



ISSUE 44 December 2021

APEXian

News and Views from the clubs of Apex Australia

*The Christmas special - jam packed with
news from your fellow Apexians ...
Building Better Communities*



*Santa comes to Caboolture with Apex Caboolture's
world famous Santa Run!*



CHRISTMAS

CAROLS AT ULVERSTONE

We came together, sang some carols and watched the moon rise above the sea and the warm sun set. Thank you all the Club's supporters - Ulverstone Repertory, Ulverstone Secondary College, Ulverstone Municipal Band, Ulverstone Football Club, Traditional French Street Crepes, Dev's Dumpling Den, Bombshell Coffee, Pizzirani's Cucina

All of your Christmas favourites were performed on Saturday night at the Ulverstone Christmas Carols.

The event has free entry and no tickets are required.

Anthony Mihal of the Apex Club of Ulverstone said that there was something for everyone.

"The gates are opening early, so you can get some food from street vendors," he said.



"We've got some really good, awesome street food, but if you just want a hamburger and chips the football club is opening the canteen as well."

There are set to be performances from a number of music groups.

"Performance wise, it'll be students from Ulverstone Secondary College, local performers from the Ulverstone Repertory Theatre Society and will be the Ulverstone Municipal Brass Band to begin with," Mr Mihal said.

Capacity for the event is 3000, with Mr Mihal hoping the turn out will be similar to that number.

"We've got plenty of capacity - we should be able to fit everybody who turns up.

With COVID still lingering, the Apex Club of Ulverstone has COVID-safe plans in place for the event.

"We had to prepare a quite extensive COVID plan and make an application to the director of public health,"



Alex Ulverstone Christmas Carols organisers Jack Crouch, Josh Rowe, Anthony Mihal, Georgina Harvey, Joseph Robertson and Tate Thow.



Mr Mihal said.

"There was a lot of paperwork this year - much more than last year."

Those attending the carols who are over the age of 12 will have to wear masks, which will be handed out on the front gate.

All masks and hand sanitiser for our carols donated by BJR Engineering Supplies. Once again a local business supporting our community. So next time you're heading out to Bunnings to buy tools, think about stopping at Trevor Street first to support a family business.

Castlemaine

Santa and his helpers from the former Apex Club of Castlemaine were out and about again on Christmas Day, visiting the young and young at heart across the region.

The dedicated volunteers have once again busily made pre-packed lollies and icy poles to spread some much needed Christmas cheer.

Past Apexian Stephen Cooper said their volunteers gathered from 6.30am and hit the road from around 7-7.30 on runs throughout Castlemaine and Campbells Creek, out to Chewton and Elphinstone and Guildford. Well done on keeping this proud 84 year tradition going!



National President's Report

Dear Apexians,

It is hard to believe that Christmas is just passed us by. As we head into the New Year and reflect on this past year its worth noting the great achievements that we have done as Apexians. I would like to acknowledge all our awards winners from the 2021 National Convention and congratulate those who won and those who nominated on their efforts.

As a board we have been focusing on the future as we believe we need to rethink the way Apex runs going forward so that we can attract young vibrant members. We had a Face-to-Face meeting in Adelaide in November and made significant progress on many issues. We are not yet where we would like to be but plans are in motion in the key areas of finance, membership, communication and compliance. I thank Life Governor Jim Hughes AM for his continued support, advice and mentorship of the National Board.

If you are not aware the voting has been sent to you via the Regional Communicators and if you haven't received them as yet, please reach out to your RC, as we are trying to get your votes back ASAP so we get to work on the national project.

The financial voting will be released early in the new year as we expect to have both audits completed by the end of January, which is positive, as there has been a lot of work completed

already in this space.

I would like to acknowledge all the clubs and members that participated in the Polished Man campaign we raised \$1663 which is a great result. I thank Kaitlyn Harasym and Louka Parry for donating their time to speak and waving their presentation fees for a donation to the Polished Man.

Thank you to those who participated in the National Convention. Whether it be in person in Bundaberg or via zoom, your dedication to Apex Australia is appreciated. For us to thrive as a National Association, we need the active participation of current and past Apexians.

Included in this edition, are details on a membership drive on Australia Day. We encourage clubs to get out to the Australia Day celebrations that local councils run and actively spend time dedicated to the recruitment of new members. Anyone who attends local community Australia Day functions is likely to value where they live and potentially could have an interest in joining your next dinner meeting. Lots of people who join Apex did it because they were asked.

Yours in Apex,
Merry Christmas & a Happy New Year,



Adam Stewart
National President 2021/22

The Funding Centre

The Funding Centre is Australia's smartest grants database and fundraising website. Start out with their FREE suite of tools and resources to learn about the strength of the seven pillars of fundraising, and get guidance on how to improve your fundraising.

<https://explore.fundingcentre.com.au/tools-resources/fundraising-fundamentals>

Search for grants here: <https://www.fundingcentre.com.au/grant/search>

If you think your club or community group would benefit from a subscription to the grants search please email modod@me.com

THE 2021 APEX NATIONAL AWARDS

Congratulations to all the winners and nominees this year it was great to see all the amazing work, events and projects happening around the country despite the impacts of lockdowns, restrictions and COVID enforced rescheduling.

Past Apex National President Bethany Paterson said "it was my honour to announce the National Award winners for 2021 at the recent Zoom Convention hosted in Bundaberg. As my term as National President has come to an end, it was fitting to finish my duties with a reflection on the achievements of Clubs and outstanding individuals across Australia."

The Apex Club of Bairnsdale, cleaned up this year, taking out four of the nine awards including Club and Apexian of the year.

Apexian of the Year Elise Malberg said that “winning these national awards has opened doors and given the club a huge boost in local publicity. Suddenly everyone knows who Apex is and is helping to celebrate their success.”

Elise has been extremely involved in the last year undertaking the National Service Project on behalf of the Bairnsdale club, helping run the Colour Ya World Festival Event, attending many interclub events, keeping club spirits high during a period of low membership, and finding creative solutions to COVID restrictions to allow the club to continue running events and raising funds.

During 2021 the Apex Club of Bairnsdale grew from three members to six, put in 463.5 hours of service work. They undertook 10 service events including the Colour Your World Festival which raised \$8000 for the local Mount Taylor CFA, Mother's Day Classic fun



Elise Malberg - 2021 Apexian of the Year

run for the Cancer Council and a working bee at the Apex Magic Castle, numerous social events and three interclub and national events.

Congratulations Elise and the Apex Club of Bairnsdale on an amazing year.



Awards

Apexians are often quiet achievers who don't blow their own trumpet, but our National awards process helps us celebrate everything that is great about Apex, ensures that deserving people are recognised, promotes a culture of celebrating success and serves as an inspiration to others to do great things in their community.

This year's award winners range from humble hard-working new Apexians to clubs who have raised thousands of dollars in the middle of a worldwide pandemic, a testament to the resilience of Apexians in times of adversity.



Apex Australia Club of the Year
Apex Club of Bairnsdale
Apex Australia Best First Year Apexian

Taryn Buffham - Roma
Apex Australia Young Apexian of the Year
Stephen Woodgate - Traralgon
Apex Australia Apexian of the Year
Elise Malberg - Bairnsdale



Service Project Award Apex Club of Bairnsdale

Pictured above is Stephen Woodgate from Apex Traralgon receiving his award.

Additional Award winners are:

Apex Australia Newsletter
Award

South Toowoomba
Apex Club
Apex Australia Publicity
Award

Apex Club of
Bairnsdale

Citizenship Initiative Award

Jamestown
Apex Club

Apex Australia RC of the
Year

Luke Corkett -
Albury

A summary of all the award winners, nominees and their achievements can be found on the Apex Australia website - apex.org.au

Dear Apexians,

The Apex Australia Day Project has been developed by the Apex National Board. Apex Clubs around Australia are typically involved in Australia Day celebrations within their own community every year in some capacity. We may be setting up the event, hosting, cooking, parking or just celebrating our National day.

We're already involved in Australia Day so let's make the most of it! We see this as a great opportunity to speak to community members and in particular our new Australians and discuss with them the attributes of the Apex Association - think of it as a recruiting opportunity. Not only will you have new Australians who are clearly excited about joining your community, there will be other community minded people at the event that may be waiting to be asked "Have you heard about Apex?"

Some simple instructions-

- Assign a project manager—we suggest that your

Club President or Membership Director are ideal.

- Simply fill in the attached document with the relevant details.

- Ensure that your facebook page/webpage is up to date and appealing.

- Attend your local Australia Day celebration and identify potential Apexians.

- Introduce yourself and talk about what we do best. Provide them with the information sheet.

- Record name and contact details so you can follow up.

- Offer assistance to get the person to your next meeting.

- Let your Regional Communicator know how you went. We want your feedback as well as ideas.

For further information contact your RC!

VIA

Simon Grant

National Secretary

Apex Australia Day Project

A sample script for you:

G'day! Welcome to our community.

We're from the Apex Club of _____

We are a Volunteer group who give back to the community and we would like to get to know you.

Our meetings are on _____ at _____

Our Club President/Membership director is _____

Contact phone number _____ Email _____

Apex is a volunteer community service organisation that offers active Australians aged 18 to 45 an opportunity to learn more about themselves, gain new skills, make new friends and help those in need.

Apex is Australia's only home grown community service volunteer network.

Within Australia our network extends to every state. No matter where you are, Apex is a great way for you to grow, learn, make new friends and have fun while helping others!

We would love to see you at our next meeting and we can arrange transport to get you there if required. Please contact our Club President/Membership Director for more information.





Apex Australia Day Project Planning Sheet



Apex Club of _____

Project Manager _____

Regional Communicator _____

Attended meeting/service?						
Transport required?						
Follow up contact						
email						
Phone						
Address						
Name						



Apex... it's another word for Aussie made volunteers!

Club News

Brisbane

At the National Convention, guest speaker Kaitlyn Harasym spoke about the polished man campaign. She gave us a lesson in fundraising and increasing our social media profiles. The Polished Man efforts are simple. Paint a nail to show your support of 1 in 5 children that experience violence in their lifetime. The National Board asked clubs to paint nails and post on facebook. we had over 10 clubs do this and Apex Australia raised \$1683, with \$200 donation from The Apex Foundation to help out. Below is the Brisbane City Apex Club getting involved.

***Thanks to all clubs
that supported.***



Beaufort

Apex club holds men's mental health forum

By Athos Sirianos

A PIN drop could be heard as the Black Dog Institute's Peter Green addressed the 35 men assembled inside the Beaufort Apex Club Hall.

Despite coming from different of the community, the group could not be any more united in its attentiveness towards mental health and the significant role it plays in the lives of many.

One in seven Australian men experience depression, anxiety or both in any year, with men also discovered to be "far less likely" to seek help in comparison to women – something members of Beaufort's Apex Club seek to rectify, with the night's discussion around mental health extending beyond that of Mr Green's seminar.

"It was good to see so many familiar faces in the community coming in and focusing on men's health," Apex president, Alex Thorpe said.

"Especially being international men's day, it was a fitting day to have this talk and learn about mental health and learn how it affects us.

"This is really important, especially for people unsure about where to seek help if they are struggling. Bringing people together and identifying what's out there, we've all gone through quite a bit recently and just sharing experiences it is a really good way to help people through it."





A transition into an impromptu open forum saw several members and guests open up about their own difficulties, while also addressing the importance of reaching out to loved ones as well as professionals.

Comparing one's own internal struggles to those of others was also highlighted, with those in attendance keenly pointing out no one should feel as though their own insecurities or causes for anxiety are not significant.

"We're all about mateship and support and making sure we're there for each other. It's easier to go through some thing with friends than standing alone," Mr Thorpe said.

"The great thing about communities is there is always people to speak to."

Apex Australia Podcast

Hopefully you have heard about The Apex Australia Podcast. It's a new and exciting Podcast featuring stories about Apex and its impact on people and communities. Available to listen to on Spotify, Audible or iHeart Radio. With 6 episodes released in Series 1, help make this Podcast the biggest community service Podcast in the world by listening to each episode and following on your preferred platform. Spotify is easily downloadable for free. Simply Type "The Apex Australia Podcast" in the search function. What a great thing to listen to in the car when you are out Road Trippin' to an Apex Event! Tell your clubs, mates, families and even total strangers. Get on this early so you get to say you were there at the start!





Ulverstone

The Apex Club of Ulverstone is performing the role of Santa Claus this Christmas by delivering bikes to three different schools in the area.

The bikes will be donated to students who may otherwise go without gifts and is a partnership between the Apex Club, New Mornings and West Ulverstone Primary, Ulverstone Primary and Ulverstone Secondary College.

"The Apex Club approached New Mornings about the idea of generously giving these bikes to the kids through the schools," New Mornings mentor Rupert Penrith said.

"The whole purpose is to bless those families that are doing it tough."

Apex Club president Josh Rowe explained why they decided to donate the bikes to the schools.

"We are a community group and we are always looking for ways to give back to the community and so as a club we had the idea of

donating some bikes to some families in need at this time around Christmas," he said.

"It's a good thing to do as some kids might not receive a gift like this or may not have a bike."

West Ulverstone Primary School principal Angela McAuliffe said the bikes would bring some excitement to the families that receive them.

"I guess it means we will have some really, really excited families come Christmas time," she said.

"Yes they have a bike, so it can be a means for them to get themselves to school but we also see lots of our children riding bikes without helmets so getting a bike and a helmet is really exciting for our families.

"I think it will take some pressure off them if they are really worried about finding money to buy gifts and for some families, it may be the only thing they do receive."



Apex Club of Ulverstone members Damien Hammersley and president Josh Rowe, New Mornings mentor Rupert Penrith and West Ulverstone Primary School principal Angela McAuliffe with the donated bikes.

Save the Date

**WA State Catchup
4th - 7th March 2022
Wongan Hills**

More details to follow soon.



Wongan Hills

2022 Apex WA State Catch Up

March 4th – 7th

Hosted by the Apex Club of Wongan Hills

*“Come and chill in the Central
Wheatbelt”*

#GOWA

The Apex Club of Wongan Hills is proud to be hosting this years State Catch Up and showcasing what our part of the World has to offer. Catching up with old Friends or making new ones, this is one event not to be missed. See what a difference you can make to the future of our great Association

For more information follow us on Facebook at Apex WA State Catch Up or Log onto the Wongan Hills Tourism website for more

information about what this area has to offer.

www.wongantourism.com.au

Get along and see why this has become a must go to event on the Apex Calendar

Bunbury Koombana

The Apex Club of Bunbury Koombana is getting ready to wind down for the year but before we have a break for Christmas, we have been out in force supporting our community.

We assisted the FODUP committee with their Annual Christmas party at Des Ugle Park... boy it was a warm one!

Cooking a Free sausage sizzle which we have done for several years now, they were celebrating their 25th Anniversary this year. This event is quite close to the hearts of Bunbury Koombana as this event is to support the lower socio-economic areas of Bunbury.

We also had a team entered in Relay for Life this year and managed to raise \$2000 for the

CLUB NEWS

Continued from page 7

Cancer Council, it was great to get together and have some social whilst supporting a great cause. Kathryn the club's treasurer smashed out 100 laps. We also cooked breakfast for the participants the next morning before returning to the track to do more laps as a team we walked almost 180kms.

Bunbury Koombana will also be celebrating their 1600th Dinner on the 8th of January 2022. Please email the club Bunbury@apex.org.au for more information we would love to see you there.



The Apex Club of Bunbury Koombana's
1600th Dinner Meeting

08 | 01 | 2022

invitation to follow



Geraldton

Geraldton residents passionate about making their community a better place have been recognised for their hours of voluntary service.

The 13th annual Volunteer of the Year awards ceremony was hosted by Centacare and the City of Greater Geraldton at Queens Park Theatre last weekend.

Centacare director Perlin Simon said the awards celebrated the "outstanding efforts" of locals "who don't necessarily have the time, (but who) just have the heart" to volunteer.

More than 90 guests attended the night of nights for volunteering in the Mid West, with Northampton resident Amy Teakle taking home the top gong for her service to the community.

Geraldton PCYC Gymnastic and Apex Club member Indi Reilly was named youth volunteer of the year, saying she "just likes to help people".

Berowra

Berowra Apex has been a regular supporter of the Salvation Army.

Across Australia – in cities, country towns and rural communities – the Salvation Army's work touches every demographic and age group.

Christmas 2020 saw Berowra Apex act as a proxy for dozens of community donations of brand new toys,

with the local community reaching deep in challenging times to support children in need.

Apex also put together close to a hundred hampers, tailor made to the Salvation Army specification to provide welcome relief and support to families doing it tough.

For 2021 the toy collection is well underway and the hamper shopping list ready to go. Apex Santa has had his suit dry cleaned and we've had some local donations of lollies to hand out to the community during our annual Santa runs.

CLUB NEWS

Berowra continued

Check out our Santa tracker for more information

<https://santa.berowraapex.org.au/>

Merry Christmas to all fellow Apexians.´

Cheers,
Dave aka Chopper



Capricorn West

In November one of our members Amy Patterson-Kane had Dane Figueiredo come into her work place looking for sponsorship for his son Coen Figueiredo who has been accepted into the Joeys All Star Soccer Team where he will travel to Germany in June 2022 for a 23-day playing and coaching opportunity of a life time.

After speaking with Dane Amy told him that she was a member of the Apex Club of Capricorn West and the club might be able to help Coen.

Amy told the club about Coen at the next meeting and it was decided that Cap West would donate \$200 in Sporting Gear to Coen for him to use in the Multi Draw Raffle his family is putting together to raise the \$7,800 needed



Top & Left - Apexians from Berowra packing some Christmas Cheer. Above - Apexian Amy Patterson-Kane presenting their donation to Coen Figueiredo in Gladstone.

for his trip.

As a new club this was one of Cap Wests first changes to make a community donations and the club is very excited to see how Coen does in the future.

Shoalhaven Heads Apex Cottages For Kids *(SHACK) NSW*

The SHACK is located at Shoalhaven Heads on the NSW South Coast approximately 150kms south of Sydney. The complex consists of 6 fully self contained units each with two bedrooms, lounge, kitchen, dining and bathroom facilities. There are separate laundry and BBQ facilities. Across the road is the beach, the golf club and the fish are plentiful in the adjacent Shoalhaven River.

The SHACK had its beginnings in 1989 when the Apex Club of Berry, headed Ray Vincent and other members formed a Committee to investigate an idea to build a facility where families could come with their sick kids to have a holiday.

The project was supported by the then Zone 2 Convention as an Apex Service Scheme.

After the raising of \$260,000, with valuable support from building suppliers, the local community and Apex Members, the SHACK was constructed on land leased from the NSW Lands Department.

The SHACK was opened in 1992 and with

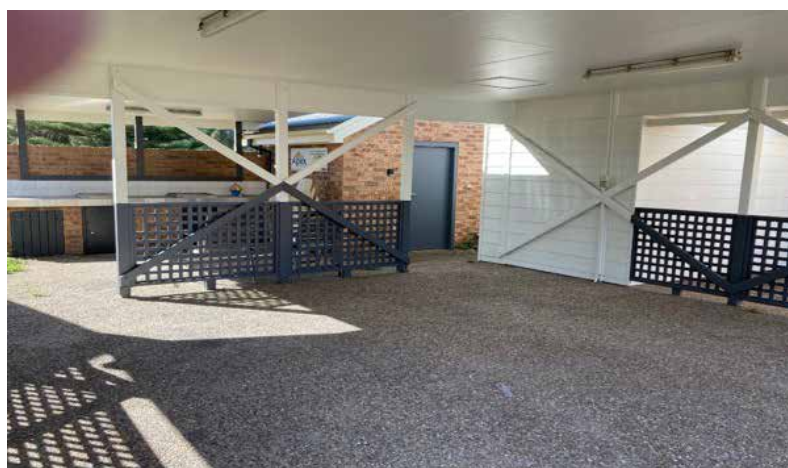
funds left over, together with a contribution from the Apex Foundation, the land was purchased from the Department and the complex was transferred to the Foundation to remain in perpetuity.

To this day the SHACK is maintained by Ray with the support of his family and a Committee consisting of those past Apexians who were part of the Apex Clubs who worked so hard back in 1990s to build this amazing complex.

The SHACK is now opening up again for the Christmas School Holidays after being closed due to COVID 19 and, during the lockdown, the exterior was painted and work commenced on renovating the bathrooms. The recent work has been supported financially by local donations, a grant from Pfizer and a bequest from the Estate of Paul Rowland who was an inaugural member of the SHACK committee, and Life Member of Apex Australia and the Apex Foundation.

You can visit the website apexfoundation.org.au to make a booking for a family you may know who is in need of a holiday by the sea or contact the Foundation Executive Officer Clement Fernandez on 02 92537775 or 0401 398 472.

Brian Powe
Director Apex Foundation



Bundaberg - The Almost National Convention

Well Bundaberg is really starting to think they may be cursed....

2020 – Didn't happen thanks to COVID but Qld was able to meet in Wandoan and spread the love to a small town with a great Apex Club.

2021 – ran but only open to QLD and Past National President Bethany Pattenson and Regional Communicator Daniel Lascells from SA who were able to jump the border, and let's not forget the Tasmanian – RC Kevin Van Helfteren.

Bundaberg will give it one more shot in 2022 if we can't pull it off then – Bundaberg Quits, but should this go ahead we have already had 2 trial runs so far so we will be a well-oiled machine and have it running like clockwork for 2022.

The 'Cursing covid catch up'.

To the members that were able to join the crazy crew in Bundaberg – We had a blast.

A few of our members were able to get in a day early so like good hosts we just had to show them a bit of our town. What is a trip to Bundaberg that does not include a Bundaberg Rum tour to the factory! Certain members were in heaven walking through the doorways of their favorite beverage's humble beginnings. I am sure they will be the first to line up once again alongside the rest of the Apex Australia when we hold the tour for those who missed

out.

Having a few Rums before lunch makes you a Pirate not an alcoholic! Once our tastings were completed and many purchases made in the gift shop, we were treated to a great bus ride to Grunskes. Just a humble seafood restaurant overlooking the river slowly flowing through Bundaberg. The favourite styles of seafood were selected for lunch by the members present and of course some more refreshments were in order. After lunch at Grunskes and collecting the latish Taswegian – the tour group was off to do to the Bundaberg Ginger Beer factory. Although this is a soft drink fractory the tour group somehow managed to obtain the secret information as to what flavors of the beer go well with which additives, watch this space as I believe many fellowship ideas will come from this tour!

Apexians in attendance all gathered Friday night for an amazing dinner cooked by the Bundaberg club and enjoyed the fellowship between new and past and young and old Apex members. There was alot of learning this night about glitter and all of its uses... And all things apex of course. After dinner drinks glitter and many a yarn a few Apexians felt they needed to check out down town Bundaberg and see the sights and the establishments for an extended period of fellowship. After the Bundaberg night life tour some nameless Apexians were in great need to check out the temp of the hotels pool at 2am, we all got a little sleep and back to it.

This year we also added a lower cost option for fellow Apexians traveling with a caravan or a swag. We had running water, hot shower, flushing toilet, power and even a camp fire (that never got lit as there were only 2 Apexians that made us of the 5-star glamping - only a 5 min Apex courtesy mini bus ride to the event. This option of Glamping will be available for next year's convention as well and we hope to see many swags, tents, campers and caravans as



the space can hold.

One positive outcome that has come out of this COVID virus is that our Association have embraced the idea of using Zoom to bridge the gap in this vast land of ours. We had 45 Apexians in Bundaberg - all able to communicate with Apexians all over Australia. Not only for the meeting but to have a bit of a laugh and a catch up. As an association we have evolved with the times and embrace some of the changes to use to our advantage to continue rendering altruistic service and building better communities.

We were lucky enough to have two fantastic guest speakers - Kaitlyn Harasym speaking about the Polished Man, going into great depth behind the blue fingernail and the story and differences this idea is making. Louka Parry spoke about being the driver of your own life and taking on leadership skills and being a better person for your self and community. Great inspiration for those in leadership roles in any aspect of their life or those who are thinking about stepping up and being the driver in shaping their identity.

Saturday afternoon saw a few hours of free time – and for those who may have hit it a little hard the night before a few hours to sit around the hotel pool and spin a yarn or share a joke or two or to

simply rest and refresh were in order. This was before coming back to the venue to enjoy a delicious three course meal, an apex bar and some more good old Bundy Rum. For the few Apexians left standing for the second night – “Down town” we went. This was as always, a funny night and one that can only be recalled in a heavy fine session.

What kind of hosts would we be if we didn't give everyone a good feed before heading off on Sunday morning? There was more great Apex cuisine and a final gathering of fellowship before we all hit the road. Some members trips were more eventful than others by needing assistance from other Apexians, and some interstate Apexians beat the Queensland Apexians home!

We would love to say a big thank you to those who were able to - and who made the trek to Bundaberg Cursing Covid Catchup. To those who were not able to join us but we were able to see your smiling faces via Zoom and to those who were not able to join us – I hope that we are able to see your smiling faces again very soon and share a cold one. We look forward to seeing and hearing what all Apex clubs have been doing through out 2021 and 2022 back here in Bundaberg.

See you all in Bundaberg in October 2022. Watch this space for details.



L - Apex Foundation President Tony Wilshire presenting at Bundaberg 2021.
R - Apex National President Adam Stewart welcoming Apex Life Governor Jim Hughes AM.



Free Governance Advice

Need help setting the agenda? Damn right!

Without a good secretary, your not-for-profit can kiss good governance goodbye, which is why the Institute of Community Directors has produced a new free 48-page guide, with the support of the Commonwealth Bank, providing what it says on the cover: Damn Good Advice for Board Secretaries.

We estimate that more than one million Australians will act as a secretary at some time in their lives. A good secretary is a good leader and a fount of knowledge about the organisation, and can keep your NFP on top of its governance obligations. So what should really be on the agenda?

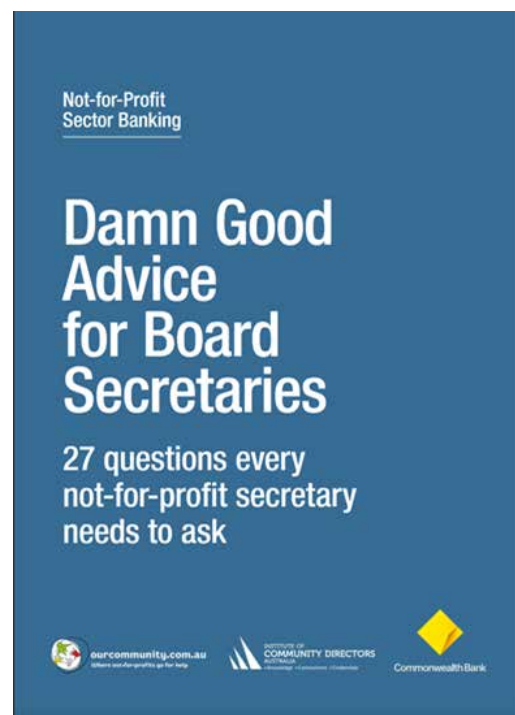
Damn Good Advice for Secretaries offers these great tips on building an "ideal agenda", which should contain "as little as possible":

- The agenda is structured to reflect the particular aims of this meeting, rather than being identical to all previous agendas.
- Each item requiring a separate decision is listed separately, with a one-paragraph summary provided to ensure everyone attending the meeting is at least moderately well briefed about what's going to be discussed. Each such item is backed up by a written motion.
- The agenda is easy to read and navigate, and the text is big enough for people with weak eyesight to read.
- The agenda is pithy, with enough information given about each item to give a good overview of the issue without being cluttered with irrelevant details.
- Urgent items and those requiring energy and fresh ideas are placed towards the top of the agenda, leaving scope for less important items to be deferred if time runs out. Complicated issues, or those that require more detailed attention than an ordinary meeting can allow, are saved for a special meeting or sent off to a subcommittee.
- Each item is marked clearly as for decision, for discussion, for information, or for action. There's a suggested time allocation next to each item, with more time allocated for issues of higher importance.
- A recommendation (or several recommendations that clearly show the options available to the board) is provided for each agenda item that requires a decision. These recommendations are expressed clearly and are free of ambiguity.
- Supporting materials (budget sheets, reports, etc.) are clearly marked (e.g. "Attachment One"), with the number noted in the corresponding agenda item.

The Commonwealth Bank's head of not-for-profit sector banking, Julianne Price, said the latest in the Damn Good Advice series provided "practical and down-to-earth advice to help unpack the actual role a board secretary performs".

"It's a great resource which provides support for people who perhaps are wanting to, or have taken on the role of a board secretary for the first time and provides a solid foundation to help improve the understanding of the governance role within an organisation," she said.

<https://communitydirectors.com.au/advice-guides/damn-good-advice-for-board-secretaries>



APEX 40s NEWS

Ok, so you've all heard about this Apex 40 thing (you know the group for retired old farts all around Australia still enjoying fellowship), well maybe you've left Apex, or are about to let the young ones do their thing BUT you just don't want to sever ties quite completely !!

Well if this is you, then Apex 40 could just be for you.

Firstly if you are on your lonesome then you can join just as a member, its called "MAL" which stands for "Member at Large".

group (due to silly wording we have to call them "sub committee's" but lets face it , it's a group or club if you prefer).

One HUGE difference between an Apex Club and an Apex 40 group is there's nothing official, no boring meetings, no collecting fees , its really just a group of retired Apexians still having fun.

Oh sure there are membership fees to Apex 40 (currently \$7.50PP a year) but that's it (members can pay direct but its easier to collect these once a year and bank directly to



You can be anywhere, with not another ex Apexian in sight but still belong to the Apex family as a member of Apex 40.

You'll then get our regular newsletter which will have lots of information on happenings around the country including our annual Convention (called a RORT). Rort means " having a good time" not rorting the system , and that's all we do. Our annual business session goes for about 15 minutes and just ticks the boxes for the FairTrading Department , otherwise its about 5 days of fun and fellowship!

However, if there's more than 1 of you, what we'd really love you to do is start another

the account). And that \$7.50 what's that for?? Well believe it or not we spend about 50 cents a member on administration and the remainder almost totally goes to insurance (so that if anything happens to you whilst at an Apex 40 do you are covered).

How many do you need to start a group, well, more than 1, but ideally if you had say 4 couples, and a couple of singles that's plenty to kick off a group, more is better, but even less will work.

What do you have to do??

Continued on page 24

Apex History

Association of Civilian Widows

The story of the Association of Civilian Widows began in Western Australia where Apex Clubs began a project to assist civilian widows to fight for the ordinary things in life which so many of them lacked at that time; sufficient food, clothing, housing and education for their children. In 1957 and with a success in WA under their belt, Apex brought the "Aid to Civilian Widows Project" to New South Wales.

It was to be a two year project, from 1957 to 1959. A series of advertisements were placed in newspapers, seeking civilian widows who were interested in forming an association, which would campaign to secure better treatment for widows and their children.

Director of the scheme was Apexian, Len Bosman, and the first meeting was held in his place of business, Lyndel Lodge in Hurstville. Branches were formed all over the state, starting in Wollongong, Hurstville, Rockdale and many other places. Before the branches could be formed into a state organisation, a small problem revealed itself. There already existed a registered organisation calling itself The Civilian Widows Association, formed in 1949 by the United Association of Women.

When approached, the women of the CWA agreed to join the Apex project and became the Sydney Branch of the Association of Civilian Widows (NSW).

The inaugural State Conference was held on the 23rd August 1958 at the CENE Auditorium in Castlereagh Street, Sydney. It was a small hall, not large enough for the numbers attending: 392 women and 93 Apexians. The meeting was chaired by Len Bosman with his committee Apexian Carl Baumgarten, Jim

McBurney, Hal Westall, Don Stanmore. Others present were Brian Quigley, Charles Sayers, John Bryant and Norman Clapham.

Delegates came from 53 Branches, some of them accompanied by their Apexians. Quite a few branches were not able to send anyone.

The meeting elected the following office bearers:

President Mrs Hennington – Wollongong,
Secretary Nance Monk – Hurstville,
Treasurer Flo Wait;
Committee: Mrs Breakspeare – Rockdale,
Mrs Ebert – Randwick
Mrs McKibben – Drummoyne
Mrs Sparks – Bankstown.

The following March, Mrs Hennington resigned and Eva Franks was elected in her place, a position she held for 11 years. Two things stand out from the photographs from those early years, the youthful faces of the Apexians, and every one of the women are wearing a hat.

The next step was to find an office. A central location was needed so that members coming in from the country for help or advice would have no difficulty finding it. At this stage there was no money. The Family Welfare Bureau had been given a wooden building that had been built on the corner of Castlereagh and Martin Place where Westpac Bank now stands.

The Bureau kindly offered ACW the use of half their kitchen table as their office and so 28 Martin Place became the Widow's address. Space at the table was limited and while the Widows secretary was attending to her duties at one end of the table, tea and scones were being served at the other.

At the first State meeting, it was decided that Branches would pay a levy to Headquarters so that the office and its services could be expanded. As money came in, another of the rooms in the building was obtained. Fruit boxes placed

on their sides on top one another, with a curtain hanging over their open fronts served as a cupboard.

Someone donated a typewriter and the Widows were in business. From Martin Place, the Widows moved to a room in a building on the corner of Elizabeth and Park Streets. Here they remained for some time before acquiring their own headquarters at Petersham. This was a two storey building which accommodated a hostel on the top floor with rooms for visiting Widows.

Office space and meeting rooms were on the ground floor. Money to buy the building came entirely from the members, a tribute to the hard work of many women.

Support from Apex went well beyond the two years of the initial project. When the Widows moved to their Petersham Headquarters in 1965, the young men of Apex gave up many days of their spare time in a program of repair, renovation and maintenance.

Port Macquarie Hydrotherapy Pool



Civilian Widows Grafton (Pictured above) President Nancy Gilmore at centre. Taken at their last meeting in 2006 following nearly 50 years of service.

Mrs Gilmore said she remembered when widows and their children were treated like second class citizens. "That's what we stand for - welfare for widows, especially the children," she said. In 1958, when Civilian Widows was formed by Apex Clubs, Mrs Gilmore said the children of civilian widows were entitled to less than ordinary children. We didn't get any recognition or support from the government," she said.



1971 - Port Macquarie High School's sixth form class presented a cheque for \$662 to the Port Macquarie Apex Club last week for the new hydrotherapy pool at the hospital.

The money was raised when the sixth form held the mayor C.C. Adams to ransom. The pool is being provided as a project by the Apex Club.

Pat Unicom hands the High School Sixth Forms donation cheque over to Dick Kelly, Apex Club President, 1971.

Apex 40s continued from p21

Seriously not much, you can socialise (meet) as little or as often as you like, that can be as simple as catching up in a backyard, to a coffee morning, or a few beers at the pub or a more lavish dinner out one night.

Come up with a name, some examples "Redlands Apex 40" (encompassing an area in QLD where I live), Moree Apex 40 (a town in northern NSW where I was born), or "The Great 8 Apex 40" (a former district area in NSW), call it what you like it doesn't matter and promote to your Apex mates who are retired.

It's ALL about the social aspect, there's no meetings, no service work it's simply continuing the camaraderie you enjoyed in Apex.

Honestly it's a LOT of fun, apart from your own area if you attend the annual RORT you'll get to meet people from all around Australia.

A couple of places you can check us out

www.apex40.com

Or if a member of Facebook request to join "Apex 40 Australia Inc"

If you are in any way interested in starting a new group or would like some more information feel free to flick me an email and I'll be delighted to help you through the process.

vicepresident@apex40.com

Mark Tramby
National Vice President & Membership chairman

Toowoomba

Toowoomba Apex volunteers have saved the charity Lifeline thousands of dollars by refurbishing six of their donation bins which had been damaged by thieves.

Opportunist thieves damaged the blue donation bins while breaking into them to steal donations earlier in the year. Apex Club of Toowoomba



president Greg Youngberry said their fundraising covered the cost of materials while their members volunteered their time to repair the charity bins.

"We have refurbished Lifeline bins a number of times in the past and it doesn't cost Lifeline anything," Mr Youngberry said. "This last lot sustained a fair bit of damage from break-ins, so we welded them up, fixed rust spots, sandblasted and powder coated them," he said.

"We don't mind getting our hands dirty and learning something new. "I'm a sales manager



for Inglewood Chickens, so I'm not usually on the end of a MIG welder fixing a Lifeline bin – but I'm willing to learn."

Member for Toowoomba South David Janetzki MP thanked Apex Club members for their generous deeds. "Greg and his club members have restored the Lifeline donation bins and in doing so, they've also restored a bit of faith in our community," Mr Janetzki said.

"As a club, we are looking for projects where we can make a difference," Mr Youngberry said. Six Wheeler Conversions owner Mike Briggs, who is also an Apex member, organised for the Lifeline bins to be refurbished inside his Toowoomba workshop with



volunteers using his equipment.

South Toowoomba

Some Club Highlights

An Accidental Reunion

In October, we were absolutely honoured to have so many of our life members and senior active members join us for our dinner meeting. They shared memorabilia, Apex knowledge and stories with our current members who hope to continue to serve Apex proudly as they did for many years. We were also lucky to have our National Treasurer Gavin Mingay (Toowoomba Club) and our Regional Communicator

for Region 3 Dean Long (Dalby Club) in attendance. During the evening one of our life members, Gene, reminded us of something important, that all generations of clubs have tough times and good times. Together, we will work together to build the strength to overcome challenges and continue to build a better community for current and future generations.

Digging up the past

At the end of October, our members April Lancaster-Smith, Moses Abraham and Georgia Ward made a little trip down to support the (unfortunately folded) Gatton Apex Club. Many past Apexians and their families gathered at Lake Apex Park to open their time capsule. Originally, it supposed to be opened in 2020 and then in August 2021, but COVID had other ideas. It was so wonderful to see so many past members catching up and sharing Apex memories.

Carnival of Flowers

The Toowoomba Carnival of Flowers is an event which brings people from near and far



to enjoy the colourful blooming beauty that Toowoomba has to offer. Our current members, along with partners, family, past members and life members contributed over 60 service hours to help set up and support the parade. We were shocked but delighted and grateful in October when we were presented with a very generous cheque from Toowoomba Scouts for our contribution to the parade. It is amazing what happens when community groups come together to build a better community.

Busselton - Apex Foundation

This year the Apex club of Busselton were privileged to have heard the story that touched the hearts of the club. The Busselton club have supported a local facility with many acts of service such as furniture set ups, general maintenance, and rubbish removal, as well as financial assistance in the form of fuel vouchers.

Tuart House Womens Refuge provides crisis accommodation, advocacy, and support, for women and children fleeing domestic violence. These woman and children live in a communal setting with only one bedroom for the family as their 'own space'. While collaborating with Tuart House we came to learn of a woman who was pregnant with her fourth child and her three young children who had fled a long-term Family and Domestic Violent situation.

The woman and her children had experienced extreme instances of violence and constant control for many years. The young family were forced to leave their community, their friends, their supports, their lives, to remain safe as they had fled a high-risk situation. The woman and her children had to leave behind almost all their belongings, they arrived at the refuge via police escort.

Upon hearing of this harrowing situation, The Busselton Apex Club supported Tuart House Staff to apply for a WA Civilian Widows grant

Child Youth Advocate from Tuart House, Danni Cullen alongside Apex Busselton member, Allen Hingston

to purchase the woman and her children's essential items that would make all their lives that bit easier while in such a stressful situation. The application included a grant of \$3800 to purchase a new Pram that would allow the woman to transport three of her young children who were too young to ride or walk far. Other items included a video monitor for newborns safety while sleeping in room at the refuge also allowing mum to have more free time with other children, a bottle sterilizer, a change table, and a glider feeding chair (not pictured as it is on back order).

The grant supplied by the Apex Foundation and the WA Civilians widows Trust has given the disadvantaged woman and her children a new lease on life. It gives the family freedom to feel safe, to go out and enjoy each other, to build new happy memories, something that was kept from them for so long.

The Apex Club of Busselton would like to thank the Apex Foundation and urge all other Apex Clubs in Australia to also consider a similar Foundation grant by looking within their own communities to find worthy recipients such as ours.



Traralgon Apex Aus Day Raffle

TICKETS
\$2

YOU COULD WIN

1st Prize:

Salt Lamp from Ishka
Body Pack- Amcal Traralgon
Ceramic Owl
Pack of Mason Jars- The Kitchen Cupboard
King Size bedding set- Harvey Norman Traralgon
Large Beach Canvas- Harvey Norman Traralgon
Neck Massager- Harvey Norman Traralgon
Pristine Image Voucher
Dark Queen Cheesecake Voucher
Value: \$980

2nd Prize:

Wine Pack- Monacellers
Mugs- The Kitchen Cupboard
Kiah Schoen Voucher
Dark Queen Cheesecake Voucher
Salt Lamp- Ishka Traralgon
Pristine Image Voucher
Traralgon Relaxation and recovery Float Voucher
Mica Hair Voucher
Value: \$800

3rd Prize:

Car Pack -wash and detail- Repco
Screwdriver and socket set-Repco
Floor mats- Autobarn
Esky
Electric Kettle
Traralgon Relaxation and recovery Float Voucher
Dark Queen Cheesecake Voucher
Value: \$160

4th Prize:

2x Dyson Toy Vacuum- Harvey Norman Traralgon
6x Parkys Golf Voucher
Play doh set- Toyworld Traralgon
Momo Voucher
Value: \$120

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BUY YOUR TICKETS HERE

www.rafflelink.com.au/tgonapexgerf



RAFFLE CLOSES

Jan 25th 2022

Let's try this again, just one more time...

~~BUNDABERG 2020~~

~~BUNDABERG 2021~~

BUNDABERG 2022

Fri 7th - Sun 9th Oct



**Bundy's Cane Man
welcomes Apexians to Bundaberg in 2022**

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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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