

Commerce Ballarat News Bulletin
2 – 8 October

Welcome to the end of another busy week. Find out below what is happening in and around Ballarat, useful website links, members news and who made the media this week.

Quote of the week:

"Business, more than any other occupation, is a continual dealing with the future; it is a continual calculation, an instinctive exercise in foresight." Henry R. Luce

AGM

Commerce Ballarat notice of AGM
The Ansonia, 32 Lydiard St Sth, Ballarat
Thursday October 14
6pm – 7pm
rsvp@commerceballarat.com.au
Drinks and savouries provided
Click [here](#) to vote
Click [here](#) for agenda

505 Club

BJT Legal
38 Lydiard St Sth, Ballarat
Thursday 28 October, 5.30pm – 7.30pm
Members Free
Non-members \$15
rsvp@commerceballarat.com.au

You're all invited to attend an evening of networking and fostering relationships to grow your business. Come and see the recent renovations at the offices of BJT Legal and make sure you bring your business card along for the chance to win a door prize. Drinks and savories will be provided.

B.L.E.N.D

CGU Insurance Ltd
1-3 Bath Lane, Ballarat
17 November
5.30pm – 7.30pm
Members free
Non-members \$15
rsvp@commerceballarat.com.au

Are you 39 or under and looking for an opportunity to share ideas and impressions of today's business world? Drinks and Savouries provided.

Guest Speaker: Damian Lubeek, Marketing Manager at Interpath Pty Ltd, winner of this year's CGU Commerce Ballarat Excellence Awards **Business of the Year** Award. Damian will speak about the unique culture and style of Interpath which has come from the adoption of a simple yet highly effective approach to business. He will talk about the rapid growth of the company, his role, the key success factors and what you as similar aged people can also do within your own roles/organisations to grow yourself and the business.

He's no motivational guru or an astronaut, he's just a local lad who we thought might be interesting and who has a story to tell...sure to be entertaining. Come, listen and learn!

Commerce Ballarat Ambrose Golf Day

Midlands Golf Course

Friday 26 November

\$280 + GST (includes Golf, BBQ and drinks on course)

N.B Teams can only be hosted by Commerce members

Novelty holes and raffle to benefit **United Way Ballarat**

[Print Flyer](#)

Book a team rsvp@commerceballarat.com.au

Members News

Commerce Ballarat Board nominations – your chance to vote!

Nominees are:

Paul Ballinger, Andrew Bray, Ian Cardy, Angela Connor, Richard Emary, Peter King, Andrew Rowan and Judy-Ann Quilliam

For more information about the nominees click [here](#)

If you are unable to attend the AGM, click [here](#) to vote.

Please note that voting closes at 3.30pm on 13 October.

Haymes Paint celebrate 75 years in business

Commerce Ballarat wishes to congratulate **Haymes Paints** on their 75th anniversary. Haymes Paint is one of Australia's most successful family-run businesses renowned for its premium paint products. Established in Ballarat in 1935 by Henry Haymes, his son David retired from hands-on management of the business a few years ago and it is currently run by his three children and son-in-law with a determination to keep the company family-owned.

City of Ballarat Town Hall Plaza Workshop

Date: 20 October

Time: 5.30pm – 7pm (refreshments from 5pm)

Venue: Art Gallery of Ballarat, 40 Lydiard St Nth

RSVP: cbdstrategy@ballarat.vic.gov.au or 5338 4692 by 15 October

Draft concepts for Ballarat's proposed Town Hall Plaza will be on exhibition until Friday 22 October. Come along to a workshop to discuss the draft concepts as well as car parking in the CBD.

Visit www.ballarat.vic.gov.au for more information

City of Ballarat 'How to Write a Tender Proposal' course

Date: 17 November

Time: 9am – 3pm

Venue: Trench Room, Town Hall

Cost: Free with lunch provided

Information & registration: anthonyshreenan@ballarat.vic.gov.au or 5320 5579

This one day course is designed to assist businesses in successfully understanding the requirements for completing tender documents. Delivered by the University of Ballarat this course takes each individual through the process from the beginning on how to approach the process of writing a tender through to the completed documentation and submission of tender documents. This seminar continues the successful Tenderwrite series introduced by the Economic Development Unit of the City of Ballarat in 2009.

VECCI Regional Election Forum

Date: 15 October

Time: 8.30-am – 12.00noon

Venue: Mercure Ballarat Hotel and Covention Centre, 613 Main Road, Ballarat

Cost: \$170 per person, \$1500 table of ten

[More information and registration form](#)

At this forum our guest presenters, the Premier of Victoria the Hon. John Brumby MP and the Leader of the Opposition Mr Ted Baillieu MP, will outline their respective policy platforms for regional Victoria in the lead up to the 2010 State Election. VECCI will also launch its 2010 State Election Regional Policy Agenda.

ActionCLUB Group Coaching Program

Attending ActionCLUB can make a big difference for your business.

If you are ready to set your business on the ultimate track to success then ActionCLUB is for you. In just 7 sessions, you'll have the tools and strategies you'll need to guide your business to higher profits and greater levels of success. You'll get an edge over the competition. And you'll discover what thousands of other business owners already know about the impact ActionCLUB has had on their businesses. ActionCLUB's 7 Sessions include:

- Setting your future
- Generating cashflow
- Streetwise marketing
- SalesRICH for more effective results
- TeamRICH for building better teams
- GrowthCLUB for creating working systems
- Leverage - The Board Game - putting into practice what you've learned

Date: 25th October in Ballarat. For more information or to book in phone 5331 6066.

Ballarat Cancer Research Centre Melbourne Cup Fundraising Luncheon

Date: 2 November

Time: 11am – 4pm

Venue: The Mercure Ballarat Hotel & Convention Centre, Main Rd, Ballarat

Cost: \$80 per person (includes \$22 tax deductible donation to BCRC)

[More information](#)

Seymour's on Lydiard Wine Tasting

Date: 28 October

Time: 5.30-7.30pm

Venue: Seymour's on Lydiard

[More information](#)

Victorians working less hours

Victorians with full-time jobs are working fewer hours than they were a decade ago, while small business owners put in more hours than any other worker, according to an analysis released last week. A recent report found Victorians worked an average of 41.2 hours per week, just below the national average of 41.4 hours. For part-time workers, the national average is 34.1 hours of work each week, down from 35.6 in 2000. The work of business owners was duly recognised, as they were found to put in longer hours than any other group of workers, at an average of more than 50 hours per week. The agriculture, forestry and fishing sector work the longest hours, while public administrators put in the fewest.

Of course, hours spent at the workplace are not always an accurate indicator of how 'hard' individuals work, but the report provides an interesting snapshot of how working patterns have changed during the past decade, and how people are now putting more emphasis on achieving a healthy work/life balance, starting from the beginning of their careers. Some other noteworthy findings from the report include:

- One in eight male full-time workers put in more than 60 hours at the workplace each week.
- There are now more over 55s in full-time employment than under 25s for the first time, reflecting the ageing population.
- Workforce participation has lifted in the last decade from 63.7 per cent to 65.4 per cent.
- Western Australians worked more hours than anyone else, while people from the ACT worked the fewest.

The findings also reflect that many workers are working outside of the workplace with increasing access to email via laptops and blackberries at night and during the weekend. These hours were not counted in the report.

Business Tips – How to be more comfortable at work

Most people spend a good portion of their waking hours sitting at a desk or working with a computer. This time can become painful if you don't take steps to properly set up your workstation to work with your body – not against it. These tips and resources can get you on the path to making your workstation more ergonomic, less painful and more productive.

- **Work Area:** Make sure that the work space is large enough for you to spread out comfortably and allows for a full range of motion. Leave plenty of room to arrange the items you use most frequently in such a way that there is no strain for you to reach them.
- **Keyboard:** If you spend a lot of your workday typing, where you place your keyboard and how you use it can greatly affect your risk for getting repetitive stress injuries. Your keyboard should be placed so that your arms are parallel to your thighs. You'll also want to do your best to use good typing techniques, keeping your wrists elevated and not hitting the keys too hard.
- **Desk:** There is no one-size-fits-all desk, so choose one that is right for you. You can help reduce your chance of injury by getting a document holder, arranging your electronics within your reach and making sure that the area underneath your desk remains uncluttered.
- **Chair:** A good chair can do wonders, as sitting is much harder on your back than it might appear to be. Make sure to keep your lower back supported, and adjust your chair so that you can easily reach your keyboard and mouse. If this means raising the chair so that your feet don't quite reach the floor, get a footrest to help keep your feet from dangling.
- **Lighting:** Common office lighting can often create a great deal of eyestrain by making your computer monitor difficult to see. Adjust your shades or lights as much as you can to reduce glare, and position your monitor at an angle so light reflection is reduced. It can be helpful to keep overhead lights dimmed and use a desk lamp for close work.
- **Work Habits:** You can arrange your work habits so that you don't put undue stress on any part of your body. Make sure to take frequent breaks, get up and walk around, and change positions frequently so that repetitive tasks and static work won't take a negative toll.
- **Phone:** It can be tempting to multitask and cradle your phone receiver between your neck and shoulder. However, this should be avoided, as it can create a great deal of strain in your neck muscles. If you need to have your hands free, try using a headset or put the call on speakerphone.

Australian Bureau of Statistics

Labour Force, Australia, Sep 2010

<http://www.abs.gov.au/ausstats/abs@.nsf/mf/6202.0?OpenDocument>

Australia's unemployment rate remained at 5.1 per cent in September 2010

<http://www.abs.gov.au/ausstats/abs@.nsf/MediaReleasesByCatalogue/46DFE12FCDB783D9CA256B740082AA6C?OpenDocument>

Australian Chamber of Commerce and Industry

[ACCI Welcomes Interest Rate Decision](#) - 5/10/10

[Recovery Two Steps Forward One Step Back](#) - 5/10/10

[ACCI Survey of Investor Confidence](#)- 5/10/10

Regional Industry Link

If you're not on it, how are you going to know about it?

Register on www.regionalindustrylink.com.au

EOI 2010/11-34E: Visitor Information Centre Location Feasibility Study

Reference No: 1617

Published Date: 27/9/2010

Closing Date: 20/10/2010

City of Ballarat is seeking Expressions of Interest from interested parties for the supply of the Ballarat Visitor Information Centre Location Feasibility Study. The study aims to identify and assess all possible locations for the VIC within the Ballarat CBD, and also investigate the role and requirements of the VIC and information delivery into the future.

For more information visit www.tenderlink.com/ballarat

Media

Publication: *The Courier* www.thecourier.com.au

Saturday 2 October:

Ballarat City Council marketing staff will move to the latest incarnation of the city's tourist information centre. The new temporary home for visitor inquiries will be opened at the former National Australia Bank building in Lydiard Street North on Monday, October 11.

Tuesday 5 October:

After almost a year of work, the redeveloped **Ballarat Aquatic Centre** will be open to the public this weekend. On Sunday, the official celebrations will be held at a Community Open Door event. The two new programmable warm-water pools were filled yesterday and the new change rooms, spa and steam room are having the finishing touches.

Thursday 7 October:

5 minutes with... Craig McKenzie, **Grounded Pleasures**

Friday 8 October:

St John of God Hospital Ballarat has been named among Australia's best private hospitals for the second consecutive year. A nationwide survey of patient satisfaction conducted by Medibank private showed that the hospital achieved Victoria's equal third highest rating for patient satisfaction. The hospital's rating of 75 out of 100 outscored many larger and more prestigious metropolitan hospitals.

Dates of Interest:

Women's Business Ladies Race Day Luncheon 2010

Date: 15 October

Time: 12.30pm – 4.30pm

Venue: Golden City Hotel

Cost: \$45 per person

[More information](#)

BROSH Dinner "Workplace Deaths – A mother's personal story"

Date: 18 October

Venue: Mercure Hotel & Convention Centre

Time: 6.30pm for 7.00pm dinner

Cost: \$65 per person (includes two course dinner, drinks at bar prices)

RSVP: By 14 October

Guest Speaker: Andrea Madeley, VOID – Voice of Industrial Death

[More information and registration form](#)

Ballarat ICT Breakfast

Date: 19 October

Time: 07.30am

Venue: Neighbourhood Cable Conference Centre, Greenhill Enterprise Centre, UBTP

RSVP: by 15 October to i.howes@ballarat.edu.au or 5327 9893

More information

BROSH & WorkSafe Victoria Conference

Date: 19 October

Venue: Mercure Hotel & Convention Centre

Time: 9.00am – 4.30pm

Cost: FREE but registration essential

For more information and to register click [here](#)

As part of WorkSafe Week, Ballarat Regional Occupational Safety & Health group (BROSH) in partnership with WorkSafe Victoria will hold a one day conference on topics including manual handling, drug and alcohol in the workplace, Work Health and OHS Laws.

National Leaders Institute Ballarat Management Development Toolkit

Date: 25-26 October

Venue: Alexandria on Lydiard

For the full program and registration details, including details of the Host City rate, [click here](#).

O2 Media Speed Networking Event

Date: 11 November

Time: 5.00pm-7.30pm

Venue: North Ballarat Sports Club

Cost: \$50 per person

Contact: matt@o2media.com.au or 0457 734373

[More information](#)

Much like speed dating, the event features a series of two-minute 'mini meetings' during which participants will have opportunity to meet a range of prospective new clients, suppliers, employees or other business contacts from business and

Government. The benefits of many hours or even weeks of networking are compressed into 90 power-packed minutes.

2010 Australian Financial Services Young Leaders Conference Melbourne

Date: 9 December

Time: 9.00am – 5.30pm

For more information and registration form [click here](#).

Australian banking and finance sector organisations are now invited to nominate employees to attend the Conference. Developed to meet the specific needs of junior managers and team leaders, the Conference will give your organisation's young leaders an enviable opportunity to access first-hand leadership advice from highly decorated and experienced senior leaders. Conference places are limited to ensure participants are given maximum exposure to speakers, trainers and learning outcomes, so prompt registration is advisable.

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