

[<Back](#)

 [Print](#)

# Rotary Club of Apex

"SERVICE Above Self"

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**Apex Rotary Newsletter March 25, 2010**  
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- The Basics
- The Weekly Peak Post for March 25, 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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Paula Lipford  
Mgr Volunteer Support  
Nat'l Multiple Sclerosis Society

- Attendance:** 38 Members
- Rotarian Visitors:** Bill Rousseau, Holly Springs .
- Guests:** Donna Shaw (Susan Simon) + Rhonda & Rusty Adams (Olivia Scott).
- Makeups:** None Recorded Recorded.
- Inductions:** None at this time.
- Speaker: Paula Lipford, Manager Of Volunteer Support.** For over 40 years the Eastern North Carolina Chapter has remained committed to providing quality programs and services, raising vital research

dollars and improving the lives of the more than 4,900 individuals living with MS in eastern North Carolina. Multiple sclerosis (or MS) is a chronic, often disabling disease that attacks the central nervous system (CNS), which is made up of the brain, spinal cord, and optic nerves. Symptoms may be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. The progress, severity, and specific symptoms of MS are unpredictable and vary from one person to another. Today, new treatments and advances in research are giving new hope to people affected by the disease. The body's own defense system attacks myelin, the fatty

substance that surrounds and protects the nerve fibers in the central nervous system. The nerve fibers themselves can also be damaged. The damaged myelin forms scar tissue (sclerosis), which gives the disease its name. When any part of the myelin sheath or nerve fiber is damaged or destroyed, nerve impulses traveling to and from the brain and spinal cord are distorted or interrupted, producing the variety of symptoms that can occur. Most people with MS learn to cope with the disease and continue to lead satisfying, productive lives.

**SPECIAL NOTE:**

**Thursday, April 8th - NO MEETING.**

**Wednesday, April 7th at 12-12:30pm,** Luncheon with the Golden Agers at the CC Jones Center in Apex.

**The Weekly Peak Post for March 25, 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 March 25, 2010 issue, [CLICK HERE.](#)

***Important Announcements & Reminders***

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**Baseball League:** We need assistance starting on May 1st with "game days". We will start preparing the fields at 6:30 am on Saturdays and will be commencing the first game at 8:00am, ending at approximately 10:30am. We are not having much success with registrations...we are at about 40% of what we would like to be. PLEASE tell your friends with children in the age of 7-8 about our league!!! Our registration will last until the end of February. Contact Tom Colhoun for more details at tcolhoun@nc.rr.com.

**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. [CLICK HERE](#) to download the Tournament Entry Form and Details or call Jason Rackley at 801-9466 or Eric Sayer at 601- 3825.

**Saturday, May 01, 2010 - PeakFest Pancake Breakfast** at the downtown Apex Fire House from, 7:00am to 11:00am.

**Thursday May 27, 2010 - No regular meeting - Memorial Day Weekend.**

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