

[<Back](#)

 [Print](#)

Rotary Club of Apex

"SERVICE Above Self"

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## Apex Rotary Newsletter June 10, 2010

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- The Basics
- Peak Post For June 10, 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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**Attendance:** 26  
Members

**Rotarian Visitors:** Bill  
Rousseau, Hool Springs &  
Mike Sink, Apex Sunrise.

**Guests:** Cindy Cicero  
(John Cicero).

**Makeups:** None  
Recorded Recorded.

**Inductions:** None at this  
time.

**Speaker: David Norris, Personal Life Coach.** A native of North Carolina and a trained musician, David attended undergraduate school at the University of North Carolina in Chapel Hill and Boston University. A member of the Winnipeg Symphony for 13 years, David is an accomplished musician with over 8 years experience as personnel manager. He completed personal life coaching training with a desire to assist others in realizing their life's dreams. He's genuinely interested in people: where they've been and, more importantly, where they want to be.

Why Life Coaching? In simplistic terms, a therapist is there to heal the wounds of the past, and a life coach supports you in moving your life forward. Often, people need someone to help them take the dreams they

have in their heads -- the visions of what they want to do next with their lives -- and do the work to make them a reality. Life's Journey is not to arrive at the grave safely, in a well preserved body, but rather to skid in sideways, totally worn out, shouting "What a ride!"

## Peak Post For June 10, 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 June 10, 2010 issue, [CLICK HERE](#).

## Important Announcements & Reminders

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### Apex Rotary Annual Banquet Thursday, June 24, 2010.

Arrive between 5:30 and 6:00pm

RSVP by June 17 to Lora Bulla: [lora.bulla@gmail.com](mailto:lora.bulla@gmail.com).

Hosted by: Harvey & Tex Montague  
Montague Lake  
10305 Penny Rd, Cary, NC

The Annual Banquet will also include the installation of new officers, and induction of new members into the club. A great time to celebrate each other's company!

## 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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