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Rotary Club of Apex

"SERVICE Above Self"

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## APEX ROTARY NEWSLETTER - SEP 17, 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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**Sharon Bigelow, RN, AONP and Beth Roach - Navigate Cancer Foundation, Apex, NC**

**Attendance:** 39 Apex Members

**Rotarian Visitors:** Bill Rousseu, Holly Springs & Fred Papa, Cary. .

**Guests:** Jim Walker & Randy Bosse.

**Inductions:** None at this time.

**Makeups:** None Recorded.

**Speaker: Sharon Bigelow, RN, ONCC and Beth Roach - Navigate Cancer Foundation.** A veteran oncology professional, Sharon Bigelow founded the NavigateCancer Foundation as a way to further empower cancer patients to understand and find quality cancer care. As President and Chief Executive Officer of the NavigateCancer Foundation, she is responsible for translating the mission, vision and values of the foundation into the development and implementation of cancer navigation services. She holds a Bachelor of Science degree in nursing from Mount St. Mary's College, a Masters of Science degree in nursing from Texas Woman's University and a Nurse Practitioner Post-Master's Certification from Duke University. She has earned the highest credentials in her field with an ANCC Adult Nurse Practitioner Certification and an ONCC Advanced Oncology Nurse Practitioner Certification.

Beth Roach is the Chief Financial and Operating Officer for the NavigateCancer Foundation. In this capacity she is responsible for operationalizing the vision of the NavigatieCancer Foundation. She holds a Bachelor of Arts degree in Accounting from North Carolina State University, Raleigh.

The NavigateCancer Foundation's mission is to improve cancer care by providing easily accessible cancer navigation tools and services that promote self-advocacy for all patients and their family members. Through meaningful education and consultation, they improve the quality of their cancer care by helping them make better medical decisions. At a time when careful action is required, they are there to help them get it right.

**ANNOUNCEMENTS & REMINDERS**

**IMPORTANT:** The Apex Rotary Morning Club on Tuesday mornings **is back in business.**

**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](mailto:brenda@apexchamber.com) -or- email [support@apexrotary.org](mailto:support@apexrotary.org).

**October 08, 2009 Regular Meeting change of venue:** The Thursday Oct 8th Meeting will be held at Cambridge Village of Apex, 951 S. Hughes St, Apex for a Ground Breaking Ceremony at 12:00 Noon. The Guest Speaker is Mayor Keith Weatherly. Luncheon will be served. [RSVP to m.wilson@cambridgevillageofapex.com](mailto:RSVP to m.wilson@cambridgevillageofapex.com) or call [919 906-3708](tel:919-906-3708).

**October 11, 2009 Apex Rotary's Classic Car Show.** The event will take place at the Lufkin Cooper Tool's site on Lufkin Road off SR55 & US1 on October 11, 2009 from 9.00am to 1.00pm. Admission is \$5.00 with children under 10 admitted free. Entertainment is provided by J. Ross Party Productions. oon Bounce and Face Painting for the kids! The cost to enter a vehicle is \$20.00 if pre- registered by October 3, 2009. Entry on the day of event is \$25.00. Judging from 10.00am to 2.00pm with presentation of awards at 4.00pm. There will be 12 special awards and 18 classes of vehicles. Vendor fees are \$50.00. For additional information or to volunteer at the event, contact Karen Byrd at [khbcpa@byrدياتes.com](mailto:khbcpa@byrدياتes.com).

**October 18, 2009 (NEW DATE) - Apex Rotary's Stop Hunger Now Million Meal Event - Apex Methodist Church.** Details to follow.

**October 30 - Halloween Party - Contact Karen Byrd at [khbcpa@byrدياتes.com](mailto:khbcpa@byrدياتes.com) for details**

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

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