

CHECK THE PULSE OF YOUR HEALTH

With winter now in full flight and with lots of colds and viruses doing the rounds, we come to appreciate the importance of good health to our everyday lives.

At our August Connect event, Bobby Mehta Chief Pharmacist with UFS, will share with us some tips about maintaining good health, the importance of preventative medicine and regular testing of key health indicators. You will also have the opportunity to check your blood pressure using a smart phone app.



Bobby Mehta discussing testing procedures (photo courtesy of The Courier)

This fun and informative event will be held at Seymours in Lydiard Street North. More details soon.

Networking with a Twist

We practised what we preach! Well, not the twist bit but we certainly put networking into practice at our May event.



Organised by Connect Networking members, Susan Scott and Rana Stollery, the *Networking with a Twist* event provided an opportunity to *network* – to get to know other members a little better.

How quickly the time passed. And it is amazing what you learn!

Who would have thought that xxxx was an avid motor-bike rider? Or that yyyy has worked for a Middle Eastern royal family? Or that zzzz ...?

Members enjoyed the activity and many suggested repeating the session at some future time.

Perhaps next year with a slightly modified format?

Many experts talk at length about the value of networking – see page 4 to learn why networking is important for you.

In Brief

A Conference for Office Professionals

Something very special is coming to Ballarat early in 2017...



... a conference organised by Connect Networking which is designed to meet the needs of Office Professionals in the Western Victorian region.

We are delighted that Gorgi Coghlan (from *The Project*) will be the keynote speaker at the Conference Dinner

Don't forget to put 8 March 2017 in your diary!

Save the Dates!

CONNECT NETWORKING events for the remainder of 2016 will be held on:

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.

TRACE'S TARKINE TALE

Hello Connect Networking members

I thought you might like to hear about my recent holiday-of-a-lifetime.

Living on my own for the first time in a long time, and getting used to all the wonderful freedom that brings, I arranged a holiday that was just for me, doing exactly what I thought I would like. Didn't worry about anyone else's needs or dislikes, didn't worry about the cost (well not too much!) - it was all about me!

I'd heard about the Tarkine rainforest area in north-west Tasmania, how pristine it is, and had thought it would be a good thing to see while it is still like that. So I consulted the web, and found *Tarkine Trails* – the only company that is allowed to take hikers through there.

So, I booked in and starting training. Walking around my hometown which is hilly and bushy, with a gradually increasing pack weight. The lead-up to the actual trip was loads of fun, especially talking about it all the time to anyone who would listen. Lots of shopping for lightweight, proper gear.

Unfortunately I had inadvertently booked for a non-guaranteed departure, and there were insufficient numbers to proceed. Given they only required four to go ahead (maximum of 10), it was disappointing. I didn't want to go during the heat of the summer, so booked in for the last trip of the year – early April. Thank goodness, as the Tasmanian bushfires put paid to some of the summer trips.

Following is my TripAdvisor report. I hope you enjoy it.



A tranquil pool in the Tarkine rainforest

Australian rainforest as it was ...as it should be

What a way to start my new 'thing' of hiking. A six day bushwalk in one of the most beautiful parts of this beautiful country. The idea of going somewhere so few people have been, leaving the 'civilised' world so far behind really appealed to me. It was green, it was quiet, it was full of the most wonderful array of fungi, of trees, ferns, grasses, fallen logs, 'totem poles' created by black cockatoos, masses of mosses, lichens, devil cameras, pristine rivers, cascading waterfalls. Heaven (yes, we really went there).

And the Tarkine Trail folk who make the visits possible – you seriously could not ask for better service (thanks Indiana!) nor better companions (not just guides or drivers – thanks Dan, thanks Erik, thanks Gino!) They all truly care about this planet and in particular this spectacular region. Their passion for it, for its continued existence, and for their part in showcasing the Tarkine to the world via their intimate tours, is inspiring. It bodes well for the future.

Carrying what I needed (well, mostly – thanks Mark!), drinking water from the river, sharing wonderful meals with good like-minded folk (hi Caroline, hi Jason, hi Brian!), snuggled at night in my sleeping bag in my little tent under the stars, getting to sleep not long after dark, feeling encouraged and supported by my fellow hikers (because yes, my short legs did make me last to arrive every time). I also felt supported by the environment, by the very air around me. I even swam in the river – totally NOT planned, but I couldn't resist it.

I plan to go again, next time on the Tarkine Coast Trail. It's good to know that, after that, if I don't feel up to a six day hike, with a 15kg pack, Tarkine Trails has a rainforest base camp, where I can stay and just go on day walks into the forest. It looks beautiful.

I'd encourage everyone to get to the Tarkine, to see its majesty, to breathe in its essence, and to understand its importance.

Trace Rayner

An Interview with FedUni's Rana Stollery

What does your job involve?

I am the Executive Assistant to Prof 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 same and the job certainly keeps me on my toes!

How long have you worked at the University?

I started working in the Vice-Chancellor's office in 2006 - so that's ten years. I have held two different Executive Assistant roles over that time.

Prior to commencing at FedUni, I worked at Central Highlands Water, Rural Ambulance Victoria and St John of God Hospital – a varied background but a great platform nonetheless.

How would you describe a normal day on the job?

There is no normal to be honest – that's what I love about this role ... I have the opportunity to drive my own workload and to also manage small projects from time to time, over and above my normal day to day duties.

I am organised (slightly OCD on this one) and problem solving comes naturally to me which is lucky, because my role requires both these skills in abundance. I enjoy learning about people, their personalities, roles and what drives them – I can then adjust my communication style accordingly.

I feel privileged to work in such a supportive and professional environment every day.

What do you do on your days off?

I am a very proud Mum to two beautiful little girls, Olivia and Maggie. I enjoy reading, horse riding and viticulture (okay, by that I mean a lovely well-deserved glass of wine on a Friday night!).

Originally I am from New Zealand, so we love to pop home whenever possible. My husband Leigh and I are currently organising a six month trip around Australia next year in a caravan with the girls – will be an amazing experience!

Given your extensive experience, what would be the key pieces of advice you would offer to other EAs?

- Always treat others how you would like to be treated yourself.
- Don't underestimate the need to update your skills regularly – the administrative role is complex and technology constantly changing.
- Try to approach your Manager with the solution instead of the problem!



Rana Stollery pictured in her office at Fed Uni

CONTRONYMS?

We all know the English language is crazy but did you know that it includes a category of words or phrases called *contronyms*?

These words can have opposite or contradictory meanings, depending on the context.

Some common contronyms are:

Bolt: To secure, or to flee

Buckle: To connect, or to break or collapse

Clip: To fasten, or detach

Dust: To add fine particles, or to remove them

Fast: Quick, or stuck or made stable

Fine: Excellent, or acceptable or good enough

Finished: Completed, or ended or destroyed

Fix: To repair, or to castrate

Flog: To promote persistently, or to criticize or beat

Hold up: To support, or to impede

Left: Remained, or departed

Literally: Actually, or virtually

Mean: Average or stingy, or excellent

Model: An exemplar, or a copy

Overlook: To supervise, or to neglect

Oversight: Monitoring, or failing to oversee

Peer: A person of the nobility, or an equal

.... and there are more!!

Why Networking?

Chris Garrett, an on-line teacher and consultant (<http://www.chrisg.com/networking-roi>), talks about the return on investment and the five key advantages from networking.

1. Friendship Benefits

Do not overlook the simple benefit of having friends in the business with no strings attached. ... Having someone who understands is extremely valuable on a psychological and emotional level. Your friends can chat to keep you motivated and cheery, are a sounding board for ideas, or will listen to you moan when you need it.

2. Opportunities

All the best opportunities are shared person to person in back channels. Everything from prime domain sales through to employment opportunities.

3. Advice

We all like to give friends advice, and sometimes they even ask for it! We rely on our networks to advise us and keep us on track, and we give back to our networks in return. Give a lot and you have credit in the bank when you need to make a withdrawal. The better your network the more knowledge you can tap into.

4. Assistance

Someone once told me the definition of a friend is someone who will help you move house with no notice and no expectation of payment. I'm not sure about that but I think mutual help is definitely part of the definition, and one of the ways you can benefit from networking.

5. Positive Influence

You become who you associate with. This works in the negative, as any parent will have thought about while considering who their kids friends are or will be. It also works in the positive, if you surround yourself with the right people then the attitudes, habits, world view, and associations will rub off.

Modeling successful people is a proven way to improve your own performance, what better than to be able to model people up close and personal?

connecting
conference

Mercure Ballarat

8 March 2017

Winter Warmer

CHICKEN LAKSA



Prep time: 30 mins

Serves: 4

Ingredients

100 Gram	vermicelli noodles
	olive oil spray
1	large onion (thinly sliced)
2 Tablespoon	red curry paste
400 Gram	chicken breast fillets (sliced)
2 Cups	reduced-salt chicken stock
165 Millilitre	can reduced-fat coconut milk*
2	kaffir lime leaves
3	piece ginger (peeled, thinly sliced)
1	large carrot (peeled, thinly sliced diagonally)
2 Bunches	baby bok choy (trimmed, leaves separated)
150 Gram	Snow Peas (trimmed, halved)
	Lime Juice (to taste)
1½ Cups	bean sprouts

Instructions

1. Put vermicelli noodles in a large heatproof bowl, cover with boiling water and leave to soak for 3 minutes; drain and set aside.
2. Spray a large wok (or saucepan) with olive oil and set over medium heat. Add onion and stir until light golden. Add curry paste and stir for 1–2 minutes, or until fragrant. Add chicken and cook, stirring, for 2–3 minutes, or until slightly golden. Add stock, coconut milk, lime leaves and sliced ginger with 2 cups water; stir well.
3. Increase heat to high; bring mixture to the boil. Add carrot to wok. Reduce heat to low and simmer for 5 minutes, or until chicken is cooked through. Add bok choy and snow peas; cook for 1 minute. Remove wok from heat and add lime juice to taste.
4. Divide reserved vermicelli noodles among 4 bowls. Ladle hot laksa over noodles, top with bean sprouts and serve.

*Tip:

To reduce the saturated fat level of this recipe, swap the coconut milk for coconut-flavoured evaporated milk