

The APEXIAN

Issue
49



MAGIC CASTLE WORK PARTY

Bundaberg Apex Club Hospital Drop



Revamp Biloela Apex Club



President's Note

BEN CURNOW



Greetings all,

What a fantastic start to the year 2024! So many Apex clubs doing great projects and great continual service work. On behalf of the entire National Board, I wish to thank the Apexians out there giving up their time to serve others and contribute to the growth of their local communities. Service is a sacrifice, but also a privilege. How good is it to be in a position in life where you can give back? Many great examples of strong citizenship are evident in Apex clubs across the country.

The below paragraph was in my last address, but it is so important...

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.

What I didn't discuss, of which my communications director would be grumpy with me is the social media presence. It is so important to build a profile. There are some fantastic examples of great Facebook and Instagram posts. Goondiwindi Apex are smashing the advertising in the recruitment space right now and they are doing a stellar job. Wauchope Apex attended the social media training and are doing their best at promoting themselves. Bairnsdale Apex always do posts about events and Busselton over in the west are very informative. Apex Australia do their bit too. On the current National Board, we have two fantastic Social Media communicators (yep, not one, but two). Daniel Lascelles runs a company called Velocity Tech. He's a wiz-bang tech guy and a master of photography and content creation. April Lancaster-Smith works for a marketing agency called Round Square Marketing, a hot-shot marketing agency in Southern Queensland. April is a legendary social media maestro with great analytical skills to help you gain hits, likes and other cool tech words that I don't even understand! Please reach out to either of them for feedback or ideas on how you can level-up your clubs' online presence.

Convention!!! The website is full on live, like totally live and rego's are open. Early bird prices will go quick. Reflections Lake Cooby is an amazing venue, as I recently visited and trust me, **THIS WILL SELL OUT**. I have this great feeling that convention 2024 is going to be huge. The fellowship opportunities are immense with the tours to pubs and distilleries to be epic. Please don't wait to book, as you might miss out. Well done to the team at South Toowoomba Apex Club, you have planned an excellent convention full of fun. I'm hanging for it.

Before convention though, there's a bit on. It's coming up to handover (or changeover) season. A great time of year where we all get to celebrate the young leaders of tomorrow taking on positions of responsibility. Make sure we back our club presidents and secretaries in, as they are tough jobs. The personal rewards are plenty and I congratulate all those people within Apex that challenge themselves and take on the responsibilities moving forward. There are also international conventions to Philippines, Malaysia and Singapore, plus the Gympie Muster and Outback Postie Bike Ride. Plus, all of the club events. Holy smokes it's a big year, but I wouldn't have it any other way.

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



BUNDABERG APEX CLUB HOSPITAL DROP

For a few years now we have had a close relationship with our Local Children's ward at the Bundaberg Base hospital. We visit and donate to them a few times a year. Last year alone we donated 200 care packages, \$2000 worth of kids craft and 2 milk warmers.

Our last bunning BBQ and 100 board profits were set aside to go to our pre-easter ward drop.

A few of our members went on a shopping spree at our local Kmart (a member gets a further discount which all helps) \$550 goes a long way at these places when it comes to craft items.

We were able to get a lovey large haul including some Easter craft for the bed ridden children at this holiday time.

The members were also able to build another 30 care packages. These packages are for the parents. Any parent can tell you that when your child is rushed to hospital after the child is settled on the ward and finally resting usually after hours of waiting around for answers, you could just use a shower but there is no way you had time or even thought about getting your toilette bag on the rush to get to the hospital. The nurses on the ward give these out when they are needed.





REVAMP BILOELA APEX CLUB

On the last weekend of April 27th and 28th April 2024 a combination of Apex Clubs from Bundaberg /Fraser Coast, Rockhampton, Chinchilla and Roma made their way to the township of Biloela for the Revamp Biloela Apex Club. This club has been dormant for some time and have a substantial amount of funds in the bank accounts that could be an easy start for a new generation of Biloela Apexians.

Saturday morning saw us meet at 7-ish to set up our Apex equipment in the Mitre 10 – Supercheap car park. Cap West Apex Club (Rockhampton) brought their BBQ, tables and marquess. Roma Apex brought a jumping castle, the show clowns and more Apex branded marquess and Apex branded table clothes. Bundaberg brought the eskies to keep it all cold.

The jumping castle and clowns were a great hit with the children and a great advertisement for the Family Fun day to follow the day after in Lions park. Shoppers called in for a snag on bread, a cold drink, and a chat. “why are you here? who are you? What do you do? This looks cool!” Tyson Campbell from Roma talked to some employee’s of Mitre 10 and found the older generation do not have facebook and the younger generation ie 18 and younger don’t even really use facebook. Something he found very interesting.

Mayor of Banana Shire Council Neville and his wife Esmay Ferrier called in for a while to support the event and check out what Apex and the members from surrounding clubs could do for his community, Talking to some of the members and networking was a great start to creating a working relationship with Biloela Apex and the Banana Council.

After packing up the BBQ we all headed in convoy to the Biloela Apex Park to have a look and see what was there and if we could make any easy improvements. Apex Park is in the housing commission area of Biloela so indestructible ideas are only advised. Some locals looked at us strangely as 5 cars and some trailers turned up all at once and around 12 people all got out at once.

Saturday night we had a small meeting at the local RSL. Mayor Neile and his wife Esmay were Available to join us. It was a great evening where we were able to learn more about the region and what is affecting the community. We since have learnt that a community meeting may not have been appealing with not even past Apexians turning up. Our next trip to Biloela we will be holding an event on the Saturday night something creative something fun and something that Apexians are able to showcase the reasons why locals should join and why we would travel from our respective homes to create an idea of Biloela Apex.





Sunday was a lovely sunny day where we were able to set up in Lions Park. Callide Valley Lions Club have an amazing park with impeccable play equipment and paths etc. The Lions club were very helpful and let us use their premises to host a family fun day. Col Neville was very obliging and entrusted us with the keys to the facility to let us use power and lawn space.

Bundaberg/ Fraser coast brought their train and the large activity jumping castle. Also with the Roma Jumping castle and show clowns it made for a fun time for children of all ages. Cap West had the BBQ cooking and the drinks cold. We have a lot of children come rushing up and asking if they were aloud on they were told it was free and their faces were worth the trip! We asked a lot of parents did you know about the event did you see it on Facebook? And the answer was no unfortunately. Before the weekend we sent out a colouring in competition to all the schools. This was a great hit and had many entries. We will be doing this again to engage all the students in the area with Apex and aiming to get a lot of adults involved, engaged and informed about the weekend and also Apex.

From this event we were able to make contact with a few past members as well as community members that are interested in knowing when we will be back in the area. We will be keeping in contact with these new Biloela contacts and endeavour to create a future for Biloela Apex.

Unfortunately, at the end of a massive weekend the Apex Train had a break down with the axle parting company with the housing/chassis of the Apex Train. One advantage of this was that the train was parked at the back of the trailer ready to be loaded anyway so the winch was used and some good old fashioned Apex Muscle had the train and trailers on the trailer for the trip back to Maryborough. The train will be off the tracks for a while now needing a large overhaul. An Idea for Apex clubs with assets that need maintainance why not get onto your local mens shed and do a collaboration of community service work? The mens shed have the tools, Apex have the hands and youth working together could benefit both organisations and a great networking opportunity. You never know half of your Mens shed could be past Apexians from another region another state another life.

The Biloela Apex Club will be in caretaker mode until we get some local members interested in joining and bringing this club back to life. Watch this space and we hope to present another prosperous report in some months to come.



BEDDING FOR ORPHANS

Most of you probably know me as Ian "Willy" Oates, Indians affectionately know me as the Grandfather of India a title that was given to me in 2009 by the first Grandfather of Apex India life member Jack Love Echuca New South Wales.

The title Grandfather stems from the Late LM Jack Love's ability to pen pal and his stamp collecting between LG Samir Ghose in India and himself and Apexian in Australia. LM Jack went on to host Samir in an apprenticeship in Australia and then inducted him into Apex in Australia and when Samir went back to India, he went on to form the Apex Clubs of India.

This is all a bit of a roundabout story but it leads to the project that I've been running now for 15 years "Beds or Bedding for Orphans".

You see in 2006 an idea was mooted to pull all Apex Countries out of WOCO and ASPEC and formate Apex Global, which eventuated and I was a big part of that formation, and getting to know the international countries extremely well leading up to my retirement from Apex Australia at age 45. I'd conclude that my Apex career wasn't yet to be over. I was a member of two other countries' Apex Clubs, and I wanted to do something more so I was the Bursary director for some six years at this point and I decided that something was missing for me.

That was Sleep me and also for most of the kids that I was looking after in the Philippines. The Scholars lost Sleep as well because they studied so hard to get somewhere in life. I thought wouldn't it be good if taking into account my insomnia and having kids been able to sleep at night comfortably so they can stay in the classroom the next day and find the energy to absorb everything that's been taught, and this is where the bedding for orphans was started.

I was always taught there are three things that you require to have a good education one is food. One is Sleep and one is the ability to retain knowledge, food is a day-to-day thing so I didn't think that was gonna help me help them, I was already helping with the Bursary to put kids through education, so there was only one thing I was able to improve the quality of sleep, hence bedding for orphans.

The first project I did was in Malaysia and that started just me asking I emailed everybody and I asked whether they were willing to put some money in for some bedding for some orphans they were boys. It was the boys' orphanage at Ipoh Malaysia, and lots of donations came the following year, and it was successful, I took it to an Apex Global meeting and asked whether I could continue this project as a way of keeping me active in my retirement and I was fortunate enough that they've seen the value of all the hard work that I put in over many years, it was agreed that they would allow me to run my project for as long as I wish to and as long as I didn't bring Apex into disrepute so we're now up to orphanage number 9 and number 10 in August 2024 and it's been a very successful 15 years seeing bedding or beds or both in Bangladesh India, Malaysia, Philippines, Sri Lanka and now back to India again the first time it is in India it was in and in the country's Northeast, this time it's going to be in South India and North West India.





- IAN “WILLY” OATES



Chris and I for years, now probably about a decade have been collecting drink containers and bottles from every job that we clean everywhere we walk if there's one on the ground will pick it up and we cash in then we put the money away and then that's the basis, and the start of every one of the Beddings for Orphans Projects.

for a target of 150 and that was always going to be too much for one orphanage so we selected 2 orphanages.

Then when I finally set a place to go, I will canvas a group of Apex friends a key group of family friends and then cold canvas my Facebook and WhatsApp groups and ask if they people were prepared to give to an orphan \$25 for a bedding gift so they can have a new pillow a blanket sheet a towel, toothbrush, hairbrush, and whatever else we can get out of a \$25 bill in Australia which turns into bigger money overseas.

So 2024 comes around I haven't been out of Australia for five years. The last bedding project we did was in Sri Lanka and that was a success again but then Covid hit the world! Chris and myself or the "Grandmother and Grandfather of Apex India" haven't been out of the country for 5 years also this year we're retiring and we decided we're going and we're going big and instead of doing 25, 30, 40 or 50 beds we were reaching for a target of 150 and that was always going to be too much for one orphanage so we selected 2 orphanages.

We are actually looking at 160 lots of bedding, we already had about \$1000 worth of cans and bottles from five years worth of collecting that was a good kickstart, then I did a massive cold canvas on an epic scale and this started reasonably well and then slowed down. I set a goal and then I set another goal and then I set another goal and I achieved more than the third goal, because life member Jack Love the first grandfather of APEX said to me once if you find a project that people are interested in and can afford people will give and feel rewarded gifting a gift to someone less fortunate than yourself and I bring in marketing gift that I've had since I was a teenager cold canvassing door-to-door selling everything from soft drinks to newspapers and magazines or whatever it was. A law of averages if you knock on 10 doors 1 will give or one will buy so no matter how many people I ask the law of averages is 1 in 10 will give, some will give a lot, some will give what they can, regardless and every one of those gifts is important, and meaningful and gratefully appreciated and received.

'Get to Lake Coobey
Shore in 2024'



2024 NATIONAL CONVENTION REGISTRATIONS

are now open!

10-13 OCTOBER 2024

REFLECTIONS LAKE COOBY

HOSTED BY

APEX CLUB OF SOUTH TOOWOOMBA

www.apex.org.au | www.apexconvention.com.au

visit the website to
register and download the
info pack





Convention Program

DAY	ACTIVITY	LOCATION
Thursday	National Board Meeting Social Dinner*	TBC Cobb+Co Museum
Friday	RC Training Rising Stars <i>Transport to Reflections Lake Cooby</i> Executive Training Sessions Lunch Social Tour* Social Dinner - Op Shop Glam Theme	TBC Conference Room Dining Hall Monty Brewing Co BBQ Area/Lawn
Saturday	Breakfast AGM Non-Delegates Tour* Lunch Social Tour* Afternoon Activities (High Ropes / Canoeing)* Gala Dinner - Masquerade	Dining Hall Conference Room Toowoomba Dining Hall Pechey Distilling Co. Lake Cooby Lakeside Marquee
Sunday	Breakfast Service Work - Highfields Scouts	Dining Hall Highfields

Note: Convention registration covers from Friday lunch - Sunday breakfast only

*Open to everyone. Costs not included in convention registration





WONGAN HILLS APEX CLUB

The Wongan Hills Apex Club is a very strong club within the local community and has been extremely busy over the last 12 months. The club has carried out over 490 hours of service in a twelve-month period. This averages out to 9.5 hours per week, and not all members reported their service hours. They may be a small club, but this doesn't stop them from getting the job done as they call on past members, Life Members and Senior Actives to give them a hand. In true Apex tradition they are altruistic and don't promote their achievements, however I think it is important that people hear about what they do, hence submitting this nomination.

So let me tell you a bit about what the Wongan Hills Apex Club has been up to in 2023. New Year's Eve Mick and Melinda Godfrey cooked burgers at the Wongan Hills Hotel to kick start their fundraising campaign for the overseas work party to the Philippines.

Members have been busy doing yard clean ups in Wongan Hills and Cadoux, and have also helped clean out a house when a lady moved to Mandurah. The club lends their BBQ and gas to the Seniors Group for their monthly BBQ's. We have been liaising with the Lions Cancer Institute to bring their Mobile Skin Screening bus to Wongan Hills. Two dates have been set, but unfortunately, they were unable to get doctors to fill the required shifts. A tentative date has been planned for early in 2024 and the community will be advised once confirmed. They continue to make improvements at Apex Park in Wandoo Crescent, and have recently installed a new swing, a new Apex sign, repaired some damage by vandalism and have further plans for works. The Club sponsors a scholarship for Year 11 & 12 students at the WHDHS every year and also sponsor a book prize. Funding for this scholarship come from the stall fees at the Reynoldson Reserve Festival markets. Apex is once again assisting the Wongan Hills Progress Association with the setting up and packing up of the town's Christmas Tree and lights. The club has been assisting for a couple of years and look forward to it every year. One of the clubs fundraising activities is their annual battery drive which is collected from in town and also from local farms in the Shire. Money raised goes back towards community projects.

Michael Godfrey was the Regional Co-ordinator for the Northern WA District for 2022/23 and Dannielle Reed has taken over for the 2023/24 year. This position is an important link between the clubs and the National Board, disseminating information and reporting events and issues between the two levels within the Association. Clubs in the Northern WA District include Kununurra, Karratha, Wongan Hills, Geraldton, Dowerin-Goomalling, Corrigin & Perth. So, as you can see the Club has had a very busy year and continues to work and support their local communities. (Sourced from Wongan-Ballidu Shire Website)



APEX CHILDRENS CHALET MAGIC CASTLE WORK PARTY

Has brought the Past, Present and Future Apexians together



Another very successful work party this January 5th through to the 13th 2024.

The special thing about the work parties is that they bring Apexians together from all over Australia, if they are retired Apexians, Active Apexians or future Apexians, Apexians families and Apexian children, the Magic is always making the Chalet more comfortable for all the children who will visit this year. We had a few Apexian children assist this year and they even put on a show downstairs featuring NB members and asking them the hard questions, the kids even put a cover change on the show to raise funds for the Chalet, great work kids.

We had a few new volunteers and some regular starters, we had Apexians, family and friends come from QLD, NSW, South AUS and Vic, we had some Apex 40 members, Life members and National board members we even had the National President of Apex Australia. It is always great to talk to new volunteers to the chalet to get their opinion on what they think of the Chalet and is it what they pictured it to be and the answer is always its much bigger than I thought, they are always amazed how wonderful it is.

A huge effort from everyone, we had a few major problems to

fix that we didn't know where a problem with the main level back doors of the bedrooms had some water damage and rot in the base of the doors and water had entered the rooms, we feel this has been fixed but its only a temporary fix and we need to replace the doors withing a couple of years.

The list of jobs completed ranged from painting the Ceiling in the main area and painting over the last of the mission brown in the main area. We also refitted storm seals and loads of minor repairs and cleaning and huge effort from some amazing Apexians.

Thank you to all that volunteered their time. We wouldn't be able to complete the works that are needed to be done without the assistance of you all, hope to see you all next year.

Jamie Vincent

Chairman Apex Foundation
LM Blacktown Apex Club



GAWLER APEX AUS DAY BREAKFAST



Australia Day Breakfast has been held and run, again back in lovely Apex Park.

Good turn out , put on with assistance from the Town of Gawler, many Service Clubs again helping with cooking and serving, and great music with Crafty & Makala entertaining the reasonable sized crowd who came along the celebrate the best country on the planet.

Big thanks also to Leon and Jess for their hospitality afterwards once again, and to the cooks Andy, Bob, Leon etc.

Well done the young Apexians for the School bag assistance work, and your efforts on Australia Day - shaking the can with Michael & Andy, helping to get more funds for your next Apex mission. (Source - Gawler

Newsletter)



APEX MINI BIO - NEIL SAWLEY

Year Joined Apex and which Club?

Port Lincoln 2001

Favourite Apex Project/Event you have been involved in?

There's been many, Apex Postie Bike Ride, and Apex Copper Coast Retreats, Port Lincoln Social event playing golf at Coffin Bay so much fun, Christmas in Kadina.

First Car and what colour?

Commodore VC Red



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

Superman so I can fly.

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

Fellowship, travel, go to other clubs and NC Conventions and meet people.



GAWLER APEX CLUB

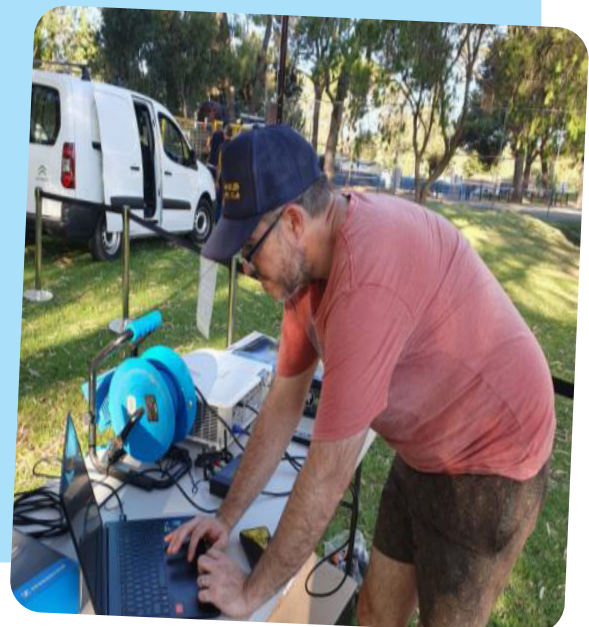
Movie Night at Gawler @ Aquatic Centre

The Fringe is in full swing in Gawler.

Gawler Apex Club hosted the Dive & Screen night at the Gawler Aquatic Centre. All there had a very enjoyable time, and they enjoyed the outdoor screening of Elemental, and the Pop Corn was also a hit. Perfect accompaniment for movies, as always. Some teething issues with the new popcorn machine.

Sausages we not so good on sales, but never mind. Great night and good job to all that helped. Looking forward to our next Outdoor movie event. Packsaddle event now just around the corner, so preparation and planning well underway.

Mad March it is truly upon us! (Source - Gawler Newsletter)





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.