New City 50,000 JOBS

World class medical centre by Charlie Teo: P17

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Support for pop-up university

BY RED DYWER

Businesses across Blacktown are supporting council in its drive for a "pop-up" university campus by 2020 and a permanent one by 2023.

"The university campus is one of many "transformational development projects" which Blacktown City Council is undertaking to modernise the CBD and provide the opportunity for Blacktown to become "the Talented City."

Council have called for expressions of interest from leading Australian and international universities in a campus, proposed in the Warrick Lane Precinct in the Blacktown CBD.

The Warrick Lane Precinct and the $100M International Centre for Training Excellence, within the Blacktown International Sportspark, at Roxy Hill, will make the region a "mag-net for economic and social investment," said Blacktown Mayor Stephen Bell.

The Blacktown campus, if realised, would transform the area into an education, residential and retail hub, he said.

Council has held discussions with businesses including mL, Arnett's, Greens General Food, Vitana, Sydney Business Park, Lindt & Sprungli, plus the Greater Blacktown Business Chamber in moving forward with the initiative.

Council said these businesses have expressed the desire to partner with a local university to provide opportunities, including work placements, research opportunities, and jobs.

"[Business support] has laid the foundation for negotiating financial backing for a range of activities from research and innovation projects, to work experience and internships, and graduate programs for alumni."

Financial backing

"While we believe the best option for a university would be at our Warrick Lane location, given its location in the middle of the CBD and easy access to transport and amenities, there are [four other] potential land options available in Blacktown CBD for a campus," Mr Bell said.

In addition to the CBD location and commitment from business to placements and research, the case includes a strong student demand, specialised industry opportunities, such as Blacktown's significant sports infrastructure and the expanding Blacktown Hospital, the city's cultural diversity, and support from all levels of government.

While council said the initial goal is a "pop-up" university of 1000 students by 2020, and a full university with two faculties and 5000 students from 2023, "the number of sites available in the area makes it viable to expand the university to 30,000 students."

Expressions of interest close on December 5 and council expects to announce the successful bid in early 2019.

The International Centre for Training Excellence, to be opened in 2021, would offer services including high-performance training, education, sports medicine research and rehabilitation.

80-hour slog: you aren’t alone

If you are working horrendous ours to keep your business afloat and successful, you are not alone.

Many small business owners are working up to 80 hours a week according to a recent survey.

Scottish Pacific’s SME Growth Index surveyed 1,200 small businesses and found that 40 percent averaged between 60 and 80 hours.

One third of business owners said they were working late into the night answering customer enquiries via email.

The Banking Royal Commission has also had an impact on owners, with 15 percent indicating they would be seeking an alternative lender in the next six months.

The survey showed only one in 10 businesses are happy using property as security and 20 percent said they would prefer to use unsecured loans.

Head of debt finance at Scottish Pacific Wayne Smith said small businesses with real estate assets could still find affordable assets.

However, possible real estate value declines would make this more challenging in the future.

“If property prices are declining, loans will be harder to get.”

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Regional Roundup

Sydney Zoo and WSU
Western Sydney University has become the official Tertiary Education Partner of Sydney Zoo, presently under construction in the Blacktown LGA. Sydney Zoo will focus on technology and innovation to improve animal welfare, visitor engagement, and education, which aligns with Western Sydney University’s scholarship and research goals. Key benefits of the agreement with Sydney Zoo are three scholarships per year for students studying tourism management, animal science and zoology.

NORTH WEST
Chamber’s new head
SIMON Gould, of Hilary Nathan Media and Orbit Marketing, is the new president, of the Penrith Valley Chamber of Commerce. He replaced Wayne Wilkinson, of Village FM, who did not re-nominate.

Airlines at airport
VIRGIN, Tiger Airways, Qantas and Jetstar have confirmed that they will operate out of Western Sydney Airport bringing investment and job opportunities to the region.

Chamber seeks bypass
THE Riverstone and Schofields Chamber of Commerce has proposed a bypass to the industrial area will ease the number of trucks in the town centre and increase trade.

SOUTH WEST
$28.5M office complex
GREENFIELDS Development Corporation has approval from the Sydney Western Planning Panel for a $28.5M, six-storey office complex within the Oran Park Centre. Construction is expected to commence in October and be completed in 2020.

Amazon data centre
SYDNEY Western Planning Panel has approved a $31 million data centre, at 42A Blueet Drive, Smeaton Grange, on land owned by Amazon Corporation Services Pty Ltd.

Humle leases site
HUME Plasterboard Pty Ltd has leased a 2965-square-metre site, at 7-9 Yato Road, Prestons, from C&A Taxconse Pty Ltd, for five years at $129 a square metre net.

$106.5M Liverpool project
SYDNEY developer MacKirk has submitted a development application to Liverpool Council for a 23-storey, 27,000 square metre commercial tower, “The Stables.” The developer proposes to invest $106.5 million into the project, which aims to conserve the heritage-listed New Commercial Hotel currently on the site.

CENTRAL WEST
Ferry reduction time
NRMA/Blue Highways strategy includes the establishment of a transport interchange at Sydney Olympic Park and the introduction of new services to put Sydney Olympic Park within 30 minutes of both the Sydney CBD and Parramatta CBD, reducing the journey time by almost 30 per cent.

$400 master plan
REAL, estate fund manager EQ has secured planning approval for a $400M master planned community in Ashburn. The proposed development will comprise 955 apartments spread across 12 buildings as well as 1,400sqm of public space. The development will also create new public space, including three public parks.

45 years of excellence
MACQUARIE University has assumed responsibility for the research and optical instrumentation capability of the Australian Astronomy Observatory, a group with 45 years of excellence in astronomy instrumentation.

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High-rise warehouses start trending

RED DYER

HIGH rise warehouses—a trend to monitor in the Sydney industrial property market as distribution centres go vertical rather than horizontal.

The growth of e-commerce, competition between online suppliers and customers demand for “last-mile” service have focused firms on speed in delivering purchases.

This means searching for warehouse space close to densely populated suburbs to satisfy consumers’ demand for instant gratification.

The tight supply of industrial zoned land—and increasing land values and rents—most noticeable within inner and middle ring suburbs is evident also further out.

Annual growth rates of land values across the Western Sydney sub-markets, comprising the Inner, Central, North West, South West, and Outer West, have averaged above 20 per cent.

Colliers International’s research associate director Sass J-Baleh said land constraints and high land values are paving the way for vertical warehouses—to build up, not out.

“Given that there is a very limited supply of industrial zoned land within Sydney’s inner and middle ring suburbs [such as Chester Hill, Granville, Parramatta, North Rocks, Bankstown Hills, Ryde], there will be a push toward multi-storey warehouses,” she said.

Ben McGilp, head of development, at the Goodman Group, said the market would be seeing the first vertical warehouses pop up “within five years”.

“The rise of multi-level warehouses is likely to lead to a surge in values for inner city industrial properties capable of being converted into high rise multi-storey warehousing,” he said.

While it is still early days, it is unlikely that the warehouses would hit 30 levels as some do in Hong Kong, owing to Sydney’s stricter planning controls and building height limits,” Adam Neake, of TM Inght, said while it may be some time before Sydney’s industrial property rises to the 24 levels of Goodman’s Interlink warehouse in Hong Kong, multi-level warehousing would play a large role in the next wave of Sydney’s industrial developments.

Another trend to watch is the growing alcohol-on-demand market with big business, such as, Club and Woolies acquiring alcohol delivery apps to meet customers’ desire for convenience.

Eels home for 2019 season

DALLAS SHERRINGHAM

GREAT news for long suffering Parrs fans, the Mighty Eels are returning to their spiritual home in Parramatta next season.

The Parramatta Eels will not only call Western Sydney Stadium home in 2019, but they will be the first side to run out on the state-of-the-art stadium when they take to the field during the Easter long weekend.

Minister for Sport and Minister for Western Sydney Stuart Ayres joined Parramatta Eels CEO Bernie Gurr to announce the Eels had agreed with Venues Live to play nine games at their brand new home in 2019 and 11 games a season across the next 15 years.

The Eels original home, the infamous Cumberland Oval was burnt to the ground by celebrating fans in the 1980s when they won their first premiership.

The next facility was built into a modern ground which served them for three decades, but the new stadium will be worlds apart.

“Western Sydney Stadium is a game changer for sport and entertainment in NSW,” Mr Ayres said.

Parramatta Eels CEO Bernie Gurr said: “We are extremely pleased to have reached this stage and announce Western Sydney Stadium as our new home.”

Western Sydney Stadium is set to open to fans in the first quarter of 2019.
Boost for Western Sydney arts

WESTERN Sydney has never been considered a major centre for the arts and music, but all that is about to change. DALLAS SHERRINGTON

The region’s arts, music and culture business sector has been given a JEM boost by the NSW Government.

Arts Minister Don Harwin announced the grant and said it would benefit four key initiatives for the west.

The Western Sydney Strategic Programs funding for 2018-19 from Create NSW will support three new programs and a third year of the Making Spaces initiative which to date has activated 17 new spaces to support arts, screen and cultural projects.

“Creative industries represent one of the fastest-growing sectors in NSW and these four programs have been developed to help us deliver our commitment to increasing arts and cultural participation across Western Sydney,” Mr Harwin said.

“Arts and culture are the lifeblood of any local economy and it’s essential that we continue to invest in infrastructure to meet the demands of our rapidly evolving communities.”

Parliamentary Secretary for Western Sydney Dr Geoff Lee is delighted with the initiative.

(data)

An Australian first, a joint venture between Western Sydney University (WSU) and UNSW Sydney to develop a world-class Engineering Innovation Hub in Parramatta was announced by New South Wales Premier, Gladys Berejiklian.

With development partner Charter Hall, the two universities are developing a custom-designed, 15-storey, 27,000 sqm vertical Hub at Hassall Street in the Parramatta CBD – to be completed by 2021 – to house a joint undergraduate engineering program alongside Western Sydney University’s architecture and business courses.

Vice-Chancellor of Western Sydney University, Professor Barney Glover, said the engineering degree will bring world-leading research and innovation to the region, providing critical support to the Government’s ambitious goal of creating 200,000 knowledge jobs in the West.

“Through this joint venture, Western Sydney University and UNSW will harness emerging technologies and opportunities at scale to deliver a highly progressive, industry engaged engineering course in Australia’s fastest growing region,” said Professor Glover.

UNSW President and Vice-Chancellor Professor Ian Jacobs said the joint venture would create a new standard in engineering students.

The collaboration with UNSW also demonstrates Western Sydney University’s larger strategy of transformative educational infrastructure partnering with industry.

WSU is actively linking with partners, such as Charter Hall and KPMG, to create immersive university precincts, including the large-scale redevelopment of the Westmead Health and Education Super Precinct.

WSU and UNSW collaborate for hub

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How to happy, by Sally

SALLY-Anne Hurley says her childhood growing up in Western Sydney was conventional and filled with happy moments. Now the first time author wants to show others how to be positive and love life with her new book How to Love the Sh*t Out of Life.

“I had a happy childhood, I went to a diverse high school and had a very positive experience,” she said. “My brother and I were allowed to play outside as kids. Our backyard was half grass, half concrete and when we’d come off our bikes and scrape our knees our parents would say ‘Up you get, you’ll be right.’ It was character building and in many ways a juxtaposition of how kids are now playing inside on their iPads.

“There was a simplicity about my upbringing that resonates with me now that I’m 30.” Hurley lost on the experiences of family and friends and her own observations to write her self-help guide for young adults that carries the tricks to ‘enjoying life and being positive’.

“I love people watching – but not in a creepy way,” she laughs. “I love observing those around me, seeing the way they interact. I find that fascinating. And there’s this strong connection,

1. Kindness and compassion: “Being kind to others and to yourself”.
2. Celebrating special moments, big or small: “The big moments like getting married, a job promotion, having kids, are all important but remember that even the simple things in life can bring you joy.”
3. Put some good into the world: “It could be volunteering or helping out a neighbour; just by extending a hand you’ll find that in return good things will come back to you.”

“One of the key things is having good people around you and I’ve been blessed with good family and friends.”

How to Love the Sh*t Out of Life started out as a series of personal journal entries Hurley wrote after she went through an “existential crisis” and before long resembled more of a manuscript than a diary.

She hopes others will find her stories, which are written with a common-veneered approach and her trademark humour, reliable.

“It’s filled with the experiences of someone who has grown up in Western Sydney whereas a lot of self-help guides out there are written by American authors. I’ve lived the typical Australian life.”

Hurley said the book was also a celebration of all things positive about Western Sydney.

Born and raised in Macquarie Fields, near Campbelltown in South West Sydney, she said she was “really proud of the Western Sydney community. Not all the cool, hip and happening things just come from Eastern Sydney, Western Sydney has so much to offer too.”
Potential of medical tourism revealed

- RED Dwyer

Three major medical precincts have the potential to develop a medical-related tourism component in Western Sydney’s overnight visitor economy which contributes $4.3B to the NSW coffers.

Over the last five years, the Western Sydney visitor economy has experienced strong growth – the region welcomed 12.4 million visitors in 2016.

Overnight visitation has grown by 59 per cent in this period and nights spent has increased by 85 per cent.

Domestic overnight visitors accounted for an expenditure of $1.6M and international visitors $1.8M (day trippers spent $323,000), in 2018.

The Western Sydney Airport at Badgerys Creek by 2026 will be a game changer for the visitor economy, according to the Destination NSW Western Sydney Visitor Economy, 2017/2018-2020/2021 report.

It is into this environment that the health and education precincts at Wentworth, Liverpool and Penrith, and their ongoing development, have the potential to be significant demand drivers in terms of the visitor economy.

The report notes the three medical precincts present a range of opportunities in terms of health education students, study tours, sports medicine, business events and medical tourism.

Visitor economy

The report recommends a specific strategy be developed to maximise these opportunities and boost the regional economy.

The report states that driving continued growth in the Western Sydney visitor economy will be key in meeting the NSW government’s goal of doubling overnight visitor expenditure by 2030.

At present, Destination NSW spends approximately $38M annually on event acquisition and retention, marketing, public relations, content development and travel packaging for Western Sydney.

“This funding must be retained, at a minimum, to continue the achievement of the current high level of performance,” it says.

The report sees Western Sydney as a “drive through” destination between the Sydney CBD and the Blue Mountains and the tourism attractions in Western Sydney are widespread and not well linked.

The report was based on a preliminary report, “Towards a Western Sydney Visitor Economy and Events Strategy”, prepared by Deloitte in September 2016, with findings in that report incorporated as part of the Western Sydney Visitor Economy Strategy.

Funding support for aerospace program

- RED Dwyer

A leading manufacturer of advanced carbon fibre composite components in Bankstown, will receive funding to support the F-35 Lightning II Program, the world’s largest military aerospace program.

Quickstep received funding from the F-35 Lightning II Joint Programme Office, to support engineering and production tooling for the production improvement project.

Quickstep will commission additional advanced manufacturing processes and technologies at its facility in Bankstown, extending its capability to support the F-35 Program and other defence and aerospace projects.

Additionally, a New Air Combat Capability – Industry Support Program grant of $1M will complement investment being made by Quickstep.

Quickstep is already a key supplier into the global F-35 Program, supplying 40 per cent of the material to Marand Precision Engineering to produce each F-35 Conventional Take-Off and Landing Vertical Tail.

Quickstep and more than 50 Australian companies have directly shared in more than $18 in global F-35 production contracts to date, the company said.

Minister for Defence Industry, the Christopher Pyne said Australian industry involvement in F-35 production is expected to exceed $2B by 2023.
Welcome to KPMG Family Business feature articles, which I hope you enjoy reading. If you would like to discuss these articles or how KPMG can help with your business, please feel free to contact me on 9455 9996 or david.pring@kpmg.com.au

Australian and European family businesses: same goals, differing challenges

It’s not surprising that whilst most countries in Europe are positive about their future, in the UK, confidence dropped from 83 per cent in 2017 to 68 percent this year. With Brexit negotiations ongoing, UK family businesses are looking to the future with caution.

At the same time, family businesses acknowledge they must become more agile, innovate faster and attract top talent to remain competitive. Almost one quarter plan to expand and diversify their products to drive future growth and more than half plan to expand into new markets.

One of their key strategies for growth is embracing innovative practices and new technologies, as well as investing in training and recruitment. These are some of the key findings of the latest 2018 European Family Business Barometer.

As European family businesses prepare to do business on the world stage in an increasingly inter-connected world, they find themselves going head-to-head with global competitors and have to factor this into their growth and expansion plans. Some are finding this too daunting.

This is one reason, along with the increasingly difficult search for talent and the increased costs of labour (34 percent), why overseas expansion has been put on hold.

How does this compare to the Australian experience?

In the 2018 KPMG Enterprise Family Business Australia Survey, the top financial objectives of family businesses, like their European counterparts, were sales and growth, profitability and profit margins, and return on investment. Of those surveyed over the next 12 months, nearly 60 percent anticipated domestic growth compared to 50 percent internationally over the next 12 months.

The top threats to growth were the increasing costs of doing business, changing consumer preferences and purchasing behaviours, and the entry of new competitors into the market. It’s clear that in Australia, issues such as the rising costs of doing business, the need to innovate and invest in technology, are similar to European family business concerns.

But Australia is operating from a platform of relative stability where the outlook for international expansion remains more positive. New is the ‘war for talent’ as much of an issue. What needs to be addressed, however, are plans for transition with only two thirds of surveyed Australian family businesses having a succession plan in place.

Such plans are made more complex when 22 percent of future leaders viewed poor family communication as the number one source of conflict between generations. This seems to be the greatest barrier to success and the ongoing health of the family business.

The Australian survey shows that families with a shared understanding of the future of the business and who build strong communication frameworks both within the family and the business, are more likely to succeed into the long-term.

Focusing on training, mentoring and developing the next generation for leadership is absolutely critical. Governance frameworks must also be put in place to ensure the interests of the family and the business are secure and understood by all involved.

Despite all the uncertainty overall, 73 percent of European businesses are optimistic about the future. There is every reason to be - whatever continent you live in.

The 2018 European Family Business Barometer outlines key similarities and differences between European and Australian family businesses.

To find out how we can help your Family Business, or for a full copy of the report please contact David Pring on 9455 9996 or david.pring@kpmg.com.au

Published by KPMG Enterprise and European Family Business (EFB), the Barometer surveyed 1,576 family business executives in 26 countries across Europe.
Governance: Grow boldly and safely

SARAH CAIN
HEATHER HICKS

OME organisations believe governance is imposed upon them externally and an obligation that must tick a number of boxes, rather than an opportunity for the company to grow.

But whether you’re a start-up or a more mature company, your governance, risk and compliance practices need to be regularly reviewed. This is especially important during times of disruption and increased scrutiny.

Today more and more companies are considering their governance frameworks anew—there’s no point in having layers of governance for governance’s sake. They’re setting themselves up to avoid risk, which gives stakeholders confidence, and ensures everyone is following the same strategic direction.

Start-ups need to be agile and nimble in their governance as they are early in their life cycle but often their biggest barrier is knowing where to start.

Governance here might be as simple as putting regulatory and legal frameworks in place, seeking advice from independent advisors or directors when required and having appropriate segregation of duties or delegations of authority.

It’s also important to consider what kind of organisation the start-up wants to be—whether it is heading towards IPO listing, or a sale to a potential investor and what would be necessary from a governance perspective to bring that about?

More mature organisations are revisiting their governance to ensure they can stand up to scrutiny but also making sure they can deal with disruption to maximise opportunities for growth. They’re looking at whether their frameworks are fit for purpose both now and into the future.

Still, the pendulum shouldn’t swing too far: increased scrutiny may incur tighter governance, but that mustn’t muzzle and disempower the organisation.

So compliance doesn’t mean stasis. Although some organisations have been traditionally risk averse, there is also a need for calculated risk in order to prosper.

New products

It may be time to look again at new product development, capital investment and M&A activity and go back to first principles of governance. Business case for change are usually lengthy and cumbersome.

But revisiting these requirements and looking at them afresh, including the timings within which the business case is put forward for approval, can significantly increase the speed for pursuing opportunities. However, for this to occur, there needs to be a clear articulation of risk appetite from the Board.

We live in an increasingly digitised world, and many mid-market organisations are still not prepared for data leaks, breaches of privacy and have a way to go before considering themselves cyber ready.

As Boards negotiate complex regulatory environments, they need to consider the ‘Crown Jewels’ of the business, the most important elements that must be protected.

That could be customer data, in-house IP, or financial. Controls to protect these can then be designed. This is not just an IT issue but one where everyone in the organisation understands the high price of risk.

For governance success, organisations should ask the following questions:

- What is your risk appetite? What do you want to achieve? Is this clearly understood by everyone in the organisation?
- What are your compliance and regulatory obligations and what are the structures you need to put in place?
- How much are you prepared to invest? Do you need internal or external resources?
- Talk to your people—how are you going to get everyone aligned?

The answers to these questions will provide a great starting point for considering governance in a new light.

To learn more, please contact David Pring on 9455 9999 or davidprising@kpmg.com.au

First published by Sarah Cain, Partner, KPMG, and Heather Hicks, Partner, KPMG.

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Venture Pulse: Q2 2018 Global analysis of venture funding

KPMG Enterprise’s Global Network for Innovative Startups launched the Q2 2018 edition of the Venture Pulse report. The report analyses the latest global trends in venture capital investment data and provides insights from both a global and regional perspective.

This edition of the quarterly series provides in-depth analysis on venture capital investments across North America, EMEA and Asia Pacific and will cover a range of issues such as financing and deal sizes, unicorns, industry highlights and corporate investment.

A record-shattering $14 billion raise by Ant Financial in China, in addition to $1 billion+ mega rounds to WeWork, Pinterest, FanDuel, Future, and Manbang Group helped propel VC investment in Asia and the Americas.

Locally, Australian venture capital invested in Australia hit a record US$630 million in the 2017/18 financial year. Over Q2, US$209.09 million of startup investment was recorded in Australia. The number of deals, at 27, is down from 31 in the previous quarter, when investment totalled US$69.8 million.

Australia’s top raises included SafetyCulture, Powerwrap, Clinical Genomics, Certa Therapeutics, Bright, Athena and Propeller Therapeutics.

This edition of Venture Pulse looks at these deals and other global and regional trends, including:

- The rise in Chinese investment which saw the largest VC funding round ever.
- Artificial intelligence technology experiencing rapid investment growth.
- The evolution and rising prominence of biotech and the opportunity that presents for Australia.

If you’re interested in reading the full report, please visit kpmg.com.au. Article first published on kpmg.com.au, KPMG Australia.
Balance brings success

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Blacktown City Council Business Survey

Our Economic Development Unit is focussed on assisting our business community expand the local economy. In particular, we are here to provide support for our micro and small-to-medium enterprise (SME) businesses who operate in the Blacktown City local government area.

We are currently reviewing the economic development assistance that we offer to local businesses in Blacktown. Essential to this Strategy is gaining feedback from the business community to find out what type of service activities our local businesses want from us, which will help grow their business.

If you’re a business owner in Blacktown City, let us know how we can help you grow your business, by completing the short survey.

The survey is open now, and will close Friday 23 November, for you to have your say on how this could happen.


1. Do you think that Council could provide advice and guidance for your business? If so, what type of help could Council provide you with? Note that our team is not qualified to provide financial, legal, or commercial advice.

2. If you operate a home-based business are there any ways in which Council could assist you in your business operations?

3. If you think networking is an important component of successful business, how do you think Council can support you in this activity?

4. If you think professional training and development is important, what areas do you think Council could help your organisation with? (Multiple answers possible)

   - Marketing your business
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   - Implementing 'Lean’ and ‘Continuous Improvement’
   - Understanding your tax obligations
   - Understanding your business finances
   - Contract law or other finance, legal or commercial
   - Other

5. Would you like your business promoted to the public on our Council’s website?

   - Yes
   - No

6. Would you consider using services provided by Council’s Economic Development Unit if they were fee for service? If yes, which services might you be prepared to pay for?

   - Business facilitation
   - Home-Based business facilitation
   - Networking events
   - Training workshops
   - Business directory
   - Other

7. Would you or your business benefit from regular contact with, or news and updates from Council’s Economic Development Unit? (If Yes, please confirm your contact details)

   Business name:

   Contact email:

8. Is there anything else you wish to share that may help the Economic Development Unit to provide better services to you?
Council approves next stage of major developments

BLACKTOWN City Council has taken a major step towards transforming Blacktown City into one of the leading cities in Australia, giving the go-ahead for two major infrastructure projects to go to the next stages of consultation, planning and development.

Councillors have voted unanimously to embark on extensive community consultation and progress detailed planning and business cases for the proposed International Centre of Training Excellence (ICTE) at the Blacktown International Sportspark, and the proposed Warrick Lane Precinct project in the Blacktown CBD.

The proposed ICTE and Warrick Lane Precinct will be modern mixed-use development anchored around a new public plaza to be built above an underground car park catering for 450 vehicles.

The precinct will link seamlessly to Main Street and offer new retail and commercial opportunities in the CBD and the potential to house a university campus and new Council offices.

The ICTE will be a world-leading multi-sport facility providing high performance training, education, sports medicine, research, accelerated recovery and rehabilitation that will be available to everyone.

Blacktown City Mayor Stephen Bali MP said the vote by Council to progress both projects to the next stage was a significant milestone for the future of the whole community.

City transformed
"The ICTE and the Warrick Lane Precinct are both vital projects forming major parts of our vision for transforming Blacktown City into a modern metropolitan city of talent, a magnet for economic and social investment and growth," Mayor Bali said.

"We are driven to build facilities that can be seen as ‘elite for all’ so Blacktown City can establish itself as one of the leading centres in Sydney and provide opportunity for all our residents."

The next stage of the planning for the ICTE and Warrick Lane Precinct will involve major Expenditure Reviews of both projects in line with NSW Government guidelines for Local Government spending on major projects.

Council staff and consultants will finalise all design documentation and cost estimates for both projects to a stage where they are ready to go to tender.

Council will also undertake a full round of public consultation to further gauge community support and get valuable feedback on both the ICTE and Warrick Lane Precinct projects.

"We have been consulting with the Blacktown City community and businesses for two years on the Warrick Lane redevelopment and now we’re seeking feedback to make sure our plans match community expectations."

"Council has consulted widely on the planned ICTE including a forum with local sporting organisations and healthcare providers."

Sporting excellence
"We had input from experts including leading British sports physiologist Dr Stephen McGregor, former Socceroo goal keeper Ante Covic, Paralympic athletics champion and coach Louise Sauvage and Co-owner of the Western Sydney Wanderers David Slade,” Mayor Bali said.

"The $100-million ICTE project at the Blacktown International Sportspark involves the construction of a performance, health, recovery and research building, infrastructure and sporting fields, upgrades and academy accommodation for 100 people."

"The Warrick Lane precinct first stage development will create a multi-level underground car park for 450 vehicles, an open plaza, flanking buildings and other infrastructure upgrades to the value of $76.5 million thereby paving the way for further development in the future."

"These projects will result in transformational changes to Blacktown City and we would welcome any State and Federal Government funding support, however we have the financial capacity to undertake these projects with very minimal debt that can be paid off relatively quickly," Mayor Bali said.

The International Centre of Sporting Excellence is due for completion in 2021 and the Warrick Lane Precinct first stage is planned for completion in 2020.

Council connects with business

With a population of over 300,000, Blacktown City is the 2nd largest Local Government Area by population in NSW and the 4th largest in Australia.

With year on year average growth in population of 2.28%, Blacktown City has outpaced both NSW (1.41%) and Australia (1.67%) since 2007.

Blacktown has experienced a high level of investment and is one of the fastest growing areas in the region. Population growth contributes to housing development. In 2016/17 Blacktown accounted for 14.62% of Greater Western Sydney building approvals.

Greater western Sydney statistics
Blacktown City is one of 12 council areas within the greater western Sydney region. This region accounts for:

- 33.46% of NSW population.
- 34.82% of all the state’s businesses.
- 40.73% of NSW jobs.
- 42.39% of Gross State Product.
- 1 in 2 (50.25%) of the state’s building approvals.

The Blacktown City economy
Growth is good for local businesses. Blacktown City’s economy is valued at $16.47 billion gross regional product, which is 13.4% of the Greater Western Sydney economy and the state’s 6th largest local government economy. Blacktown has 21,207 businesses which employ around 130,000. It is the 3rd largest employer in NSW. Micro and small businesses are the mainstay of Blacktown’s economy. As a result, half of all employing businesses are small businesses.

Unemployment in Blacktown has reduced from a high of 15.1% in 1991 (7.6% in NSW, 8.3% in Australia), to a current unemployment level of 5.23% for the quarter to June 2018 (compared to 4.9% in NSW and 5.4% in Australia).

Whilst this is good news, businesses in Blacktown are also facing a number of challenges. Jobs growth has not kept up with population growth, in particular for people who are increasingly university-educated.

The region now has twice as many business service professionals as business service jobs; a growing number of Greater Western Sydney workers are facing long commutes and the high cost of living.

Youth unemployment in Blacktown remains high in certain pockets of the City. Businesses continue to be challenged by the high costs of running a business, competitive pressures, and low levels of consumer confidence.

Our Council can play a role in helping our local business community overcome some of these challenges.

In this regard, Council’s Economic Development Unit is reviewing the economic development service it currently offers to its local businesses. Essential to this review is gaining feedback from the business community on how Council can deliver a better service to this community.

Please let us know how we can help you grow your business, by completing the short survey set out below.

Our survey will be available between 22 October and 23 November.

To go to our website at www.blacktown.nsw.gov.au/business/survey.

We look forward to your feedback.
Future proofing our education

- GEOFF LEE

A STRONG economy, more jobs, front-line services and record infrastructure are driving the NSW Government to invest for today and the future. A new 3,000 student high school will open in 2021.

Strong investment in Education is delivering for today and for future generations. Our Government is undertaking the biggest capital building program in NSW history. At the same time we are working hard to ensure our schools meet community standards and expectations and equip our kids for the jobs of the future.

We are investing $4.6 billion over the next four years - the largest investment in public school infrastructure of any State Government in Australia’s history.

This will ensure that we meet the challenges of a growing population.

Not only does the 1926 have we witnessed this level of increase in student numbers. By 2031, NSW will have an extra 269,000 students with 146,000 in the public system.

Eighty per cent will live in the greater Sydney area. We will need an extra 7,200 classrooms to accommodate this level of growth.

370 school projects

This is why I am proud of the work underway on 170 major school infrastructure projects across the state. This will deliver 2,000 new permanent classrooms and 43,500 new student places.

In my electorate, the O’Connell St Public School for 1,000 primary school students, opened this year.

Construction continues on the State’s flagship vertical high school for 2,000 students and primary school for 1,000 students in Parramatta.

New teachers

We will recruit 100 new specialist primary school maths teachers over the next five years, introduce $20 million in scholarships valued at $20,000 each for STEM undergraduates towards a Masters degree and add more Math Ambassadors, building on the success of current NSW Math Ambassador, Eddie Woo.

In addition we are undertaking the first comprehensive review of the curriculum since 1989. This will ensure that our schools are equipping our students for 21st century jobs.

Similarly the NSW Premier, Gladys Berejiklian recently unveiled two initiatives that will see the expansion of higher education STEM opportunities in Western Sydney.

One is a ‘multiversity’ higher education campus, representing an alliance between the Universities of Newcarlue, UNSW, Western Sydney and Western Sydney featuring in STEM as part of the Aerotropolis precinct at Badgerys Creek and the other a joint venture between Western Sydney University and UNSW to build a $280m, 15 storey engineering campus in Parramatta.

These types of collaborative initiatives provide students with more pathways to the jobs of the future.

As we build new and upgraded schools we also recognise schools are an important part of the local community and need to meet community standards and expectations.

A new Environmental Design in Schools Guide will see new and upgraded schools benefit from quality and sustainable design that aids learning and makes our schools better civic places.

40,000 solar panels

Already we have 40,000 solar panels installed in 1,400 NSW public schools across NSW generating enough electricity each year to power 3,000 homes.

Energy efficiency projects are reducing carbon emissions by over 13,700 tonnes, the equivalent of taking 5,200 cars off the road.

The Department of Education’s new headquaters in Parramatta also has a 6 Green Star rating for its sustainable design.

There are many elements to good government and one of the most important is the ability to deliver a strong economy - one that enables you to implement your agenda.

The work being done in Education is possible because we have a strong economy and means we can deliver for our young people, our community and society. This is creating a solid foundation for our future and most importantly for our future generations.

For more information on the extensive list of school infrastructure projects go to www.schoolinfrastructure.new.nsw.gov.au website.
Breathtaking views are just the beginning at Mountain Heritage

Mountain Heritage: P12

VENUES IN THIS EDITION

Panthers
Botanic Gardens & Centennial Parklands
The Entertainment Grounds
Holiday Inn Parramatta
Novotel Sydney West HQ
The Hills Shire Council
Avoca beach Hotel & Resort
Gosford RSL
Central Coast Leagues Club
Mountain Heritage Hotel
Holiday Inn
Fairmont Hotel
Carrington Hotel
Waterview
Situated within the picturesque landscapes of Bicentennial Park, Waterview blends modern elegance with tranquil park and lake views, offering the ideal setting for your next event. Boasting soaring ceilings, a large wrap around terrace and an abundance of natural light, Waterview is surrounded by vast parklands, ponds, and lakes creating a picturesque landscape for your guests.

Offering flexibility and versatility to each event, Waterview can accommodate Weddings, Business Events, School Events and Special Occasions of all kinds.

Phone: +61 2 9764 9900

WATERVIEWVENUE.COM.AU
Sydney’s newest venue for seminars, lectures, trade shows and more, in the heart of Castle Hill

Our fresh, modern venue could be just what you need for your next business event.

Attendees can network in the spacious foyer before entering the brand new Pioneer Theatre, seating up to 360. Boasting retractable tiered seating, the theatre can be configured to suit your needs in banquet, lecture, flat floor, theatre, intimate theatre and cabaret modes.

Three comfortable meeting rooms and a light-filled terrace create ideal break-out spaces and a fully-equipped commercial kitchen is available for your caterer of choice. Lighting, sound, audio-visual and digital signage systems are all available for use.

BOOKINGS AND INFORMATION
www.pioneertheatre.com.au
+61 2 9843 0586 | pioneertheatre@thehills.nsw.gov.au
Sydney’s newest venue in The Hills

“The brand new Pioneer Theatre is designed to serve the mid-sized audience niche – not too big yet generous enough for a robust crowd.”

In the heart of Castle Hill, within a short walking distance from the Sydney Metro North West’s new Castle Hill Station (opening in 2019), is Sydney’s newest venue for seminars, lectures, trade shows and business events, the Pioneer Theatre.

Close to transport and a short walk to the restaurants, cafes and iconic shopping of the Castle Hill Town Centre, the Pioneer Theatre will not only host theatrical productions, it will be available for seminars, trade shows, lectures and other business events.

Fresh, bright colours feature throughout the venue, along with new carpets and furnishings.

Entry is via sliding glass doors beneath the Castle Hill Library, into a spacious foyer ajar with vibrant colour where seminar attendees can gather and network before the main event.

The brand new Pioneer Theatre is designed to serve the mid-sized audience niche – not too big yet generous enough for a robust crowd.

Fitted with retractable tiered seating, the theatre can be configured to cater for banquet, lecture, flat floor, theatre, intimate theatre and cabaret modes.

With the tiered seating extended, and floor seating filled, the theatre’s capacity is around 360 people.

Removing the floor seating, and pushing the tiered seating forward creates an intimate crowd size of 160.

Three generous and comfortable meeting rooms sit either side of a carpeted hallway off the foyer, and a light-filled terrace creates ideal break-out spaces. Two kitchenettes and a fully-equipped commercial kitchen is available for catering.

Lighting, sound, audio-visual and digital signage systems are all available for use.

Hills Mayor, Michelle Byrne, in the new venue.

Inspections are welcome. To book the venue, or for more information, call the friendly team at the Hills Shire Council on: www.pioneertheatre.com.au
pioneertheatre@thehills.nsw.gov.au
+61 2 9943 0492

BOND OVER A BEER OR COCKTAIL AT Kendall’s

WEDNESDAY TO SATURDAY NIGHTS FROM 5PM

CENTRAL COAST LEAGUES CLUB Dane Drive Gosford | www.cclc.com.au
Grand old lady awaits you

SINCE its establishment over a century ago, The Carrington Hotel has enjoyed a long and rich history as the place to escape to in the Blue Mountains. Situated in the heart of Katoomba, nestled amongst cafes, restaurants, art galleries and gift stores, the refurbished hotel boasts an award winning grand dining room, cast and brasserie, cocktail bar, billiards room and guest lounges with open fires.

The latest renovation of The Carrington started in the early 1990’s, has retained the charm of a bygone era while delivering the conveniences expected by the modern guest. The library, now used to host small conferences and meetings, was once the gentleman’s smoking lounge.

Described in 1911 as “a spacious apartment in which the ruddy glow of the winter fire reflects itself from the walls of dusky red” the smoking lounge was converted in the 1930’s to a library and writing room. It has now been refurbished in keeping with the feel of a cozy gentleman’s retreat. Able to host small groups of up to 20 delegates this room offers an inviting and private area to hold your meeting, workshop or small conferenc

The room once known ladies drawing room and music room became The Ballroom in the 1930’s. An elegant, light filled room with access to the outdoor Piazza.

The ballroom is the perfect venue for larger events such as wedding receptions, special occasion celebrations as well as conferences, product launches, corporate dinners, presentations and community forums.

The ballroom can seat up to 100 delegates and is one of the most sought after venues.

Without doubt, the most impressive room within The Carrington Hotel is the grand dining room. Built in 1887, and extended in the early 20th Century, generations of Australians have journeyed to the mountains to celebrate honeymoons, birthdays, anniversaries and intimate special occasion dinners under the vaulted ceiling of this quaint and unique room.

The perfect room to host a formal conference dinner that will be a highlight of your trip. The historic grand old lady of Katoomba, The Carrington Hotel.

In the heart of Sydney’s West

HOLIDAY Inn Parramatta, located in the heart of Sydney’s West boasts 181 guest rooms that are bright and spacious, all rooms have an ergonomic work desk and complimentary Wi-Fi.

With a range of room types the hotel is suitable for both the business and leisure traveller.

Seven conference and events spaces ranging from a dedicated 12 person Jamie- son Boardroom to the Anderson Ballroom holding up to 300 guests cocktail style.

Twelve One Fifty, the on-site Restaurant is open 7 days a week for buffet breakfast, a la carte lunch and dinner. The menu is updated seasonally and has a great variety for all tastes. As well as 24 hour room service for those who want to stay in.

Use the heated outdoor pool and spa year round, sip cocktails by the pool or catch up on some emails while soaking up the sun, there is free Wi-Fi hotel wide!

The 24 hour gym is great for those who like to keep fit and the 24 hour business centre is available for all guests.

Holiday Inn Parramatta is located a five minute walk to Westfield Parramatta and across the road to Parramatta Station where you can take a 20 minute train ride to Sydney CBD or an extra 10 minutes to Sydney domestic and international airports.
Historic Cropley House restored to glory

Historic Cropley House has been restored to its former glory, providing a stunning venue for weddings and events. Located on five acres of green parkland, the two-story mansion is framed by a wisteria-lined balcony overlooking a stunning rose garden and gazebo, perfect for intimate wedding ceremonies.

With two impressive rooms on the ground floor and four smaller separate rooms on the upper level, Cropley House is home to spaces suitable for all types of events, from large grand lunches to conferences with small breakout areas. Enlivened in the Hills’ community since the 1920s, Cropley House maintains an old-world charm that celebrates its history as one of the Hills’ finest Georgian Revival mansions.

Upstairs, the dormitories where the boarders once slept under the matron’s watchful eye have been repurposed as stunning function rooms and breakout areas with sweeping views of the manicured gardens and lush grounds.

Two statement ballrooms, each with independent personalities and catering for up to 150 guests, have been given a ‘wow factor’ by award-winning interior designer Angela Neylon from Joanne Green. Found on either side of a sweeping stair case, the rooms feature high ceilings, impressive chandeliers and bespoke colour schemes perfect for weddings.

Commissioned by Christopher Drivas, managing director of leading events and hospitality firm Duckside Group, Cropley House re-opened with a bespoke function menu from group executive chef Adam Bertles.

An onsite team of dedicated sales and event coordinating staff, bar and wait staff, and a venue manager are on hand to make sure every event is a success.

“We’ve been able to bring Cropley House into the 21st century, while still maintaining its rich heritage,” said Drivas.

“We’re proud of how versatile Cropley House is as a venue, with each room creating an atmosphere perfect for any event. Its classic and elegant design will delight anyone from a bride on her big day to a conference attendee.”

Bookings are now being accepted at Cropley House for weddings and ceremonies, corporate events and conferences, school events and formals, and all other events in between. Get in early and book your event today to secure your preferred date. Visit www.cropleyhouse.com.

The Carrington Hotel

Whether a conference, seminar, business retreat or incentive group, The Carrington Hotel offers a range of conference & event options for groups up to 200 in a unique, heritage environment.

Autumn Conference Special

Conference Package

$60.00 pp
- Morning tea
- Lunch
- Afternoon tea
- Data Projector & Screen
- Room hire and set-up
- Complimentary Wi-Fi
- Parking
- Notepads, pens and mints

Accommodation:

$175.00 per room per night including continental buffet breakfast

Valued at $255.00 per night, maximum 2 person occupancy Sunday - Thursday

Please quote following code when booking: ATM2019

TO ENQUIRE CONTACT: EVENTS@THECARRINGTON.COM.AU OR CALL 02 4782 1111
15-47 KATOOMBA STREET, KATOOMBA 2780
CONDITIONS APPLY - AVAILABLE 1ST MARCH 2019 - 31ST MAY 2019
Spring 2018 Conference Offer

Confirm your Day Delegate Package at $70.00 per person. Minimum 20 people per booking.

BONUS OFFERINGS INCLUDE:

- Complimentary barista coffee on arrival
- Complimentary breakout room hire (one room only)
- Complimentary car parking onsite
- 2 x iFLY flights for you, the organiser
- And 30 minutes post conference drinks in Squires Terrace

To celebrate the refurbishment of the Mercure Penrith, the Event Centre @ Panthers and the Mercure are offering conference clients this special deal.

Enjoy a Complimentary Accommodation Room for every 11 rooms booked with a bonus upgrade to a Superior King Room.*

To book your next conference, please call the Panthers Event Centre on 02 4720 5511 or email eventscentre@panthers.com.au.

*Terms & Conditions Apply. Subject to availability, valid for 20 or more guests on a full day delegate package, for new event business to be quoted, booked and held from the 1st September to the 31st November 2018.
MARKING 12-months to opening, the Western Sydney Performing Arts Centre (WSPAC) has announced it is open for business to industry.

The world-class venue is accepting expressions of interest from Australian and international arts companies, theatre producers and concert promoters.

The highly anticipated theatre will be a new cultural landmark for Western Sydney audiences and a vital new venue for the entertainment industry, which is recognising the opportunities in Western Sydney.

With more than $100M investment backing the construction and technical features, the WSPAC has been designed to sit proudly amongst the best lyric theatres and concert halls in the world and is destined to change the entertainment landscape of Australia.

The 2000-seat proscenium arch theatre will be able to house large-scale musicals, ballet and opera companies and symphony orchestras. Comprising a full fly system, retractable seating and outstanding sight-lines, the theatre is unparalleled outside of Sydney’s CBD.

Stuart Ayres, Minister for Western Sydney, said: “All eyes are on Western Sydney where we are redefining the cultural experience, building cultural infrastructure which will be the envy of the world.”

“The new Western Sydney Performing Arts Centre will showcase some of the finest home grown and international concerts, ballets, musicals and live events, and become a destination in its own right.”

HOME GROWN

WSPAC’s unique design means the venue is positioned to become a drawcard for blockbuster shows, headline acts, plays and touring productions.

The venue features an orchestra pit suitable for a 50-piece orchestra, 80-piece fly system, main bar, grand staircase and courtyard event and function space. The centre’s grand walkway and entrance can be illuminated in different colours and feature red carpet and media wall.

Designed by Cox Architecture and constructed by lead contractor Hanser Yandell, the building has been created with a flowing, curved exterior curtain façade and with grand, light-filled interior foyers finished in elegant natural finishes.

The main theatre auditorium is equally unique in both its fit-out and functionality, with a warm and inviting interior with variable capacity modes ranging from 900 to 2000 when seated, increasing to 2300 capacity in concert (standing) mode.

The auditorium also features a unique retractable stalls seating section which enables the auditorium to easily transform from theatre mode into concert/cabaret/conference mode in less than a few hours.

The WSPAC is expected to open its doors within the next 12 months.

www.wspac.com.au
Location close to action

THE Western Sydney Performing Arts Centre is conveniently located in the GWS’ expanding cultural, sporting and commercial destination, West HQ.

Positioned near the apex of the M4 and M7 motorways West HQ draws from a wide demographic of visitors, including young families, lovers of live entertainment, business and sports enthusiasts.

West HQ welcomes almost four million visitors annually with a 55,000 strong membership has an impressive place in the wider Western Sydney community.

The precinct is also home to the Novotel Sydney West HQ, the Olympic standard Sydney Gymnastic and Aquatic Centre, Sydney West Sports Medicine, One55 Fitness, Zone Bowling, 8 premium dining destinations and the iconic Rooty Hill RSL. West HQ also features an impressive range of distinctive dining options from the fast casual through to premium restaurants.

West HQ is a popular destination for professional athletes given its proximity to Sydney Motorsports Park, Blacktown Sports Park and major Sydney sports stadiums.

The precinct also draws from nearby major tourist attractions including the Western Sydney Parklands, Wet n’ Wild, Featherdale Wildlife Park and the future site of the new Sydney Zoo.

Spanning more than eight hectares, in late 2019 the Western Sydney Performing Arts Centre will become a landmark in the precinct followed in 2021 by a five-star Pullman Hotel which will provide luxury accommodation for theatre-goers travelling from regional destinations.

West HQ is in an ideal location and a vibrant hub in NSW’s fastest growing economic region.

Charm of a by-gone era

Since its establishment over a century ago the Carrington Hotel has enjoyed a long and rich history as the place to escape to in the Blue Mountains.

Situated in the heart of Katoomba, nestled amongst cafes, restaurants, art galleries and gift stores, the refurbished hotel boasts an award-winning Grand Dining Room, casual Brasserie, cocktail bar, billiards room and guest lounges with open fires.

The latest renovation of The Carrington begun in the early 1990’s has retained the charm of a bygone era while delivering the conveniences expected by the modern guest.

The Library, now used to host small conferences and meetings, was once the gentleman’s smoking lounge.

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The Ballroom is the perfect venue for larger events such as wedding receptions, special occasion celebrations as well as conferences, product launches, corporate dinners, presentations and community forums. The ballroom can seat up to 100 delegates and is one of our most sought after venues.

The most impressive room within The Carrington Hotel is the Grand Dining Room. Built in 1847, and extended in the early 20th Century, generations of Australians have journeyed to the mountains to celebrate honeymoons, birthdays, anniversaries and intimate special occasion dinners under the vaulted ceiling of this opulent and unique room.

The perfect room to host a formal dinner that will be a highlight of your time at the historic Grand Old Lady of Katoomba, The Carrington Hotel.

The Carrington Hotel offers full day and half day conference packages that can be tailored to your requirements. Contact the co-ordinators on events@thecarrington.com.au or call 02 4792 1111 to get a quote tailored for your needs.
Ideal for corporate events

GOSFORD RSL Club, located right in the heart of West Gosford's booming industrial and retail area, is ideal for every kind of corporate function.

With 3 function rooms all types of gatherings may be catered for, from small meeting held in the Executive, Tasman, Pacific and Board Rooms, to formal events catering for 300 guests in the Coral Room. The Club has plenty of free onsite parking and is centrally located to public transport.

The Gosford RSL Events team pride themselves on providing quality service, flexible doorways, catering options and will ensure every event is a success.

The Club has a variety of menu options that are designed to appeal to all tastes and dietary needs.

Gosford RSL specialises in hosting networking events, day conferences, training courses, product launches and private celebratory events. Each room offers WiFi, data projectors and screens, microphones, whiteboards and flipcharts.

With Christmas just around the corner now is the perfect time to book your Corporate Christmas Party.

Christmas party packages start from $30 per person and include all the Christmas trimmings and a glass of bubbles on arrival for your guests.

Gosford RSL Club owns and operates two Motels in West Gosford. The 4 star Galaxy Motel is adjacent to the Club and offers 50 suites with free WiFi, room service and an inground pool, sauna and spa and is perfect when corporate events require quality accommodation.

The Ashwood 3 star motel is located over the highway and is ideal for touring or sports groups who require clean comfortable accommodation although are budget conscious.

Planning an event? Contact functions@grl.com.au or phone 4323 8311

BRING YOUR NEXT CONFERENCE TO THE SPECTACULAR BLUE MOUNTAINS

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Receive the following for FREE

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WELCOME TO THE COOLEST VENUE IN TOWN

PLANTBANK

at the Australian Botanic Garden, Mount Annan is the research and storage facility for seed conservation of NSW and houses over 5,300 species of seed all on ice. It’s also an award winning architectural phenomena winning six awards since opening two years ago.

BUT NOW //

It is the space for you next staff planning day, training session, workshop or even gala dinner. The rooms have been built with the latest technology including Apple TV, drop down projectors and screens and of course WIFI access throughout the building.

TO BOOK //

call the venue coordinator on 02 4634 7903 or email: mtannan.events@bgcp.nsw.gov.au
For outstanding outcomes, choose a venue with an outstanding reputation!

- The top choice for service and excellence, perfectly located in the heart of the Blue Mountains
- Spectacular views and fresh air to clear your mind
- 5 character-filled conference rooms PLUS
  41 spacious, officially accredited 4½ STAR rooms
- Big enough to be professional, small enough to give you personal attention, all served up in independently rated 4½ STAR quality
- Complete conference packages including room hire, WIFI, on-site car parking, morning & afternoon tea, and lunch in our Jamison Views Restaurant boasting phenomenal views
- Pamper yourself during your stay with L’Occitane toiletries and the luxury of 100% pure Indian cotton sheets. The adjoining Spa Sublime offers ultimate day spa experiences
- Relax with a glass of wine or a cocktail at our Bar while you take in the ever-changing colours of the Jamison Valley
- Treat yourself to a game of table tennis or billiards, refresh with a swim in our large pool set amongst lush gardens, or get energised with a session in our workout room

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Our team of experts are ready to help make your event a success. BOOK NOW for a memorable experience.
The top choice for top companies

Picking a venue can make or break your event.

Luckily, Hotel Mountain Heritage is a winner when it comes to hosting the big names in business and politics.

For example, when Harry Triguboff of Meriton fame wanted a discreet and unique venue to celebrate a significant life milestone, with the expertise to cater to many fellow captains of industry, he chose Mountain Heritage.

Budderoo Hornsbrook are famous for building the Sydney Anzac Bridge, but they get off to the right start with series of intensive meetings at Mountain Heritage.

These winning team meetings saw them through the construction of this unique structure, and they happily returned to Mountain Heritage to debut.

When the Sanitarium Health Foods Company required a 10-day meeting to strategise the future direction of their organisation, the place they chose to guarantee a successful outcome was Mountain Heritage.

High achievers

And when the NSW Carr Labor Government held the first ever Cabinet meeting outside Parliament, they selected this hidden Blue Mountains icon to meet their many strict criteria.

Highly respected, high achieving companies and organisations like these can’t afford to pick just anywhere – but they choose Mountain Heritage, time and time again.

It’s this commitment to excellence in setting and service that makes Hotel Mountain Heritage the perfect choice for you too.

Whether you want a total bookout with exclusive use of the property like the events above, or an intimate setting for a small group, Mountain Heritage has the flexibility in residential conferencing that you need.

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16 Conference and Seminar VENUES GUIDE NOVEMBER 2011
Consortium’s plan for Aerotropolis

THE Consortium developing the future Northern Gateway City at Badgerys Creek has outlined its vision for an extensive employment hub delivering more than 5,700 new jobs.

Approximately 30% of jobs will be in the much-needed professional, scientific and technical services sector. The diversity of employment opportunities will provide quality jobs for Western Sydney residents.

In response to the Land Use Infrastructure Implementation Plan (LUVIP) for the Western Sydney Aerotropolis, the Consortium, led by publicly listed property group Boyuan Holdings Limited (ASX: BHL), today unveiled an updated Masterplan for the 344-hectare site.

Designed by renowned Dutch architecture firm OMA, who are experts in the planning and design of global airport cities, the Masterplan for the new city includes integrated health, education, retail, entertainment and leisure precincts, hi-tech logistics clusters and temporary accommodation for key workers during the construction of the Western Sydney Airport and the surrounding Aerotropolis.

The former CSIRO site is one of the largest single owner land holdings in the new created Western Sydney Aerotropolis and, according to analysis carried out by Urban, the development will inject $3.1bn into the fast-growing Regional economy.

The Northern Gateway’s creation of more than 5,700 direct jobs is 28% of the Western Sydney City Deal’s target of 200,000 jobs by 2050.

The founding partners of the local and international Consortium are:

- Leading ASX-listed property group Boyuan Holdings Limited (ASX: BHL) will manage and deliver the development.
- World-renowned neurosurgeon Professor Charlie Teo, AM, will head a world-class medical and Wellness Centre of Healthcare Excellence, focusing on preventative health, with R&D and teaching facilities for Australasia’s next generation of medical professionals.

Adjacent to the Airport, the Centre will serve the growing population in Western Sydney and be a major attraction for the booming medical tourism industry from the Asia-Pacific region.

- Scentre Group (Owner and Operator of Westfield in Australia and New Zealand) will integrate a vibrant, highly-activated 200,000m² mixed-use Town Centre, featuring retail and entertainment quarters, hotels, commercial activities and community facilities which will be enhanced by native parklands and waterways in a walkable urban environment.

- Western Sydney University will create a new International Campus Precinct that fortifies innovation in Western Sydney by establishing an education, research and industry hub with global connectivity.
- International logistics firm LSOG will operate a logistics hub for high-tech industries, warehousing and manufacturing, leveraging its prime location adjacent to the new Airport.

Working to meet the objectives of the Greater Sydney Commission’s 20-year vision, the Consortium is seeking a realignment of the proposed M12 motorway route (within the Northern Gateway site) and the construction of an underground station to service the North–South Rail Link, interchange for the Airport to Parramatta future rail line and transport interchange (within the Northern Gateway site) in order to unlock the full social and employment potential of the strategically-located precinct.

The Consortium has also submitted a unique value-sharing proposal to Governments and other stakeholders which will provide cost-savings and offset the costs of major infrastructure projects around the new Airport, which includes:
- Land allocation within the Northern Gateway Precinct for the M12 and M9 motorways.
- Paying for the construction of an underground station on the North South Rail Link within the Northern Gateway Precinct.

AT A GLANCE

- 5,700 jobs with construction of a new city.
- Cutting edge health centre headed by Professor Charlie Teo AM.
- Mixed use town centre enhanced by parklands.
- New international university campus.
- High tech industry leveraging airport.

Gateway precinct providing crucial, affordable housing for workers during the construction of the Airport.

BHL has submitted a Planning Proposal to Penrith City Council to facilitate the early release and rezoning of the land holding in accordance with its refined Masterplan which includes the Consortium’s alternative road and rail transport corridors.

About BHL

Boyuan Holdings Limited (ASX: BHL) is a listed property company. In addition to its assets and operations in the lifestyle living sector, BHL provides project management and advisory services. BHL is committed to creating communities and is focused on developing residential sites at Pekothon and Austral and residential/commercial sites at Bringelly and Marsden Park.
Five lifestyle changes to enhance your MOOD and mental HEALTH

**JEROME SARRIS**
Professor; NHMRC Clinical Research Fellow; NCMH Health Research Institute Deputy Director, Western Sydney University

**JOE FIRTH**
Senior Research Fellow at NCMH Health Research Institute, Western Sydney University

WHEN someone is diagnosed with a mental health disorder such as depression or anxiety, first line treatments usually include psychological therapies and medication. What’s not always discussed are the changeable lifestyle factors that influence our mental health.

Even those who don’t have a mental health condition may still be looking for ways to further improve their mood, reduce stress, and manage their day-to-day mental health. It can be empowering to make positive lifestyle changes. While time restrictions and financial limitations may affect some people’s ability to make such changes, we all have the ability to make small meaningful changes.

Here are five lifestyle changes to get you started:

1. **Improve your diet and start moving**

Wholefoods such as leafy green vegetables, legumes, wholegrains, lean red meat and seafood, provide nutrients that are important for optimal brain function. These foods contain magnesuim, folate, zinc and essential fatty acids.

Foods rich in polyphenols, such as berries, tea, dark chocolate, wine and certain herbs, also play an important role in brain function.

In terms of exercise, many types of fitness activities are potentially beneficial—from swimming, to jogging, to lifting weights, or playing sports. Even just getting the body moving by taking a brisk walk or doing active housework is a positive step.

Activities which also involve social interaction and exposure to nature can potentially increase mental well-being even further. General exercise guidelines recommend getting at least 30 minutes of moderate activity on most days during the week (about 150 minutes total over the week). But even short bouts of activity can provide an immediate elevation of mood.

2. **Reduce your vices**

Managing problem drinking or substance misuse is an obvious health recommendation. People with alcohol and drug problems have a greater likelihood than average of having a mental illness, and have far poorer health outcomes.

Some research has shown that a little alcohol consumption (in particular wine) may have beneficial effects on preventing depression. Other recent data, however, has revealed that light alcohol consumption does not provide any beneficial effects on brain function.

Stopping smoking is also an important step, as nicotine-addicted people are constantly at the mercy of a withdrawal-crazing cycle, which profoundly affects mood. It may take time to address the initial symptoms of stopping nicotine, but the brain chemistry will adapt in time.

Quitting smoking is associated with better mood and reduced anxiety.

3. **Prioritise rest and sleep**

Sleep hygiene techniques aim to improve sleep quality and help treat insomnia. They include adjusting caffeine use, limiting exposure to the bed (regulating your sleep time and having a limited time to sleep), and making sure you get up at a similar time in the morning.

Some people are genetically wired towards being more of a morning or evening person, so we need to ideally have some flexibility in this regard (especially with work schedules).

It’s also important not to force sleep—you can’t get to sleep within around 20 minutes, it may be best to get up and focus the mind on an activity (with minimal light and stimulants) until you feel tired.

The other mainstay of better sleep is to reduce exposure to light—especially blue light from laptops and smartphones —prior to sleep. This will increase the secretion of melatonin, which helps you get to sleep.

Getting enough time for relaxation and leisure activities is important for regulating stress. Hobbies can also enhance mental health, particularly if they involve physical activity.

4. **Get a dose of nature**

When the sun is shining, many of us seem to feel happier. Adequate exposure to sunshine helps levels of the mood maintaining chemical serotonin. It also boosts vitamin D levels, which also has an effect on mental health, and helps at the appropriate time to regulate our sleep-wake cycle.

The benefits of sun exposure need to be balanced with the risk of skin cancer, so take into account the recommendations for sun exposure based on the time of day/year and your skin colour.

You might also consider limiting your exposure to environmental toxins, chemicals and pollutants, including “noise” pollution, and cutting down on your mobile phone, computer and TV use if they’re excessive.

An antidote to this can be simply spending time in nature. Studies show time in the wilderness can improve self-esteem and mood. In some parts of Asia, spending time in a forest (known as forest bathing) is considered a mental health prescription.

A natural extension of spending time in flora is also the positive effect that animals have on us. Research suggests having a pet has many positive effects, and animal-assisted therapy (with horses, cats, dogs, and even dolphins) may also boost feelings of well-being.

5. **Reach out when you need help**

Positive lifestyle changes aren’t a replacement for medication or psychological therapy, but rather, as something people can undertake themselves on top of their treatment.

While many lifestyle changes can be positive, some changes (such as avoiding junk foods, alcohol, or giving up smoking) may be challenging if being used as a psychological crutch. They might need to be handled delicately, and with professional support.

Strict advice promoting abstinence, or a demanding diet or exercise regime, may cause added suffering, potentially provoking guilt if you can’t meet these expectations. So go easy on yourself.

That said, take a moment to reflect how you feel mentally after a nutritious wholefood meal, a good night’s sleep (free of alcohol), or a walk in nature with a friend.

This article was first published at www.thereconverstation.com.au

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**WESTERN SYDNEY BUSINESS ACCESS NOVEMBER 2011**
Japanese giants for airport

DALLAS SHERINGHAM

WORLDWIDE interest in Western Sydney Aerotropolis continues to grow with two of Japan’s leading multinational companies committing to the massive project.

In a major coup for the State, the NSW Government has signed two international investment agreements with the corporate giants.

Mitsubishi Heavy Industries and the Sumitomo Mitsui Group have signed two separate agreements with the government and committed to be a significant part of the Aerotropolis.

To give you an idea just how big these companies are, one of the companies has a balance sheet worth more than the entire Australian economy.

“It is so exciting that Mitsubishi and the Sumitomo Mitsui have decided to have such a large footprint in the Aerotropolis and we can’t wait to hear more about their plans,” Premier Gladys Berejiklian said.

“It is not every day you get the chance to build a city from the ground up, but we know we are on the right track because, as we can see, international business confidence in the Aerotropolis is sky high.

“Federal, State and Local Governments are working together to make the Aerotropolis the most advanced city on Earth and now we are seeing the biggest companies in the world come on this journey with us.”

The latest investment agreements have been signed a month after the University of Newcastle, University of NSW, University of Wollongong and Western Sydney University agreed to join forces and create a world-class, higher education institution at the Aerotropolis.

It also follows an announcement last year from global defence and aerospace company Northrop Grumman of a $50M investment in an advanced defence electronics maintenance and sustainment centre.

Mitsubishi is a global heavyweight in aircraft, space, defence, transport, energy, maritime, automotive, industrial machinery and infrastructure.

Sumitomo Mitsui Financial Group has a network of global clients across 40 countries and Sumitomo Mitsui Banking Corporation is one of Japan’s biggest banks managing a balance sheet in the trillions of dollars - more than the entire Australian economy.

Chamber hears inspirational speech

LIVERPOOL Chamber of Commerce recently hosted the Premier’s Lunch with Premier Gladys Berejiklian attending and delivering an inspiration speech.

There were over 100 local business owners in the room as well as community organisations and media representatives. They had the opportunity to network with the Premier where she spoke about progress and her government’s positive record so far.

Ms Berejiklian shared her own personal story. She emphasized and showed great compassion for business owners in the southwest, whose backgrounds were a reminder of her own upbringing.

The Premier said: “That is why no matter what opportunities I have as the Premier, I’ll never, ever forget what it took my parents and my family to be here, because they’re the kind of issues that are discussed around the kitchen table."

She spoke about her parents working hard and only seeing each other on weekends to give her and her sisters the best opportunity in life.

The premier said: “But because of the efforts of my family, because of their hardworking nature and their respect for the values we hold dearly, somehow I managed to become the Premier of NSW.”

It was a fantastic event and The Liverpool Chamber of Commerce would like to thank the Premier for taking time out of her busy schedule to speak to members and guests.

The Chamber thanks their sponsors who made the day possible including Access Brand Management, The Holiday Inn, Opti Coal Photography, Matrendz, INTAUS and Rockin Reality.

If you are business owner and would like to join, please feel to email secretary@liverpoolchamber.org.au
25,000 students for revamped hospital

More than 25,000 medical students are predicted to take advantage of the new health and research precinct centered around Westmead Hospital. The University of Sydney has partnered with the NSW Government to establish a second campus as part of the precinct in the heart of Western Sydney.

Premier Gladys Berejiklian said bringing the top-tier university to the heart of Western Sydney would attract more than 25,000 students and further drive its vision for a world-leading health and education precinct.

“The University of Sydney has the academic and reputational excellence to anchor this world-class education precinct, which will inspire and work hand-in-glove with co-located health facilities and ground-breaking medical research,” Ms Berejiklian said.

“This will further support the NSW Government’s vision for a world-class health and education precinct at the geographic heart of Sydney — fully integrated with the Parramatta Light Rail and Sydney Metro West, as well as medical, science, arts and creative industries, and affordable housing.”

New primary and high schools will also be included in the precinct planning.

During the next 30 years, the government’s vision for the precinct is expected to create more than 20,000 new jobs, inject more than $1bn into the NSW economy and generate $3bn in exports.

“The precinct will attract the best and brightest to Westmead and continue the jobs boom in Western Sydney,” Ms Berejiklian said.

Health Minister Brad Harwood said the NSW Government’s $1.5 billion Westmead Hospital Redevelopment — one of the biggest health projects in NSW — would transform health care in Western Sydney and beyond.

“When completed in 2020, Westmead Hospital will ensure Western Sydney’s growing population continues to enjoy world-class health care close to home and will further boost jobs and pioneering medical research and education opportunities,” Vice-Chancellor of The University of Sydney Dr Michael Spence AC said the campus would have more than 25,000 students and 2500 staff by 2050 and provide affordable accommodation for key workers and students.

“Over the next 10 years, the campus will create 450 science and research jobs at the University and 3500 jobs in healthcare, education, biotechnology, manufacturing and other high-value industries. It will also enable hundreds of millions of dollars in third-party investment in local research and development,” Dr Spence said.

Member for Parramatta Dr Geoff Lee said he was delighted with this vision for Western Sydney.

“This will not just be a world-leading medical, education and innovation precinct, but it will create a wonderful, dynamic and vibrant place — a place that also prevents and showcases our heritage,” Dr Lee said.

Health Infrastructure NSW and Urban Growth NSW Development Corporation will now jointly lead a 24-month exclusive negotiation period with the University and community feedback will be sought during the master planning process.
The precinct with cardiac power

ILIANA STILLITANO

When the new Melrose Park development is unveiled in 2020, it’s envisioned the Western Sydney suburb will be transformed into a cosmopolitan neighbourhood of beautiful homes, public spaces and a vibrant shopping and dining precinct.

But the thoughtfully planned project will also incorporate potentially lifesaving devices that could make the difference between life and death.

Payce, the development company behind the Melrose Park renewal project near Parramatta, has automated external defibrillators being strategically placed throughout the precinct’s public and private spaces in a bid to offer first aid to people suffering sudden cardiac arrest.

Critical timing

“We’re aware of how serious cardiac arrest is and how critical the response time is,” Payce director Dominic Sullivan said. “We want to incorporate defibrillators in both the private and public areas so that they are easily accessible throughout the precincts.”

Mr Sullivan said Payce had incorporated Smart City initiatives into many of its developments — like the latest advanced technologies that drive innovation — but Melrose Park would be the first of its projects to include defibrillators.

“We’ve been delivering Smart City solutions for a while but this is a really good opportunity to add health to that mix,” he said.

“The Foundation will play a significant role in deciding the best locations for the defibrillators and setting the community know where they are and of course in educating people in their use.

“We believe that with some planning, and by planning well, this could be a great opportunity to create something unique.”

Michael Hughes Foundation executive director Julie Hughes said Payce’s support of cohesive communities made it an ideal partner to establish a ‘smart safe’ community at Melrose Park — an initiative to create a safe working and living place with access to defibrillators.

About 80 per cent of cardiac arrests occur in the home and, sadly, the survival rate is lower for patients who live in high rise developments. Building access issues and elevator delays add to the challenge of paramedics reaching a cardiac arrest patient in a multi-storey building in an already time-sensitive crisis.

More than apartments

“Time is always of the essence when cardiac arrest occurs but particularly so when they occur in high rise developments which really does mean that community-based intervention before emergency services arrive is critical,” Mrs Hughes said.

With prompt CPR and early defibrillation to shock the heart, the chances of someone surviving an out of hospital cardiac arrest could increase to more than 60 to 70 per cent.

It’s a statistic Mr Sullivan understands well and why Payce has embraced the opportunity to help avoid devastating tragedies.

“We’re building more than apartments. We plan for the required hard infrastructure — like roads and sewers — but we also focus on the soft infrastructure, the things that are important to the way people live their lives, and health is an important part of that,” he said.

“This is one of many great community partnerships we have and we hope the legacy is a great outcome for the community.”

The Michael Hughes Foundation hosts free monthly community training sessions throughout Parramatta. The course explains everything you need to know about sudden cardiac arrest, how to save a life by doing CPR and using a defibrillator. To register visit mhf.life.

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ABN 65609790829
Lake Parramatta swimming season open

Lake Parramatta’s swimming season opened in October with lifeguard patrols returning to the popular local swimming hole.

The Lake officially reopened for swimming four years ago, after a significant investment and many hours of work by Council, the Parramatta River Catchment Group and local Bushcare groups. It was an important milestone for the ‘Our Living River’ initiative, which aims to make unusable sections of the Parramatta River swimmable again.

Members of the Australian Lifeguard Service will patrol the lake’s buoyed-off section from 9am to 6pm on weekends, public holidays and school holidays until March 31, 2019.

While Council takes the necessary precautions to make swimming safe, swimmers are advised to check conditions before entering, and to follow any precautions displayed at the swimming area.

Since reopening in 2015, Parramatta Lake has become a favourite recreation spot for tens of thousands of people, City of Parramatta Lord Mayor Cr Andrew Wilson said.

“This wonderful bushland location brings the community out in droves for swimming, bushwalking and barbecues.

“Lake Parramatta is a valuable local recreational asset. Its natural setting, free entry and on-site parking means everyone can enjoy a great day out and cool off during the hot summer months,” Cr Wilson said.

On October 21, Masters Swimming NSW held its first Trial Open Water Swim at the Lake, with 25 adult swimmers of all ages taking to the water despite cool conditions.

The swim kicked off at 8.30am with both a 1km and 2km course available.

Set in a 73-hectare reserve, the Lake Parramatta site features non-motorised boating facilities (such as kayaks, stand-up paddle boards, pedal boats and row boats), a children’s playground, walking trails, public toilets, picnic facilities, barbecues and a weekend kiosk.

Lake Parramatta is one of four swimming sites connected to the Parramatta River. The Parramatta River Catchment Group released the Draft Parramatta River Master Plan for public consultation from 18 October to 29 November 2018. To provide feedback, please visit www.ourlivingriver.com.au.

For more information about Lake Parramatta, visit www.cityofparramatta.nsw.gov.au.

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- Many businesses use only JAWS when advertising available jobs.
Optimising your Google business listing

— Annika Scott

There are hundreds of free listings available online for local businesses that will all improve your digital presence. However, one that you should pay extra close attention to is your Google My Business listing. This listing is the backbone of everything Google, and if you haven’t optimised it well, the chance of you appearing in Google features is slim.

What is Google My Business?

Google My Business (GMB) is a free tool that allows businesses to manage how their business information appears on Google, including on search and maps. It allows you to add your business name, locations and opening hours to Google. You can also collect and respond to reviews, add photos and learn more about where and how people are searching for you.

All businesses should have a Google My Business Listing because it is a great tool to help with your local SEO efforts.

Customer focus

Your GMB listing gives you complete control over how your business shows up when consumers conduct a local search, which will help get more customers through your door. However, when you create your GMB account, make sure all the information is as accurate as possible. You don’t want people going to the wrong address. This will help make your listing stronger.

After you have set up your GMB account, you will also need to verify it to ensure you are a trustworthy and proper business.

Setting up and verifying your GMB account is only half the work. In order to make the most out of your Google My Business listing, you need to optimise it. Information Optimising your GMB listing

You need to complete the rest of your profile. Add as much information as you can. The more potential customers (and Google) know about you the better.

This includes adding a detailed description of your business, add a profile photo, the area that you serve, your hours of operation, your business phone number and website.

Reviews

It is also a good idea to add photos and a short video to your profile, as they have a higher click-through rate. Photos are especially good if you have a food or other product-based business, as consumers always like to see an image of what they will be purchasing before they purchase it.

Reviews are a good way to stand out from the local SERP crowd as positive reviews on Google boost your search engine ranking.

You should be actively seeking out reviews for your GMB page as they are one of the first things consumers will see when they see your business listing.

Once you have reviews you should also take the time to respond to them, whether they are good or bad. This looks good from both a customer’s perspective and a Google algorithm perspective.

Google My Business lays a strong foundation for your business’ local search engine optimisation. However, once you have set it up you must continue to check back and make sure it stays up to date to stay relevant.

Annika Scott is an expert copywriter at Digital Presence visit www.digitalpresence.com.au

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New ideas for Parramatta Light Rail Stage 2

LOCAL community and business representatives proved to be enthusiastic contributors at the inaugural meeting of the Parramatta Light Rail Stage 2 Community and Stakeholder Reference Group last month.

Parramatta Light Rail program director Tim Poole said the group’s first meeting showcased a range of views from the people who know the local area best.

“Our members are passionate about their communities in Camellia, Rydalmere, Ermington, Melrose Park, Wentworth Point and Sydney Olympic Park, which will form the fabric of the Stage 2 Parramatta Light Rail route,” said Mr Poole.

“Our membership represents a broad cross-section of the community from teachers, to business people and a member of the Sydney BMX Club.

“We’re giving representatives across the alignment a platform for collaboration so that together, we can build a light rail for the community.”

Mr Poole said it was encouraging to see strong support for light rail across the Stage 2 alignment.

“The Parramatta Light Rail Stage 2 Community and Reference Group will play an important role in ensuring we deliver a quality connection between Greater Parramatta and the Olympic Peninsula,” said Mr Poole.

“We look forward to continuing this collaboration and meeting with the group’s representatives regularly.”

Parramatta Light Rail Stage 2 will connect Parramatta CBD to Sydney Olympic Park through Ermington, Melrose Park and Wentworth Point.

A Final Business Case for Parramatta Light Rail Stage 2 will be submitted to the NSW Government by the end of the year.

To find out more about the project, visit www.parramattalightrail.nsw.gov.au.

Construction underway at the Parramatta Light Rail depot

Early works are now underway at the future Parramatta Light Rail depot in Camellia, signalling the start of project construction.

The milestone first step will address chemical and asbestos contamination at the site, and will include the installation of a barrier wall and capping system.

Specialist teams have been on the ground for a few months, making the land fit for purpose before the future stabling yard takes shape.

Early works help ensure the safe and sustainable management of contamination from the site’s industrial history which dates back to the 1930s.

Until the mid-1990s, the site was involved in the manufacture and storage of chemicals including chromium-based products and chlorofluorocarbons.

It was also home to an army stores facility during the Second World War.

To read the full media release, visit www.parramattalightrail.nsw.gov.au/news.
There’s a reason your child wants to read the same book over and over again

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We often hear about the benefits of reading storybooks at bedtime for promoting vocabulary, early literacy skills, and a good relationship with your child. But the experts haven’t been in your home, and your child requests the same book every single night, sometimes multiple times a night. You both know all the words off by heart.

Given activities occurring just before sleep are particularly well remembered by young children, you might wonder if all this repetition is beneficial. The answer is yes. Your child is showing they enjoy this story, but also that they are still learning from the pictures, words, and the interactions you have as you read this book together.

Kids want repetition
A preference for familiarity, rather than novelty, is commonly reported at young ages, and reflects an early stage in the learning process. For example, young infants prefer faces that are the same gender and ethnicity as their caregiver.

Continued on page 27

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With age and experience, the child’s interests shift to novelly seeking. By four to five months, novel faces are more interesting than the now highly familiar caregiver face.

But even three-day-olds prefer looking at a novel face if they’re repeatedly shown a picture of their mother’s face. So once infants have encoded enough information about an image, they’re ready to move on to new experiences.

Your child’s age affects the rate at which they will learn and remember information from your shared book-reading.

Two key principles of memory development are that younger children require longer to encode information than older children, and they forget faster.

For example, one-year-olds learn a sequence of new actions twice as fast as six-month-olds. And while a 1.5-year-old typically remembers a sequence of new actions for two weeks, two-year-olds remember for three months.

Two-dimensional information sources, like books and videos, are however harder to learn from than direct experiences. Repeated exposure helps children encode and remember from these sources.

**How do kids learn from repetition?**

Being read the same story four times rather than two times improved 1.5- and two-year-olds’ accuracy in reproducing the actions needed to make a toy rattie.

Similarly, doubling exposure to a video demonstration for 12- to 21-month-old’s improved their memory of the target actions.

Repeated readings of the same storybook also help children learn novel words, particularly for children aged three to five years.

Repetition aids learning complex information by increasing opportunities for the information to be encoded, allowing your child to focus on different elements of the experience, and providing opportunities to ask questions and connect concepts together through discussion.

You might not think storybooks are complex, but they contain 20% more rare words than prime-time television and even college students’ conversations.

When was the last time you used the word giraffe in a conversation with a colleague? Learning all this information takes time.

The established learning benefits of repetition mean this technique has become an integral feature in the design of some educational television programs.

To reinforce its curriculum, the same episode of Blue’s Clues is repeated every day for a week, and a consistent structure is provided across episodes.

Five consecutive days of viewing the same Blue’s Clues episode increased three to five-year-olds’ comprehension of the content and increased interaction with the program, compared to viewing the program only once.

Across repetitions, children were learning how to view television programs and to transfer knowledge to new episodes and series. The same process will likely occur with storybook repetition.

**How parents can support repetitive learning**

The next time that familiar book is requested again, remember this is an important step on your child’s learning journey. You can support further learning opportunities within this familiar context by focusing on something new with each retelling.

One day look more closely at the pictures, the next day focus on the text or have your child fill in words. Relate the story to real events in your child’s world. This type of broader context talk is more challenging and further promotes children’s cognitive skills.

You can also build on their interests by offering books from the same author or around a similar topic. If your child currently loves Where is the Green Sheep? look at other books by Mem Fox, maybe Benjie and Ben rhyme again (they are sheep in there too). Offer a wide variety of books, including information books which give more insight into a particular topic but use quite different story structures and more complex words.

Remember, this phase will pass. One day there will be a new favourite and the current one, love it or leave it, will be back on the bookshelf.

This article was first published at www.thecreations.com.au

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POWER OF DOCUMENTARY: Breaking the Silence

RIVERSIDE Theatres in partnership with the Museum of Contemporary Art Australia (MCA) present The Power of the Documentary: Breaking the Silence, a film festival curated by Emmy and BAFTA award-winning documentary filmmaker, journalist and author, John Pilger. Pilger has selected 26 landmark documentaries from the past 70 years to be screened at both Riverside Theatres and the MCA in November and December.

Pilger is renowned for his independent investigative journalism giving a "voice to the voiceless". The documentaries chosen made significant impact on audiences shaping the way we understand and respond to global issues such as war, conflict, civil rights and propaganda.

The program features a rare retrospective of some of Pilger’s ground-breaking work including his very first documentary, The Quiet Mutiny (1970), an exposé on American troop insurrections in Vietnam; The War You Don’t See (2010), a look at the role and responsibilities of media reporting on war; and Utopia (2013), an epic portrayal of the oldest continuous human culture and an investigation into a suppressed colonial past and rapacious present.

Additional program highlights include Harvest of Shame (1968), demonstrating a form of slavery existed in the United States in the mid-20th Century; Hearts and Minds (1974), questioning the US invasion of Indo-China; Half Life (1986), a look at the human consequences of the United States’ hydrogen bomb tests in the Marshall Islands; That Sugar Film (2014), one man’s journey to discover the bitter truth about sugar; and Journey into Hell (2015), a searing report of those whotraffic the fleeing Rohingya to Thailand.

The Festival will also feature introductions with special guest speakers including Mark Davis, Damon Gameau, Curtis Levy, Robert Love and Alec Morgan. Pilger will open the Festival with a keynote address on the importance of critical thinking and documentary filmmaking.

Pilger said, "Documentaries that go against the received wisdom are becoming an endangered species, at a time when we need them perhaps more than ever. With the current information onslaught, the critical differences between fact and fiction are blurred. Documentary films are a powerful way to make sense of these competing voices and ideas."

The Power of the Documentary: Breaking the Silence runs in conjunction with the MCA’s major summer exhibition David Goldblatt: Photographs 1948–2018, as part of the Sydney International Art Series.

Tickets are now on sale.


When: Wed 28th November to Sun 9th December

Where: Riverside Theatres - corner of Church and Market Streets, Parramatta Museum of Contemporary Art Australia – 140 George St, The Rocks

Tickets: Opening and Closing events - Adults $40, Concession $32
Single Sessions - Adult $15, Concession $12

Festival Four Pack $45, Festival Pass $99 (excludes opening and closing events)

A $1.65 transaction fee applies via thepowerofthedocumentary.com.au

THE POWER OF THE DOCUMENTARY: BREAKING THE SILENCE

A FILM FESTIVAL CURATED BY JOHN PILGER

28 NOVEMBER – 9 DECEMBER

At a time of an information onslaught, the critical differences between fact and fiction are blurred. Documentary films are a powerful way to make sense of these competing voices and ideas.

Acclaimed documentary film-maker, journalist and author John Pilger has selected 26 landmark documentary films of the past seven decades, to be screened at the MCA and Riverside Theatres, Parramatta. The selected includes a rare retrospective of some of John Pilger’s own work.

Riverside Theatres, Cnr Church & Market Sts, Parramatta
Book Now 8839 3399 or thepowerofthedocumentary.com.au

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"It is not every day you get the chance to build a city from the ground up, but we know we are on the right track because … international business confidence in the aerotropolis is sky high." – Shadid Bureja, President, Western Sydney Pty Ltd, NSW announcing Japanese multi-national Mitsubishi Heavy Industries and the Sumitomo Mitsui Financial Group would invest in the Western Sydney Aerotropolis.

“We expect the Sydney fulfilment centre will become a key logistics hub thanks to it’s strategic position in South West Sydney.” – Wendy Waller, Mayor of Liverpool, on the opening of Amazon’s 43,000-square-metre fulfilment centre at Moorebank

“With more than 100 function spaces across 11 venues in one destination, Sydney Olympic Park is well-equipped to cater to virtually any type of corporate event.” – Danielle Hoare, Sydney Olympic Park Authority senior manager business events, on the team winning the National Award for Metropolitan Destination Marketing Organisation at the Meeting & Events Australia (MEA) National Conference 2018.

“The boost in jobs shows the effectiveness of our economic development strategy – a framework for how we support business development, foster greater investment in our city and deliver on our target of 55,000 more local jobs by 2023.” – John Thain, Mayor of Penrith, on National Institute of Economic and Industry Research data showing between 2012 and 2017 the number of jobs in Penrith grew from 70,076 to 80,642.

“Current and future development plans will provide the necessary infrastructure to ensure Sydney Olympic Park’s appeal and success at the centre of the Central City District of Greater Sydney.” – Charles Moore, CEO, Sydney Olympic Park Authority, on calling for tenders for a supermarket in the precinct.

“Theresa understands the opportunities and challenges facing Greater Sydney and has developed an in-depth understanding of the key strategic priorities of all levels of government.” – Dr Robert Chai, Regional Development Australia (RDA) Sydney, on the appointment of Theresa O’Dwyer as director of regional development/executive officer.

“It is the fastest growing visitor economy in NSW … [it’s] just getting started.” – David Borger, Western Sydney director, Sydney Business Chamber, on the future of yet-to-be opened Sydney Zoo and the 46-year-old Featherdale Wildlife Park, both in the Blacktown area.

“Western Sydney University shares Sydney Zoo’s passion and commitment to positively impacting the local community and we are proud to partner with an organisation that shares these values.” – Jake Burgess, MD, Sydney Zoo, on Western Sydney University becoming the official Tertiary Education Partner of Sydney Zoo.

“This is the most significant leap forward for Liverpool since the city was first designed and the Hubble Grid was laid down in 1837.” – Wendy Waller, Mayor of Liverpool, on the rezoning of 25 hectares in the CBD to allow the construction of multi-purpose buildings including cafes, bars and restaurants, retail, child care, office space and residential uses.

“Through this joint venture, Western Sydney University and UNSW will harness emerging technologies and opportunities at scale to deliver a highly progressive, industry engaged engineering course in Australia’s fastest growing region,” said Professor Glover.

‘Arts and culture are the lifeblood of any local economy and it’s essential that we continue to invest in infrastructure to meet the demands of our rapidly developing communities.” – Arts Minister Don Harwin on Western Sydney Strategic Programs funding for 2018-19.

“Given that there is a very limited supply of industrial zoned land within Sydney’s inner and middle-ring suburbs such as Chester Hill, Granville, Parramatta, North Rock, Bankstown, Hills, Ryde, there will be a push toward multi-storey warehouses.” – Colliers International’s research associate director Sass J-Balch.
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