



Apex Foundation Australia NEWSLETTER ; Spring October 2022

A trustee of funds raised for national service schemes by the Apex Association, a volunteer organisation proudly serving the Australian Community for over 90 years since 1931

Apex Foundation Annual General Meeting

Friday 6.30pm
(Sydney Time)

18 November 2022

Shaw & Partners, Level 7,
Chifley Tower, 2 Chifley
Square, Sydney NSW 2000
Australia



Board met at the SHACK, LtoR: Simon Grant, Lindsay Carthew, Brian Powe, Jamie Vincent, Clement Fernandez, Tony Wilshire, John King, Mike Fitze, Mario Fricot and David Cotton.

Special guests at the AGM



Professor Michelle Haber AM
Executive Director,
Children's Cancer Institute



Sally-Anne Russell
Mezzo-soprano

Grants for underprivileged children



CHAIRMAN'S MESSAGE

Welcome to our spring newsletter. Our September face to face board meeting held at the SHACK was an excellent opportunity for the hard working committee to catch up with each other again. There was much discussed and implemented at this meeting. Your Foundation continues to do some great things, and by just reading Apex Australia's latest newsletter (issue 46) posted in July, it shows how the Foundation has been to the fore, assisting Apex Clubs in their community, through providing grants for underprivileged children, further supporting the association and clubs with their mental health initiatives, and supporting organisations to utilise our fantastic facilities at the Magic Castle, the SHACK and the Copper Coast. I would also like to acknowledge the fellowship and support that we receive from Apex 40. Their annual RORT held in Darwin, had our Vice Chairman Jamie furthering our connection. Their annual RORT held in Darwin, had our Vice Chairman Jamie furthering our connection. Their annual RORT held in Darwin, had our Vice Chairman Jamie furthering our connection.

Their annual RORT held in Darwin, had our Vice Chairman Jamie furthering our connection. Their annual RORT held in Darwin, had our Vice Chairman Jamie furthering our connection. Well done outgoing Apex 40 President, Julie Primmer, and incoming President (also Apex Foundation member), Mark Tramby. Their newsletter 'Roaring 40's' is definitely a great read. Do visit their website – www.apex40.com

In July, Apex Australia changed over their National President, with Adam Stewart (thanks Adam for your commitment to the Apex Foundation) handing over to Simon Grant from the Beaufort Apex Club in Victoria. Huge congratulations, Simon. The Apex Foundation directors are looking forward to your input in our board.

One of our very long-term members, and past Apex Foundation director, Mark Ballin was presented with Life Governorship of Apex Australia at a celebratory 90th (91st) anniversary dinner held in Toowoomba in March.

Mark, who was a National President, has a history unparalleled to anyone else in Apex, and his award is most deserving.

The board congratulates Mark on his huge input into everything Apex over the last 43 years.

Anyway, enjoy the newsletter, keep well, and thanks for your continued support.

Yours in Apex,
Tony Wilshire

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FROM THE EDITOR

Cooperation and growth in the Apex Foundation and Apex Australia

This issue of the Spring 2022 eNewsletter illustrates, amongst other things, the close cooperation that exists and continues to grow from strength to strength between the Apex Foundation and Apex Australia. This included the grants given to the Mental Health Initiative and a number of projects submitted by individual clubs.

45th AGM of The Apex Foundation

Details of the above are given in this issue. Requests for nominations for board positions were sent out in early September and two directors, Tony Wilshire and Jamie Vincent, who were retiring by rotation, were nominated and returned unchallenged. This AGM promises to be a memorable event after the past three virtual AGMS.

Apex Foundation at AON Building, Sydney

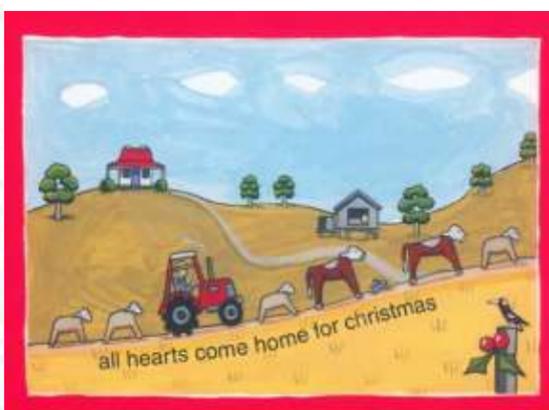
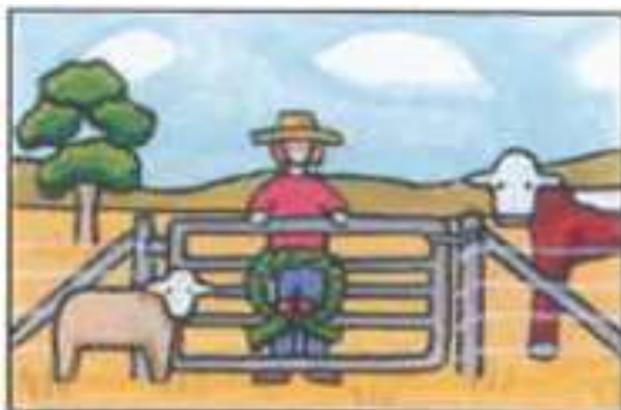
Since March this year, our office at AON building was returned to AON due to their increased demand for space. With effect from 1 January 2023 our phone numbers and mailing address will change. Details will be published in our website in due course.

Christmas cards for sale

With the office move, and we do not have storage facilities, the directors of the Apex Foundation have decided to sell off at \$0.10 each plus postage, all the Christmas cards and envelopes. Please place your orders as soon as possible, by email or call us.

As always, your comments and / or suggestions on improving this eNewsletter will be most welcome.

Regards , Clement Fernandez , Executive Officer
 email : eo@apexfoundation.org.au 02 9253 7775



Charity greeting cards

All hearts come home for Christmas

by Rachel Flynn , www.redtractor.com.au



The Apex Foundation :
 Due to generous support from AON Australia

100% of proceeds from the sale of these cards will directly support the Apex Foundation's children's charities

Autism Australia, Children's Cancer Institute Australia, Diabetes Australia, Down Syndrome Association and Underprivileged Children's Trust.

LETTERS TO THE EDITOR

Hi Clement
 Thank you for this edition of the Foundation Newsletter.
 One of my most vivid memories from my time in Apex was when the 'Help a Kid Make it' project was presented and during the presentation when John said " some kids make it and some kids don't and mine did not'. Not a dry eye in the hall.
 Great to see this scheme continues in today and making such an impact.
 Also good to see both John and Jack have both received Australia's preeminent Honour with the awarding of the Medal of the Order of Australia to each of them.
 Keep up the good work.

Fred Harrington OAM KSJ
Life Member Eltham Apex Club
Montmorency 3094

Dear Clement,
 Thank you so much forwarding the eNewsletter. It highlights again the extraordinary contribution Apexians throughout Australia continue to make to all communities and causes. I am reminded of the amazing contribution John (Lough) and the members of the Apex Club of Wollongong made that changed forever the outcome for children with Leukaemia and Cancer. As highlighted in your article the Apex Foundation continues to play an active role in the work of the Institute. I am told Tony and Mike, are to meet with Michelle (Haber), to further advance this role.

Thoroughly enjoyed reading the newsletter. With kindest greeting,

Jack Kassas

Editor: see the article Children's Cancer Institute of Australia (CCIA)

Donations

The Chairman and board members thank the following members and supporters for their generous donations:

- Wayne Shaw, Leon Squires,**
- Smiths Pty Ltd, Helliflite HQ, Rob Murray,**
- Alan Bennett, Terry Ireland,**
- Terry O'Mara, Julie Griffiths,**
- Ange Humphries, Michael Renwick,**
- Jason Hewitt, Apex Zone 9,**
- Lions Winston Hills, Graham Cassidy**
- Innerwheel Club of Blacktown City**
- Blue Mountains Crest Apex 40 and**
- David and Sandra Berman**



Brisbane's special school gets Frame Runner bikes

Apex Foundation helps
Brisbane City Apex Club and
Nursery Road State Special School

The Frame Runner is a three-wheeled running bike that allows people with reduced mobility to walk and run

They can be used recreationally or competitively on the track, road, or off-road to allow the user to independently participate in school sports, recreational events, physical activities, family and community events. At school, it provides positive physical benefits for the students and also promotes the psychosocial benefits of being involved in the school community.

The Apex Foundation approved an application from Brisbane City Apex Club for **\$13,773** to purchase three Frame Runners for the Nursery Road Special State School in Brisbane.

The **Brisbane club's** President, Kelly Buchanan works as a special needs teacher in the Metro-South Brisbane area and she approached Apex Foundation with a proposal to help some kids in need.

The special school has around 30 students with physical disabilities, ranging from Cerebral Palsy, Angelman Syndrome to other Chromosomal conditions,

They often face challenges in accessing the 'typical' track and field sports programme and so the school had trialled with success the 'Frame Runner' bikes which are highly adjustable and supportive (with a seat and trunk harness) and relies on leg power and a design that assists with leaning forward to provide momentum for running.

The bikes assisted students to not only walk, but even run.

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

The Foundation acted quickly to agree to the purchase.

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.

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

Check out their website - <https://www.apexfoundation.org.au/> for more details about what they do and how they help.



Apex Outback Postie Bike Ride. The 16 year tally hits \$1.5 million This year ,a fantastic \$150,000 was raised to assist cancer sufferers 73 riders, 8 support bikes and support crew at the 'Big Galah', Kimba

South Australian Apex Clubs namely The Yorke Peninsula & Mid North Apex Clubs have done it again. - Despite the wild weather in Port Augusta, the ride started and finished in Port Augusta. Just before the welcome social and briefing, Port Augusta received 25 mls of rain and hail in less than 30 minutes. There was so much hail on the ground that Port Augusta resembled an alpine village in the winter. Usually, the Ride briefing is at Port Augusta West Football Club but the hailstorm caused its roof to collapse. In true Apex fashion another venue for the 100+ participants was found. Although the new venue was crowded and a little noisy it was dry.

Neil Sawley announced to the gathered throng that The 2022 ride will raise funds to make a visionary investment in the future of South Australian Cancer Care through **a new, purpose-built Cancer Council SA facility** at 202 Greenhill Road, Eastwood. **The building will include 120 rooms of accommodation.** The Apex Outback Postie Bike Ride has committed funding to key communal space on the 'Outback and Far North' floor in honour of the legacy of Justin Voumard, the inaugural Chairman of the Apex Outback Postie Bike Ride. The communal space provides a kitchen, dining area, lounge and balcony overlooking the parklands on Greenhill Road, Parkside. This is a space where guests can come together while the balcony also provides a space to get some fresh air and to look out over the green parklands to the city".

Kerry Rowlands CEO of the Cancer Council of SA then spoke, congratulating all the riders and support crew for making the fabulous, fun Apex Outback Postie Bike Ride such an iconic event. She also gave some further detail of the exciting new purpose-built cancer care facility. A different track this year. The next day saw the weather ease to occasional showers, but the damage had been done - the dirt roads were waterlogged and slippery, and this set the tone for the weekend. Usually, the ride is held through the Flinders Ranges, but this year the organisers decided to go out west into Eyre Peninsula and through the Gawler Ranges. **What is the Apex Outback Postie Bike Ride?** a group of bike enthusiasts riding 110CC Honda bikes better known for postal deliveries over rough tracks and challenging terrain and go where these bikes are not built to be ridden. The Ride is for 1,000 kms through the South Australian Outback.



Committee photo L to R Peter Slattery, Neil Sawley (Life Governor Apex & LM Kadina), Debbie Venning, Andrew Venning (Kadina Apex), Greg Kipling (LM Port Augusta), Daniel Lascelles (Kadina Apex & National Board), Dale Sawley (Kadina), Andrew Keller (LM – Jamestown), Dave Forrest (Clare)

Money raised is for the benefit of cancer sufferers and previous rides **funded the purchase of 4 family size cabins in the Wallaroo Tourist Park**, with a fifth in the process of being purchased. The accommodation is free of charge to families and bookings are handled by Cancer Council SA.

2022 Postie a great success ; In total there were 73 riders, 8 support bikes and 15 support crew. 7 vehicles provided the postie riders support for fuel, broken bikes, flat tyres, first aid and importantly food.

At the presentation night, held at the Kimba Community Hotel, Neil Sawley (Life Governor – Apex & Life Member -Kadina Apex) spoke about this year's ride and thanked all those that participated and all those that were on support. Dale Sawley (Life Member - Kadina Apex) then spoke how the financial success of the event was helping so many cancer sufferers and their families in SA.

Treasurer Dave Forrest (Clare Apex) announced that this year the amount **raised was \$150,000**, the second best ever and bringing the **16-year total to just over \$1,500,000.**

The top fundraiser was Brian Docking (Doc) a popular winner. He raised the magnificent total of \$12,800.

For more information is available on the Postie website: <https://www.apexpostiebikeride.org.au/>



Magic does happen at the Apex Magic Castle

Aspect Central Coast School first discovered the magic of the Apex Children's Chalet (The Magic Castle) 5 years ago. Our Snow Camp 2022 can definitely be described as magical. A student who attended our camp was extremely nervous about skiing for the first time. She became very anxious even putting on the snow boots and getting fitted for the skis. As the lesson began she became more quiet and withdrawn from the group. Learning to stop was the first thing that the group was taught, each taking their turn to slide down a small hill to the instructor. As terrified as she was, she skied 5 metres to the instructor and stopped. At that point she said "I'm done. I'm never doing that again." As she got to the top of the hill she got help taking off her skis and was desperate to take off her boots – but she never moved from the group and her eyes remained fixed on the instructors working with her peers. After 10 minutes she moved over to her skis, held out her hand for assistance and clipped her boots into the skis.

The next run she did with the instructor was without support from the teachers and she made it all the way down the hill and back up the magic carpet. Her confidence grew and there came a point that a smile was fixed on her face. She started on the learner hill and moved quickly to the chairlift, doing several runs down the hill, with support and encouragement from two amazing instructors. The lesson was for three hours and she only stopped when the lesson was over.

This amazing feat would not have been possible without the use of the Apex Children's Chalet, which has become legendary from older students who have attended the camp previously and telling the younger students all about the fun they had at the Apex Children's Chalet (The Magic Castle)

Keeping the magic alive .thank you, Apex Foundation,

Amanda Yates Head of School Operations, Autism Spectrum Australia



Who is Simon Grant?



Family Man , Policeman, Farmer and Apexian ; Simon Grant, 42, is the National President 2022/2023 of Apex Australia. Married to Bronwyn, they have three children, Harrison, Matilda and Charlotte and live on a farm near Beaufort in Western Victoria. Farming is a passion of his with his day job being with Victoria Police. Simon joined Beaufort Apex Club in 2011 after a mate asked "Have you heard about Apex?". Since then Apex has given him many opportunities for personal growth, networking and of course many great and enduring friendships. He has been with VicPol for 22 years joining at 20 with little life experience. Over that period he has worked in many areas of policing including general duties, highway patrol, riot squad, prosecutions, farm and rural crime as well as proactive policing which is the community engagement side of things.



Quotable quote: National President, Apex Australia 2022 2023

*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. **Simon Grant***

Membership

RENEWALS

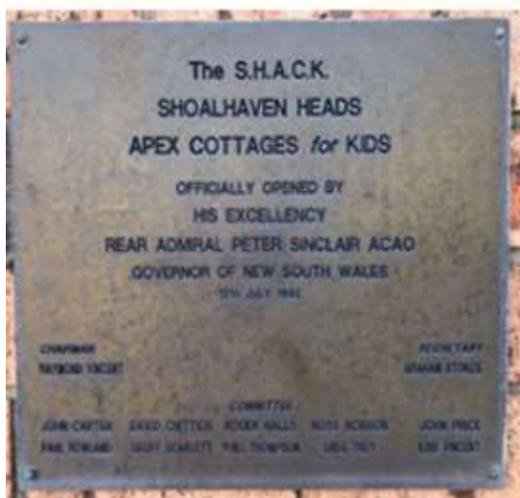
Pandora Carthew Lindsay Carthew April Lancaster-Smith, Peter Cram Alan Bennett	Ashley Packer Rick Dungey Athol Frederick Tomas Guerin John Haigh	Alan Hawkins John Hogarth Howard Pascoe Garth Whitchurch Brian Powe	Keith Roderick Tara Sportswood Wayne Shaw Geoffrey Reeves Alan Bennett
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New Member - Glenn Hodge

The SHACK

Being 30 years old , is in the process of a major upgrade.

More about this in the next issue



Mental Health Initiative

Five of the six applications approved by the board have been completed.

The major update is ; Jamestown Apex donated \$7,000 to UPCT (Underprivileged Children's Trust) from proceeds of their successful Caltowie 'Chilled Down & Fired Up Festival'.

1.Wongan Hills WA	\$ 900.00
2.Gawler SA	\$1,716.00
3.Bairnsdale Vic	\$6,580.00
4.Jamestown, SA	\$7,000.00
5.Are you bogged mate	\$5,000.00
Subtotal	\$21,196
Budget	\$30,000

BEQUEST - HOW YOU CAN HELP

To continue the fantastic work of the Apex Foundation.
Please consider leaving a 'little something' in your will.
When arranging a bequest to Apex Foundation,
use of the following wording is preferred:

1. For a specific bequest – 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 another officer shall be sufficient discharge to my executor for the bequest."

2. For a residual bequest

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 another officer shall be sufficient discharge."

3. 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**

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.**

Aiming for zero childhood cancer

Children's Cancer Institute of Australia (CCIA)



Left to Right : Mike Fitze, Professor Michelle Habor AM, Tony Wilshire & Anne Johnston

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

Michelle and Anne were very excited that the Apex Foundation wanted to further strengthen this great partnership and 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 demonstrated some of the things CCIA does. Please follow the link [Ellie's Story](#). This is all about Zero Childhood Cancer. These people are incredible to say the least and the Apex Foundation is incredibly proud of the huge part that Apex played in the establishment and ongoing support.

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



Safe Waters Community Care Inc, Ulladulla Homeless Shelter

88 South Street,
ULLADULLA, NSW, 2539

\$30,000 cheque presentation by Mike Fitze Apex Foundation to Sarah Date Executive Director Safe Waters, Brian Powe Apex Foundation and Chris Martin Director Safe Waters.

Safe Waters Community Care Inc. was established in August 2019 by a small committee to assist the most vulnerable people in the Ulladulla district, experiencing homelessness, domestic violence, substance misuse difficulties, poverty, and social isolation. It is the only provider of this type of service in this area. The closest other service would be over 100km away. The service is in its infancy and meeting great demand after the 2019 bushfires and severe rental crisis experienced in this region.

Safe Waters Community Care Inc. have established one safe house and are working towards renovating and fitting out two other properties in the heart of Ulladulla that will offer temporary and night-by-night crisis accommodation to the most vulnerable.

They have a part-time co-ordinator and fifty unpaid volunteer support staff providing service 7 days a week.

It's great to see the Apex Club of Milton Ulladulla also assisting Safe Waters Community Care Inc. by offering support to the Committee and ongoing work parties. Due to the established need, the Apex Foundation decided to provide assistance through its Community Fund to assist with the establishment cost of these Safe Shelter properties. An initial \$30,000 grant has been approved towards rewiring and electrical upgrade of the premises, concrete pathway for disability access and timber deck with pergola.

Please visit the website for more information <https://www.safewaterscc.org>

Membership Renewal Form

Name _____

Phone _____

PLEASE RENEW MY MEMBERSHIP (please circle one)

Individual : **One Year** \$ 50 **3 Years** \$ 125 **Gold Life** \$1,000
 Club : **One Year** \$165 **Gold Life** \$1650

ADDITIONAL DONATION : please scan or post this form

I would like to make an additional donation of: _____

Membership fees and donations will be allocated by the Apex Foundation Board. However, if you would like your donation to go to one or more specific Foundation cause, please nominate here:

PAYMENT

Credit Card

Name on card _____

Card number: _____ Expiry Date: _____

Signature: _____

EFT/Direct Credit

Apex Foundation Limited : Westpac Banking Corporation BSB: 032 010 A/C No.: 300978

NB: Make sure you include your name in the reference when remitting.

Cheques – please send your cheque with this form to

APEX FOUNDATION LIMITED P.O Box 93 Engadine NSW 2233

Tel: 02 9253 7775 Email: info@apexfoundation.org.au ABN: 58 001 347 897

We thank you for your support
Your contribution will make a difference
To those in need

DONATION FORM

Heart of a community. Hope of a nation

Name/s: _____ E-Mail: _____

Address: _____

Tel: Home _____ Work: _____ Mobile: _____

E-Mail: _____

Apex affiliation? If YES please advise which club and whether you are a current or retired Apex Member

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

PLEASE CIRCLE - \$15, \$25, \$50, \$100, Others _____

ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE

The Apex Foundation Board will allocate your donation to assist Apex projects.

However, you can nominate one or more specific projects, for your donation:

Please send me more information on: Please tick the box

Membership Leaving a bequest to the Apex Foundation

All donations payable to:

Underprivileged Children's Trust, BSB 032 701 Account number 267-054.

Bank: Westpac Banking Corporation

THREE (3) PAYMENT METHODS

1. **EFT/DIRECT CREDIT** - ABN: 58 001 347 897

2. **CARD**

Number: _____ Expiry date _____

Name on card: _____

Signature: _____

3. **CHEQUE.**

Post with this form to:
 APEX FOUNDATION LIMITED
 P.O Box 93 Engadine NSW 2233
 Tel: 02 9253 7775
 Email: info@apexfoundation.org.au