



**norwest
community**

news

EDITION 22
SUMMER 2021

Welcome to Summer!

Exciting things are happening in the Norwest area with new restaurants opening up, Christmas and holidays around

the corner and hopefully less COVID-19 restrictions! We wish you all a Beautiful Christmas & a Happy New Year!

Photography Competition Winners



Congratulations to the winners of the Spring Photography Competition! The adult category theme was "What Norwest Means to Me" and the winner is Deb Morgan with her photo of the swans at Strangers Creek. Deb loves to go



for walks. Her prize was a \$100 voucher at a local restaurant. The Children's Competition theme was "Fancy Dress or Funny Photo" and the winner is Denise Ngai's photo of her son Daniel. His prize was a \$50 bookshop voucher.

Special Deals for Members Update

Become a member and enjoy the benefits!

December deal with Momentum Physio

Members receive 50% discount on initial physiotherapy consultation until 19th December. Address: Suite 109, 32 Lexington Drive, Bella Vista. Phone: 1300 330 331.

Welcome to new Loyalty Card Partners:

City Cave Float & Wellness Centre are offering 10% discount on individual & couples floatation therapy & infrared sauna sessions. Address: 2 Natura Rise, Norwest. Phone: 8320 6199.

Newly opened **Ribs & Burgers** are offering a 10% discount on dining in for up to 2 people. Address: 11 Solent Circuit, Norwest. Phone 8629 8817.

To become a Member or find out more about the benefits, go to norwestcommunity.com.au. You can take advantage of the members' discounts by simply showing your valid membership card.

Live Life Get Active – Free Fitness Training



Come and discover how fitness can build friendships, improve both physical and mental health and general happiness.

When: Monday to Friday
12pm – 12.45pm.

Where: Outside Norwest Markettown, grassed area by the lake.

For information and to register to go norwestcity.com.au/norwestalive.

Free Tai Chi Classes

Classes will begin again in the new year, please check our website for updates at norwestcommunity.com.au/groups.

Thursday Coffee Club



Meets monthly on a Thursday morning. Come along & enjoy a coffee with new friends.

Time: 10 am.

Dates: Thursday 10th December & 11th February.

Venue: Hohl, 40 Solent Circuit, Norwest.

Norwest Men's Group

This group is a great way for men to connect and solve the problems of the world!

Dates: Tuesdays 8th December, 12th January & 9th February.

Time: 10.00am.

Venue: Café McKels, Shop 14, CircaRetail, 1 Circa Boulevard, Bella Vista.

Enquiries: Phone Barry on 0409 916 380 or Denis on 0411 550 864.

Meet the Residents

Meet Deb & Greg Morgan. Wanting to downsize their lifestyle, they moved to Central Park, The Lakes a year ago. They love the facilities & the convenient location. Deb, a retired massage therapist and Greg, a retired civil engineer, are both award winning artists – Deb paints and Greg draws.

Deb is the winner of our Spring Photography Competition.



It's a Boy!



Congratulations to Gazi & Louella Ullah on the birth of their third son, Zavier, in August. They are long term residents of Bella Vista Waters. Gazi is the Treasurer of Norwest Community Association.



Norwest Community Event

Norwest Community Association AGM & Social Night

We are looking forward to getting together for refreshments, a guest speaker and catching up! The AGM will be brief affair and we invite new members to join the committee.

When: Friday 12th February at 7pm.

Venue: Norwest Sales Suite, 26 Solent Circuit.

Please visit our website for more information and to book your free ticket closer to the date.



Norwest Community Event

Let's Have Lunch!

Come and join us for lunch to meet people and have a local restaurant experience!

When: Wednesday 3rd February at 12pm.

Venue: To be confirmed.

Please visit our website for details closer to the date.

Christmas Lights Competition

Let's brighten up our neighbourhood and celebrate the season together!



Our competition is open to all residents in Norwest & Bella Vista.

To enter, please email us a photo of your lights or of someone you wish to nominate, contact details and address to president@norwestcommunity.com.au by 14th December. Judging will occur 15th - 17th December. Winner will be announced soon after.

The winner will receive a Gourmet Christmas Treats Hamper & Gift Card, valued at \$200

Christmas Hamper Drive

To help those less fortunate at Christmas time, we invite you to donate non-perishable food items for a local charity. Please place them under the Christmas tree at Norwest Sales Suite, 36 Solent Circuit, by 15th December.



Group Fitness Training



Our IN2Life NIGHT OPS Group Training runs twice a week. If you want to lose weight and have fun with other local residents, why not come along and join us!

When: Every Monday & Wednesday at 7pm for one hour. Last class for 2020 is 16th December. Classes recommence on 13th January.

Venue: Norwest Lake, off Maitland Place.

Cost is \$12.50 per session, running in 5-week blocks.

Bookings: If you are interested please email Sarah at sarah@in2lifept.com.au or call mobile 0418 417 182.

Do you have items that need a new home?



Do you have unwanted, quality furniture, bedding or kitchen items that are in good condition? Providential Assist are happy to collect your items and pass them on to homes that need them most, free of charge. Please call 1300 364 701.

Let's connect on social media!

Check out [facebook.com/norwestcommunity](https://www.facebook.com/norwestcommunity) and Instagram [@norwestcommunity](https://www.instagram.com/norwestcommunity).

Have you joined our Facebook Groups? They are [facebook.com/NorwestHappyHourGroup](https://www.facebook.com/NorwestHappyHourGroup) & [facebook.com/NorwestCommunityFamilies](https://www.facebook.com/NorwestCommunityFamilies).

Are you on our mailing list for email updates? If not, please email us your contact details via president@norwestcommunity.com.au or tuula.schaeffer@connections.com.au.

We thank Mulpha Norwest for their continuing support of our community and sponsorship of this newsletter.



Other Local Community Event

Bella Vista Farm Open Days

Come and visit Bella Vista Farm! The historic homestead will be open for limited viewing. Volunteers from the Friends of Bella Vista farm are available to chat and answer any question about the Farm and its history. You can also relax in the gardens of the Farm or bring a family picnic lunch to enjoy. Explore the homestead and farm buildings.

When: Sunday 6th December & 7th February from 10 am to 2 pm.

Where: Elizabeth Macarthur Drive, Bella Vista.

Who is Mulpha Norwest?

Mulpha Norwest is owned by award-winning property developer Mulpha. In addition to the masterplanned community Bella Vista, which comprises 1400 residential blocks and 500 medium density dwellings, Mulpha has developed one of Australia's largest business

parks, the 377 hectare Norwest Business Park. It also owns Hayman Island, Intercontinental Hotel, Sanctuary Cove Resort and Bimbadgen winery.

Norwest Sales Suite is located at 36 Solent Circuit, Norwest, and is open 7 days from 10 am to 4 pm.

Phone: 1300 090 388.

Essentia Townhomes Win Gold at the Sydney Design Awards

Mulpha's Essentia 'smart' townhome development in Norwest has received a gold award in the Sydney Design Awards 2020 in the Architecture-Residential-Constructed category.

Essentia is designed by international award-winning Architectural firm, A+ Design group, headed by Tony Leung who handcrafted the winning architecture design work of the Essentia townhomes.

This award celebrates the design process and the end-product of planning, designing and constructing space, form and ambience that reflects functional, technical, social, and aesthetic considerations. This includes analysing materials, technology, light and shadow to respond to behavioural science understandings.

Mr Leung, founder and CEO of A+ Design Group, said the architecture of Essentia is about diversity with human scale in mind.

"The external design is varied in texture, material and colour, so that each home has its own identity. The facades have a sense of depth and relief, with materials and colour tones that complement the natural surrounds.

"The design intent is to capture the simple elements of life – the breath of wind, the cross flowing air, the sense of shelter, the diversity of textures, forms and material palette, as well as the playful articulation of shadow and light. The design also draws energy from the sun.

"As a pillar in the design there is a central meeting place surrounded by terraces that bring the community together – a wellness centre that is reminiscent of the riparian corridor providing a meeting place for all life forms. The wellness centre features a pool, gym, library and yoga retreat that is filled

with light, and an outdoor BBQ area surrounded by lush landscaping."

Mulpha and UNSW announce ground-breaking plan to reduce urban heat in Norwest

Developer Mulpha and the University of NSW Built Environment faculty have announced a ground-breaking research initiative aimed at understanding how the Norwest precinct handles heat and assessing ways to mitigate its impact through smart building, infrastructure and landscape design.

Tim Spencer, Executive General Manager, Mulpha Developments said:

"Our target is to lower the Heat Island Effect by two degrees, which will deliver significant cost savings and health benefits to the businesses and residents of Norwest."



The two-phase project, due to commence in early 2021, will establish a network of environmental sensors around the Norwest precinct and a real-time data platform and spatial map of urban heat at Norwest. This will be extensively analysed to determine how the precinct performs now as well as how it develops as the climate continues to change. An evidence-based design guide will be developed to create a more liveable environment and deal with the challenge of climate change at a local level.

Dr Negin Nazarian, Scientia Lecturer, UNSW Built Environment, said:

"Heatwaves in Australia are becoming more frequent and severe, killing more people than any other

natural disaster. This has serious consequences for public health, liveability and functionality of urban environments.

"With the increased rate of urban development, urban-scale climate is dramatically changed, resulting in additional warmth brought about by the urban heat island (UHI), i.e. air and surface temperatures in settlements being significantly warmer compared to their surroundings.

"It is paramount that we understand and closely monitor not only the climatic factors, but also the urban design characteristics that impact human health and well-being in the face of such heat events, and further promote smart city strategies to address this.

"Once the data has been collected, Mulpha will develop mitigation strategies to minimise heat build-up in Norwest. These can include the type of materials used for both building and surface areas, use of awnings, screens and external shading structures, landscape design including vegetation and tree planting in both private and public spaces, and effective use of water features.

"The proposed mitigation strategies can have a major impact on the climate variability and liveability in urban environments such as Norwest."

To engage Norwest workers and residents in the project, UNSW has conducted thermal image mapping of Norwest using a drone and produced an online interactive map showing micro-climate variability at Norwest.

norwestcity.com.au/vision/initiatives/norwesteco/heatmap/

This newsletter is published by Norwest Community Association and sponsored by Mulpha. For enquiries, news to share or suggestions please contact president@norwestcommunity.com.au