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# Rotary Club of Apex

"SERVICE Above Self"

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## Apex Rotary Newsletter February 11, 2010

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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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- Attendance:** 38
- Rotarian Visitors:** Bill Rousseau, Holly Springs + 1.
- Guests:** Marnia Cohen, Sarah Bachmann & Josh Ellis.
- Makeups:** None Recorded Recorded.
- Inductions:** None at this time.
- Speaker:** Tony Holmes, Cystic Fibrosis Walk.
- Pictured at left and from left to right is Sarah Bachmann, Josh Ellis 19 (born with Cystic Fibrosis), Marnie Cohen who is with the Cystic Fibrosis Walk**

**team and Tony Holmes the speaker and the owner of Chic Filet in Apex.**

Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive system of about 30,000 children and adults in the United States (70,000 worldwide). A defective gene and its protein product cause the body to produce unusually thick, sticky mucus that clogs the lungs and leads to life-threatening lung infections; and obstructs the pancreas and stops natural enzymes from helping the body break down and

absorb food.

In the 1950s, few children with cystic fibrosis lived to attend elementary school. To-day, advances in research and medical treatments have further enhanced and ex-tended life for children and adults with CF. Many people with the disease can now expect to live into their 30s, 40s, and beyond. Since 1955, the Cystic Fibrosis Foundation has been the driving force behind the pursuit of a cure. Thanks to the dedication and financial backing of their supporters, patients, families and friends, clinicians, researchers, volunteers, individual donors, corporations and staff, we are making a difference.

About 1,000 new cases of cystic fibrosis are diagnosed each year. More than 70% of patients are diagnosed by age two. More than 45% of the CF patient population is age 18 or older. The predicted median age of survival for a person with CF is more than 37 years. For additional information, [CLICK HERE](#).

## The Weekly Peak Post for February 11, 2010

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The Weekly "Peak Post" issued by Lora Bulla, for use at meetings as an Agenda, will also be included in all future E-mailed Newsletters for those who miss or makeup a meeting. To view the February 11, 2010 issue, [CLICK HERE](#).

## Important Announcements & Reminders

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***At this time, event schedules and details for the coming year, have not been submitted for publication. Officers and Chair Holders are urged to submit details to the Communications Officer at their earliest convenience.***

**April 10th, 2010, Jordan Lake.** *Second Annual Fishing For Our Kids Future Bass. We still need sponsors! Platinum Sponsor is \$250 and Gold Sponsor is \$100. Proceeds to go to Apex High School Scholarship Program. Two Man Fishing Team with \$150 Entry Fee and \$10 Big Fish Pot. Call Jason Rackley at 801-9466 or Eric Sayer at 601-3825.*

## 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](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 (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)  
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