



APEXian

News and Views from the clubs of Apex Australia

At last year's AGM your clubs overwhelmingly endorsed our national project for the upcoming year:



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

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

Each event is tailored to your local community, with an energetic and passionate volunteer committee hosting an afternoon of fun interwoven with important men's health messages.

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The lunches are typically held on a Friday, attended by 200-600 men and women at each event and include updates from Prostate Cancer Foundation of Australia about prostate cancer, highly entertaining guest speakers, raffles, auctions and other fundraising activities. Biggest Ever Blokes' Lunches are true community events that encapsulate the "can do" spirit of regional Australia just like Apex Australia.

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

Motion: "That the Apex Clubs of Australia raise awareness of prostate cancer and raise funds for further prostate cancer research by implementing the 'Biggest Ever Blokes Lunch' as the 2017/2018 Apex Association Project".

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

Want to get involved?

There's plenty of help for you. You can contact anyone of the National Project Committee who have been appointed and are available to support your event:

Wagga's BEBL Committee and South Wagga Apex Club	Andrew Roberts	T 02 6923 9226 M 0417 690 787 E AndrewRoberts@sureway.com.au	
Apex National Secretary	Neal Molineux	M 0438 016 879 E nealmolineux@bigpond.com	
PCFA National Community Fundraising Manager	Liz Wynn	T 02 9438 7080 M 0417 437 779 E liz.wynn@pcfa.org.au	
PCFA State Manager VIC/TAS	John Strachan	T 03 9948 2080 M 0419 044 659 E John.Strachan@pcfa.org.au	



GET INVOLVED

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

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

There are a number of seminars planned across the country for Apex Members to attend and gain a greater understanding of the events (and form some valuable relationships with members of the

Committee and the Prostate Cancer Foundation).

At this stage Seminars are planned in;

- Sydney 23rd February
- Brisbane 2nd March

(further locations to be announced in early 2018)

It's important to register for these seminars through the Apex National Office. Would be great to see you all at one of these seminars to help achieve the goals of this year's Association Project.



CALL FOR NOMINATIONS

Have you ever complained or argued about how you think the Apex Association is being run ?

Have you ever thought you could run Apex better than those national board 'clowns' ?

Now is your chance to make a difference. Nominate now for either a Regional Communicator or National Board position.

DOWNLOAD THE NOMINATION FORMS

<https://www.apex.org.au/callingfor>

NATIONAL BOARD DIRECTORS

We are seeking 3 new directors ready to serve a 2 year term starting on July 2, 2018.

To nominate you must have had 5 years experience in Apex, be willing to serve for 2 years, be able to take on leadership of a sub-committee, be of good character, and be under 45 years of age.



Sarah Clark

National Board 2014-2016

"I loved my time serving on the National Board and would highly recommend it to any Apexian who qualifies. I learnt so much about what Apex achieves all over the country."



David Sloss

National Board 2017-19

(Pictured at the 2017 AGM with representatives of Apex Bangladesh)

"The best part of being on the National Board is what I can take back to my own club, seeing what other clubs get done has really helped our club a lot."

NATIONAL PRESIDENT

The nominees for National President must also have had 5 years experience in Apex, plus they need to have served as an RC or Club President, in addition to serving for at least 2 years on the National Board. The National President post is for a 1 year term starting July 1 this year.



Nedd Golding

National President 2016

(Pictured below left at the 2015 AGM presenting Dale Sawley's award)

"It was an absolute pleasure to work with a great group of people when I was entrusted with the national leadership. Anyone who gets the chance should definitely put their hand up", Nedd.



Kate Huth
National President 2015

"To anyone who is considering any of the roles in Apex I can only recommend it. You will meet people from all walks of life and all levels of experience. You get the chance to see Apex in action in all its forms and it is amazing. My time spent doing things in addition to being in my club has been intense but I wouldn't have missed it."

REGIONAL COMMUNICATORS

A Regional Communicator's role will be

(a) Any Active Member within the Region shall be eligible to be elected Regional Communicator but no person shall be submitted for election without their consent in writing first being obtained.

(b) There shall be a Regional Communicator for each Region within the Association who shall

(i) Make contact with each Club in their region not less than three [3] times in an Apex year; this contact can be in person, via telephone or using internet based communication but must be in "real time"

(ii) Report to the Clubs on the results of National Board meetings and National Convention

(iii) Report to National Board on the activities of the Clubs three [3] times per year as required for National Board meetings.

(iv) Foster good relations and fellowship between the Clubs of the Region

(c) Regional Communicators shall hold their position from 1st July in a year until 30th June in the following year.



Karina Crutch
Region 7 Communicator 2018

(standing in front of an incredibly tall door)

"I've had a great year meeting up with Apex-ians all over my region. Am really glad I put my hand up to give this job a go."

Please forward your completed nomination form to your current RC or email admin@apex.org.au



SAVE THE DATE!!

2018 National Convention

5th & 6th October 2018

Wagga Wagga, NSW



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

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

DAY	TIME	ACTIVITY
Friday 5th October	1:00pm – 2:30pm	Training
	2:30pm – 3:00pm	Smoko
	3:00pm – 4:30pm	Training
	4:30pm – 5:30pm	Delegates Briefing
	5:30pm – 6:30pm	Fellowship
	6:30pm – 10:00pm	WELCOME DINNER
Saturday 6th October	7:30am – 8:30am	Breakfast
	9:00am – 10:00am	Official Convention Opening
	10:00am – 10:30am	Smoko
	10:30am – 1:00pm	Convention Business Session & National Awards Non Delegates & Kids Tours
	1:00pm – 1:30pm	Lunch
	2:00pm – 5:00pm	'Taste the Riverina' (taste local produce & beverages)
	5:00pm – 6:30pm	Fellowship
	6:30pm – 11:00pm	GALA DINNER & PRESIDENTS CHANGEOVER

Accommodation Options

[Mercure](#)

(site of convention)

[Charles Sturt Suites & Apartments](#)

(next door)

[Bolton on the Park](#)

(other next door)

[Garden City Motor Inn](#)

(down the street)

[Riverine Club](#)

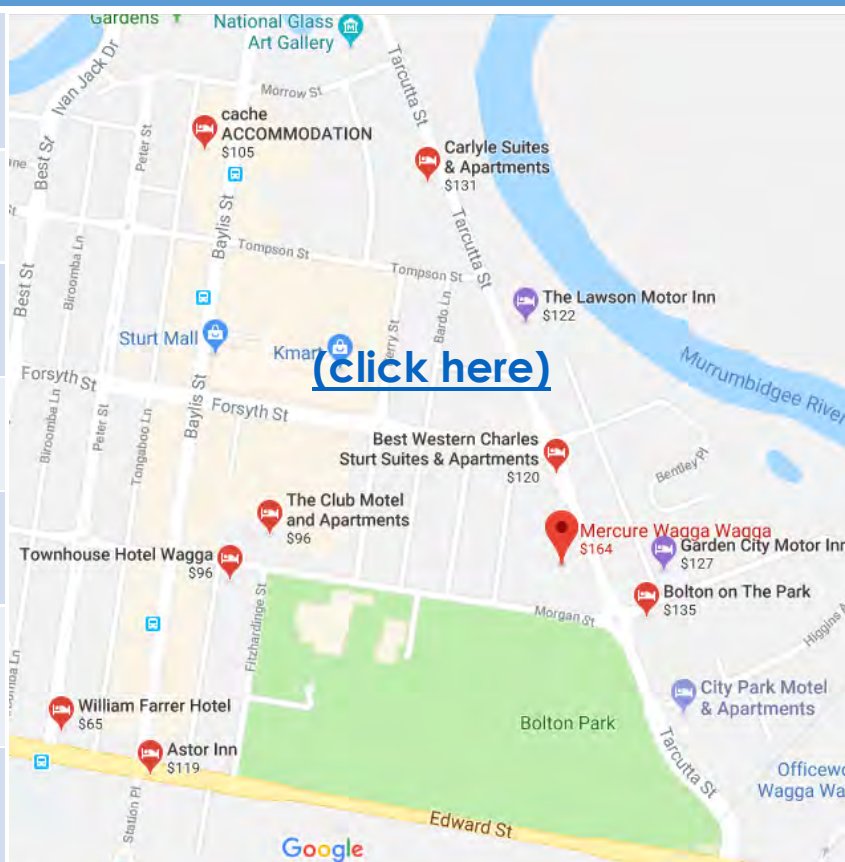
(down the road)

[Romano's Hotel](#)

(near Riverine Club)

[Wagga Beach Caravan Park](#)

(at the river)



Convention Registration

Full Registration Friday/Saturday	Short Registration Saturday only	Kids Registration (full or short)
Friday – Training Session/ Shopping	N/A	Friday – Shopping
Friday – Welcome Dinner	N/A	Friday – Welcome Dinner
Saturday – Breakfast	N/A	Saturday – Breakfast
Saturday – Convention/Tour & Lunch	Saturday – Convention/Tour & Lunch	Saturday – Tour & Lunch
Saturday – Taste the Riverina	Saturday – Taste the Riverina	Saturday – Taste the Riverina
Saturday – Gala Dinner (3 course meal & drinks)	Saturday – Gala Dinner (3 course meal & drinks)	Saturday – Dinner & Movies
Merchandise	Convention Shirt Convention Stubby Holders	

Club News

Dalby - What a Year

So let's start with the start... January 2017. We welcomed in the New Year and new members Alasdair, Darren(or Derrick as this apexian is now fondly know as, thank you supply house for the unintentional renaming) and myself, Emma.

Our first service event was helping our local council with Australia Day celebrations. We got down and dirty by designing and running a green and gold colour Run/Obstacle course. All of us, including the 400 odd children, went home exhausted, green and very happy with how the morning went!

We then decided that we were going to form a committee to organise a community based event for New Years Eve...

thus started 11 months of our younger club members forming truly strong and rewarding friendships with each other. Dalby Apex has never been shy of rolling up their sleeves and putting in a solid days work for the community, and that's exactly what we did. Yards were mowed, gardens were spruced, carpet was pulled up and go Karts were ridden...it's a hard job but someone had to support the local pubs afterwards!

As the weather finally cooled off, our thoughts turned towards sweeter and sweatier things; Easter and NRL! First up was our first ever Annual Easter Egg Hunt. The smiling faces, the laughter, the lack of any electronic devices, the sausages covered in tomato sauce, the huge line up at 7am, the sleepy parents with coffees in their hands! All lead to this being Apex Club of Dalbys most rewarding, most memorable event yet. Even our Dunk Suit had a blast!

Shortly after Midnight, ANZAC day 2017, our 150 year old local school was deliberately lit on fire. Not only was the heritage listed part of the school lost but half our community lost the school where they begun their education. Without anyone truly organizing it, our whole town turned blue in support, numerous groups and businesses threw their support towards



our school, and slowly we began to heal.

Seeing as the music room was completely destroyed in the fire, we decided to dedicate part of our takings for our NRL fundraiser to support the school with restocking the equipment that was lost. The night was a roaring success with Chris Choppy Close, Kevin Campion and Ashley Harrison providing many laughs and fantastic stories from when the State of Origin was first started.

Whilst this was all happening we had our club change over, farewelled our President and Treasurer, and welcomed in Keith as our New president, Kyara as our New Treasurer and our Secretary (me) kept the position for another term.

We also helped out with other service groups. We settled into our annual role of 4 days of running an entrance gate and cleaning toilets for the Dalby Show, ran maintenance for Dalby's Delicious and Delightful festival aka put out hundreds of chairs then packed them up and manned the bar for the Lions national convention held in Dalby last year.

Not all our time was spent on service this past year, our social director Aidan took us on a mystery tour of the Darling Downs, starting at Tick Tock Escape room. After deciding as a group to save ourselves and blow up the country in our Chernobyl scenario, we bravely hit every interesting pub we could, went to a brewery then a winery, and in true apexian style...went to even more pubs! We threw coins into each other's drinks when backs were turned, played numerous games of pool, renamed our DD (also our RC3 James) BaaaBaaa for reasons he has paid into the fine jar not to be ever spoken about...

As the year progressed our New Years Eve committee (Aidan, Emma(me) and Kyara) worked tirelessly to organise sponsorships, entertainment, rides, fireworks, foods stalls, a bar, even a bucking bull. We made contact with many local companies and groups, and moved forward with holding our (almost) free event (Kids rides were unlimited for \$10).

The days before New Years eve, 100s of temporary fence panels were moved, 100s of chairs were set up (lucky we have lots of practice) large marques were erected.. then blown down... then erected again! Lines were marked and hotdogs were bought. Our Regional Communicator was stolen and conscripted (Vote James Burleigh for RC3 2018!!!) and the wonderful Jacinta made the trip from Toowoomba to help us.

New Years Eve finally came, and with it blistering heat. The live music was pumping, the raffle tickets were selling, the rides were pure kid chaos (we had them penned in hehe). We sold bucket loads of chips along side hotdogs in our food stall, expertly manned by Dalby Lions. Our New Members Rob, Kym and Sarah threw themselves into the fray like troopers!

As 9 o'clock drew nearer, the lights were switched off...and then first lot of fire works began. Nothing ends an amazing year like watching exploding colours shoot into the sky in fantastic patterns. Well nothing ends your New Years Eve Event like a huge storm rolling through and drenching everyone minutes after our first...and only lot of fireworks. Seems all the calls of "gosh it's hot" lead to the weather helping us cool off haha.

We all learnt some valuable lessons that day/night:

1. It takes hours to set up Marques...yet seconds to pull them down when a storm rolls through!
2. Hotdogs taste good still when slightly soggy.
3. Midnight fireworks don't work in pouring rain and howling wind.
4. Neither do kids rides...
5. Or speakers...
6. You make true friends into family within apex, especially whilst laughing in the pouring rain.

When the storm had finished we all slogged it out with the pack up, then crawled into our beds after warm showers. I can honestly say though, I had an absolute blast! And although we were all exhausted after cleanup, after seeing all the smiles all I can say is "Worth it!".

So it's the Start Again, January 2018 and as I'm writing this, we are currently getting ready for Australia Day, again, where we will be having Nerf Tag and (easy to set up and dismantle) Obstacle courses, we also have a spot at Bunnings for Australia day sausage sizzle coming up and are starting to plan for our now Annual Easter Egg Hunt, there is talk of a fishing comp, NYE 2018...and today we were asked to clean toilets for the show again...Some might call us mad ... but really, We're just Apexians!!!

Emma-lee Filer-cottee
Secretary and creative mastermind.
Apex Club of Dalby.



WA Catch Up

It's time to get your rego forms in as the Catch Up is fast coming around. The Apex Club of Wongan Hills looks forward to welcoming you to our Community for a weekend of fun, fellowship and a little bit of service to boot. Rego form is on the next page. If you are unable to print form email Tab wonganapex@bigpond.com. Forms will also be sent to the Club contact listed on the Apex Australia website. This will be a great weekend - try to get there!

Bunbury

The APEX Club of Bunbury pulled out all the stops on Australia Day, kick-start the celebrations. Hundreds enjoyed a delicious BBQ Breakfast whilst the Bunbury City Band and Men of Song performed to the crowds.

City of Bunbury Mayor Gary Brennan welcomed the community and described Bunbury as a paradise within Australia.

The Citizen of the Year award went to Helen Robinson for her work with the region's LGBTIQI community in the past year.

Community group of the Year went to Morrissey Homestead Incorporated whilst Samantha Russell was named Young Citizen of the Year.

The Willcox Brown Perpetual Trophy went to the APEX Club of Bunbury who organised the annual Australia Day BBQ for the first time this year.





APEX WA STATE CATCH UP 2018 **2ND – 5TH MARCH. WONGAN HILLS** **REGISTRATION FORM**

Please complete a form for **each** person attending.

FIRST NAME:				SURNAME:			
CLUB:							
CONTACT DETAILS:							
ADDRESS:							
PHONE:				EMAIL:			
Approximate arrival day and time:							
Accommodation requirements (please indicate)	Camping (tents can be provided if required)	Group lodge (shared accommodation)	Chalet (additional \$50 to cover cleaning)				
LOCATION: WONGAN HILLS CARAVAN PARK							
Camping and group lodge accommodation are included in base fee.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				

In order to make sure that the Wongan Hills Apex Club caters appropriately, can you please indicate which meals you will require. Meals include a dinner out (drinks not included).

FRIDAY 2 ND MARCH	SATURDAY 3 RD MARCH	SUNDAY 4 TH MARCH	MONDAY 5 TH MARCH
<input type="checkbox"/> Dinner	<input type="checkbox"/> BREAKFAST <input type="checkbox"/> MORNING TEA <input type="checkbox"/> LUNCH <input type="checkbox"/> AFTERNOON TEA <input type="checkbox"/> DINNER	<input type="checkbox"/> BREAKFAST <input type="checkbox"/> MORNING TEA <input type="checkbox"/> LUNCH <input type="checkbox"/> AFTERNOON TEA <input type="checkbox"/> DINNER	<input type="checkbox"/> BREAKFAST

Please let us know about any dietary requirements below:

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COST:

We have tried to keep the cost low and have been able to match last years cost of **\$130**. This covers meals, accommodation and activities.

If you wish to book a chalet at the Caravan Park, an extra \$50 is required to cover cleaning costs.

ADDITIONAL INFORMATION:

Please return forms by **FRIDAY 23RD FEBRUARY** to info@wonganhillsapex.com.au by this date to confirm your attendance. This will assist us in allocating accommodation and catering.

Itinerary/program for the weekend is being finalised, however, there will be service work, a business session, an excursion or two and a great time! Maps, etc will be forwarded to those that return forms.

Payment can be made by bank deposit (details are below):

Apex Club of Wongan Hills

BSB: 036-153 Account Number: 185071

Please use your name as a description

Finley Apex attract a Huge Crowd

Stetsons and cowboy boots were the fashion at the Finley Showgrounds at the start of January for the 34th annual Finley Rodeo.

Despite the hot weather the rodeo attracted a crowd of more than 500 including some who travelled from Echuca, Benalla, Seymour, Kerang and Melbourne. While the event has a long standing reputation as a thriller in the Southern Riverina, this was the first year the rodeo was coordinated by Finley Apex Club.

Apex president Lachlan Kerr said it was an excellent night to kick off the 2018 events calendar in Finley. "It was a wonderful evening, the action was great and the crowd really enjoyed it," Mr Kerr said.

"This is the first big event in Finley and the region for the year, so it's pleasing it was a success. "The Finley Apex Club would like to thank all sponsors for their support and the volunteers who helped out."

Lachlan said patrons of the Finley Rodeo were treated to an amazing exhibition of skill and bravery. "The rodeo is a huge drawcard to Finley, and seeing so many people making the effort to drive here and watch the action is pleasing.

"The fact we can have some of the best rodeo riders in the country is great for our town. "The feedback we've received has been positive from riders, stock handlers and even security said the crowd was so well behaved, they were bored.

"Youngsters took full advantage in the jumping castle and mechanical bucking bull."



SUBSCRIBE TO NEWS

at Apex.org.au

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apex.org.au

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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.

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