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THE NHJC IS PROUD TO BE  
AFFILIATED WITH:



## FROM THE PRESIDENT

It's hard to believe it is June already! We've reached the half way point of 2008 and I'm sure the rest of the year will fly past us just as this first half has.

Our May dinner forum speaker, Trevor Waring encouraged us to reflect on our achievements and lives when necessary. What have you achieved so far this year? The NHJC has had a variety of guest speakers at our monthly dinner forums with the aim to provide something of interest to all of our members. We have also held some successful social networking opportunities such as the recent Lovedale Long Lunch which raised money for Pulse.

At this half way point in 2008 we should also look forward to upcoming events in our lives. Don't miss out on the NHJC June Dinner Forum with guest speaker Paul Hughes, CEO of Newcastle Airport. In July we will be holding the annual NHJC Debate.



Come along to Noah's and hear six high profile Novocastrians battle out "Second is the First Loser". You can find out more details and RSVP to these events on our website. I look forward to seeing you at an event in the second half of 2008!

## Elizabeth Keevers

## MAY FORUM TREVOR WARING

At the last dinner forum the NHJC was back at the Mattara to hear from Trevor Waring, Chancellor of Newcastle University and practicing psychologist, about maintaining a healthy work / life balance.

Trevor's tips for achieving happiness and contentment in these busy times are:

1. Take time for yourself – this means at least four hours of "me" time per week.
2. Have time for a mate, whether it's

your significant other or a close friend.

3. Belong and participate in a group activity, away from your work and separate to your colleagues.

4. Take the time to review your life every now and then. Is your life on schedule? Are you where you thought you would be?

In keeping with the personal development theme of the night, one lucky NHJC member also won three personal training sessions, thanks to Chris Everingham from Fitness First.

## JUNE DINNER PAUL HUGHES

**Date** Thursday, June 26, 2008

**Venue** Wests, Function Room

**Time** 6pm

**Members** \$36.00

**Non-Members** \$46.00

**RSVP** [www.nhjc.com.au](http://www.nhjc.com.au)

The NHJC welcomes Paul Hughes, Newcastle Airport CEO as guest speaker at the next dinner forum.

Paul has had a varied career working in accountancy, local government and now the aviation industry. During his career, Paul has broadened his skill-set through continued education as well as on the job learning; this has provided him with attributes required to successfully lead one of the Hunter's major transport hubs.

Paul's down-to-earth personality will engage you as he speaks about the success story of Newcastle Airport and how his personal career has led him to the respected position he holds today. He will also enlighten you on ways you can identify career opportunities as they arise for you.

## April Dinner Forum – Who You Missed



**LINK**  
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LINK Business Hub provides premium serviced offices and virtual office services to Newcastle and the Hunter.

With the convenience of centrally located office space at Adamstown, ten minutes from Newcastle CBD, a prestigious business image, flexible terms and the security of professional and friendly support, you can be assured of our utmost attention to you and your business.

# IN TOUCH: JUNE 2008



LATEST NEWS FROM THE NEWCASTLE & HUNTER JUNIOR CHAMBER

## WHAT'S ON

### NHJC June Dinner Forum

**Date** 26 June 2008

**Speaker** Paul Hughes

**Venue** Wests, Function Room

**Time** 6pm

**Members** \$36.00

**Non-Members** \$46.00

**RSVP** [www.nhjc.com.au](http://www.nhjc.com.au)

### NHJC Annual Debate

Sponsored by the Newcastle Permanent and in support of the Hunter Breast Cancer Foundation. Come long and hear six high profile Novocastrians battle out the topic "Second is the First Loser."

**When** 31 July 2008 from 6pm

**Venue** Quality Hotel Noah's on the Beach

**Cost** \$49 member, \$59 non-member

**RSVP** [www.nhjc.com.au](http://www.nhjc.com.au)



## LOVEDALE LONG LUNCH

The NHJC took two buses full of punters for a trip to the Lovedale Long Lunch in May. A stand-out event on the NHJC calendar, more 80 people journeyed to the Lovedale vineyards to indulge in a day of food and wine...and of course fun and fundraising on the side!

The group visited Cooper Wines, Wandin Valley Estate and Allandale Vineyard in the progressive lunch, sampling food and wine along the way.

The event raised money for Pulse, assisting early career medical research and a great day was had by all!

# IN TOUCH: JUNE 2008



LATEST NEWS FROM THE NEWCASTLE & HUNTER JUNIOR CHAMBER

## BOARD MEMBER PROFILE

**Name:** Summer Foley

**Length of time with the NHJC:** Three months

**I work at:** Sparke Helmore Lawyers

**Role:** Lawyer in the Dispute Resolution Group

**When not at work I like to:** hang out with friends

**I can't live without:** Stevie the TV

**My friends don't understand why:** I always get lost when I drive

**My worst habit:** Forgetting to charge my mobile phone

**I'm scared of:** My flatmates addiction to Melrose Place.

**Dream holiday destination:** USA

**Favourite food:** Chocolate bullets.

## Thanks to our Sponsors

The NHJC would like to thank our sponsors!

We welcome the University of Newcastle as a sponsor for 2008 and are pleased to continue our partnerships with the Newcastle Permanent and Westfield Kotara into 2009.

If you're interested in becoming a sponsor of the NHJC, or joining as a corporate member, please visit our website: [www.nhjc.com.au](http://www.nhjc.com.au).

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