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Rotary Club of Apex

"SERVICE Above Self"

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**APEX ROTARY NEWSLETTER - FEBRUARY 26, 2009**  
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The following is a quote from a personal eulogy given by a past member of the Apex Rotary Club for a deceased member at gravesite. A concept by which we members should all abide.

"For those of us who remain, and especially for our fellow Rotarians, we should always be mindful of this life well lived, a life of service above self, a life in which service to God, service to country and service to family was an unending mantra. Would that we all live such a life!"

The Basics



Diane Beaudett, Life Line Screening.

Attendance: 40 Apex Members

Rotarian Visitors: Bill Rousseau-Holly Springs, Terry Winebrenner- Sunrise Club, Westerville, Ohio & Paul Staphenson- Cary Central.

Guests: Heather Herring (Karen Byrd) & Paxton Galvanek.

Inducted: Heather Herring, Kate Voss & Sharon Galuzzo all scheduled for April.

Makeups: Voss & Hilt.

Speaker: Diane Beaudett, Life Line Screening of Raleigh. Their mission is to make people aware of undetected health problems and encourage them to seek follow-up care with their personal physician. They are the leading provider of community-based preventive health screenings in the United States. They use advanced ultrasound equipment, the same as the equipment found in hospitals, and their screenings are performed by highly trained healthcare professionals. Results are reviewed by board-certified physicians to ensure the highest standards.

Since their inception in 1993, they have screened over 6 million people, and currently screen over 1 million people each year at over 20,000 screening events nationwide. Through this experience, they often identify serious health issues and have helped save thousands of lives. They are dedicated to providing the highest quality preventive screenings at affordable rates. For additional information, [click here](#).

ANNOUNCEMENTS & REMINDERS

March 12th- Rotary on the Road. Lunch at 12:30 at Carabbas as usual and then a site visit at the Rex Healthcare facility in Apex, hosted by Rotarian Kathy Gill.

March 20, 2009 - Casino Night Membership Spectacular: Featuring a Friday night full of fun, food and fellowship, including awards and special presentations, exhibits from all aspects of Rotary and casino games of all kinds. Mark your calendars and plan to attend. *PRIZES NEEDED. DEALERS NEEDED.* Contact Karen Byrd at khbcpa@byrdyates.com for more information.

Remember!!!! District 7710 Conference in Wilmington is April 24-26, 2009 at the Hilton Riverside. Registration will be available soon on the District Website.

Paul Harris Fellow: There are Enough points available for 9 PHFs if you are interested in getting your PHF this year. You contribute half, \$500, and the District will match your contribution.

September 20, 2009 (NEW DATE) - Apex Rotary's Stop Hunger Now Million Meal Event - Apex Methodist Church. Details to follow.

Coach Pitch Baseball Information For Members

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The Apex Rotary Club is happy to announce the sponsorship of the 2009 Coach Pitch Baseball League for the Apex community. The Apex Jaycees had previously sponsored these events for many years. Coach pitch is for boys and girls ages seven and eight. To be eligible to play, a child must be seven years old by May 1, 2009 and cannot turn nine years old before July 31, 2009.

The purpose of the baseball leagues is to teach baseball fundamentals, promote good sportsmanship and show the value of teamwork. Official scores and win/loss records are not maintained. Practices will start the week of April 20th and will be held during the week at Lufkin Middle School. Children will have 2 practices prior to the first game. The child's coach will pick the day of the week for practice and there is a place on the registration form that enables a parent to list one night where a child cannot practice.

Games will be played at Apex Elementary School on Saturdays starting May 2, 2009 and ending June 27, 2009. We will not have games the weekend of Memorial Day. The Apex Rotary Club reserves the right to change field locations due to unforeseen circumstances.

Cost for the league is \$77.00 and includes a team shirt, hat and a trophy. To register a child(ren), please [click here](#) and once on our web site, click on the **Coach Pitch** link on the home page. A registration form for each child must be completed. Registration is based on a first come first served basis! Registration forms should be mailed to:

Apex Rotary Club P.O. Box 131 Apex, NC 27502 Attention: Baseball League

Checks should be payable to Apex Rotary Club. All registration forms must be postmarked by March 6, 2009. Parents will be notified by the coach of their team assignment by April 10, 2009.

### Special Notes

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**Make Ups:** Please remember to submit all make- up notifications to the Club Secretary as soon as you can. They can be submitted two weeks before and/or two weeks after a missed meeting.

**Guests and Visiting Rotarians:** We are always excited about having guests and visiting Rotarians to our weekly meetings. Please share the names of your guests with the Club Secretary each week. We do keep a record of who attends and this information will help with the book keeping.

**Using the Microphone:** Whenever you are speaking to the Club, whether it be as a speaker, making announcements or any other address to the Club, please come forward and use the microphone. Not only are there hearing impaired members, there is the problem with the Restaurant's kitchen fans blasting away so that the tables near the kitchen miss half or more of what you will say. Some of you feel you have loud voices. What you do not know is that when you start off, it's fine but as you go on, your voice gets lower and softer. You don't hear it but we do. Thanks for your cooperation.

**Apex Rotary Member Database Update:** You can update your personal data as follows:

1. Go to [www.apexrotary.org](http://www.apexrotary.org).
2. Click on "Membership"
3. Insert your email address (the one you used when you joined). In "Password", enter your Rotary ID number leaving out the first zero digit and click "Login".
4. Go to "Members" (top left) and click on "View My Data". It will automatically find your file.
5. Click on "Edit Member" and update your data.
6. On completion, at the very bottom of your data file, Click on "Update".

**The weekly newsletter** can now be viewed on our web site [www.apexrotary.org](http://www.apexrotary.org), click on "Newsletters". The file is in PDF format and you will need to have Acrobat Reader installed. If you do not have it, download it free at [Acrobat Reader](#).>

**Speaker Schedule** is now posted on the Club's web site <http://www.apexrotary.org>. Click on "Club Documents and then on the "Speaker Schedule 2007-2008".The file is in PDF format and you will need to have Acrobat Reader installed. If you do not have it, download it free at [Acrobat Reader](#).

**Apex Rotary Web Site News:** Click on the **NEW "Club Documents"** link on the Apex Rotary web site to see and have the option to download & print forms and copies of important club documents. The files are in PDF format and you will need to have Acrobat Reader installed. If you do not have it, download it free at [Acrobat Reader](#).

### Communications Officer Contact Information

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Bruce Velsor | Rotary Club of Apex | Apex | NC | 27502