

[<Back](#)

 [Print](#)

Rotary Club of Apex

"SERVICE Above Self"

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## APEX ROTARY NEWSLETTER - JAN 21, 2010

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- The Basics
- The Weekly Peak Post for January 21, 2010
- Important Announcements & Reminders
- Apex Rotary Web Site News
- Special Notes & Guidelines

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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**Laura Combs, Healing Food Specialist hosted by Lisa Garrity**

**Attendance:** 39

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

**Guests:** Tom Vesser, guest of Dwight Cochran.

**Makeups:** None Recorded.

**Inductions:** None at this time.

**Speaker:** Laura has been able to use the knowledge she has learned and put it to work not only for herself but for family, friends and clients. She has helped people lose weight, drop pant sizes, lower cholesterol, lower blood pressure, change their daily eating habits for the better, improve their diet while pregnant/breastfeeding and help perform at a higher intensity level for competitions. Most importantly, she has given people the education and motivation they've needed to take ownership of their daily eating habits. Laura practices what she preaches. she is also an avid exerciser, hiker, mountain biker, snowboarder and have done duathlons, triath-lons, and half marathons.

Her mission is to provide optimal nutrition for people of all ages by providing the education and knowledge needed to achieve short and long-term personal goals. She wants to improve the health of women of childbearing years, pregnant, breastfeeding, athletes, or those looking to change their eating habits. For additional information, go to <http://www.movingstronglyforward.typepad.com> or email Laura at [movingstronglyforward@yahoo.com](mailto:movingstronglyforward@yahoo.com).

**The Weekly Peak Post for January 21, 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 this and future E-mailed Newsletters for those who miss or makeup a meeting. To view the January 21, 2010 issue, [CLICK HERE](#).

Important Announcements & Reminders

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**Volunteers are Needed for this year's GSE Team Visit.** Five Team Members from India will be visiting our area from April 7th through the 9th. Host Families and Proposed Activities are needed by January 20th.

If you are interested in volunteering or have questions, please contact:

Steve Wingerter  
(919)303-3047 Off  
(919)412-5375 Cell  
[swingerter@BBandT.com](mailto:swingerter@BBandT.com)

**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
Phone Number: (919) 601-8105
Website Address: <http://www.apexrotary.org>

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