



Alison Perrott
President

The Grasshopper within us

“See the way of life as a stream. A man floats, and his way is smooth. The same man, turning to fight upstream, exhausts himself. To be one with the universe, each must find his true path and follow it.”

Wise words from Kung Fu master to Shaolin Monk trainee David “Grasshopper” Carradine all those years ago, but what a taste of this message we had at our November luncheon.

We presented our Awards which recognise a younger (under 35) person, an individual and a company/organisation each year who have made a significant contribution toward the improvement of industry, culture, education, sport or the overall wellbeing or commonweal of the citizens. It is the Clubs way of congratulating those in the community who truly deserve recognition for their hard work contributing to the region.

Our winners were Harris Wheeler (Organisation Award), Dr WEJ Paradice (Individual Award) and the Youth award, which is co-sponsored by the Rotary Club of Newcastle Sunrise, winner was Dr Rohan Walker from HMRI.

Congratulations to our winners, it was a real pleasure to learn more about each nominee, the path that they are taking or have taken, and even more pleasure to bestow the awards on very worthy recipients who have certainly found their true paths.

After the awards we were entertained by Shifu Brett Xing Wu Russell, instructed by the Great Master Shi De Fon. Brett attained a very high level of martial arts and is now ranked a 4th Duan Wei (Master Instructor) by the Chinese Wushu Association for Traditional Shaolin Temple Martial arts and represents them in Australia. The Shaolin Monastery is the most famous temple in China,

renown for its kung fu fighting monks. With amazing feats of strength, flexibility, and pain-endurance (which Brett happily demonstrated), the Shaolin monks have created a world-wide reputation as the ultimate Buddhist warriors. Of course I was wondering how on earth a peaceful way of life with an emphasis on principles such as non-violence, vegetarianism and even self-sacrifice to avoid harming others end up fighters? Well it turns out the Monks had a turbulent history and defending the monastery became the only way to survive.

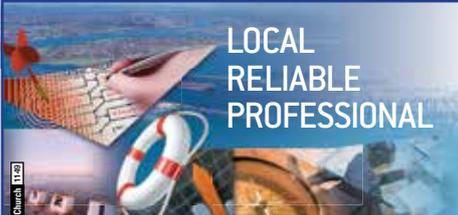
After initially becoming the youngest ever private pilot in Australia Brett has travelled the globe with his art form, met and worked with many famous actors too. His goal is to guide students to achieve peace, stillness and happiness within, through the training disciplines of Shaolin - Kung Fu, Tai Chi, Qi Gong, Meditation and Chan.

Our last luncheon of the year is Tuesday, 10 December, where we have arranged a Q&A style forum. A surfing extravaganza with guest speakers Mark Richards, Warren Smith and Jake Sylvester. This luncheon is supported by the Hunter Melanoma Foundation.

Prior to our last luncheon please note the Annual General Meeting for the club will be held at 11.45am. If you are interested in joining the committee this is your chance! Please contact us at mail@newcastlebusinessclub.com.au for your form.

I would like to take this opportunity to thank my very loyal and productive committee for their help and commitment. 2013 was a year of change and growth for the Newcastle Business Club and I am very proud of our achievements. I look forward to seeing you at the December luncheon.

With kind regards,
Alison Perrott
2013 President



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Upcoming speakers & events

December Luncheon

Tuesday, 10 December
12.15pm for
12.45pm start – 2pm
Harbourview
Function Centre



Mark Richards

Mark Richards World Champion Surfer

Mark Richards, known as MR, is an Australian surfer, four time world champion and Surfest Patron.

Born and bred in Newcastle, MR grew up around surfboards influenced by his parents, both keen beach goers, with his father becoming a distributor of surfboards.

MR has been widely recognised for his sporting and community achievements, including being inducted into the Sport Australian Hall of Fame in 1985, awarded the Australian Sports Medal in 2000.

Warren Smith Surfest Organiser

Warren Smith is a well known local, born and bred in Newcastle. He has been an organiser of Surfest, annual surfing competition held in Newcastle, since its inception in 1976.

Warren has also been a beach inspector for Newcastle City Council since 1974.

In 1999 he was inducted into Australian Surfing Hall of Fame for services to sport of surfing and in 2000 he was awarded the City of Newcastle Service Award for services to the community.

During 2008 Warren was the Australia Day Ambassador for Newcastle.

Jake Sylvester Junior Pro Surfer

Jake Sylvester will also join the panel, an up-and-coming surfer, who is also an ambassador for the Hunter Melanoma Foundation.

With his blonde hair, blue eyes and beach lifestyle, Jake has a lot of risk factors for melanoma so he knows how seriously he has to take sun safety. He doesn't venture out without 30+ sunscreen and usually rash shirt and zinc.

His father and grandfather have both had skin cancers removed and he knows the disease can be deadly. When Jakes not competing at the elite level in Australia or overseas he visits schools to help educate students about sun safety.

This luncheon is proudly supported by the Hunter Melanoma Foundation.



AGM

The Newcastle Business Club AGM will be held at 11.45am, immediately prior to the regular monthly luncheon. All members are welcome.

Good morning.

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Last month at the Club



L-R: Brent Jenkins, Kim Britton, Simon Adam



L-R: Brett Russell and President Alison Perrott



L-R: Ross Melville, Penelope Green, Andrew Licata



L-R: Mark Hamilton, Nikki Read-Jones



L-R: Matt Hingston, Albert Ponte



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Congratulations Annual Award Winners 2013!



Dr Brent Jenkins & Kim Britton (on behalf of Dr Paradice) with President Alison Perrott

Individual Award | Dr WEJ Paradice

Dr WEJ Paradice, during his leadership of the Hunter Valley Research Foundation, facilitated the integration of the Foundation into the fabric of business and the community in the Hunter. This included ensuring an awareness on current thinking in a broad range of regional research issues, not-for-profit management and governance, philanthropy and sponsorship development.

As Chief Executive Dr Paradice led the development of otherwise untapped resources and knowledge to help position the region for growth and for change. As only the second leader of this important regional organisation, Dr Paradice guided its mission and vision for more than 30 years.

Newcastle Business Club honours Dr Paradice for his significant contribution toward the improvement of business and industry and the wellbeing of the citizens of the City of Newcastle.



Matthew Smith of Harris Wheeler Lawyers, with President Alison Perrott

Organisational Award | Harris Wheeler Lawyers

Harris Wheeler Lawyers is a business name proudly recognised by the people of Newcastle and the Hunter for more than 120 years.

The firm was established in colonial Newcastle when tall ships were still the most familiar sight in the harbour. Forging a tradition of close associations with the wider community, today it's staff are active in business and social circles contributing both professional and personal skills.

Harris Wheeler has reached into the community through sponsorship and donation programs that are as diverse as medical research and support schemes to youth programs and cultural events.

Newcastle Business Club honours Harris Wheeler as a leading business that is contributing to the improvement of business and industry and to the commonweal of the citizens of the City of Newcastle.



Dr Rohan Walker with President Alison Perrott

Youth Award | Dr Rohan Walker

Dr Rohan Walker is a Senior Research Fellow at the University of Newcastle, who is challenging conventional thinking about the neurochemical causes of depression. He leads a research group investigating brain cell inflammation as a primary cause of psychological disorders as well as assessing innovative strategies to improve the way in which the brain recovers from brain injury.

While only three years into the research program, Dr Walker and his colleagues have already made a novel discovery that has advanced the hypothesis which strongly suggests inflammatory processes are strongly involved in depression.

Dr Rohan Walker is acknowledged by the Newcastle Business Club for his contribution to the advancement of research and to the wellbeing of the citizens of the City of Newcastle.

With thanks to *Photographed by Edward Cross* for the images of the award winners and the social photographs.

**NEWCASTLE
BUSINESS CLUB**

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For further information and enquiries:

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Disclaimer: The opinions expressed by the contributors to this publication are not necessarily those of the Newcastle Business Club or its members.