

SP KES

Newsletter of the Rotary Club of Hattiesburg

August 27, 2013

The Rotary Club of Hattiesburg Bike-A-Thon

partnering with
Adaluis Thomas
FIT KIDS



TO PROMOTE HEALTHY
LIFESTYLES FOR THE CHILDREN
OF MISSISSIPPI

November 9, 2013

Thank you to Maura McLaughlin
for donating today's raffle item.. an
official USM watch valued at \$90!

Tickets are \$2

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Our guest from Southern Eye Center on Tuesday, August 20 (L-R): Dr. Lynn McMahan, Jennifer Lee, Amy Grubbs, NP-C; Chris Crawford, Dr. Kiper Nelson, Pam Bullock, John Weems, and August Program Chair, Ember Ahua.

MINUTES: August 20, 2013

President Scott Hummel presided over the meeting. Thanks to Wes Brooks who gave the invocation and to Amanda Lee who led the members in the Pledge of Allegiance. Thanks also to Mary Cromartie and Tracie Fowler who served as our greeters today. Scott then led the Club in the 4-Way Test and then asked Brian Moore to introduce today's visiting Rotarians and guests. Jeremy Bolling is a prospective member guest of Ember Ahua. Ember also brought several other guests today. They include Jennifer Lee, John Weems, Pam Bullock, Chris Crawford, Amy Gobbs and Lynn McMahan.

Thanks to all of the members who purchased raffle tickets today. Thanks also to Jennifer Payne for making the effort to have a raffle each week. The funds raised will go directly to Polio Plus. A USM watch will be raffled off next week so bring you money!! A total of \$57 dollars were raised today.

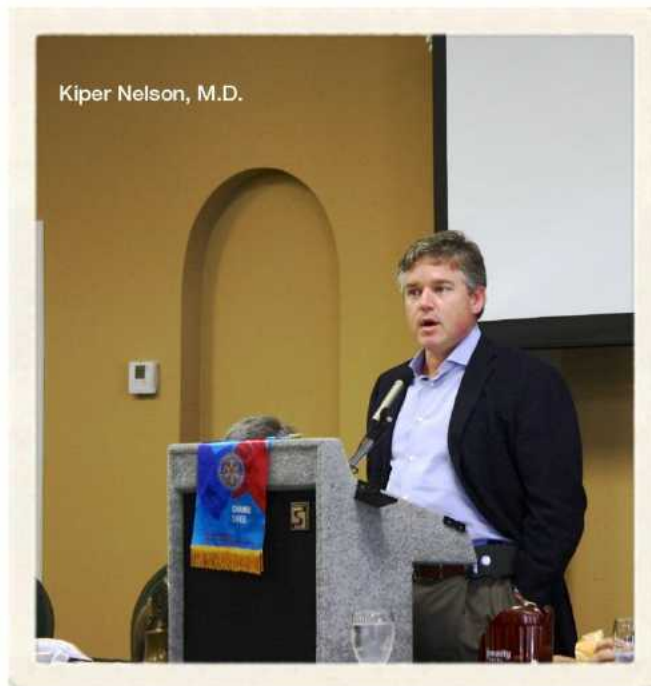
Scott reported that two Rotary Youth Exchange students will be visiting our area next weekend. He continues to encourage members to consider becoming a host family for a Rotary Youth Exchange student next year. Two families are needed to share the duties throughout the scholastic year. If you're interested in obtaining more information, please see Scott soon.

Jennifer Payne reported that the Bike-a-Thon committee met recently. The event is scheduled for November 9th. Approximately 50 volunteers will be needed the day of the event. Volunteers are welcomed from 7 a.m. until 2 p.m. If you can help, please see Jennifer, Jonathan Shemper or some of the others who are involved in planning the event. The cost to ride in the event is \$35 if you pre-register. There is also a reduced student fee.

Scott noted that Sean Priebe has made arrangements for former Governor Haley Barbour to speak to the club in late October. Details will follow.

Ember Ahua then came forward to introduce today's speaker, Kiper Nelson, M.D. with the Southern Eye Center. Dr. Nelson is the first doctor in the Hattiesburg

area to offer the blade free cataract surgery. The Southern Eye Center was the first clinic to offer the service in Mississippi and Alabama. There is now a clinic in Jackson and another at Tulane offering the same service.



Dr. Nelson reports many significant changes in cataract surgery in the past 40 years. Back in those days a patient was advised to let the cataract ripen or get really bad before the surgery was prescribed. Because of improvements in treatments patients today are encouraged to take care of the problem as soon as possible. Several years ago doctors had only one lenses implant that could be used in surgery. Because the lenses corrected only one vision problem, patients still had to wear glasses. Today, doctors have twenty different lenses they can use to correct a variety of sight conditions. Multi-focal lenses implants can now be used to replace the need for bi-focal glasses. In 2005 a lenses was introduced that corrected stigmatism.

Today's blade free surgery is done by laser. The incisions are more precise than any that can be done by the human hand. Because the incisions are so precise and can be varied they heal faster and stronger. Most patients are told they can leave the office after the surgery and resume their normal routine.

Dr. Nelson notes that cataracts are a normal part of the aging process and that if you live long enough you will have cataracts. He encouraged us to take care of our eyes. For more information visit www.southerneyecenter.com.

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



Our Guest



Theresa Erickson, Executive Director Greater PineBelt Community Foundation

Theresa received her Bachelor's degree in social work from Lubbock Christian University, Lubbock, TX and her Master's degree in communications from Texas Tech University, Lubbock, TX.

She joined the PineBelt Community Foundation in 2009 and serves as their Executive Director. The PineBelt Community Foundation, our local Community Foundation, manages more than 90 charitable Funds – all for the benefit of nonprofits, churches and schools.

Previous to working in the nonprofit world, Theresa was a long-time executive in the healthcare field; she served as the Business Development Director at Hattiesburg Clinic for twenty years. In addition, because of her passion to make enhance the quality of life in the Pine Belt region, she has served on many nonprofit boards.

She is here today to talk about our *local* Community Foundation - the PineBelt Community Foundation whose mission is to build better communities through philanthropy.

Rotarian in the News!

Mrs. Jennifer Payne was featured in the August 16 edition of the Hattiesburg American in a feature article titled "Up and Coming: Jennifer Payne" by staff writer, Haskell Burns. The following is from Burns' article:

In her position at the Alumni Association, Payne's mission is to strengthen participation in alumni and university programs, coordinate the efforts of alumni on behalf of the university as a whole and provide a unified voice for all alumni.

Payne has been employed at Southern Miss since 2007. She earned a bachelor's degree in speech communication from Southern Miss and a master's degree in higher education from Florida State University.

She lives in Hattiesburg with her husband, Abb Payne, and their son Ford. The couple is expecting a daughter in October

Why did you choose to live and work in Hattiesburg?

I grew up in Jackson, and after completing my undergraduate degree in Hattiesburg, I fell in love with the town. The people here and the sense of community is truly one of a kind. From the presence of multiple higher education institutions and a thriving healthcare community to the ongoing evolution of the arts community, I truly think that Hattiesburg is the perfect place to live and raise a family.

If you could meet anyone, living or dead, who would it be and why?

My husband's grandmother, Maxine Payne. She died before I met my husband and by all accounts I have heard, she was nothing short of an angel. She was a businesswoman who worked outside the home her entire life, she became a widow with two small children at a young age and despite how busy life got, she remained committed to her community, church and faith. Strong women like her blazed the trail for women today, and I am eternally grateful and I regret that she and I never had the opportunity to meet.

If you could go back 10 years and give a younger you tips or advice on life, work or anything in general, what would it be?

Don't be too hard on yourself, and loosen up a little.





Spokes Newsletter
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District 6840, Club #04003

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On the Horizon

- September 3 Karen Babin - Rotary Friends Forever Program
- September 10 Elizabeth VanZant - Rotary Youth Exchange
- September 17 Andy Impostato, BancorpSouth - Impact of the Patient Protection and Affordable Care Act
- September 24 The Honorable Lynn Fitch, Treasurer, State of Mississippi
- October 1 Dr. William Lewis, President, PRCC
- October 8 Susan Light - Pink Ribbon Fund 10th Anniversary - Breast Cancer Awareness Month
- October 15 Former Governor of Mississippi, Haley Barbour

Right on.

"The way to get started is to quit talking and begin doing."

Walt Disney

"I've learned that people will forget what you've said; people will forget what you did, but people will never forget how you made them feel."

Mark Twain

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

Carl Bard

"If opportunity doesn't knock, build a door."

Milton Berle



Huh??

"Smoking kills. If you're killed, you've lost a very important part of your life."

Brooke Shields, Actress

"Fiction writing is great, you can make up almost anything"

Ivana Trump

"I owe a lot to my parents... especially my mother and father."

Greg Norman, Retired Pro Golfer

"I have opinions of my own - strong opinions - but I don't always agree with them."

President George W. Bush