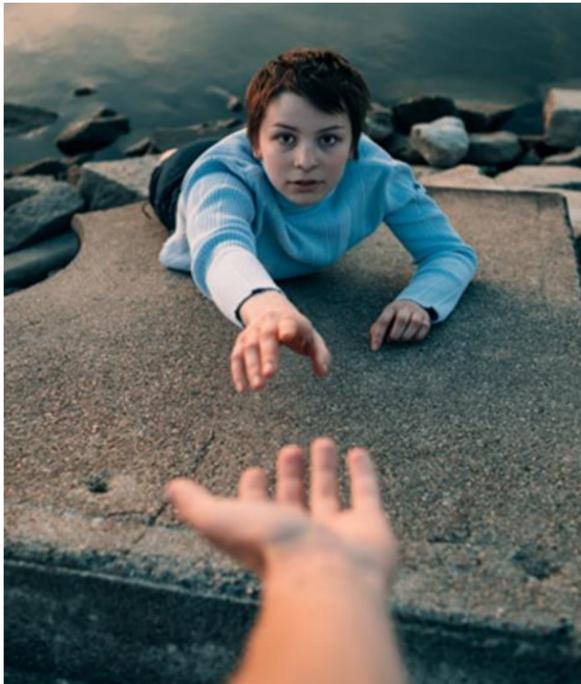


### We have money for worthwhile projects



#### Foundation to Apex Clubs

We have money for worthwhile projects in your community. The Apex Foundation actively encourages Apex Clubs to submit any worthwhile proposal for our consideration. Right now, we have grant money to help you with your commitment for the Apex Mental Health Initiative.

We also have grant money through the Apex Foundation Community Fund to help the less fortunate in your community. With the Covid lockdown there are many hurting and in need of assistance.

We can help especially those with young families. If you have something in mind, the first step is to contact

Clement Fernandez,  
Executive Officer,  
Apex Foundation T: 02 9253 7775 or email:  
eo@apexfoundation.org.au



#### Trailer and tools worth more than \$13,000

Opportunities to Autism students for future employment

The Apex Foundation has supplied a trailer and tools worth more than \$13,000 for a very special project for a school for children with Autism at the Aspect School in the Central Coast of New South Wales. Two years ago, we funded a van for the same school to assist the children to go out of the classroom and into the community to increase their employment opportunities.

This year, we took a further step and agreed to support the school with the purchase of equipment for a school/ community-based lawn and garden maintenance program for their high school students.

The aim of the program is to provide work experience opportunities within the school and the community with the possibility of a traineeship in the future. We worked closely with the students and the teachers to find out exactly what they needed and came up with the following:

- 8 ft x 5 ft caged Trailer with ramp
- sign writing on the Trailer
- 2 x Mowers - petrol driven
- 2 x brush cutters - battery operated

- 2 x blowers - battery operated
- 1 x hedger - battery operated
- Spare batteries
- Wheelbarrow
- Garden tools and tool bags
- Brooms, rakes, and garbage bins
- Safety gear and sun hats for 12 students
- Fuel cans and tow bar for the bus which we donated two years ago.

We tried to make sure that the tools we bought were user friendly for every child and therefore purchased battery operated tools with low noise and less vibration, as far as possible. The school now has a full lawn mowing and home gardening business ready for work including full cans of fuel. The Trust that funded this project was the Autism Trust that the APEX Foundation manages which came from funds that Apex clubs around Australia had raised in 1969 during a Walk around Australia by the Apex clubs of Australia to raise awareness of Autism and Autism research. This program will have a huge positive long-term impact for many high school students, who are living with Autism, for many years into the future.

### HIGHLIGHTS

**1 The Apex Foundation helps children with autism enter the workforce**

**2 Tributes to Dr Paul Rowland and David Cook**

**3 Apex Foundation and Apex clubs of Australia jointly embark on promoting mental health**

## EDITORIAL

*Renew membership to be part of the AGM*

I am delighted to write a few lines in this Spring Edition of our eNewsletter.

**Membership subscription**

Our financial year ends on 30 June each year and I had sent out letters to members advising those whose subscriptions ended on 30 June 2021 to renew it. The response has been very positive, and all funds received were allocated to the Mental Health Initiative. As our AGM is scheduled for November 2021, those who have not renewed their membership are urged to do so as soon as possible so that they would be eligible to participate in the AGM including voting, if necessary.

**Mental Health Initiative**

The Apex Foundation has invited Apex Clubs in Australia to apply for funds to carry out their projects supporting mental health. Clubs are encouraged to apply for these funds as they are already available for distribution.

**Donations**

The amount and number of donations has been very encouraging, particularly at a time when we are faced with a pandemic. The Board of the Apex Foundation carefully considers all applications for these funds before they are disbursed, thus ensuring that your generosity is justly rewarded.

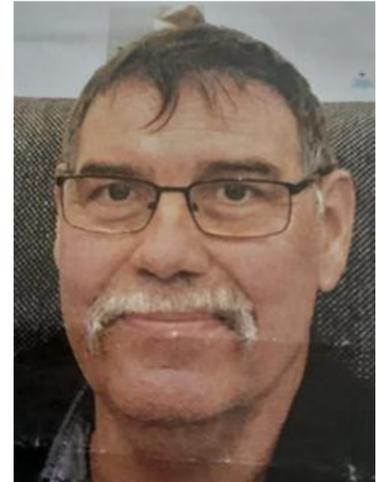
**The SHACK and the Chalet**

These facilities had to be closed for extended periods due to the Covid epidemic and this has adversely affected the respite that we had provided continuously for decades. It was a painful decision, but the safety and health of the attendees were our priority in addition to being compliant with the Health advice of the Government. We do look forward to opening these doors at the earliest possible time.

**Advertisement**

We do invite businesses, particularly from Apexians, to take spots available in our advertorial space. It is obviously at the discretion of the marketing committee to accept these advertisements, but the general philosophy is to provide a platform for Apexians to generate some leads and grow their business. Thank you for your readership.

**Clement Fernandez**  
Executive Officer/Editor.

VALE DR PAUL  
ANDREW ROWLAND

27 February 1959 - 5 May 2021

Paul's time in Apex and the Foundation spanned over 40 years, joining the Apex Club of Nowra in 1985 after transferring from Taree Club. He held all club portfolios at Nowra and served two terms as District Governor and was made a Life Member on attaining 40 years. With the age limit extending to 45, he continued as an active and life member until he eventually retired. During his active Apex years, he promoted the primary schools public speaking competition in zone 2 which eventually became a national apex competition. He spent time on Apex National Board as Youth Chairman.

Paul was the last man standing in Nowra Club, and eventually joined the Apex Club of Berry where he became an inaugural member of the SHACK Committee. He was a regular participant at the weekly work parties during the construction of the SHACK and remained a Member of the SHACK Committee until his passing. He was a Life Member of the Apex Foundation.

Paul was married to Virginia and had two sons. He practiced as a veterinarian in Nowra and for some time ran his own mobile veterinarian service called *Vets to You* in the Shoalhaven area. He served as the veterinarian for the Greyhound Racing Association until he contracted cancer and retired.

All memorial donations received at Paul's funeral were made on behalf of the Shack and he requested that his ashes be spread on the premises.

More than \$1,200 was donated to the SHACK in his memory.

**Life Governor Ray Vincent**  
SHACK Committee Chairman.

**Brian Powe**  
Director-Apex Foundation/  
SHACK Committee

## Apex Australia National Board 2021/2022

National President: Adam Stewart

Ben Curnow /Beaufort Club - Communications

Bethany Paterson /Kadina Club- International Relations

Tara Spotswood - Regional Communicator Coordinator

Simon Grant - Secretary

Emma Jackson /Geraldton Club - Awards

Gavin Mingay /Toowoomba Club - Treasurer

Greg Youngberry /Toowoomba Club - Bursary

Craig Martin and Leon Budden are the current managers for the Apex National Office and Leon is also the Legal and Compliance Manager

## Letter to the Editor-

**I am 90 now!**

Thanks for info. I am 90 now. Knees not good. Past President of Rotary Katoomba which may close up. Honorary member of Central Blue Rotary. Apex taught me many lessons which endure such as GREAT FAMILY DAYS when our six kids were young at Apex functions

In fellowship we're meeting in friendship

We give greeting at our Apex Club.

Regards Tom Colless

## *RORT, Postie Bike Ride, Tribute to David Cook*

### RORT NEWS- NATIONAL BOARD 2021/2022

**President:** Julie Primmer (Sunraysia)  
**Vice President:** Mark Tramby (XEPA)  
**Treasurer:** Keith Miller (Nepean Valley)  
**IRO:** Gayl McKay (Alstonville)  
**Secretary:** Col Ramsay (Wynnum Manly)  
**Board nominated positions:**  
**Roaring 40's Editor:** Bill Cramp (Redlands)  
**Membership:** Mark Tramby (XEPA)  
**WEB Editor:** Ken Wright (Nepean Valley)  
**RORT 2022 will be held in Darwin from 18 to 24 May 2022.**  
**The Organising Committee had managed to secure additional capacity.**

### POSTIE BIKE RIDE -2021

South Australian Apex Outback Postie Bike Ride is on again!  
 For the fifteenth year in succession, the backtracks of the Flinders Ranges in South Australia are going to host the Apex Postie Bike Ride. Run by the Apex Clubs of Yorke Peninsula and Mid North, SA each entrant pays \$550 to enter the Ride and pledges to raise at least \$1,500 for charity.  
 Riding 110cc Honda bikes the 75 or so entrants will ride 1,000 kms over 4 days on challenging tracks. It's such a great test of stamina and funds raised will go to the Copper Coast Retreats project to provide respite accommodation for cancer sufferers and their families. More information on the ride can be found on the website [www.apexpostiebikeride.org.au](http://www.apexpostiebikeride.org.au)  
 Dates 9-12 September 2021.



### Tribute to David Cook

by his wife Carolyn

### Conventions quickly became part of our holiday planning



### David joined Apex in September 1970,

having been introduced by a Scouting friend following his move to Wagga Wagga for a work assignment.

He joined the Apex Club of Wagga Wagga - Club Number 7 and quickly became very involved in all aspects of Apex including the development of a sheltered workshop for disabled residents and acting as secretary for the Zone 2 conference held in Wagga in October, 1974.

He attended his first national convention in Albury in 1975. In fact he attended every zone conference and seven or eight national conventions during his tenure in Apex.

Conventions quickly became part of our holiday planning, and our children eagerly looked forward to the children's camps and the chance to meet up with friends made in previous years.

Work took us to Wollongong where David joined Figtree Apex, but then had a short hiatus when we returned to Sydney and a long work commute and no Apex club in our local vicinity made it too difficult to continue. However with our next move, to Dubbo, David quickly returned to the fold and joined Orana Apex Club, part of Zone 9.

Apex was an amazing support as we moved around New South Wales through work commitments.

It immediately gave us an introduction to the culture, activities and needs of our new community and the opportunity to make new friends and have contacts for finding resources and other activities.

Our next move was to the Blue Mountains where David first transferred to the struggling Blaxland club and worked tirelessly to reactivate it.

However, it eventually folded and David joined Springwood Club. He was chair of the conference in Katoomba in 1987, carrying out his final duties over the conference weekend after yet another work transfer, to Canberra.

Although by now in his final year of Apex, he remained committed and joined the Weston Creek Apex Club, immediately becoming involved with the organization of the National Convention in Canberra in 1988.

After reaching the age of 40 (and receiving a treasured walking stick) he was presented with Life Membership by Weston Creek Club.

After another short hiatus, David joined The Rotary Club of Canberra South but within six months we were again on the move when he took up a State management position in the head office in Sydney and we returned to the Blue Mountains where he joined the Rotary Club of Lower Blue Mountains.

His time in Apex had supported his growth in leadership and his commitment to service to others.

Having held all board positions with the Rotary club his service career culminated in a term as District Governor of one of the three Sydney districts in 2011-12 and at the time of his death he was a member of the Rotary National Insurance Committee using a life-time of skills developed through his vocation as we traversed the state.

## How to make 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 Leukemia, 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).*

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

*When there are leftover funds, after you have left specific items to 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.*

### Apex Foundation Donation Form

## Heart of a Community— Hope of a Nation

Name/s: \_\_\_\_\_

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: \_\_\_\_\_

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 032 701 Account number: 267 054

APEX FOUNDATION LIMITED

LEVEL 5, 201 KENT ST SYDNEY NSW 2000 Tel: 02 9253 7775

Email: [info@apexfoundation.org.au](mailto:info@apexfoundation.org.au) ABN:58 001 347 897

*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



**ChevronRealty**

**SPACE FOR ADVERTORIAL**

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**PROMOTE YOUR PRODUCT OR SERVICE**

**For further information please contact Lindsay Carthew on 0414 500 402**

### **Definition:**

**An advertorial is a form of advertisement in a newspaper, magazine or a website which involves giving information about the product in the form of an article. Usually, a brand pays the publisher for such an article.**

### **Description:**

**Advertorials are advertisements that appear in the media, be it magazines, newspapers or websites. Advertorials are paid content.**

<b>DONATIONS</b>	<b>MEMBERSHIP RENEWALS</b>
<i>Donors with beneficiary in yellow</i>	
<b>SHACK in memory of Paul Rowland</b>	Paul Girolami
Richard Stent	Keith Roderick
A & O Quinn	Bruce Adams
Phil Turss	Pandora Carthew
Richard Zogbee	Les Templeman
Warren Wiseham	Mark Fishwick
Tania Page	Ian Irvine
Rachel and Michael Tuck	George Foster
Peter Macdonald	Matt Dell
Christopher Hughes-Gage	Ian Curren
Peter Rowland	Mark Tramby
Fred Bullen	David Cotton
B & M Walters and family	Garth Whitchurch
<b>Chalet</b>	Howard Pascoe
Apex 40	A L Schar
Ian Curren	Robert Tognela
John Dwyer	Alan Hawkins
Lions Club Winston Hills	Val Del Casale
Plenary Group Pty Ltd	Apex Club of Manjimup
Jamie Vincent	John Turner
Val Del Casale	Neil Warne
<b>Shack</b>	Roy Woods
Martin Wright	A P Fredericks
Coastal Palms Community Café	Brian Powe
<b>Mental Health Initiative</b>	Ashley Packer
Pandora Carthew	William Green
Les Templeman	Wayne Shaw
Ian Irvine	John Hogarth
Carthew Foundation	Jamie Vincent
Howard Pascoe	Bundaberg Apex Club
A L Schar	Gregory Youngberry
Robert Tognela	Peter Hughes
Robert Murray	Wal Curry
A P Fredericks	Steve Ryan
Michael Lukman	Darrol Harmer
Roger Downs	David Hilton
John Hogarth	Steve Ryan
Jamie Vincent	Apex Club of Geraldton
Peter Hughes	John Haigh
Darrol Harmer	Peter Hayes
John Turner	
Carolyn Cook	
Stephen Clayton	
Keith Vickery	