

Sunbury

BUSINESS ASSOCIATION

COMMUNITY. BUSINESS. LIFESTYLE.

After the recent AGM and committee nominations, we welcome our new committee.

President

Michael Osborne, McMahon Osborne Group

Secretary

Darryl Van Rooy, Health Protect International

Vice President

Marnie Harding, Sunbury Square

Treasurer

Sylvia Unferdorben, Elusive Style

General Committee

Erin Callejan, Sunbury Community Health Centre

Sam D'Angelo, Barry Plant

Ron Blackmore, Bendigo Bank

Sharon Whorlow, LJ Whorlow

O'SHANASSY ST RESTAURANTS CALL FOR SMOKE BAN

Traders and community health advocates are seeking a trial ban on smoking on the "restaurant side" of Sunbury's O'Shanassy Street. Vic Scerri, one of our members, is among those supporting a campaign to stop smokers lighting up outside shops and restaurants.

Sunbury Community Health is conducting an online survey to gauge public opinion. The survey will be used to support an application to Hume council, which is expected to be lodged early next year. Businesses in the area will also be surveyed from this week.

All we ask of you is if you could please take 2 minutes to complete the survey. To do so, please visit <http://goo.gl/pElODH>.



McBrent. Photo: Danden J. McNeill

Join us on Facebook or send us your questions at sba@sunbury.org.au



SBA Committee meetings are held on the 1st Wednesday of every month at McMahon Osborne Group
Level 1, Unit 9, 57-59 Horne Street, Sunbury VIC
sba@sunbury.org.au

REFLECTION

It has been another busy year for the volunteer committee, and there have been a number of projects delivered to the Sunbury Business Community.

Some of the projects delivered in the past financial year were:

- S.B.A. letters of support have helped Council receive grants for delivery of projects into the Sunbury Town Centre including lighting upgrades in and around O'Shanassy Street and the laneways – contributing to a Safer Sunbury Community.
- The Sunbury Business Dinner 2014 was another great success with around 130 guests making it along to Pitruzzello Estate to hear a thoroughly researched, entertaining and informative presentation from Bernard Salt. There was a fantastic vibe throughout the night with much quality networking taking place. Again, the sponsorship sourced by the S.B.A made the whole night possible.
- Supporting the Streetlife events where over 40 stall holders showcase Sunbury businesses would not have been possible without the assistance of Council in relation to street closures and insurance assistance. This assistance took the form of marketing via social media as well as contributing to the provision of portable toilets.
- There have been further submissions by the Council to the Dept Of Business & Innovation to obtain funding for Business courses – both of these submissions have been successful and all businesses attending the training in relation to managing cash flow and generally running a better business, have received significant contributions towards attending those courses.
- The SBA was able to obtain and offer its members free attendance at business developments sessions.
- Participation from members in the “Adopt a Bollard” initiative.
- Participation in the Council initiative – “The Town Team Concept” – a meeting of the various community groups within Sunbury with the overarching aim to determine how these groups can work together to complement and leverage off each other.
- The ‘It's Not Too Far’ experimental campaign developed and implemented by the Sunbury Business Association, in partnership with Sunbury Community Health and Hume City Council. The aim is to raise awareness of the many under-utilised car parks in Sunbury and their relative proximity to prominent Sunbury Town



5 STEPS TO A MORE POSITIVE LIFE

We recently read a blog, and thought it was an appropriate message to get out at this time of the year when you're surrounded by family and friends. Nobody wants to bring down the mood of a Christmas Party, so here are 5 steps to living a more positive life.

We've all heard people say "cheer up", "put a smile on your dial", "get on with it", though sometimes it seems to be a little easier said than done, doesn't it?

Follow these 5 steps to achieve a positive state:

1. Anchor in for positivity

Ever heard a song on the radio that takes you back to a sad place in your life and you feel an emotional response to it? This is an example of an anchor at work.

An anchor is any stimulus that is associated with a specific response and can occur both consciously or unconsciously. It might be something that happens, something you see, something you hear or something you feel that brings about an emotional reaction, either positive or negative. When you understand how anchors work, you can set up resourceful anchors for yourself and purposefully use them as a powerful tool to positively manage your emotional state.

2. Break up with your thoughts

...it's possible that you are better than you thought.

Do you find that you put yourself down with your self-talk? Do you give yourself a multitude of reasons for not going after what you want? Do you tell yourself that you're not good enough? Negative self-talk and limiting beliefs might keep you nicely tucked into your comfort zone, but they are not going to give you what you want. Once you start to become aware that your self-talk may well be sabotaging your happiness, you can do something about it. Notice your negative thoughts and negative language and actively break the pattern.

3. Turn it on its head

How you look at a situation will determine your experience of it. You have the choice to look at any situation in the positive or the negative. Reframing is a great technique you can use when you are faced with a situation that brings about a negative emotional response in you or makes you feel disempowered. By putting the situation in a different frame, you can change its meaning, enabling you to think about it in a more positive and empowering way.

4. Get grateful

It might sound corny, but scientific and practical evidence suggests that focusing your mind on what you are grateful for in your life, really does make positive changes on a neurological level. So get yourself a journal and start writing down all the things that you are grateful for. The important thing is to write daily. This process of writing down all the things that you are grateful for confirms to your unconscious mind that you are open and ready to receive more of what you want in your life.

The law of attraction, a law of nature, says that we become what we focus on. New things cannot come into your life if you are not grateful for what you have right now.

5. To be, or not to be

Interestingly, just making the choice to cheer up will, in fact, make you feel better. Run around a playground with a child and see if your mood doesn't shift! It's near impossible not to smile, let alone not feel more positive!

So find your sweet spot. What are the things that make you happy? Optimise your opportunities to connect with them. Get out there and do them. And if you can't think of anything in the moment, jump on someone else's bandwagon and join in the fun.



We hope you can take something from this message, and wish all businesses a safe and Merry Christmas.

