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Rotary Club of Apex

"SERVICE Above Self"

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**APEX ROTARY NEWSLETTER - JANUARY 17, 2008**  
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The Basics

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Last week's meeting was held at **Life Experiences** in Cary. Approximately 36 members attended. Members were given a walk through tour of the facility and a box lunch provided by the staff and workers.

Life Experiences is a nonprofit organization that blends education, training, and the free enterprise system to create and operate businesses which provide fulfilling employment for adults with developmental disabilities, allowing them to function as independent, productive citizens of the Triangle.

Life Experiences was incorporated in 1978 to fulfill two unmet needs within the overall Triangle community; Specialized facilities, services, and employment for

adults with disabilities, enabling them to gain employment and social skills ("Life Experiences") and assist employees with functioning as independent and productive citizens performing work for pay. The founders set forth five underlying principles to guide Life Experiences; focus on human development as the number one priority with the chance for each employee to: learn at his/her own pace, feel the satisfaction and pride that come from good workmanship, and earn income for services rendered. Blend therapy and training with the free enterprise concept and create businesses for independent adults with disabilities. Emphasize all "life experiences" which add to the development of each employee's ability to care for himself/herself and others, communicate, be productive and hold employment in the least restrictive environment possible. Provide a supportive environment so that adults who would otherwise never be successful or happy in many pursuits can be successful and happy with life itself. Move as many employees as possible into the public

### ANNOUNCEMENTS & REMINDERS

**January Food Drive:** Our District Governor is asking each of his 42 clubs to put on a "AFTER THE HOLIDAYS

FOOD DRIVE." We are asking each member to bring to the Club Meeting, on January 31, 2008, any amount of non-perishable food (canned or packaged) as you wish as a donation. When you bring the food, you do NOT have to put your name on it, however we do want you to put a figure on the cost of the food that you brought. You may have gotten someone to donate food, use your best judgement as to the value. The District will match our club dollar for dollar, up to \$1,000 for the food we donate.

J. C. Knowles will be spearheading the food drive. Should you have questions, please direct them to him at 919 772-5472. He will also be selecting the charity that will receive the food. He will select the charity when he sees what and the amount of food donated. If you have friends and neighbors that would like to help out, tell them about our drive and please give them the opportunity to help. If you have a great amount to donate, you may drop it off at the Apex Chamber of Commerce. J.C. will be checking there every day.

**Dudley Moorhous** announced that there will be a **second Million Meal** event under the auspices of and taking place at the Apex Baptist Church on **February 16th**. This is in addition to our Million Meal event on Feb 24th. Members interested in participating can contact Dudley at [dmoorhous@lendingforyou.com](mailto:dmoorhous@lendingforyou.com).

**\$500 Paul Harris Fellowships** - Annual Giving Chair, Russell Duncan, has advised that there are twenty-four more \$500 Paul Harris Fellowships thanks to a most generous Rotarian. Russell can be reached at [rwdnca@bellsouth.net](mailto:rwdnca@bellsouth.net) or (919)733- 1901.

**Rotary International "Membership Minute"** Newsletters can be viewed on the [R.I. Int'l website](#). District 7710 urges members to keep themselves updated by viewing these monthly newsletters.

### Coming Attractions

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Stop Hunger Now Million Meal Event - February 24, 2008 will be held in partnership with the Apex United Methodist Church at their facility. Details to follow.

Pancake Breakfast - May 3, 2008. Details to follows and volunteers required

Program Information

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**2008 STOP HUNGER NOW EVENT for 2008.** Apex Rotary Club, in partnership with the Apex United Methodist Church will sponsor a "STOP HUNGER NOW MILLION MEAL EVENT". Between Apex Rotary and Church members, an expected 500 people will volunteer to package 150,000 dehydrated meals in approximately 25,000 sealed plastic bags, 6 meals to a bag. The meals include rice, dehydrated vegetables and protein mixture. Apex Rotary will fund this event, with financial assistance from the Church, by purchasing the ingredients and providing member manpower with the United Methodist Church providing the facility and parishioner manpower. The meal packets will be boxed and trucked to a warehouse facility where they will ultimately be shipped to third world countries in Latin American and Africa. More information can be obtained from the [www.stophungernow.org](http://www.stophungernow.org) web site.

**Guatemala School Book Donation Program:** See "Programs" in the March 15, 2007 Meeting Newsletter on [www.apexrotary.org](http://www.apexrotary.org). For those interested in participating to help the "Colegio de HOPE" children recently visited by Howard Malinski, contact him for further information. For information online, visit [www.hopewwguatemala.blogspot.com](http://www.hopewwguatemala.blogspot.com)

### OH S--T !!!

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Special Notes

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**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](#).

**Bruce Velsor - Communications**

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