

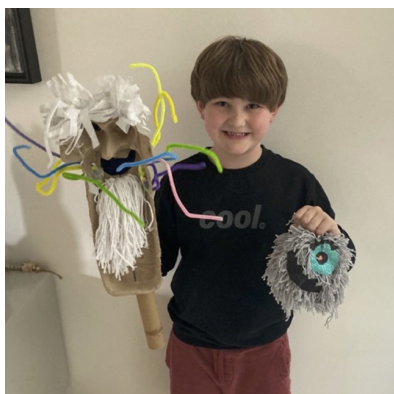


**norwest  
community**

**news**

**EDITION 26 SUMMER 2022**

## Lockdown Activity Competition



We are happy to present our Lockdown Activity Competition Winners. Winner of Category A (17 years and younger): Freddie Holland, aged seven, started making monsters from things lying around the house. Well done Freddie!

Winner of Category B (18 years and older): Michelle Gunner found lockdown the perfect excuse to renew her passion for painting. She began painting miniature paintings, 2 x 3 inches. Not being able to purchase correct size frames, her husband made the frames,



Michelle then painted and distressed them. Well done Michelle! Both Freddie and Michelle won a \$100 gift card to one of our local restaurants.

A huge thank you to all who submitted their entries. The other entries included a hand drawn family tree, publishing a novel, painting by numbers, growing mint, making jewellery, painting rocks to decorate a bush walk and dressing up for Zoom dancing classes.

## Welcome to Summer and Merry Christmas!

Welcome to summer and the holiday season!

We hope you have a wonderful Christmas and we wish you all the best for 2022.

## Introducing a New Loyalty Card Partner – Brew & Bite

We welcome Brew & Bite as our new Loyalty Card Partner. Located in Norwest Markettown, Brew & Bite offers a 5% discount to all Norwest Community Association Members. Simply present your membership card to receive the discount.



To become a member or find out more about the benefits, go to [norwestcommunity.com.au](http://norwestcommunity.com.au). You can take advantage of the members' discounts by simply showing your valid membership card.

## Let's Have Lunch!



Come and join us for lunch to meet people and have a local restaurant experience! We had a great time at Thai Waterfront in November!

**When:** Tuesday 15th February at 12pm.

**Venue:** Jazzveh, 5 Celebration Drive, Bella Vista.

**Booking:** Please sms Tuula on 0412 620 115 by 13th February.

## 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 during school term.

**Where:** Outside Norwest Marketown, grassed area by the lake.

For information and to register go to [norwestcity.com.au/norwestalive](http://norwestcity.com.au/norwestalive).

## Free Tai Chi Classes

Classes go for 45 for minutes. All welcome, no need to book.

**When:** Mondays, Wednesdays & Fridays at 8.30am.

Christmas break from 22nd December to 5th January.

**Where:** Grassed area along Norwest Lake, behind Norwest Marketown.

**Enquiries:** Vimala on 0412 888 672.

## Norwest Men's Group

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

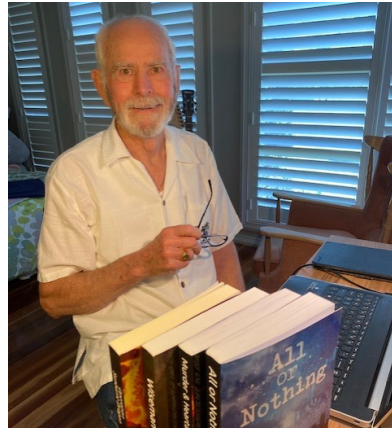
**Dates:** Tuesdays 14th December, 11th January & 8th February at 10.00am.

**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 Barry Pareezer, who found a new passion in writing after retirement.



Barry and his wife Narelle have been living in Bella Vista Waters for over 20 years and have always been active members of our local area. They were foundation members of Bella Vista Waters Community Association, now known as Norwest Community Association. Together with a small group of people, they helped set up and launch Bella Vista Probus Club, which has been operating for over ten years. Narelle has been a volunteer with the 'Friends of Bella Vista Farm' for more than 16 years, and Barry is the Social Secretary for the Castle Hill RSL Subbranch. Barry is also

one of our wonderful newsletter distributing volunteers.

Barry's military and law enforcement background, combined with many unique experiences along life's journey, helped him launch into becoming an author.

Inspiration for his first novel came while flying home from China and reading a newspaper article about China's one-child policy and especially farmers wanting only sons. This brought to mind a kidnapping he investigated many years earlier. After several hours, he formatted a plot for a story starting in China and ending in Australia. The story, called 'Operation Sunburnt Dragon' was not completed until after retirement. During the two Covid lockdown periods, he converted that story and self-published it as a screenplay.

In early 2019, Barry committed to writing a novel each year. That year he self-published 'Wiseman', and in 2020, he wrote and self-published 'Murder & Heartache.' This year he released the latest novel, 'All or Nothing.' All are crime and mystery stories with a twist and a touch of romance. They are available at [Amazon.com.au](http://Amazon.com.au).



Come along and celebrate the season with us. We have a fun event planned for families with afternoon tea, a funny magic show, face painting and there may even be a visit from a special you-know-who!

**When:** Sunday 12th December at 3 pm.

**Where:** Mulpha Experience Centre, 36 Solent Circuit.

**Tickets:** Tickets need to be booked via Eventbrite. Search Norwest Family Christmas Party. A booking fee of \$5 applies for adults, children are free. Bookings close 8th December. Please note this is a limited capacity event.

**Covid Safety:** In compliance with the current health orders, all adults must be fully vaccinated, show proof of vaccination and masks must be worn by all over 12 years of age.

A banner for a social night event featuring a close-up of two hands clinking champagne glasses. The background is softly blurred with warm, bokeh light effects.

Norwest Community Event  
**Social Night & AGM**

You are invited to join us for an enjoyable night featuring drinks and finger food, meeting people and a brief AGM.

**When:** Friday 28th January at 7 pm.

**Where:** Mulpha Experience Centre, 36 Solent Circuit.

**Tickets:** You need to book your free ticket via Eventbrite. Search Norwest Social Night & AGM.

Tickets available from 14th January, bookings close 26th January.

A banner for Bella Vista Farm featuring a scenic view of a large, historic stone building with a red roof, surrounded by lush green trees and a well-maintained lawn.

Other Local Community Event  
**Bella Vista Farm**

**Monthly Open Days** – Organized by Friends of the Farm feature live music, trash & treasure stalls, tours of the historic house and Devonshire teas.

**When:** Sunday 5th December from 9am to 2pm.

**Shakespeare in the Park** – Sport for Jove presents: As You Like It. Please visit The Hills Shire Council website for more information.

**The Hawkesbury Harvest Farmers & Fine Food Markets** – Held at the Castle Hill Showground, the markets feature an abundance of fresh produce to tempt your taste buds.

**When:** Saturday 11th December.

A banner for a car show featuring a close-up of a classic yellow sports car, showing the roof, side mirror, and part of the windshield.

Other Local Community Event  
**Bella Vista Waters Car Show**

The inaugural Bella Vista Waters Car Show is where you can view some of the finest automobile marques in the world!

**When:** Sunday 12th December from 10am to 1pm.

**Where:** Streets adjacent to the greenway link between Brighton Drive and Edgewater Drive..

For enquiries contact Jeff Grey on 0425 834 908 or twogreys@bigpond.com

## 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:** Monday & Wednesday 7-8pm. Last class for 2021 is 15th December. Classes recommence on 10th January.

Cost is \$15 per session.

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

## Friday Coffee Club



Meets monthly on the second Friday morning. Come along & enjoy a coffee with new friends.

**When:** Fridays 10th December & 11th February at 10 am.

**Venue:** Brew & Bite, Norwest Marketown.

## 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).

Are you on our mailing list for email updates? If not, please email us your contact details via [president@norwestcommunity.com.au](mailto:president@norwestcommunity.com.au) or [tuula@highendeavours.com.au](mailto:tuula@highendeavours.com.au).

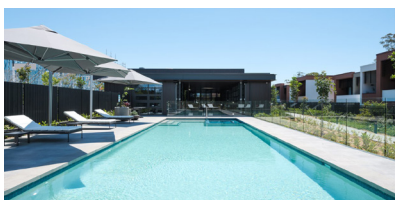
We thank Mulpha Norwest for their continuing support of our community and sponsorship of this newsletter.

## Construction now complete on Wellness Centre in Essentia, Norwest

Construction is now complete on the resident exclusive wellness centre located in the heart of Mulpha's Essentia 'smart' townhome development at Norwest. The centre is powered by solar energy with a heated swimming pool, gym, yoga area, fireplace, two barbecue areas, and lounge area, offering residents their own tranquil sanctuary to meet, recharge and relax.

There has been strong demand for the 'smart' townhomes in Essentia, with 51 of the 74 townhomes now sold. The final release will be announced shortly.

The townhome development integrates the latest smart technology with wellness in design principles to create a healthier and more energy-efficient living environment. It reflects a growing trend in the property industry towards designing and building homes to support the holistic health of residents.



Set around a beautifully landscaped central park and natural waterway in the six-hectare estate, Essentia offers residents luxury living within a peaceful environment while being part of a vibrant community close to all the lifestyle amenities and transport links that Norwest has to offer.

## Career mentoring program continues to drive business innovation in Norwest

Despite the disruption of the past two years, the Norwest mentoring program



continues to foster a culture of collaboration, innovation, and lifelong learning at Norwest.

Now in its third year, the Mulpha-initiated program matches students, graduates, employees, and entrepreneurs, with experienced professionals to meet regularly and discuss their career and personal development, business experience and potential ideas and opportunities.

Mentee Irene Mafara is a Chartered Accountant who works in the education sector. She was teamed up with mentor Greg Robinson, whose expertise is in information technology. Greg's background includes service delivery, strategic selling and organisational transformation for government, utilities, and education. Irene's aspirations were to continue her career in finance, but at the same time launch a start-up business that would foster financial literacy in her extended community.

"My mentoring experience has been amazing. Greg has been a great anchor for me as I have mapped out my future career. I have moved to a new job that aligns with my values, beliefs and vision for the next generation and Greg was instrumental in that process."

Greg Robinson became involved in the mentoring program after attending a Mulpha sponsored community meeting regarding Smart City Business and Innovation Hub.

"The best business leaders provide encouragement, guidance and direction to colleagues including staff, customers and other stakeholders. This is mentoring.

These same leaders have mentors. Understanding mentoring and adopting this approach in the workplace and at home has a positive influence and achieves better results," said Greg. "The advantage of an organised program is structure. The Norwest Mentoring program provides support including a mentoring guide. It makes you realise the positive influence you are having and the positive impact the mentee is having on you. I learned something new in each meeting and I'm sure Irene did as well."

To be involved in 2022's Norwest Learn Mentoring Program, visit [norwestcity.com.au/community/Norwest-mentoring-program](http://norwestcity.com.au/community/Norwest-mentoring-program).

## Who is Mulpha Norwest?

The Mulpha Group, developers of Norwest, is committed to long-term value creation with a focus on high-end property development and investment in the residential, commercial, retirement and hospitality sectors. Flagship investments include Norwest Business Park, InterContinental Sydney, Sanctuary Cove on the Gold Coast and InterContinental Hayman Island in the Whitsundays. The Group is also an active investor in funds management, real estate debt, education, technology, car parking and childcare.

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.