



ISSUE 40 November 2020

APEXian

News and Views from the clubs of Apex Australia

Inside this Apexian...
2020 Convention Cancelled
COVID resilience demonstrated
in our communities
Our first online AGM
New members!
The Great Aussie BBQ &
Prostate Cancer Foundation of Australia
Bushfire Relief
Free Beer ***





National President, Bethany Paterson



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, Michael Godfrey. His leadership was steady, calm and pragmatic and we couldn't have asked for a better bloke. I congratulate Mick on a great year.

Thank you to our incoming board members for stepping up to the plate, many for another term, and we welcome Tara Spotswood and Simon Grant to the team. Our 2020-2021 board is as follows:

Bethany Paterson, National President

Adam Stewart, National Secretary

Jared King, National Treasurer

Tara Spotswood, National RC Coordinator

Simon Grant, National Awards and Special Projects

Neal Molineaux, National Communications

Leon Budden, National Membership

Craig Martin, National Bursary

Michael Godfrey, IPNP/International Relations

They say a smart person surrounds themselves with even smarter people and I am indeed 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.

Regretfully, the organisation undertaking our National Office has recently advised us of their resignation. Their service has been greatly appreciated by not only the current Board of Directors, but also Board members they have worked with in the past, and their knowledge and commitment will be missed. During this transition period we have the opportunity to review roles and responsibilities before engaging another organisation, and I thank you in advance for your co-operation and understanding as the Board looks for a replacement to service our National Office. Any queries can still be directed to admin@apex.org.au.

Due to Covid-19, logistical issues and technological limitations, our AGM will be conducted entirely via post/email. Any questions or concerns about the AGM motions need to be addressed prior to the convention via the admin@apex.org.au email address so that the appropriate board member can be contacted to respond. Our National Board members will be more than happy to discuss the motions with you.

Voting will close on Wednesday 11th November

**Results of the postal/email AGM will be announced on
Saturday 14th November, 10am AEST, at our
Zoom Convention/Training Day/Awards Presentation**

You can join the meeting at

<https://zoom.us/j/98608497712>

Please RSVP for the Convention by Wednesday 11th November.

I know that we would all prefer to meeting in person in Perth WA, enjoying the wonderful fellowship that is unique to Apex, however one thing that Apexians do well is adapt and thrive under difficult circumstances. The show must therefore go on, and I encourage as many clubs as possible to link in as a group, or even better, get together as a region and make a regional event of it. We will be carrying out important training, celebrating our award nominees and winners and congratulating outgoing President Michael Godfrey on a fantastic year.

Next year, we will be celebrating 90 years of Apex. What a milestone! And to celebrate we are planning an anniversary celebration in Geelong on 13th March, 2021 during Apex Week. More details to come, but it will be a fantastic opportunity for us to gather together as an Association and enjoy some great Apex fellowship. As we head into the 90th 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. As we emerge out of Covid-19 restrictions, it is our time to shine. Our strength within Apex is our ability to connect people in a meaningful way for a common purpose. When I was a child, my father Neil Paterson and his best mates were all Apexians and what they taught me was that fun and friendship comes disguised as service work.

We also need to stay relevant so that Apex can continue to thrive and grow into the future. As a psychologist, I often encourage others to do self-reflection, and I encourage all Apexians to think "Is my club a club where new members want to come? Is my club a club where new members want to stay? How do we attract younger members, the future leaders of Apex?" I want to remind all Apexians around Australia that membership is everyone's responsibility. It has been heartwarming to see clubs inducting new members during these difficult times and a new club starting in Rockhampton, and I have faith that the future will see our Association grow even further.

As this year's President, my goal is that, for myself and all Apexians, the year ahead is guided by a set of values that are intrinsic in our ideals: teamwork, discipline, leadership, altruism, inclusiveness, respect, growth, mateship and fun. When we work together to uphold our ideals, our Association can grow and prosper, and continue building better communities for another 90 years. 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,



Bethany Paterson
National President 2020-2021
Apex Australia

ZOOM AGM

*Our first online AGM will
be held on Saturday 14
November, 10am AEST. RSVP
by November 11. Join at:*

<https://zoom.us/j/98608497712>

COVID Cancelled

CANCELLED - 2020 National Convention
The National Board made the difficult decision to cancel the 2020 National Convention which was intended to be held 9-10 October, in Joondalup, Perth, WA.

Whilst this is disappointing, we hope that our fellow Apexians will understand that with border closures and the spread of Covid-19, a National Convention has become untenable and cancelling the event was a necessary. In lieu of Convention, we will be holding our AGM by electronic means and asking clubs to send in a postal vote. We anticipate that postal voting packs will be sent out to clubs in early October. In addition, we will be announcing the results of the AGM and holding a virtual awards ceremony and training day on Saturday 14th November, 2020, so please put this in your calendars.

Award nominations have been extended to 30th September so make sure you submit your nominations. Information on awards can be found on the 'Resources' page of the Apex Australia website. Clubs are encouraged to use the virtual AGM as a real member training opportunity, and where possible, to organise interclub/regional catch-ups and make a day of fellowship.

As we have heard so often in recent months, these are indeed unprecedented times, but out of adversity comes opportunity. Apex was born during the Great Depression 90 years ago, and our Apex Clubs once again can show their strength and resilience during these difficult times.

(Remember, keep an eye out for your voting pack in the mail)

Apex is coming to WANDOAN

13th – 15th
November 2020



Maryborough • Gympie • Sunshine Coast
Brisbane • Toowoomba • Dalby
Chinchilla • Wandoan

The party bus is set for the Queensland Catch-Up
No Alcohol but good behaviour = Refreshments

\$50 Return



Limited spots available Reserve yours TODAY!

Email: rcc@apex.org.au

A report from Region 9

G'day fellow Apexians,

Ben "Kotts" Curnow here, RC9 in Western Victoria. Just thought I'd check in with all of you to explain the current situation that us Vics are dealing with. This is no means a cry for sympathy, it's just life from my perspective as an Apexian and RC.

We've had 2 rounds of very significant lockdowns. Our Premier is keeping restrictions very tight and doing what he thinks is right for his state. Our region has lost B & S Balls, Rodeos, Steam Rallies, Golf Days and Country Shows. This has resulted in significant financial losses to our clubs in the way of fundraising.

Our social lives as Apexians have changed dramatically too. Some of our clubs are meeting over Zoom (or equivalents) and some clubs, the executives meet just to "keep the lights on." Social functions have been wiped out, but a few clubs have been doing things online. Many Western Victorian clubs didn't host handover dinners this year. Forward planning of fundraising or social is very difficult right now, and Victorians, especially clubs inside the "Ring of Steel" in Melbourne are doing it tough. It's difficult to see other states starting to open up and enjoy life as an Apexian when we can't. We in Western Vic are not ones to sit on our hands and watch from the sidelines.

But there has been some good news. Most clubs I speak to have propepxians waiting in the wings. It's been a chance for clubs to get paperwork in order and clean up clubrooms. From an RC point of view, Club Presidents are answering phones and are eager to have a chat. Clubs are using apps like Messenger or WhatsApp to communicate and the banter is still there. We are still managing to do our Grand Final and Melbourne Cup Sweeps via Internet Banking. (Fingers Crossed for a win). Clubs are still active from a service point of view. Cutting wood and stock piling for next year (to donate or raffle off), planting trees for

bush fire recovery, general small service jobs for individuals and the usual donating money to local hospitals, schools and other local groups. Even in the harshest of restrictions, Apexians in Western Vic refuse to stop helping others.



We also as clubs are continually providing support to our mates. Some Apexians have been hit hard by the restrictions, not being able to run their business or work hours have been cut. I'm sure this is the case everywhere. Apexians are finding other Apexians work and a shoulder to lean on. Like all Apex Clubs across the country, we help out each other in the tougher times. It's been a crazy year down here in Western Vic, with Bushfires and COVID 19 having big impacts on the way we live.

I am proud of my region 9 clubs for continually doing everything they can to improve the lives of others in their own communities and beyond. We are a region to be celebrated for our resilience and watch out when they release the shackles...

Yours in Apex,

Ben "Kotts" Curnow – RC9

Welcome Aboard from Biggenden

Biggenden were very proud to induct 4 new members in August.

"So very happy to have inducted four new members to the Apex Club of Biggenden. Last Wednesday we invited our incoming Regional Convenor Kaden Bryant to undertake the induction of our prospexians.

David Geissler, Zoe McMeekin, Emily Spry and Eloise Wattie, pictured at right. They all agreed to conduct themselves by the standard of the ideals of the Apex club.

We also had the pleasure of meeting Greg from National office and his guest Brett.

Thank you to all involved who travelled to be here and support our new members. Exciting times ahead!

Dalby

Dalby also inducted 2 new members in August.

Aiden Macbeth and Chris Waugh were welcomed into the Apex Family.



Chalet News

South Wagga, Albury & Braidwood Clubs

Big efforts from our clubs to help renovate the fabulous Apex Chalet.

A report from South Wagga:

"Great effort today by the boys. An early start in Wagga, quick stop for coffee at Apex Park Adelong then hit the hills with 600sqm of Carpet tiles. Got them all unloaded prior to the showers starting and the temperature dropping (snow on the way apparently).

Managed to continue on and get all the carpet removed from level 2, massive effort all round.

Big thanks to Coates Hire Wagga, Choices Wagga.....and Landcruisers.

Another great day at the Magic Castle, level 3 floor coverings remove and all disposed of..... in some terrible conditions.....wet wind and cold.

Big thanks today goes to Alistair McKimm from Snowy Skips for disposing of all the removed floor coverings.....huge thanks again Alistair.

A great effort from all involved.....stay turned for the final results coming in early 2021 after the boys from the Apex Club of Braidwood repair and strengthen the floor."



Club News

Manjimup

Manjimup Apex Club has decided to hold its annual Senior Citizens Christmas Lunch after much consideration and community consultation. The annual lunch is held for seniors each year to thank them for their input to the community. It will be held at the Manjimup Town Hall on November 29 from 11am. Last year's is pictured below.



Manjimup Apex Club president Steve Walsh said club members were pleased to be able to bring the event back to the community this year. "We've done our research and people do want the lunch to be held this year," he said. "We're working hard to make the lunch as entertaining

and enjoyable as possible."

Mr Walsh said club members were thankful for the support of the Manjimup St Vincent De Paul conference for their \$500 donation towards this year's event. The donation was unexpected but so welcome, we will be using the funding to make the lunch as good as we possibly can," he said.

Busselton

Two free skateboard clinics will be held in November at the Busselton Skate Park thanks to a new partnership between the City of Busselton's Youth Service Team and the Apex Club of Busselton.

The two sessions will be facilitated by Soggybones as part of their Tailtap Skate Clinic program, offering both beginner and experienced skaters a chance to learn the sport or improve their skills.

Each session is capped at 40 children with experienced coaches who will be on hand to help with technique and skate park etiquette for skaters of all levels.

A sausage sizzle will also be thrown on both days in to keep energy levels up.

Apex Club Busselton member Clint Roberts

said the city's skate park was world class and an important public amenity offering skaters of all ages an opportunity to keep healthy whilst enjoying the sport.

"Apex Busselton is proud to be able to partner with the Youth Services Team to offer the city's younger community members a chance to improve their skills and increase fellowship with other skaters in the area," he said.



Kojonup

Two top guns of speed shearing battled it out on the boards at the Kojonup APEX Speed Shearing contest on Saturday with the winner, Floyd Neil, grabbing victory.

In the open final at the Kojonup Agricultural Show, Boyup Brook shearer Neil took on Bunbury shearer Lou Brown, who set a new world record last year in April shearing 497 Merino ewes in eight hours.

"It was my first win against Lou, after a few encounters," Neil said.

"It's always tough against Lou, it was an intense final."

The rivalry between Neil and Brown heated up in the three-sheep semifinals.

They were only a second apart in the five-sheep finals, when Neil stopped the clock at two minutes, 39 seconds, but Brown's time would not count as he was disqualified for not meeting competition shearing guidelines, according to the judges.

"It was not the best way to win, but I am looking forward to a re-match at Katanning this Saturday," he said.

"I have been busy shearing 30 days straight with my own (Shear Pride) contracting business."

Neil said his last comp, before Kojonup, was at New Zealand's premier show, the Golden Shears, in March, at Masterton, where he finished in 25th place in the open shearing heats, with 87 entries.

"I have competed previously in the Golden Shears open event four

times with my best a 14th place quarterfinal finish," he said.

Neil is also planning to raise funds for the Blue Tree Project on November 7 at the Lubcke family's woolshed at Darkan.

"I will contribute three dollars for every sheep and plan to shear more than 500," he said.

"It is important to me to raise awareness of mental health."

APEX shearing coordinator Jayden Webb said the Kojonup speed shears event included 70 competitors.

"We cancelled the clean shears because we could not get judges. Our new Ma and Pa shearing event that had two people riding a bike to power the shears while a third member shored a sheep was a great success with 11 entries."

The event was won by Andrew McFarlane, with his son Ben and daughter Channon.



"Apex Busselton is proud to be able to partner with the Youth Services Team to offer the city's younger community members a chance to improve their skills"

Horsham

Apex generosity to save Wimmera cancer patients a trip to Melbourne

WIMMERA dialysis patients with vascular issues no longer need to travel to Melbourne to resolve them.

Horsham's Wimmera Cancer Centre has taken ownership of a portable ultrasound machine, donated by the Horsham Apex club.

Centre manager Carmel O'Kane said in a statement the portable machine would allow them to "troubleshoot" when such vascular issues occurred.

"For our cancer patients, it means we will be able to find difficult veins much quicker," she said.

The Wimmera Health Care Group had been overwhelmed by the level of community support for the cancer centre since it opened in early 2019.

"The generosity of the Apex Club is another

great example of that support and having access to the latest equipment is a huge benefit to our nurses and medical team."

Apexian Michael White said his club was keen to provide support for the new centre.

PORTABLE CARE: Pictured below - Palliative care nurse Catherine Finlay shows the new portable ultrasound to Horsham Apex Club members Michael White and Brendan Cole.

Keith

The Apex Club of Keith have worked incredibly hard to install a 'Liberty Swing' at Don Moseley Park.

Despite the wait, the project is finally gaining some momentum, with the disability swing set to be installed in the near future.

A 'Liberty Swing' is a special piece of play equipment that allows people in wheelchairs the opportunity to experience the joy of having a swing in their chosen park.

Earlier this year, Apex Club of Keith member Sam Densley said the club raised just over \$20,000 to purchase the swing, but they encountered one small obstacle.



He mentioned they required just over \$9,400 to purchase the compulsory rubber matting for the swing to become operational. The rubber matting has to be applied by a specialist.

Being such a large cost, the club was put into a position where they needed to raise the funds, and without the rubber matting the project couldn't be completed.

Receiving \$7000 from Tatiara

District Council's Community Grants Program played a significant role in overcoming the matting obstacle.

They also received financial assistance from the Stand Like Stone Foundation.

Mr Densley said the installation of the swing will make Don Moseley Park more inclusive, ultimately providing "something for everyone". When the project is finally completed, it will be the first of its kind in the Tatiara, with the nearest disability swing being located at Robe.

"I have a nephew that has cerebral palsy, and in the community of sufferers with cerebral palsy, they actually make plans around communities that do have the ability to provide play equipment," Mr Densley said.

"If you have that sort of facility, it gets through to the broader community of those that have that requirement."

Jerilderie

Nick Gray has taken the reigns of the Jerilderie Apex Club and is up for the challenge of "weathering the storm" of the Coronavirus



pandemic.

Nick succeeds Warwick Doolan as president. He has been a member of the local club since soon after arrive in Jerilderie three years ago.

"I moved here with my now wife about three years ago for a job (as Elders Jerilderie branch manager) and quickly found myself part of the Apex club," he said.

"I joined Apex because it's a great way of networking and a good way to give back to the town, and because I was encouraged to join when I first moved here."

Nick said he was proud to have the support of other club members, who nominated him for the role.

Unfortunately, one of Nick's first official tasks since becoming president elect pending changeover was the announce the cancellation the club's annual B 'n' S ball.

It was scheduled to be held in August. Luckily, he said the club's other major fundriaser should be able to go ahead this year.



"We are still working towards having our annual Jerilderie Working Dog Auction," he said.

"After recently adding AuctionsPlus (an online bidding system), I believe this will be an even bigger part in its success this year. We hope to break a few more record sale prices.

"We have had to pull the pin on our annual B 'n' S, but are hoping to get it back up and running, bigger and better than ever in 2021.

"We are currently working on raising funds for a veranda at the racing club, and improving the lighting for the racecourse car park. This is where we hold the B 'n' S each year.

"I think the hardest challenge ahead as president will be navigating through the unknown of COVID-19 but I look forward to leading the club through it with their support."

Glen Innes

Celebrating a wonderful 66 years of library services, the Glen Innes community gathered over in October to recognise the public library for all its accomplishments.

The Glen Innes Severn Public TAFE Library celebrated its 66th birthday on Saturday, October 24.



Member for Northern Tablelands Adam Marshall, Glen Innes Mayor Carol Sparks and Glen Innes Severn Council general manager Craig Bennett made up the official party with Glen Innes Severn Learning Centre manager Kerry Byrne.

To mark the occasion an official ceremony was held which gave the opportunity for various organisations and individuals to be formally recognised for their contributions to the library.

The Glen Innes Opportunity Shop was recognised for supporting library services with donations for 66 years and being an original champion of the Apex Children's Library in the 1950s.

The Glen Innes Apex Club was recognised for its dedication and commitment to library services by building the first Children's Public Library in 1954, and for its members running the library for a further six years.

Gawler

Just one example of the unprecedented effects of this year's pandemic is Gawler's Christmas Carols.

Apex Club of Gawler's Bronte Rhodes said she it was 'disappointing' to call off

"We felt this was the best way to proceed during such an unprecedented global situation," he said.

"We are very disappointed that we are unable to hold this event but we know it's the right decision based on the information we have today."

Gawler Mayor Karen Redman commended Apex for their tough decision.

"The Gawler Carols are an annual tradition for a number of families however it is completely understandable that the event is unable to be held in 2020, given the COVID-19 restrictions and uncertainty that exists.

"Apex have stood tall to make a difficult decision however I know our community will understand and support them as we get through this tough time."

Gawler Council has also allocated \$100,000 in its 2020/21 budget to assist community groups with its smaller events, and Mrs Redman said the council is eager to help.

MATT HAYDEN LINES UP TO BAT FOR THE BIG AUSSIE BARBIE



Former world champion batsman and Australian icon, Matt Hayden, is firing up the barbeque in our quest to beat prostate cancer.

Matt's father Lawrie is a prostate cancer survivor, placing Matt at double the risk of the disease.

"When we were told Dad had prostate cancer, my whole family was effectively given a cancer diagnosis. You go through treatment and recovery together, just like teamwork in cricket, and it teaches you the importance of banding together to fight this dreadful disease.

"My family understands first-hand the devastating effects of a prostate cancer diagnosis. I believe we need to get to the point where discussing health issues, like prostate cancer, is a normal part of our conversations with friends and family."

Matt says his career as a professional cricketer has opened up many opportunities for him to make a difference.

"When family and friends are gathered around the barbie and enjoying a game of backyard cricket, I see the love and delight in each face, and remember the lesson my father taught me, that when you look after other people, you're also taking care of yourself."



Matt at home with his dog Archie



Matt Hayden's Fresh Snapper BBQ Marinade

Fresh quality ingredients and simple cooking techniques.

INGREDIENTS

- ☐ 1 teaspoon salt flakes
- ☐ 1 teaspoon white pepper
- ☐ 4 garlic cloves
- ☐ 2 tablespoons rosemary
- ☐ 3 tablespoons olive oil

PREPARATION

Chop and combine ingredients. Mix well through fish fillets and refrigerate for one hour before cooking. Enjoy!

**Sign up for the
2020 Big Aussie
Barbie and help us
bat back against
prostate cancer.**

 bigaussiebarbie.com.au

Prostate cancer – the numbers

- Every 30 minutes, one of our fathers, brothers, or sons is diagnosed with prostate cancer.
- 9 Australian men will die today of prostate cancer.
- 46 Australian men will be diagnosed today with prostate cancer.
- 1 in 6 Aussie men will be diagnosed by age 85.
- This year about 3200 Australian men will die from prostate cancer.
- This year about 16,700 Australian men will be diagnosed with prostate cancer.
- About 1 in 5 men with prostate cancer experience long-term anxiety and depression.
- Australian men in regional areas face a 24% higher risk of death from prostate cancer.
- Australian men with prostate cancer have a 70% increased risk of suicide.
- 72% of Australian men who develop mental illness linked to their prostate cancer will not seek help for it.
- About 12% of all male cancer deaths in Australia are caused by prostate cancer.
- Prostate cancer is the #2 cancer killer in Australian men.
- 1 in 35 Australian men will die of prostate cancer by his 85th birthday.
- Prostate cancer is the #1 cancer among Australian men.
- There are over 220,000 Australian men alive today after a diagnosis of prostate cancer.
- Over the past 35 years, prostate cancer survival has jumped from 60% to 95% - if we keep up the pace of progress we can beat it.

Where your money goes

Nursing

\$78 You can cover the cost of an initial consultation with a specialist prostate cancer telenurse to help a newly diagnosed man understand his treatment options.

\$104 You can cover the cost of sending information packs to eight newly diagnosed men who call our telenursing service.

\$252 You can cover the cost of distress screening for a newly diagnosed man experiencing psychological concerns, ensuring he is referred to expert care.

Research

\$450 You can fund lab testing of a deadly prostate tumour, to help develop new treatments for men with aggressive disease.

\$950 You can cover the cost of one PET/CT scan in a life-saving clinical trial for men who have metastatic prostate cancer.

\$4,750 You can cover the cost of one dose of treatment using a powerful molecule that helps to identify the spread of prostate cancer cells in men suffering from metastatic disease.

\$9,900 You can cover the cost of one treatment cycle for a man taking part in a life-saving clinical trial testing powerful new drugs that target and kill prostate cancer cells that have spread throughout the body.

Sign up to host a Big Aussie Barbie and start a conversation that can save a life.

Go to www.bigaussiebarbie.com.au
or call PCFA on
1800 22 00 99 to get involved!



Apex 40s News

Apex 40 President Julie Primmer, Sunraysia.

Hi to all our members and friends,

What a strange year we are having, especially for those of us in Victoria who have been restricted in movement for many months.

Some people over the last few years had been expressing the wish that life would slow down and give them more time for family and to be at home. Well this has been imposed on the world this year; so be careful what you wish for!

For those of us in some form of restriction, the year may have seemed to drag but now so quickly Christmas is looming. Decorations in the shops for the last month, Aldi catalogue this week advertising Christmas food and adorable wind-up musical carousels and the like. Hopefully we will all be able to gather with our loved ones for Christmas.

Just a few months into our next year will be our long-awaited Bargara Rort. We have a decent number of registrations and they keep quietly rolling in. If you have not registered yet, now is a good time to do it.

There has been no further action involving me on the planning of the 90th Anniversary of Apex in Geelong next year. Presumably there are things happening that I don't need to be involved with.

I hope those of you who are on Facebook are enjoying the past Rort photos that are being posted lately. Lots of memories here. Please feel free to post some of yours or email them to us if you can't manage it.

As this will be our last report for the year, I will take this opportunity to wish everyone a very happy and safe Christmas and a new type of New Year.

Yours in Apex 40,
Julie.

About Apex 40s

Apex 40 Australia Inc. is not a Service Club, but an organisation formed to foster fellowship among past Apexians and their partners, and to retain the many friendships formed during their Apex years. It also exists to assist Apex, when asked, and not to operate in opposition to Apex. It is open to past members and their partners, and also Ex-World Councilors who have retired from their respective organisations.

The Ideals of Apex were to provide a means of forming enduring friendships. So, do you remember the great friendships and fellowship you experienced as a member or partner of an Apex member? Why not continue those friendships and join Apex 40.

Some Apex 40 members decided to form sub-committees which are generally based around past or present Apex Club locations. These sub-committees may meet monthly or less regularly, but all with a view to maintaining and fostering friendships, and occasionally providing assistance to Apex Clubs.

The socialising of individual members with each other, across the whole organisation, never ceases. When on an interstate holiday, for example, members invariably look up acquaintances and friends made during the Rorts. It is a huge social club, and fosters friendships between whole families.

There are currently about 35 active sub-committees, some with memberships in excess of 40, plus 14 'Members-at-large'. Members at Large are active members of Apex 40, living or travelling in areas where there is no Apex 40 sub-committees, or find it not practical to join an existing sub-committee, but still participate in our activities.

Membership is open to all past members of Apex, their partners and members of affiliated clubs.



Bargara 2021

The RORT is back!!

TUESDAY 4TH MAY TO SUNDAY 9TH MAY

2021 - BARGARA QLD

Bundaberg
Southern Great Barrier Reef
Queensland *Where great begins*
www.bundabergregion.org

APEX 40 AUSTRALIA

www.apex40.com Email: 2021bargara@apex40.com

Bargara QLD 2021

APEX 40 AUSTRALIA

RORT

Tuesday 4th May to Sunday 9th May 2021

Just four hours drive from Brisbane, Bargara is situated on the coastline of the Southern Great Barrier Reef and offers an idyllic beachside lifestyle.

10 minutes drive through cane fields is Bundaberg, which is rich with year-round fresh produce and iconic drinks. Enjoy a visit to the famous Bundaberg Rum Distillery or the Bundaberg Brewed Drinks Barrel, or discover the lush botanical gardens and beautiful main street. You are guaranteed to go home with a full tummy when you visit Australia's food bowl so make sure you explore the many cafes and eateries and stop at the roadside stalls bursting with fresh produce. Come and join us at the 2021 Apex 40 RORT!

The RORT

Tues. 4th May
3.00 - 5.30pm Registration at the Bargara Golf Club (Club Bargara).
5.15pm Coach collects members from Bargara Caravan Park for Club Bargara for Welcome Social.
6.00pm Drinks and finger food at Club Bargara.
9.00pm Coaches return to Bargara Caravan Park.

Wed. 5th May
9.00am Coaches depart for a 9.30am visit and tour of the brand spanning new Mon Repos Turtle Centre (completed in 2019 at a cost of \$22m) with morning tea, followed by a drive through one of Queensland's largest fruit and vegetable bowls, via the remnants of a 900,000 year old extinct volcano known as the Hummock Lookout. This scenic stop overlooks the Coral Sea and coastline from the highest local point.
12.30pm Coaches proceed on to Bundaberg's Quay Street Alexander Park gazebo on the river bank, for a Subway platter lunch and refreshments. After lunch, a leisurely stroll through the park to the Alexander Park Zoo on the Burnett River.
3.30pm Coach departs for Bargara Brewhouse.
4.00pm Tour of Bargara Brewhouse with tasting paddies, finger food and pizzas.
7.30 - 9.00pm Coaches return to Bargara.

Bargara QLD 2021

APEX 40 AUSTRALIA

RORT

Accommodation Choices

Bargara Beach Caravan Park *This is the preferred caravan Park*
25 Fred Courtice Avenue
Nelson Park
Bargara QLD 4670
Phone: 07 4150 2228
stay@bargarabeachcaravanpark.com.au
www.bargarabeachcaravanpark.com.au

Bargara Blue Resort
4 Baxter Avenue
Bargara Beach QLD 4670
Phone: 07 4150 1691
info@bargarablue.com.au
www.bargarablue.com.au/

Absolute Oceanfront Tourist Park
117 Woongarra Scenic Drive
Bargara QLD 4670
Phone: 07 4150 2436
oceanfront-park@bigpond.com.au
www.oceanfrontpark.com.au/

All RORT'ers must book their own accommodation. Bargara Beach is the preferred Caravan Park, whilst the Absolute Oceanfront Tourist Park should only be booked if there is no accommodation available at Bargara Beach Caravan Park. The Coaches will pick up from these three sites only, should you wish to stay at another location you will need to make your own way to our coach stop at Bargara Beach Caravan Park.

BARGARA BREWING COMPANY
Bundaberg Rum Distillery

Bargara 2021

The RORT is back!!

TUESDAY 4TH MAY TO SUNDAY 9TH MAY

POSTAL REGISTRATION FORM

You can register using this form or Online. Mail this form: **2021 Apex 40 RORT**
PO Box 5204 Manly QLD 4179.
Online through the website: www.apex40.com

Rorter 1: First Name: _____ Surname: _____
Street Address: _____
Town Suburb: _____ State: _____ Postcode: _____
Country: _____ Email: _____
Mobile Number at RORT: _____ Sub Group /MAL or Org.: _____

Rorter 2: First Name: _____ Surname: _____
Food allergies, mobility or other issues: _____
Arrival Date: _____ Departure Date: _____ Travel Method: _____

Payment: ☐ Tick if you have rollover credit from the cancelled 2020 RORT **Or**
I am registering for _____ person / people at the discounted price of \$380 each
Total Amount owing \$ _____

Make Cheque payable to **Apex 40 Australia 2021 RORT** BSB: 034053
Post to: **Apex 40 Australia PO Box 5204 Manly Qld 4179** Or direct deposit Account: 361301
Use surname as reference

Accommodation Choice: (Booking is your responsibility)

☐ Bargara Beach Caravan Park ☐ Absolute Ocean Front Tourist Park
☐ Bargara Blue Resort ☐ Other _____

Club News

Region 2

Apex in the Wide Bay Region are taking over the reins of Cane 2 Coral 2021.

Apex Region 3 will organise Cane2Coral 2021, keeping the popular fundraising event on track for the future.

The new organisers, volunteers, committee members and supporters gathered at Bundaberg Surf Life Saving Club on Saturday-

"I'd like to thank Apex for taking on this event."

Reminiscing about the first 10 years of Cane2Coral, outgoing committee president Jason Pascoe said a total of \$577,786 had gone back into the Bundaberg community, and 19,926 runners had taken part, with 62 per cent of those being female.

Apex Wide Bay was handed the Cane2Coral



Cane2Coral is a significant community event on the Bundaberg Region's calendar.

For a decade it has not only raised community spirit, but also more than half a million dollars was raised for local charities.

In 2010, Cane2Coral was launched as a community fun run, with hopes to encourage 1400 participants to take part, but to the organisers' surprise 2987 runners hit the bitumen for the inaugural event.

As the annual running event grew in popularity, Cane2Coral founding president Kerry Short said it was amazing to watch.

Right - Steph Scanlan (Bundaberg), Kaye McIntyre (Fraser Coast) and Tara Spotswood

baton for 2021 and the new organisers said they were ready to run with it.

Mr Pascoe said Apex Wide Bay was a charitable organisation who had been actively improving local communities through service work and fellowship in the Bundaberg and Fraser Coast communities for more than 70 years, and they were perfect to take on the community fun run.

"Apex Widebay really impressed us with some of their charitable works including donations to the Children's Ward at the Bundaberg Base Hospital, organising a once-in-a-life-time snow trip to Apex's chalet in Perisher for students at



Bundaberg West special school, the family event 'Santa Fair' and organising gift vouchers for food banks for people impacted by Covid-19, to name few," Jason said.

"One of the great things about Cane2Coral is its wonderful community spirit and we are confident that Apex Wide Bay will continue the strong community focus of the event and the community will continue to support the event by donning their runners again in 2021."

Apex spokesperson Kaye McIntyre said the service club was really excited about organising the Cane2Coral fun run in 2021 and they had already set up a steering committee to start planning.

"Between us, our steering committee have over 15 years experience in event planning, including organising the Mahindra Windslasher Beach Festival at Elliott Heads this year and being part of the Gympie Muster, running two bars and managing volunteer services over the last seven years," Kaye said.

Apex's Tara Spotswood said they looked forward to reaching out to the businesses and sponsors who had supported the Cane2Coral over the last 10 years and have played a huge part in the success of the event.

"We look forward also to approaching new businesses and potential sponsors to come on board so that we can continue to deliver a wonderful community fun run in 2021 and work towards another 10 years of community fun and involvement in the Cane2Coral," Tara said.

The fun run is planned for 1 August 2021.



Blacktown

This is a project that the Apex club of Blacktown has been doing for a few years. Sponsoring the Eastern Creek Soccer club under 8's the money we donate helps the kids that can't afford the registration fee. It's a fantastic project and gets kids on the field that would not normally have that opportunity. Don't you just love the Soccer playing Dunk?



National Convention Queensland Catch Up WANDOAN

This year due to Covid-19 our National convention will be held in a unique way. Across Australia, Apexian's will be joined in groups where they can, to come together via Zoom to have the Annual AGM. For those able to travel within Queensland, also the few that are in the boarder surrounding the Queensland boarder, will be journeying to Wandoan for the Queensland Catch Up from the 13th to the 15th of November.

Wandoan is a town and locality in the Western Downs Region, Queensland, Australia. It was formerly known as Juandah. It is on the Leichhardt Highway about half way between Taroom and Miles and is the centre for the local cattle industry.



ITINERARY

Friday 13th November

Come and meet your fellow Apexians for fellowship
Dinner & Drinks (Own cost) Pick up Convention Shirt \$45
Juandah Hotel – Lawton Street, Wandoan Qld 4419
Time: 6pm
Dress Code: Club Shirt (Represent your club)



Saturday 14th November

Convention
Cultural Centre – 6 Henderson Street, Wandoan Qld 4419
Breakfast: 8:00am (Wear your Convention shirt for Group Photo)
AGM via Zoom: 10am approximately
Morning Tea and lunch: TBC
Training: TBC
(At the time of printing the days running sheet was not fully available)
Apex Dinner
Cultural Centre – 6 Henderson Street, Wandoan Qld 4419
Time: 6pm
Dress Code: Hats & Boots (Teeth are Optional)



Apex Bar – Cash Bar



Helping Aussies Reach their Peak

Apex Gives Families 10,000 Reasons To Celebrate

Parts of Stanthorpe and the surrounding areas suffered devastating losses during the 2019 bushfires causing lasting trauma and financial burden to residents. Many of us remember watching this disaster unfold, and it may seem like a distant memory after the whirlwind of uncertainty and change over the past 12 months. However, many families are still struggling to regain a sense of security and normality following this major blow.

On Friday 31 July, Lifeline Darling Downs and South West Queensland was presented with a generous donation of \$10,000 from Apex Australia. Thanks to this donation the organisation was able to provide much needed support for four families impacted by the bushfires. The Apex Foundation and their National Board collaborated with Lifeline Darling Downs and South West Queensland and the Southern Downs Regional Council to donate payments of \$2,500 each to four families who lost their homes to the fires.

\$2,500 each will support four families who lost their homes to bushfire in 2019.

"This has been a wonderful three-way partnership to identify four families who lost their dwellings as a result of the September 2019 bushfires and arrange payments for these families as quickly and securely as possible", Lifeline Darling Downs, CEO, Derek Tuffield OAM said.

Lifeline would like to thank Apex for their considerate contribution to this cause. This donation will help these families to get back on their feet after facing such devastating hardship.

The Apex Australia Bushfire Appeal Fund was spearheaded by past National President, Mick Godfrey. The Fund gratefully received donations from Apex Clubs, individual Apexians, friends and members of the public. All donations received were matched dollar for dollar by the Apex Foundation and have been distributed in many bushfire ravaged regions.

"Our hearts go out to those who were, and still are, effected by those bushfires. Apex Australia is very proud to announce that every single dollar donated was distributed to those in need. We are also very proud of our ongoing relationship with Lifeline Darling Downs and South West Queensland", Apex Australia, National Secretary, Adam Stewart said.

If you or someone you know needs support, reach and call Lifeline on 13 11 14 (24 hours, 7 days a week) to have a confidential conversation with one of our phone counselors. For all other enquiries call Lifeline Darling Downs on 800 951 052.



Representatives from Apex Toowoomba - Craig Martin, CEO of Lifeline Darling Downs Derek Tuffield OAM, Liam Scott and Adam Stewart

The Apex Club of Bairnsdale presents

Kick 2020 to the kerb and say hi to 2021 with enough *beer for a year!

Drawn 31st December 2020 at 5pm

Tickets Only \$10.50ea

<https://www.trybooking.com/BLIRU>

*Can be substituted for equivalent value in
vouchers for food or petrol

ONLY 365
tickets
available!

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residents of
ACT, WA, NT



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

The Apexian, November 2020 Issue 40

