

The APEXIAN

Issue
48



GYMPIE MUSTER

Murgon back stronger than ever!

"This was a fantastic occasion for not only the back up and running Murgon Apex Club"



BRINGING COLOUR BACK TO EAST GIPPSLAND!

"Volunteers travelled from near and far to assist with 'throwing some colour' and enjoy some time with their families"



President's Note

BEN CURNOW



Greetings all,

I trust everyone has had a great time with friends and family over the Christmas break and eaten and drank our fills, I know I certainly did and now have some work to do. Many travellers would have come through our Apex towns over the break and I wonder... Did they feel the Apex presence? Do you have great signage and a clear footprint in your town? I hope so, if not, reach out to the office and we'll put you in touch with some great people who can help out. If so, congratulations and I commend you for your ability to advertise.

ADVERTISING!!! That has to be the goal for 2024! Be relentless in promoting the club. Sometimes we get confused about the word altruism, but it's pretty clear. Just sign the praises of the local Apex Club, but not yourself. That's it. Job done. Invest some time in the local paper, local sporting clubs, local high schools. There is a pretty cool and highly valuable National Project in this edition that you could take on and implement.

Opportunities... I spoke in the last edition about cashing in on the opportunities that are presented to you while in Apex. I have recently taken the opportunity to do the work party at the Apex Magic Castle, which was fantastic. I was part of the team that painted the ceiling, and after two days of painting I am recently retired as a professional painter and decorator. I had a great time getting to know a few Apexians from the past and present and discover lots of info about Apex from the past. The one thing all of the Ex-Apexians had in common was evident: They all wish they were still in Apex! Those of us who are still fortunate to be in it have to tell everyone how great it is. If each person brought in one new member, we would double our membership in a year, easily.

Apex has a bit coming up in 2024. The National Project looks to be a good one and very simple to execute. Apex Birthday is 10th March as we celebrate our 93rd year. The Apex 40's RORT is on the 14th to 21st May. The Philippines National Convention is on the 24th to 26th of May in Boracay (another word for paradise) with Singapore and Malaysia hosting their conventions early August. August also sees the Gympie Music Muster, which is well worth the trip. The first weekend in August will be Apex Global Tree Planting Day, which is built off the success of 2023's event that saw the Apex Nations come together for the betterment of our world. October sees the 2024 National Convention in Toowoomba, hosted by the Apex Club of South Toowoomba. The itinerary looks like a lot of fun, and who doesn't enjoy a Queensland holiday? Then in November the Apex Foundation will host it's AGM and then it will be Christmas again. Holy smokes that's a big year! That doesn't include all the club milestones and smaller events in communities across the country.

My message is clear: Don't waste the opportunity you have been given by being in Apex. Take full advantage and contribute to communities beyond what you ever thought was possible. Don't wait! **THE TIME IS NOW!**

Ben Curnow, National President



WONGAN HILLS



The Wongan Hills Apex Club have just recently held our Annual Reynoldson Reserve Wildflower Festival Apex Expo Markets.

What a way to spend a weekend in the wilds of the wheatbelt. Apex Started this tradition long ago back when we had use of our local Masonic Lodge.

It all started as a small event for the local people and surrounding communities to come and show case their wares. Mostly Party plan type items. Over time as the event grew Apex as a club approached our local Tourism group to see if we could jump onboard their annual wildflower event. Cut a long story short from small things big things grew.

Every year this event gets bigger and better and is a drawcard for our local community and attracts people from near and far.

The last 4 years has seen the introduction of our Apex train which kids big and small can't get enough of.

This event brings the community and community groups together and what better way to do that with a home grown country festival.

Apart from a blustery start, thunderstorms and a couple of paddock fires the day went off without too many more hitches in our britches. With the exception of the boys forgetting to come back and collect us Ladies and our big eskies – Thankfully our phone a friend was on hand to help us out.



GERALDTON NATIONAL CONVENTION 2023

AWARD WINNERS

Publicity Award donated by Loraine Janssen

Apex Club of Katanning

International Engagement Award aka "The Kava Bowl"

Apex Club of Chinchilla

Best First Year Apexian donated by Harry Hodges

Richard Stokes – Beaufort Apex Club

The Golden Stirrer

Mark Bonello – Apex Club of Blacktown

333



International Convention Attendance aka "The John Stokes Boomerang"

Region 3 – South West QLD (South
Toowoomba Apex, Apex Club of
Toowoomba, Apex Club of Chinchilla)

Young Apexian of the Year in memoriam of Sir John Buchan

Gemma Stewart – Apex Brisbane City





It's with immense pride and gratitude that we announced a series of well-deserved awards at the recent National Convention. We were thrilled to shine a spotlight on the remarkable achievements of our Clubs and Members of this incredible association.

We recognised the passion, dedication, and positive impact that our Clubs and Members have made. These awards celebrate not just individual accomplishments, but also the collective spirit that propels our community forward. From outstanding leadership to unwavering commitment, each recipient and club embodies the ideals that make our association a force for positive change. Join us in applauding these exceptional individuals and clubs who have gone above and beyond to make a difference in the lives of those we serve.

Apexian of the Year in memoriam of Ewen Laird

Peter Rann – Apex Club of Busselton

Citizenship Initiative Award in memoriam of Donald Mackay

Apex Club of Busselton

Convention Travel Award aka "The Whopper Gavel"

Apex Club of Toowoomba

Club of the Year

Apex Club of Chinchilla



Newsletter Award in memoriam of Newman O'Dea

South Toowoomba Apex

Public Speaking Award in memoriam of Bevan Rutt

Emma Jones – Apex Geraldton

Service Project Award in memoriam of Eric Hooper

Apex Club of Bairnsdale





GYMPIE MUSTER

2023 – What a year for The Gympie Music Muster. With not only records numbers in attendance, but on a personal – Apex note – We had the greatest number of the National Board not only in attendance, but volunteering. 5 of the National Board worked side by side with hundreds of other proud volunteers.

Ben Curnow – National President, Daniel Lascelles – National Communications, Tyson Campbell – National Membership and Culture, Greg – Bursary Manager, April Lancaster – Smith – Regional Communication Coordinator, Tara Spotswood – National Treasurer, Craig Martin – Life Member and past National Office Manager and Bursary, Region 2 Coordinator – Trevor Simpson, Region 4 Coordinator – Brett Doig

Members from: Capricorn West, Bundaberg, Fraser Coast, Tara, Toowoomba, Toowoomba South, Brisbane City, Kadina,

Beaufort, Roma and Chinchilla

But anyone that know our fearless leader – Ben Curnow – National President one of the biggest highlights was seeing Ben not only camp – But camp in a swag. Anyone that knows Ben will understand what an achievement this was for not only himself but for Apex in whole.





Steph Scanlan – to those who do not know her – Mumma and Me Catering – made sure we never went hunger. Breakfast and Dinner – If you are not there for a meal, she will hut you down and make sure you eat. We are very blessed to have a wonderful long service member like Steph that always goes above and beyond.

Bundaberg Apex Campsite and working roster were lucky to have members from the many clubs both in region 2, 3, 4 and 9 In total over 80 people camped in a variety of different accommodation from Bens humble swag to a full-on 9+mtr long motor home and just about everything in between.

Members do many different tasks in the 4 days of the muster:

- Entry Gates
- Scanning Tickets
- Bar operations
- Public relations

Not to mention the countless hours the Gympie Apex Club plus many other members do in the lead up as well as the window to the event. Witch includes painting, building maintenance plus the prep for the entire camp and venue grounds witch it an aera of about 100 acres

All this would not be possible without the tireless hours so many people contribute to make this event happen.

A huge thank you to everyone involved and looking forward to seeing you all again at Muster 2024



CHINCHILLA APEX CLUB

Those who we've helped,
are now helping us

The Chinchilla APEX club, who received 57,920 through the 2023 Ergon-Energex Community Fund to overhaul their community catering van, were happy to repay the support recently; using the refurbished van to support our crews responding to the Tara bushfires. As these pictures show, the van became tucker ground zero for our people, who were working hard to repair extensive damage caused by the bushfires and to reconnect communities. Supply Distribution Manager Renee Kath said when coordinating logistics for the response crews, WGL Ross Cardillo connected her with Chinchilla APEX Club President Rita Paerau. Who, along with club members, quickly arranged for the refurbished van and APEX Community site itself to be made available.

Corporate Support Manager Natalie Joy and her team then stepped into action, buying all the necessary supplies and feeding our people over many days. Apart from helping us out on this occasion, the Chinchilla APEX Club use the catering van at community events to provide refreshments and fundraise for the many local and national causes that they support. It's another great way that the Ergon-Energex Community Fund is making a difference in our communities.

If you're aware of a community group or not-for-profit agency with a project needing funding of up to \$10 000, please make them aware of the funding guidelines (on either the Ergon Energy or Energex website) and suggest that they consider applying for the 2024 round. Applications close on 24 November 2023.



BRINGING COLOUR BACK TO EAST GIPPSLAND!

Apex Club of Bairnsdale



Colour Ya World ran for the third time in as many years, with the event changing locations and this time making Buchan colourful. Almost 300 people attended the family friendly and fun Colour Ya World 3km fun run in Buchan on October 8th.

Brought to the community by the Apex Club of Bairnsdale, the free event has been hailed as a massive success for the third year in a row! This year's event was made possible thanks to a generous grant from both the East Gippsland Community Foundation and The Apex Australia Foundation.

After a fantastic event in 2021 and 2022 the group decided it was the perfect opportunity to host this event once again in bushfire affected Buchan and give back to the town.

The turnout has again been amazing and to see the joy on people's faces is priceless. The event organisers would like to thank the many businesses & volunteers who assisted them with items to make the event such a success, we really couldn't do it without their support in the lead up to and on event day.

"Volunteers travelled from near and far to assist with 'throwing some colour' and enjoy some time with their families, having almost as much fun as the participants. The addition of food vans and a picnic seating area this year enhanced the festival atmosphere and encouraged families to stay and enjoy a bite to eat and drink and chance to mingle. In addition, the BBQ put on

by the Buchan Cricket Club will see a portion of the money made from the day go directly back to the Buchan Community.

Thank you to our participants for joining in and being patient with us, our event could not be successful without you. We would like to formally thank you all for being a part of a wonderful fun filled family event and hope you all enjoyed it as much as the organisers did".

If you go by the smiles on all the participants faces, the event has certainly hit its mark in bringing fun and colour into the community and will be looking to make it an annual event on the East Gippsland Calendar.

Community wellbeing is at the heart of the Apex Club of Bairnsdale; as small group of volunteers who work to hold community events that bring us all together for fun and entertainment and meet monthly. For more details on joining the Apex Club of Bairnsdale where you too can be involved in bringing great fun to your community please get in touch.

Colour Ya World event day photos: <https://www.facebook.com/colouryaworld>

More information

Apex Club of Bairnsdale:

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



Apex Braidwood **DIGGERS DAY**



Diggers Day for 2023 has been run and won. We had 17 teams take to the course on a beautiful day, with a strong breeze to keep the players cool. Players travelled from the Gold Coast, Sydney, Canberra and Braidwood to take part in the day. The day was a great success thanks to the local group of blokes that form our APEX Club and through the generosity of some great sponsors. We managed to Donate \$2000 to our local RSL-Sub Branch and \$1200 to our golf club. Tim Thistleton was on hand to receive a cheque on behalf of the RSL Sub Branch from Apex President Tom Watson.

Winners on the day were.

Longest Drive: Billy Lang

Nearest To Pin: Steve Dewer

3rd Place: 69 Gross - 59.125 Nett- Nick Fry, Wayne Fanning, Reg O'Connell and John Stahl.

2nd Place: 65 Gross - 58.625 Nett- Brendan Sly, Richard Walker, Michael Toirkens and Chris Witt.

1st Place: 69 Gross - 58.25 Nett - Nigel Fletcher, Alan Blair, Tom Watson and Mick Sell



APEX MINI BIO - KATE HUTH

Year Joined Apex and which Club?

Joined Mt Gravatt in 1999

Favourite Apex Project/Event you have been involved in?

So many projects over the years. My favourite has been the different bursaries we did - I was a teacher in Indonesia with one of them

First Car and what colour?

First car was a bright yellow mini - some mongrels at the kids camp at Mudjimba would pick it up and put it sideways in the car park

If you could have any superhero power, what would it be and why?

Superpower would probably be levitation, flying is too much effort but I am so short levitation would come in handy

If you could give new Apexians one piece of advice would it be?

Advice for new Apexians is to try everything and never be afraid to ask a question, even the one you think is stupid.



MURGON BACK STRONGER THAN EVER

Biggenden - Queensland

On the 29th September 2023 Biggenden had the pleasure of hosting members from 4 different Region 2 Apex Clubs - Murgon, Bundaberg, Fraser Coast and Biggenden. Tara Spotswood - (NVP- National Treasurer) had the pleasure of induction 6 new members into our great association.

This was a fantastic occasion for not only the back up and running Murgon Apex Club (after being in hiatus for two years) but for Aaron and Phil - Murgon Members seeing the induction of their Sons, second generation into this once again bustling club.

Tristan
Zach
James
Nick
Chirs
Charles

Welcome to Apex Gentlemen. We wish you all the very best in your Apex career. Looking forward to what Murgon and the Region 2 have upcoming in 2024. All the best guys





REGION 4 UPDATE BRETT DOIG

Wow, this 6 month has go so fast and I have been checking on my clubs and helping where I can and offering support, while delivering on what happened at Nationals Convention on the floor.

My region has been so busy either growing membership or supporting their communities. As you would all know I was RC of the year, in saying that my biggest support for me is the club's in region 4 as they work so hard and support each other as well their leadership and dedication to the association, as well getting their reports in on time.

I would like to personally thank every club in my region as this award represents every one of you in all the clubs.

I thank everyone of you.

Here is a rundown of my region of the clubs Southport is donating funds as well doing a bbq for the Foster Kids Christmas Party catering for over 500 kids plus careers, supporters, and donating the BBQ as well.

Nambour is doing Christmas in the park for the first time and donating the food as well the funds raised on the day go back to the organisation to help support the kids in the community to celebrate Christmas. Nambour has a few prospects looking at this club. Nambour also inducted 2 members into the club at their change over in September. The induction was done by Vice President Tara and I couldn't asked for a better person to do the induction thanks Tara.

Maleny has been asked to cook a bbq as well as prawn on a skewer to cater for the streets Christmas festivities and the money will go back to the community for sending kids to camp as well putting funds towards the school kids camp and paying for the coaches to take them to the camp and return, besides this the club has sent a young lad to play professional soccer and his coaching as well and supporting a number of other community funding. Maleny has a few prospects coming along as well.

Caboolture has been getting ready for the Christmas street Santa run and if you followed this club it starts on the 1 st

December and goes right though till the Sunday 17 th December it is the busiest time of the year for this club. Caboolture has a few prospects looking at this club as well.

Albany Creek this club is going well with a few members and still looking after their Community this club will keep going till mid-December working closely with this club to help support it.

Brisbane City has been busy doing service work as we'll building membership doing MS in regards to moonlight walk event raising money for MS, the club is also helping the The housing industry foundation in raising money for the kids to have a place to stay and come off the streets. The club inducted 2 members into the club and has 3 prospects looking at the club.

Some of the District clubs have come together to help Tara in the way of small funding their is 17 students out in Tara that is homeless and needs funding to help in the way of schooling and education so our region took up a collection and a few clubs come together and this funding will be given to the 5 families to help with schooling.



SOUTH COAST CRAFT BEER FESTIVAL

Milton Ulladulla Apex Club



South Coast Craft Beer Festival was held again on the 21st of October 2023. This was our 5th festival since launching in 2017 and was another major success for our club with just on \$10,000 being raised for our club to put straight back into our community via our support for Safe Waters Community Care, our ongoing Milton Ulladulla Community Kindness (AKA MUCK Up initiative) and donations to local environment group Treading Lightly and our hosts at the Dunn Lewis Community Centre.

We had another 500 plus patrons attend for 2023 and have a great time. We will reboot again for next year in the hope of continuing to raise similar levels of community funding and continuing to host a great festival to the benefit of local brewers, food trucks, musicians and patrons alike.

IMPORTANT DOCS

National Service Project 2023-2024

<http://tinyurl.com/2hbprrt7>



Shoalhaven Heads Apex Cottages for Kids Donation Brochure

<http://tinyurl.com/4by7329n>



GROW, LEARN, MAKE FRIENDS,
HAVE FUN WHILE HELPING OTHERS

National Service
Project 2023-2024

Young Citizen
Award



SERVICE • CITIZENSHIP • FELLOWSHIP

BILLS \$\$\$ for BEDS

Shoalhaven Heads Apex Cottages for Kids

The SHACE offers donation options from the everyday demands of caring for a child or children living with chronic illness or disability. Opened in 1992, the SHACE comprises six fully furnished units, each with two bedrooms, private bathroom, facilities, a self-contained kitchen and a lounge area. The SHACE is located 10km north of Sydney, at Shoalhaven Heads, across the road from the beach. The SHACE offers respite to families at a cost heavily subsidised by the Apex Foundation. After thirty years of operation, we seek your help in purchasing the much-needed replacement beds for each unit.

The units are subject payment by way of a Tax Deductible Donation for a five-year sponsorship period, with the following options:

One Unit \$5,000	One Bedroom \$2,000	Individual Beds \$395
This donation will cover a unit's utilities and assist with paying the utilities. Each of the two bedrooms will be equipped with high-quality beds, mattresses and pillows (One double and two bunk beds and covers with standard accessories). The donor will have naming rights on the unit from the date of a plaque for five years.	This donation will purchase high-quality beds, mattresses and pillows in one bedroom (either one double or two bunk beds and covers with standard accessories) in one of the units. The donor will have naming rights by way of a plaque attached to the bed for five years.	This donation will purchase one high-quality bed, mattress and pillow with standard accessories. In addition, the donor will have naming rights by way of a plaque attached to the bed for five years.

Apex Foundation

Our Mission
Improving the lives of children and families and **Helping Apex clubs build better communities**

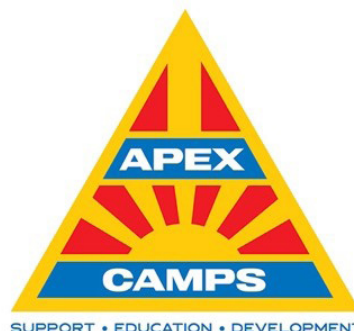
PAYMENT DETAILS - PLEASE SCAN or POST THIS FORM TO APEX FOUNDATION

Name _____ Please circle option \$5000 \$2000 \$395 Other \$ _____
Address _____ Email _____ Phone _____

Apex Camps Membership

Clubs - <http://tinyurl.com/5aeff7en>

Individual - <http://tinyurl.com/2atwsdav>



GAWLER APEX HELPING PAWS PROJECT

Dear Gawler Apex Team,

I am writing to offer my sincere gratitude and thanks for the amazing work that you all do in helping support the Gawler Community.

It feels like it wasn't long ago that Leon Budden got in touch with me to discuss Apex's plan to fund support dogs for adolescents in need. I firmly believe in the positive connection and aid that animals can provide for the psychological wellbeing of individuals and up until recently had my beautiful Cookie at work with me daily for this reason. There is considerable research that shows the benefits of working with animals but also the physical and psychological improvements that occur just from being present with them is significant.

I am so very grateful to have been able to liaise between Apex and one of my adolescent patient's and their family to begin their journey with Daisy. I can report that since taking on care of Daisy, Henry's emotional dysregulation has significantly improved, as has his sense of purpose and connection. It has been such a significant help for Henry and therefore his family.

Again, thank you for facilitating this amazing project and for your ongoing dedication and passion for helping the community.

Sincerely,

Dr Naomi Rutten



Lending a Helping Paw to teens in need

KAYLA DEN HOLLANDER

CLOVER the 11-month-old Labrador is a fun-loving pup with boundless energy. But she knows she has a life-changing job to do.

Clover was given to 17-year-old Lauren Budden last year to train as her own psychiatric assistance dog, and the rest is history.

The two sparked the Helping Paw program which sees struggling teens in town assist training service dogs. "When I first got Clover, I was in a very negative state and I thought that this isn't going to help me, but after spending a couple of weeks with her I really started to improve," she said.

"I wouldn't leave my bed for weeks on end, but now I had to because Clover was there... if I feel like everyone hates me in the world, I still have her and she still looks at me the same."

Clover has proven to be wise beyond her dog-years, becoming a fully-certified assistance dog through mindDog, which oversees the training and testing of psychiatric service dogs, before turning one. Demonstrating her impressive skills to *The Bungle*, Clover can stop a human from scratching, apply deep pressure therapy, and even play dead.

But Lauren said Clover acts as vital medical equipment, and is specially trained to recognise subtle signs of distress and nip it in the bud.

"She knows how to disrupt certain behaviours and monitor my heart rate when I'm sleeping, she'll wake me up when I'm having nightmares or if I don't notice myself breathing, because sometimes you get caught off guard," she said.

The bond between them runs deep, with Clover teaching Lauren perhaps the most important lesson of all. "Even if I wasn't taking care of myself, I was taking care of Clover - which made me want to take care of myself," she said.

Gawler Mental health GP Naomi Rutten knows too well the impact that dogs can have on a young person's wellbeing, having helped Lauren identify a local teenager to be the recipient of the first Helping Paws puppy, Daisy the Labrador.

"They help so much to give them a sense of belonging, they give them something to co-regulate to... they provide so much to their sense of worth and that connection and companionship that they struggle to find with other humans," she said.

"It gives them a sense of belonging... (which) we know can decrease suicide rates."

Knowing the profound impact that Clover has had on her life, Lauren pitched the concept of Helping Paw to the Gawler APEX club.

This saw Lauren earn the coveted Gawler APEX Citizen of the Year Award on Australia Day.

Gawler APEX President Bronte Rhodes said Lauren was raised under the APEX



"ideals", using her journey to help other teens.

"Lauren prepared the application form and grant process and even developed the name... and a fantastic logo and letterhead," he said.

"The Gawler APEX Club was proud to present to Lauren Budden the Gawler APEX Citizen of the Year Award."

Get involved and Apply
<http://tinyurl.com/mwhrrkxk>





Building Better Communities

The Ideals of the Association of Apex Clubs

To make the ideal of service the basis of all enterprise.

To develop by example a more intelligent and aggressive citizenship.

To provide means of forming enduring friendships, rendering altruistic service, and building better communities.

To promote international understanding and friendship.