

## Catherine King to speak at Connect's February event



The Hon Catherine King MP will be the guest speaker at Connect's first event for 2016.

Catherine will provide us with a little window into the life of a parliamentarian and the challenges of political life.

The Member for Ballarat since 2001, Catherine has served as Parliamentary Secretary and Minister in the previous Labor Government and is currently the Shadow Minister for Health.

The February event, scheduled for Tuesday, 16 February 2016 from 12.00 noon to 2.00 pm, will be held in the Conservatory Room at the Mercure Ballarat.

## Peddalling for your Lunch



Some might have considered it a tough way to finish off the year for Connect Networking - *pedalling for your lunch*, of all things! However, it was a fun activity with plenty of useful nutritional information thrown in – as well as lots of opportunities for networking.

Connect Networking members left the session with some great (healthy) recipes for the Christmas season – that watermelon salad was a winner (see recipe on page 2)!

Left: BCH's Ruth Valpied (left) demonstrating how it's done

Our now famous Christmas Hamper Raffle, which raised \$125 for the 3BA Christmas Appeal, was won by Sonya Schinck (pictured right).

Other prize winners included Janelle Burns and Tracey Rayner.

More photos from the event on page 4.



## In Brief

### Change at the top for Committee for Ballarat

John Kilgour, CEO Committee for Ballarat has resigned his position. He will leave Committee on 12 February to take up the role of CEO Civil Contractors Federation which is based in Melbourne.



During his four years as CEO, John cemented Committee's position as the *go to* organisation for all levels of Government.

The Board will now commence recruitment for the new CEO.

### Save the Dates!

Connect Networking events for 2016 will be held on:

**Tuesday, 16 February**  
**Thursday, 19 May**  
**Wednesday, 13 July**  
**Tuesday, 23 August**  
**Thursday, 24 November**

### Your contributions welcome

Connect is published four times a year – summer, autumn, winter and spring!

To keep the newsletter interesting and one you want to read, we welcome your suggestions (and contributions) for future editions. Contact Gayle on 5332 1240.

# Mariska and Rana join the Planning Committee bringing **NEW IDEAS AND ENTHUSIASM**

Bringing new ideas and a fresh approach to our Connect Planning Committee are new members, Mariska Pelchen and Rana Stollery.



Mariska Pelchen is EA to Lynne McLennan, CEO of UFS.

An organisation that plays an important role in the health and well-being sector in the region, UFS operates 20 pharmacies, four medical centres, one well-being centre (and a gift shop).

In addition to her busy EA role, Mariska is secretary to the UFS Board and is responsible for event planning/management.

*Mariska Pelchen*

Rana Stollery is Executive Assistant to Professor Todd Walker, Deputy Vice-Chancellor (Engagement) at Federation University Australia.

The Engagement Portfolio covers the areas of Corporate Governance, Council, Marketing/Public Relations, International and Partnerships along with Commercial Engagements; it also oversees the Heads of Campus roles for Ballarat, Wimmera and Gippsland.

Given the diverse nature of these departments no one day is the same and this certainly keeps Rana on her toes!



The Planning Committee now comprises: Glenys Foy (City of Ballarat), Anne McConnell, (St John of God Hospital), Mariska Pelchen (UFS), Trace Rayner (Nicholson Construction, Susan Scott (Federation University), Rana Stollery (Federation University) and Gayle Adams (Committee for Ballarat)

This Committee is responsible for the planning and delivery of Connect Networking events (normally five each year).

Any suggestions for future events would be welcome.

## **Summer Fruit Salad with Ginger and Lime Dressing**

### **Ingredients**

- Juice of a lime
- 1 tsp lime zest
- 1 tsp fresh grated ginger
- 1 tbsp chopped fresh mint
- 1 tsp vanilla paste
- 1 tsp sugar (optional)

### **Method**

Combine all ingredients and pour over fresh seasonal fruit such as watermelon, raspberries, strawberries, blueberries and nectarines. Toss well!



# Mentoring can make the difference

Have you considered mentoring?

We often hear the term mentoring being used, usually in the context of professional development for senior managers/CEOs.

But what about professional development for EAs/PAs/Office Professionals? Where do we go to seek advice about our own career growth? Or to further develop our skills as office professionals.

## What is mentoring?

There are many definitions but the following - both from Suzanne Faure (Faure, S. (2000). *Introduction to mentoring: IM/IT community* – taken from the internet) - seem to sum it up well.

*Mentoring is a supportive learning relationship between a caring individual who shares knowledge, experience and wisdom with another individual who is ready and willing to benefit from this exchange, to enrich their professional journey.*

*Mentoring is a long term relationship that meets a development need, helps develop full potential, and benefits all partners, mentor, mentee and the organisation.*

Essentially mentoring will help you grow and become more effective in your role.

It provides the opportunity

- to gain guidance and advice from a more experienced person
- to discuss and reflect on personal and professional development activities
- to discuss career pathways and aspirations



Mentoring can be as formal or as informal as you like, even a chat over a cup of coffee every couple of months just to share ideas, ask questions or discuss issue/concerns.

Within our Connect Networking group, we have a wealth of talent: a broad range of skills and experience across diverse industry sectors. This exceptional knowledge and experience provides the ideal opportunity for Connect to facilitate some mentoring relationships for its members.

If you would like to nominate yourself as a Mentor or would like to have a mentor, please email Gayle Adams - [gayle@committeeforballarat.com](mailto:gayle@committeeforballarat.com)

***“I knew that I was learning one of the most important lessons of my life: that instead of waiting for the perfect opportunity, I should work toward a realization that every opportunity is perfect.”***

Suzan-Lori Parks, playwright, in *O*, the Oprah Magazine



Interestingly, in its 2013 Survey, EAN [Executive Assistants Network] reported that *only 26% of those questioned say that their company provided mentoring to EAs or PAs although 89% of respondents felt that it would be a valuable developmental tool.*

source: EAN website

# WHY WE LOVE ENGLISH!

## I Take It You Already Know

I take it you already know  
Of though, and bough, and cough and dough?  
Others may stumble but not you  
On hiccough, thorough, slough and through.

Well done! And now you wish, perhaps  
To learn of less familiar traps.  
Beware of heard, a dreadful word  
That looks like beard and sounds like bird.

And dead; it's said like bed, not bead  
For goodness sake, don't call it 'deed'!  
Watch out for meat, and great, and threat  
(They rhyme with suite, and straight and debt).

A moth is not a moth in mother  
Nor both in bother, broth in brother  
And here is not a match for there  
Nor dear and fear for bear and pear.

And then there's dose and rose and lose  
Just look these up – and goose and choose  
And cork and work, and card and ward  
And font and front, and word and sword.

And do and go, and thwart and cart  
Come come, I've hardly made a start!  
A dreadful language? Man alive,  
I'd learned to speak it when I was five.

And yet to write it, the more I sigh  
I'll not learn how 'til the day I die.

*(Variously credited, including to G B Shaw.)*

## Compliment or Complement?

One of my favourite *get-it-wongs* is compliment and complement.

**COMPLIMENT:** A polite expression of praise or admiration – which is always nice. ("You look good in that outfit." or "Well done!") Think of this one as being a courtesy, like a 'courtesy car' – free of charge - which is also always nice!

**COMPLEMENT:** Used as a noun (complement) or a verb (complements). Forming a complement or addition ("A nice tie complements a good suit.") Originally from the word 'complete'. So it adds something in a way that enhances or improves or completes. ("She had the full complement of tools to enable her to service her car.")

Think about what you're trying to say.

## Complementary VS Complimentary

For example, "I purchased a suit with a *complementary* scarf" means that I bought a suit and I bought a scarf that goes well with it.

"I bought a suit with a *complimentary* scarf" means I bought the suit and got a free scarf thrown in!

And, please, don't let me ever hear or see anyone use **suite** when you mean **suit**!!

## Connect members hard at work

*Pedalling  
for your Lunch  
November 2015*

