



# Roaring 40's Magazine March 2026

Official publication for Apex 40 Australia Inc.  
Apex 40 Australia Inc. is the recognized  
body of affiliated past Apexians groups.

A horizontal banner with a light blue background and a yellow and orange border. On the left is a smaller version of the Apex 40 Australia logo. To its right, the text reads: 'Apex Zone 9' in red, '2026 Reunion' in red, and '30th Oct 26 - 1st Nov 26' in blue. On the far right, a vertical orange bar contains the text 'ORANGE' in white and 'NSW' in yellow below it.

**Apex Zone 9**  
**2026 Reunion**  
30th Oct 26 - 1st Nov 26

ORANGE  
NSW

**2027 Central Coast RORT**  
Sunday 16th May to Friday 21st May 2027

# For Continuing Fellowship

Apex 40 Australia Inc. is not a Service Club, but an organisation formed to foster fellowship among past Apexians and their partners, and to retain the many friendships formed during their Apex years.

It also exists to assist Apex, when asked, and not to operate in opposition to Apex. It is open to past members and their partners, and Ex-World Councillors who have retired from their respective organisations.

Some Apex forty members decided to form sub-committees which are based around past or present Apex Club locations. These sub-committees may meet monthly or less regularly, but all with a view to maintaining and fostering friendships and occasionally helping Apex Clubs.

Each year members from Apex 40 gather for a weekend to attend the Annual Convention known as 'The Rort'. During this weekend there is a brief interruption to the festivities to conduct the necessary formality of The Annual General Meeting. In the past, after the RORT, a Post-RORT tour of 4 or 5 days duration has been programmed, visiting areas surrounding the town hosting The Rort. In future both events may be combined and shortened to reduce costs.

The socialising of individual members with each other, across the whole organisation, never ceases. When on an interstate holiday, for example, members invariably look up acquaintances and friends made during the Rorts. It is a huge social club and fosters friendships among whole families.

Membership is open to all past members of Apex, their partners, and members of affiliated clubs.





President's Report  
Vic Ashby. Nepean Valley. NSW.

## Presidents Report

Well, here we are it is 2026 and have not we got a lot to look forward for this year.

As we go to print the 2026 RORT /cruise is happening and I am sure it is going to be a fun ten days. I am sure there will be more to say in the next Roaring 40's magazine.

Regarding RORTS; members can look forward to a great time at the 2027 RORT which will be held on the Central Coast of NSW

I have been continuing my visits to subcommittee since my last report with a flying visit to Inverell where I was made extremely welcome. I have been able to continue my visits to Wyong, Great 8 and Penrith. Wynnum Manly will be getting a visit in February as I am Flying up for their February meeting.

To continue my visits, I am heading over the ditch in early April to attend Club 41 AGM in Blenheim on the South Island of New Zealand.

To round off my travels, for a while, I will be joining forty other Apex 40 members on Mark Tramby's tag a long tour of southwest Queensland and northwest NSW in May. This has the potential to be a real hoot. I am sure the happy hours will foster some great apex fellowship.

On a less than happy note Col Ramsay, who has been Apex 40 Secretary for 14 years, has resigned effective from the 6<sup>th</sup> of February. His shoes are going to be extremely difficult to fill however one must get on with it.

Keith Miller has, with national board approval, has taken over a lot of the day to day running of the Secretary's position with Mark Tramby stepping to fulfil the Queensland requirements for Incorporation etc. however will need to have this ratified at the AGM.

Maggie Vincent, as Membership Chairperson will be more involved in the maintenance of the Membership register, badge requests, and membership application etc.

Our webmaster Ken Wright has undertaken the technical issues relating to this changeover. A huge thank you for this.

Well, that is all for me right now and I am looking forward to catching up with you at either the cruise or Tag-a-long.

Yours in Apex 40,

Vic Ashby (President)



National Vice President  
Bill Cramp, Redlands. Qld.

### **Vice President's March Report**

My time as Vice President ends with the AGM to be held onboard the Discovery Princess early April. Normally I should have nominated to follow Vic Ashby but consider younger members should lead into the future and therefore have declined to do so.

I support the plan for Vic to complete a second year as President with Maggie Vincent replacing me. We will be in great hands.

At this time, I would like to acknowledge the impact retired Secretary Col Ramsay has had on my involvement firstly as editor of this magazine and later my election as VP. When Julie Primmer was looking to offload producing the Roaring 40's magazine in 2019, to nominate for President. I was confident that I could succeed as editor as I had been producing the Redlands newsletter for years. It is a much larger production and needed to be produced in Microsoft Word, which is not friendly combining text and photos. Col rescued me often in the early days with layout and on many occasions was able to obtain reports from groups that had overlooked the need. I trust Chris has received the same support.

Last year we were looking for a Vice President, and it was Col who convinced me to nominate with the knowledge that I was not prepared to take on the presidency in due course. As a result, Maggie has been learning the procedures and will provide vibrant leadership into the future.

After 7 years as a committee member, it is time to wrap up my contribution. Thank you to every committee that I have been part of for the support and friendship. Long may the friendships continue.

Yours in Apex 40,

Bill Cramp.  
Vice President

**When I look in the mirror and  
see gray hair, tiny wrinkles,  
and dimming eyes, I think,  
"They sure don't make  
mirrors like they used to."**



## Secretaries Report Mark Tramby XEPA. Qld

### **From the Secretary's Desk**

Hi everyone!

Not sure if it has been covered already but after many years in the chair Secretary Col Ramsay has stepped down from National Board as of the 6th of February. I'll leave the thankyou's to Col to President Vic in his report and no doubt directly at the AGM as Col & Phyl are attending ( note I'm not , in fact on the day the Rort cruise departs I'll be sailing out of Yokohama on a Japan cruise , with Rosemary of course and is one which we'd booked ages ago thinking the Rort would be in May). So, my apologies for not being at this year's Rort, but it is what it is.

I have been nominated to take over this role, but my election will need to be ratified at the AGM on the cruise in March, until then I will be "acting Secretary ".

You may not be aware but due to incorporation laws we have to have a QLD based Secretary, so I was asked to step in to assist with the rest of the board in NSW.

Due to my busy lifestyle, I said yes but only if the board could take much of what Col did in the past away leaving me the management of ASIC & Fair Trading , and AGM agendas / minutes as my only role.

There has been a lot happening behind the scenes since I agreed to step up but much of that huge volume of work has now been split between Maggie as membership , Ken our webmaster & Keith as treasurer leaving me with the above items.

We are sure this new system will work well and make the role of secretary more suitable to anyone based in Queensland in the years ahead, that said I do expect to be doing the job for quite some time regardless.

For those going on the cruise we will both be doing sail away parties at the same time (Japan time is the same as Australia), you farewelling Sydney, us farewelling Yokohama. Have a wonderful time everyone and enjoy those cocktails!!!

Mark Tramby  
Tel: 0438 465686  
Email: [CSO@apex40.com](mailto:CSO@apex40.com)



From the Editor's Desk  
Chris Palmer Great 8. N.S.W.

With the RORT coming up it marks the end of my first year as the Roaring 40 Editor. I hope I have lived up to the standard set by Bill Cramp in the previous five years. I owe Bill a big thanks for his comprehensive handover and ongoing support, particularly his jokes and cartoons.

Col Ramsay was also of great help in his proof reading and distribution of the final product. National Board will need to step up in their absence next year.

The Roaring 40 is a means of communication between the National Board and the members, it also provides a way for sub committees to promote themselves and to interact with other sub committees.

Please forward photos of meetings and group events to [roaring@Apex40.com](mailto:roaring@Apex40.com) or publish on our Facebook page for publication in the following edition. Some commentary about the photos is also handy.

While on the subject of Facebook, I have never been a fan or user of Facebook but have come to recognise that for our organisation it is a wonderful way of communicating across the group. I now visit every day and pick up both the good and the sad news from far and wide.

Chris Palmer  
Roaring 40 Editor  
[roaring@Apex40.com](mailto:roaring@Apex40.com)

## FOOTROT





Treasurer's Report.  
Keith Miller. Nepean Valley. N.S.W.

## FROM THE TREASURERS DESK

Greetings all

Invoices have been issued to all Sub-Committees and Members at Large (MAL) for the 2026 Apex 40 Australia Inc National Membership fees. Payment was due by 31<sup>st</sup> January 2026 and at the time of this report, there are still a few who have not paid. It would be appreciated if those Sub-Committee secretaries and MALs could please expedite, asap, payment of your 2026 fees, thanks. Fees are \$8.50 per member.

**Some good news! As you may know, Apex 40 Australia Inc has an account with SQUARE to process our credit/debit card payments from members. While this method of payment is incredibly convenient, the 2.25% processing fee charged on all transactions has been a bit off-putting for many of our members.**

**SQUARE has confirmed a special offer where they will absorb the 2.25% processing fee for six months, up to a maximum of \$5,000 GROSS, until 20th July 2026.**

This means that although you will still be charged the 2.25% processing fee upfront, Apex 40 Australia Inc will refund the fee back to you. Please note that a minimum payment of \$100 is required for the refund to be initiated. For example, if a member pays \$100 plus the 2.25% processing fee (\$2.25), which totals \$102.25, SQUARE will pay Apex 40 Australia Inc the full \$102.25, and the National Treasurer will refund the processing fee to the member.

This special offer can be quite beneficial for sub-committees paying their annual membership fees. Additionally, while there is only a \$10 registration fee for the 2026 Cruise RORT, this offer can also apply to early-bird registrations (deposits) for the 2027 RORT, for payments received prior to 20/7/2026.

Following the resignation of past National Secretary, Col Ramsay, National Board have re-organised some functions, to ease some of the workload on the incoming National Secretary (subject to election/appointment at the 2026 AGM), Mark Tramby. One of those functions has seen the National Treasurer take over the maintenance of our National Membership register, including receipt of new member applications, and requests for new name badges, in conjunction with our National Membership chairperson, Maggie Vincent. This will make it easier for the issue of Invoices in the future, as the Membership records link directly to the annual membership Invoices.

Attached is the current New Member application which should now be used for all new member applications, please.

Maggie Vincent and I have issued our current membership lists to each sub-committee, showing our current records in relation to Sub-Committee and MAL members. It would be appreciated if you could advise of any additions, deletions or amendments to those records, thanks. For

example, one sub-committee has been invoiced for thirteen members, yet our records show twenty-nine members, so we need to try and reconcile your numbers against our records. Please email [treasurer@apex40.com](mailto:treasurer@apex40.com) for any amendments to membership lists.

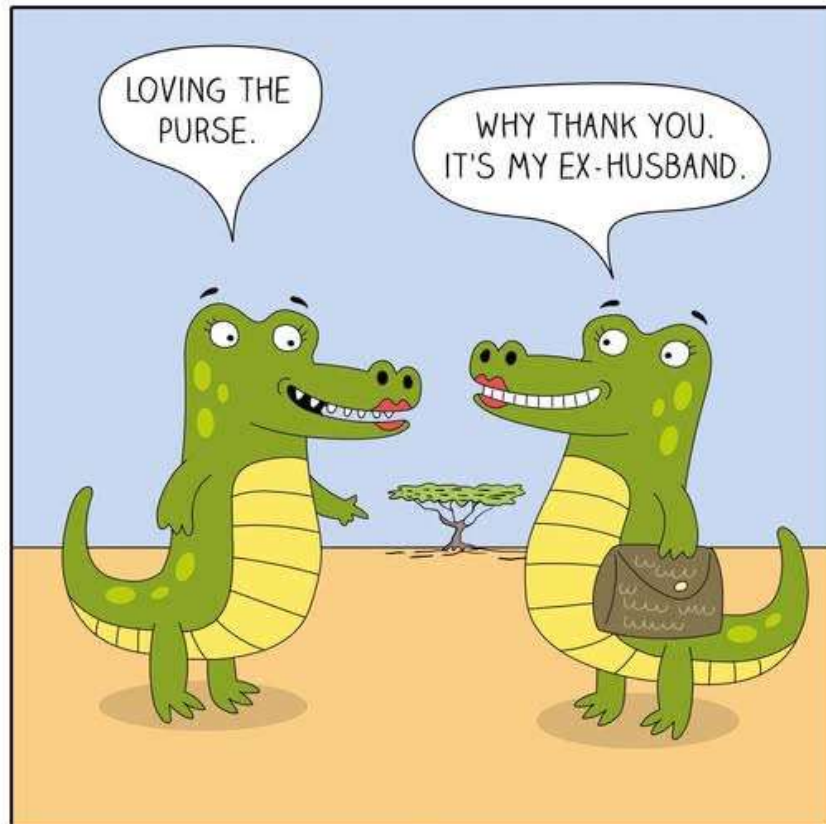
As part of changes by National Board, the email address for [secretary@apex40.com](mailto:secretary@apex40.com) is no longer in use, and is redirected to either the National President or National Treasurer. Should you need to contact our Acting National Secretary, Mark Tramby, please use the new email address [CSO@apex40.com](mailto:CSO@apex40.com) Mark will take over officially from the 2026 AGM (Cruise), subject to confirmation. In the short term, Keith Miller is Assistant National Secretary to handle the day-to-day Admin requirements, and to accept nominations or Items of business for the 2026 AGM.

Our webmaster, Ken Wright issued a Newsletter on 11<sup>th</sup> February re changes and including Notice of Annual AGM. For the short term, until incoming National Secretary, Mark Tramby, officially takes over, members wishing to nominate for National Vice President, National Treasurer, National Secretary, National Membership Chairperson etc should submit their nomination on the attached form to [treasurer@apex40.com](mailto:treasurer@apex40.com) or by mail to PO Box 5 NARELLAN NSW 2567 by 20<sup>th</sup> March 2026.

If you have any items of business that you would like included on the 2026 AGM agenda, please submit to [treasurer@apex40.com](mailto:treasurer@apex40.com) or by mail to PO Box 5 NARELLAN NSW 2567 by March 14<sup>th</sup> 2026.

Cheers

Keith Miller  
Apex 40 Australia Inc  
National Treasurer 2025/2026  
Mobile 0408 118 290  
[treasurer@apex40.com](mailto:treasurer@apex40.com)  
Postal Address for Apex 40 Australia Inc  
PO Box 5  
NARELLAN NSW 2567



The Auditors report for 2025/26 has been received and the full report will be distributed to members in the near future. The balance sheet is shown below.

Created: 3/02/2026 2:12 PM

Apex 40 Australia Inc.

c/- Secretary  
PO Box 5  
NARELLAN NSW 2567

## Balance Sheet

As of January 2026

ABN: 61 162 597 079

Email: secretary@apex40.com

Assets		
Current Assets		
Bank Accounts		
#1 General Account 034053 308848	\$4,493.67	
#2 Investment Account 034053 308864	\$43,149.26	
RORT A (Even) Holding 034053 308856	\$478.59	
RORT A (Even) Chq A/c 034053 370107	\$3.90	
RORT B (Odd) Cheque A/c 034053 351299	\$1.88	
RORT B (Odd) Holding Ac 034053 351301	\$8.86	
<b>Total Bank Accounts</b>		<b>\$48,136.16</b>
Other Current Assets		
Trade Debtors	\$3,372.50	
2027 RORT Venue Deposits paid in advance;	\$550.00	
<b>Total Other Current Assets</b>		<b>\$3,922.50</b>
<b>Total Current Assets</b>		<b>\$52,058.66</b>
<b>Total Assets</b>		<b>\$52,058.66</b>
Liabilities		
Current Liabilities		
2026 RORT Regn fees in advance		\$550.00
Other Current Liabilities		
Trade Creditors	\$391.65	
<b>Total Other Current Liabilities</b>		<b>\$391.65</b>
<b>Total Current Liabilities</b>		<b>\$941.65</b>
<b>Total Liabilities</b>		<b>\$941.65</b>
<b>Net Assets</b>		<b>\$51,117.01</b>
Equity		
Retained Earnings	\$18,872.51	
Current Year Surplus/Deficit	\$5,477.67	
Historical Balancing	\$26,766.83	
<b>Total Equity</b>		<b>\$51,117.01</b>

This report includes Year-End Adjustments.

The Nomination for National Board Positions appears below.



For Continuing Fellowship  
A BODY OF AFFILIATED PAST APEXIAN GROUPS

ALL CORRESPONDENCE TO:- Keith Miller, Acting Secretary APEX 40, PO Box 5 Narellan NSW 2567

**Apex 40 Australia Inc.**

**NOMINATION 2026-27**

I, ..... of .....  
Sub-Committee

**hereby nominate;**

..... of .....  
Sub-Committee

for the position of;

.....

Signed, ..... Date ...../...../.....

Seconded by, ..... of .....  
Sub-Committee

Signed, ..... Date ...../...../.....

**Acceptance of Nomination**

I, ..... of .....  
Sub-Committee

Hereby accept the nomination for the position of –

.....

Signed ..... Date ...../...../.....

**PLEASE RETURN TO NATIONAL (Acting) SECRETARY BEFORE 1st March 2026**



## Webmaster

Ken Wright. Nepean Valley. N.S.W.

The cruise Rort is here and if members have any agenda items for the AGM, they should forward them to me with a mover and seconder. The agenda will be distributed to the members when finalised.

The 2027 Rort now has its own pages on the Apex 40 website ([www.apex40.com](http://www.apex40.com)) Full details are available at the website, including online registration.

The chosen RORT location for 2027, is the "Blue Lagoon Holiday Park" in Bateau Bay, on the Central Coast of NSW, about 1.5 hours' drive from Sydney and about 10 minutes from The Entrance tourist hub.

"Blue Lagoon Holiday Park" boasts over 50 cabins from basic to luxury and 100 caravan sites including premium powered sites.

Sponsoring the event, is Nepean Valley Apex 40, under the guidance of the RORT Committee, including Maggie (National Membership Director) and Jamie Vincent who are liaising with local businesses to ensure that this will be a rewarding experience for all who attend.

The RORT will run from Sunday 16th May to Friday 21st May 2027.

I would also like to add my name to the long list of members who have both praised and thanked Col Ramsay. Col has been an outstanding leader within the organisation for the past 15 years and thoroughly deserves all the gratitude and best wishes we can bestow on him.

Ken Wright  
Webmaster

## **IT Jokes**

- Why was the mobile phone wearing glasses?... Because it lost its contacts.
- What was the spider doing on the computer?... He was making a website!
- What do you call an iPhone that sleeps too much?... Dead Siri-ous.
- What did the computer have during his break time?... He had a byte!
- What shoes do computers love the most?... Re-boots!
- Why did the computer go to the dentist?... To get his Bluetooth checked.
- What is the biggest lie anyone can tell?... "I have read and agreed to all the terms and conditions."



Membership Report  
Maggie, Nepean Valley. NSW.

**Membership Report March 2026**

I would like to start this report by saying thank you to Col and Phyl Ramsay for all of their hard work and dedication to Apex 40 Australia over the past years.

I only had a short time working alongside Col on our National Board but saw firsthand Col's commitment to our members in his role as National Secretary. I sincerely hope you and Phyl can sit back now and continue to enjoy the friendship and fellowship of Apex 40 Australia without the workload you have managed for our members for many years.

Membership continues to grow with our sub committees' members encouraging others to join.

Given the workload of the past National Secretary role I will now be responsible for ordering of badges for new members and will assist National Treasurer Keith Miller to maintain our updated Membership Database.

If subcommittee Secretaries could please ensure we have a current updated list of members and their contact details. If you have not already provided these it would be appreciated if they could be sent to both the National Treasurer and me ASAP.

It is particularly important that we have DOB for members so that we can be sure to issue Over Blooming Eighty Awards when they are due.

I will be mailing out O.B.E.s to club secretaries throughout the year for you to arrange presentation to your members, this makes having updated membership records for all subcommittees important.

If you aren't sure if your subcommittee details are up to date, just email me on [membership@apex40.com](mailto:membership@apex40.com) or call me on 0434315327 , I will be happy to help you.

I hope all that are attending this year's Rort and Tag Along Tour later this year have a fabulous time, unfortunately due to prior commitments Jamie and I are unable to attend either event, but we will be thinking of all of you and looking forward your photos.

Yours in fellowship  
Maggie Vincent  
National Membership Director.



## IRO Report.

Robyn Thorley. Great 8. N.S.W.

### **International Relations and Apex Liaison Report**

Good morning, everyone,

Firstly, I would like to thank Col for his continued support on the executive for so many years and also to Phyl (we all know that behind every successful man is his woman!). I do hope your health allows you to continue enjoying the fellowship of Apex 40 for many years to come.

My February emails to around 25 International clubs continue to bring in information and greetings.

I continue to share Facebook posts of interest from those and other groups, including invitations to conferences etc. I would love to hear of anyone who attends any of these or who visits Clubs while travelling.

### **International News**

Many 41 Clubs celebrated International 41ers Day on 10th February with International Greetings (many of these posts I cannot share). Although we do not celebrate this day, I got the message out on Facebook.

New Zealand's reunion will be on soon and President Vic will be attending. I am not sure who else will be flying our flag but would be happy to know! Of course, I have extended an invitation to all for both the Cruise and Tag along. At his stage Mark has not heard from anyone regarding the Tag a long trip.

Dr Sid Siddharathan – World President of 41 International has launched an exciting new cultural initiative '41 Has Talent' under the inspiring banner of the 41 Academy. He is calling on forty-one'ers from across all corners of the globe to 'share their talent' in all creative areas to celebrate friendship and fellowship in the true spirit of being a 'forty-one'er. Entries close March 2026. For more information see [vmata@charnock.biz](mailto:vmata@charnock.biz).

He also asks us to embrace the World Fellowship of Roundtable for a common cause – children's education - to give every child the gift of knowledge. If you are interested in assisting this cause you can contact him on [seehappy@gmail.com](mailto:seehappy@gmail.com) My thoughts around this (and I do recognise that Apex 40 is not a service organisation) but it could be for your subcommittee, either as a local Apex/Apex 40 initiative or subcommittee to support a child thru the Smith Family by a monthly donation; taking up collections of back packs with essential school items in to donate to Refuges or schools for children who leave home due to Domestic and Family Violence; making a scholarship available to your local school or setting up a specific 'children's street library' so children can borrow suitable books locally. If your subcommittee does decide on a donation to a cause, please let me know so we can share the news.

## Apex News

Facebook is the main avenue of information, which is shared to our Facebook Page, to keep everyone in the loop. There are celebrations planned for Apex Month in March 2026 with Ballarat being the centre of Fellowship for their 95 Years of Apex Australia on 14<sup>th</sup> March.

Apex National Convention is on the Murray in October. For info go to [www.apexconvention.com.au](http://www.apexconvention.com.au).

Robyn Thorley  
IR & AL

## APEX 40 ITEMS FOR SALE

National Treasurer Keith Miller has advised that the following items are available by ordering through him. This advert will appear in all future Roaring 40 newsletters.

### APEX 40 LAPEL PINS (Clip type)



We have a stock of Apex 40 Hat Pins for sale. Special price \$5 each. Contact National Treasurer at [treasurer@apex40.com](mailto:treasurer@apex40.com) to order.

### NAME BADGES

**Sub-Committee Secretaries, and Members at Large (MAL) can order Triangular Apex 40 Name Badges for new or existing members (yellow print on blue background).** Badges come in BC (clip style) or BM (magnetic) so you will need to specify which badge you require, and whether badge to be sent to Sub-Committee Secretary or direct to the home address of the member.

Cost \$15 per badge. Contact National Treasurer [treasurer@apex40.com](mailto:treasurer@apex40.com)



# Around the Sub-Committees

## New South Wales

### Alstonville

740 kms North of Sydney

#### LAST MEETING:

23 of us enjoyed our Australia Day Breakfast at The Wharf Restaurant... The weather was great, as were the views, and we had a lovely breakfast & most importantly, great fellowship..



## Byron Bay

760 kms North of Sydney

## Blue Mountains Crest

100 kms West of Sydney

March Meeting No 157 Monthly Meeting 1:30 pm at Margaret Fedors 33 Watkin Wombat Way, Faulconbridge Afternoon Tea Tuesday 3rd March

From February meeting.

Lynn Peard is being inducted into Blue Mountains Crest Apex 40.



Margaret Webb was presented with her O.B.E. by Anne McGill



The Blue Mountains Crest Apex 40 Club enjoying their Christmas get together at One Orient



## Great 8 Hunter Valley

Sydney is 170kms South.

Great 8 Apex 40 represents the old Apex Zone 10 District 8 and is based in the Lower Hunter Valley town of Maitland. Great 8 meets on the third Friday of the month at various venues. Visiting members can contact Chris Palmer (0427549688) to see if the planets align.

Great 8 at the Cookabarra barramundi farm and restaurant.



## Inverell

560 kms NW of Sydney

Men meet on 3rd Wednesday night each month @Tatts Hotel for dinner Ladies meet 1st Wednesday night each month at different venues for dinner We occasionally have mixed nights, and our members (although small in number) are very happy for the excuse if anyone is visiting Inverell to arrange a meeting Contact: 0437985218 (Don)

Any travelling Apex 40's are welcome to visit us let us know when you are coming and we will organise a get together.

Monthly Humour:-

A man walks into a building and steps into the elevator. As the doors close, he notices a sign that reads: "This elevator is voice-activated."

Feeling curious, he says: "Ground floor..... Nothing happens.

He tries again "GROUND FLOOR!! .....Still nothing.

Finally, in frustration, he yells: "GROUND FLOOR, PLEASE!"

The elevator calmly responds: "Please speak clearly. Did you mean: 'Ground floor, please'?" The man sighs and says: "Yes!"

The elevator replies: "Installing update.....Estimated time: 2 hours."

## Leeton

590 kms SW of Sydney

Leeton Apex 40 recently gathered at the newly renovated Coolamon Hotel for a pre-Christmas celebration! It was a great get together with good food and even better company.



## Lismore

745 kms North of Sydney



## Manly

15 kms East of Sydney.

## Moree

640 kms NW of Sydney.

# Nepean Valley

60 kms West of Sydney.

Sunday 22nd February 2026 Nepean Valley visit Kelly's Bar within Panthers Leagues  
Another enjoyable day of Apex 40 fellowship. We had twenty-two members join us. Beaut day.  
LM Ernie Campbell was telling me that he was made a Life Member of Penrith South Probus club  
last week. Ernie is already a LM of Glenmore Park Probus & Penrith Apex. Well done Ernie.

Keith Miller





## Wyong

100kms North of Sydney

Twelve of us enjoyed our lunch at Shelley Beach SLSC Verandah Restaurant last month. Vic enjoyed his schnitzel and some of us had the delicious seafood crepe!



## Victoria

### Bendigo

153 kms North of Melbourne.

**Sunday Lunch at the Brougham Arms Hotel**

Date Sunday 15th March Time 1.00 pm

Place The Brougham Arms Hotel, with a private room/area booked.

### Dandenong Valley

35 kms South of Melbourne

### Geelong

73 kms SW of Melbourne

### Melbourne-Gippsland

40 kms East of Melbourne

## Melbourne Nor-Westerns

22 kms NW of Melbourne

## Melbourne Sou-Westerns

270 kms SW of Melbourne

## Sunraysia

546 kms NW of Melbourne

## Queensland

### Bundaberg

165 kms North of Brisbane

### Caloundra

103 kms North of Brisbane

Caloundra Apex 40 met at Three Restaurant Caloundra. only eighteen turned up for our monthly meeting the rest of the members are touring around the country & the world, lucky souls!



### Central Queensland

636 kms North of Brisbane

### Curtis Coast

530 kms North of Brisbane

### Gold Coast

80 kms South of Brisbane

### Hervey Bay

290 kms North of Brisbane

## Ipswich

43 kms SW of Brisbane

## Maryborough

290 kms North of Brisbane

## Redlands

35 kms South of Brisbane

Lunch today with Wynnum Manly, EXPA and Redlands





## Wynnum Manly

20 kms East of Brisbane

## XEPA Great Southeast

30 kms SE of Brisbane

Another great XEPA gathering for breakfast at Harvest Cafe in Victoria Point.



## South Australia

### Adelaide Hills

35 kms SE of Adelaide

# Tasmania

## Devonport

255 kms NW of Hobart

Twenty-four members of the Devonport Apex 40 group gathered at Tranquilles in Port Sorell for our annual Xmas Dinner. One member who could not be there was Jock Littler who turns ninety-five on Dec 10th.

Jock joined Apex in 1953 and was the 2nd National President of Apex 40. At the function were Mac & Don Addison who are 92 and 93.



# Launceston Western Australia

200 kms North of Hobart

Hello from Geraldton, West Oz. MAL Apex 40 Members, Robert & Beryl GRACE. Come on RORT CRUISE 2026. Cheers



## **Your natter matters at every stage of life**

As we get older, it's natural for things to change. Health and independence might look different, and social circles can grow smaller. For some, that leads to feelings of loneliness or isolation.

The signs aren't always obvious, but a genuine conversation goes a long way and can make a real difference for older family members and friends. For practical tips, download our [Your Natter Matters resources](#).

**Go to [ruok.org.au](http://ruok.org.au).**

Keep sending in your pictures, club notices and general stories of interest so they can be shared with the rest of the Apex 40 community through our *Roaring 40's* publication.



WEB: [www.apex40.com](http://www.apex40.com)

FACEBOOK: <https://www.facebook.com/groups/1543334949270004/>  
Or search for Apex 40 Australia Inc

NATIONAL PRESIDENT

Vic Ashby

Tel: 0414 493 950

Email: [president@apex40.com](mailto:president@apex40.com)

NATIONAL SECRETARY

Mark Tramby (Rosemary)

Tel: 0438 465686

Email: [CSO@apex40.com](mailto:CSO@apex40.com)

IRO - INTERNATIONAL RELATIONS and  
APEX LIASON.

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