



## Apex Foundation AUSTRALIA

Newsletter May 2021

### CHAIRMAN'S MESSAGE



TONY WILSHIRE

Welcome to this, our first newsletter for 2021

Great to get back to some normality, after 2020.

The Board met face to face for the first time since 2019 in late March. The venue was down at The Entrance in NSW, & it was great to have the interaction again.

It was also great for all the Directors to meet Apex Australia National President, Bethany Paterson (only ever seen her on Zoom) and her very positive contribution to the meeting.

Due to work commitments and a busier life on the home front, Stephen Bigarelli resigned from our Board, effective 31<sup>st</sup> of March. He will be sorely missed. Stephen has been a significant contributor to the Apex Foundation for over 18 years. Was the Chairman for 4 years. A huge mention also to Stephen's wife, Deb. She has been a great supporter of the Foundation over many years.

The Board unanimously elected Neal Molineaux as Stephen's replacement. Congratulations Neal on your appointment, and I am sure you will be a great contributor over many years.

It is pleasing to see both the SHACK and Copper Coast facilities operating normally again, thanks to the great committees here. The Chalet should be open for normal activities in the next couple of months. A lot of work has been done down there, with repairing of flooring, and relaying of carpets. Many Apex Clubs involved here, as well as a very hardworking committee. Great to see Emma Jackson (Geraldton Apexian and Apex WA Regional Coordinator) taking up the challenge to be the Chair of the WA Civilian Widows Trust. Congratulations Emma and it is great to see a WA Apexian being fully involved here.

At the moment, the Board is continuing with a strategic process to determine what we as a Board need to do, to future proof and ensure that the Foundation remains relevant into the future. To this end we are conducting a number of specific Zoom meetings, and I will let you know more, as these meetings progress over the next 12 months.

This newsletter also covers a lot about the Apex Australia National Project: Mental Health Initiative. I encourage everyone of you to support this great project.

The Board is continuing to look at bringing on new directors. If any of you feel that you have the attributes / credentials to become a director in the future, please ring me.

Hope you all are having a better year and are staying healthy.

Very much looking forward to coming to the Apex 40 Annual RORT in early May, to be held at Bargara Beach in Queensland, and also the Apex National Convention in Bundaberg in October.

Cheers,

Tony Wilshire



Yours in Apex  
Clement Fernandez  
Executive Officer

## **The SHACK gets support from the Shoalhaven Heads Community**

### **What it is today**

*Today the Charity Day is the biggest community event held in Shoalhaven Heads during the year. We close the road in front of the pub and park a pantek truck across the front in which the auction is run and a local band entertains the crowd. There are rides and activities for the kids including a ride on the marine rescue boat and a look over the fire engine and there is dancing in the street. The day and auction is usually MC'd by a local radio personality. We are grateful for the fishing club for showing the initiative to keep this event going and for the support given to us and the other recipients in the community*

Best regards  
Ray Vincent

**This being the first issue of 2021, my hope is that we can put the challenges of 2020 behind us and look to a very successful 2021 onwards.**

**It is indeed very heartening that respite facilities in Shoalhaven Heads and Wallaroo are fully operational once again with Smiggin Holes expected to be open from June 2021. They will now provide some much needed revenue to meet their operational and overhead costs.**

**We are coming to the end of the financial year and all members will be receiving notices for the renewal of their membership fees. This year, the Board has decided to allocate all membership fees and donations (unless otherwise directed) to the Apex Australia National Project – Mental Health Initiative. For further details on this project refer to the relevant article in this newsletter. I am delighted that there is ongoing support for articles for inclusion in the newsletter. My sincere gratitude to the contributors and I look forward to more items of interest being sent in, particularly for projects funded by the Apex Foundation.**

## **How it all began**

**The Annual Charity Day started as a fish weigh-in at the local Heads pub where the members of the fishing club would donate the fish caught in the competition to be auctioned off and the money raised given to charities. It was a low key affair and back then one of the club members who was a bit of a card ran the auction and it was a lot of fun.**

**Over the years the number of fish at the auction declined due to increased health regulations and the fund raising changed to the auction of items donated by club members and the general public. Eventually there were no fish and all items were donated but they still refer to it as the weigh-in. A major money earner is a raffle that is run over several months and features some really good prizes – usually a fishing boat or similar and is drawn on the day. Initially the fishing club supported Care Flight primarily as well as a few local charities. When Care Flight required all members of the fishing club to undergo a police check (for a fishing club?) they dropped Care Flight as their primary recipient and adopted the Shack as well as some other local causes. That was about 10 years or so ago. Recently the recipients have been the Shack, Surf Club, Bushfire Brigade, School and Marine Rescue with the Shack usually receiving the larger share of profits.**

**As part of our involvement the Shack committee help out by running the barbecue all day which is usually a very hot job but the fishos committee ensure that we have plenty of liquid refreshments to keep us going.**

**I am not sure of the amount received by the Shack but it would be in excess of \$70,000 over that time. We re-named unit 2 “The Shoalhaven Heads Fishing Club Unit” in recognition of their assistance.**

# Chalet

*(The Magic Castle)*

reopens and  
Apexians come  
out of Covid  
lock down to  
help out -

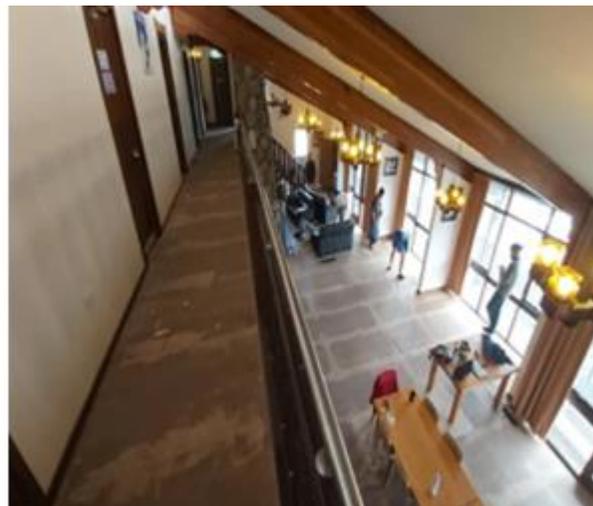
*Keep the  
Magic Alive –  
Jamie Vincent*

The Chalet has seen some activity even though it has been closed to the public for more than a year due to Covid. We have just completed major works through 4 separate work parties comprising Apexians and Apex Clubs. South Wagga Apex and some members from the Albury Club went in first and pulled all the carpet up with the help of a local Lions Club member. The same weekend the boys from Braidwood Apex came down to measure up for the new flooring. In January 2021, 16 members out of the 18 members in the club, came back to lay 110 sheets of new flooring in a day.

A week later, a general work party with members from the old Port Macquarie Club, Blacktown, Bairnsdale, Zone 9 members and our director Graham Cassidy came down as well to lend a hand. For some of the volunteers, this was their first visit to the Chalet. We completed painting and minor repairs prior to the carpet being laid. South Wagga came back in February 2021 to finish laying the carpet which was led by our newest director Neal Molineaux. It was a fantastic effort from the South Wagga Apex and a great team effort from everyone involved. Work parties are hard enough to sort out normally but when there are 4 different ones at 4 different times, there was a lot of behind the scene work with the supply and transport of materials and also coordination of the work parties.



**I would like to thank everyone that helped and especially Ray Vincent who sorted the flooring at the last minute, Mathew O'Donnell who provided the glue and nails for free and Neal for sourcing the new carpet through a local supplier from Wagga at a great price, and a very special person that doesn't want to be identified for the donation to pay for all the works above. It's the ongoing support from very generous people that helps keep the Magic Castle looking so good.**



## Apex Australia National Project: Mental Health Initiative

Apex Foundation will support this initiative by providing funding for Club projects and directing Membership Fees and Donations to Mental Health during 2021. For the former, the Apex Foundation has made \$10,000 available for Club projects - we just need an application.

## **BUILDING BETTER MENTAL HEALTH**

### **Apex Australia National Project**

***With the help of the Apex Foundation, Apex Clubs are building better mental health in their communities and we want your support!***

**The current National Project for the Apex Association is to “Implement a National Service Project to support the mental health and wellbeing of fellow Australians”. Due to Covid-19 however, clubs have struggled to implement the National Project, so the Apex Foundation has stepped in to support this very worthwhile project. If your Club has a project that needs funding please submit your application with full details to: [eo@apexfoundation.org.au](mailto:eo@apexfoundation.org.au) for consideration by the Apex Foundation Board or call the Executive Officer on 02 9253 7775..**

### **Why support Mental Health?**

**A recent study showed that 45% of Australians experience a mental illness in their lifetime, with 20% of people experiencing a mental disorder in the past year, with illnesses such as depression, anxiety and substance use disorders being particularly common. It is estimated that mental illness costs the Australian economy \$220 billion per year. The statistics for men specifically are particularly concerning. Australian males between 15 and 45 years of age are one of the highest risk categories for suicide. Men are 3 to 4 times more likely to take their own life than women, and the more you move into rural, regional and remote Australia the more that figure increases. Yet in country areas, services are scarce, help seeking is minimal and distance and isolation become significant factors. Communities around Australia need support to destigmatize mental health issues and normalise help seeking for mental health issues.**

### **What is the Apex Foundation Supporting?**

**The Apex Foundation is making grants available to Clubs needing funding to participate in this National Project. Any worthwhile application will be considered, and Clubs are encouraged to apply. Some worthwhile projects might aim to:**

- **Increase knowledge of strategies for staying mentally healthy**
- **Shape environments conducive to good mental health**
- **Create opportunities for social inclusion and connectedness**
- **Improve public understanding of the catalysts of good mental health**
- **Reduce social harms (bullying, discrimination)**
- **Improve knowledge of how to seek help when needed.**

**In particular, we encourage clubs to promote the availability of help line services such as Lifeline, engage the services of mental health educators such as ‘Are you Boggled Mate?’ and ‘The Naked Farmer’;**

and/or raise community awareness through a 'Blue Tree Project'.

**How Can Apex Foundation Members Get Involved:**

**This year's Apex Foundation membership fees and donations will be used to support awareness and promotion of mental health. We encourage all of our members and friends of the Foundation to consider a donation to the 'Building Better Mental Health Fund' To donate please complete form at the end of this newsletter.**



***What Is the Blue Tree Project? Our mission is to help spark difficult conversations and encourage people to speak up when battling mental concerns. By spreading the paint and spreading the message that "Its ok to not be OK", we can help break down the stigma that's still largely attached to mental health,***



## Goodbye Stephen Bigarelli

Given Stephen Bigarelli's recent retirement as a Director of the Apex Foundation's board, I thought it would be amiss of me not to document a small part of his Apex history. Young Stephen joined the Ararat Apex Club in 1984. Two years later, a move saw him transfer to the Eureka Apex Club. At this club, Stephen not only held every board portfolio, but was President on 2 occasions. He became a District Governor in 1995, A Victorian State Treasurer in 1997, Co chaired the 1998 National Convention in Ballarat and was awarded Life Membership in 1997. After turning 40 in 1998, he was booted out (deemed too old), however when the age limit was raised to 45, he was again at the fold, and became National Treasurer of the Apex Association in 2001. In 2002 he was elected to the Board of the Apex Foundation. He has spent many many years as the Foundation's Finance Director, and was Chair of the Foundation for 5 years. Stephen was one of the directors who played a major role in bringing the 3 Civilian Widows Trusts into the fold of the Foundation, has looked after the Downs Syndrome Trust, the Fine Arts Trust and the Autism Trust. Stephen has been a fantastic supporter of all things Apex over 37 years. He was a very dedicated Director of the Foundation, a great Chairman and many of us are indebted to him for what he brought to our Board

So, Stephen on behalf of the Board and all our members, we thank you and of course Deb, and we wish you both good health and happiness, well into the future. **Tony Wilshire, Chairman**



## Welcome Neal Mollineux

DIRECTOR

I am an active member of South Wagga Apex and have been since 1997, holding numerous Club Board positions across these years. I have also spent the last 7 years on the Apex Australia National Board. I have been around and lived Apex from my youth, and have very fond childhood memories of Apex. What it did for those less fortunate than ourselves and the great times I had with other Apex kids, some of these I am still in contact with over 30 years on and still reliving those memories. Not only has Apex opened my world to something that you cannot experience anywhere else, however through the opportunities Apex has provided I have been able to develop skills that are used daily in my chosen profession. These interpersonal communication skills have enabled me to successfully develop and maintain working relationships with contractors/consultants, clients and members of the public. With the skills and lessons learnt through Apex, I look forward to tackling the challenges and working with the Apex Foundation to continue like those prior, whom have strived to improve the quality of life of so many Australians who have special needs. My vision for the Apex Foundation is to continue forward like those past years of hard work that has seen the Foundation endure to date, bring forward new and fresh ideas/opportunities, and to assist those within our communities that are less fortunate than ourselves. It is us as past and present Apexians that can make a difference, that can continue to build better communities like those have done before us. With a continued strong Board of Directors and new directions, the best years of the Apex Foundation lie ahead of us to improve the quality of life of Australians with special needs. **Neal Mollineux**

# A message from our Investment Manager – James Gerrish

About James Gerrish  
and his team at Shaw  
& Partners

Level 7, Chifley Tower, 2  
Chifley Square Sydney NSW  
2000 Australia  
T: [+61 2 9238 1561](tel:+61292381561) | M:  
[+61 405 711 929](tel:+61405711929) |  
[jgerrish@shawandpartners.  
com.au](mailto:jgerrish@shawandpartners.com.au)  
[https://www.shawandpartn  
ers.com.au](https://www.shawandpartners.com.au) | Follow us 



SCAN BUSINESS CARD

The past year or so has been an extraordinary time on many levels and this has flowed through into an incredible amount of volatility across markets. As an investment manager, I can confidently say it has been the most challenging period of my career, perhaps the challenges faced during the GFC have faded somewhat, however at no time in history have we experienced such a short sharp sell-off caused by a global pandemic. Times like this certainly test our approach and provide a great level of insight into the robustness of our strategy. In mid-March I met with the Apex Foundation Investment Committee, the portfolio was down 14% and there was naturally some concern around what comes next. We analysed the portfolio structure, the areas of greatest risk and posed the question, should we be moving more towards capital protection? Our recommendation was to maintain the diversified approach, look through the noise and focus on the long term - this has proven the correct call. The Apex Foundation Portfolio employs a diversified asset allocation structure, split between Australian Equities, International Equities, Property, Hybrids, Fixed Income and some cash. At the peak of the downturn as equity markets fell ~40%, the portfolio had a peak drawdown of ~18%. As the recovery prevailed, thanks largely to aggressive support of Governments & Central Banks and markets recovered, the portfolio has done well capturing the upside. Since the March low, the portfolio has increased by more than 25% and has recently surpassed its previous peak. I'd like to acknowledge the Apex Foundation Investment Committee Chaired by Lindsay Carthew for their continued support and faith in our approach.

James and his team have been managing Australian and International Equity and Fixed Income portfolios for Australian investors for over 15 years. James's clients range from Individual's, Corporates and Self-Managed Super Funds, to Not-For-Profits and great Australian Charities. Shaw and Partners is a preeminent wealth management firm in Australia, managing over \$20 billion, with offices nationally. Through Shaw and Partners, James offers professional management of direct investments backed by comprehensive in house & external research. James and his team draw on this research while overlaying a level of pragmatism to ensure clients are at the centre of everything they do. While James heads the investment function, a team of administrators work behind the scenes to ensure that reporting and administration is as seamless as possible, providing clients with clear and transparent insight into their portfolio around the clock. If you would like to discuss how James and his team could assist in your wealth management journey, he can be contacted directly on (02) 9238 1561 or emailed at [jgerrish@shawandpartners.com.au](mailto:jgerrish@shawandpartners.com.au)

**ShawandPartners**  
an EFG company

James Gerrish  
Senior Investment Adviser

## Leave a little something for Apex

# Ways to arrange a bequest

- *Bequests are a way for donors to leave a lasting legacy for their chosen charity.*
- *The following suggestions are to help make it happen the best way for you with the Apex Foundation.*
- *We have separate Foundation Trusts supporting medical research for Children's Cancer and Leukaemia, Diabetes, Melanoma, Cranio Facial Surgery and Autism.*
- *We also have Trusts to enhance the lives of underprivileged children (Underprivileged Children's Trust) and one to provide scholarships to youths in fine arts (Fine Arts Trust).*

## THE BIG HEARTS

Donations of just  
under \$6,000  
from

John Dwyer  
Ian Curren

Elanora, Queensland,  
Lyndsay Edmonds,

James Gerrish,  
Apex 40 Lismore

and

Sri Jayawardenapura  
Alumni Association of  
NSW & ACT Inc

**When arranging a bequest to Apex Foundation,  
use of the following wording is preferred:**

### For a specific bequest

**(When you would like to leave a specific sum of money to the Foundation)**

**"I give and bequeath to the Apex Foundation ABN 58 001 347 897, in aid of the \_\_\_\_\_ Trust and for its general purposes, the sum of \$ \_\_\_\_\_ for which the receipt of the Treasurer or other officer shall be sufficient discharge to my Executor for the Bequest."**

### For a residual bequest

**certain**

**people**

**"I bequeath to the Apex Foundation, in aid of the \_\_\_\_\_ Trust and for its general purposes, the rest and residue of my Estate, for which the receipt of the Treasurer or other officer shall be sufficient discharge."**

### Arranging a Codicil

**An amendment to your Will**

**If you have already made your Will, but would like to alter it slightly, you may like to add a codicil. This is an amendment to your Will, which may set out your instructions for a bequest to the Apex Foundation.**

**Thank you for thinking of the Foundation and being part of the family!  
For more information, in strict confidence, on arranging a bequest  
please phone 02 9253 7775 or e-mail to [info@apexfoundation.org.au](mailto:info@apexfoundation.org.au)**

***NB. This is not legal advice. Any prospective donor should seek the advice of a qualified legal, estate and/or tax professional to determine the consequences of his/her gift.***

ADVERTORIAL

## Paul Hewitt Chevron Realty

**I joined the Grafton NSW Apex Club at the tender age of 21. A career in the Australian Public Service landed me in Grafton from Darwin in 1968. Not knowing anyone I headed to the local pub (Crown Hotel) where I met a local Apexian who invited me to a meeting. The rest is history as they say. I enjoyed a term as President of the Grafton club. The Public Service saw me move to Canberra in the early 70s where I joined the Weston Creek club. Another wonderful bunch of blokes – as are all Apexians. When I finally reached the magic age I was honoured to be awarded Life Membership of the Weston Creek Apex Club. I served as President of the club on 2 occasion and also enjoyed 18 months as District Governor Zone 2, District 9. I resigned from the Public Service in 1985 and joined the Real Estate Industry in Canberra. My many Apex contacts proved invaluable in establishing a data base of clients. Having sold my business in 2000 I moved to the Gold Coast. Retirement however was not for me so I bought into another small boutique real estate agency (Chevron Realty) and still continue to work trying to keep the body and mind active. One of my favourite sayings over the years is - you do business with people you Know, Like & Trust. If any past members are thinking of moving to the Gold Coast, or who currently reside on the coast or own investment property here I would be pleased to offer my services as an ex Apexian real estate agent you can Know, Like & Trust. I am available 7 days a week.**

**Thank you. Yours in Apex (1968- 1987).**



**Paul Hewitt**  
Director  
Mobile: 0418 678 314  
E:ph@chevronrealty.com.au



# Heart of a community Hope of a nation

## DONATION

Cheques to be made payable to:  
Apex Foundation Limited  
Post cheque with this form to:  
Apex Foundation, Level 5,  
201 Kent St. Sydney  
NSW 2000

EFT/Direct Credit payable to:  
Apex Foundation Limited  
Bank: Westpac Banking Corporation  
BSB: 032-099  
Account No.: 300-994

APEX FOUNDATION LIMITED  
LEVEL 5, 201  
KENT STREET  
SYDNEY NSW 2000  
Tel: 02 9253 7775  
Email:  
info@apexfoundation.org.au  
ABN:58 001 347 897

NAME/S: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEL HOME : \_\_\_\_\_ WORK : \_\_\_\_\_

MOBILE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Apex affiliation YES/ NO. If YES please advise which Club and whether you are a current or retired Apex Member  
\_\_\_\_\_

I/we would also like to support the Apex Foundation with a one off / monthly gift of:

(please circle)      \$15      \$25      \$50      \$100      Other  
\_\_\_\_\_

**ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE.**

Your donations will be allocated by the Apex Foundation Board to assist Apex projects. However, if you would like any donation to go to one or more specific projects, please nominate here:  
\_\_\_\_\_

Please send me more information on:

- Membership       Leaving a bequest to the Apex Foundation

The payment can be made in the following ways

Card number:

Expiry Date:    /   

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_