

SPOKES

NEWSLETTER OF THE ROTARY CLUB OF HATTIESBURG



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Dr. Bev Smallwood addresses the Rotary Club of Hattiesburg on Tuesday, January 21.



Minutes - January 21

Scott Hummel presided over the meeting. Thanks to Dan Davis who gave the invocation and Chase Munro who led the club in the Pledge of Allegiance.

Thanks to Sean Priebe and Chrissy Cullinane for serving as our greeters today.

Bryan Moore, introduced today's guest. Scott Mayfield is a guest of Francis Farmer.

Scott announced that he has received a letter of resignation from Billy Allen. Billy is relocating to the Jackson area for a career change.

Chase Munro reminded members that he continues to sell Blue Dog Raffle tickets for the District's annual fundraiser. It is hoped that each member will purchase at least two tickets. This fundraiser supports the District's activities throughout the coming year. In addition to possibly winning a Blue Dog print you will also be eligible to receive a Paul Harris Fellowship.

Lucy Parkman announced plans for the winter social. It will be held on the evening of February 25 at the Camellia House. Members are invited to bring your spouse or a guest.

Jennifer Payne added that multiple raffles will be held during the event. Tickets for the items will go on sale next week at \$5 each. The money raised from the raffles will go to support the Rotary Foundation. Information about the prizes can be expected next week.

Scott reminded members and board members of the monthly board meeting. It will be held at William Carey University on the evening of Monday, January 24th. All members are welcome to attend.

Ember Ahua then introduced today's guest speaker, Dr. Bev Smallwood. Dr. Smallwood

is a licensed psychologist who has practiced in the area for the past 30 years. In addition to her practice, she is an author, a speaker and a trainer and has worked across the United States and in a number of foreign countries.

Dr. Smallwood's presentation begged the question of the difference between a Problem and a Condition. A condition is something that you have absolutely no control over. The weather is a good example. A problem is the thing that we as individuals have a choice about. The question is, what choice will you make when encountering a condition. Dr. Smallwood maintains that it is what happens within us that makes the difference. Her advice is, "Do all you can with all you have where you are right now."

She also encouraged us to Live with it and Move On. Say "No" to negativity. Don't feed the monkeys that are inside each of us telling us how badly we should feel or how negatively something is impacting us. Just say "no" and move on.

She also encouraged us to Live on Purpose. She petitioned us to think about the "Whys" that we do things. Every act should be focused on our purpose which is the why we are doing what we are meant to be doing. Dr. Smallwood asked us to think about what we wanted people to say about us when we're gone. That she says will reveal your purpose.

You can learn more about Dr. Smallwood and her "purpose" by visiting her website at <http://www.drbevsmallwood.com/>. You can also reach her by telephone at 601-264-0890.

**Minutes courtesy of:
Lamar Evans, Executive Secretary**

Our Guest

LaShaunda René The Girl Scouts of America

Girl Scouting is about building strong leaders, and Girl Scouts of Greater Mississippi (GSGMS) is the top leadership development organization for girls in kindergarten through 12th grade in Mississippi.

In partnership with more than 3,000 committed adult volunteers, GSGMS serves more than 11,000 girls in 45 counties in south and central Mississippi, helping them to become strong, confident young women. Through GSGMS' outdoor adventure and camp opportunities, science and technology programs, health and fitness initiatives and environmental awareness activities, girls develop qualities and skills that will serve them throughout their lives.

We believe that in order to be a leader within your community, you have to truly become a part of that community. Girl Scouts offers girls the unique opportunity to identify and support issues that are important to them, form partnerships with other people, businesses and organizations and create sustainable projects that change the world around them. Girls not only develop leadership skills, but cultivate lifelong friendships and earn meaningful awards. Through Girl Scout programs, girls learn the importance of responsibility, goal setting, teamwork and the thrill of accomplishment.

A few fun facts:

Girl Scouts of the USA was founded in Savannah, Ga. on March 12, 1912

The first Girl Scout cookie sale took place in Oklahoma in 1917

80% of women business owners were Girl Scouts

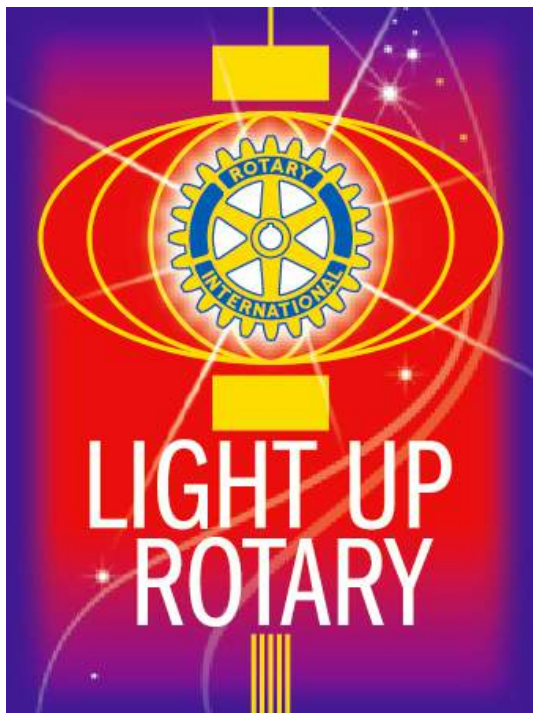
69% of female U.S. Senators were Girl Scouts

67% of females of the House of Representatives were Girl Scouts

Virtually every female astronaut who has flown into space was a Girl Scout



girl scouts



"Light Up Rotary" Theme Debuts at the 2014 Rotary International Assembly

by Wes Brooks

Incoming RI President, Gary C.K. Huang of Taiwan, unveiled his theme for his upcoming 2014-2015 presidential term. Huang hopes to "Light Up Rotary by sharing our service, strengthening our clubs, and letting our light shine in our communities." Huang asks, "What can you do to make being a Rotarian an appealing and attractive opportunity for busy professionals and those with young families?" President Elect Huang wishes to increase the number of Rotarians to 1.3 members worldwide.

In addition to improving membership numbers, Huang also hopes to see polio eradicated during his term.

Upcoming



Chris Buckhalter
February 11



Martha Dearman
February 18



Winter Social
February 25



Wes Brooks - ClubRunner
March 4



Ole Man River PETS
March 7-8



Dr. Faye Gilbert
March 11