



WYONG APEX 40

A social club for former members of Apex and their partners.

President: Daphne Bradford 02 4396 2500

Secretary: Tom Dumbleton 02 4393 2681

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52 Gascoigne Road, Gorokan 2263

MEETING 375.

DATE THURSDAY 24TH FEBRUARY, 2011.

VENUE; THE RED CENTRE STEAKHOUSE { Licenced Restaurant }

89 THE ENTRANCE ROAD, THE ENTRANCE. Phone: 4334 8015

**MENU; Main course, either Beer Battered Flathead with chips and salad.
or Steak with chips and salad.**

**Deserts either Sticky Date Pudding OR Fruit Salad & Ice Cream.
Including Tea or coffee.**

COST \$25 EACH.

TIME 6.30pm for 7pm dinner.

To assist the Chef we would like you to book in your visitors & guests by **SUNDAY 20TH
**BY RINGING LEA on 4393 2681 or sending an email. Look forward to seeing everyone there to
hear the stories from all our adventurers in Munmorah and Cairo and any other exotic places.****

LAST MEETING was our January picnic lunch at Budgewoi and was well attended ,last year we had a visitor from Scotland and two from Queensland, this year we had two visitors from Canada and two from Tamworth everybody seemed to enjoy a very pleasant day at that venue. Unfortunately Malcolm could not get there and was taken to hospital that afternoon and stayed there for two weeks but is home at the moment.

NEXT MEETING will be **SATURDAY 26TH MARCH AT THE HEILBRUN'S, CAVES BEACH.**

Mid-life crisis? Problem solved!

After being married for 44 years, I took a careful look at my wife one day and said, "Honey, 44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25-year-old gal.

Now I have a \$500,000 home, a \$45,000 car, nice big bed and plasma screen TV, but I'm sleeping with a 65-year-old woman. It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find a hot 25-year-old gal, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10-inch black and white TV.



The latest edition of the Roaring Forties is now on the Apex 40 website. Certainly worth reading.

PRESIDENT'S REPORT....

On Saturday, 5th February, 9 intrepid members and 2 friends (4 members – Bradshaws, who had just escaped from Egypt and Armstrongs, as Kevin had just had surgery – had to pull out) met our NSW National parks and Wildlife Service guide at the gates of Munmorah State Conservation Area on what I consider to be the hottest day that I have endured for many years, as it was about 40 degrees. Were we mad or just adventurous?

The guide took us firstly to Snapper Point, where he explained the geology of the area and then we went on to where we found the path.

The 400 to 500 metre very steep, eroded, slippery, bull ant infested, gravelly path led down to the beach near Snapper Point from where we accessed the cave. Only the Bradfords had done the walk previously so it was a great eye opener for the rest of the group. We waded through thigh high water, but only for about 20 metres, to gain access into the cave, which opened up to be an awesome cavern about the size of 4 to 5 houses. We had to duck our heads to get into this very secret cave. We climbed onto the rock shelf covered with cunje that skirted water at you when you trod on it. There were elephant snails about 6 inches long with white stripes on their backs and red cunje as well.

We only had one mishap. Don had wandered off near the breakers coming in through the Cathedral Arch windows, slipped on one of the rocks and took the skin off a knee and 3 fingers. When he stood up he saw that he was standing in a pool of blood. Should we have been worried about sharks? He is still very sore but it is self inflicted. No sympathy!

After climbing, stumbling almost crawling back up the path to the top, panting with tongues hanging out, five went on to Caves Beach for dinner and the rest of us went on home. (I had to dress Don's injuries) It was a great experience. Although we live in the area, many of us do not know of the cave because it is not widely publicized, hence its pristine condition. It is not on the National Parks Maps. All in all a great day!

