



ISSUE 46 July 2022

APEXian

News and Views from the clubs of Apex Australia

Volunteers don't always have the time, they just have the heart. Sign up to the Apex Australia Podcast as we explore the unique experiences of those who sacrifice their time and resources in service of others under the Banner of Apex, an association of Australian made Apex Clubs who over the past 90 years have changed the lives of many. Sign up where you listen to your podcasts.



Bringing Colour back to East Gippsland

Bairnsdale

Easter weekend was once again colourful in Bairnsdale. Over 400 people attended the family friendly and fun Colour Ya world 5km fun run at the Mitchell Port on Easter Saturday.

A joint venture between Apex Club of Bairnsdale & The HIIT Factory Bairnsdale, the event has been hailed as a massive success for the second year in a row! This year they have raised \$3500 each for the Melon's Cottage Foundation in Lakes Entrance and The Apex Club of Bairnsdale.

After a fantastic event in 2021 the group decided it was the perfect opportunity to once again host this event over easter and bring colour back into East Gippsland Region and raise some much-needed funds for Melon's Cottage.

If anyone would like to make additional donations to Melon's cottage to help them continue providing a fantastic place for sick kids and their families to enjoy some time out,



please reach out to them or the Apex Club of Bairnsdale for details.

The Apex Club of Bairnsdale successfully applied for a mental health and wellbeing grant from The Apex Australia Foundation and without them we could not have made this happen.

Recipients of the funds raised from the 2021 event, The Mt Taylor CFA showed their support on the day to keep all participants feeling refreshed.

The turnout has again been amazing and to see the joy on people's faces is priceless. The event organisers would like to thank the many businesses & volunteers who assisted them with items to make the event



such a success, we really couldn't do it without their support in the lead up to and on event day.

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

Thank you to our participants for joining in and being patient with us, our event could not be successful without you. We would like to formally thank you all for being a part of a wonderful fun filled family event and hope you all enjoyed it as much as the organisers did" If you go by the smiles on all the participants faces, the event has certainly hit its mark in bringing fun and colour into the community



and will be looking to make it an annual event on the East Gippsland Calendar.

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



Melons Cottage more information:

<https://www.challenge.org.au/program/melons-cottage>

<https://www.facebook.com/melons.cottage/>

More information Apex Club of Bairnsdale:

<https://www.facebook.com/ApexBairnsdaleid=5674930225868891>

CLUB NEWS

Jerilderie

Jerilderie Apex Bns Ball is NSW longest running ball on the circuit.

It's the first time back since COVID cancellations and will be held on July 30, 2022 at Jerilderie Race Course Gates open @ 6.30pm with camping available onsite.

"We take pride in our traditions and in doing so we just want to remind you all, this is a strictly black tie event."

Entertainment from Eat My Shorts, Jade Gibson Band & The Iain Archibald Band



from 6:30pm till late. Book tickets today at www.trybooking.com/CAHZZT



Eat My Shorts
Jade Gibson & Band
Iain Archibald Band

**At Jerilderie
Racecourse**

**NO FOOD DYE
Strictly Black Tie**

**30th July.
Gates open at
6:30pm till late**



order early online at
www.jerilderiebns.com.au
or pay \$150 at the gate

drinks and meals included



Chinchilla

Apex Club of Chinchilla Laser Tag with Chinchilla Blue Light

The 5th of June saw the Apex Club of Chinchilla join the Chinchilla Blue Light for a Laser Tag event for kids and those young at heart. The club supported the event by putting our van to use cooking up hot chips and serving drinks. Both of these were part of the ticket price and the club was able to sell extra if required. Towards the end of the day our members for given the option to don the gear for our own battle. Just another great example of how with Apex you can have so much fun while giving back.

For those outside of Regional Queensland Blue Light is a police program offering our local youth sporting and social activities in a supportive environment that is free from alcohol, drugs, and violence.

This was Apex Chinchillas first of what we hope will be many collaborations with Chinchilla Blue Light.



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

Brisbane

Did you know??

Apex Foundation are here to help! Here's how they assisted our club!

Brisbane City Apex Club member (current President), Kelly Buchanan, works as a special need's teacher in the Metro-South Brisbane area and she approached Apex Foundation with a proposal of a way they could help some kids in need. Nursery Road State Special School has a demographic of around 30 students who have a physical disability (ranging from Cerebral Palsy, Angelman syndrome and other Chromosomal conditions), who would often face challenges in accessing the 'typical' track and field sports program.

These students would usually need 'out of the box' thinking, hands on support or specialised equipment in order to fully participate like their able-bodied peers.

Something the school had trialled with success was using 'Frame Runner' bikes. Frame Runners are 3 wheeled bikes without pedals, that are highly adjustable and supportive (with a seat and trunk harness).

It relies on leg power and the specific design assists with leaning forward to provide momentum for running. Unfortunately, the schools loaning opportunities through the district were few and far between due to their popularity. It was noticed, that these bikes closed a gap in the HPE program and filled a need for students with physical disabilities. The Frame Runners enabled students to be upright, out of their walkers /wheelchairs.

The bikes assisted students to not only walk,

but run! Which ultimately, provided them with a number of positive physical and psychosocial benefits. As you can imagine, Nursery Road School was very keen to have their own bikes so that students could have full-time access, to be able to train and work towards goals, and even inspire dreams towards potential Paralympic glory.

It wasn't a difficult process to get the support from the Foundation.

The school wrote letters from the Principal and teachers who provided the context of the school and highlighted the 'need'. The EQ Physio and HPE specialist teacher wrote about the physical benefits to students it would provide, along with overall idea for a 'track and field' program.

Our Apex Club wrote to endorse the relationship with the school. And a quote for the 3 different sized bikes (to cater for all aged cohorts of the school) was also supplied for the submission. The foundation acted quickly to agree to the purchase, a total of \$13,773 was given from the QLD Civilian Widows trust. The school has had their own bikes now for 6 months, and through photographs, we can share some of the joy this generous donation has brought to the students. It's been so pleasing to see students grow, learn, make friends and have fun during the Frame Running sessions. Students are believed in, challenged, encouraged, and succeeding!

The Brisbane City Apex Club and Nursery Road State Special School would like to

Extend a huge THANK YOU to Apex Foundation for their contribution towards helping students

Cont. on page 10

A Message from our New National President

July 2022

Dear Apexians,

Firstly I want to say that it is a complete honour to be leading the Association as National President. This is a massive accomplishment personally and something that I am extremely proud of. There is a big body of work ahead of us to deliver the best outcomes for our membership, the Association and Global but I am confident that with the team we have assembled for the upcoming year that we can lay the foundation for the longevity of Apex in this country and internationally.

A little about myself, I'm 42 years old and married to my wife Bronwyn. We have three children, Harrison, Matilda and Charlotte. We live on a farm near Beaufort in Western Victoria. Farming is a passion of mine with my day job being with Victoria Police. I joined the Beaufort Apex Club in 2011 after a mate asked "Have you heard about Apex?". Since then Apex has given me many opportunities for personal growth, networking and of course many great and enduring friendships. I have been very lucky to have such a great club to support me in my journey to National President and I am very thankful.

I have been with VicPol for 22 years joining at 20 with little life experience. Over that period I have worked in many areas of Policing including general duties, high-way patrol, riot squad, prosecutions, farm and rural crime as well as proactive policing which is the community engagement side of things. Throughout my career I have continuously developed my leadership, management and communication skills picking up a number of qualifications and awards along the way. I believe that I am well suited to lead Apex this year and I am really looking forward to the challenge.

As your new National Board I see that it is really important to define ourselves as a new-generation board with fresh ideas and the talent to deliver. I am sure that we will succeed. We look forward to building our Rising Stars program in 22/23 and sharing with you all the new initiatives and strategies that will follow.

Over the last year we have worked hard on the governance of the Association ensuring that our National Office is up to date and compliant in all aspects of operating a Charitable organisation. It is now time to focus on the human elements and you will see work in the following areas;

- Membership growth*
- Review of Child Protection Policy*
- Review of Vulnerable Persons Policy*
- Working party to the Philippines May 2023*
- Training – online suite*
- RC training and support review*
- Marketing and Brand exposure*

You may be aware that the first face to face meeting of the new board was held at The Shack, Shoalhaven Heads, NSW. This facility was built by Apexians 30 years ago with funds raised by Apex Clubs across the country. The Shack is now managed by the Apex Foundation and continues its mission to provide respite for families with sick children. This is a great example of the ongoing good that Apex is directly responsible for. During our time at Shoalhaven Heads we had the privilege of meeting Life Governor Ray Vincent. Ray was the inaugural Chairman of The Shack committee and remains heavily involved to this day. Ray was a pleasure to listen to as he spoke so humbly of the history of The Shack and His and wife Kristine's involvement in its creation.

The 2022/2023 National Board

Mr Simon Grant – National President. Director. Director of Apex Foundation.

Ms Emma Jackson – National Secretary. Director.

Mr Ben Curnow – National Treasurer & Training. Director.

Ms Tara Spotswood – Regional Communicator Coordinator. Director.

Mr Gavin Mingay – National Office Manager. Director.

Mr Tyson Campbell – Membership and Culture. Director.

Mr Daniel Lascelles – National Communications. Director.

Mr Greg Youngberry – Bursary. Manager.

Mr Craig Martin LM – International Relations. Manager.

Mr Luke Corkett – Regional Communicator Support and Training. Manager.

I am so very proud of our board this year and the way in which we have all embraced our new roles and responsibilities. We have hit the ground running and I am really pleased with everyone's engagement at The Shack where, in addition to our planning session, we received Director and Governance training from Life Governor Jim Hughes AM as well as a briefing from our Insurance provider AON.

Shortly the 22/23 proposed budget will be available on our website for comment by the membership after it was endorsed by the board earlier this month.

My mission this year is to deliver the governance and compliance of the Association so that Apexians can continue to build better communities.

My message to Apexians is fairly simple. You are responsible for the success of your club. Identify how you can be relevant in your community, formulate a plan and back yourselves. Be proud of the work that you do and promote your achievements. There is no limit to what we can achieve as Apexians and support will always be available if you ask for help. Don't forget that the Apex triangle has three equal sides and while service is the basis of all enterprise we must remember to have fun while doing it so don't short change the fellowship aspect.

I wish you all a very successful, happy and healthy year ahead.

Yours In Apex



Simon Grant

National President, Apex Australia, president@apex.org.au

Outgoing President's Report

Dear Fellow Apexians,

This is my final letter as National President of Apex Australia, and what a year it has been! There have been unprecedented challenges created by Covid-19, which has put our resilience to the test. Some clubs across Australia couldn't meet or carry out their normal activities. Some however found other ways to carry out service activities, even though the activities were different to what they would normally do. We ran our second postal vote and zoom National convention, which went well thanks to fantastic engagement from our clubs.

This year our Association clocked up an incredible 91 years, an achievement of which we can be very proud. Whilst Apex has changed a lot in 91 years, our founders would be proud to see that we still carry the Apex ideals in our hearts, with service, citizenship, and fellowship still at the centre of all that we do. Our National Convention in Bundaberg promises to be an epic celebration and is one not to be missed. It is being held between 6-9 October. Register now at apexconvention.com.au so you don't miss out. Also, make sure you nominate for our National Awards, we want to hear about the amazing things your club has been doing so that you receive the recognition you deserve.

With so many things being cancelled and shut down, we did manage to run a 91st celebration in honour of our 90th that was cancelled last year due to Covid. To be able to present a life governorship to Mark Ballin was a highlight of my year as President. We have changed our National Office in this financial year, and we have streamlined our operations.

I have really enjoyed visiting Apex clubs and attending Apex events such as the Mt

Isa Rock Pop Mime show and the Postie Bike ride in South Australia. It all highlights there are great things happening in your local communities and is an indication the future is bright for Apex. Tyson Campbell and I ran a BBQ in Lismore which provided us an opportunity to be able to chat to locals about the difficulties they have and will be facing in the future and to be able to financially support three families whose lives have been devastated by the floods. It was an experience I will never forget.

I have thoroughly enjoyed the opportunity to sit on the Apex Foundation board and to see firsthand the incredible support the Foundation provides to our clubs and our Association. The 2021-2022 year was challenging, and I would like to personally congratulate all our clubs on weathering the storm. I look forward to seeing our clubs support their communities in the years ahead. I want to thank my National Board for doing an amazing job over this past year, and their work behind the scenes supports our clubs to do what they do best.

I wish Simon Grant our incoming President and his board all the very best for the year ahead. It has been my greatest honour to be National President of this incredible Association, and I hope that Apex will continue to grow and build better communities. I look forward to seeing you all at the National Convention.

Yours in Apex,



Adam Stewart
National President
2021-2022 Apex Australia

with disabilities overcome physical obstacles and break down barriers of 'access'.

The school has plans in place in the very near future to have Apex Foundation President, Tony Wilshire, to visit the school and see it all in action. So...watch this space for another update soon!

As an Apex Club, if you have a need or project in mind where financial funding is needed, I would highly recommend getting in touch with Apex Foundation. Check out their website - <https://www.apexfoundation.org.au/> for more details about what they do and how they help!

Yours in Apex,
Brisbane City Apex Team

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



Cobram Barooga

The Koonoomoo Pickers and Packers Charity Ball 2022, which ran from Friday, June 24, to Sunday, June 26, has been dubbed the biggest iteration of the event held yet.

As many as 2400 people bought tickets on presale to the sold-out event, which has raised a substantial amount for the Cobram Barooga Apex club, who organised the event.

Musical performances over the weekend included The Wolf Brothers, Jade Gibson and the Silverstring Outlaws, who made Koonoomoo their last gig after more than 20 years performing and building a reputation as "BNS kings".

Cobram Barooga Apex Club member and event chairman Matt Triffitt said the event was said to be the biggest on the BNS scene so far, with patrons from every state and territory in attendance.



"To see so many good patrons come out all together for a good old time in Koonoomoo was great to see and their behaviour was fantastic," he said.

"This was such a great outcome after not being able to run the event since our last one in 2019 due to COVID lockdowns and event cancellations."

Mr Triffitt said the Cobram Barooga Apex team would use the "substantial" income from the event to get community projects off the ground.

Past projects the club has supported include Cobram Community Cinema, Koonoomoo Recreation Reserve improvements, new nets for Cobram Cricket Club, Scott's Oval recreation reserve hall improvements and Cobram Library.

Other community groups helped the Apex club to put on the event include Strathmerton and Katamatite Lions clubs, Cobram Rotary, Yarroweyah and Cobram CFA and the Apex 41ers Group.



"We would like to thank all contributors large and small in helping make sure this event went ahead," Mr Triffitt said.

He also thanked Koonoomoo locals for allowing one weekend a year for the charity event.

He said everything required to run the event such as equipment hire and hospitality supplies was spent locally, with attendees also giving everyone a well-earned boost by spending at nearby businesses surrounding the event.

"All in all this was a well-run event that has allowed the Cobram Barooga Apex team

to keep Koonoomoo on the map for the ever-growing BNS scene."



CLUB NEWS

Gawler

From the Gawler Newsletter:

"Mario, who has had the experience of having a family member with a disability, heard of Camp-ability SA being in need of financial support for renovations at their Elizabeth premise. Mario brought it to our meeting, where all members were happy to support Camp-ability SA to the value of \$500.

Camp-ability SA run Short Weekend Stays – Camps, Short Term Accommodation, Day Options, Holiday and Community Access Programs for participant living with a disability aged from 18 years of age and over.

Camp-ability SA was established by people who have a passion for making a difference to the life of an individual living with a disability.

'Our aim is support each person to achieve their individual goals while being supported by highly experienced staff. Our mission is to

Moses Abraham, at right, receiving his Life Membership



provide opportunities for the participant to engage in a wide range of environments whilst building their self esteem, confidence, relationships and sense of belonging.

Chinchilla

Congratulations to the newest Life Member of the Association of Apex Clubs - Moses Abraham.

We are proud to have you and thank you for your service to Apex.

Hoppers Crossing

Ian Hadsan-Llusa-la, a year eleven Bacchus Marsh Grammar pupil, won the competition with his speech on colour and its effect on human emotions.

Ian said competing in his first-ever public speaking competition was "absolutely terrifying", but taking out first place had cemented his motivation to keep progressing in the





Ian Hadsan-Llusala, winner of the Hoppers Crossing Wynspeak Award

"Being able to speak in front of people who I don't know is terrifying, but also really fulfilling."

Bacchus Marsh Grammar public speaking coordinator Elise Coyne said Ian's win highlighted the fact he was a natural storyteller.

"That's really shown within the public speaking competitions, and it's just such a thrill," Ms Coyne said.

"Seeing him perform makes me feel so proud to be able to have been involved in that in any way and also seeing him succeed in the way that he does," she said.

The Wynspeak competition first began in 2005 and is run primarily by the Hoppers Crossing Rotary Club and the Apex Club of Hoppers Crossing.

field into the future.

"This is something that I honestly would have never expected for myself, I've always considered myself to be an introvert," Ian said.

Apex Style numbers plates now available in NSW!



An agreement has been reached between Apex Australia and myplates (whom manage NSW vehicle registration plates) and we are now taking orders for **20 plates****act now to avoid missing out on this limited opportunity!**

To not miss out on this limited opportunity, complete the following and email to Past National President Neal Molineaux nealmolineaux@bigpond.com, or take a photo now and text to 0438 016 879. (Unfortunately existing plates cannot be restyled)

Name: _____

Contact number: _____

Email: _____

What will be your style?

Personalised formats	\$111/yr + style cost	Custom formats	\$474/yr + style cost
Possible combinations:		2-6 letters and numbers (2-5 for motorbike)	
Letters first	Numbers first	No set formats	
AA-99-AA	99-AAA	No separators	
AA-999	99-AAAA	Must contain one letter (excluding the letters I and O)	
AA-9999	999-AAA	e.g. BMW01	
AAA-999			
AAA-99A			

Club News

Corowa

Seven local high school students have graduated from Corowa District Landcare's "Youth Create and Celebrate" leadership program on Sunday, May 29.

The program, facilitated by Sally Hughes, offered participants a blend of leadership training as well as the opportunity to develop a nature-based project. Local community groups supported the project along the way including Corowa and District Rotary Club, the Apex Club of Corowa, and the Community Garden.

Members of Corowa Rotary and Corowa Apex attended the wetlands project and helped to build the habitat which required many hands working together.

Leadership training was an important element. Anne Ovens a local retired schoolteacher ran workshops on public speaking. Students then used this training to speak at the events and to deliver their graduation speeches.

Covid presented a major challenge over the duration of the project but also created opportunities. They invited local journalist Adrienne Hartnett to speak with them and she shared her story about overcoming adversity and the importance of wellbeing.

Students met with Federation Council mayor Pat Bourke via zoom, and he spoke to them about

his journey of growing up on a farm and how he became mayor of Urana and Federation.

"The project was a wonderful experience because students were able to have genuine input while they created connections to their peers as well as older community members," Project Facilitator Sally Hughes said.

"Furthermore, students felt empowered that they could make a difference in their local community." The students' achievements over the last twelve months culminated to a wonderful graduation ceremony held at the Corowa Cricket Club.

Member for Albury Justin Clancy was a special guest at the event as well as family members, friends and the representatives from community groups who were involved in the project.

"It was so inspiring to be part of the graduation yesterday and to see and hear from Molly, Max, Ruby, Isabelle, Dayna and Emma about what the program meant for them and how they have grown through being involved," he said.

Two valued Landcare volunteers Natasha Lappin and Basia Olejniczak who contributed their knowledge and support throughout the program also attended.

Corowa District Landcare president Brendan Christy was thrilled to see how engaged and committed the participants were to achieve

strong environmental outcomes in their local area. "I am impressed by the development of the participants leadership skills over the life of the project, and I am excited to see what these new young leaders will achieve for their local community in the future,"

Member for Albury Justin Clancy with Isabel Higgins-Carrol and Corowa District Landcare president Brendan Christy.



Apex Australia Podcast

We have 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.

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. Tell your clubs, mates, families and even total strangers.

Episode 1 - Tyson Campbell

When the chips are down and all hope is lost, Tyson Campbell is your man! A great advocate for Apex Australia and he clearly articulates the joy he gets from being involved in Apex!

Episode 2- Geoff Harris

One of Australia's happiest Apexians! Sharky Harris has given a lifetime of service to a range of projects and people and you would be hard pressed to find a more humble, honest and decent human. This interview is a fantastic learning opportunity of what is capable under the Apex banner. Enjoy!

Episode 3 - Elise Malberg

The 2021 Apexian of the Year! Although this interview was done before she received the award, the new Miss Apex Australia sat down with me and shared her experiences as an Apexian. An amazing lady with some great thoughts, ideas and passion for all things Apex!

Episode 4 - Paula Venning

The 2020 Apexian of the Year! A woman who wants to challenge her own limits, create new ideas and lead through action. Willing to do

whatever she can to enhance the lives of others, one of the nicest and most selfless humans going around.

Episode 5 - Ian Curren

The Gentleman Traveller! Ian "Chucky" Curren is a Life Member of Apex and has regular attendance at Apex functions at a local, state, national and international level. Respected by many, Chucky is a champion fella and continues to give to Apex and his local community.

Episode 6 - Alex Thorpe

A young man on a mission! After joining Apex at 18 years old, Alex has set his sights on developing himself as a person while giving back to the local community. His Apex journey has helped his confidence and fast tracked his maturity as a man. Now a club president at 24, Alex is a true example of the benefits a person can have from joining Apex.

Episode 7 - Brigadier General Mick Burgess
Apex Park in Canberra has been renamed Valour Park. Mick Burgess is President of the Remembrance Driveway Council and looking to upgrade the park to honour the Victoria Cross Recipients from the Afghanistan conflicts. This will inevitably draw more attention to the Apex Memorial. As Apexians it is fantastic that we can hear the proposal and support it in any way possible.



Club News

Gawler

Gawler continued their annual pilgrimage to the Marree Gymkhana and Bikearama.

Here's a few pictures of their efforts.



South Wagga Wagga

Riverina revheads will be souping up their lawn mowers and swapping the backyard for the racetrack later this year, when a niche sport makes its first official appearance in Wagga.

The South Wagga Apex Club has announced plans to host the inaugural Motor Mania - a family-friendly event centred around a series of ride-on lawn mower races.

While some of the races will be contested by experienced racers, the club is also encouraging local families to get together in the shed and tinker away at a vehicle of their own for the open division.

Club member Andrew McPherson said blades were removed from the mowers and many chose to upgrade theirs with motorcycle engines.



"The best thing about it is you don't need any mass expense or past skills to do it," he said. "We're just encouraging people to get creative and think outside the box really."

Mr McPherson said the idea to bring the growing sport to Wagga was born during the height of the pandemic, as the club pondered ways to get people out and about.

The event will also be the season

opener for the Australian Ride On Lawn Mower Racing Association, with seasoned racers travelling from across the country to take each other on.

"It was the first time I've ever watched them live and the mowers really get moving, spitting grass out the back and sliding into corners," he said.

Motor Mania will be hosted at the Wagga and District Kart Racing Club on September 3.

The South Wagga Apex Club event has been sponsored by Wagga City Council, Hutcheon & Pearce, and Harvey's Mower & Chainsaw Centre.

Courtesy dailyadvertiser.com.au

Toowoomba

The weekend of the 2nd of July saw the Toowoomba Apex Club Change over dinner held at the Downs club. There was about 60 guests there and we were honored to have Past National President Adam Stewart (toowoomba Apex) and National President Simon Grant (Beaufort Apex VIC). The night was a success seeing outgoing president Greg Youngberry and incoming President Jordan Martin pass on the chain of office and the Presidents Chair for the 2022-2023 year. We also had the privilege witnessing Craig Martin (Jordan's father) receive life membership for his contribution to the Apex Association. (both pictured below)



FOUNDATION

The Children's Cancer Institute

In June Apex Company Secretary, Mike Fitze & Chairman Tony Wilshire visited the Children's Cancer Institute at the Lowy Cancer Research Centre at UNSW Randwick. They were very warmly welcomed by, Executive Director Professor Michelle Haber AM, & Chief Marketing & Fundraising Officer, Anne Johnston. Both Michelle & Anne acknowledged how Apex & The Apex Foundation were phenomenal supporters of the Institute over many years, & how they very much treasured the relationship.

Michelle & Anne were very excited that the Apex Foundation wanted to further escalate this great partnership, & gave us an in depth snapshot of their future plans which are very significant, with new technologies, further escalating their impact, and collaborations going forward.

We were also shown a story video, which demonstrates some of the things CCI does.

Please follow the link Ellie's Story.

<https://youtu.be/EuSUtSb7MzA>

This is all about Zero Childhood Cancer. These people are incredible to say the least, & the Apex Foundation is incredibly proud of the huge part that Apex played in the establishment, & ongoing support.

On behalf of the Apex Foundation, Mike & Tony offered continued support, & the Children's Cancer Institute is progressing a proposal for the Board to consider.

Pictured below - Mike Fitze, Professor Michelle Haber AM, Tony Wilshire & Anne Johnston



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?

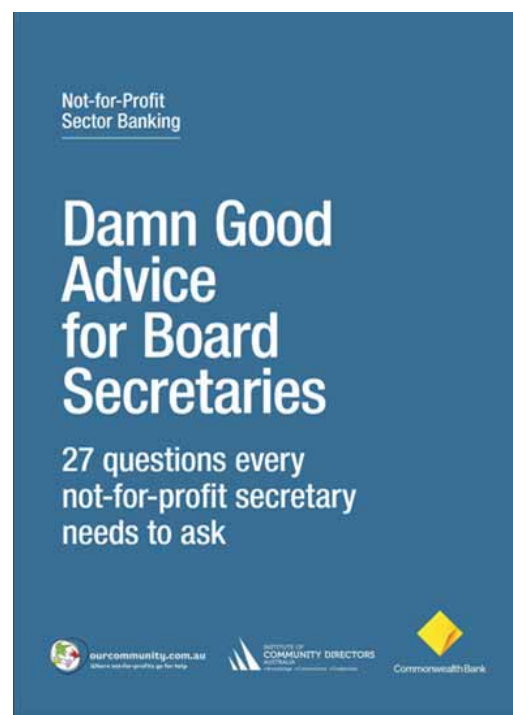
Damn Good Advice for Secretaries offers these great tips on building an “ideal agenda”, which should contain “as little as possible”:

- 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>





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