



## Breast Self-Awareness (BSA)

### 1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your doctor about your personal risk of breast cancer

### 2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

### 3. Know what is normal for you

- See your health care provider right away if you notice any of these breast changes:
  - Lump, hard knot or thickening
  - Swelling, warmth, redness or darkening
  - Change in the size or shape of the breast
  - Dimpling or puckering of the skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple or other parts
  - Nipple discharge that starts suddenly
  - New pain in one spot that does not go away

### 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake

For more information visit our website or call our breast care helpline.

[www.komen.org](http://www.komen.org) 1-877 GO KOMEN (1-877-465-6636)

# Spokes

September 2, 2008  
[www.hattiesburgrotary.com](http://www.hattiesburgrotary.com)

District 6840

Club Number 04003

Organized 1918

**ROTARY YEAR**  
**2008-2009**

#### **OFFICERS**

**RICHARD TOPP**  
*President*

**MARY CROMARTIE**  
*President-Elect*

**A.D. HUNT**  
*Vice-President*

**KRIS KING**  
*Secretary – Treasurer*

**LAMAR EVANS**  
*Executive Secretary*

**HEATH HILLMAN**  
*Sergeant-At-Arms*

#### **BOARD OF DIRECTORS**

**Term Expiring – June 30, 2009**  
Todd Bradley  
Kristy Gould  
Perrin Lowrey  
Bill McLeod

*Past President:*  
Freddy Walter

**Term Expiring – June 30, 2010**  
Robert Cummings  
Maura McLaughlin  
Steve Ramp  
Erik Graham

*Official Newsletter of the*

## **ROTARY CLUB OF HATTIESBURG**

P.O. Box 15185  
Hattiesburg, Mississippi 39404



## **“SERVICE ABOVE SELF”**

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## MEETING OF September, 2008

Minutes from meeting of 8/26/08

President-Elect Mary Cromartie presided over the meeting. Steve Ramp gave the invocation and lead the club in the Pledge of Allegiance.

Thanks to Greg Garraway and Christy Head for serving as our greeters.

Gene Owens welcomed visiting Rotarians and guests:

Milton Wheeler and Barbara Mauldin visited from the Petal Club.

Scott Hummel was a visitor from the Longview, Texas Club

David Owens was a visitor of Gene Owens

Jennifer Payne and Chad Driskell were guests of Erik Graham.

Brian Moore was a guest of Patric Ward

Chris Lane was a guest of Valerie Sartin

Amal Mitra was a guest of Susan Steen.

Bill McLeod reminded Committee Chairs that they have a planning meeting this Friday at his office.

Francis Farmer auctioned off two tickets to the opening game of USM donated by WHLT. Maura McLaughlin won the tickets for \$25.00.

## LAST WEEK'S PROGRAM

Mary introduced today's special guest District Governor Greg Lier.

Greg reminded Club members that 25,000 children die each day throughout the world from preventable causes. Five-thousand of those die from a lack of sanitary water and/or sanitary conditions. He encouraged Club members to partner with other clubs through the nation and the world to help prevent these problems.

He singled out our Club's Book-Bear-Bag literacy program. He also mentioned a McComb Club's project of collecting books for their prisoners.

Greg encouraged Club members to participate in a giving campaign to the Rotary Foundation. He especially encouraged members to participate in the Bill Gates Foundation's matching grant program designed to eliminate polio. RI has raised 20 of the 100 million dollars in match during the first six months of the campaign. He encouraged our members to pledge \$33 per year for the next three years of this campaign.

He encouraged membership recruitment noting that the District has a net-gain goal this year of 200. The net gain last year totaled 140. Mary Cromartie and Erik Graham were recognized by Lier for their recent membership recruitment efforts.

The District Conference is scheduled for May 7 - 9, 2009 in Bay St. Louis.

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## THIS WEEK'S PROGRAM

Today's speaker is Michelle Garner, co-founder of "The Pink Ribbon Fund" with Rotarian Susan Light. Michelle is married to Dr. Lake Garner, a local dentist and real estate developer. They live in Oak Grove with their three children, Gage, Landon, and Cannon. Neither Michelle or Susan have had breast cancer, but they are passionately devoted to "The Pink Ribbon Fund." Their annual gala fundraiser, "PINK!" will be held on Saturday, September 27 at Lake Terrace Convention Center. Tickets are still only \$50. In addition to the gala, two ladies' golf associations have created two new fund raisers this year: a mixed open on Saturday 9/27 at Shadow Ridge (\$75 per person), and a ladies open on Monday, September 29 at Canebrake (\$100 per person). For more information or tickets to the gala or the tournaments, call Michelle at 601-268-3882.

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## UPCOMING PROGRAMS

Tues 9/09 Denise Weeks - Jr. Achievement  
Tues 9/16 George Stevens - Lamar Cty Fire Coordinator  
Tues 9/23 Heath Hall - Mississippi Technical Alliance

Editor: Aime Spears  
[aspears@whlt.com](mailto:aspears@whlt.com)

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## 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 I55 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	
MS Museum of Art		Pearl River C.C. Cafeteria	<i>Friday</i>
Lucedale - 12:00		Richton - 12:00	Rankin County - 12:00
MS Gulf Coast Community		Magnolia Restaurant	Rankin Co. Med. Ctr. Annex
College Cafeteria		Waynesboro - 12:00	Slidell, LA - 12:00
Petal - 12:00		Western Sizzlin	Pinewood Country Club
Civic Center		Prentiss - 12:00	
South Hinds County - 12:00		Country Fisherman	
BoDons Catfish & Seafood			

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