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Rotary Club of Apex

"SERVICE Above Self"

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## APEX ROTARY NEWSLETTER - NOV 12, 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

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**David LaBrecque hosted by Bill McClung**

**Attendance:** 34 Apex Members

**Rotarian Visitors:** Bill Rousseau, Holly Springs. .

**Guests:** None.

**Inductions:** None at this time.

**Makeups:** None Recorded.

**Speaker: David LaBrecque, a prostate cancer survivor.** David has spoken at Rotary clubs in Holly Springs and Cary about prostate cancer about the importance of early detection. This is one of the most deadly cancers in men, second only to lung cancer. For additional information, [click here](#).

**THE WEEKLY "PEAK POST" FOR NOV 12, 2009**



The Weekly "Peak Post" issued by Lora Bulla, for use at meetings as an Agenda, will also be included in this and future E-mailed Newsletters for those who miss or makeup a meeting. To view the November 12th issue, [click here](#).

**WAKE FOREST PURPLE HEART DINNER GUEST SPEAKER**



On Wednesday, November 11th, **Apex Rotarian Hal Buell**, a Purple Heart recipient, was the guest speaker at Wake Forest's first Annual Purple Heart Dinner that took place at the Southeastern Southern Baptist Theological Seminary. Over 125 persons were in attendance including 25 Purple Heart Veterans from WWII, Korea, Viet Nam, Iraq and Afghanistan. All of the veterans were specially honored by Mayor Vivian Jones.

## IMPORTANT ANNOUNCEMENTS & REMINDERS

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IMPORTANT: *Apex Sunrise Rotary Club* - "Grand Opening" breakfast meeting on Tuesday, November 17 at 7:30 am at TGIF in Beaver Creek! If you have a friend, or two or three, who would be great additions to the Rotary, please let Taki Donovan know so that she can send them an official invitation. All rsvps, questions and suggestions for this event can go to apexsunriserotary@gmail.com. If you have a name or two to suggest, they will be sent an invitation and a follow up phone call. Hopefully you will be able to follow up with a phone call also and bring them that day. We'll have a good breakfast, several very brief presentations about different aspects of Rotary to give people a flavor of what we do, and adjourn by 8:30 am.

Your support of this event will be greatly appreciated as it will build awareness about the Rotary in general and will strengthen not just the new club, but our lunchtime club as well. And, who wouldn't want a place to eat a good breakfast and make up a Rotary meeting at the same time! .

Speaker Assignment Schedule for 2009-2010: Members have been assigned to a meeting date where you are asked to provide a speaker. [Click here](#) to see the schedule. For additional information or assistance, Contact Brenda Steen at 919-362-6456 or email at brenda@apexchamber.com -or- email support@apexrotary.org.

December 3, 2009 at 12 Noon: Golden Agers Luncheon CC Jones Building

December 5, 2009 - Apex Fire House from 7:00am: Pancake Breakfast & Hot Dog Sales

December 5, 2009 - The Christmas Parade hosted by Apex Rotary. Details to follow.

APEX ROTARY WEB SITE NEWS

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If you haven't already looked at the club's web site, please take a little time to familiarize yourself with it. It can be useful when you are questioned about the club and its programs. Just refer them to the site.

The web site address is <http://www.apexrotary.org> or [click here](#).

## SPECIAL NOTES & GUIDELINES

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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.
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, 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 (current year)".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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 Email Address: [velsorb@gmail.com](mailto:velsorb@gmail.com)  
 Phone Number: (919) 601-8105  
 Website Address: <http://www.apexrotary.org>  
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Bruce Velsor | Rotary Club of Apex | Apex | NC | 27502