

Commerce Ballarat News Bulletin
23 – 29 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:

"You know horses are smarter than people. You never heard of a horse going broke betting on people."
Will Rogers

Welcome New Members:

[Steamatic Ballarat](#) Kevin Harty

Lillingston Marshall Insurance Brokers Jeff Lillingston

Melbourne Cup Quiz

Get these questions right to go into the sweep for Melbourne Cup and your chance to win a \$100 dinner voucher at **Seymour's on Lydiard**, winner of the **2010 CGU Commerce Ballarat Business Restaurants, Pubs & Cafes Award**.

1. What is the name of the horse and jockey that won Melbourne Cup in 2000?
2. What year was the first Melbourne Cup held?
3. What is the Melbourne Cup race distance?
4. When was this race distance established?

Send your answers to sofie@commerceballarat.com.au by **12pm noon on Monday 1 November**.

Info Comm Breakfast

Fair Work Laws and Modern Awards supported by Eureka BEC

Pipers by the Lake

Wendouree Pde

Tuesday 16 November, 7am

Members \$15

Non Members \$25

Stephen Mastwyk from the Fair Work Ombudsman's office and Peter Wilson, Managing Director at Nevett Ford Lawyers and accredited specialist in mediation, will speak on the new Fair Work laws and Modern Awards and the importance of complying with them.

The new laws and Modern Awards are proving to be extremely challenging and there are no easy shortcuts. If ever there was a time for company directors to ensure compliance with the Fair Work laws and Modern Awards, it's now.

Come along to this informative breakfast and learn more about this important topic.

B.L.E.N.D

CGU Insurance Ltd

1-3 Bath Lane, Ballarat

17 November

5.30pm – 7.30pm
Members free
Non-members \$15

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

Paul Brick, director of Newbiz Solutions Pty Ltd, and winner of the 2010 CGU Commerce Ballarat New & Emerging Business Award will speak about his road to starting a successful company and the impact of winning a prestigious award.

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**

Limited numbers

[Print Flyer](#)

Members News

Commerce Ballarat seeks EOI for Bookkeeping Tender

Commerce Ballarat are looking to put up for tender the bookkeeping function for Commerce Ballarat commencing 1/1/2011. It will involve 4 GST returns a year, end of financial year audit journals, group certificates and running the membership renewal invoices as a batch job and general backup for the team with queries. Our software is MYOB. It is expected that about 25 hours a year will be required.

If you are an accredited book keeper and can process GST returns then please send your quote as an hourly rate to jenny@commerceballarat.com.au

10x 'The Edge' Business Improvement Event

Date: Thursday, 4th November, 2010

Venue: Mercure Ballarat Hotel & Convention Centre, 613 Main Road, Ballarat

Arrival Time: Doors open and registration begins from 6.00pm

Session Time: 6.30pm to 9.30pm

More information: Meegan Dunne 5331 2322 or meegan.dunne@10x.com.au

Ballarat and regional business owners will have the opportunity to learn the strategies for success from one of Australia's top business coaches at 'The Edge', thanks to 10X Ballarat, the business development division of local accounting firm, Spencers Accountants. 10X Ballarat are offering complimentary tickets to Ballarat and regional business owners, however places are limited.

Work and health – getting the right balance

In the past few weeks a number of reports have been published by two bodies looking at the relationship between work and health. VicHealth recently released a [report](#) in which it was found that depression attributable to job strain (where workers are under high pressure to perform, but have little job control) costs Australian society \$730 million a year. According to the report, approximately 13 to 17 per cent of working men and women, respectively, suffer from depression attributable to job strain. The report also states that job strain represents only one of a number of work-related psychosocial hazards. Other job factors linked to depression include:

- Effort/reward imbalance

- Injustice at work
- Job insecurity
- Bullying

The report argues that a systems approach to reducing job strain is required under OHS legislation to improve public health. These systems have been piloted in the public sector without any evidence of them being effective. Stress claims continue to increase in that sector. Another report, however, takes a completely different tack. *Realising the Health Benefits of Work* is a position statement with two underpinning principles that claim a strong international evidence base:

- Work, in general, is good for health and wellbeing; and
- Long term work absence, work disability and unemployment have, in general, a negative impact on health and wellbeing.

The position statement states that long-term unemployment is one of the greatest known risks to Public Health.

- The health risk is equivalent to smoking 10 packs of cigarettes per day.
- The risk of suicide in young men who have spent more than six months out of work is multiplied by 40 per cent.
- Suicide rate, in general, is six times greater with longer-term unemployment.

Improved community health is an important challenge that demands a community wide approach. Demonising work and employers will result in marginalising an influential segment of the community from the health effort. Support for and cooperation of employers in promoting the health message to employees will not be gained by assigning blame and responsibility. Improving public health needs a community-wide effort.

Australian Bureau of Statistics

[International Trade Price Indexes, Australia, September 2010](#)

[Consumer Price Index, Australia, September 2010](#)

Australian Chamber of Commerce and Industry

[ACCI Challenges Carbon Tax Presumptions](#) - 28/10/10

[Retail Banks Should Not Move on Rates](#)- 27/10/10

[Economy Wide Productivity Flows from ABCC](#) - 27/10/10

Regional Industry Link

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

Register on www.regionalindustrylink.com.au

Click [here](#) for current opportunities

Media

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

Monday 25 October

Charities have no choice but to operate like businesses and pay their staff. That's the message from leasing charities working within the Central Highlands region.

Geoff Sharp, executive officer of **United Way Ballarat**, said that in order to help as many people as possible, paying wages was unavoidable.

Migrants and international students from the **University of Ballarat** alongside members of Ballarat police kicked goals for positive relationships at the weekend. The second annual Friendly Soccer Series drew a large crowd to St Georges

Reserve, Sebastopol, as university students took on police in a number of soccer games intended to foster friendships and break down the fear many international people associate with authority.

Tuesday 26 October

Ballarat City Council has unveiled an \$80 million vision for a new sports and entertainment precinct for the city. The plan, which would require state or federal government funding to become a reality, would involve a major overhaul of Eureka Stadium and the Ballarat Showgrounds.

People and Places

Highlands LLEN launch of New VETis program

Wednesday 27 October

There was a touch of Hollywood at the **University of Ballarat** yesterday. Academy Award winner Ben Britten Smith gave two presentations to computer games students, shedding some light on the growing gaming industry.

Thursday 28 October

Ballarat has jumped to pole position in the regional race for high-speed broadband, with a new service delivering what are claimed to be speeds to rival the National Broadband Network. TransAct chairman John Mackay said subsidiary **Neighbourhood Cable** was now capable of providing 100Mbps to local residents and businesses.