

# SPOKES



Rotary Club of Hattiesburg  
District 6840, Club #04003



## “A Night in Italy”

**Tickets Now Available!**



At the March 12 meeting Bill MacLauchlan distributed to each member in attendance. If you have not received your tickets, please contact Bill or a board member. Remember, you've already paid for these so...

*let's get them sold!*

The Children's Center Interim Director, Cynthia Bivins, has confirmed their office has received 300 "Night in Italy" tickets and they have begun selling.

Updates to come regarding shift sign-up times, progress, and duties.



**Guest p.2**



**Minutes p.3**



## District Conference April 18-20

### All encouraged to attend!

This year's conference will be held at the Hollywood Hotel & Casino. It is not too late to register! The Food Fest will be held on-site and there will be a talent show at the Bay St. Louis Community Center.

### Sponsorships still needed!

Please see Bill McLeod to find out how you or your business can support our club and the District at this year's conference.

### Volunteers Are Still Needed!

Help is still needed for the "Food Fest" at this year's District Conference. "Food Fest" will be held the evening of Friday, April 9. If you can participate, please see Bill McLeod, Maura McLaughlin, or a board member to sign up!



## Rotary Youth Leadership Awards Deadline – April 1

See Janice Touchstone or a board member for more details.

## Our Guest:

# Carver Brown

Alumni Coordinator at Pine Grove Mental Health

Carver is from Jackson, MS and attended MS College in Clinton studying Mathematics and Psychology. He left college to pursue a career in international sales and marketing joining his family in founding Robot Coupe USA which is the originator of the Cuisinart Food Processor.

The company began in their garage as a small French import company and finally was sold back to the French inventors with annual sales of over thirty million dollars with 2700 dealers 30 brokerage firms and exclusive distribution rights in all of North America.

After changing careers and becoming a successful Vinyassa Yoga instructor in Jackson Carver decided to try his hand at addiction counseling and became an Intern counselor at A Bridge to Recovery in Jackson, MS. In December of 2008 Carver was asked to join Pine Grove Behavioral Health as Alumni Coordinator a position he holds today. There he helped initiate the days of hope program a follow up initiative to stay connected to the graduates and facilitates the Back to Basics program which has been a tremendously successful 12 step experiential workshop.



Carolyn Smith

Next week



March 26



## Minutes: March 12, 2013

Maura McLaughlin presided over the meeting. Thanks to Mike Ratliff, who gave the invocation and to Chris Price who led the members in the Pledge of Allegiance. Thanks also to Wes Brooks 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. Milton Wheeler is visiting from the Petal Club. David McPhail is visiting from the Sunrise Club. Elizabeth Gillentine is a guest of Scott Hummel. Sara Peterson is a guest of Kristy Gould. Martin Hankins is a guest of Brian Moore.

Maura thanked club members who have agreed to provide sponsorships supporting this year's District Conference. She asked anyone else interested in participating to get with Bill McLeod. She also reported that the Club received a thank you card from the McArthur family for the flowers we sent. It was also reported that the Hattiesburg area Habitat for Humanity is seeking in-kind or cash contributions to help defray the costs to feed college students who are in the area to assist in rebuilding efforts after the February tornado. Maura also noted that the American Red Cross continues to offer counseling and other services in the area due to the storm and can use contributions to offset those expenses.

Bill MacLauchlan reported that Night in Italy tickets are here and are being distributed. If you did not get your tickets before today's meeting, please see Bill after the meeting.

Audra Cummings then came forward and introduced today's speaker Issac Boone. Issac is the Clinical Director of Pine Grove's Next Step program. Next step is a counseling program specifically designed for those between the ages of 19 and 59.

Isaac's program today focuses on a research program relating to burnout and stress that he conducted recently.

According to Isaac, Burnout is the extinction of motivation or incentive especially where one's devotion to a cause or a relationship fails to produce desired results. Stress on the other hand is identified as an imbalance between your resources. Stress is a natural response and a fact of life. It can lead to poor health and to burnout.

Burnout causes depleted energy levels and lowers your immunity. You are likely to lose interest in personal relationships, become less efficient at work and are likely to see an increasing pessimistic outlook toward life. There are three primary causes of burnout; (1) lifestyle features, (2) individual personality traits and (3) your job.

Lifestyle features are things like having no time for hobbies, getting too little sleep and taking too little time away from work. Individual personality traits that can cause burnout are always being pessimistic, being a perfectionist or having excitability traits. Your work environment can cause burnout when you don't have clear requirements, have impossible goals to meet, suffer a lack of personal control over what you can accomplish and not receive enough recognition for what you do.

Isaac suggests that if you suffer from any of these symptoms that you challenge yourself to run head-on toward your problems. He maintains the more you deal with a problem the better you will be able to deal with it in the future.

Other suggestions include eating a proper diet, learning to relax, find a hobby and make time to participate in it and maintain a social support system. Other things that can help include embracing a spiritual practice, setting boundaries for what you can and will do and to find fun distractions.

He noted that detachment is the self-care practice of releasing or becoming detached from a person or a problem in love. Detachment can be a positive tool for one to use. It allows you to step back and analyze the problem or problems and to seek solutions.

He noted also that we have all that we need "on board" to deal with any situation. The challenge is to find the strength we need to deal with our issues.

Isaac challenged us to become aware, moment-by-moment, of our emotions. Emotions are your friend and can direct your attention to where it needs to go. If you learn to recognize and control your emotions they will allow you to better control your environment. If you don't control your emotions they will control you. Resisting our emotions can produce stress; causing burnout.

Isaac's closing thought was this quote, "The more you distress yourself over the flow of the river, the more energy you waste."

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



**EACH ROTARIAN:  
REACH ONE, KEEP ONE**



March 22

<http://www.unwater.org>

## Upcoming Programs/Events

- March 26 Carolyn Smith, M.A., LPC, CSAT, EMDR – “Intensive Workshops”
- April 2 Joe Paul, Ph.D., Vice President for Student Affairs, USM
- April 9 Cindy Bivins, M.Ed., Interim Director, Director, Children’s Center, USM
- April 18-20 \*\*District Conference\*\*
- April 23 “A Night in Italy” (No noon meeting)
- April 30 The Honorable Lynn Fitch, State Treasurer of Mississippi
- June 25 Awards Luncheon (Tentative)
- July 2 District Governor-Elect, Barbara Mauldin

## LEADERSHIP 2012-2013

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**[www.hattiesburgrotary.com](http://www.hattiesburgrotary.com)**