

ISSUE 42 June 2021



APEXian

News and Views from the clubs of Apex Australia

Visit
apexconvention.com.au

***To book the 2021 Apex National Convention
Celebrating 90 years of service to Australia***





National President, Bethany Paterson

Dear Fellow Apexians,

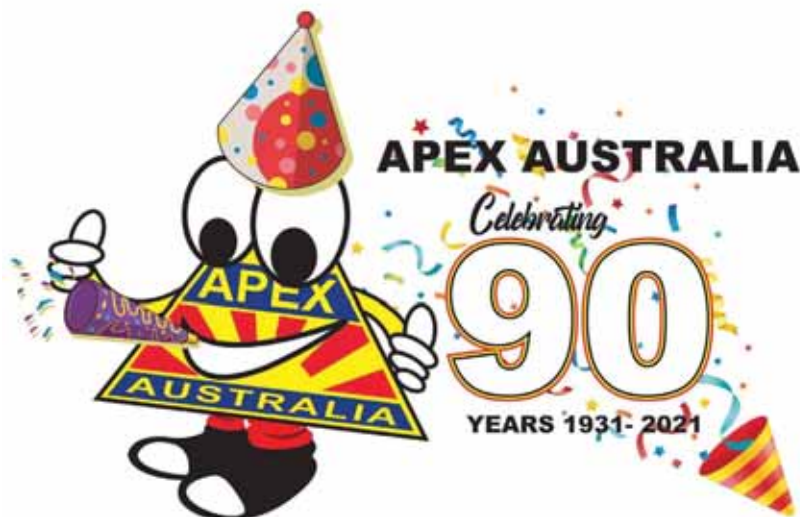
This is my final letter as National President of Apex Australia, and what a year it has been! There have been unprecedented challenges created by Covid-19, which has put our resilience to the test.

Clubs across Australia couldn't meet or carry out their normal activities, we had to cancel the 2020 convention in WA and the 90th anniversary celebration in Geelong, and we realised the huge importance of fellowship in its absence. We were presented with the challenge of running our first ever postal vote and zoom National convention, which went well thanks to fantastic engagement from our clubs.

This year our Association clocked up an incredible 90 years, an achievement of which we can be very proud. Whilst Apex has changed a lot in 90 years, our forebears would be proud to see that we still carry the Apex ideals in our hearts, with service, citizenship and fellowship still at the centre of all that we do.

Our National Convention in Bundaberg promises to be an epic celebration of our 90th Anniversary, and is one not to be missed. It is being held between 7-10 October, register now at apexconvention.com.au so you don't miss out.

Also, make sure you nominate for our National Awards, we want to hear about the amazing things your club has been doing so that you receive the recognition you deserve.



With so many things being cancelled and shut down, a shining light of hope was the new Apex Club of Capricorn West being brought to life. It is heartwarming to see a new club form and provide a valuable service to another Australian community. In addition, this year, we were proud to see

Mick Godfrey appointed as our Global Chair, and during a year when we couldn't travel internationally, we promoted international relationships through appointing ambassadors from each Apex country. We have changed our National Office structure twice in less than 12 months, we have streamlined our operations and the future of our National Office looks bright.

I have thoroughly enjoyed the opportunity to sit on the Apex Foundation board and to see first hand the incredible support the Foundation provides to our clubs and our Association. I am proud to announce that this year the Foundation has generously offered to support our Mental Health National Project, through the "Building Better Mental Health Grant", so if you have an idea for how to improve mental health and awareness in your community your club is encouraged to apply. You can find the application form on the Resources page of our website.

The 2020-2021 was an unprecedented year with a unique set of challenges, and I would like to personally congratulate all of our clubs on weathering the storm. One thing that Apexians do well is adapt and thrive under adversity and as the Covid vaccine provides hope for the future, I look forward to seeing our clubs support their communities with renewed vigour. I want to thank my National Board for doing an amazing job over this past year under such exceptional circumstances, the contribution that these volunteers put into Apex is second-to-none, and their work behind the scenes supports our clubs to do what they do best.

I am incredibly pleased that Adam Stewart is our incoming President, it would be hard to find a more dedicated and passionate Apexian, so Apex is in good hands. I wish Adam and his incoming board all the very best for the year ahead. It has been my greatest honour to be National President of this incredible Association, and I hope that Apex will continue to grow and build better communities. I look forward to seeing you all at the National Convention.

Yours in Apex,



*Bethany Paterson
National President
2020-2021*



SHACK

SHOALHAVEN HEADS APEX COTTAGES FOR KIDS (SHACK) NSW

The SHACK is located at Shoalhaven Heads on the NSW South Coast approximately 150kms south of Sydney. The complex consists of 6 fully self contained units each with two bedrooms, lounge, kitchen, dining and bathroom facilities. There are separate laundry and BBQ facilities. Across the road is the beach, the golf club and the fish are plentiful in the adjacent Shoalhaven River.

The SHACK had its beginnings in 1989 when the Apex Club of Berry, headed Ray Vincent and other members formed a Committee to investigate an idea to build a facility where families could come with their sick kids to have a holiday.

The project was supported by the then Zone 2 Convention as an Apex Service Scheme.

After the raising of \$260,000, with valuable support from building suppliers, the local community and Apex Members, the SHACK was constructed on land leased from the NSW Lands Department.

The SHACK was opened in 1992 and with funds left over, together with a contribution from the Apex Foundation, the land was purchased from the Department and the complex was transferred to the Foundation to remain in perpetuity.

Following the opening, an extensive marketing campaign was undertaken by Kris Vincent to make



the SHACK known throughout Hospitals and support groups, that it was available respite for children and their families suffering from chronic illnesses and disabilities.

To this day the SHACK is maintained by Ray with the support of his family and a Committee consisting of those past Apexians who were part of the Apex Clubs who worked so hard back in 1990s to build this amazing complex. You can visit the website apexfoundation.org.au to make a booking for a family you may know who is in need of a holiday by the sea or contact the Foundation Executive Officer Clement Fernandez on 02 92537775 or 0401 398 472.

Brian Powe

Director Apex Foundation



Club NEWS



Cohuna

New All Abilities Playground in Cohuna

To be located in Apex Park adjacent to Cohuna Beach and a recently installed barbecue shelter, the playground forms part of the \$3.4 million Cohuna CBD and Waterfront Connections project.

“The Cohuna All Abilities Adventure Playground will create a new modern play space, suitable for all children with various abilities to engage with play infrastructure and gardens,” Mayor Charlie Gillingham said.

Extensive community engagement conducted during late 2020 and earlier this year inspired the playground’s proposed design, with key features including a stand-up see-saw that pumps water into a water channel, a three-storey play area designed as an old farm shack, climbing areas and flying fox, all located along a pathway that replicates the Gunbower Creek.

The current playground at Apex Park will remain in place during the construction of the playground, but will be removed once

this project is complete.

“Council applauds the efforts of the Cohuna Playgroup in fundraising and seeking support from the Apex Club of Cohuna, Cohuna and District Progress Association and Lions Club of Cohuna.

Mt Isa

The Mount Isa Music Festival Committee has donated \$1,000 to Apex Mount Isa to assist with the Rock Pop Mime Show, which had an enforced layoff last year. Looking forward to a bigger and better 2021.



Club NEWS

Capricorn West

Our newest club, Capricorn West kicked in and helped support Ronald McDonald House charities. "Late night finish and Early morning start means we've kicked off Beef Week in style. Very proud that our club is able to support Ronald McDonald House Charities at this event! Looking forward to working with them more as we endeavour to help raise funds to keep this wonderful charity going."

Beaufort

In April the Beaufort Apex Club got together to play a bit of Texas Hold Em poker. A few drinks, some big learning curves with every single cent raised going to lifeline, in support of mental health. \$500 raised by 10 blokes having a drink, watching the footy (Editor's Note - the Storm didn't play that night?) and throwing plastic chips in like we had any idea of what we were doing. Not a bad effort!

See what your club can do to help out the Apex National Project this year - Building Better Mental Health.

Reader Feedback

Hello to you all and greetings. It was indeed a surprise to receive a copy of the Apexian. I am a past president of the Apex Club of Murgon, Queensland. Murgon is a town roughly 100 km due west of Gympie, Queensland. I now live in Ipswich Qld. I am thrilled to hear that



Apex is still alive and kicking. I remember part of the ideals of Apex Clubs and I think it went like this. Apex to develop a more intelligent and aggressive citizenship to promote international understanding and friendship. Many of my contemporaries have sadly passed on. Apex led me into many different areas of community life an elected member of Murgon Shire Council , a large business in men's wear a founding and proposer of the Murgon and District Development Bureau Inc., a family man with three daughters. I also tackled university where I rose to a senior lecturer in Business at Rockhampton's Central Queensland University. I have several degrees in business and higher degrees viz MBA's. Currently I write quite a bit to federal government ministers. Two years

ago my dear wife Jacquelyn passed away. You may use this copy if you wish to further your readers interests.

Kindest Regards
Selwyn Retschlag

South Wagga (Wagga?)

A busy couple of weeks for South Wagga club. This time we provided and served meals for Lilier Lodge. Lilier Lodge is a non for profit accommodation facility for those people from the greater Riverina area living outside of Wagga undergoing cancer treatment in the city. Once a week community organisations take it in turn to prepare and serve meals. This week it was our turn. The members really enjoy this service and getting a chance to meet the patients. Unfortunately due to Covid restrictions only 2 of our members could stay to serve. Thanks to all members and their wives who cooked and prepared meals they were greatly appreciated by those in attendance.

Jerilderie

Four infrastructure projects using the combined funding streams were officially opened in Jerilderie last Wednesday, March 10.

Based at the Jerilderie pool, the celebration launched upgrades at the pool, Jerilderie Stadium and the Jerilderie Showgrounds.

The Apex Club raffled three Kenworth trucks and two trailers to raise a total of \$370,000.

The new amenities block and grandstand roof projects at the Jerilderie Showground benefited from a combined \$372,800 and will be enjoyed by a huge variety of users.

The \$67,800 grandstand project was covered by NSW Crown Lands Stimulus funding.



Echuca Moama

Local artists will feature at a free afternoon of laid-back music and easy going entertainment as part of Murray River Council's Sunday Session event on April 18. The Sunday Session event is presented by Murray River Council and Echuca Moama Apex Club.

Apex organising committee spokesperson Matthew Davidson said supporting the local industry is vital. "Apex is pleased to be running an event like this where we can showcase some amazing local talent. "We hope to see lots of people there for a chilled-out afternoon of music in our beautiful surrounds," he said.

"The local entertainment industry has really suffered under Covid restrictions and this event aims to help kick-start some music events again. "Now that we can all start attending events and getting out-and-about with our friends, I'd encourage everyone to bring a picnic rug and wander down to the Soundshell for a relaxing afternoon of live and local music."

Held at the Moama Soundshell, the event will be live and local from 11am featuring music, kids activities and a bar and food stalls.

National OFFICE

An update on the National Board's decision on the future of our National Office.

Our National Office was contracted out to Flagstone Services Pty Ltd until October 2020. At that time, National Board made the decision for the National Office to be temporarily run by Financial Life Pty

Ltd (which is run by current Apex National Secretary Adam Stewart) to caretake the position to enable us to better understand the current National Office's roles.

We have identified some important factors impacting the future direction of our Association's National Office moving forward. It was also found that there is a necessity for a current Apexian "in the Loop" to monitor and answer questions of the membership that cannot be answered by a contractor.

Therefore, the National Board have made the decision that as of the 1st April, 2021, the National Board will oversee the running and function of the National Office with the following structure.

- The National Board is the governing body with the directors responsible for its function.
 - The National Board will appoint a National Office Manager to the Apex National Board. This will be a volunteer position.
 - The National Office Manager will oversee the Roles of the Contractors
 - The initial contractors will be engaged directly by the National Board.
- These contractors have been identified as currently performing their roles well, and have the ability to take on more roles and responsibilities as and when required.

Our National Board have identified that this is a more effective and efficient way to manage our Association's National Office moving forward and more in keeping with the current Association's membership numbers. The National Board have also identified the necessity for all of the National Office's functions and systems to be properly documented so as to make the National Office easier for the following National Office Managers. Work has already started on this and time lined to be completed by National Convention in October, 2021. To ensure some operational flexibility it is the view of the current National Board to retain the current National Office budget lines to allow for the funds allocated to contractors to increase as required. In short this means that there will be no increase or decrease in national fees in the short term.

National CONVENTION

Apex Australian 2021 AGM/ Convention will be held in the beautiful Central Queensland town of Bundaberg - from Thursday 7th to Sunday 10th October, 2021. With that pesky global pandemic not allowing us to properly celebrate our Apex Australia 90th Anniversary earlier this year – we're going to make sure we recognise and finally celebrate this great achievement in 2021.

The full conference agenda will be released closer to October, but a sneak peak - Friday afternoon we have organised for delegates to do a guided tour of the Bundaberg Rum Distillery. Even if you don't drink rum – this is a fantastic tourist attraction. At the Friday Night Social we've got live entertainment by Mark Lavender and we're asking Delegates to dress in colours or costume to represent their club home town. For example, you might see some of the Bundy crew dressed as a bottle of rum, a turtle or ginger! Saturday night's Gala Dinner will also have live entertainment and a special Guest Speaker. Get thinking about those costumes!

If you've never been to 'Bundy' (as the locals call it) it's a major regional town of approximately 95,000 people a bit over 4 hours drive north of Brisbane. Built either side of the Burnett River and with a friendly country town feel; Bundy has beautiful climate year around and October will be warming up with days in the mid to high 20's and nights in the mid to high teens. Only 15 kilometres inland from the beautiful



Coral Coast, Bundy is an important agricultural hub with all the benefits of being located so close to magnificent swimming beaches and at the southern end of the Great Barrier Reef.

Bundaberg is probably best known for its world-famous Bundaberg Rum, Bundaberg Ginger Beer and the Mon Repos turtle hatchery. The sea turtle 'season' doesn't officially start until November, but October is within the Humpback whale migration season and whale watching tours leave from the Bundaberg Port Marina during the season. However, if you spend any time along the coast at any of the surrounding coastal villages – Bargara, Elliott Heads, Burnett Heads - you can often spot whales playing or resting close to shore on their return migration. Sometimes a mere 100+ metres off the shoreline.

Explore the beautiful Coral Coast before, during or after your conference time – our white sandy beaches are perfect year-round for swimming or paddle boarding; enjoy rock hopping the volcanic rocks or swim in secret mermaid rock pools; walk, cycle or scooter the flat accessible paths along the coastline; and Elliott Heads is one of the best kite surfing locations in Australia!

National Project

BUILDING BETTER MENTAL HEALTH

Apex Foundation Grant

The Building Better Mental Health Project

The current National Project for the Apex Association is to “implement a National Service Project to support the mental health and wellbeing of fellow Australians” as proposed by the Bairnsdale Apex Club. Due to Covid-19 however, clubs have struggled to implement the National Project, so the Apex Foundation has stepped in to support this very worthwhile project.

Why support Mental Health?

A recent study showed that 45% of Australians experience a mental illness in their lifetime, with 20% of people experiencing a mental disorder in the past year, with illnesses such as depression, anxiety and substance use disorders being particularly common. It is estimated that mental illness costs the Australian economy \$220 billion per year.

The statistics for men specifically are particularly concerning. Australian males between 15 and 45 years of age are one of the highest risk categories for suicide. Men are 3 to 4 times more likely to take their own

life than women, and the more you move into rural, regional and remote Australia the more that figure increases. Yet in country areas, services are scarce, help seeking is minimal and distance and isolation become significant factors. Communities around Australia need support to destigmatise mental health issues and normalise help seeking for mental health issues.

How is the Apex Foundation supporting this cause?

The Apex Foundation is making grants available to Australian Apex Clubs needing funding to participate in this National Project. Any worthwhile application will be considered, and Clubs are encouraged to apply. Some worthwhile projects might aim to:

- Increase knowledge of strategies for staying mentally healthy
- Shape environments conducive to good mental health
- Create opportunities for social inclusion and connectedness
- Improve public understanding of the catalysts of good mental health
- Reduce social harms (bullying, discrimination)
- Improve knowledge of how to seek help when needed.

In particular, we encourage clubs to engage the services of mental health educators such as ‘Are you Bugged Mate?’ and ‘The Naked Farmer’, raise community awareness through a ‘Blue Tree Project’ or promote the availability of help line services such as Lifeline.

Clubs are encouraged to consider projects



which directly deliver benefits to their community, rather than making a donation to a mental health charity.

How you can get Involved:

If you are not part of a club which wants to run a project but would still like to help this worthy cause, you or your club could consider making a donation to the Building Better Mental Health Fund. Electronic Funds Transfers can be sent to the following account:

Account Name: Apex Foundation PBI
BSB: 032 701
Account Number: 267 054

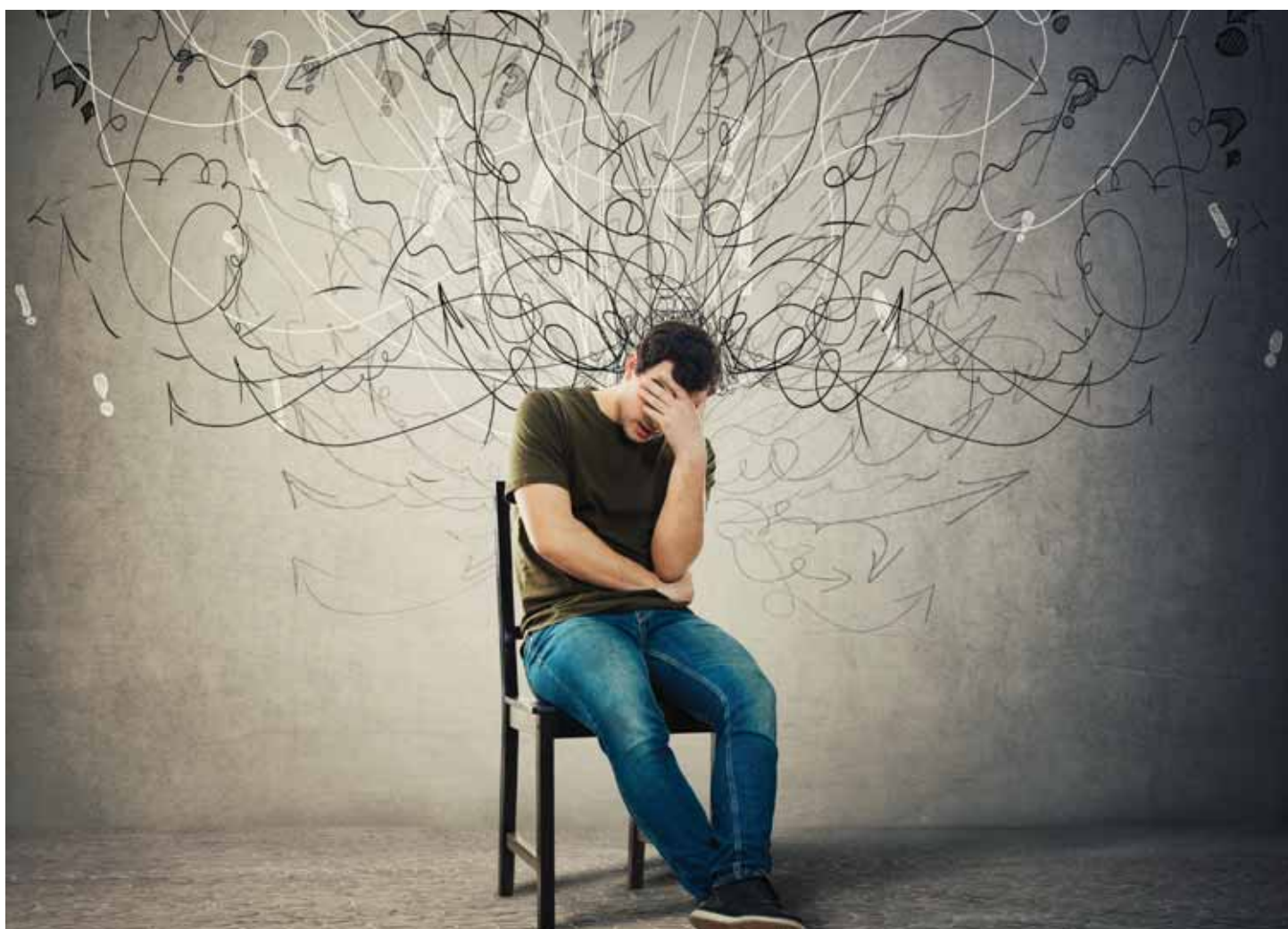
Please use your name/club name and 'Mental Health' as the reference.

In addition, this year's Apex Foundation membership fees and donations will be used to support awareness and promotion of mental health.

How will the successful applicants be selected? A panel comprised of Apex Foundation Board members and Apex Australia National Board members will carry out the selection process. The panel may approve or reject applications, in full or in part, at their discretion.

Grant guidelines:

- The applicant club must be a current financial club of the Association of Apex Clubs of Australia.



- Clubs must explain how their project will benefit the community and its mental health.
- Community-based projects that are considered to have a significant impact on education, awareness, changing attitudes and behavioural change will be given priority. Projects that represent good value for money will also be viewed favourably.
- Applications may be considered ineligible if the primary objectives are to fundraise, purchase prizes, purchase equipment, travel or provide direct one-to-one services.
- The grant is a one-off and therefore cannot support ongoing projects.
- Clubs must provide a report, an acquittal and an article with photos (if possible) for publication on social media, in the Apexian and the Foundation e-Newsletter.
- Successful applicants will be advised by the Apex Foundation as soon as practical following the grant end date.

Apex Clubs can email the completed application form on the following pages to

eo@apexfoundation.org.au
and
secretary@apex.org.au

by no later than the C.O.B. on 31st August, 2021

Required Supporting Documentation:
Quotes and/or estimates of costs involved must be provided.



Hi everyone,
It is nearly the end of the financial year and that means tax time.

This year we are supporting Apex Clubs with their mental health awareness initiative.

I urge you to donate so that Apex Clubs can get out there and really make a difference. For 2021 all Apex Foundation membership fees will be directed to this really worthwhile project.

So, whether you make a donation, renew your existing membership or take out a new membership, you will be helping Apex Clubs raise awareness of mental health challenges in their communities. And remember all membership fees and donations are tax deductible, so with June 30 coming up now is a great time to get involved.

Tony Wilshire
President
Apex Foundation

BUILDING BETTER MENTAL HEALTH

APPLICATION FORM

1. Applicant details:

Apex Club:

Contact person:

Position:

Postal Address:

Contact phone number:

Email address:

2. Project name:

3.0 Description of the Project: Give a clear and concise description of the proposed project

4.0 Target issue and target group: define and explain the relative importance of the issue to be addressed, justify with supporting data where possible, define your target group and how many people you anticipate will be involved.

5.0 Objectives and strategies: objectives should be specific and measurable. List the strategies and activities that will be used to achieve your objectives.

6.0 Project Timeframe: estimated commencement and completion dates

7.0 Budget: provide a total cost of the project, quotes/estimates, Club's co-contribution, grant amount requested. Give a specific breakdown of how the money will be spent.

8.0 Bank account details: this allows funds to be transferred directly to your Club's account

Account Name:

Bank/Institution:

BSB:

Account Number:

9.0 Declaration:

On the behalf of the Apex Club of _____ :

- I declare that the information supplied on this form is true and correct to the best of my knowledge.
- I understand that if my club is awarded the grant and members of the selection panel at any time thereafter forms the reasonable view that the application included false or misleading information or documentation, the grant may be cancelled and any funds must be refunded.
- I understand that, should my club be awarded the grant, on request I will provide invoices/proof that the grant funding has been spent on appropriate expenses.
- I authorise Apex Australia and the Apex Foundation to obtain additional information deemed necessary to assess the application for this grant.
- I agree to provide a report, an acquittal, an article and photos for promotional purposes after the completion of the project.
- I declare that I will notify Apex Australia and/or the Apex Foundation immediately in writing of any changes of circumstance affecting the purpose and conditions of the grant.
- I understand that my club may be required to repay the grant if the project is not delivered as stated in the application.

Club representative

signature: _____ **date:** _____

name: _____

position: _____

If you have any questions about your application please contact Bethany Paterson on 0428 399 169. Please return the completed application form, with required supporting documents to:

eo@apexfoundation.org.au and secretary@apex.org.au by no later than the C.O.B. on 31st August, 2021.

Apex Camps

At the heart of any successful enterprise there should be a strong 'Why'. A reason for stakeholders to connect to an organisation that exceeds financial reward. For not-for-profit organisations the heart and the 'Why' should be genuinely benevolent and selflessly geared towards the betterment of others. In the not-for-profit space this is sadly not always the case, Apex Camps however, is and is a direct benefactor of the initiative and work of selfless Apexians and their families.

At the beating heart of Apex Camps is the positive human development of the next generation of Australians.

We love championing on thousands of Aussie kids every year at both our Twin Waters and Magnetic Island campuses. It's a cause that resonates with our directors, staff, clients and the Australian public. It's a benevolent cause that transcends financial motivation and has been recently proven when it relaunched us out of the devastating effects of COVID 19.

Apex Camps rebuilt itself in 2020 through the dedication, strategy and strong leadership of our Apexian directors and particularly



the sitting Chairman, who, despite their own business concerns, focused their time and energy into Apex Camps when it was at its most vulnerable. Apex Camps was all-but closed for a period of four months in 2020 with the Queensland Education Department calling a halt to school camps. Staff were stood down and with no camps, the organisation stalled to a stand still.

Strategic staffing appointments were made over a process of months and slowly departments at both campuses were restaffed as schools began to return. As confidence in COVID Safe practices increased and the threat of the virus waned, Apex Camps enjoyed a busier back end of 2020 than we had in years. We are in a strong position in 2021 and are now looking to further develop our facilities. Some of the projects recently accomplished and currently being undertaken include:

Magnetic Island Campus

- Restaffed and trained all departments
- Launched activities department
- Constructed a new ablutions block in partnership with state and





federal government bodies

- With a view to installing ropes course and pool in the near future when funding permits

Twin Waters Campus

- Restaffed and trained all departments
- Upgrading supervisors/teachers facilities
- Overhauled Information Technology systems
- Upgraded activities and kitchen departments
- Constructing a new high ropes course in the near future



We are incredibly proud of the performance of our directors and staff during this time and honoured to have the opportunity to positively impact Australian youth on a daily basis. We are excited about our bright future.

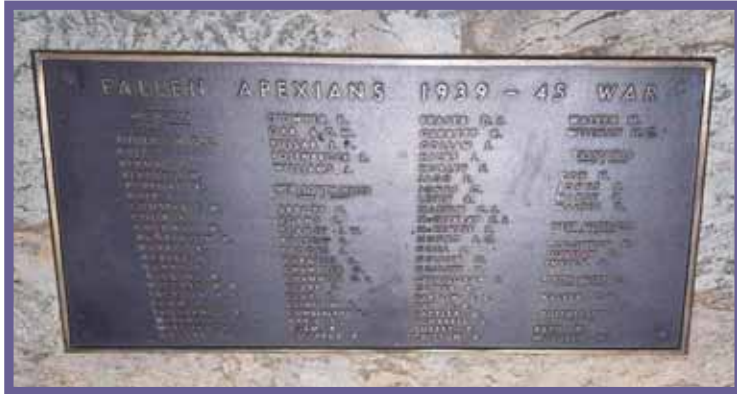


We are grateful to the Apexians who founded Apex Camps and would encourage Apex Clubs and members to continue connecting with one another, inspiring new members and investing into benevolent idea's, programs and causes, so new initiatives as important as Apex Camps can be established for the benefit of fellow Australians.



Club News

ANZAC



This most recent ANZAC Day we remembered the 76 Apexians who were lost during World War II, and pay our respect to all returned service veterans and those who are still currently serving our country.

Lest We Forget.

Kadina

Dear Fellow Apexians,
Today I had the honour of laying a wreath at the Anzac dawn service at Kadina on behalf of my club, Apex Australia and Apexians past and present. In 2021 there

has been a strong interest in Anzac Day services, after being denied the opportunity in 2020 due to the Covid-19 pandemic. As the Last Post reverberated through the crisp morning air, I paid my respects to all who have served, with particular acknowledgement to the Apexians who have taken service to the highest level, in the service of our country. As we stand for a minute of silence, our minds are often immediately drawn to those who made the ultimate sacrifice, however, we must also be cognisant of those who survived and carry the mental wounds of their service. My grandfather Alan Phillips was a veteran of WWII and a gifted storyteller, and yet rarely told any stories from the war. As a child I thought nothing of it, but as an adult and a psychologist, I wonder what trauma he was holding inside of his heart. With our National Service Project focussed on Mental Health, Anzac Day serves as a reminder to stay true to our values of service and mateship, which includes supporting friends and family during times of struggle and adversity. Over this long

weekend, I encourage all Apexians to reach out and connect with someone who is doing it tough, and I encourage those who are doing it tough to open their hearts to a mate, it may be just the thing you need to make it through this difficult time.

In honour of all who have served and who continue to serve, let's all dedicate ourselves to the ideals of service, commitment, courage and altruism which has made our country what it is today.

Lest we forget.

Bethany Paterson



Traralgon



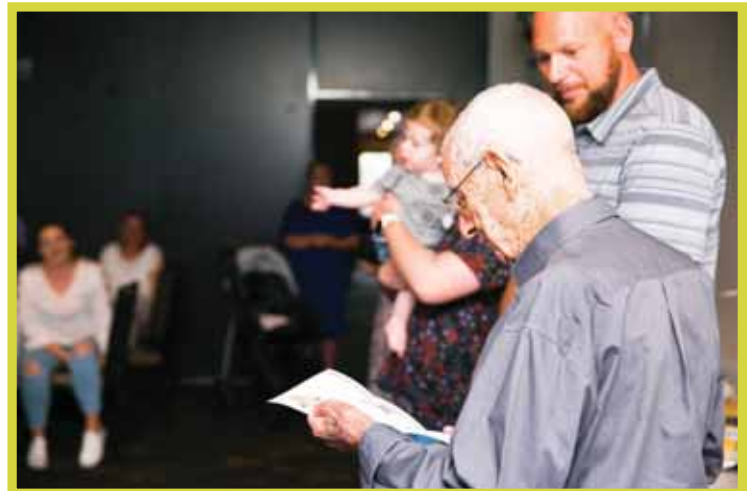
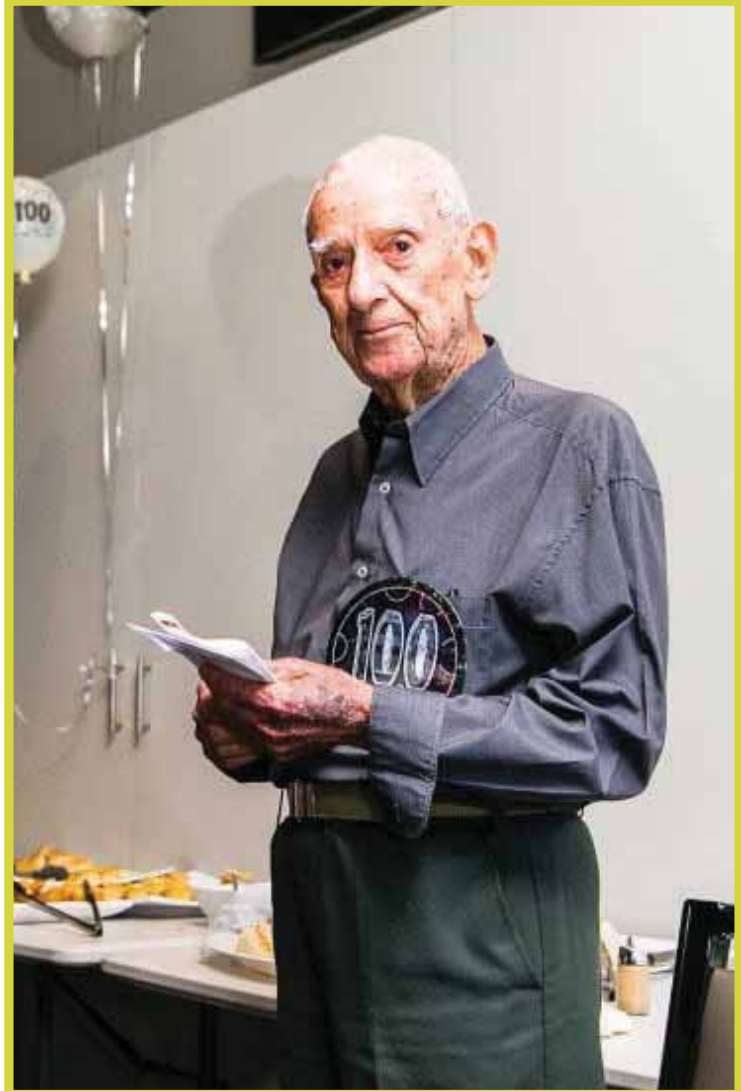
Pictured above are RC Ben Van Hooydonk with Traralgon President Mellisa Dent

Albany

It's with great sadness that Apex Australia advises that Life Member John Moyle passed away on the 20th April, 2021, aged 102. John was one of the Charter Members of the Albany Apex Club in WA and their first Club President. He was also dedicated to the construction of Apex Drive, an Avenue of Honour to the top of Mount Clarence where the ANZAC Desert Corp Memorial is located (to commemorate WW1, WW2, Korea & Vietnam).

Thank you John for your sincere dedication to Apex and to your community of Albany, where you'll be sadly missed by many.

Our thoughts and prayers are with the extended Moyle family & friends. (Images at right are of John celebrating his 100th birthday and reading his letter from the Apex Australia National President)



2021 NATIONAL CONVENTION

BUNDABERG OCTOBER 7-10TH



DAY	TIME	ACTIVITY
Thursday 7th October Board members and RC	8.00am - 9.00am 9.00am - 10.00am 10.00am - 10.30am 10.30am - 12.30pm 12.30pm - 1.30pm 1.30pm - 3.00pm 3.00pm - 6.00pm 6.00pm - Everyone	Breakfast in Meeting Room at Boulevard Lodge Board Meeting - All members & RC's Morning Tea Meeting (continued) Lunch (Served in Meeting Room) Regional Coordinator Training Free Time - prepare for dinner. Pick up from Hotels for Dinner (served at Coronation Hall)- Bar open (cash and card)
Friday 8th October Friday 8th October (Cont.)	7.00am 7.30am - 8.30am 8.30am - 9.30am 9.30am - 10.00am 10.30am - 12.30pm 12.20pm - 12:30 pm 12.30pm - 1.00 pm 1.00pm - 2.00pm 2.00pm- 5.30pm 6.00pm - 10.00pm	Pick up from Hotels. Breakfast served- Real coffee available with very own Barista for the weekend (at own extra cost) Member Training Morning Tea Executive training Christina Martin Lunch at hall Delegate's Briefing Travel to Rum Distillery Rum Distillery Tour Travel back to hotels/ Hall For social time Friday Night Social – Held at the Coronation Hall Dress in costume / colours that show off your home town – Club town <ul style="list-style-type: none"> ● Live music by Mark Lavender till late ● Apex Bar – cash and card facilities available ● Guest Speaker - ● Bus runs till 11.00pm back to accommodation hotels
Saturday 9th October	7.30am - 8.00am - 8.30am 8.30am - 9.00am 9.00am -11.00am 11.00am -11.30am 11.30 - 12.30pm 12.30pm - 1.15pm 1.15pm -3.00pm 3.00pm -5.30pm 5.30pm 6.00pm	Bus pick up from hotels Breakfast served at Hall- Private Barista is back again to help brighten the day with real coffee. ***** National Convention/ AGM opening - Hall Morning Tea National convention/AGM/Awards Lunch Session to be advised Free time - travel back to hotels and preparation for dinner Bus pick up for Dinner Gala Dinner -RSL - 90th Celebrations <ul style="list-style-type: none"> ● 3 course dinner ● 3 hours basic drinks package ● Guest Speaker ● Entertainment from Micky D ● Buses running till midnight
Sunday 10th October	7.30am 8.00am -9.00am 9.00am-	Bus pick up Breakfast at Hall Buses leave to train station and airports as required

Apex 40s

GIVING back to the community has always been a main ethos of Leeton's Apex 40 organisation. Apex 40 Leeton secretary Mark Carter (left) presents the funds to members of the Leeton Family and Local History Society.



In May Apex 40s had their annual Rort and AGM in Bundaberg, Queensland. Apex 40 is an association of clubs around Australia comprised mostly of former Apexians who continue on with the ideal of fellowship after they leave Apex.



Pictured Above - 2021 AGM
They know how to have a fantastic time, with over a week of events and celebrations! Also on that weekend the hardworking Bundaberg Apex Club did some service work at the 'Sounds of Rock' concert. Well done to the Bundaberg club for doing an amazing job of supporting this massive community event. Congratulations to both the Bundy Club and Apex 40 for upholding the



Not a Butchers in Sight

ideals of our Association.

"A major thank you to Bethany Paterson and Greg Youngberry for coming along and helping us out at this event. It was a huge event and we are extremely grateful to have you both help out. Thanks again guys"

Tara Spotswood, Apex Bundaberg

Below - National Apex 40 President Julie Primmer and Apex Foundation President Tony Wilshire caught up with Apex Australia President Bethany Paterson.



Club News

Blacktown



Apex Blacktown operating their new van serving the public at Vibes by the Lake.

Armidale



Jim Edwards - a lifetime of community service

Last week an Armidale institution, Jim Edwards, celebrated his 90th birthday. Jim joined the Armidale Apex club in 1959 and has been involved with a wide range of community service

groups ever since.

He also celebrates an unsurpassed record of community service through 62 consecutive years as a member of Armidale service clubs - firstly 13 years in Apex from the age of twenty-eight, and then almost 50 years as a member of the Rotary Club of Armidale - a milestone he will achieve next year.

And his feelings for Armidale, his adopted home of 64 years? "Well, I've never really ever got used to the cold".

Jim continues a lifelong love of "working with his hands," reflected in both his choice of career and his hobby of woodwork. These days he specialises in making leadlight glass.

Postie Bike Ride

The Apex Outback Postie Bike Ride is an annual ride held in the Flinders Ranges, SA raising money for the Apex Copper Coast Retreats in Wallaroo. The retreats offer families affected by cancer a holiday away from it all to make some fond memories.

This years ride is running from 9th - 12th September. All support is very welcome.

For more information and to find out how you can help see

<https://www.facebook.com/apexpostiebikeride/>

Some images from the 2020 ride follow on the next page.

The 2020 Apex Postie Bike Ride



Supporting South Australian families experiencing cancer through the Apex Copper Coast Retreats. See <https://youtu.be/vNLcgVONA E> for the full doco.

Cobram Apex Lawn Mowing Racing

Cobram's recent lawn mower racing event attracted a good field of entries from across Victoria and NSW.

There was a large turnout of families who came along to join in the fun of the day and, despite COVID-safe regulations restricting numbers to 500 at any one time, the crowd that came through the gate was larger during the day than seen for some years.

There were thrills and spills among the 30-plus competitors as they thundered around the grass track marked out with hay bales. Competing in four classes, racing was fierce as they battled to receive the checkered flag after five laps of hot competition.

"We were very pleased with so many entries and to see so many families coming through the gate to join in the fun. It made it a great day," Cobram Apex Club event organiser Scott Gleeson said.

We would like to thank the many business owners who generously donated prizes to the first three placegetters and other activities during the day. We are very grateful and understand just how tough it has been for them over the past 12 months."



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