BUSINESS | COMMUNITY | LIFESTYLE

OCTOBER 2019 • ISSUE 102

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Parklands expanding urban farming

WESTERN Sydney Parklands is calling for farmers to take up new land leases in the Horsley Park agricultural area, providing greater access to fresh food. The area is 100 hectares of urban farmland in the heart of the Parklands.

Fresh fruit, vegetables and flowers are grown at the 16 existing urban farms and sold at markets across Sydney as well as straight from the farm gate.

The new land parcels range from three to nine hectares and are available for mixed agricultural uses such as open growing, orchards and glasshouses.

“For generations, urban farming in the region has offered a pathway for new migrants to Australia, enabling family farming traditions to be carried on and connecting the community with fresh local produce,” Western Sydney Parklands Executive Director, Suellen Fitzgerald said.

It’s vital to grow food closer to where people live – in its cities. People are becoming increasingly interested in learning about food and the connection between paddock to plate,” Ms Fitzgerald said urban farming was a rising food phenomenon.

“We’re proud to be expanding our urban agriculture and inviting new farmers to join our precinct,” she said.

These farms are nurturing our communities and our cities and we’re looking forward to welcoming more of them to our beautiful Parklands.”

The Parklands is the largest urban park in Australia, spanning 27 kilometres across 5,280 hectares – almost the same size as Sydney Harbour.

Applications for farming proposals are open until 4pm, October 14. Expressions of Interest: https://tenders.nsw.gov.au/?event=public.rft.show&RFTUUID=F956C8B5-A3F1-6D1B-6D851907F96D04B1

Reasons for growing your own

- Food that’s fresh
- Food that’s grown by people you know
- Food that’s good for the planet

To find out more visit www.westernparklands.nsw.gov.au
Biviano’s, where fine dining has no limits

Biviano’s Italian and Seafood restaurant in Dural is the fine dining jewel of The Hills and surrounds. Celebrating 19 years in 2019, Biviano’s continues to exceed expectations with landscaped gardens, private parking, beautiful scenery and surrounds, private dining facilities and an impeccably designed building and interiors.

Dining at Biviano’s is an indulgence of the senses. Guests are treated to dishes that are planned and prepared with meticulous care and passion. Biviano’s offers an intimate and contemporary atmosphere with precise and welcoming service, ensuring every customer has a grand and memorable experience where hospitality is at the center.

Chef Selections for Melbourne Cup at Biviano’s

Our Head Chef San has created an exclusive menu to excite your taste buds and to celebrate the Melbourne Cup Luncheon at Biviano’s on the 5th of November 2019.

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WSABE gala event draws 600

WINNERS for the 29th Annual Western Sydney Awards for Business Excellence (WSABE) were announced at the Annual Awards Gala on September 13 at Rosehill Gardens Racecourse.

The gala event was attended by Premier Gladys Berejiklian and Julia Finn MP, who represented the NSW Opposition Leader, Jodi McKay MP.

More than 600 guests including dignitaries including Geoffrey Lee MP, Minister for Skills and Tertiary Education, Member for Parramatta, Alan Cadman OAM, WSABE Patron, Councillor Bill Tyrrell, representing the Lord Mayor of Parramatta, Andrew Wilson, and many more enjoyed an exceptional evening that celebrated the success stories of the Greater Western Sydney region.

Master of Ceremonies Tim Gilbert, SKY News, Presenter kicked off the evening to a brilliant start as the Premier provided an overview of Western Sydney as a key economic hub.

She gave her vision of the region’s future development. Interlaced throughout the evening was an engaging program of entertainment featuring River City Voices, Western Sydney’s only auditioned choir, and WB Productions, who brought to the stage a specially choreographed WSABE Showcase piece.

The most coveted WSABE Award, the Commonwealth Bank Business of the Year, was awarded to Evolve Housing Ltd. This award is conferred following vigorous assessment by WSABE’s independent judging panel, taking into consideration the winner of each individual category to determine the standout business of the 2019 year.

This event was supported by Western Sydney Business Access (WSBA) as official media partner. For the past seven years, WSBA has produced the WSABE souvenir edition. To see all WSABE souvenir editions visit: www.accessnews.com.au

Global search for Olympic Park designer

THE public domain area surrounding ANZ Stadium will be transformed into a green, people-friendly space, as part of the precinct’s first major upgrade since the 2000 Olympic Games.

Planning and Public Spaces Minister Rob Stokes announced an international design competition for the precinct on the 19th anniversary of the Sydney Games.

“This is a chance for world-class urban designers, landscape architects and architects to put their stamp on Australia’s premier sport and major events destination,” Mr Stokes said.

“The Stadia Precinct upgrade will complement the planned redevelopment of ANZ Stadium by the NSW Government, and the end result will be a world-class precinct that offers the best possible experience for visitors to the Park, inside and outside the stadium.”

The competition winner will receive $100,000, as well as the contract to undertake the detailed design of the public domain for the precinct.

The Stadia Precinct is the area surrounding ANZ Stadium in the heart of Sydney Olympic Park, bounded by Dawn Fraser Avenue, Olympic Boulevard, and Edwin Flack Avenue.

Expressions of Interest will be accepted until October 8 2019, with the winner expected to be announced by March 2020.
Adventure focus for Penrith attraction

Penrith’s adventure attractions, natural features and high-quality food offerings are profiled in a series of new experience trails developed to entice visitors to explore more and stay longer in the region.

The flavour, adventure and nature trails are a collaboration between Penrith, Blue Mountains and Hawkesbury Councils to promote the region as a destination, attract more overnight visitors and boost the local tourism economy.

The new trails include a three-day, two-night driving itinerary taking in all three areas with maps, distances, suggested stops and travel tips for visitors to use as a guide to explore the region and enjoy a variety of experiences.

Penrith Mayor Councillor Ross Fowler said the trails were developed in response to visitor patterns, and research identifying transport as an opportunity to grow regional tourism.

“Transport plays a major role in growing regional tourism. We know visitors are seeking new and more convenient ways to get to, and travel around, regional destinations and the new experience trails can offer them that,” Cr Fowler said.

“From fresh produce to natural features and adventure attractions; these trails offer visitors a rich diversity of experiences and the short distances between locations makes our region the perfect driving destination.”

Penrith’s ‘Not Your Usual’ campaign with Destination NSW and the collaborative ‘Wake Up With’ campaign promoting Penrith, Blue Mountains and Hawkesbury, successfully positioned Penrith as an attractive destination to visit with family and friends and we are already seeing positive results from these activities.

“Council is committed to investing in tourism because it is vital to our local economy and we anticipate the success of our recent campaigns and activities will deliver strong outcomes for the local tourism industry,” Cr Fowler said.

The experience trails are available to view and download from the Visit Penrith website: https://www.visitpenrith.com.au/blog/experience-nature-taste-and-adventure-trails

Grants available for start-ups

NSW startups developing new products for market are invited to apply for Minimum Viable Product (MVP) grants of up to $25,000 from the NSW Government.

Minister for Jobs, Investment, Tourism and Western Sydney Stuart Ayres said applications for the 2019/20 financial year are now open and eligible startups are encouraged to apply.

“NSW is home to nearly half of Australia’s startup founders and we want to help them grow their businesses and create more future-focused jobs.”

“Successful applicants can receive matched funding of up to 50 per cent of their project costs up to a maximum of $25,000 to support them to develop their prototype and assess how it can meet market demand” Mr Ayres said.

“We want promising NSW entrepreneurs to have the confidence to launch a startup by giving them the support they need to give it the best chance of success” Mr Ayres said MVP grants are open to startups that are developing technology-enabled new products with scalable business models.

“Funding is provided to help develop the solution to a stage where it can be demonstrated to potential paying customers. MVP grants are a competitive process and applicants will be evaluated on the strength of their business model, innovative use of technology and potential economic benefits such as jobs that can be created, or export potential.”

**Meriton: Liverpool can trump Parramatta**

**RED DWYER**

An Australian billionaire property developer believes the rezoning of the Liverpool CBD has the potential to give Parramatta a run for its money.

Harry Triguboff, founder of the Meriton Suites and Hotel chain, believes Liverpool Council’s rezoning of 25 hectares will open a new chapter in the growth of the city in Sydney’s south-west.

“The rezoning of 25 hectares in the CBD has opened the door to a growth explosion which will be fuelled by things such as the new Western Sydney Airport and the aerotropolis,” he said.

“I expect Liverpool to replicate the growth and excitement that has Parramatta buzzing.”

To demonstrate its faith in the city, Meriton has outlaid $15.25M on the purchase of a mixed-use site, formerly the Roma Function Centre, at 167 Northumberland Street. The 1539-square-metre site has the potential to host a 28-level tower with 165 hotel suites plus shops, offices and a childcare centre.

The potential project would join other Western Sydney Meriton establishments in Parramatta, North Ryde and Lidcombe; an additional property, a 55-level hotel including 346 suites, is under construction in Parramatta.

The rezoning of 25 hectares in the heart of Liverpool would reinvigorate the CBD.

Council said at the granting of the rezoning late last year

“We’re going to allow the commercial heart to thrive... I’m really excited about the future of modern Liverpool,” Mayor Wendy Waller said at the time.

Liverpool’s accommodation sector has increased as the city has developed with establishments including Quest, Mercure, Ibis and The William Inglis Hotel – MGallery by Sofitel.

Liverpool, the business hub of the south west, has seen major investments in the hospital and university sectors.

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**Tall Poppies study mummies and frogs**

**RED DWYER**

Researchers who studies human skeletons and mummies from as long as 10,000 years ago and other whose studies reduces the fungus responsible for the decline and extinction of frog populations and species, have been named 2019 Tall Poppies.

Associate Professor Ronika Power, one of Australia’s foremost experts in bioarcheology studying human skeletons and mummies, and Dr Simon Clulow, a conservation biologist who works on ‘de-extinction’ (resurrecting extinct species) are two of four Macquarie University scientists awarded Tall Poppies accolades for excellence in scientific research and science communication.

The Tall Poppies Campaign, created in 1998 by the Australian Institute of Policy and Science, recognises the achievements of Australian scientists through the prestigious annual Young Tall Poppy Science Awards.

By bringing together the fields of science, technology, humanities, mathematics and medicine, Professor Power details the health, lifestyles and environments people experienced as long as 10,000 years ago.

Professor Power collaborates across Australia, the UK, Europe and Canada and has generated high-impact publications across a variety of fields.

Professor Power was recently awarded the Australian Academy of the Humanities’ 2019 Max Crawford Medal, Australia’s most prestigious award for achievement and promise in the humanities.

Dr Simon Clulow has garnered considerable media attention, particularly his involvement on a cutting-edge collaborative de-extinction project that saw the revival of live embryos of an extinct frog species through cloning.

He also recently called for the establishment of a sanctuary for frogs in Papua New Guinea, buying time for a cure for chytrid fungus in the only place currently free of the devastating pathogen.

Dr Clulow’s published work includes 38 peer-reviewed papers a book chapter on amphibian assisted reproduction and a book, A Complete Guide to Frogs of Australia.

The other two Macquarie University’s researcher named as Tall Poppies are Dr Noushin Nasiri, an engineer working with nanotechnology, and Dr Chris Reid whose research looks at biological complex systems such as ant colonies, honeybee hives and slime moulds.

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FROM $99 PER PERSON
Beloka Water wins double gold

BELOKA Water has taken out double gold at the FineWaters International Water Tasting Competition, Taste and Design Awards, held in April.

The company, based at Bella Vista, took the top awards in both the still medium minerality content class and the added carbonation medium minerality content class.

“This builds on our earlier success in 2017, when we were lucky enough to win gold for sparkling medium minerality content water at the Finewaters competition at Guangzhou, in China,” sales manager Denis Griffths said.

“We know that Beloka has an exceptional taste that’s enjoyed by thousands of our customers, so it’s fantastic that its flavour is recognised in an international arena.

“This year the FineWaters competition was held in Stockholm, the capital of Sweden. With an impressive pedigree when it comes to mineral water, Sweden was a fantastic choice.

“Many of the biggest names in the mineral water world were present, eager to see how their water compared with the other entrants.

“Judging was undertaken by a team of experienced water sommeliers, each with a different speciality.

“Jeanette Fili, for example, has a particular interest in pairing the right water with a wine in order to give an exceptional taste experience.

“Rita Palandrani is a well-known water promoter as well as an expert on the role of water in ancient cultures.

“Michael Mascha has written a widely acclaimed guide to mineral waters and is a founding member of FineWaters.

“Sam Wu was the first certified water sommelier in Singapore and Michael Tanoussis’s passion is denmytising the terminology surrounding fine waters so that everybody can articulate their water preference easily and clearly.

“We are proud of our Beloka water: not only is 100 per cent Australian, but it’s also a water which has been sourced from a spring located on the eastern border of the Kosciuszko National Park.

“With a pleasant mineral content and benefiting from exceptional purity, our Beloka water is carefully bottled to encapsulate its fresh, unspoiled taste.

“The sparkling water has nothing added except carbon dioxide. This gives the same great flavour as the still Beloka, but with the pleasant addition of some bubbles.

“Griffths said Beloka was the perfect accompaniment to a meal, either alone or paired with a good wine, but also worked well as a mixer with an alcoholic beverage, as a pleasant addition to breakfast or served for hydration whenever it’s needed.

Visit: www.belokawater.com.au

Fiddler supports Jenes for Genes Australia

THE Fiddler put smiles on the faces of children suffering various illnesses when the Jeans for Genes organisation held an event at the iconic venue recently.

After Jeans for Genes Australia had its event to talk about the development and importance of its work, a group of children who came along then donned Kids & Co denim aprons and worked with Fiddler chefs help them make yummy cupcakes.

Head chef David Stubing said the kids had a blast making the cakes, as well as frothing up some warm milk, pretending it was coffee.

Afterwards, everyone was invited to enjoy staying at the prestigious, newly opened Mercura Rouse Hill, which adjoins the Fiddler.

“The kids were able to forget about their illness and suffering for a while,” a Fiddler spokeswoman said.

“We hope this partnership is long-lasting,” the organisation said.

“The organisation has become successful raising funds for scientific research through its annual Jeans for Genes Day where workers donate money for the privilege of wearing jeans to work.

“To be successful, workplaces such as The Fiddler support their workers looking for good causes.

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Blacktown rolls out defibrillators

THE Michael Hughes Foundation has applauded Blacktown City Council for being the first in NSW to rollout defibrillators in Council-owned sporting facilities across the LGA.

“It’s a move the Foundation would like to see emulated by councils throughout the Sydney region and beyond,” Ms Hughes said.

Foundation executive director Julie Hughes said while having a defibrillator available increased the chances of surviving a cardiac arrest, there were challenges in seeing lifesaving machines deployed in the community.

“Defibrillators are not mandatory to have and there is a lack of policy, legislation and frameworks to support a network of them in the community,” Ms Hughes said.

“Our Foundation focusses attention on the cardiac chain of survival and heartsafe community frameworks and much work is needed to support community action on this health issue,” Blacktown City Council purchased over 100 defibrillators with a total investment of $252,000, including funding collaboration of almost $90,000 from several organisations including $20,000 from the Federal Government’s Stronger Communities Program.

“Council facilitated the purchase of 101 defibrillators at sporting venues across the city and organised training for club officials who can now be confident in using a defibrillator to save a life,” Cr Bali said.

Westpac pay system targets accountants

WESTPAC has announced it has become the first major Australian bank to offer a fully integrated payment solution designed for the accounting profession, which can help reduce the time it takes to get paid.

The innovative offering sees Westpac join forces with FeeSynergy, a leading provider of automated debtor management and fee finance solutions, to help Westpac’s customers in the accounting sector reduce debtor day shy facilitating payments via an online solution.

Paul Goessler, Westpac’s National Head of Professional Services, said that while all accounting firms have a practice management system, many do not have a dedicated debtor collections solution, and this offering will help customers solve a major pain-point around debtor management.

“Our joint offering with FeeSynergy aims to help our professional services clients get paid on time, taking steps such as implementing online payment systems can transform a firm’s cash position, enabling investment into new technology, new divisions, and tuck in acquisitions. It also frees up capacity to fully increase tech-savvy customer expectations, who are seeking swift, seamless, personalised services,” he said.

The typical accounting firm has a much heavier workload managing incoming client payments compared to many other businesses. Westpac’s transactional banking solutions, when combined with FeeSynergy Collect, allows for a seamlessly integrated payment experience embedded within the customer’s own website.

The FeeSynergy debtor management offering can be integrated into accounting firms’ existing systems to help automate cash collection, establish recurring direct debits and facilitate online payments 24/7.

Money flows from the client directly to the accountant’s bank account without a third-party handling the funds.
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CCTV cameras rolled out

CRIMINALS will soon be under the scrutiny of up to a thousand electronic eyes as the NSW Government rolls out high-definition CCTV to help protect local businesses in western Sydney.

The Government has announced the first round of successful applicants from the Government’s $5M CCTV fund.

“Community safety is our top priority and these grants will help protect local businesses in western Sydney,” Premier Gladys Berejiklian said.

“CCTV cameras boost community confidence and send a strong message to would-be criminals that if you do the wrong thing, you will be caught and punished,” Mr Speakman said that the fund will provide at least 1000 small businesses and community organisations with support to enhance security.

There are 31 successful applicants in first round, and include a music school in North Parramatta, a kindergarten at Auburn, a café in Cabramatta, a registered charity at Penrith and a health facility in Liverpool.

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Professor Bruns said UTS was looking forward to building research capability in Western Sydney. This would include the UTS Centre of Innovation for Autonomous Mobility Services – which will feature the alphaCabs project: providing an autonomous mobility service for Sydney Science Park and drones as a service project: a world first to test fully autonomous drones in an urban environment.

About Sydney Science Park:

Set over 287 hectares within the Western Sydney Aerotropolis in Luddenham, Sydney Science Park launched in 2017 with the vision to be a world class, mixed-use science city. The new partnership with UTS is the latest in a swathe of commercial and collaborative agreements struck between Celestino’s Sydney Science Park and organisations.

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Applications under the Community and Small Business CCTV Fund can be submitted via www.crimeprevention.nsw.gov.au

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JOHN MASON

Walking the talk. Easy to say. Problematic in practice. We all know the plumber with the leaky tap at home or the wealth advisor with the dodgy commission.

No matter the business or the business network/association, behaving like a business and walking your own talk is imperative.

I am proud to be a member and support partner of Australia's greatest local chamber of commerce, Sydney Hills Business Chamber (SHBC). Why so?

Mostly because SHBC behaves in a very business-like manner with a very clear focus on their members. Governance, strategic planning, risk mitigation, marketing/branding, service delivery and so much more.

Not the least being SHBC's ability to attract resources to achieve planned outcomes. A strength most evidently demonstrated through their support partner program.

And so it was my pleasure to enter into one of these mutually rewarding support partner agreements to design, implement, certify and support a quality management system to the international quality standard ISO 9001.

In just four months, processes were documented, data was gathered, and the leadership team led by example with operational controls, monitoring and measurement and continuous improvement resulting in a successful third party certification of the way SHBC does business.

A truly independent edition of just how business-like or should I say quality business-like SHBC behaves.

So, I suppose you would like some insight into the process? Giving away trade secrets is my speciality, as the more who know about quality business, the more who will pay it forward to their ‘members’, customers, supply chain, etc. and together we can make Australia not only the lucky country but the quality country as well.

The real secrets are commitment and planning. The rest is implementation. But before you start a quality management system, you need to establish a business case to do so.

Need to be prepared

There are significant costs and restructuring around some quality management systems, so you need to be prepared.

Don't just get one because you think you will get more government work. Do your research, talk with your suppliers and speak to your peers and customers. Learn from their experience.

Your business case can be as complex or as simple as you desire, just make sure there is a return on investment and measure it.

When you have the business case, sell it to stakeholders and management. Demonstrate the return on investment and what will be in it for them. Say things like, better governance, more profits, less waste, greater succession planning and knowledge preservation.

Once you do this you will have the needed buy-in. Without it the design and implementation may not necessarily get the desired return. With it, you will get active participation and a better resource outcome.

Then when you get management behind the project, it boils down to typical project management techniques. The first steps of which are to determine the goals, objectives, desired outcomes, resource availability and timelines.

With this data gathered, a simple gnat chart will get you started, and you are on your way.

Perhaps the biggest hurdle is around resources and whether you have the expertise to keep this project inhouse or have it outsourced. So many pros and cons. So many variables around commercial realisations.

But heck, I am in the consulting game, so I recommend you get an expert in and let the journey begin.

Just be careful. Being a subject matter expert in all things quality and quality certification is as easy claiming so in your LinkedIn profile. But in the real world most, if not all who profess (and just a little too hard at times) about their expertise, cannot back it up by having a quality business or one that is certified to the international standard ISO 9001.

Ours is. So, walking the quality talk in the design and support of quality management system is very evident.

Oh, and one last thing. Why do we design and support quality management systems?

Well, our purpose is to make quality certification easy and make it available to any business.

Is yours ready?

John Mason is managing consultant, author, quality advocate@quality.com.au

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ADAM LETO

It’s been referred to as the “infrastructure capital of the world” and with good reason. Western Sydney is in the midst of a golden period of infrastructure investment, with billions of dollars being poured into new roads and rail projects, new hospitals and sporting precincts, and of course a new airport.

This year alone, we’ve seen the opening of the North-West Metro, a glorious new stadium at Parramatta, an upgrade to Blacktown Mt Druitt Hospital, to name just a few, with a number of exciting developments such as the Sydney Coliseum at Rooty Hill and Sydney Zoo set to open later this year.

These are just a few of the projects and investments that are helping create better places, generate new experiences and improve our lives.

Not only are they the result of years of building and planning – and for some communities, disruption – but are actually real, tangible outputs, which signal progress, and after decades of hearing about the region’s potential, these are signs that we are starting to delivering on this promise.

The Western Sydney Leadership Dialogue has championed the need for continued infrastructure investment over the past five years, particularly in public transport, not just because some of these projects will improve access and connectivity, but because of their role helping stimulate urban renewal, economic and social outcomes.

Each year, the Dialogue has the tough task of trying to judge the best of these projects at its annual Boomtown! Infrastructure and Property Summit, which we host in the Sydney CBD, as a way of bringing the ‘west to town’.

We’ll be back there again on November 28 and 29, where we’ll showcase some of the great projects that have been opened in 2019, across a number of categories, including community, sporting, transport and environmental, as part of our Project of the Year Awards Night, which will also feature NSW Premier, Gladys Berejiklian, along with a who’s who of Western Sydney.

The awards dinner will be followed by a full-day conference, hosted in partnership with Transport for NSW, and including guest speakers such as Ministers Andrew Constance and Rob Stokes, along with executive staff from various NSW departments and leaders in business, community and social services and property.

Some of the key themes and issues that will be explored on the day include, whether a fast rail network is finally on the cards – and what will it mean for Western Sydney? What are the precincts that are expected to ‘pop’ off the back of the impending Metro West and, importantly, how are we prioritising our future transport links and how will they be funded?

These are just a few of the big questions that we’ll be examining on the day, so if you’d like more information, or want to attend, please visit westernsydney.org.au

Adam Leto is Executive Director of the Western Sydney Leadership Dialogue.
**Why snacking on the job is good for you**

**DALLAS SHERRINGHAM**

“**In today’s 24/7 economy, working the nightshift is increasingly common, with many industries – health care, aviation, transport and mining – requiring employees to work around the clock.**”

- Charlotte Gupta.

**Words and Pixels**

WE’VE all been there – burning the midnight oil and the company vending machine keeps calling your name.

You try to avoid it because you are on a diet and the machine and the adjacent fridge are full of “bad stuff.”

First, the good news, snacking on the job is good for you. Now the bad news, take quality, healthy snacks with you and avoid the “rubbish” at all costs.

If you’re one of Australia’s 1.4m shift workers, eating at irregular times is just par for the course – but have you ever stopped to think about the impact this might have on your body?

New research by the University of South Australia, investigated whether altering food intake during the nightshift could optimise how shift workers felt during the night and help reduce their sleepiness.

**Performance and eating**

“This is the first study to investigate how workers feel and perform after eating different amounts of food.

The findings will inform the most strategic eating patterns on-shift and can hopefully contribute to more alert and better performing workers.”

Of the 1.4m shift workers, 15% or more than 200,000, regularly work a night or evening shift. Working at night-time conflicts with a person’s internal circadian clock, making it harder to stay focused and awake. Managing fatigue is therefore critical for workplace health and safety.

Over a 7-day simulated shift work protocol, the study assessed the impact of three eating conditions:

- A meal comprising 30 per cent of energy intake over a 24-hour period such as a sandwich, muesli bar, and apple
- A snack comprising 10 percent of energy intake such as a muesli bar and apple
- No food intake at all.

The meals and snacks were consumed at 12:30 am. The 44 participants were randomly split into the three test-conditions and were asked to report on their levels of hunger, gut reaction and sleepiness.

The results showed that while all participants reported increased sleepiness and fatigue and decreased vigor across the nightshift, consuming a snack eased the impact of these feelings more than a meal or no food at all. The snack group also reported having no uncomfortable feelings of fullness as noted by the meal group.

Ms Gupta said the next step in the research was to investigate the different types of snacks and how they affected shift workers differently.

“Now that we know that consuming a snack on nightshift will optimise your alertness and performance without any adverse effects, we’re keen to delve more into the types of snacks shift workers are eating,” Ms Gupta said.

“Ultimately, the goal is to help Australian shift workers on the nightshift to stay alert, be safe and feel healthy.”

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Cumberland Business Chamber (CBC), member owned and operated organisation is committed to the development of innovation and business growth. Strong advocates for the Australian manufacturing industry, we are a solutions-focused group who support new ideas and business relationships.

With connections across Greater Western Sydney, the Cumberland Business Chamber believes that innovation and real leadership can transform the Australian business landscape.

We welcome new members! Discover how CBC can work with your business, go to: www.cbchamber.com.au

Our Next Event – Tuesday, October 29, 2019
Event held at Smithfield RSL

Our AGM is here!

Our once a year Annual General Meeting (AGM) is here. This is the time chamber members elect the board members for the upcoming year. Peter Groeneveld, President of Cumberland Business Chamber, will share with the members on the future directions for 2020. The AGM will review 2019 activities including events, financial and achievements. If you wish to be on the Board in 2020, please nominate yourself before the AGM by emailing: president@cbchamber.com.au

More details of the AGM can be found in our website.

October After 5 starts from 5:30pm to 8:30pm

Keynote Speaker: Bruce McEwen, Associate Director, Datacom Data Centre

Bruce will be proudly presenting a world class data storage solution suitable for all businesses. He will cover issues surrounding cloud base data storage including:

- Data security.
- Data storage location.
- Environment issues associated with data storage
- Data storage capacity.

There is a world class data centre in Western Sydney, built in 2017, it is the size of four football fields in the suburb of Huntingwood. Business owners should look to take advantage of latest most modern data centre boasting the lowest power consumption rating in the Southern Hemisphere.

Don’t miss educating yourself and don’t forget about the great networking with other members on the night.

Date: Tuesday, October 29.
Time: AGM meeting 4:00-5:00pm
After 5 event 5:30-8:00pm
Venue: Smithfield RSL
Address: Cnr Cumberland Hwy & Neville St, Smithfield. Plenty of parking onsite at the Smithfield RSL.

How Colocating in a Data Centre Can Benefit Your Small Business

Data centres aren’t just for large enterprise. In fact, owning one or managing your own computer room is practically impracticable for many small businesses. Colocation gives small businesses the chance to acquire the same benefits as larger firms.

Operating a small business has many facets. If you are running your own business or looking into doing so, there are many things you need to think about for your small business to be successful.

Once your company starts to grow, you will need to think about how and where to store your critical and most valuable company data.

Should you run your own in-house data centre/Server room or use a colocation service and facility? Data centres are an integral part of many businesses that have grown too big for an in-house setup. Do you know what’s best for your business?

Join us for our October After 5 event to learn how colocation services can help your business.

Dr Theresa Teo is VP of Events and Board Member of the Cumberland Business Chamber. Visit www.cbchamber.com.au

Big thank you to ABC Tissue Products

A BIG thank you this month to Ming Ly, Brandon Ly and Ninos Khoshaba from ABC Tissue Products Pty Ltd for hosting our members a tour through the ABC Tissues Products factory.

The business owns 10 sites at Wetherill Park and their flagship brand Quilton toilet tissues being made right at the factory we visited. Manufacturing in Western Sydney is thriving with the likes of local companies such as ABC Tissue Products.

The factory was amazing, each roll produced was 2.6 tonne and 50km of paper was being produced each hour.

We had a special visit from the Mayor of Fairfield Frank Carbone and the Fairfield LGA team in support of the event. All the members enjoyed the visit.

At the end of the networking evening, we were given Quilton Toilet paper and ABC facial tissues to take home! Now that’s special.

Members and guests enjoying the latest networking event.

DR THERESA TEO

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How Colocating in a Data Centre Can Benefit Your Small Business

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The annual Hills Annual Charity Ball was held on August 15 hosted by Biviano’s Restaurant - Dural.

Fundraising for this year was for Foster Care Angels (FCA) and was supported by Ray Williams MP, Member for Castle Hill, Dr Michelle Byrne, The Hills Mayor, Dr Jim Taggart OAM, MC and Auctioneer, Mrs Erica Westbury - Chair of the FCA Board, Kelly Doyle Founder/MD of FCA and FCA: Ambassador: Alicia and Chris Vrsaljko, FCA Carer.

Biviano’s has thanked everyone who attended this prestigious event. The event was sold out with about 180 guests enjoying a night of dancing, excellent food and wine and live entertainment.

The event raised a total of $70,000 against a target of $50,000. These funds will help support the Foster Care Angels in continuing providing essential support and advocate against trauma and disadvantage to children and carers and enhance awareness in communities of foster care and systems.

Visit: www.bivianosdural.com

Reported by Mag Hosny, Biviano’s marketing manager.
New aquatic centre for city

PARRAMATTA will build a new aquatic centre following a $77M funding partnership between the NSW Government and Parramatta City Council.

Minister for Sport John Sidoti said Parramatta Council has agreed to take control of building a state-of-the-art aquatic centre in Parramatta.

“Parramatta deserves a pool which caters for competition, learn to swim classes, recreation and relaxation. The commitment of $38.5M from the NSW Government will help make this happen,” Mr Sidoti said.

The NSW Government and Parramatta Council are on the same page when it comes to delivering an outstanding all-year-round aquatic facility that gives the community what they have asked for.

City of Parramatta Lord Mayor Bob Dwyer said the winning design for the aquatic centre was by a consortium of Andrew Burges Architects, Grimshaw Architects, and McGregor Coxall.

“It was chosen from a shortlist of four exceptional entries following a high-calibre international design excellence competition,” Cr Dwyer said.

“Congratulations to the consortium on their successful submission. I’m excited to see this project progressing and I look forward to working to ensure this first-class facility is delivered for the Parramatta community as soon as possible.

“I’d also like to thank Mr Sidoti and the State Government for their valuable contribution to this significant project – an aquatic centre that meets the current and future needs of our rapidly growing population.”

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There's plenty to celebrate in defeat

We are not the biggest club in the competition, but we are a powerful club now.”
- GWS Giants CEO Dave Matthews.

Paul Haigh

There is no rear vision mirror in life. And grand final post-mortems in professional sport can be as confronting as a pathologist’s autopsy report. You cannot hide the results of the medical procedure. The late and great rugby league coach Jack Gibson said: “Winners have parties and losers have committee meetings.”

GWS Giants got whacked in last Saturday’s grand final 17-12 114 to 3-7-25 _ in their first AFL grand final by the experienced Richmond Tigers, which has won two titles in three seasons, 2017 and now 2019.

After eight years in the AFL, the Giants the AFL funded creation entered the big time in 2012.

Four finals series in a row from 2016 to 2019 have shown the bedrock is solid at a club with a richly talented playing list, a strong administration, good coach in Leo Cameron, strong corporate and community support and 30,000 members, which has rapidly grown in recent years.

Western Sydney has embraced the GWS Giants like a mother does her newborn child.

Now for the future.

GWS Giants CEO Dave Matthews, highly regarded by his peers and the AFL in administration land, said while the club has grown and will continue to flourish, it is time to look forward not back.

In media interviews over the weekend, Matthews said the club has achieved much in eight years but it is the next decade for the club which is crucial.

On Sunday at the club’s fan day after the grand final loss at their Sydney Olympic Park headquarters, hundreds of supporters gathered, meeting the players, had photographs taken with them and mixed with their idols who don the orange, white and charcoal colours.

Scenes from the 2019 AFL grand final - GWS Giants VS Richmond Tigers.
WHILE the club, which just eight years old, are hurting from the pain of losing their first grand final, the future is bright.

Stacked with many talented young players and a good smattering of experience, the base is there for the Giants to stay a regular finalist in the years to come.

Four straight finals series in a row shows their playing roster has much upside.

Injuries to key players, like all professional clubs endure in a season, has hurt the Giants, who finished sixth after the 23 AFL round competition.

Toby Greene, Stephen Cognilio, Jeremy Cameron, Josh Kelly, to name a few, have plenty of good footy in front of them.

With western Sydney’s population expanding, the Giants have done plenty of development work in schools and with junior clubs bolstering playing numbers.

They have spent the cash to reap the harvest and AFL participation numbers according to the AFL NSW website has grown over eight per cent in recent times.

Rugby league numbers have stagnated or fallen.

Concord Giants and Penrith Giants players wear the Giants’ club colours and are often noticed at home games at Giants Stadium.

In the AFL grand finalists have not got a good record in recent years backing up the next season to win the big one.

Sydney Swans loss

Sydney Swans lost to Hawthorn in 2014 and couldn’t get back to the big day at the MCG in 2015.

The Swans last won the title in 2012 and made grand finals in 2014 and 2016.

This season the Swans with a host of young players, and some aging players, missed the finals, they are rebuilding.

In 2015 West Coast lost to Hawthorn but didn’t return to the grand final until they beat Collingwood in 2018.

The last team to lose a grand final Geelong in (2008) and to win the next year, (2009), were the Cats.

Perhaps too much scrutiny can be made about losing grand finals.

Every year is different, playing venues, team rosters, good luck, bad luck, the law of averages.

But the Giants can and will learn from the loss, meeting a ruthless Richmond team, with loads of talented players, who has the benefit of winning the grand final against Adelaide Crows in 2017.

Over analysising is a dangerous thing in sport and the Giants’ greatest hurdle will not be talent or good coaching in coming years, but their mental mindset.

Yes, feel the hurt from a grand final loss, but do not let it burn you like a candle can if you put your hand too close to the flame.

Over obsessing can create unnecessary stress and tension for a sports person.

GIANTS STAND TALL
Time to build for the future

OPINION BY SPORTS EDITOR PAUL HAIGH

Clever draft picks

The Giants boast a squad with clever trade draft picks, and footballers with many of their best years ahead of them.

Now the Giants have been a consistent performer, made the finals the past four seasons, this will be a magnet, for future stars.

One of the key pieces of strategy in the Giants camp is to eventually recruit Sydney-born players to rise through their academy and playing AFL.

The Brisbane Lions, this season, finished second, after being out of the finals for more than a decade.

Ironically, the Giants beat them by three points in the knockout final at Brisbane’s Gabba two weeks ago.

Brisbane punted on a group of young players three or four seasons ago to develop them for the future and this season the Lions roared surging into the finals after many seasons in the wilderness.

Perhaps this face will not be lost on the Giants’ hierarchy.

For season 2020, when you cast your eye over the AFL club rosters, premiers Richmond, the Giants and Brisbane Lions, are the three to beat next year.
Six reasons to upgrade your Office

MICROSOFT has made a name for itself by meeting the needs of businesses. From the early days of word processing and spreadsheets to today’s offices run largely from mobile devices, they’ve offered solutions to help companies get their work done efficiently and securely.

If you’ve been using Office 365, then you know how smoothly the evolution to a cloud-based platform has been, which is why it has 43.6% of the office suite market. Why it has 43.6% of the office suite market helps companies get control of the growing package takes workflows a step farther and real-time collaboration and anywhere availability do more with their technology through increased business productivity, allowing companies to share.

Companies get their work done efficiently with devices, they’ve offered solutions to help today’s offices run largely from mobile devices.

1 Secure & Manage Mobile Devices
Mobile devices are more convenient to use than physical copies, but they’re also what is known as “zero-day,” malware that haven’t yet been seen or cataloged. Microsoft 365 is the anti-phishing policies that you can enable that use machine learning models and impersonation detection to guard against even the most advanced phishing attacks.

2 Defend Against Cyberthreats
You get a significant increase in security with Microsoft 365, including protection against sophisticated malware coming from phishing emails and malicious website links.

Small businesses are the target in 58% of cyberattacks, and data breaches bring costly consequences. The sandboxing capabilities of Microsoft 365 allow it to detect and stop not only known malware but also what is known as “zero-day,” malware and viruses that haven’t yet been seen or catalogued.

3 Anti-Phishing Tools to Prevent Breaches
Phishing is the #1 tool used in data breaches. False phishing emails have become so well-disguised that it’s hard, even for the most tech-savvy employee to spot them. One of the security features in Microsoft 365 is the anti-phishing policies that you can enable that use machine learning models and impersonation detection to guard against even the most advanced phishing attacks.

4 Protections for Your Business Data
Data has become a type of currency now with entire customer databases being breached and sold. You gain powerful tools to protect your data and that of your customers, including: Automatic detection to prevent sensitive data like credit card numbers from leaking.

Encryption of sensitive emails.
Apply restrictions to email documents such as Do Not Copy and Do Not Forward.
Enable unlimited cloud archiving for data retention.

5 Integration that Makes Work Easier
Beyond the fluid integration with Windows 10 and Office 365, Microsoft 365 integrates with hundreds of third-party cloud applications that allow you to just sign in one time and access everything from a central location. This also gives you the ability to set up time-saving automation between your applications using Microsoft Flow and further streamline your workflows.

6 Centralized User Management
Administration of users can be time-consuming. Microsoft 365 offers a single admin console that allows you to set up and manage all your users and devices. You can auto-install Office apps and ensure that Windows 10 and Office 365 updates are being done regularly.

This centralized user management includes both computers and mobile devices, so you can control the security of all your data, no matter where it is located.

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Versatility is a major advantage

The Entertainment Grounds is the perfect location for your next conference, seminar, business meeting, team building session or networking event. Ideally located in the heart of Gosford, The Entertainment Grounds is within easy access of the M1 Freeway and within proximity of Gosford Railway Station.

A major advantage of the Entertainment Grounds is the versatility of the rooms. The modern function spaces can accommodate up to 500 delegates in a range of styling layouts from theatre style seating to large sit-down banquets.

Dedicated presentation areas, individual workshop rooms, trade exhibits and product demonstration areas are just some of the options the venue and team can offer your next event.

The Panorama and Lakeview Rooms feature floor to ceiling glass windows that open onto the outdoor terrace overlooking the racecourse.

Natural lighting fills the rooms allowing guests to work and relax in a comfortable environment.

Featuring the latest in AV technology, the team will assist you in creating the most professional arrangement for your next business meeting, conference or seminar.

Complimentary Wi-Fi, projector screens and quality audio are a few of the technical features available.

Your guests will be spoilt for choice with decadent seafood buffets to freshly made sandwiches and wraps.

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- Canapes & drinks on arrival
- 3 course meal served on an alternate basis
- 4 hour premium beverage package
- DJ & dancefloor
- Venue centrepiece

from

$80 P/P

Historic mansion spans generations

With a story that spans generations as a boarding school and community hub, Baulkham Hills’ historic mansion Cropley House finally reopened September 2018. The venue was unveiled as the area’s most sought after weddings and corporate event venue, following a year of renovations to return the mansion to its former grandeur. Additionally, Cropley House is excited to announce that it has been rebranded, becoming apart of The Venues Collection with a brand-new website, logo and look; fitting to the venue’s true charm and elegance. The historic mansion based in the Hills district has beautiful features such as high ceilings, large windows and chandeliers, making it a perfect backdrop for any event. The flexibility of Cropley House allows a wide range of guests to attend, with the ability to cater for both a small function or a grand event, such as weddings, corporate events, seminars, birthday parties, christenings or formals. The complimentary parking, easy access and the option of breakout areas makes this venue truly unique and fitting for all functions.

With six beautiful spaces to pick from, such as the ground level with Victoria Room or Elizabeth room, which both have a grandeur aspect and easy access; the upstairs spaces also provide a stunning look out of the polished grounds, with a more intimate style.

In addition, Cropley House has a beautiful Garden area with a lovely gazebo, this space is a stunning giving perfect photo opportunities.

Cropley House is a delight as a venue, catering to the Sutherland Shire and Hills region, with top produce and a professional team Cropley House will ensure all your event needs will be met.

Enquiries for bookings, Sasha Caples, Sales & Events Executive, Cropley House at events@cropleyhouse.com.au or 02 8218 8855

Features

• Complementary parking – plenty of spaces.
• Easy access to suit any event.
• From 20pax.
• Six beautiful spaces to pick from.
• Break out areas.

Inside Cropley House.
Perfect for leisure and business

NESTLED in the Norwest Business Park and only a short drive from the Parramatta CBD, the 4.5 star Rydges Sydney Norwest is the perfect hotel for business and leisure travellers visiting Sydney.

The property is near to all that North West Sydney has to offer. The location offers close access to shopping, Castle Hill Country Club, and Bella Vista Farm. Other attractions like Olympic Park and the Koala Park Sanctuary are within easy driving distance.

But there’s plenty to keep you in the hotel as well. In addition to the 132 well-appointed rooms and a friendly staff, there is a secure gymnasium and a 17-metre outdoor lap pool.

For business meetings accommodation, the hotel also features seven versatile conference rooms, making Rydges Norwest Sydney the ideal hotel for business travel, conferencing and special events. Even better, there’s free parking for guests and a shuttle to take you to other buildings in the Norwest Business Park.

Meetings
Conveniently located in Norwest Business Park, Rydges Norwest Sydney Hotel is the ideal place for your next meeting, conference, convention or product launch for up to 300 guests.

Whether you need a space for 5 or 50 people, our stylishly furnished, multi-purpose rooms can be equipped to suit businesses both big and small.

From event catering for all your attendees, to support with our state of the art audio and visual equipment, our experienced and dedicated event planners can assist in organising every detail. With years of experience, you can be assured that everything has been considered and taken care of prior to your arrival. Services include:
- Mounted High Definition data projectors & screens.
- A dedicated team to assist with all your meeting requirements.
- Flexible conference & function spaces.
- Access to a boardroom for up to 10 guests.
- A wide selection of dining and food options, from light snacks to hearty meals.
- On the spot catering.
- Free broadband and wireless Internet access.

Weddings
Rydges Norwest Hotel is the perfect location for your dream outdoor wedding ceremony. The famous garden venue has all the right ingredients for bringing to life the wedding you’ve always dreamt about.

Despite the convenient location with plenty of parking, the garden area will transport you to a world of natural beauty. Surrounded by the stunning Hills landscape, our intimate gazebo, private area and elegant seating options will truly make your wedding ceremony a day to remember. Afterwards, enjoy your first dance in the grand ballroom, a luxurious setting that can seat up to 300 guests.

Managed by our experienced events staff, our brilliant team of wedding planners and designers are on hand to guide engaged couples through all the preparations, help you with your theme and make your big day more special than you could ever have imagined.

Visit: [www.rydges.com](http://www.rydges.com)
Let’s celebrate over a cocktail

Looking for something a bit different for an intimate Saturday night date, a weekend catch up with friends or a special occasion function?

Then Kendall’s at Central Coast Leagues Club may be just what you’re looking for. Tucked away in a private corner of the Club, Kendall’s is a venue in a world of its own. Boasting a kooky interior with leather lounges, overstuffed chairs and a leadlight bar, Kendall’s is warm and welcoming. This quirky bar is a throwback to the 1920’s when the gin was slow and the nights were long.

The venue takes its name from Thomas Henry Kendall, a 19th century Australian author and bush poet, born locally in Ulladulla. A lover of nature and the Australian bush, Kendall is most famous for his distinctly Australian nature poems and tales. A perfect name for this cozy cocktail venue, as who better to honour, over a whiskey or two, than a poet?

Open Friday and Saturday nights for your weekend catch-ups and celebrations, this unique venue is also available for hire 7 days a week for private functions.

Kendall’s offers a wide range of cocktails, canapés and platters – perfect for small groups or large. Whether your event is for 20 or 80, this intimate bar will feel just right and can be exclusively yours.

It’s the perfect place to host your big birthday bash, engagement party or work function.

And with Christmas around the corner there’s no better time to pop in and check out this little gem and book those Christmas drinks.

Central’s Coast Leagues Club’s function organisers can help you with all the details of your Kendall’s event, ensuring yours truly is an event to remember.

For private events, make an enquiry online at www.cclc.com.au/dining/kendalls/ or get in touch on 02 4325 9833 or even better, come in on a Friday or Saturday night and check us out yourself!

Kendall’s Open from 5PM to late Friday and Saturday. Available for Private Bookings seven days a week.

The Terrace

Impress and delight your staff with an end-of-year Christmas party at The Terrace. With moreish food platters and share-style beverages, The Terrace is the perfect place to celebrate!

We have options for both private functions and group seating reservations. Interested? Email theterrace@cclc.com.au for more information.

Central Coast Leagues Club
1 Dane Drive | www.cclc.com.au
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 five function rooms all types of gatherings may be catered for, from small meeting held in the Executive, Tasman, Pacific and Board Room, to formal events catering for 300 guests in the Coral Room.

The club had plenty of free onsite parking and is centrally located to public transport.

The Gosford RSL Events team pride themselves on providing quality service, flexible floorplans, catering options and will ensure every event is a success. We have 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 at $35 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 group who require clean comfortable accommodation although are budget conscious.

Planning an event? Contact the Events Coordinator at functions@grsl.com.au or phone 4323 8311.
Inspired meetings and events

NESTLED on the edge of the Jamison Valley in the heart of the World Heritage-listed Blue Mountains, the award-winning Fairmont Resort Blue Mountains creates memorable event experiences. Located only 90 minutes from Sydney, this 4.5 star resort boasts 15 flexible, pillarless conference spaces catering for up to 750 delegates with several naturally lit spaces and outdoor options.

From a conference centre to corporate retreats, the Fairmont Conference Resort is the largest in the Blue Mountains region. Fairmont’s 15 conference rooms can be configured to suit any needs, in any layout, from theatre, boardroom, banquet or cocktail style; and the personalised event production team combines attentive service with high-level production management expertise to get you results.

The Fairmont Resort’s creative and consistent chefs specialise in a food philosophy centred on tastes of the region and beyond. Delegates are welcome to dine in any of the multiple bars and restaurants, each with their own distinctive menus, or experience one of the many outdoor venues such as lakeside drinks under the stars or a sunset barbecue dinner overlooking the escarpment from the Jamison Valley Lawn.

Delegates will feel at home as they retire after a busy day to one of our 222 upscale rooms or suites during their conference retreat.

Spring Offer: Book your conference or event and accommodation before November 30, 2019 and receive a complimentary upgrade to a superior room. Visit www.fairmontresort.com.au or call 02 4785 0000.

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Access the wellness benefits of nature in the spectacular World Heritage-listed Blue Mountains National Park

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Business Venues Australia is published twice yearly as an insert to two popular news-magazines

Western Sydney Business Access www.accessnews.com.au
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Sales enquiries: Graham Maughan - graham@accessnews.com.au
Absolute waterfront at Terrigal

“One hour from Sydney, that is all it takes to clear your mind”.

The Clan Lakeside Terrigal, Central Coast accommodation and function resort, a relaxing oasis on the golden sands of Terrigal Lagoon. The quiet of the calm waters and wildlife right outside guests’ windows, contrasts with the bustle of the Terrigal food and shopping strip only a short walk away.

Terrigal accommodation on the Central Coast that is perfect for a weekend getaway for couples or families, or a haven for weary travellers visiting the Central Coast. The Clan Terrigal is more desirable than ever with the addition of its restaurant, Maccoa. The beautiful and elegant Maccoa is a food experience like no other on the Central Coast and is proving popular with locals as word spreads.

The exceptional location and great food enhances our reputation as the Central Coast’s most desired getaway location.

Conferences
Catering for up to 60 delegates, the Newton Conference Centre is a purpose-built venue with facilities including flipcharts, an electronic whiteboard, Video/DVD player, and a 106cm plasma wide-screen TV.

The exclusive executive lounge is the perfect location to relax and enjoy a pre-dinner social hour – including a billiard table, cozy lounges and a crackling open fire for the cooler months.

With our absolute waterfront rooms and a friendly team of conference professionals to look after you, everything is in place for a successful conference – beachside or fireside.

With Terrigal beach literally at our doorstep, there is plenty to do. Just dust off your surf gear and don’t forget your swimmers, sunnies and sunscreen.

Visit www.clan.com.au

The popular Clan Terrigal offers boutique conference facilities.
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.

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WATERVIEWVENUE.COM.AU
BHL scouting for masterplan partners

H Group, comprising a number of related Australian entities, including the publicly-listed Boyuan Holdings Limited (ASX:BHL) and private Sydney investment firm Cyan Stone, is seeking potential partners to strengthen the delivery of the Northern Gateway ‘Future City’ at Badgerys Creek, on the doorstep of the Western Sydney International Airport.

As the Aerotropolis planning process progresses, BHL Group has engaged Planum Partners to go to market to identify potential partners who can help maximise the roll-out of the Masterplan for the prime 344-hectare site in the high-growth corridor of Western Sydney.

The Masterplan for the Northern Gateway site – a parcel of land equivalent in size from Sydney’s Town Hall to Circular Quay – is for a major employment hub which includes logistics; hi-tech manufacturing; commercial; retail and education.

BHL’s Deputy Chief Executive Officer, Adam Pearce, said: “BHL has built an experienced and dedicated project team for the Northern Gateway project and we’re currently progressing the process of seeking planning approvals and positioning for preparatory works.”

While BHL Group has the capacity and expertise to deliver the project through our local development teams and the backing of the international conglomerate, the Jiayun Group, we are also working with the Foreign Investment Review Board (FIRB) to satisfy its requirements to increase Australian participation to assist in the roll-out of the Masterplan.

Accordingly, we wish to partner with local parties that can demonstrate complimentary skill-sets that will strengthen our operational and financial capacities and capabilities, given this is a massive project that will require multiple partners to deliver the Masterplan.

“This is a strategically located site and represents a compelling ‘once in a lifetime’ opportunity for interested, suitable parties to partner with BHL Group and help us deliver what will be a globally-recognised 21st century city, supporting economic growth and development created by the Western Sydney Airport and the greater Aerotropolis.”

Any capital raised through this market exercise will be utilised on the settlement of the site and initial civil works for the project.

Mr Pearce said BHL Group is continuing work with all levels of Governments responsible for delivering the Aerotropolis, in relation to stated land use strategies, and is making solid progress on the project’s design and planning.

Five region-shaping initiatives

ROSS GROVE

The property industry is a significant player in the transformation of Western Sydney. Across the region, the industry provides more than one in ten local jobs, and in some areas, such as Camden and Wollondilly, this figure increases to one in five.

Here is a snapshot of five activities underway that are set to shape investment decisions across the region:

1. International airline interest in Western Sydney

The team at Western Sydney Airport Corporation are headed to the World Routes Conference in Adelaide this month with a calendar filled with meetings from international airlines keen to take advantage of the WSAs unique offering.

Speaking to the Property Council’s Hotel Investment Beyond the CBD forum in September, the airport’s General Manager of Commercial Development Angela Petousis outlined some of the key strengths the airport offers to international airlines, namely curfew-free access to Sydney, direct motorway access and planned rail and rapid transit connections across Western Sydney.

2. FAST Liverpool-Airport corridor

Liverpool City Council is opening a dialogue with key stakeholders around the delivery of the Fifteenth Avenue Smart Transit (PAST) corridor. The FAST corridor seeks to provide a 20-minute connection between the Western Sydney Airport and the Liverpool CBD.

This project, which will potentially take the form of a high-tech bus link, is scheduled for completion prior to the airport opening in 2026 and the Council is considering work to futureproof the corridor to cater to driverless technology in the future.

3. Reimagining Campbelltown

Campbelltown City Council has recently undergone a substantial rebranding exercise as the council reposition itself in order to attract further investment. A new town centre plan is being discussed, with an approach to matching planning controls to the unique strengths of each precinct.

4. Cabramatta Rail Loop

Following public exhibition in September, the Department of Planning is considering an application to build a rail passing loop on the eastern side of the Sothern Sydney Freight Rail Line between Cabramatta and Warwick Farm.

The proposal includes construction of the 1.3km rail loop, acquisition of council land, and the reconfiguration and upgrade of streets and bridges. The proposal seeks to boost rail freight capacity in Western Sydney.

5. Local Strategic Planning Statements

Nine of the twelve councils in Western Sydney have prepared draft Local Strategic Planning Statements, and a further three are on public exhibition in October.

These documents will help guide local and state government in assessing the suitability of proposals to rezone land over a seven-year period. The Property Council is organising member briefings for local government to brief the industry on their draft statements.

At the macro level, Western Sydney is going from strength to strength. The recent ANZ/Property Council Survey on industry sentiment anticipates moderate-to-healthy capital growth for residential, commercial and industrial property in NSW, and there are few better destinations for investment than this vibrant, growing region.

Ross Grove is the Western Sydney Regional Director for the Property Council of Australia.
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• 2 Years Rental Guarantee by Vendor
• 10% Interest Free Deposit by BiX
• Prestigious Location
• High Yield Returns on Residential Investment

$560,000
$476,000 AUD
+$84,000 Interest free deposit
• 8 minutes’ walk to the Homebush Train station
• Convenient access to houses and major roads
• Close to highly regarded primary/secondary Schools and tertiary institutions
• Five minutes’ drive to Rosehill Market, DFO, Rhodes Waterside Shopping Centre
• Secure complex, parking with Internal access

$1,900,000
$1,520,000 AUD
+$380,000 Interest free deposit
• Spacious 55m2 living area plus a spacious courtyard
• Accommodation for up to two occupants in each apartment
• Private parking directly in front of each unit
• Queens sized penthouse bed plus a handy sofa bed in each lounge room
• Walking distance to the local shops and transport
• Large fully equipped kitchen and laundry facilities

$685,000
$618,500 AUD
+$66,500 Interest free deposit
• Located in the heart of Wentworth Point
• Completed with premium finish
• Wide open spaces for its innovative construction
• Rising above a 12,000m2 shopping centre
• Marina Square brings an electoral shopping mix to Wentworth Point with a major supermarket, Bakeries, coffee shops, cinemas and fitness gym right on your doorstep.

BUSINESS OPPORTUNITIES

Shopfront for Lease
Blacktown NSW

Mark Cutter Store + Liberty Picture Theatre
45/49 Wilson St, Collaroy NSW

Popular Sydney Beauty Salon
For Sale
39 Norton Street, Leichhardt NSW

Food Trailer Business - Mobile Van
Fully Equipped | Price Reduced

$5,700 AUD
$2,850 Interest free deposit
$2,850 AUD
• Located in Blacktown with main road exposure
• Includes water, toilet and kitchen facilities
• Approx. Size 150SQM

$129,950 AUD
$49,950 Interest free deposit
+$80,000 AUD
• New terraced at $150 per week
• GIGANTIC INVESTMENT
• Lease agreement is $250 for 12 months

FULL Interest free $180,000!!!
Established for over 20 years
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$47,000 AUD
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• Start earning now
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LAND

Greenlands Estate
30 Jarvis St, Thirroul, NSW 2572

Lot 1446
18 Ray Street, Thornhill park, VIC 3335

Lot 409
Verdant hills Taren, VIC 3029

35 Acres in South West Sydney
WALLACIA, NSW 2745

$345,000
$276,000 AUD
+$69,000 Interest free deposit
• Consists of 25 land only lots ranging from 450-700m2
• Located central to local amenities and with level blocks
• Offers a great opportunity for first home buyers, Investors and downsizers.

$399,000
$319,200 AUD
+$79,800 Interest free deposit
• Lot Size 544m2
• Thornhill Park is a suburb in the outer west Of Melbourne
• Its local government area is the City of Melton.
• The suburb was gazetted by the Office of Geographic Names on 9 February 2017

$290,000
$277,500 AUD
+$12,500 Interest free deposit
• Land perfect for residential subdivision of land
• Approved DA permit for removal of stone walls
• Pursuant under Wyndham Planning scheme and Council approval is subject to the proposed use.

$4,500,000
$3,150,000 AUD
+$1,350,000 Interest free deposit
• A great opportunity to invest in the fast growing South West Growth Area
• Less than 500m from the Bidevys Creek proposed Airport with massive future potential.

http://www.bizspot.com.au
Zohra All Female Orchestra’s Debut Tour of Australia

To Celebrate Centenary of Reclamation of Afghanistan’s Independence and 50 Years of Diplomacy between Afghanistan and Australia

Melbourne: Saturday, 12th October 2019
Sydney: Monday, 14th October 2019
Concert: 6:30PM - 8:30PM (no interval)
Dress Code: National Dress or Business Attire
Website: afghanaustralia.com.au
Parking: Robert Blackwood Concert Hall, VIC
Sydney Opera House, NSW

In celebration of 100th Anniversary of Afghanistan’s Reclamation Of Independence and the 50 Year Anniversary of Afghanistan-Australia Diplomatic Relations, the Afghanistan National Institute of Music’s Zohra Orchestra will be Showcasing two major performances at Melbourne & Sydney’s iconic landmarks as part of their debut Australian tour.

“This 50th Anniversary is an opportunity to reaffirm Australia’s Support to Afghanistan, particularly as the peace process Continues and we go forward into the next 50 years of this Bilateral relationship, focusing on women’s empowerment And role in society” – His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of Australia.

This tour is giving Australians the rare opportunity to witness Afghanistan’s first all-female, internationally acclaimed orchestra As they are led by the country’s first ever female conductor. As students of Afghanistan’s only music school, these Seventy-five brave young women are defying the odds to attain an education and play music together, allowing them to Explore their culture and identities as artists and as women.
Shareholder value: What motivates Australian retail investors

Alison Kitchen
Amanda Hicks

According to a report by KPMG’s research team, KPMG Acuity, the majority of Australian retail investors would accept lower financial returns if it meant companies they invested in always behaved ethically towards customers, employees, and community.

The KPMG report entitled Shareholder Value: Shareholder Values is based around a nationwide survey of 1,510 Australian retail shareholders. The research looks into what motivates retail investors and has found that retail investors have a heightened level of awareness and focus on the importance of reputation, transparency, ethical behaviour, values, and social responsibility.

Key findings

- Transparency and honesty (51 percent rate this as a top five factor for investing, out of a possible 22 factors) is more sought after than any other factor aside from returns (60 percent).
- Lower financial returns would be accepted by most investors (57 percent) if a company always acted ethically towards customers, employees and the community. A higher number (72 percent) rated ‘reputation’ ahead of ‘recent dividends’ (69 percent) when deciding which companies to invest in.
- Executive pay is a major trigger for selling. While paying leadership and executives fairly does not drive shareholders to purchase shares (only 10 percent rank this in their top five), excessive leadership pay will drive them to sell (38 percent rank this in their top five).
- Philanthropic support for charities and causes is no substitute for integrated values. Retail investors are not especially impressed by one-off initiatives to ‘do the right thing.’ Philanthropic efforts can and should continue, but they will deliver greater impact if tightly aligned with an organisation’s broader positive purpose.
- Age is relevant. Young investors are more likely to care about ‘trust’ factors (such as environment, ethics, values, good treatment of employees) in their investment decisions; while middle-aged investors are likely to care the least. For example, 66 percent of investors aged under 30 cited ‘ethical behaviour’ as an important factor, while just 49 percent of those aged 41-50 agreed – and, interestingly, 55 percent of over 60s agreed. Young investors are significantly more likely to consider environmental concerns than other age groups.

- Women are more likely to prioritise trust factors. On many (but not all) factors, women shareholders are more likely to care about ethical behaviour (70 percent v 62 percent male), environmental sustainability (52 percent v 37 percent male), and whether companies in which they invest are paying their fair share of tax (70 percent v 59 percent male).
- Investors do read annual reports (89 percent). And they’re not just looking at financial performance. Future strategy (95 percent), Board and Executive remuneration (89 percent) and CEO/Chair Messages (88 percent) are the next priority reading areas for retail investors.

If you’re interested in reading the full report, please visit kpmg.com.au

Article first published by Alison Kitchen, National Chairman KPMG Australia, and Amanda Hicks, Partner in Charge, Customer, Brand & Marketing Advisory, KPMG Australia on KPMG Newsroom.
What is one of the top threats to future growth of a business?

I don't think anyone can honestly say they've got the full picture of what's ahead. But if you've got the right skillset, capability and drive to always be anticipating what your customers want, and if you're prepared to try new things – and potentially to fail if they don't work – then I think that puts you in a pretty good position.”

- David Christie.

In family business, technology and data-driven insights are the secret to staying ahead of the curve – and the competition – over the next 20 years.

In the late 1990s, few people could have guessed what the business landscape would look like in 2019. Smartphones, automation and artificial intelligence, cashless payments and co-working spaces are just the tip of the iceberg – the world of work and the world in general have changed a lot in two decades, massively impacting business mindsets and customer purchasing behaviours along the way.

But while no one can say for certain what disruptive developments are in store for the next 30 years, maximising the benefits of technology can help family businesses meet and overcome future challenges, while sharpening their competitive edge here and now.

Get closer to your customers

According to respondents to the 2018 KPMG Enterprise and Family Business Australia survey, changing consumer preferences and purchasing behaviours were seen as one of the top threats to future growth.

One major benefit of technology is that, through business intelligence tools and data-driven insights, enterprises are now better equipped to identify shifting trends in customer patterns, behaviours, lifestyle choices and so on, resulting in better-informed decision-making around production, forecasting and planning.

It may even inspire what David Christie, Joint CEO of Bakers Delight Holdings, calls a “product renovation” – such as when the iconic bakery chain added extra fibre to their white loaf in response to a more health-conscious movement among consumers. Within a few short years, the high-fibre white was their new best-seller.

"I don't think anyone can honestly say they've got the full picture of what's ahead," Christie says, "but if you've got the right skillset, capability and drive to always be anticipating what your customers want, and if you're prepared to try new things – and potentially to fail if they don't work – then I think that puts you in a pretty good position."

Start now

There are a couple of reasons that Brad Miller, Partner and National Leader, Management Consulting KPMG Enterprise, says there's no time like the present when it comes to the adoption of new technologies.

The first is that technological solutions for core systems such as finance, HR, and even customer management are becoming more affordable, giving family businesses better data, better insights, and, as a result, better competitive advantage.

"If you are taking advantage of this, and we see a lot of the smaller companies doing it, you get better at making decisions, because you run your business in more of a real-time fashion," Miller says.

"You can respond to issues and opportunities faster, and you get a better handle on things such as basic profitability, what your customers are doing, what your competition is doing, and what your employees are doing – i.e. how productive are you really as a business?"

The other argument for embracing new technologies sooner rather than later, is that it will make it easier to adapt to disruptions down the track.

"In simplistic terms, you need to invest now," Miller says, "because if it's not the absolute right piece of technology for a particular issue or it evolves, the experience will put you in a good stead."

If you would like further information on how KPMG Family Business Services can assist you, please reach out to David Pring on 9455 5996 or david-pring@kpmg.com.au.

First published by Smart Company.
Business of Family Master Classes

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Locked, loaded: not always the best

PETER CHAPMAN VENTURES TO HONG KONG

ANYONE will tell you when you plan to go on a holiday book well in advance to assure yourself of such things as room availability and best prices. It also means you can rest easy knowing that everything is in place for the holiday you wanted.

The Chapman family like many others saves and plans for one good holiday every year and as my wife is a former travel agent she adheres strictly to the get in early philosophy.

In fact I just have to mention I’d like to go somewhere and before the week is out she will present me with brochures and a fully costed itinerary.

Earlier this year we were chatting about our next escape and she mentioned to me how much she had enjoyed going to Hong Kong. Having never been there I was quick to agree and we went ahead and booked our flights and accommodation in Hong Kong.

Job well done we thought as we sat back and started looking forward to our next adventure.

Unfortunately just after we booked the trip, Hong Kong literally exploded into street chaos.

At first we thought it would all settle down before we had to fly in, but month after month the street violence and protests continued to escalate.

As our September deadline fast approached we looked at cancelling, but the prospect of Hong Kong literally exploding into street violence and protests continued to escalate.

What did we discover when we touched down at a quiet Hong Kong International Airport?

Well what we didn’t find were big crowds or long queues. In fact we were later told that tourist arrivals were down by a staggering 40 per cent in August, a drop of 851,000 from the same month last year.

The fall in numbers reflected wherever we went in Hong Kong and Kowloon on the other side of the harbour.

Many kiosks in the tourist markets were closed and hotel staff and taxi drivers advised us where not to go that day.

Each day the local newspaper reports received better service and better prices had the city not been under siege.

We hadn’t planned a visit to Hong Kong Disneyland, but when we were told the queues there were almost non-existent we caught the train across for the day.

We didn’t see any protests, where we at any risk and were we concerned? The answer to all those questions was no.

In fact having less crowds meant we received better service and better prices than any other holiday I’ve been to, but if you are into food and shopping for a week’s break it has plenty to offer.

RA TINGS: Hong Kong 7/10, Food 8/10, Prices 6/10, Qantas flight 6/10 (food was average), Hong Kong Harbour Grand Hotel 7/10, Kowloon Novotel Hotel 6/10, Sha Tin Races Haymarket 9/10, Happy Valley Races Stable Bend Terrace 3/10, Hong Kong Disneyland 6/10 (needs more shows and rides).

The reports were spot on and we only had to queue for one ride for longer than 10 minutes.

The food lived up to Hong Kong’s reputation and this is one of its biggest drawcards. Wine is still expensive, but beer is reasonable. Seafood is fresh, fruit is sweet and the menu covers all nationalities, unless you are from Alaska.

Overall the prices were still high when compared to Australia, but at least you had great variety.

We did the one day trip across the border into mainland China and Shenzhen and walked the five floors of an amazing shopping mall full of hundreds of small kiosks.

It was the best place to shop during our trip by far, but once again didn’t expect amazing bargains.

A trip to the races in Hong Kong at Sha Tin was a highlight, although a trip to the Happy Valley course was a major disappointment.

If you plan to take in the races book in the Hay Market at Sha Tin and forget Happy Valley.

Overall we were glad we went and now like my wife I can cross Hong Kong off the bucket list.

It didn’t rate as one of the top holiday places I’ve been to, but if you are into food and shopping for a week’s break it has plenty to offer.

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Words and images: Peter Chapman
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Getting culture right: highlights

By GREG MITCHELL

I was fortunate to recently attend the Australian Conference on Culture and Leadership, sponsored by Human Synergistics Australia. This annual conference is often a goldmine of tips and inspiration in terms of the challenges and opportunities of workplace culture, and this year’s event was no exception. Here are a few of my personal highlights from the conference:

- **Corrine Canter (Human Synergistics Australia) and Rob Phipps (EvolvedFast):**
  - Culture change is **not** an event, it’s an ongoing process requiring the ongoing attention of the most senior leaders in the business.
  - A critical early step in any culture transformation effort is to understand and appreciate why things need to change. Seek answers to questions such as: Why is it important to the business to change? Why is the change important to individuals? Where are we currently? Where are we going? What’s our vision? Where are we currently?
  - Forces FOR change are often external (eg. competitive pressures), whereas forces working AGAINST change are often internal (eg. management and staff resistance). For change to be effective, the force/energy FOR change, needs to be sufficient to overcome the force AGAINST change.
  - Corrine and Rob used the analogy of the ocean to describe the challenges and opportunities of culture change. Like the ocean, culture isn’t something you control, it is something that you need to learn how to read and regularly care for to be kept clean, healthy and powerful. When you get it right, that’s when you can catch a long smooth wave of performance.
  - The conference also saw the launch of Rob and Corrine’s “Catching Waves: Getting Culture Right” white paper - available for download here.

**Philip Noble, Chief Executive - Queensland Treasury Corporation**

- Philip described the effort to build a more effective culture within the Queensland Treasury Corporation. He highlighted the fact that it was a 5 year process and that, if the management team isn’t committed or cannot change the culture themselves, it’s time to move them on.
- “Culture is like painting the harbour bridge. It’s never finished, you just need to keep painting.”
- He also highlighted the importance of data to support the process – making the intangible tangible, and providing the opportunity to objectively identify those things that need fixing.
- Philip also addressed the fear and insecurity often felt when it comes to culture change. His advice? “Ignore the fear and grow the energy”.
- Look for opportunities to grow the sweet-spot – the intersection of the: Work we’re good at, Work we like to do, Work we need to do/achieve.

- The concept of genuine vulnerability as a positive leadership quality was also highlighted: “Not wanting to be vulnerable with others, to avoid disappointment and other threats, is like walking around under an umbrella just in case it rains.”


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**Ranna Alkadamani, GM People & Culture - Frasers Property Australia**

- Ranna shared her organisation’s 5-year experience of shifting the company culture from one that was often defensive, oppositional and competitive to one that is consistently constructive, collaborative and focused on developing people.
- In the process, she highlighted the importance of capable leaders by quoting Daniel Goleman “Out of control emotions make smart people stupid.”

**David La Rose, GM IBM Partner Ecosystem, IBM plus IBM Culture Coaches**

- David discussed the commitment required by senior leaders to generate real change. He personally committed to (and completed!) 1:1 culture-focused discussions with his top 150 managers.
- He also discussed the need to commit to a long-term change process, and the importance of building allies and champions along the way. As one of the IBM Culture Coaches said, “Success needs to be a team sport.”
- The concept of genuine vulnerability as a positive leadership quality was also highlighted: “Not wanting to be vulnerable with others, to avoid disappointment and other threats, is like walking around under an umbrella just in case it rains.”

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WESTERN SYDNEY BUSINESS ACCESS OCTOBER 2019
What if your business could communicate well?

**LOUIE RAMOS**

What if your business could have an intelligent conversation with potential customers? No tricks, no salesy gimmicks, no pressure – just honest communication.

If that sounds like the way you like to do business, then consider content marketing; a digital marketing strategy that offers quality, useful information to create a strong bond with customers.

By offering this quality, useful information, your business won’t be ‘interrupting’ your customers but rather empowering them to make informed buying decisions and giving them what they’re looking for at the very moment they’re actively searching for it.

A well-conceived content marketing approach has many benefits, including establishing authority, building trust, and retaining loyal customers – making content marketing tools a worthwhile investment.

To maximise the effectiveness of your content marketing, it’s imperative that you enlist the help of different content marketing tools to boost and target your content to reach customers far and wide.

Content marketing tools can help you find relevant trending topics, keep your content relevant and trendy and help you find influencers who align with your business’s brand and ethos.

Analyse topics. Content marketing tools are available to let you know what topics are trending in your industry, so you can tailor your content to address popular concerns. 20% of people’s online time is spent reading content, and 80% of people have reported that they appreciate learning about a company through original, informative content. Sharing informative articles, videos, and other content can establish your business as the leading authority in your industry.

Create informative content. Informative content can build trust by communicating to potential customers that your business wants the best for them.

By offering useful advice, answering burning industry questions and solving common problems that are relevant to your niche market, you are effectively forging strong, trustworthy relationships with both existing and potential customers.

Treating your customers like valued assets through informative content goes beyond the hard sell by building lasting relationships. Customers want to trust a business, and then make their purchase.

Find influencers. Boost your message by finding influencers to help promote your message. Influencers are popular subject matter experts.

The relationship they have with their many followers is so strong that a simple recommendation can have customers flocking to your website. If you are trying to grow trust in your brand, content marketing tools can help you locate the right influencer to help.

Once your business is established as a trust-worthy subject matter expert, customers are much more likely to be loyal to your brand.

When you search around the internet, make note of all the blogs, e-books, and videos offering high quality content.

Share your passion for your business and enhance the content marketing potential of your business by researching and investing in reputable, functional content marketing tools that will develop and increase your online presence.

Louie Ramos is a digital marketing expert and Director of Digital Strategy at Digital Presence. Visit: digitalpresence.com.au
Parramatta Lanes returns to city

PARRAMATTA CBD will be transformed with food, music, theatrical performances, and art installations when the award-winning 2019 Parramatta Lanes festival returns from October 15 to 18.

Over four huge nights, 14 laneways across the city will come alive with more than 45 food stalls, six bars, and an incredible program of live music acts and commissioned art installations.

“Parramatta Lanes brings the community together for a huge celebration of food and culture,” City of Parramatta Lord Mayor Bob Dwyer.

“We are now in our eighth year and are expecting more than 100,000 people from across Sydney to come along and experience this amazing event. The festival’s large and diverse program means that there is something for everyone spread across hidden laneways and pocket parks in our CBD.”

Eats

The food offerings span across many cultures, including Southeast Asian, Indian, Middle Eastern, French and Italian, and other popular restaurants, such as Butter, Monkey’s Corner, Berlin Bangers, Chophouse, and Jamaican Delight will be taking part. Visitors with a sweet tooth will find plenty to satisfy their cravings. Koi Desserts will be creating a signature Parramatta Lanes dessert, which is sure to be a crowd pleaser, while the Bearded Bakers will also be bringing their unique Middle Eastern dish to Parramatta Lanes.

Beats

The music line-up at Parramatta Lanes will be as eclectic as the food, with everything from K-pop and Bollywood, to 90s tunes and future jazz. The line-up of artists includes Midnight Pool Party, Mariam Sawaire, Esme, Fishing DJs, FBI live broad-cast with Slim Set, Free Souls, Sverrow, Soul of Sydney, Andy Triez and more. The University of New England Parramatta campus on Church Street will be mounting a festival program to remember, as they fuse technology with music, art with science, and food with fun.

Art

Festival goers will also have the opportunity to tour the Parramatta Artists’ Studios (68 Macquarie Street) and immerse themselves in a specially commissioned multi-sensory experience created by resident studio artist Louise Zhang.

Other art installations include a mesmerising creation by Amigo and Amigo in collaboration with students from Parramatta Marist High School, highlighting the impact of man-made waste on our oceans. Nick Anthanasiou from Skunk Control will light up the Roxy Walk with 25 large illuminated flowers that represent Parramatta.

Those wanting to test out their own creative flair can do so in a studio workshop on sustainable jewellery led by Emma Grace.

Play

It will be game on when the Eat Street carpark rooftop is transformed into an ‘Old Skool Party’ complete with Rave Bingo from Bingo Loco, as well as a human-sized Pacman Maze. Don’t miss it!

To see the full program visit parramat-talanes.com.au

Parramatta Lanes

Tuesday 15 October to Friday 18 October, 5 – 10pm

SEE THINGS DIFFERENTLY AT RIVERSIDE

Riverside’s National Theatre of Parramatta and Sydney Theatre Company

WHITE PEARL

By Anhuxt Felicia King

In Singapore, it’s just another day at the office of Clearbay cosmetics. That is, until they discover that their new TV commercial has been leaked online. The video goes viral for all the wrong reasons. Someone is definitely going to get fired.

Anhuxt Felicia King’s new play is a ruthlessly entertaining portrait of toxic corporate culture, casual racism and the complexity of pan-Asian relations. As the team at Clearbay scrambles to contain the fallout, the open-plan, glass-door office proves to be a nest of secrets, lies and resentments.

24 OCT – 9 NOV

THE FOUR SEASONS

Brace against a biting winter and feel the eruption of a summer storm in this inventive performance of Vivaldi’s masterpiece on period instruments. Inspired by four sonnets depicting rustic scenes from the Italian countryside, Vivaldi’s concertos challenge musicians to create striking impressions of nature. Brandenburg Concertmaster of Sydney, Andy Trieu and more. The University of New England Parramatta campus on Church Street will be mounting a festival program to remember, as they fuse technology with music, art with science, and food with fun.

MON 4 NOV AT 7PM

TWO WEDDINGS, ONE BRIDE

Set sail for French Morocco where the champagne flows, the clothes are fabulous, and the music is not sad. All of your favourite pan-Australian waltzes, polkas and songs by Siouxsie, Oberon, Lehrer and Kalman come together in this saccharine musical comedy created by Robert Andrew Greene with some of the biggest names in opera including musical theatre stalwarts John Button Wood and Geraldine Turner. The fury, feel-good fest gives the cast a chance to flaunt an array of gorgeous, colourful costumes by Priscilla’s Tim Chappel.

WED 13 NOV AT 2:30PM & 8PM

PLUS COMEDY AT RIVERSIDE, A PLACE TO CALL HOME EXHIBITION, MY BEST DEAD FRIEND, LES DIVAS – AN ALL MALE REVUE, HOLROYD BRASS BAND – SWING WHEN YOU’RE WINNING, MEA CULPA, JOHN WATERS – DYLAN REVISITED

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WESTERN SYDNEY BUSINESS ACCESS OCTOBER 2019
Hilarious portrait of toxic corporate culture

**WHITE Pearl by Anchuli Felicia King** marks the playwright’s debut with the National Theatre of Parramatta and Sydney Theatre Company and the first co-production between these two companies. Opening at the Lennox Theatre, Riverside Parramatta this October, it is a ruthlessly entertaining look at what happens when a video goes viral for all the wrong reasons.

In Singapore, it’s just another day at the office of Clearday cosmetics. That is, until they discover that their new TV commercial has been leaked online. The video goes viral for all the wrong reasons. Someone is going to get fired.

King’s new play is a hilarious portrait of toxic corporate culture, casual racism and the complexity of pan-Asian relations. As the team at Clearday scrambles to contain the fallout, the open-plan, glass-door office proves to be a nest of secrets, lies and resentments.

“My play explores a grocery list of themes – the beauty industry, the multiplicity of ‘Asian’ identities, intra-cultural racism, global discourse and the internet, and shame as a cultural commodity,” King explains.

“At its core, White Pearl is really about communication: the ways we use language to gain or cede power. I think audiences can expect to hear a play that sounds different to anything they’ve heard before. And I think they can expect to be startled. And to learn something new. And to laugh – a lot.”

King is passionate about seeing more diverse stories on theatre stages.

“People often talk about increased diversity on stage in terms of its social function – and of course, as a necessarily local art form theatre should reflect the diverse community it serves,” she says. “Yet something that often gets lost in the conversation is that diversity actually makes art better! Plurality drives invention. So cultural plurality leads to formal innovation, exploration of broader issues, and exciting new voices. It’s a win-win!”

**STC Supporting Outreach Patron: The Girgensohn Foundation**

Riverside’s National Theatre of Parramatta and Sydney Theatre Company Present

**White Pearl By Anchuli Felicia King, Directed by Priscilla Jackman.**

**Australian Premiere**

24 Oct – 9 Nov. Lennox Theatre, Riverside Parramatta.

**Opening Night: Saturday 26 October.**


With: Deborah An, Matthew Backer, Mayu Iwasaki, Vaishnavi Suryaprakash, Merlynn Tong, Catherine Van-Davies, Shirong Wu

Ticket Information: Adult $49. Senior $44. Concession $44. Under 30 $39. Preview performances $39. Saturday evening performances $49. Prices correct at the time of publication and subject to change without notice. Transaction fees may apply. Tickets are available from both Riverside Theatres and STC.


Parents’ reactions can lessen or worsen pain for injured kids

ERIN BROWN  JUSTIN KENARDY

Focus on at once. Therefore, a mind that is preoccupied with other things will perceive the pain as less than a mind that is focused on their child during the dressing change. Some new research (yet to be published) has looked at family coping and distress during the dressing change following a burn injury. The study’s findings show parents need additional support following their child’s injury and during medical treatment. This additional support would benefit the parents, and also the child. A less distressing treatment means less trauma for all, as well as lower pain and anxiety experienced by the child.

Parents' reactions can lessen or worsen pain for injured kids

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Parents use toys and mobile phones to distract a child from a medical examination. Author provided

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COMMENCE YOUR STUDIES THIS SCHOOL HOLIDAYS!!!
What to avoid

• Scaring them with how painful the medical treatment will be or “how bad it looks”.
• Criticising their behaviour.
• Minimising their experience (“you’re okay,” “almost done”).
• Encouraging the pain (“I know it hurts a lot”).

It’s common for parents to feel upset themselves following a young child’s injury. All parents struggle with anxious and guilt-ridden thoughts about their child’s health from time to time, so it can help to treat yourself with kindness and remind yourself you’re doing what you can to give your child the best medical care.

It helps to stay focused on helping your child during stressful medical treatment, rather than worry about the injury severity. If you’re concerned about your own coping during the treatment, invite a second adult along to support your child if you need to take a break.

You can also seek further support through talking with your child’s nurse or social worker, or your local doctor.

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

Erin Brown is a Ph.D. Candidate, The University of Queensland.

Justin Kenardy is a Professor of Clinical Psychology, The University of Queensland.
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"Our new brand will help to continue attracting investment into the city and lets everyone know that we are open for business." - George Briticevic, Mayor of Campbelltown, on the launch of the city's new logo.

"Sydney Airport is becoming capacity-constrained very rapidly, so we'd like to open freight operations here ideally at the end of 2025, but hopefully no later than the first half of 2026." - Graham Millett, CEO, Western Sydney International Airport, on the signing on of ten major freight companies to design a freight terminal at the airport.

"The investment will not only help ensure that manufacturing remains in Condell Park for years to come but is upskilling our people, many of whom live locally, through the state-of-the-art technology and the training we are providing to employees." - John Doumani, president, Zip Water, following a $6M investment in its Condell Park facility.

"The opportunity to help shape and adapt one of Australia's most exciting architecture programs in Australia's fastest growing city does not happen often, and I am very pleased to join Western Sydney University at this exciting time in its history." - Peter Poulet, who has been appointed Professor of Practice Architecture for Western Sydney University School of Built Environment. He was previously NSW Government Architect.

"The Centre of Excellence is well-positioned to become one of the best of its kind in Australia." - Geoff Lee, Minister for Skills and Tertiary Education, on the opening of the National Electrical and Communications Association Training and Apprenticeships Centre of Excellence, in Chullora.

"While Australia's national economic performance and tightening regulatory conditions is having an impact, this year's PSI captures the excitement that surrounds the new Sydney Metro Northwest. Businesses are overwhelmingly positive." - Mark McCrindle on the results of Hills annual business survey.

"From fresh produce to natural features and adventure attractions; these trails offer visitors a rich diversity of experiences and the short distances between locations makes our region the perfect driving destination." - Penrith Mayor Councillor Ross Fowler on the city's new marketing campaign.


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