

SPOKES



NEWSLETTER OF THE ROTARY CLUB OF HATTIESBURG

Sean Priebe, Dr. Marie M. Darby
and Kristy Gould.



MINUTES: OCTOBER 20, 2015

President Sean Priebe presided over the meeting. Thanks to Mike Ratliff who gave the invocation and to Bill MacLauchlan who led us in the Pledge of Allegiance. Thanks to Kemi Simmons and Valencia Williamson who served as our greeters today.

Jaclyn Adams then introduced today's guest. Ben Donald is a guest of Sean Priebe. Sean noted that Ben's membership application has been approved and he will soon be inducted as a new Rotarian.

Today's Mystery Rotarian is known to be a talker. In Her first job was as a hostess at Red Lobster where she made \$3.88 an hour. She moved to the Hattiesburg area after marrying her first husband who is from Purvis. They dated for seven years but never lived in the same state until they were married. She once won a hog-calling contest at the Wausau Possum Day Festival in Wausau, Florida. He makes the best gumbo other than Mr. B's in New Orleans and once had a man propose to her after eating it. She completed a half marathon and a full marathon in 2013 but runs no more. She has been a RN since 1993, is a USM alumni. Her husband is an excellent electric guitar player and a surgeon at Hattiesburg Clinic. This Rotarian has sold \$5.4 million in real estate so far in 2015 and thanks to Rotary is now a Senior Member of the Civil Air Patrol. Our Mystery Rotarian is Paula Brahan.

Wes Brooks encouraged members to log in to Club Runner. By creating your account you can keep your contact information current. You can also download and print a current roster of club members, complete with contact information and even send all members an email message. Visit www.rotaryofhattiesburg.com today.

Sean reported that last week's club assembly and the member survey conducted in advance of the meeting were very beneficial in providing data and feedback from the members. The board will take the information and begin to chart a new course for our club. He noted that one very important item that surfaced during the last couple of weeks is our need to increase membership and to make our club more attractive to new members.

Sean also noted that Jaclyn Adams recently announced that she would be willing to step into the president-elect's position and will become the

2016-2017 president. The board has approved that appointment.

Kristy Gould then introduced today's guest speaker. Marie Darby, MD is a maternal fetal medicine specialist with the Hattiesburg Clinic. Dr. Darby is a high risk pregnancy doctor who works alongside a woman's OBGYN. If the OBGYN determines the pregnancy is high risk, Dr. Darby will see the patient, run additional tests on the woman and the baby and develop a specialized and personal care program for the pregnancy.

A pregnancy is defined as high risk if there is any danger to either the baby or the mother throughout the pregnancy. Pre-existing health problems such as diabetes, high blood pressure, smoking, alcohol or illegal drug use are all conditions that would make the pregnancy a high risk case. If a mother has had problems or difficulties with prior pregnancies she made be classified as a high risk case. If a mother is younger than 17 or older than 35 years of age the pregnancy is considered high risk.

Dr. Darby says pregnant women should exercise. A thirty-minute walk every day is suggested. Whatever a woman was doing prior to getting pregnant she can continue to do unless the activity causes a fall danger. Women who are planning on getting pregnant should begin taking pre-natal vitamins at least three months before they get pregnant.

She also discussed a number of myths that surround pregnancies. Pregnant women are not eating for two. They only need about 300 additional calories each day. They are encouraged to gain no more than 25 to 30 pounds. Dr. Darby says it is a myth that pregnant women should not take the flu shot. She says it is not dangerous to the fetus and certainly provides much needed protection to a women when her system is undergoing substantial changes. Dr. Darby also says its okay for pregnant women to have some caffeine. A twelve ounce cup of coffee is very permissible each day. Flying is okay up until the 36th week of the pregnancy and it is okay for a pregnant woman to get her hair colored as long as the process is done in a well ventilated area.

(Minutes continued on pg. 4)

OUR GUEST

BRADY RAANES (c)3 Wines



Financial Advisor has been a resident of Hattiesburg since 1985. He graduated from Oak Grove High School and received a BA in Finance from the University of Southern Mississippi. Upon graduation, Brady joined A.G. Edwards (a predecessor firm of Wells Fargo Advisors) as a financial consultant.

In 2006 Brady attained his CERTIFIED FINANCIAL PLANNER™ certification and in 2010 achieved the prestigious Chartered Financial Analyst designation. He currently holds the Series 7, 9, and 10; 65/66 registrations; and insurance license. Brady is an active member of the CFA Society of Mississippi and the FPA of Mississippi.

Brady works with existing clients in regards to account reviews and risk analysis, portfolio construction and management, and risk allocation. Brady and his wife Christen have two sons, Manny and Beni. The family are active members of Venue Church. In 2013, Brady and Christen began (c)3 Wines, a Napa Valley based philanthropic business that sells wine and donates the profits to charitable organizations under the IRS tax code 501(c)3.

(Minutes cont.)

Prior to Dr. Darby's arrival in Hattiesburg, high risk pregnancy patients had to travel to Jackson or New Orleans for care. Additionally, counseling is now available locally along with genetic screening for both the mother and the baby.

To learn more about the maternal fetal medicine services available in our area, call 601-579-5100 or visit <http://www.hattiesburgclinic.com/departments/maternal-fetal-medicine>.

Minutes courtesy of Lamar Evans, Executive Secretary.



NEXT WEEK THERESA ERICKSON



NOVEMBER 10

**THERESA ERICKSON
GREATER PINEBELT COMMUNITY
FOUNDATION**

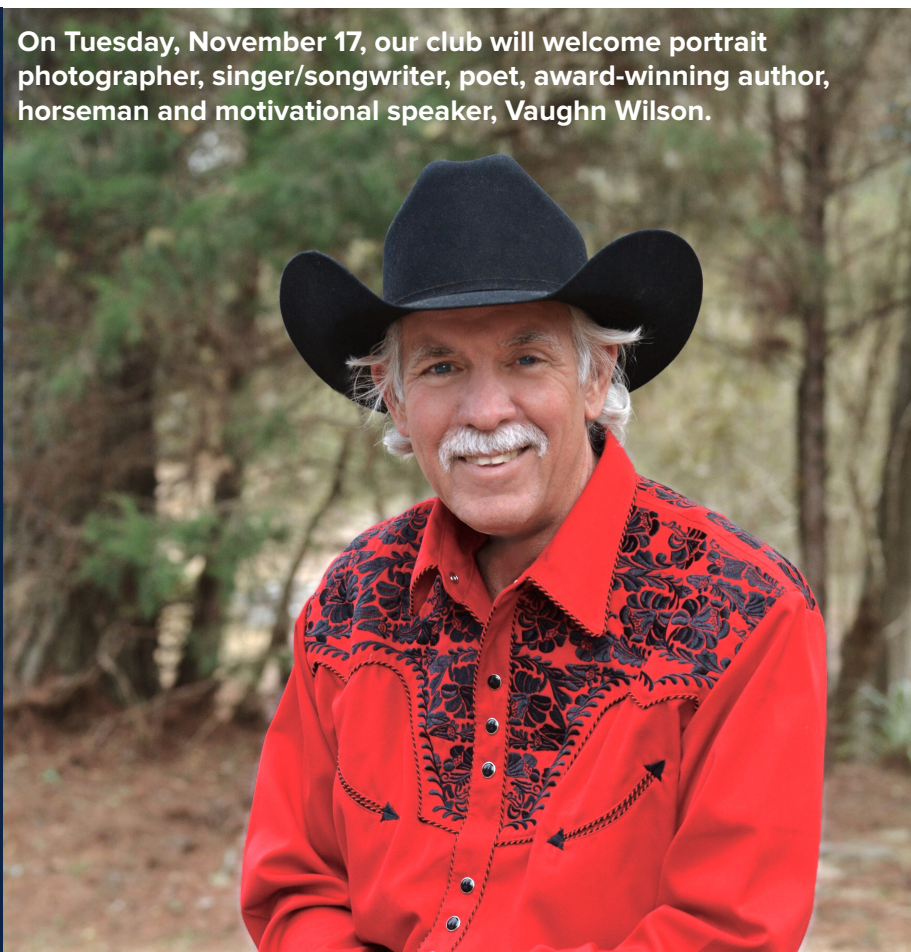
NOVEMBER 17

VAUGHN WILSON, AUTHOR

NOVEMBER 24

**PDG BRIAN HALL
ROTARY INTERNATIONAL
FOUNDATION**

On Tuesday, November 17, our club will welcome portrait photographer, singer/songwriter, poet, award-winning author, horseman and motivational speaker, Vaughn Wilson.



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