



ISSUE 43 September 2021

APEXian

News and Views from the clubs of Apex Australia

Celebrating the Inaugural Charter Dinner Apex Club of Capricorn West



Clockwise from top left, the initial investigation, Training at ETS, Reconnecting with past Apexians, and on August 14, 2021, the Charter Dinner for Apex Club of Capricorn West





Welcome to our newest Club, Capricorn West

It's always Apex's greatest thrill to welcome a new club to our wonderful Association. On August 14, 2021 Apex Capricorn West held their Charter Dinner. To celebrate, most of Apexian 43 will present their story. It's a fabulous achievement and all of us in Apex are proud to see you join.

TIMELINE OF A NEW CLUB CAPRICORN WEST

The Apex Club of Capricorn West or Cap West as most now call it is the brain child of Cassie Newby and Tara Spotswood (Region Communicator Coordinator). The idea was first floated after Cassie and her husband Brian moved their family to Rockhampton. Cassie and Brian were first introduced to Apex over 5 years ago by Tara Spotswood and the Bundaberg club. One of their first experiences was volunteering at the Gympie Muster where they became hooked. So, when their family moved to Rockhampton Cassie reached out to Tara to see where the nearest Apex club was only to discover that the closest club to the south was Moura (169km) and the

north Townsville (718km). Tara then said to Cassie "Why don't you start your own club". Cassie originally thought she was joking but then came to realise Tara was serious about it. After a lot of debating on her ability to even pull off starting a new club and with the encouragement of Tara and the backing of the Bundaberg Apex club as sponsors it was decided to start a new club in Rockhampton and not just bring Apex back to the town but to the whole Capricorn region.

20-09-2020

First meeting to decide if a club will be started

The word went out about the possibility of starting a new Apex Club in Rockhampton.

Members from National board including Tara Spotswood (Regional Communicator Coordinator) and Adam Stewart (National Secretary) made the trip to Rocky along with the RC2 Kaden Bryant (Fraser Coast Apex) and other Apexians to help explain what was needed to start a new club and also answer any questions about Apex. Also in attendance were members from past Apex clubs in the Rockhampton Region. Only a few of the possible new members had been involved in Apex before. Other than



Cassie and Brian Newby there was also Kel McLean (formally Bundaberg Club) and Amy Patterson-Kane (formally Chinchilla and Toowoomba South clubs). Everyone else in the room was brand new to Apex but all had one thing in common, they all wanted to make a difference in their community and make new friends while doing it.

By the end of the gathering everyone had a better understanding of what Apex was and what was ahead of them. To start a new club in Queensland you need 10 members and when the question was raised "So do you all want to start a club here in Rockhampton" the answer was yes and 10 people signed up to be the new members of the Apex Club of Capricorn West and it was the beginning of a new club. The last decision for the day before everyone departed for some fellowship was who would be on the Interim Board. It was decided that Amy Patterson-Kane would be Interim President, Cassie Newby Interim Secretary and Jeremy Richardson Interim Treasurer.

That night everyone got together at Coco Brew for some fellowship and to get to know each other better in a more casual setting. After a good meal and a few drinks a few of the new members thought it would be a good idea to take Dunk (as he had traveled to Rocky for the weekend) and get a group photo with the Bull at the southern entrance to Rockhampton. Brian volunteered to wear the Dunk suit and some of the new members of the club went out

to the sign that is in the middle of the highway and got a photo with the Bull. It was a fun initiation into Apex for the new members.

01-10-2020 ***Our first official meeting***

This was the first official meeting as a club. The meeting was at Cassie and Brian's house for a true Aussie dinner of sausage in bread. No one really knew meeting procedure but luckily Amy was once President of the Rotaract club in Gladstone so she had some idea and was Interim President so she chaired the meeting. All in all, it was a good meeting that ended up being mostly fellowship as everyone was still getting to know each other and most of the meeting was spent discussing what direction the club should go in.

09-10-2020 – Interclub Travel – Roma

To start a service club, you need 3 hours service work for every member each month until you become chartered. So, this meant the club needed to find 30 hours every month. This is not easy in the time of COVID so members found service hours where ever they could. This included interclub travel. Amy was heading out to Roma for the Roma Apex clubs Changeover dinner, so when she found out that the club was also going to be painting a tree for the Blue Tree Project it was a great opportunity to help them and kick off Cap Wests services hours.

The next day was the Roma Clubs Changeover dinner that was a Masquerade theme. It was a fantastic night of fellowship with Apexians from other clubs in the region. It was also

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New APEXIANs

The only thing that can match chartering a new club is introucing new people to Apex

Following are a couple of profiles of some of our latest members. Thanks to Leticia and Georgia for getting involved. If you want to bring a new Apexian along to your meeting there's no better time than now!

New Apexian Georgia Ward

Club - South Toowoomba Apex Club in Queensland

This is my first year in Apex. I attended a dinner meeting in August 2020 and was inducted in March 2021.

Person who recruited you - *I kind of recruited myself to Apex.* I contacted the group via Facebook and was invited to the dinner meeting by Bec Abraham and was later inducted by Moses Abraham.

A little about yourself - I'm originally from Bundaberg. I'm an

Left to Right: Moses Abraham, April Lancaster-Smith, Georgia Ward and Bec Abraham.

early childhood teacher and for the past 7 years I've taught mainly in rural and remote/isolated farming communities. I really love all things to do with food – cooking for friends and family, farmers markets, growing my own food, baking and preserving, as well as gardening, fishing, travelling and photography.

Why did you join Apex? I joined Apex because I was new to Toowoomba and I really wanted to build a family of friends. I wanted to meet people around the same age as me who aren't associated with work, who have similar values and who are kind decent humans. Most of the people I've met through Apex are around my age, extremely welcoming and want to spend their free time the same way I do which is with friends, food and being of service.

What have you got out of Apex so far?





Left to right:
Shannon
Spotswood,
Tara Spotswood
(NB), Natasha
Spotswood, Trevor
Simpson, Leticia
Pope

The most significant thing I have gained from Apex is the relationships I've built and the self-confidence I have gained from those relationships.

I've made really great friends who are all very different people and serve different roles in my life but I know I can call them for anything at any time and have their support, not just in Toowoomba but Dalby and Brisbane too. I have also taken on a role of becoming our treasurer and have road tripped more than I initially thought I would.

Most fun social event - Goondiwindi had a lovely changeover; it's nice to get dressed up with your friends for delicious food and a few drinks. Our club does a variety of different socials, Clay Target shooting and the Driving Range were quite fun.

Most fun Service Event - I enjoy working at Bunnings BBQs, working behind the bar helping the Dalby Club at the Races and the Chinchilla Club at One Long Table.

Leticia Pope

Club: Apex Bundaberg, Queensland.

Time involved: 4 months

Person who recruited you: Tara Spotswood

A little about yourself: I love spending time with my family and friends, especially my two nieces.

Why did you join Apex? I heard nice things about what they do for the local community and their involvement with the ill children and their families in hospital at Christmas.

What have you got out of Apex so far? The Charter Dinner in Rockhampton for opening of Capricorn West Club. I have been on two road trips Moura and Rockhampton and had so much fun meeting new people and fun people. I love having fun with Apex Bundaberg. I will be doing the ability ball soon and I enjoy the meetings with my club. I am looking forward to the Queensland catch up in Bundaberg for the online national convention.

Most fun social event: Hanging out with the Moura boys by the campfire.

Most fun Service Event: Rodeo of Rock Sound Festival, Bunnings BBQ's, ***Helping at other events – I love them all!***

Cap WEST

Continued from p3

great to see how the Roma club was growing after a few years of decline in members. The Roma Changeover was also where Cap West made their first steal. Amy managed to steal the Horsham Club banner that was on display with some help from Jemma Dicks from the Tara Apex Club.

08-11-2020 Bunnings BBQ

The club had its first official service work and opportunity to start making some money with a Bunnings BBQ. Tara Spotswood (Bundaberg Apex) and Kaye McIntyre (Fraser Coast Apex) travelled up for the day to help and also to bring some BBQ supplies that the club had not been able to acquire yet.



Amy at the Roma Changeover (L) With the Roma Crew at Changeover below, and at bottom helping at the Blue Tree



13 to 15 11-2020 Wandoan – National Convention/State catchup

Due to COVID the National Convention in WA was not able to be held. However, because travel within Queensland was possible it was decided that there would be a state catch up in Wandoan. This was Cap Wests debut into Apex group events and what a fun way it was to make a debut. Over 50 Apexians from all over the state converged on Wandoan on Friday night for a dinner at the Bowls Club. The next day was the Zoom meeting for National Convention and then a Dinner that night. The members who attended had a great time meeting fellow Apexians and making connections that could help the club into the future.

11-01-2021 Interclub Travel – Chinchilla

Amy had to go back to Chinchilla for work so this was a great opportunity to catch up with her old club and also get in some more service hours. She attended the Chinchilla clubs meeting on the Wednesday night that was held at their shed and also help with the Raffles at the Club Hotel on the Friday night adding to the 30 service hours a month that the club needed to obtain.

20-01-2021 Wind Slasher Beach Festival Elliot Heads

Cassie and Jeremy went down to Bundaberg for the weekend to help the Bundaberg Apex Club with the annual Wind Slasher Beach Festival. They helped set up for the festival,



cook food, like loaded fries and run the bar. It was a busy and successful weekend and a great opportunity for Cap West to meet the members of the sponsor club and create new connections friends in Apex.

27-02-2021 Bunnings BBQ

Another Bunnings BBQ, so more service hours for the club. This time the club was on its own though. Jeremy is also a member of the Rockhampton SES so the club was able to borrow their Eskies and from the last Bunnings BBQ was able to purchase a BBQ box with all the utensils needed.

06-03-2021 Interclub Travel – Chinchilla 6090 Dinner

The Chinchilla Apex Club was celebrating 60 years as a club and since it was also 90 years of Apex the Chinchilla club was combining the two. Amy as a former member of the Chinchilla club went along to this celebration. It was a wonderful night full of stories from past members and great fellowship with Apexians from all over Region 3.

07-03-2021 – Interclub Travel – Roma - Road to Roma Music Festival

Since Amy was already in the region for the Chinchilla 6090 dinner, she decided to head out to Roma the next day to help the Roma Apex club at the first ever Road to Roma Music Festival where the club was selling Raffle



tickets and Waffles. The day started out great but then about 2 hours in a storm rolled in causing everything to stop for a while. The wind was so strong that everyone was having to hold down the gazebos so they didn't fly away this

also meant the everyone got very wet except for Tyson Campbell (Roma Apex) who just so happened to have a Drizabone in his car. The event organisers ended up moving to the stage inside of the Pub and the show went on.

03-04-2021 Rocky Nats

This year Rockhampton held the first ever Rocky Nats. As Brian is already a member of the CQ Motor Sports Fire and Rescue and would be working the event Cassie volunteered working the gates as the club was still in need of service hours. The event was meant to take place

last year but due to COVID it was cancelled and rescheduled for 2021. The weekend was massive with cars coming from all over Australia. This will definitely be an event that Cap West will help with again in the future.

10-04-2021 Saturday Social Meeting

This was the clubs first social meeting. Everyone got together at Cassie and Brian's house for a BBQ lunch and an informal meeting. While at the Chinchilla Apex Clubs 6090 dinner Amy had won one of the Chinchilla clubs table cloths that was put up for auction and bought it alone to the meeting to get photo with all of the club members. Social meetings are a good way for a new club to get to know each other better outside of service work and formal meetings.

03-05-2021 Beef Week helping Ronald McDonald House

Beef week is one of the biggest events on the Rockhampton calendar and comes around every 3 years. Cassie was volunteering at the event working the gates. The club also helped setup and worked a stall for the Ronald McDonald House Charity. Cassie, Mick and Nicki helped out at the stall over the 4-day event. Ronald McDonald House is also a



The Cap WEST JOURNEY

charity that the club will be working with in the future. Cap West was to hold a Gala Dinner for the RMHC but unfortunately due to COVID the charity had to cancel. The club is looking forward to restarting the relationship in 2022.

11 to 13-06-2021 Moura Region 2 ETS Training

As a new club the idea of a training weekend was very exciting. Not only could the members learn more about meeting procedures but also introduce themselves to other Apexians from all over and learn what service events they do and get some great ideas to bring back to the rest of the members in Cap West club. Cap West had 4 members attend the training Cassie, Jeremy, Amy and Kel. The weekend started on Friday night at the Moura Club House where they put on a BBQ. The next morning everyone headed over to the Moura Tavern for the ETS Training. There were members from Moura, Bundaberg, Roma, Wandoan, Toowoomba, Biloela and Fraser Coast, Dalby there including some Life Members. The day started off with Jayson Williams (Life Member Apex club of Biloela) talking about his time as President. Jim McNall (Life Member Apex club of Fraser Coast) was the next presenter who spoke about meeting procedure and a mock meeting where Jeremy from Cap West was the Secretary. This was a great experience for Jeremy as he had never held a roll like this before



joining Cap West. Saturday night everyone got together for dinner at the Tavern and also to celebrate Tyson Campbell's (RC2, Roma Apex) birthday. The whole weekend was a lot of fun and everyone learnt a lot. The Moura boys definitely know how to put on a great weekend. The club members also got to meet the new RC for Region 2 that weekend Tyson Campbell (Roma Apex) as he was unofficially inducted by Tara Spotswood (RCC) on the Friday night.



11-06-2021

Incorporation Approved

It was exciting news when the club found out that our Incorporation had been approved. This meant that all of our hard work over the last 8 months was finally recognised and that club could now look at Chartering.

19-06-2021

Mt Larcom Rural Show

Kel and Amy attending the Mt Larcom Show and helped work the gate along with members of other local service clubs like the

Calliope Scouts, Rotary, and Mt Larcom SES. Kel helped pull apart the sheets of wrist bands while Amy handed them out to people as they walked



through the gate. It was a very busy morning with long lines until around 1pm. After helping they were both given a voucher to get a burger and drink and then had a look around the show. This was a great event to get the clubs name out in areas outside of Rockhampton and show off the new club shirts.

21-06-2021

Rocky SES Open Day

One of the club's members Jeremy is also a member of the Rockhampton SES so when the SES Open Day was on some of the Cap West members went along to introduce themselves as the newest service club in the region.

03-07-2021

Interclub Travel - Roma

Amy was back in Roma again for the clubs Changeover dinner. This time the Roma club had a smaller Changeover with a dinner at the Royal on 99. Amy sat next to Jim Salmon (Life Member Apex club of Saint Gorge) and got to hear all of the fascinating stories of his time in Apex. Getting to meet life members and hear their stories is one of the best things for a new Apexian as they can get a true idea of what they too might be able to get out of their time in Apex and obtain a real understanding of the history of Apex.

05-07-2021

Social catch-up meeting with Life Members from past Rocky clubs

Cap West was overdue for another social meeting so this time the club decided

it would be a good idea to invite the past members from the former Rocky clubs along to pick their brains on what they did and also fill them in on the club's progress. The Club had a dinner at the Rocky Sports Club and in attendance was Keith Rowland (Life Member Apex club of North Rockhampton), Neville Bell (Life Member Apex club of Gracemere) and Len Elbert (Life Member Apex Club of Gracemere) and their wives. As a new club the help and support of past members is an invaluable asset and these gentlemen have been very enthusiastic about helping support the club since the beginning.

is so new the club does not have many assets such as a BBQ. Luckily though one of the local businesses DC Motors has a BBQ Trailer that the club was able to hire for free for the event. The organisers of the day supplied the sausages bread and drinks and the club supplied the labor. All money from the BBQ went back onto the Walk. The other exciting thing on the day was that the club's member Kel McLean participated in the walk, using his walker he did the 1km walk. After his walk Kel then interviewed the organiser of the event Beck for his Pod Cast that can be found on his website www.kelmclean.com

17-07-2021 SBH Wheel and Walk

Beck the organizer of the SBH Wheel and Walk contacted the club to help run a BBQ on the day of the walk. The club was more than happy to help out. Now because Cap West



The Cap West Story

Continued



07-08-2021 Bunnings BBQ

Cap West has started to become a bit of a regular on the Bunnings BBQ roster. This time however the club was not going to have enough members to run the BBQ on its own. Brian in the club is also a member of the CQ Motor Sports Fire and Rescue who had been wanting to do a Bunnings BBQ for a while but also did not have enough members to fill a whole day's roster. Because of this the 2 clubs combined efforts and ran the BBQ together for the day splitting the profits in half. This was a great way for Cap West to be able to actually do the BBQ and also help out another organization in the area.

14-08-2021 Charter Dinner

The big night was finally here. After months of service work, phone calls to RC's and RCC's and lots of paperwork the club could finally take a breath and celebrate everyone's achievements. Unfortunately, due to recent COVID restrictions and boarder closures it was a Queensland only affair as past National President Bethany Paterson (Kadina Apex) was unable to attend, but in spite of this there was still a good turn out

with over 40 people in attendance at the Great Western Hotel. The night started off with Fellowship and then Tyson Campbell (RC2) as MC engaged the proceeding of the night. There were 2 local Council Members there on the night, Councilor Mathers and Councilor Kirkland. Both councilors did the Toast to the Association and also spoke about how exciting it was to have a new service club starting up in Rockhampton and how they were both enthusiastic to work with the club in the future. Roy Woods (Life Member Apex club of Chinchilla) was the Response to the Toast. Tara Spotswood (Regional Communicator Coordinator) and Adam Stewart (National President) then took part in a special presentation of badges to the Kids of Apex; these badges went to Cassie and Brian's 4 Kids and also Tysons 2 sons. All of the kids were very excited to get their badges especially Brady as he is one of the biggest helpers that the Cap West club has, helping out at every event he can. This is a great effort for a 14-year-old kid. After the kids badges Nevil Bell (Life Member Apex club of Gracemere) and Keith Rowland Life Member Apex club of North Rockhampton) did a speech together looking back on the history of Apex in Central Queensland. Both men had some fantastic and funny stories to tell and also spoke about some of the events and service projects that were started in the region like Red Nose Day. After this the formalities of the night started with Tara Spotswood (RCC) doing the Charting of the Apex Club of Capricorn West club number 227. Adam Stewart (National President) then presented the club with its Charter and did the Installation of the President Cassie Newby (the board had changed due to different circumstances since the original meeting). Cassie then gave her Presidents speech and announced her incoming board, Secretary Jeremy Richardson and Treasurer Amy Patterson-Kane. Then all members were



inducted into Apex and the Capricorn West became an official Apex club part of the great association of Apex Clubs in Australia. The night ended with live entertainment and fellowship lasting late into the night.

Please welcome the charter members of the Apex Club of Capricorn West.



President – Cassie Newby
Age: 35
Occupation: Kitchen Hand

How did you find out about Apex?
Through Tara!
What did you think Apex was when you first heard about it?
Helping community

What do you think you will get out of Apex? I already know! Friendship and a chance to take pride in our community
Within Apex where do you see yourself in 5 years?
Hopefully overseeing a new generation of volunteers!
Your favourite invention and why? Phone, being able to keep in contact with people
Favourite 3 pasttimes outside of Apex? Family, horse riding, woodworking

Secretary - Jeremy Richardson
Age: 21



How did you find out about Apex? Through a friend
What did you think Apex was when you first heard about it? A volunteer service like Rotary
What do you think you will get out of Apex? Friends and helping the community
Within Apex where do you see yourself in 5 years? Hopefully still helping the community and making friends
Your favourite invention and why? The Internet, because it has the ability to connect

people no matter the distance
Favourite 3 pasttimes outside of Apex?
Spending time with family. Playing video games. Going four-wheel driving and camping

Treasurer and Service Director - Amy Patterson-Kane

Age: 33
Occupation: Warehouse (Packing Nuts and Bolts)



How did you find out about Apex? About 2 years ago I moved to Chinchilla from Darwin and was looking for a group that I could join to meet new people. I had previously been in Rotaract and enjoyed that a lot so I was looking for something similar. I did a bit of a google search on "Service Clubs in Chinchilla" and Apex came up as one of the clubs. Not long after my search I was in Dalby doing some shopping and the Apex club of Dalby were running a Bunning Sausage Sizzle so I asked them what Apex was like in Chinchilla and was told that they are an excellent club and I should get in contact with Moses. So, I went back to Chinchilla and emailed the club and went along to a meeting that Wednesday night and their Changeover on the Saturday and I have been hooked ever since.

What did you think Apex was when you first heard about it? As I said before I first herd of Apex by doing a google search and after reading online what Apex was, I thought it

sounded like a good fit. I had already been involved with Rotaract for 4 years in Gladstone so I have some idea of what it would be about.

What do you think you will get out of Apex? As I have already been a part of Apex before joining Cap West ***what I have already gotten out of Apex is great friends.*** This is the reason I joined in the first place was to meet new people and make friends and I have already gotten that and so much more. What I believe Apex will give me moving forward is a greater understanding of people and community all around Australia and a great excuse to see all of what this great country has to offer through inter club travel.

Within Apex where do you see yourself in 5 years? In 5 years, who knows what club I will be a part of as I have already been in 3 clubs now in 2 years ☒. I will hopefully have been able to take on a board position and who knows maybe I will be an RC.

Your favourite invention and why? My favourite invention would have to be the Camera. I love being able to capture moments in time and if you ever visited my house, you would see that I have photos of my friends, family and travels all over my walls.

Favourite 3 pasttimes outside of Apex? Apex probably is one of my biggest past times but another 3 are; Painting and anything Arts and Crafts, watching TV and Movies and Camping though I don't get to do as much camping as I would like.

Brian Newby

Age: 41

Occupation: Multi Skill Machine Operator

How did you find out about Apex? Friends in Bundy Apex

What did you think Apex was when you first heard about it? Helping people, friends and socials



Within Apex where do you see yourself in 5 years? Strong club and good friends
Favourite 3 pasttimes outside of Apex? Motor sports, spending time with friends and family, cars and trucks

Julie Armstrong

Age: Over the hill (Old)



Occupation: Retired – Contract Pastoralist for 50+ year, still breeding and showing horses at State and National level. Child safety/ aged care pony club instructor, judge. I work closely with disadvantaged/homeless/disabled children, with my ponies and Clydesdales. I grew up on a 36000-acre sheep and cattle property at Blackall.

How did you find out about Apex? Cassie introduced me to Apex

What did you think Apex was when you first heard about it? Had always wanted to be involved in the likes of Apex but when you live 80+ kms from town that was a bit hard. When Cassie told me about starting a group, I thought why not, what a way to meet some ne people and help the community

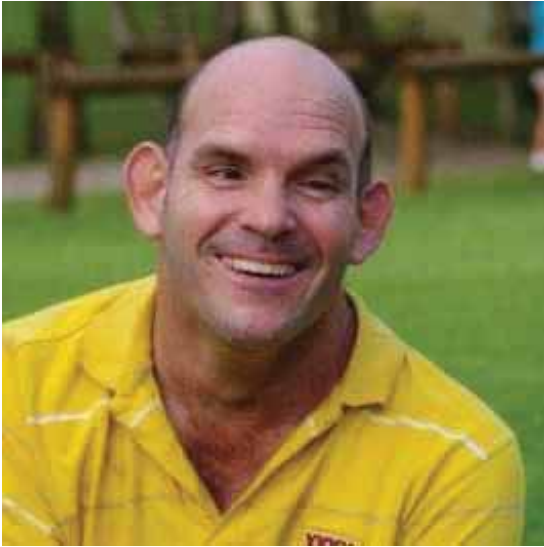
What do you think you will get out of Apex? Giving our younger generation confidence and watching them their goals

Within Apex where do you see yourself in 5 years? I hope to still be able to help in 5 years

Favourite 3 pasttimes outside of Apex?

Sewing, breeding and training my horses, sitting by a fire with good company

Kel McLean
Age: 48



How did you find out about Apex? In 1993, Mum was in Bundaberg women's Apex, we knew the president of the men's apex I went along to the meeting in March.

What did you think Apex was when you first heard about it? Fun loving people who like doing community work.

What do you think you will get out of Apex? Learned to run a meeting, gain confidence and make great friends.

Within Apex where do you see yourself in 5 years? Still part of a group, running a meeting.

Your favourite invention and why? My power chair. It gave me my independence

Favourite 3 pastimes outside of Apex?

Enjoying company of friends and family.

Writing book, writing screen plays, doing my website.

Leticia Hart

Age: 35

Occupation: Registered Nurse

How did you find out about Apex? Through a friend

What did you think Apex was when you first heard about it? For fundraising within the community

What do you think you will get out of Apex?



Friends and a sense of community

Within Apex where do you see yourself in 5 years? As a member who can contribute through volunteer help

Favourite 3 pastimes outside of Apex? Horse riding, driving, training and showing. Water sports and Scrapbooking

Natalie Hinde

Age: 34

Occupation: Librarian



How did you find out about Apex? Through a friend

What did you think Apex was when you first heard about it? I knew nothing about it

What do you think you will get out of Apex? Friends and a fun experience

Within Apex where do you see yourself in 5 years? Um.... Don't know

Your favourite invention and why? The Airplane. It allows us to visit new places and experience other cultures. Plus, air travel lets people get help quickly
Favourite 3 pasttimes outside of Apex?
Musicals, hanging out with friends and playing with my puppy

Nicki Randell

Age: 45

Occupation: Home Duties (Accounts Background)

How did you find out about Apex?

My Uncle was an Apex member in Melbourne
What did you think Apex was when you first heard about it? I thought Apex was like Lions, a community charity

What do you think you will get out of Apex?

I will get a sense of accomplishment from volunteering & giving back to the community as well as friendships

Within Apex where do you see yourself in 5 years? In 5 years I'm not sure where I see myself within Apex

Your favourite invention and why? Too many inventions to choose from

Favourite 3 pasttimes outside of Apex?

Spending time with my Amazing Fiancé Mick Draper, spending time with my kids who live in Melbourne, my gorgeous dog Loki & catching up with friends

And Mick Draper!



A special feature of our 2021 AGM

Our Keynote Speaker - Jim Hughes AM.

Jim's talk is entitled "Mission Possible." He will speak on a range of important issues and help educate us on where we can take Apex into the future. We have been given an amazing opportunity to hear him speak.

So why is Jim Hughes AM our keynote speaker? Well, have a read of his background involving Apex and Community Service.

- Past National President.
- Life Member Jindalee Apex Club
- Member of five Apex Clubs. Over 20 years approx.
- Life Governor Apex Australia
- Past Chairman Apex Foundation.
- Life Member Apex Foundation.

- Immediate Past National Chairman Prostate Cancer Foundation of Australia
- Appointed Patron of Apex Foundation.
- Appointed Member of the Order of Australia AM, for contribution to Apex Clubs of Australia, Support for the Arts, and Medical Research.
- Various community and business Directorships – Most Recent – inaugural Director Youi Insurance.
- Director Kred Enterprises – various Indigenous Businesses in Kimberleys WA.



The Postie Bike Report



The iconic Apex Outback Postie Bike Ride raises another \$120,000 for cancer.

15 year tally now \$1.35 million

The Yorke Peninsula & Mid North Apex Clubs of South Australia have done it again!! – This makes it 15 times in a row.

What is the Apex Outback Postie Bike Ride? a group of bike enthusiasts riding 110CC Honda bikes better known for postal deliveries. They ride over rough tracks and challenging terrain and go where these bikes are not built to be ridden.



The Ride is for 1,000 kms through the rugged but scenic South Australian Flinders Ranges.

Money raised is for the Apex Copper Coast Retreats. Currently there are 4 family size cabins in the Wallaroo Tourist Park. The accommodation is free of charge to families and booking are handled by Cancer Council SA.

2021 Postie a great success - this year was again restricted by Covid. In total there was a total of 66 riders and 7 support bikes. There

were another 8 vehicles providing the postie riders support for broken bikes, flat tyres, first aid and importantly food.

At the presentation night, held at Angorichina Tourist Village deep in the northern Flinders Ranges, Dale Sawley (Kadina Apex)



announced the building of the next Retreat cabin in the Wallaroo Tourist Park, with planning already under way. "This will be the fifth cabin all built with the aim of providing families with a cancer sufferer some 'special holiday time' with no charge on the accommodation" Dale said.

Also at the presentation night, Apex National President Adam Stewart made special praise to the organisers and their support crew, "who make this fantastic event possible". He also made mention of the bike riders and their



fantastic fundraising efforts. He said, "it was disappointing that Covid-19 had restricted the size of the event but given the general uncertainties of lockdowns, great to see the Postie Bike Ride still went ahead".

In a flourish, said to rival 'the Price is Right', treasurer Dave Forest (Clare Apex) announced this year's raising was almost \$120,000 making a 15-year total of \$1,350,000. The top fundraiser was Lochy Cox (Coxie), raising the magnificent total of \$12,500.

To enquire about being a rider: email Andrew Venning aopbr@outlook.com.au

More information is available on the Postie website:
<https://www.apexpostiebikeride.org.au/>



Committee photo below left - L to R Daniel Lascelles (Kadina Apex), Neil Sawley Life Governor Apex & LM Kadina, Andrew Keller, Leon Budden (Gawler & National Board), Greg Kipling (LM Port Augusta), Peter Slattery, Dale Sawley (Kadina), Dave Forest (Clare), Andrew Venning (Kadina)



2021 NATIONAL CONVENTION

BUNDABERG OCTOBER 7-10TH



BUNDABERG 2021

Fri 8th - Sun 10th Oct

Change of dates & who will be able to attend



Some borders may be closed right now - but at least Queensland Apexians can celebrate together. The 'National' AGM will definitely look a little different this year, but we would still love to see as many of our fellow Apexians face-to-face if we can. For those who can't make it - we'll be together in spirit and the AGM will be streamed live Australia wide (details to follow).

Agenda

Friday 5.30pm	Dinner / Apex Bar / Fellowship Coronation Hall - 71 High Street, Walkervale
Saturday 7am	Breakfast Coronation Hall
Saturday 8.30am	Annual General Meeting with Guest Speakers Includes morning tea and lunch Coronation Hall
Saturday	Dinner / Apex Bar / Live Entertainment Community Lifestyle Support - 48 Ashfield Road, Kalkie (just outside Bundaberg)
Sunday 7am-9am	Recovery Breakfast Coronation Hall

Camping option

Basic camping is offered at 46 Bells Rd, Bundaberg

Shower & Toilet, Limited power
\$40 per couple

Hotel options

Wide variety of hotel options in Bundaberg

A number of delegates are already booked into Boulevard Lodge on Johanna Blvd.
Phone 07 4131 4191

R.S.V.P.

BY 1st October 2021 to bundaberg@apex.org.au

Enquiries

Tara - 0427 262 065

Cost

\$80 per person

Payment

Apex Club of Bundaberg

BSB 633000
Acct 158 047 910
Ref Name of delegate

*If borders allow, Apex Bundaberg
hopes you can join us*



**Bundy's Cane Man
welcomes Apexians to Bundaberg in 2021**

For any enquiries about AGM/Conference 2021 or the Bundaberg region - please contact Apex Bundaberg President - Tara Spotswood on 0427 262 065

Follow Apex Bundaberg   @BundabergApex

National President's Report

Dear Apexians,

It is a great honour to become the National President of Apex Australia, an Association with a proud past and an exciting future. I wish to acknowledge the achievements of our outgoing president Bethany Paterson. Her leadership was steady, calm, and pragmatic. Bethany continued to keep the ship steady while life under covid 19 threw some very challenging curve balls. Beth always focuses on the positive.

Thank you to our incoming board members for stepping up to the plate, many for another term, and we welcome Ben Curnow, Gavin Mingay and Emma Jackson to the team. Our 2021-2022 board is as follows:

Adam Stewart, National President
Simon Grant, National Secretary
Gavin Mingay, National Treasurer
Tara Spotswood, National RC Coordinator
Emma Jackson, National Awards and Special Projects
Ben Curnow, National Communications
Greg Youngberry, National Bursary
Craig Martin, National Office
Bethany Paterson, IPNP/International Relations
Michael Godfrey, Compliance
Leon Budden, Legal

I am very fortunate with this amazing group of people who all have their own unique attributes and skills, yet are united in their passion for Apex. In addition, congratulations to our incoming RCs, club presidents and all members who have taken on responsibilities within their respective clubs. May you continue to grow, learn and have fun while helping others.

As we head into another year of Apex, we need to be respectful of our past, but also look toward the future. We need to build on our strengths and take on new directions. If Covid-19 has taught us anything, it has taught us the importance of

social connectedness. Sometimes we only realise how important something is when it's gone. With that in mind one of my goals is seeing as many apexians as possible conducting inter club visits.

Why should we visit other clubs?

- New friends
- Contacts that can help us and we can help them
- We can support each other when we are struggling in our clubs
- Some of my best friends are apexians

My second goal is training

Why do we need training?

- The most common challenge with apex clubs that are struggling, is due to lack of process that was instilled by our founders
- They have gone before, and it worked for them and works for successful clubs
- Is there is an easier I think its worth giving it a go

Thirdly club growth

- Are you part of a club that encourages Prospexians to join?
- Do you need help with getting new members ?
- Where would your prospective members hang out? I'm sure they are out there

Some of the things we are working on at national board at present are

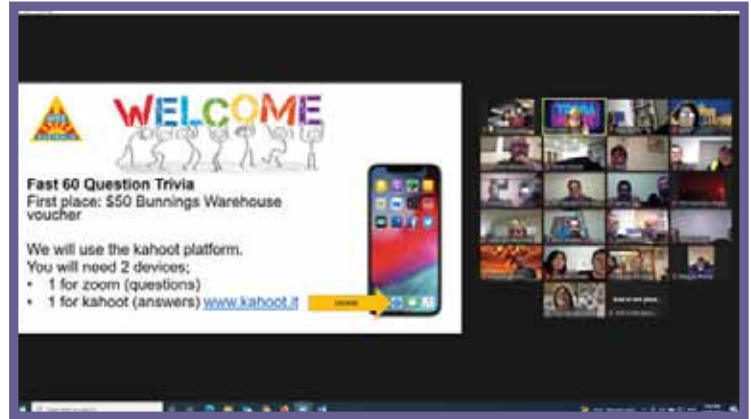
- Tidying up the website
- Streamlining the national office so that we can go out to tender in the future
- Improving communication through the RC's, Apexian and general club communication
- Putting in training days like the STS

When we work together to uphold our ideals, our Association can grow and prosper. I am mindful of the challenge ahead, humbled by the trust my fellow Apexians have bestowed in me, and grateful for the opportunity to give back to this Association which has given so much to me and my family.

Yours in Apex,

Adam Stewart
National President 2021/22

Club News



Bairnsdale

In these 'unprecedented times' we have to do things a little differently. The Apex Club of Bairnsdale once again hosted a really successful online trivia night. Apex members, Past members, National Board members, Past National Board Members, friends and families were all in attendance.

Representation from QLD, SA, VIC and NSW who were all keen to win the \$50 Bunnings Voucher and State of Origin bragging rights.

Overall the club raised just under \$200 from a couple of hours of fun on a Friday night, all without leaving the comfort of home.

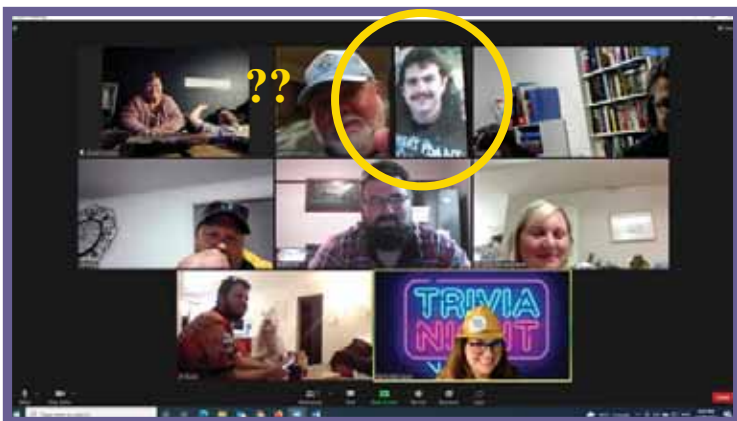
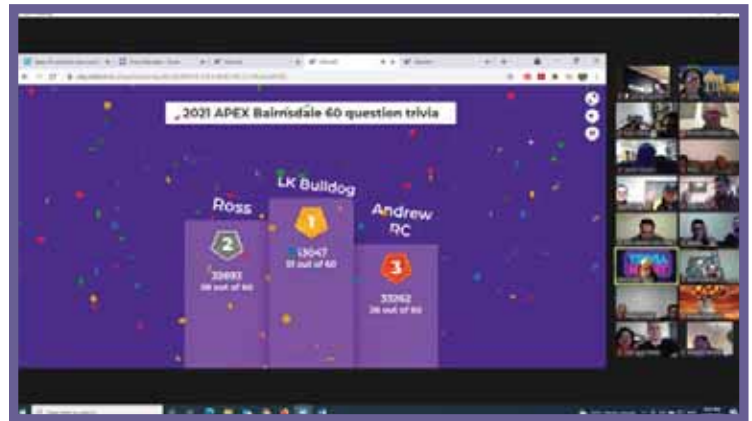
Bairnsdale club were the lucky recipients and managed to double their winnings with an impromptu online auction by Jamie Vincent for Magic Castle Chalet Memorabilia (of which we got first sneak peek at! & it is going to be hot property when it hits the open market so we

are told).

Well done to the winning bidders Brad from Kadina and Ben from Beaufort and commiserations to Tyson from Roma for being out bid!

The funds raised will be used to help the club fund community events such as Colour Ya World 2022.

Enjoy some happy snaps of our great night and hope to see you all at the next one.



The Apex Foundation

Money for projects – how we can help Apex Clubs



We have money for worthwhile projects in your community. The Apex Foundation actively encourages Apex Clubs to submit any worthwhile proposal for our consideration. Right now, we have grant money to help you with your commitment for the Apex Mental Health Initiative.

We also have grant money through the Apex Foundation Community Fund to help the less fortunate in your community. With the Covid lockdown there are many hurting and in need of assistance.

We can help especially those with young families. If you have something in mind, the first step is to contact us.

Clement Fernandez – Executive officer T: 02 9253 7775 or email:

eo@apexfoundation.org.au

Autism - Opportunities to Autism students for future employment

The Apex Foundation has supplied a trailer and tools worth more than \$13,000 for a very special project for a school for children with Autism at the Aspect School in the Central Coast of New South Wales. Two years ago, we funded a van for the same school to assist the children to go out of the classroom and into the community to increase their employment opportunities.

This year, we took a further step and agreed to support the school

with the purchase of equipment for a school/ community-based lawn and garden maintenance program for their high school students.

The aim of the program is to provide work experience opportunities within the school and the community with the possibility of a traineeship in the future. We worked closely with the students and the teachers to find out exactly what they needed and came up with the following:

- 8 ft x 5 ft caged Trailer with ramp
- sign writing on the Trailer
- 2 x Mowers –petrol driven
- 2 x brush cutters & Blowers
- 1 x hedger – battery operated
- Wheelbarrow
- Garden tools and tool bags
- Brooms, rakes, and garbage bins
- Safety gear and sun hats for 12 students
- Fuel cans and tow bar for the bus which we donated two years ago.

We tried to make sure that the tools we bought were user friendly for every child and therefore purchased battery operated tools with low noise and less vibration, as far as possible. The school now has a full lawn mowing and home gardening business ready for work including full cans of fuel. The Trust that funded this project was the Autism Trust that the APEX Foundation manages which came from funds that Apex clubs around Australia had raised in 1969 during a Walk around Australia by the Apex clubs of Australia to raise awareness of Autism and Autism research. This program will have a huge positive long-term impact for many high school students, who are living with Autism, for many years into the future.



2021 Apex Kununurra Barra Bash

There was a near sunken boat, a broken trailer and plenty of spat hooks, but it was all worth it for the record number of participants who took part in the 2021 Apex Kununurra Barra Bash.

More than 700 fishermen and women entered the East Kimberley's biggest fishing competition at the weekend, with 163 juniors and 540 seniors catching close to 300 eligible barramundi, bream and catfish between them.

"We were absolutely stoked with the amount of people who entered," Barra Bash event organiser Aaron Macnamara said.

"We smashed last year's record of 511 entrants."

A tinnie — valued at \$13,000 — as the competition's entry prize was partly to thank for luring the record participation levels.

After two names were drawn but failed to show for the hotly contested tinnie, Steven Burgess (pictured centre with Apexians) was declared the winner of what is likely to be Kununurra's most highly valued door prize for the year.

Run by Apex Kununurra with support from Kimberley Coastal Camp, Ord Mechanical Services, Recfishwest, Horizon Power and several local sponsors.

All money raised from the Barra Bash will go back into the Kununurra community.



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at Apex.org.au

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apex.org.au

MEMBERSHIP

1800 00 APEX

ADMIN EMAIL

admin@apex.org.au

FACEBOOK GROUP

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

FACEBOOK PAGE

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

SUBMIT STORIES

newsletter@apex.org.au

If your club has some news to share please send details to newsletter@apex.org.au. Don't forget to share this newsletter with everyone in your Club.

The Apexian, September 2021 Issue 43

