



# APEXian

News and Views from the clubs of Apex Australia

## ***Great news for our upcoming Apex National Project:***



The Biggest Ever Blokes' Lunch (BEBL) aims to raise funds and increase awareness of prostate cancer to reduce the impact on Australian men, their partners and families.

The Biggest Ever Blokes' Lunch initiative is the 2017/18 Apex Association Project, approved at the 2017 APEX National Conference to raise awareness of prostate cancer and raise funds for prostate cancer research.

This year we're very proud to announce the Apex Gympie Music Muster will be hosting a Biggest Every Blokes Lunch on Friday August 24, right in the heart of the Music Muster. What's more, the Prostate Cancer Foundation are the primary charity partner for the Muster.

The BEBL started in Shepparton in 2009 after one bloke, the late Chris McPherson AM and Past Apex Club President, found out he had incurable prostate cancer. Prostate cancer is the most commonly diagnosed cancer in Australian men and Chris wanted to persuade other blokes to take responsibility for their health and get checked. Lunches are now held each year across 3 states and with Apex Australia's help we want to see these events have an even bigger impact on this insidious cancer.

An event long-held by the community, for the community, the Gympie Music Muster has helped generate more than \$15 million in donations to charity and community groups since its inception in 1982.

This year, the Muster will be raising money for Prostate Cancer Foundation of Australia – a charity dedicated to reducing the impact of prostate cancer on Australian men, their partners and families, by funding research, raising awareness and providing support to sufferers



and their loved ones. The Muster will also host its very own Biggest Ever Bloke's Lunch, a ticketed event featuring special guests John Williamson, and guitar legend Tim Gaze, to raise money and awareness for the charity.

The Muster's Biggest Ever Bloke's Lunch will be held on Muster Friday (August 24) in celebration of the charity partnership, and will include a two-course sit down meal, guest speeches from John Williamson and Tim Gaze (who will also be performing), and an auction, with all proceeds going direct to PCFA. Tickets are \$55, and are available for pre-purchase at [www.muster.com.au](http://www.muster.com.au).

Muster Chair Greg Cavanagh said the choice of this year's charity partner was driven by the disproportionate impact prostate cancer has in rural and regional areas.

"One in five men will be diagnosed with prostate cancer by the age of 85, and statistics tell us the survival rate for those living in regional areas is 21% lower than anywhere else. PCFA's work is critical in reducing that impact, and we're proud to host an event that connects the Muster community to open and honest conversation on the subject."

The foundation's work is crucial in reducing death rates as a result of prostate cancer, which at present are staggering:

- 9 men die of prostate cancer every single day
- 20,000 Aussie men a year receive a new diagnosis
- It is estimated that there are 200,000 men currently living with prostate cancer in Australia
- 1 in 5 men will be diagnosed by the age of 85
- Men diagnosed in regional or rural areas have a 21% less chance of surviving prostate cancer
- More men die of prostate cancer than women die of breast cancer

*Continued on Page 3*

Tim Gaze, who will be performing at the BEBL Gympie



## HOW CAN YOU GET INVOLVED?

An exceptional 'How to Guide' is now completed and can be downloaded here

<http://apex.org.au/userfiles/file/Biggest%20Ever%20Blokes%20Lunch%20How%20to%20Guide.pdf>



**BEBL Target: Reach an aggregate total of 5,000 attendees at BEBL events during 2017/2018 and raise a total of \$1m for the benefit of Prostate Cancer Foundation of Australia.**

There's plenty of help for you. If your Club is interested in holding a BEBL your first point of contact should be National Secretary Neal Molineaux via [nealmolineaux@bigpond.com](mailto:nealmolineaux@bigpond.com)

***This year, the Muster will be raising money for Prostate Cancer Foundation of Australia – a charity dedicated to reducing the impact of prostate cancer on Australian men, their partners and families***

*Continued from previous page -*

Malcolm Freame, Chief Operating Officer of PCFA, is excited to be part of a major national event and looks forward to using this platform to generate awareness and fundraising. "Prostate cancer is the most commonly diagnosed cancer in Australia men. It is time for men in rural areas to take the issue more seriously. It is also important to understand that in the early stages of prostate cancer, when it can be treated and cured, there are often no symptoms. PCFA recommends that men over the age of 50, or over the age of 40 if they have a family history of prostate cancer, speak to their doctor about being tested for prostate cancer at their next health check... Awareness is just so important – a large part of the reason that country men are doing worse with prostate cancer is that they are presenting to doctors with later, less-treatable cases. So, this is very much about influencing attitudes."

# CALLING ALL SOUTH EAST QLD APEXIANS!

Calling all SEQ Apexians!!

As State Debating Coordinator, I need your help! I need someone with a passion for our ideals, in particular 'To develop by example a more intelligent and aggressive citizenship', to nominate to be the Debating Coordinator for the SEQ High School Debating Competition.

I'm setting up the competition and have spent this past weekend processing all the nominations and preparing the draws but I really need someone to take over so I can focus on keeping the 5th Burnett comp going. Tim Wilshire is coordinating adjudicators in SEQ so the Debating Coordinator will liaise with schools, document scores and produce draws after Round 3 is finished.

I now have a new coordinator for Fraser Coast thanks to Associate Member of Fraser Coast Club Ainsley Sheppard, who has stepped up to the plate motivated by her passion for debating.

I am extremely passionate about Apex High School Debating but I can't keep it all going on my own as I have family, work, study and my own Club commitments to focus on.

I really need your help to keep this long standing Apex tradition alive in QLD.

Please email [debating@apex.org.au](mailto:debating@apex.org.au)

Thanks,  
Emma-Kate Currie



## FROM THE PRESIDENT'S QUILL

As my time on the Apex National Board draws to a close I would like to reflect on my time of service.

At times I found it challenging, and yet the experience has been extremely rewarding. I have learnt so much more about Apex and what we have achieved right across our country, but more

importantly I have learnt so much about myself. By interacting with members, clubs, regions and our international counterparts, I have extended my limits and grown in confidence. The skills acquired by serving on National Board will continue to serve me, both in my career and in my personal life for many years to come.

Serving on National Board has given me the opportunity to support and attend conventions, events and functions all across Australia. In turn, this enables me to bring ideas and knowledge back to my own club. I wholeheartedly encourage anyone who is passionate about taking that next step in their Apex journey to nominate for a Regional Communicator or National Board position.

I started my journey to becoming National President only 15 years ago when I joined Apex after moving to Chinchilla. I was just a quiet shy country lad off the farm, in town having a go. After filling several club portfolios, I sought to give back to the association which had already given me so much. I stepped up to be a Regional Communicator in 2014 and enjoyed the challenge of coordinating 14 clubs. I realised at the end of those 12 months I still had plenty of fire in my belly and wanted to give more, so I stepped up to serve on National Board. My two year term coordinating the 13 Regional Communicators was certainly a learning curve but hugely gratifying. I was encouraged to put my name forward for the Presidency itself and whilst it was not a role I aspired to, I accepted the nomination and was successful.

Since assuming the role I have relished the responsibility of leading and working with a great team of Directors. Even at the highest position in Apex Australia, the old adage holds true, "The more you put in, the more you will get out". I am most grateful for the trust the members have in placed in me and the wonderful opportunities I have enjoyed, and the people



# VACANCY

*There is one vacancy for a director's position on the upcoming National Board. If you are interested in this important role contact [admin@apex.org.au](mailto:admin@apex.org.au)*

I have encountered. The friendships and memories I have made with Apex will endure a lifetime.

What other organisation could give the son of a dairy farmer, an opportunity to rise up to become National President.

YIA.

Moses Abraham.

Nat. Pres. 2017/18

## WELCOME TO OUR NEWEST NATIONAL BOARD NOMINEE

Bethany Paterson

I've been part of Apex since I was born. My father Neil Paterson is a Life Member and some of my happiest childhood memories revolve around huge Apex social events, tables full of delicious food and Christmas parties including my first real sighting of Father Christmas. Service work was a family event and the passion for helping others was transferred to me via osmosis from my parents and their Apexian friends. Apexians were my childhood heroes.

When I got the opportunity to join the Kadina Apex Club in 2011, I was excited by the prospect of joining a club with such an impressive history of making a tangible difference in our community. I'm currently the president of a wonderfully unruly bunch of 20 Apexians. It's a fun and happening club, we have developed an Apex Scholarship and we recently won a grant for \$150,000 to build a teen playground which will be a centrepiece for our town. This year I organised an Apex trip to Cambodia with the charity Cows for Cambodia, which was a fantastic opportunity to provide international service.

When I'm not doing things for Apex I am working as a clinical psychologist in my business Shrinkwrap Psychology. I'm a self-confessed hockey nut, I'm Vice President of the Kadina



Hockey Club, play on Saturdays and coach juniors. I'm also on the executive committee for the Kernewek Lowender, a festival which celebrates our region's strong Cornish heritage, and is the biggest Cornish festival in the world.

My husband John and I are grain and livestock farmers, our children Hudson 11 and Novak 8 are also farming fanatics and Apexians in the making. I also have 3 wonderful step-daughters and 6 grandchildren who call me 'granny'. A place on the National Board would mean that I can give back to the organisation that has given so much to me, and I'm looking forward to making a meaningful contribution at a National level.

# 2018 AGM/Convention Rego Info

**WHEN: 5th & 6th October 2018**

**WHERE: Wagga Wagga, NSW**

Wagga Wagga is a major regional city in the Riverina region of New South Wales. Straddling the Murrumbidgee River, with an urban population of approx. 60,000 people, Wagga Wagga is the state's largest inland city, and is an important agricultural, military, and transport hub of Australia. Wagga Wagga is located midway between the two largest cities in Australia—Sydney and Melbourne.

Accommodation is not part of the AGM/Convention cost, due to the variety of accommodation styles & options within close proximity to the AGM/Convention venue at the Mercure.

Non-Delegates would be treated to some of the great things the City and surrounds has to offer, which may include a chocolate and liquorice factory visit, fine foods along with fine wines, locally produced cheeses. And much more...



DAY	TIME	ACTIVITY
Friday 5 <sup>th</sup> October	12:00pm – 1:00pm	LUNCH & REGISTRATION
	1:00pm – 6:00pm	Training Sessions (session details TBC)
	6:30pm – 10:00pm	WELCOME DINNER & Fellowship
Saturday 6 <sup>th</sup> October	7:30am – 8:30am	Breakfast
	9:00am – 10:00am	OFFICIAL CONVENTION OPENING
	10:00am – 10:30am	Smoko
	10:30am – 11:00am	Delegates Briefing Non Delegates & Kids Tours (10:30-1:00)
	11:00am – 1:00pm	Convention Business Session & National Awards
	1:00pm – 1:30pm	Lunch
	2:00pm – 5:00pm	'Taste the Riverina' (taste local produce & beverages)
	5:00pm – 6:30pm	Fellowship
6:30pm – 11:00pm	GALA DINNER/ PRESIDENTS CHANGE OVER & AWARDS	

The National Convention/AGM is an opportunity for Clubs to have their say on how they would like the organisation to operate. Your Club will benefit greatly from making the effort to attend.

## AGM Feedback:

"To be at the AGM and being around so many different people that have helped their own community in one way or another was one of the best feelings."

"Apexians are friends you just haven't met yet."

"To be around so many likeminded people when it comes to volunteering was brilliant."

"The different things that I have learnt have been how to correctly assemble a Life Membership, finding out that our club isn't so far from having correct meeting procedure, more information than I can imagine on the Apex Foundation and the importance of having a Healthy club and the information you need to be up to date."

For details on accomodation options [click here](#) or visit:

<https://www.google.com.au/maps/search/Hotels/@-35.1157182,147.3693531,16z>

## Convention Registration Costs

(early bird till 31<sup>st</sup>August, \$10 rise from September 1st)

Full Registration Friday/ Saturday \$170	Short Registration Saturday only \$140	Kids Registration (full or short) \$35
Friday – Lunch & Registration	N/A	Friday – Lunch & Registration
Friday – Training Session/ Shopping	N/A	Friday – Shopping
Friday – Welcome Dinner	N/A	Friday – Welcome Dinner
Saturday – Breakfast	N/A	Saturday – Breakfast
Saturday – Convention/ Tour & Lunch	Saturday – Convention/ Tour & Lunch	Saturday – Tour & Lunch
Saturday – Taste the Riverina	Saturday – Taste the Riverina	Saturday – Taste the Riverina
Saturday – Gala Dinner	Saturday – Gala Dinner	Saturday – Dinner & Movies
Merchandise	Convention Shirt Convention Stubby Holders	\$35 \$10

Registrations @ Wagga Commercial Club 02 6921 3012

# Club News



## Echuca/Moama - A Great New Concept for their Community

Here's some details of a new concept we have taken on in our community. Apex Echuca/Moama are hosting a "Stawell Gift" style event for the local Football and Netball Clubs. It will be called the "Apex Gift." It has only come to life only earlier this year and word has already spread and now the local Tri Club have also requested to enter.

The idea is for the eight local teams being Moama, Echuca Bombers, Echuca United, Tongala, Rochester, Kyabram, Lockington/Bamawm and the Tri Club to be involved in the first year. It would be held as a fast format, twilight event and we are holding it at the Moama Athletics Oval on the evening of Friday, 23rd, March due to the tight schedules of the team's practices matches.

It will be a 100mtr sprint with 6 heats in each category (U18's, Seniors, Netball) and then each with a final. To encourage the clubs to be involved, we have offered sponsorship/ prizes to the winning clubs/ competitors as it would be good to get people involved from each club other than the few who consistently are involved in everything that makes that club operate.

There is no intention for our club to raise funds from this event, however the main purpose is to create exposure for our club to a new audience, while creating inclusion & equality in the community and promoting that you can be friendly rivals and have a bit of banter, as well as the health and fitness message.

The local newspaper, the Riverine Herald have gladly come on board as a major sponsor in the form of doing a lot of the promotion and advertising for the event.

As we are trying to create a professional carnival like atmosphere for the event so it gains momentum and grows and becomes an annual event there have been significant funds required to stage the event, such as start/finish arches, lane barriers, jumping castles, live music, pop up bar, printing costs, staging/ audio and prizes & trophies.

Many prominent businesses in the area, including the Murray River Council have taken very little convincing to be financial supporters of the event to help us make it something great. Looking forward to updating you post event with some pics.

Thanks & Regards,

Matt Davidson  
Echuca/Moama Apex Vice President.

**THE APEX GIFT**  
FRIDAY, MARCH 23, 5 PM  
JACK EDDY OVAL MOAMA

Seven local teams compete in a fast format, twilight event. 100 m sprint with heats and final races in U18s, senior and netball categories. The winners' club will receive sponsorship from Apex Echuca-Moama.

**Come support your local clubs!**  
Moama, Echuca, Tongala, Rochester, Kyabram, Lockington-Bamawm United, Echuca-Moama Tri Club

Free entry, two free jumping castles, The Port Ice Creamery van, cheap food and drinks, free pony rides, licensed pop up bar (no BYO), live music to follow event raffles & prizes, carnival atmosphere, \$6000 prize pool for competitors and clubs.

**MAJOR SPONSORS**

- Riverine Herald
- murray river council
- Moama Sports Club
- MAWSONS Concrete & Quarries
- 100 Years
- MOAMA
- HERO
- BYFORD

**SPONSORS**

- Cadell Food Service
- Century 21 - Rich River Real Estate
- Echuca Aquatic & Leisure Services
- Echuca Regional Health
- Echuca Toyota
- FITmob
- Hip Pocket Echuca
- Impact Auto Electrical
- Intersport Bennett's
- K2 Industrial
- Moama Bakery
- Party Jump



## Busselton - Relay for Life - "Team Apex"

I was so glad to be involved in such a well-organized event such as Relay for Life. As we were setting up our tent seeing all the other teams so colorful and full of energy to help out so many people who are affected by such a horrible disease was surreal.

The opening speeches and opening lap for survivors and carers was heart felt then the mission was on to walk for 24hrs keeping our baton moving the whole time, taking it in turns to have a rest every now then with the small crew that we had. The Hit FM crew had surprise for the Miss Relay entrants when they all got dressed up, they sent them all into town to see who could raise the most money within half an hour which Brayden did well without much encouragement and no option really. But we did not win that challenge in our mascot Dunk.

Having entertainment there to keep everyone's spirits high was amazing well into the night with the weather not helping with a few showers to try and dampen the mood everyone pushed on into the early hours with the sky clearing to have such a beautiful sunrise and thanks to the Lions club an amazing bacon and egg sandwich to feed the busy walkers and for some runners.

As the next morning went on and everyone tiring it was time to wind up with some more speeches and raffle winners. It was such a successful event which raised \$57000 over the weekend and I was so glad to be apart of an amazing event.

By Kieran Curtis  
Apex Club of Busselton (WA)



## *Gympie Music Muster*

Held in the Amamoor Creek State Forest in the beautiful Sunshine Coast Hinterland, two hours north of Brisbane and 40 minutes from Noosa, the Muster is the perfect way to kick back and enjoy some of the country's best talent. An unmissable and uniquely Australian event, one ticket price gives Muster goers free camping and multi-venue access to all performances, to experience everything Australia's biggest country music celebration has to offer.



Run by Apex for the community, the Muster is a not-for-profit charity event which has raised in excess of \$15 Million for charities Australia wide since its inception.

This year's line-up features:

LEE KERNAGHAN - TROY CASSAR-DALEY – JOHN WILLIAMSON – IAN MOSS – BECCY COLE - SARA STORER – THE WOLFE BROTHERS – SHANE NICHOLSON - THE PIGS – HAT FITZ & CARA – FIONA BOYES – LLOYD SPIEGEL – BLUE EYES CRY  
...plus many more still to be announced.

The Gympie Music Muster runs from Thursday August 23 to Sunday August 26, 2018 in the Amamoor Creek State Forest near Gympie. Tickets are available via [www.muster.com.au](http://www.muster.com.au).



## *A Bundaberg Road Trip*

900km  
2 days  
6 towns

Caught up with a Gin Gin - club that has been closed a while but still has active older members in the town

Dinner with Biloela club - who we have never had the pleasure of meeting

24 - apexians and their family's including two new prospexians as well as three of our club sponsors

4 Park signs  
4 new roadsigns

Laughter and shenanigan that will be remembered (and fined for) for a long time.

A very big thank you to our sponsor and soon to be member Jake Austin for driving for us. As well as Issac for battling though tooth ache and driving us home.

Thank you for a weekend that we will all remember and never be the same from again!

## ***Are there any Apex park signs in your area that require an upgrade?***

*Email the location of the park in need and preferably a photo to:  
Apexparkproject@apex.org.au*

*If approved the cost of the signs is \$50 per sign*

*After the installation of the new sign please send a photo of the sign to the above email address to receive a reimbursement up to \$50.*

*Gladstone's replacement Apex Park Sign*



*New replacement signs either side of South Kolan — with Tara Spotswood, Matthew Spotswood, Sally Handcock, Kate Jordan, Shannon Jaye, Roma, Steph Scalan and Keith Scalan.*



*Bundaberg Airport's New Road Sign*



*Above is Gin Gin's New Road Sign*



## Bairnsdale

The Bairnsdale Apex club decided to hold an Australia day raffle to raise funds for their much-loved playground.

The playground has had minimal repairs and servicing over the years, but it has now come to a time where we are needing to do more service/repair work and or replacing of equipment.

Bairnsdale is situated in East Gippsland (of east Victoria)- 2 hrs to the snow fields and half an hour to the world famous ninety-mile beach and Gippsland lakes.

The raffle prizes reflected where we lived- an adult kayak, paddle and vest for first prize, second a weber baby Q and extras and third a wheelie esky with a coles voucher and voucher to local produce (meat and veg).

It was a 3 month campaign with selling over half the tickets, the club is pleased with its efforts and will now be able to put the money to use in purchasing a new piece of equipment.

A family fun night was organised for the drawing of the raffle at the playground, with many turning out despite the 40+ degree heat, the club organised a free bbq and jumping castle, as well as fairy floss, drinks and popcorn.

We have been in talks with our local council of future plans at the playground, and who better than a councillor to come and draw the lucky winners as well as being able to come and see the playground and it being used by community members.

Prizes were won by locals and all were looking forward to spending the Australia day long  
Continued page 14...



1st prize- adult kayak,  
vest and paddle



weekend using them.

[Keep up with the very active Bairnsdale Apex Club Facebook page](https://www.facebook.com/ApexBairnsdale/)  
<https://www.facebook.com/ApexBairnsdale/>

## **Murwillumbah**

Murwillumbah Apex Club have rallied their local community to help local cancer fighter Caitlin Ambrose.

The 21-year-old remains in high spirits despite facing a grim diagnoses from Australian doctors for the rare form of bone and soft tissue cancer, which remains relentless after 17 rounds of chemotherapy.

Members of the Apex Club of Murwillumbah hosted the first of three carwashes on Saturday, April 14, at BP South Murwillumbah, with \$2,500 raised at the first carwash alone. "We raised about \$2,500 from the Apex Club of Murwillumbah carwash, and the raffle and sausage sizzle outside Woolworth's Cabarita raised around \$3,000," she said.



"We'd like to thank the amazing support from the community and ask that we keep it going for Caitlin in her fight against this terrible cancer," she said.

## **Gunnedah**

The Pig Day Out!

Families flocked to Gunnedah's Courthouse Hotel recently for the Apex Club of Gunnedah's annual pig races.

The funds from this year's event will go towards Every Gunnedah Child and will help bring the Royal Far West health bus to town.

Apex Club of Gunnedah media officer Aylish Flannery said it was pleasing to see so many people attend the annual fundraising event. "We didn't have a fundraising goal, our goal as a club was to have as many members of the community involved as possible," Ms Flannery said. "To see so many families and kids here is great, overall we are really stoked with the turnout."

*Cont. Next Page*

## Gunnedah *continued from previous page*

"While this year most of our funds are aimed at supporting Every Gunnedah Child and their campaign to bring the Royal Far West bus to Gunnedah and getting a local dog park off the ground, we are always willing to help with any future community projects," she said. "We are a community group and always willing to help, but to get some feedback on things the community needs is very important to us so we can help as best we can."



The longtime member said the club is always welcoming of new members. "Apex is a very family orientated club," Ms Flannery said.

"Our members often bring their kids and whole families to our regular meetings. "It's a very family friendly environment and we are always keen for new members to come and join us."



## Albury

This weekend Albury Apex are holding a **BAM BAM** meeting. Starting with the **Biggest Apex Meeting**, followed by **Beers All Morning**.

The club is has gained many new members which has created a new generation of Albury Apexians with a lot of great ideas to help the club grow with membership, finance and getting our name into the community to help others.

A new generation means forgotten traditions, the reason we'd like life members to come along is to have their say, give us ideas on what kept the club great and remind us of some of the traditions our club should uphold and one day remind the future Apexians.

Topics to be covered include the Travel Fund, Eddie Arnold, Christmas raffles and a lot of stories we hear from life members. The meeting would also allow them to plan a proper Apex events calendar so the board can arrange all these things to happen and allow the Club to keep following certain traditions.

Contact Luke on 0422 136 660 for more information.



## Keith

Bushfires earlier this year caused great havoc in their local area. The Apex Club stepped right up and helped.

Local farmer Sam Densley and the Keith Apex club was helping to connect farmers who lost fodder with those willing to donate hay. Stephen Jaeschke, another Sherwood farmer lost two houses as well as stock feed on his property, said he was grateful for the community's support.

"We're always trying to look for the positives in these things but certainly this was a pretty tricky day," he said.

There has been several successful on-farm working-bees which have occurred since the recovering period.

These working bees have involved many volunteers from several of the service groups who have been supporting the response.

More working bees will be held over the coming weeks, with volunteers urged to get involved.

Key community groups who are assisting with coordination of volunteers and donations are Keith Apex club, Keith Lions Club, Bordertown Vehicle Restorers Club and Elders.

## Busselton - Beards & Braids

For our second attempt of running this event, we can safely say we will continue and encourage all other clubs to give this a go.

Co-ordinated by Apex President Alec Ovans and local hair dresser Karen Piper from 54 on Queen, 10 dads and 14 daughters were shown basic aspects of haircare and styling. Each dad was able to walk away with more confidence in being able to do their daughters hair.



The highlight of the day was watching 'Rookie Hair Dad', Michael with his 3 daughters aged 5, 7 and 9. Gracie, Michael's 5-year-old was up first.

After completing his first ever Pony Tail, Gracie ran out to the lobby to show her mum and two older sisters, bursting out, "Hey you guys, Dad is awesome – look what he can do!!" And the look of pride on Michael's face was priceless!

The feedback on the day and on social media was overwhelmingly positive. We anticipate in holding our third Beards and Braids in the July or September school holidays. The event itself is easy to run and it is a genuine service to the community. It gives an opportunity for dads to bond with their daughters, learn a new skill, and network with other dads.

## *The Magic Castle*

### ***Bills for Beds Makes the Magic Castle warm and cosy for Aussie Kids***

Wow, a huge thank you to all those clubs that have supported this program. If you or club would like to take up a room or a bed there is still a couple available with your name on them.

This program started back in late 2017 and we have had a great response from both clubs and individuals. We still have a couple of bedrooms left to sell and a few beds to sell as well.

The money raised from this program will go towards buying much needed new mattresses for the Magic Castle along with pillows and blankets. It will also assist meeting the costs of heating the Chalet in the winter months, especially with the ongoing price increase of power and gas.

A huge thank you to the following for their very kind sponsorship of the rooms

- Sandy and Darrol Harmer
- Chinchilla Apex club
- Hoppers Crossing Apex club
- Goondiwindi Apex club
- Nambour Apex club
- WA south western region
- Carthew Family Trust
- Shaw and Partners

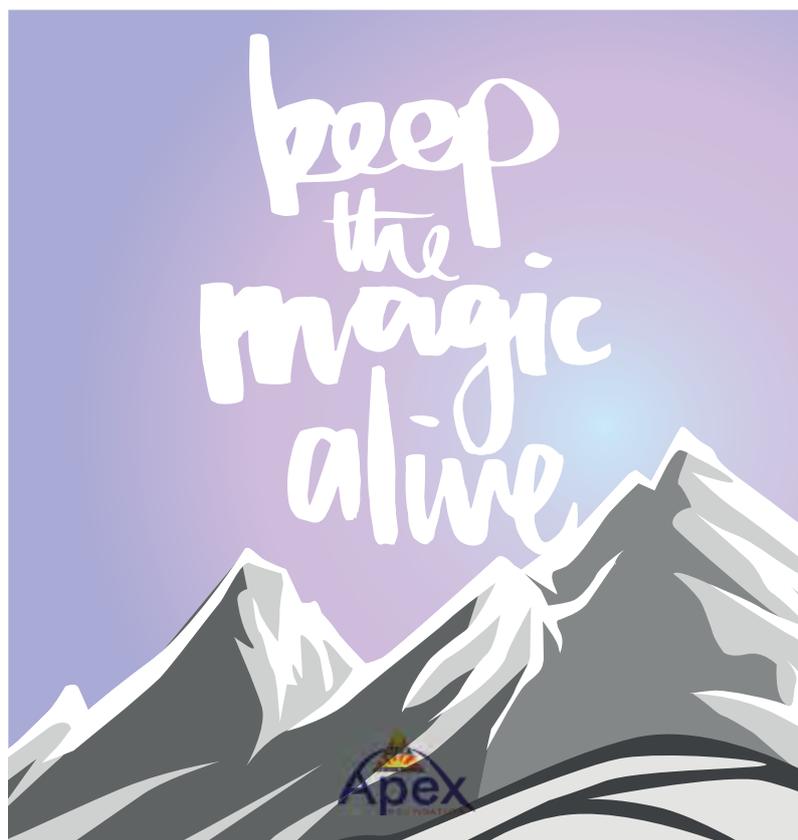
Also a huge thank you to the following clubs for their very kind sponsorship of a bed

- Southport Apex club
- Gawler Apex club
- CWA Hornsby branch
- Fraser Coast Apex club
- Jamestown Apex club x 2 Beds
- Rotary Club of Tamworth Sunrise
- Bairnsdale Apex club
- Manly Apex 40

I would like to thank everyone that has supported the Apex Children's Chalet (The

Magic Castle). Your support will ensure the future of a beautiful Apex asset. If you would like to know anything about the Chalet please contact me anytime day or night.

YIA  
Jamie Vincent  
Foundation Director  
0410587569



The Children's Chalet (The Magic Castle) has been the jewel of the crown within the Apex Foundation underprivileged children's trust since 1979 .

The Chalet has helped over 25,000 underprivileged and disabled children from all over Australia by making their dreams come true and having a holiday/ respite in the snow.

***To keep this DREAM ALIVE, we need your help. Now you can be part of the dream by donating towards this wonderful Apex Icon.***

## Sponsorship Options

Sponsorship is for a period of 2 financial years – All donations over \$2 are tax deductible

### Room

\$2,000 (Tax Deductable)

Your donation will go towards the upkeep of the bedrooms and heating as heating is very expensive in the alpine region. Help make the child's stay a little more comfortable. This donation will give individual/ club naming rights to the bedroom for 2 years and includes a plaque on the door for all the children and carers to see.

### Beds

\$395 (Tax Deductable)

Your donation will go towards buying and maintaining the beds in the Chalet with much needed new mattress', dooners and pillows. This donation will give you naming rights to individual/ club's very own bed.

## National Board

Our most recent face to face Board Meeting took place at the Magic Castle during Apex Week. On the way to Smiggin Holes the board

called in at Cooma to update their Apex Park sign.

**Don't forget - Are there any Apex park signs in your area that require an upgrade?**

*Email the location of the park in need and preferably a photo to:*  
[Apexparkproject@apex.org.au](mailto:Apexparkproject@apex.org.au)



# Apex Global News

## Philippines National Convention, 25-27 May, 2018

The Association of Apex Clubs, Philippines, a non-government, non-profit and a global service organization will be having its 43rd National Convention from May 25-27, 2018 (Friday to Sunday) at Luisa Ridge Hot Spring Resort in Barangay Pansol, Calamba City, Laguna. Apex Club of Los Baños will host the 2018 National Convention and includes, among other activities, the Apex Philippines National Board Meeting, awards night for recognition of Apexians and clubs with exemplary community services, fellowship and a day tour in Pagsanjan Falls and Liliw, Laguna.

We are pleased to invite you to the 2018 Apex Philippines National Convention and we hope you will join us for a two-night, three-day of great food and good fun and a few surprises as well.

[Download the registration form at https://www.apex.org.au/apex-global](https://www.apex.org.au/apex-global), convention package and program of activities for your perusal. Please fill out the registration form and send to [apexlosbanos@gmail.com](mailto:apexlosbanos@gmail.com) so that we can make adequate arrangements.

We may be reached at the contact numbers listed on the registration form.

Warmest regards.

Yours in Apex,  
Apexian Ricardo C. Lapitan  
Club President National President

Apexian Rommel M. Taranto  
Apex Club of Los Baños Association  
of Apex Clubs, Philippines





## ***Apex Cows for Cambodia***

Our trip with Cows for Cambodia was a wild, crazy and thoroughly rewarding adventure. I organised the trip as part of my year as President of the Kadina Apex to do some international service, and I was lucky enough to go with 2 members of the Apex family, Rachel Twelftree and Katie Thyer, who have links with the Maitland Apex Club. The charity is run by Kadina's own Andrew 'Cosi' Costello, being a good country lad he has a passion for agriculture and also for helping people. The basic premise of the charity is that a pregnant cow is loaned to a family to look after, then once it is born the family gets to keep the calf, breaking the poverty cycle. The average income in Cambodia is \$2 per day, the cost of a cow is about the same as the value of their house, so having a cow is a complete game changer for them. The cows are so cherished that they live within metres of where the family sleeps.

We did some work on the charity's farm with the goats and cows, planted banana and mango trees, and inspected the new cow shed which, once completed, will be the biggest in Cambodia, and will also be used as a training facility for local farmers. All of the Aussies brought along donations to hand out to the local kids, I took along about 10 pairs of old sneakers and I was surrounded by kids wanting a pair, everything was received with such excitement and gratitude. While we were there Cosi decided that on our return journey to Siem Reap we could take some of the nearby farm children to the movies. They had never been to the city, never been to a movie theatre and had never sat next to a westerner before. They had also never been on a bus before, which soon became evident by the amount of motion sickness that transpired. However, they ended up having a great time, and Cosi is all about giving children great experiences to last a lifetime.

We visited a school in a small village, there were 130 students but there were no computers, they had blackboards not whiteboards, there was no plumbing, the roof leaked, no glass in the windows, and the lights weren't turned on. We all brought donations of school supplies and gifts for the kids which we were able to give to them personally. Some of our group members brought footballs to donate, a few of the kids really caught on to kicking it, but it's pretty hard kicking it

## *Apex Cows for Cambodia continued from previous page*

with no shoes, so I spent about 20 minutes playing volleyball with an AFL footy with the kids. The charity hired a jumping castle for the kids for \$90, most of these kids have never seen one before, the excitement on their faces was priceless, it was a day they will never forget.

Every trip with the charity involves a building project. Our group built a house for a family of 6 who were living in a grass hut with a dirt floor, the children found it hard to do homework when it rained because the palm leaf roof was not waterproof which is quite a problem when the average annual rainfall is 70 inches. We also built them a duck yard and gave them some ducks. We then got to participate in the blessing of the house by Buddhist monks, a unique and magical experience.

We participated in the famous Cows for Cambodia 'Rice Run', where people donate \$35 for a bag of rice and then a few hours later we were writing their names on the bag, finding a family to give it to and then taking their photo for the Cows for Cambodia Facebook page. We delivered 120 bags of rice to families in need, in several areas we had to carry the rice, there were no roads because people can't afford to own cars. The poverty in Cambodia is quite incomprehensible for most Australians, imagine living in a house with no TV, fridge, washing machine, oven, stove, kettle, toaster, tables, chairs, cupboards or even mattresses. People live in grass huts, carry water to the house in buckets, sleep on wooden planks and cook over an open fire. Not only did we get to help them but we got to hear their incredible stories of hardship and resilience. They called us 'Angels' because of our white skin and because we were helping to relieve the pressure of providing a meal for the family every day. The Cambodian people are incredibly friendly, when we drove by in our tuk tuks, children would run out of their houses to wave at us and say 'Hello' in English.

On our last night in the village we went for a drive around the village on a truck with music blaring and kids appeared from everywhere as we threw out chips and lollies, a rare treat for them.

Cosi was an amazing host, who was always coming up with spontaneous ideas that turned into adventures, everything from an unscheduled visit to a monastery to be blessed by monks, to a late night trip to a bar with 2 newly purchased rabbits. We had such a great time on the trip nothing ever felt like work. It was a privilege to serve people with such high need, and through the act of giving it was us who received so much. It was the trip of a lifetime.

Bethany Paterson



You can find the updated Information Memorandum on Apex Australia's international student bursary operations on the following pages. We are very proud to announce we can offer all supporters of the Bursary Scheme 100% tax deductibility for all donations received. What's more, 100% of your donation is delivered directly to supporting your scholar, taking advantage of our network of volunteers in Australia, Indonesia and the Philippines. Contact [admin@apex.org.au](mailto:admin@apex.org.au) for more details.

## ***Malaysian National Convention, 10-11 August, 2018***

Venue: Cosmo Hotel Kuala Lumpur, Malaysia

Host Club: The Apex Club of Petaling Jaya (Club No.4)

[Register Here - https://goo.gl/forms/teZSPv18kmL91DF43](https://goo.gl/forms/teZSPv18kmL91DF43)

### **Programme**

10/08/2018 (Friday)

5 p.m. - Registration

5 p.m. - 6.30 p.m. - Apex Global Meeting ( For National Presidents Only)

7 p.m. - Pre-social / Welcome Dinner

11/08/2018 (Saturday)

9 a.m. - APEX National Annual General Meeting Business Session

7 p.m. - Grand Gala Dinner

: RM160.00 per person

3. 11/08/2018-Grand Gala Dinner : RM120.00 per person

4. T-shirt : RM35.00

5. Full Registration (INCLUDE T-Shirt) : RM380.00 per person

### **Accommodation Rates**

Venue: Cosmo Hotel Kuala Lumpur, Malaysia  
Address: 13-15 Leboh Ampang, 50050 Kuala Lumpur, Malaysia.

Telephone: +603 2030 1888

Fax: +603 2030 1988

Website: <http://www.cosmohotelkl.com/>

Reservation Contact: Ms. Julaila Wal

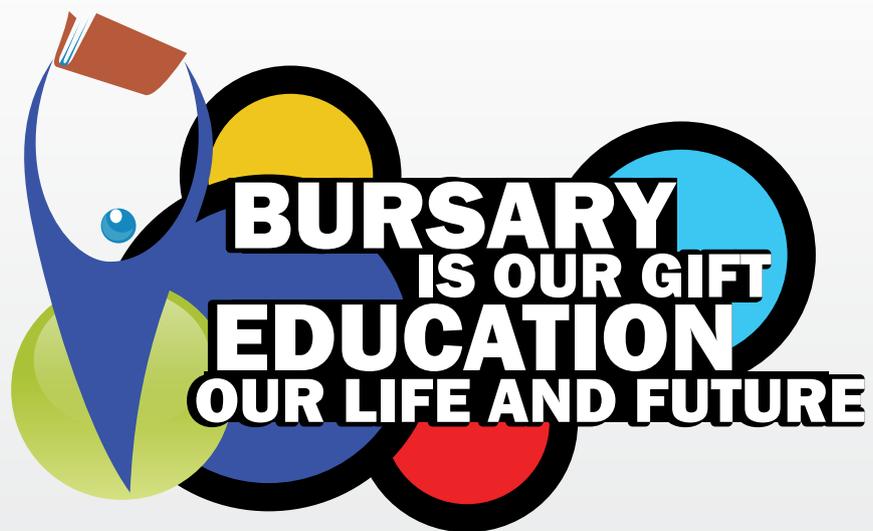
### **Registration Fee**

1. 10/08/2018-Pre-Social / Welcome Dinner : RM65.00 per person

2. 11/08/2018-APEX National Annual General Meeting Business Session (2 Tea Breaks + Lunch)



**APEX AUSTRALIA OVERSEAS BURSARY SCHEME**



**BURSARY  
IS OUR GIFT  
EDUCATION  
OUR LIFE AND FUTURE**



## ABOUT THE BURSARY AND APEX

### WHAT IS THE BURSARY SCHEME?

The Overseas Bursary Scheme is an initiative of Apex Australia. It originated 44 years ago by Australian sponsors assisting Filipino scholars to complete high school and University. We believe that knowledge is Power and that the greatest gift an individual can be given is Education.

### WHAT IS APEX?

Apex Australia is a Service organisation. Apex celebrates 85 years of working in our community and there are now seven other Apex countries worldwide. The partnership between Apexians in different countries is the key to our Bursary success.

### IS THIS NEW?

The Bursary Scheme has been running for 44 years in the Philippines. 2017 was the inaugural year of the Bursary Scheme operating in Lombok, Indonesia.

### HOW WILL THE LOMBOK PROGRAM OPERATE?

Australian teachers will apply for a 6-month tenure to volunteer as an English teacher in a high school in Mataram, Lombok, Indonesia. The school, SMP7, is on the Southern Side of the Capital city and draws a large percentage of its students from rural farming families.

Apex Australia through sponsorship from Apex Clubs, individuals and corporations will cover the teachers' air fares, medical insurance and basic living expenses.

The teacher will experience living in a local community, learning the local language and culture, whilst teaching English in a school of approximately 1500 students and staff. It has been identified that the real benefit is learning pronunciation from a native English speaker.

For Indonesians, learning English opens so many opportunities for employment, especially in tourism.



## HOW CAN YOU GET INVOLVED?

### INTERESTED IN SPONSORING?

Whether you are an Apex Club, individual or business your contribution no matter how large or small will help. Attached is a sponsorship commitment form. Please fill it out and send it back today. We will keep you updated via email as to the Bursary Scheme's progression.

### INTERESTED IN VOLUNTEERING?

If you have a teaching qualification, are looking for adventure and an opportunity to immerse yourself in a different culture, this is a perfect way to make a real difference.

Drop us an email with a short background of your career, your contact details and why you would like to be involved. We will get in contact shortly to discuss your options in more detail.

Email: [craig@martintransport.com.au](mailto:craig@martintransport.com.au)





## OVERSEAS BURSARY SCHEME — PHILIPPINES

In 2014 we celebrated 40 years of the Bursary Scheme in the Philippines. The success of the scheme is the unique system and partnership between Apex Australia and Apex Philippines. Apex Clubs and individuals sponsor a scholar for \$399 per year. Apex members in the Philippines act as mentors for the scholars and assist with the co-ordination and compliance. Every dollar donated by a sponsor goes directly to supporting a scholar's education.

### FROM AN APEX PHILIPPINES CLUB BURSARY OFFICER:



*"The Apex bursary for me is primarily the gift of education to the students. My experiences handling the bursary of our club allowed me to work with students from high school up to college / University. It is really very fulfilling and satisfying to see the joy in the bursary scholars faces when they graduate. Education is something that they can carry with them for the rest of their lives. Knowing that the Apex bursary had a part in helping the scholars reach their educational goals makes me very proud to be part of a great program – and it is one of the things that being an Apexian is all about."*

**ERIC SANTOS**

Apex club of Iloilo



## FROM A BURSARY SCHOLAR:

*Whoever I have become today, I can definitely say that Apex has been a big part of it. I became a scholar of the bursary program when I was in 2nd year high school. From then on, Apex has assisted me with my school fees until I obtained a Bachelor's Degree in Tourism. But more than the financial support that I am receiving yearly from Apex Club of Darlington Point, I am thankful as well of the fact that the club is more than just the bursary program, the socializations, the community outreach programs etc. Hence, Apex is a family to me. The people I have met in the club brought me into realizing my bigger role towards my community. I could still remember when I first met our then Bursary Director Apn. Sir Ian Willy Oates. That was the time he discussed the very meat of the existence of the bursary program to me and my fellow local scholars. He had it illustrated as a way to pull out underprivileged but deserving scholars out of an impoverished community. That the club cannot do it in just a snap which is the very reason why it's done gradually or from a batch of scholars to another. And that we are part of the process for which sooner or later, we could possibly be one of the local sponsors. And for me, I find it a beautiful cycle of replication which I am glad to take part with.*

*And today, here I am flying my dreams, continuously persevering to reach my goals and looking forward to the day where I can finally extend help to our local scholars in any way I can.*

### **JASON VINCENT B. CALDEO**

Apex Scholar, 2007-2013

Member, Apex Club of Leganes



## SPONSORSHIP COMMITMENT FORM

Sponsor Name: \_\_\_\_\_  
(Club, Business or Individual)

Contact Person: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### INDONESIA BURSARY

I would like to commit for 2 years \$399.00 per year to sponsor an English class in Lombok.

Total Commitment \$798.00

### PHILIPPINES BURSARY

I would like to commit for 4 years \$399.00 per year towards a scholar in the Philippines.

Total Commitment \$1,596.00

### DONATION

I would like to make a once off donation of \$ \_\_\_\_\_

Please send this completed form to:

Apex Australia  
PO Box 166  
Darling Height QLD 4350

Or via email to:

admin@apex.org.au

1800 00 APEX | 07 4697 5303

A tax Invoice will be issued.  
Payments can be made by direct deposit.

## Vale Jeremy Wright

Jeremy was very passionate about Apex, being brought up around Apex during his childhood years, this is where it all begun.

Jeremy as a young boy would go to all Apex events with his Mother And Father Samantha Wright and Graham Wright who were once apart of the women's apex club and the Ross River Apex club and are now senior actives .

Jeremy then became a father to two young boys and a husband to his wife Kiah, Jeremy went on to introduce his family to the Apex Association which therefore become a big part of their life together as a family.

One of Jeremy's favourite Apex events, even right up until his last years was The Apex National Children's Day and the Townsville Show . Ever since Jeremy was a young boy he always looked up to Rodney Glover. Jeremy was a hard working, dedicated Apexian and he will truly be missed by all, but his memory will live on Forever.

With love, his wife Kiah Wright

### **SUBSCRIBE TO NEWS**

at [Apex.org.au](http://Apex.org.au)

### **WEB**

[apex.org.au](http://apex.org.au)

### **MEMBERSHIP**

1800 00 APEX

### **ADMIN EMAIL**

[admin@apex.org.au](mailto:admin@apex.org.au)

### **ADMIN QUERIES**

07 4697 5303

### **FACEBOOK GROUP**

[Facebook.com/  
groups/5286391317](https://www.facebook.com/groups/5286391317)

### **FACEBOOK PAGE**

[facebook.com/  
ApexAustraliaClubs/](https://www.facebook.com/ApexAustraliaClubs/)

### **MAIL**

PO Box 166  
Darling Heights  
Qld Australia 4350

### **SUBMIT STORIES**

[newsletter@apex.org.au](mailto:newsletter@apex.org.au)

*If your club has some news to share please send details to [newsletter@apex.org.au](mailto:newsletter@apex.org.au). Don't forget to share this newsletter with everyone in your Club.*

## **The Apexian, April 2018 Issue 32**

