

SPOKES



Newsletter of the Rotary Club of Hattiesburg • September 2, 2014



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MINUTES: August 26, 2014

President Wes Brooks presided over the meeting. Thanks to Mike Ratliff who gave the invocation and to Dan Davis who led the Pledge of Allegiance.

Thanks to Sara Peterson and Gene Owens for serving as our greeters today.

Brian Moore filled in for Aaron Ladner and welcomed guests and visiting Rotarians. Gene Winters is visiting from the Petal Club. Jalil Buti is visiting from the Sunrise Club. Tess Smith is a guest of Sara Peterson.

Wes reported that the board met last evening and among the things discussed are two new ideas for generating Rotary Foundation revenue this year. Dan Davis reported that the Monday Night NFL 50/50 event will be returning next week. The club will also begin a Fame Fee campaign. If you see a club member in the news, you are asked to recognize that Rotarian and contribute a minimum \$2 fame fee. The person recognized is also encouraged to make a similar contribution.

Dean Wade, sponsored by Wes Brooks, was asked to come forward and was inducted as the club's newest member.

Audra Cummings then introduced today's guest speaker Caroline Smith. Caroline is the Director of Intensive Workshops, Professional Counseling, Sex Addiction, Addiction Therapy, and Trauma Resolution at Pine Grove Behavioral Health and Addiction Services. She discussed ways to successfully fail.

Caroline maintains that failures are either stepping stones for tombstones. Their outcomes in our lives depend entirely on how we approach them. Scientists don't see failures as defeats. Rather, they see them as a lesson learned and then they proceed to try the experiment once again utilizing the lesson learned. If we could achieve that attitude toward our failures, Caroline says we would all be happier.

Her research indicates that 85% of every success is because of attitude while only 15% of the success is

due to aptitude. The take-away from that research is to know and understand that we have the power to change our attitude.

Caroline also encouraged us to keep our minds open. She maintains that a closed mind does not open doors of opportunities.

According to Caroline the Centers for Disease Control predicts that within the next six years depressing will be the second leading cause of work-place disability. She encouraged us to take the focus of any failure off of ourselves and put the focus on the "that" that failed. We're not failures according to her. The mistakes we may have made caused something to fail. Additionally, mistakes prove that we're at least trying. Struggles do hurt but they prepare us to succeed.

Minutes provided by:
Lamar Evans, Executive Secretary
Rotary Club of Hattiesburg





Rotary Leadership Institute

by Janice McKellar

District Trainer Janice McKellar is now taking applications for this year's Rotary Leadership Institute (RLI). The sessions for 2014-15 are October 25, 2014; January 31, 2015; and February 21, 2015. RLI is very focused on Rotary topics, with discussion groups aimed at making you and your Rotary club more effective. Application forms are on this website under District Programs > Rotary Leadership Institute.

Group Study Exchange 2015

Australia

by Ken Thompson

District 6840 will do a Group Study Exchange in 2015 with District 9800 - Australia. The outgoing team will travel in March, 2015. Carl Michel, Rotary Club of New Orleans Riverbend, has been selected as the GSE Team Leader.

Interviews for GSE Team Members will take place on Saturday, September 13. Application forms can be downloaded from the district website under District Programs > Group Study Exchange in either .pdf or .doc formats.

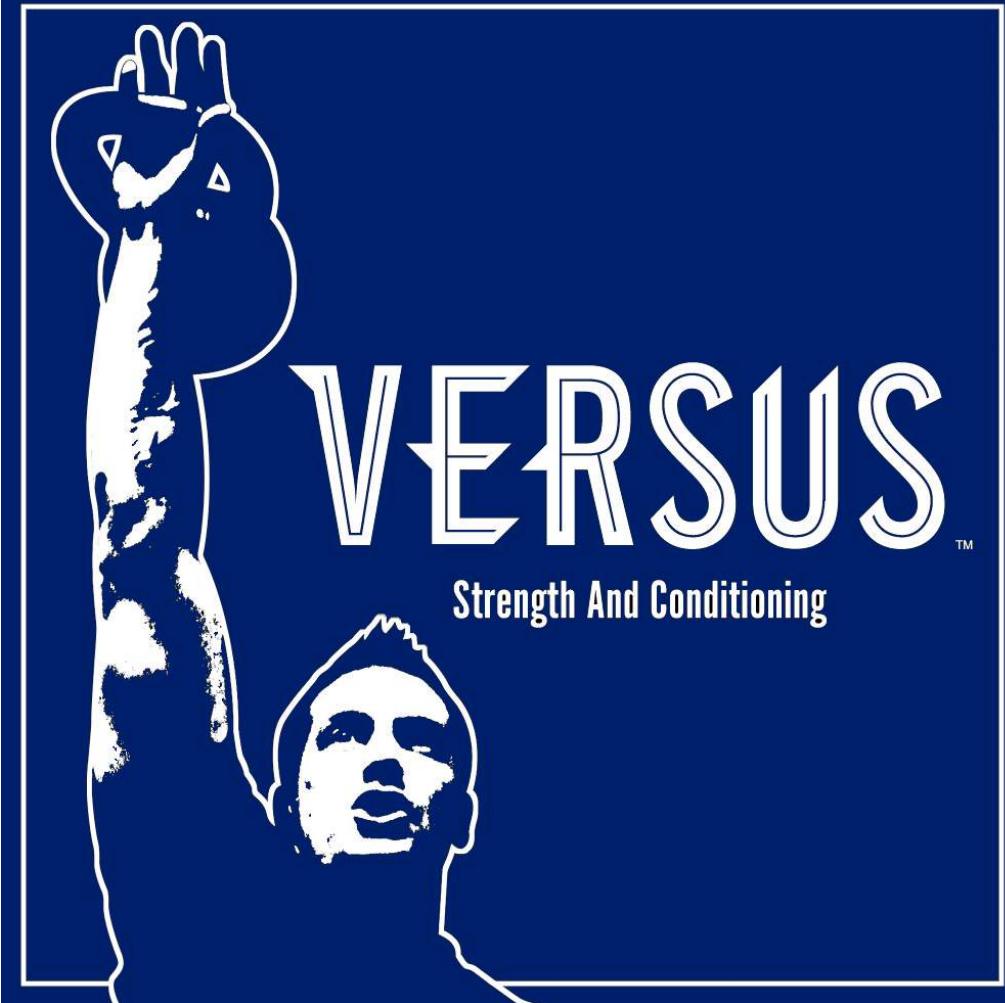
District 9800 includes Melbourne, Australia, and the area to the north of Melbourne. Anticipated travel dates are March 1-28, 2015.

STEVE McALISTER

VERSUS STRENGTH & CONDITIONING

Steve McAlister is a Hattiesburg native. He was a member of the 2nd graduating class of Presbyterian Christian School and a graduate of the University of Southern Mississippi. Steve has a passion for health and fitness. In 2009, he followed his dream and opened a gym, Versus Strength & Conditioning. In five years, VSC's membership has gone from 13 to over 400 members. Steve continues to gain knowledge on fitness and nutrition through various seminars and certifications. He and his wife, Kellar, are expecting their first child this October.

For more information on VSC, visit: versusstrengthandconditioning.com.



The logo for Versus Strength And Conditioning features a large, stylized white outline of a person performing a pull-up against a dark blue background. To the right of the graphic, the word "VERSUS" is written in a bold, white, sans-serif font with a trademark symbol. Below "VERSUS", the words "Strength And Conditioning" are written in a smaller, white, sans-serif font.

On the Horizon

September 9 Andy Impastato, VP Client Compliance, BancorpSouth Insurance Services

September 16 Sara Case-Price, Director, Children's Center for Communication & Development

September 23 Helena Lasseter, RN, MPH, Work Well-Wesley Medical Center

September 30 Lloyd Munn, Director of Loss Control, BancorpSouth Insurance Services

October 25 Rotary Leadership Institute

November 1 2nd ANNUAL ROTARY CLUB OF HATTIESBURG BIKE-A-THON

Guests and visitors,

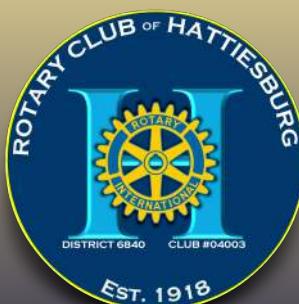
Thank you for coming to visit with us today! Are you interested in finding out more about the Rotary Club of Hattiesburg? Are you interested in how you might become a member? Would you like to be contacted by one of our members to discuss this? If so, please fill in the blanks below and we will be sure to contact you. Again, thank you! We hope you enjoyed your time with us.

Your Name: _____

Phone number: _____

E-mail address: _____

Questions/Comments



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