



## Whitehorse Business Group eNewsletter - March 2024

Greetings and welcome to our inaugural monthly eNewsletter! We are thrilled to share with you the latest updates, news, and highlights from our dynamic business community.



### A Summary of the Whitehorse Business Group AGM

Our AGM was held on Wednesday, 28th February at Box Hill Town Hall. The meeting was lead by Acting Chair, Amanda Paterson. Nick Koerbin, Treasurer presented the financial report. We welcomed new board member Amy To of [Amor Mexico](#). The meeting was short, sweet and to the point. Attendees enjoyed light snacks and conversations at the end. We are looking forward to the upcoming elections this month.

### What You Missed Out on: *Our Fun & Lively Casual Drinks and Networking Event*

We launched our inaugural Casual Drinks networking event of 2024 at [The Round](#), setting the stage for an evening brimming with laughter, new connections, and live music. Our members relished the opportunity to engage in conversations and forge new relationships within the stunning venue.

A heartfelt appreciation goes out to the dedicated staff at [The Round](#) for their exceptional service and warm hospitality. To add a sweet touch to the evening, three fortunate guests departed with Easter Chocolates courtesy of Handorf's Fine Chocolates.

Guests were also given a spontaneous tour of The Round's cutting-edge [Theatre](#), showcasing the latest in performing arts technology within an intimate setting.



## Member Spotlight:

Carmen Caruana, [Essence of Health](#)



In the spirit of International Women's Day, we shine the spotlight on Carmen Caruana, the inspiring woman behind [Essence of Health \(EoH\)](#). Established in 1996, [EoH](#) has grown from a one-person initiative to a thriving enterprise with a team of five therapists and an administrative support staff. Over 28 years, they have positively impacted the lives of over 5500 clients.

Carmen's journey began with a personal health crisis unresponsive to mainstream medicine. This led her to discover the transformative power of wholistic soft tissue therapy. Inspired, she studied the therapies herself, leading to the establishment of [EoH](#). Her mission: to show people that there are alternatives to dealing with bodily issues beyond heavy medication.

What sets [EoH](#) apart is its wholistic approach to pain elimination. Recognising that pain and discomfort are tied to mental, emotional, and social factors, [EoH](#) treats the person as a whole. This approach, combined with a diverse set of therapeutic skills, allows them to provide highly tailored treatments to each client. Clients don't just get a generic massage; they receive personalised treatments drawing from a wealth of therapeutic skills, including remedial massage, Bowen therapy, Emmett technique, aromatherapy, dry needling, reflexology, and remedial laser.

In honour of International Women's Month, Carmen shares her insights as a woman in business:

- **Be authentic, be yourself:** Staying true to oneself can be a game-changer in a world often driven by stereotypes and expectations.
- **Just Do It!:** The right time to open your own business is probably right now. Don't miss the opportunity.
- **Ask questions and find your tribe:** Surrounding oneself with successful people and building a supportive network can help overcome challenges and seize opportunities.
- **Believe you have what it takes:** Never think you are not good enough.
- **'80-20' it!:** The Pareto Principle suggests that 80% of the outcome we achieve stems from just 20% of the effort we put in.

Carmen's journey is a testament to the power of authenticity, resilience, and community. Her story serves as an inspiration to all aspiring entrepreneurs, especially women, demonstrating that with passion and dedication, one can indeed make a difference.

## Australian Small Business and Family Enterprise Ombudsman

Australian Small Business and Family Enterprise Ombudsman (ASBFEO) provides small business dispute support and has two main functions of advocacy and assistance.

The ASBFEO provides assistance, mediation and alternative dispute resolution as well as legal referrals. There is a My Business Health portal which has comprehensive business health check resources including mental well-being, staffing solutions, accounting and budgeting tips.

Visit the [ASBFEO](#) website or phone 1300 650 460.

## Let's Give a Warm Welcome to our New Members!

We are thrilled to announce that our community is growing! Over the past two months, we've welcomed seven new members into our fold. This growth is a testament to the vibrant and supportive environment we've cultivated together.

Join us in extending a warm welcome to our [newest members](#):

- **Yvonne Chong** from [Proud Cactus](#)
- **Dr. Avi Charlton** from [Melbourne Low Carb Clinic](#)
- **Jackie Chew** from [JC Unique Beauty Laser Day Spa](#)
- **Tanya Anderson** from [Flexi Personnel](#)
- **Patrick Docherty** from [Melbourne Mortgage Centre](#)
- **Rayleen Coates** from [3Two Projects](#)

- Ilya Egorov from [Financial Balance Group](#)

Each of these individuals brings a unique perspective and set of skills to our community. We're excited to see how their contributions will enrich our collective experience.

Our membership growth is something we're incredibly proud of. It's a clear indication that our community is not only thriving but also attracting diverse and talented individuals. We're excited about the future and the opportunities this growth presents for all of us.



## Make your next move with Bank of Sydney [BOS Home](#)

### Loan offers:

- **Competitive Interest Rate:** Make your move with confidence
- **NO on-going fees:** keep your cost in check

For more information (and to view the comparison rate warning), visit

<https://www.banksyd.com.au/bos-basic-home-loan>

**Make your next move.**

**BOS Basic Home Loan**

P&I Variable Rate (up to 80% LVR) Comparison Rate<sup>1</sup>

**6.09% p.a.** **6.11% p.a.**

Bank of Sydney | We're with you

<sup>1</sup>The comparison rate is based on a secured loan of \$150K over a term of 25 years. WARNING: The comparison rate is true only for the example given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Standard lending criteria, fees and charges apply. Interest rates and offers as stated (available as at 17 November 2023) are subject to change at any time, which can occur prior to the settlement of your loan. Bank of Sydney Ltd ABN 44 093 488 629 AFSL & Australian Credit Licence 243444.

## Exciting News Ahead, Upcoming Events!!

We are thrilled to announce our upcoming events, tailored to foster collaboration, networking, and growth within our vibrant business community.

### International Women's Day Breakfast

**When:** Wed 13 March, 7:00am - 9:00am

**Presented By:** Box Hill Central Rotary Club

**Where:** Box Hill Town Hall

Join us for a special breakfast hosted by the Box Hill Central Rotary Club in celebration of International Women’s Day.



### LinkedIn for Business in Whitehorse

This event is hosted by Sue Ellson, a LinkedIn expert.

**When:** Thu 21 March, 5:30pm - 7:30pm

**Where:** Box Hill Town Hall - The Whitehorse Room

**Cost Members:** \$46 (inc. GST)

Get more connected in the local area with your LinkedIn profile.



### Peak Performance Networking Event

Join the discussion at the Peak Performance Networking Event featuring a live keynote talk, open Q&A session, and open networking session. This is a free event! Registration is required.

**When:** Friday, 22nd March 2024

**Where:** Clayton Community Centre, 15 Cooke St #9, Clayton, VIC 3168

### Nadrasca Factory Tour

Take a tour of the Nadrasca Factory and learn more about their operations and contributions to our community.

**When:** Thu 18 April, 12:15pm - 1:30pm

**Presented By:** Nadrasca

**Where:** 52 Rooks Road, Nunawading



## Casual Drinks & Networking - May

Join us for an evening of casual drinks and networking. A great opportunity to meet and connect with other members of the Whitehorse Business Group.

**When:** Fri 3 May, 5:30pm - 7:00pm

**Where:** Clik Collective, 203 Rooks Rd, Vermont VIC

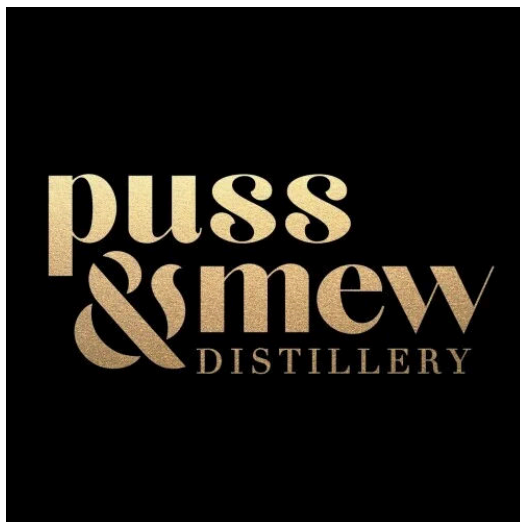


## Women in Business Lunch

Save the date for our Women in Business Lunch. More details to follow soon.

**When:** Fri 10 May, 12:00pm - 2:00pm

**Location:** TBD



## [Business Networking](#)

### [Dinner @ Puss & Mew](#)

Join us for a Business Networking Dinner at our local distillery, Puss & Mew. A fantastic opportunity to network and enjoy some local spirits.

**When:** Fri 7 June, 6:15pm - 9:30pm

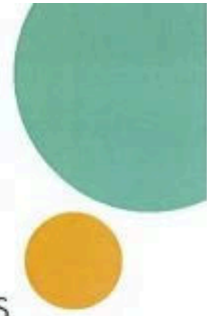
**Presented By:** Whitehorse Business Group

**Where:** Puss & Mew

**Cost Non-Members:** \$45 (inc GST)



# LEARN LOCAL COURSES



LEARN LOCAL COURSES ARE SHORT-TERM COURSES OFFERED AT FREE OR LOW COST\* TO ADULTS IN THEIR COMMUNITY.

THE COURSES PROVIDE PATHWAYS TO FURTHER STUDY, TRAINING AND EMPLOYMENT. THEY INCLUDE:

- EMPLOYABILITY SKILLS
- LANGUAGE, LITERACY & NUMERACY SKILLS
- DIGITAL SKILLS
- ENTRY LEVEL COURSES IN HOSPITALITY, CUSTOMER AND COMMUNITY SERVICE, AGED CARE, EARLY CHILDHOOD EDUCATION, TRADES AND MORE



FOR MORE INFORMATION ABOUT THESE COURSES, PLEASE CONTACT YOUR NEAREST NEIGHBOURHOOD HOUSE (MACV):

**MITCHAM COMMUNITY HOUSE**  
 INFO@MITCHAMCOMMUNITYHOUSE.ORG  
 PH: 9873 4587

**AVENUE NEIGHBOURHOOD HOUSE @ ELEY**  
 INFO@THEAVENUE.ORG.AU  
 PH: 9808 2000

**CLOTA COTTAGE NEIGHBOURHOOD HOUSE**  
 ADMIN@CLOTACOTTAGE.ORG.AU  
 PH: 9899 0062

**VERMONT SOUTH NEIGHBOURHOOD HOUSE**  
 INFO@VSNH.ORG.AU  
 PH: 9803 2335



## [Upskill Your Team with Neighborhood House Courses](#)

We are excited to remind you of the fantastic opportunity for your staff to enhance their skills and knowledge through courses and training offered at our local neighborhood houses.

Mitcham Community House, [Avenue Neighborhood House @Eley](#), [Clota Cottage Neighborhood House](#), and [Vermont South Neighborhood House](#) are all part of the MACV network and offer a wide range of programs designed to meet the diverse needs of our community.

These courses cover various areas, including but not limited to, business administration, digital literacy, health and wellness, and community services. They

are designed to equip your staff with the necessary skills to navigate the ever-evolving business landscape.

Investing in your team’s professional development not only boosts their morale but also contributes to the growth and success of your business. Encourage your staff to take advantage of these resources and watch as they bring new ideas and improved efficiency to your operations.

For more information about the courses and how to enroll, please visit the respective neighborhood house or their websites. Let’s seize this opportunity to foster a culture of continuous learning and development within our businesses.

### Resources at Your Fingertips

At Whitehorse Business Group, your success is our success. From start-ups to established enterprises looking to scale, resources at your fingertips provide the support you need to grow and thrive. We're committed to connecting you with the tools and resources you need to help your business thrive.



Whitehorse Business Group, Level 1, Suite 9 Box Hill Town Hall 1022 Whitehorse Road, Box Hill, VIC 3128, Australia - ABN 16 011 944 167 - info@whitehorsebusinessgroup.com.au, (03) 9275 6910

[Unsubscribe](#) [Manage preferences](#)