

NOMINATIONS FOR OFFICERS & BOARD MEMBERS

The nominating committee will present the following slate of nominations.
This slate of candidates has been approved by the nominating committee.

The individuals presented have agreed to serve if elected. Nominations will also be opened to the floor on Nov. 10th. The election will take place on November 24th during the meeting.

NOMINATIONS FOR OFFICERS & BOARD MEMBERS

The following have been nominated for Officers of the Rotary Club of Hattiesburg for
Rotary Year 2010-2011:

President Elect – Robert Cummings

Vice President – Maura McLaughlin

Secretary/Treasurer – Patrick Ward

(Bill McLeod current President-elect will assume the office of president for Rotary Year 2010-2011.)

The following eight members have been nominated to serve as Board Members:

Nominees for Board Members:

Jaclyn Adams

Greg Buie

Charles Greer

Scott Hummel

Dan Kibodeaux

Tom Montgomery

Lance Nail

Chris Strebeck

Four new board members will be elected to serve a term of two years from July 1, 2010 to June 30, 2012.

Each member present on November 24th will have the opportunity to vote on the officers and four board member positions.

The four nominees receiving the highest number of votes will fill the board positions.

Spokes

November 17, 2009

www.hattiesburgrotary.com

District 6840

Club Number 04003

Organized 1918

ROTARY YEAR
2009-2010

OFFICERS
MARY CROMARTIE
President

BILL MCLEOD
President-Elect

ROBERT CUMMINGS
Vice-President

MAURA MCLAUGHLIN
Secretary – Treasurer

LAMAR EVANS
Executive Secretary

GENE OWENS
Sergeant-At-Arms

BOARD OF DIRECTORS

Term Expiring – June 30, 2010
Steve Ramp
Erik Graham
Wally Weakley
Patrick Ward

Past President:
Richard Topp

Term Expiring – June 30, 2011
Heath Hillman
Gene Owens
Mike Ratliff
Aime Spears

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Official Newsletter of the

ROTARY CLUB OF HATTIESBURG

P.O. Box 15185
Hattiesburg, Mississippi 39404



“SERVICE ABOVE SELF”

MINUTES FROM 11/01009

President Mary Cromartie presided over the meeting. Steve Ramp gave the invocation and A.D. Hunt led the club in the Pledge of Allegiance. Mary then led the club in and the Four Way Test.

Gene Owens introduced to 10 day's visiting Rotarians and visitors. Pierce Stevens and Milton Wheeler are visiting from the Petal Club. Brad Touchstone and Jared Eastlack were visitors of Janice Touchstone. Carolyn Jones was a visitor of Susan Light.

Thanks to A.D. Hunt who served as our greeter today.

Bill McLeod reported the names of members with 100 percent attendance for the month of October. He also noted that Bill Oliver has resigned from the club.

Erik Graham reported that readings for the Reading Between the Lions project begin this Friday. Readers will be needed on a regular basis beginning next week. Rotarians will be asked to sign up at Tuesday's meeting.

Valerie Sartin reported that the USM Orchestra will perform on December 1 in a benefit concert for the Children's Center for Communication and Development. Rotarians interested should contact the Children's Center for ticket information.

LAST WEEK'S PROGRAM

Kris King then introduced today's speaker, Sandra Bender. Dr. Bender is a cancer survivor and offered members valuable information about the causes and the cures for today's cancer epidemic.

Dr. Bender reported that one in two American men will have cancer in their lifetime. One in three American women will have cancer during their lifetime. Twenty-five percent of the cancer cases will result in death.

Why is there such an epidemic of the disease in American today? Dr. Benders notes that prior to 1945 Americans ate an average of 12 pounds of sugar each year. Today, we consume 154 pounds per year. Cancer feeds on sugar. According to Dr. Bender, the only fuel cancer can use is glucose which is produced by the sugars we consume.

Since 1945 we have also changed the fats that we eat. We've gone from butter and lard to margarine, which contains a high content of transfat. This ingredient causes weight gain, high cholesterol and

heart disease. It also improves the atmosphere for cancer growth.

We've also changed the way we feed our meat animals. Prior to 1945 Americans consumed beef, pork and chicken that was fed grass. Today, our meat animals are fed corn.

We've also stopped moving as a society. We've gone inside and sit in front of the television in a climate controlled environment. We've decreased our body's ability to fight off cancer.

Our environment has also become much more toxic. Even though DDT has been banned, it never goes away and remains in our soil, our water and therefore in the foods we consume.

And finally, Dr. Bender notes that we've become more socially isolated. The divorce rate has increased and Americans move on the average every five years. We've lost many of the social benefits related to wellness.

Dr. Bender left club members with a handout that recommended a number of publications that offer suggested life-style and diet changes that will reduce the risk of cancer. She also gave us ten actions that we can and should take if we're interested in improving our risk of contracting the disease.

1. Eat five non-starchy fruits and vegetables a day, especially from the cabbage family and berries.
2. Increase omega 3 fat by eating grass fed (not grain fed) meat, poultry, eggs and dairy. Eat cold water fish such as salmon and sardines. Take fish oil. Decrease omega 6 fats by avoiding oils such as soy, corn, safflower, sunflower, and cottonseed.
3. Drink green tea daily. If you are a cancer survivor, make those four cups a day.
4. Eat mushrooms frequently; daily if you are a cancer survivor.
5. Get to and maintain normal weight.
6. Reduce or eliminate sugar (drinks, snacks, and desserts). Cancer feeds on sugar.
7. Exercise or walk ½ hour six days a week to avoid cancer or boost cancer survival.
8. Take Vitamin D (three) capsules daily.
9. Nurture your social network of family and friends. Absence of intimacy causes the same amount of damage to your body as smoking.
10. Don't smoke. Restrict alcoholic drinks to one for women and two for men daily.

TODAY'S PROGRAM

KNOW YOUR RISK OF HAVING A HEART ATTACK – WITH 98% CERTAINTY!

Dr. Alan Covin established HeartSouth in Hattiesburg and Magnolia, Mississippi in 1999. The multi-specialty practice has brought many firsts to the Hattiesburg area including the first Lipid Clinic and Heart Failure Clinic. Dr. Covin was the first in this area to implant devices for heart failure and November 1st he is opening the first Heart Attack Prevention Clinic. Through state-of-the-art technology at risk individuals can be identified and the chances of having a heart attack decreased. The focus of the clinic is on prevention and arrest of heart disease through appropriate risk factor modification.

HeartSouth also manages clinics in Petal, Wiggins, Brookhaven, Corinth and Oxford .

Dr. Covin is certified by the American Board of Internal Medicine and Cardiology. He is also certified in Nuclear Cardiology and HeartSouth Hattiesburg has one of only two board-certified nuclear cardiology technicians in this area.

THE MEMBERSHIP COMMITTEE....

Would like everyone to welcome our newest member, Brian Moore.
Brian works for Bancorp South.

IMPORTANT DATES

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| Nov 17 | Dr. Alan Covin, Cardiologist |
| Dec 15 | Rotary Christmas Party in Evening (no daytime meeting) |
| Nov 23 | Rotary Board Meeting at May's house 5:30 dinner served |
| Nov 24 | Dr. Susan Bone - Osher Lifelong Learning Institute |
| Nov 24 | Rotary Officer Elections |



Meeting Dates for Area Clubs

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Bay Springs - 12:00	Columbia - 12:00	Clinton - 12:00	Madison-Ridgeland - 12:00
City Hall	The Backdoor Restaurant	Baptist Health Plex	Steam Room Grill 155 N
Bolton - 7:30	Flowood - 12:00	Gluckstadt - 12:00	Jackson
Methodist Church	River Oaks Hospital	Parker House Restaurant	Taylorville - 12:00
Collins - 12:00	Laurel - 12:00	Hattiesburg Sunrise - 7:00	MS Power Co. Building
Cedars Restaurant	Laurel Country Club	Wesley Medical Center Cafeteria	Wiggins - 12:00
Ellisville - 12:00	North Jackson - 12:00	Heidelberg - 12:00	Gulf Coast C.C. Cafeteria
J.C.J.C. Cafeteria	St. James	Library	
Jackson - 12:00	Episcopal Church	Poplarville - 12:00	<i>Friday</i>
MS Museum of Art		Pearl River C.C. Cafeteria	Rankin County - 12:00
Lucedale - 12:00		Richton - 12:00	Rankin Co. Med. Ctr. Annex
MS Gulf Coast Community		Magnolia Restaurant	Slidell, LA - 12:00
College Cafeteria		Waynesboro - 12:00	Pinewood Country Club
Petal - 12:00		Western Sizzlin	
Civic Center		Prentiss - 12:00	
South Hinds County - 12:00		Country Fisherman	
BoDons Catfish & Seafood			