

## IN THIS ISSUE:

1. From the President
2. Dates for your diary
3. Next dinner forum
4. Last breakfast forum
5. Who you missed
6. Thanks for our sponsors
7. PULSE Trivia Night

THE NHJC IS PROUD TO BE  
AFFILIATED WITH:



## FROM THE PRESIDENT

Thank you to all who went along on the NHJC's adventure to the Lovedale Long Lunch in support of our nominated charity, PULSE. The day was blessed with good weather, which added to enthusiasm of the good spirited revellers keen to sample wine from the local vineyards. Funds raised from the day will be presented to PULSE at their annual trivia night. For those who missed out on tickets this year, mark it in your calendar for 2010 and be sure to get in early!

A special thank you goes out to the organising sub-committee, Kara Treadwell, Bridgett Landy, and Sarah Skillen, for making the day possible.

As I have already mentioned, the NHJC is proud to support PULSE and we encourage our members to attend their events. The annual Trivia Night is to be held on 26 June and the PULSE Ball, is sure to once again be a sell-out event on 25 July. For information on how you can purchase tickets, visit the



PULSE website via  
[www.hmri.net.au](http://www.hmri.net.au)

Stay alert for emails regarding our upcoming June Dinner Forum and the Great Debate, which is always a popular event.

**Matt Unwin,**  
NHJC President 2009

## DATES FOR YOUR DIARY

### NHJC Dinner Forum

Date: Thursday 25 June  
Time: 6.00 for 6.30pm  
Venue: Butlers, Newcastle  
Cost: \$38 members; \$48 non-members  
RSVP: [www.nhjc.com.au](http://www.nhjc.com.au)

### PULSE Trivia Night

Date: Friday, 26 June  
Time: 7.00pm  
Venue: West's Leagues Club  
Cost: \$100 per table of 10  
RSVP: [www.hmri.com.au](http://www.hmri.com.au)

### PULSE Ball

Date: Saturday, 25 July 2009  
Time: 6.30pm  
Venue: Newcastle Town Hall  
More details to follow

### NHJC Great Debate

Top Hunter business people debate a hot topic.

There is no holding back, and no one is safe from a bit of slandering!

Date: Thursday, 30 July 2009  
Time: 6.00 for 6.30  
More details to follow

## LATEST NEWS FROM THE NEWCASTLE & HUNTER JUNIOR CHAMBER

### NEXT DINNER FORUM

Guys and girls, want to feel great and look fabulous???

Kristy Pryjma has been part of Westfield's 'What's What' fashion campaign in Sydney and Newcastle since its inception in 2007. Kristy will show us the hottest trends for this season, how to wear them, and where to buy them.

Be quick to get your tickets as this was a popular event last year and it promises to be more of the same in 2009!

Date: Thursday 25 June

Time: 6.00 for 6.30pm

Venue: Butlers, Newcastle

Cost: \$38 members;  
\$48 non-members

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

Special membership deal: \$78, buy your ticket at a member price when you also purchase your NHJC membership!

Country Road, Veronika Maine, Portmans and General Pants Co, Kristy will share her style tips to get you comfortable and confident in up-to-the-minute, versatile pieces.

With the ability to instill lasting knowledge in her clients, both the gals and guys will benefit from learning how to use the latest styles from this season to express their confidence and personality.

### About the speaker

Having worked on race day shows featuring David Jones and style sessions featuring the likes of Saba,

### LAST BREAKFAST SEMINAR

At the last Breakfast Forum the NHJC heard from Heidi Alexandra Pollard, founder of Leading Edge and the Professional Communicators Network talk about 'Powerful Goal Setting'. Some of the tips she offered included:

- 'Ink it, don't just think it'. Write down your goals
- Plan what you want. 'Failing to plan is planning to fail'
- Have realistic expectations
- Use a calendar to record and track goals, rather than pieces of scrap paper
- Envisage what it will look like and how you will feel when you have achieved your goals.



# IN TOUCH: JUNE 2009



LATEST NEWS FROM THE NEWCASTLE & HUNTER JUNIOR CHAMBER

## LAST BREAKFAST SEMINAR - Who you missed



## THANK YOU TO OUR SPONSORS



IN TOUCH:  
JUNE 2009



LATEST NEWS FROM THE NEWCASTLE & HUNTER JUNIOR CHAMBER

# PULSE TRIVIA NIGHT

HOSTED BY  
THE NXFM MORNING CREW

WESTS LEAGUES CLUB  
STARLIGHT ROOM

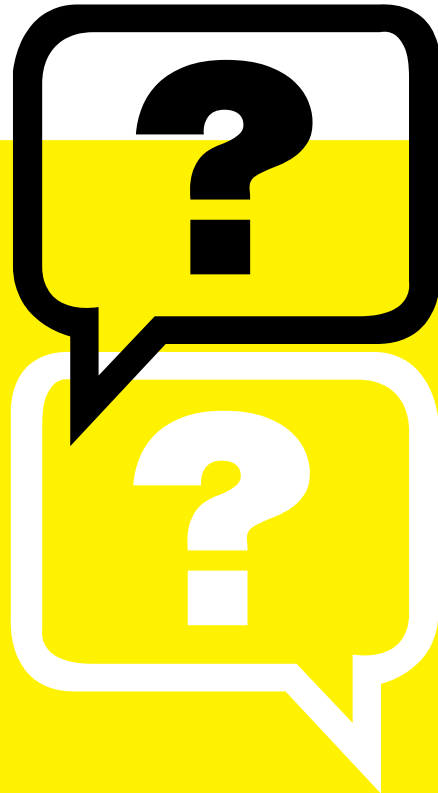
26.06.09 - 7PM FOR 7.30PM  
8 - 10 PEOPLE PER TEAM  
\$10.00 PER PERSON  
PRIZES AND GIVEAWAYS  
MEALS CAN BE PURCHASED FROM THE BISTRO

BOOKINGS ESSENTIAL  
BOOK ONLINE AT [www.hmri.net.au](http://www.hmri.net.au)



SPONSORED BY:

*Westfield* Kotara



PROCEEDS GO TOWARDS  
SUPPORTING  
EARLY CAREER MEDICAL  
RESEARCHERS IN  
THE HUNTER

SUPPORTING:



HMRI is a partnership between Hunter New England Health, the University of Newcastle and the community.

