at the age of forty, Carolyn says she found her place in life and is very blessed to have had the many experiences and opportunities that have come her way since she made that decision. According to her, returning to school without an undergraduate degree was a selfish act. She knew she could never afford the counseling that she needed after having the experiences that led her to her decision.

She says as you drive down "any street America" one in seventeen houses that you pass will have an active sexual addiction underway. Out of every six houses you pass, one will have an active alcoholic addiction underway. One in every four girls that you meet will have been abused before they reach the age of eighteen. One in every seven boys will have been abused before they turn eighteen. Out of all of those, only three percent are reported. Carolyn also says that research says by the year 2020 depression will be the number one disability in women.

Why has our society become what it is? We are born to pursue happiness. We are born to connect with other humans. We are born being one-hundred percent valuable. Society, the media, work, the people we encounter and lots of other entities begin tearing that value apart early on.

Carolyn maintains that much of our learning about self-esteem, boundaries, truth, and needs occurs or doesn't occur with our parental units. If one or more of your parents abandons the child, the child loses self esteem, doesn't know how to set boundaries and has a different perspective on what truth is. Being raised in a loving and caring family can also lead to improper self-esteem concepts, setting unrealistic boundaries and identifying a different perspective on what truth is.

Carolyn shared many valuable lessons that we can take home from today's presentation. The real truth about humans is that we are imperfect. Accept that fact and life gets easier. She maintains that trying to reach perfection is a very long and painful way to commit suicide.

She also says we must all accept the responsibility of our own happiness. No one, other than you, can be responsible for your happiness.

A major difference between humans and animals is that we have the ability to think about our thinking. She challenged us to autopsy our thoughts when we get upset. Dig down and find out the real reason you are upset and then draw strength from the emotion. An example is realizing that anger is a gift of energy. Use that energy in a constructive, positive manner.

And finally, Carolyn challenged us to decide what our top three needs are, especially in a meaningful relationship. She maintains that once you know what your needs are, you are then more likely to find them.

**Minutes provided by:
Lamar Evans, Executive Secretary
Rotary Club of Hattiesburg**



Our Guest

Dr. Joseph S. Paul has served as Southern Miss Vice President for Student Affairs since 1993. Prior to this appointment, he held a variety of positions, including assistant director of student activities, assistant vice president and dean of student development.

Beyond his work at Southern Miss, Paul has presented seminars and training in management and leadership for business, industry and education. He is a senior consultant with The Atlanta Consulting Group, a Fortune Top 50 management consulting firm. He also holds faculty rank in Southern Miss' College of Education and Psychology.

Paul holds a Ph.D. in administration of higher education from the University of Alabama.

Among many civic activities, Paul has served two terms as president of the United Way of Southeast Mississippi.

He's also been president of the Hattiesburg Area Education Foundation, on the Board of Directors for the Hattiesburg Boys and Girls Club and has been a trustee for the Hattiesburg Public School District.

Founded in 1910, The University of Southern Mississippi is a comprehensive doctoral and research-driven university with a proud history and an eye on the future.

In just 100 years, we've grown from a small teachers' college into a premier research university that is a haven for the arts with a tradition of success in both academics and athletics.

Southern Miss has a diverse student body of more than 17,000 students from all 50 states and 70 foreign countries. We offer undergraduate and graduate degree programs in six degree-granting colleges with more than 180 degree programs. A dual-campus university, Southern Miss serves students on campuses in Hattiesburg and Long Beach, in addition to six teaching and research sites in Mississippi.

Characterized by history and tradition, the Hattiesburg campus sits on 300 acres in the heart of the Pine Belt. More than 180 buildings dot a landscape that has been transformed into a pedestrian-friendly environment for students, employees and visitors.



THE UNIVERSITY OF
**SOUTHERN
MISSISSIPPI**

Announcements:

- Sean Priebe has accepted a board nomination for Secretary-Treasurer for the remainder of the 2012-2013 Rotary year.
- Per club bylaws, nominations from club membership are welcome. Voting will take place at the April 9 luncheon.
- Valerie Williamson has accepted the vacant board position. She assumes this role effective immediately.
- Wes Brooks will assume the office of club Vice President and Jennifer Payne will assume the office of Secretary-Treasurer effective immediately.



EACH ROTARIAN: REACH ONE, KEEP ONE

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CONTACT

Rotary Club of Hattiesburg
c/o Association Management Systems
629 North Main Street
Hattiesburg, MS 39401

(601) 582-3330

www.hattiesburgrotary.com