



with
**NEIL
GOFFET**

DID YOU KNOW ...

39.8% of Hunter residents had a household income of up to \$40,000, 29% between \$40,000 and \$80,000, and

31.2% had \$80,000 and over. Those with \$100,000 had higher wellbeing scores than those with under \$8

From the Hunter Valley Research Foundation

www.hvrf.com.au

DIARY DATES



Wednesday: Business Development Forum: The Power of People, special Bev Evans (WEA Hunter Newcastle Jockey Club) 7.30-8.45am, members \$35, non-members \$55 RSVP today hunterbusiness-schamber.com.au.

Wednesday: Lake Macquarie City Council Business Network Breakfast Series, International Women's Day, speaker Heidi Pollard, at Belmont 16 Footers, 7-8.30am, cost \$32.50.

Friday: Property Court of Australia Hunter, Blueprint For Growth - The Lower Hunter Regional Strategy, speaker Terry Wetherz (JBA Planning) at Newcastle City Hall, 12.30-2pm, members \$90, non-members \$1 Friday March 23: Hunter Business Infrastructure speaker Paul Broad (Infrastructure NSW), Merewether Surfhouse 12.30-2pm, members \$100, non-members \$150, RSVP essential March 19, hunterbusiness-schamber.com.au.

Fuelling fitness

RAW Cafe in Newcastle East offers food and drinks not available to Australian armed forces fighting in Afghanistan.

Owner Adrian Sutter should know because he spent two years in the war-torn country before taking a shot at an easier lifestyle near Newcastle Beach.

Adrian joined forces with Sam Foale, who fought with him in Afghanistan, and his younger brother Ben Sutter, to open the cafe just before Christmas last year.

Sam and Adrian saw first-hand what a dearth of nutritional food did to their bodies overseas and decided to offer high-protein, low-fat alternatives in a cafe-dining style.

Sam still serves in the Australian Army but Adrian took a step back to the Army Reserve so he could serve customers instead.

"Sam and I saw what eating and drinking like that could do to your body and it was quite alarming," 26-year-old Adrian said.

"We decided to open Raw Cafe and offer people fitness food while they are relaxing and it seems to be working."

"We worked with nutritionists and the chefs here to offer high-protein and low-fat, low-carb meals and to push the gluten-free stuff."

"We have a lot of turkey and kangaroo meals because both meats are low in fat and very high in protein."

The cafe, in the former Bogy Hole Cafe building, is open seven days a week from 6am to 9pm but offers takeaway meals for dinner between 4pm and 9pm.

Adrian and Ben, 21, said the cafe was dedicated to the memory of their sister, Kate Sutter, who died last year of cervical cancer aged 28.

The brothers will both line up for Southern Beaches in this year's Newcastle and Hunter Rugby Union premiership and Adrian has a 100 per cent success rate with the club.

"I played most of my juniors for Southern Beaches but I've only played one senior game because I've been away in the army for six years," he said.

"I came back a few years ago and played one game while I was here and it happened to be the first game the club won in first grade."



LIGHT ON
CARBS: Raw
Cafe's Ben
and Adrian
Sutter.

SWEET FRANCHISE SUCCESS

BOUQTIQUE chocolate and gift shop Lollypotz was last week named as one of *Business Review Weekly's* fast franchises for the past three years.

The review ranks franchises according to their average annual turnover growth for three years and Lollypotz finished fourth on the list of franchise networks in Australia.

Lollypotz has its only Hunter store on Tudor Street at Hamilton, and finished behind Jatts Fitness, Smith & Sons Renovations and

Extensions, and Mexican fast food outlet Zambiero.

BUSINESS CENTRE OPENS

THE Newcastle City Business Centre will officially open on Thursday with stage one of the multi-million dollar refurbishment complete.

Located on the corner of Bolton and Hunter streets, it was built in 1921 as the Commercial Banking Company building and was the tallest in the city when completed.

The biz

We are excited to have reached terms with Itochu and look forward to welcoming J-Power to the Maules Creek project.

—*Aston Resources interim chief executive Peter Kane on the arrival of a second Japanese partner, J-Power*



The building was bought by David and Frances Chapman in July 2009 and they started renovations 12 months ago. The lobby and ground-floor office spaces are finished and the other five floors of serviced offices will be completed in the next two years. David and Frances have a development application approved to renovate the top floor into a penthouse apartment and are considering moving in themselves when it's complete.

VOTE OF APPRECIATION

JENNY Noblet's services to the Newcastle Business Club were recognised at last month's luncheon with a small presentation from president Daniel Quinn.

Jenny is a member of the club but is not part of the committee and is in charge of organising the lunches at the Harbourview Function Centre.

She is the smiling face on the door that makes sure everything runs as smoothly as possible, and she works for the Hunter

Melanoma Foundation. She w afforded the luxury of not doing door duties last month and Mc Purser and Sabrina Wild filled for her.

Sabrina is looking for a more permanent gig as a sales manager, recruitment, dangerous goods transport and logistics.

FOCUS ON CARBON TAX

HUNTER TAFE's Matt Hand ca will host the Australian Institute Company Directors' briefing on March 13.

The forum will focus on the and opportunities for company directors and senior managers arising from the introduction of carbon tax legislation from July. The speakers include Centre Coal chief executive David Mc Paul, Paul Jeans, who is the chairman Newcastle Port Corporation a director of Ausgrid, and GHID environmental consultant Ste Thompson.

Delivering Trade Opportunity

The Port of Newcastle is recognised as a major strategic asset for the Hunter, New South Wales and Australia economies in handling more than \$17 billion of annual trade.

More than 40 different commodities are traded through the port where Newcastle Port Corporation manages more than 670 hectares of port-related land.

Commodities range from aluminium, cement, coal, copper and zinc concentrates, fuel, grains, heavy farm machinery, rail wagons and carriages. The port has 19 operational berths, 11 allocated to general cargo and eight dedicated to coal exports.

The long list of commodities is resulting in about 4,000 annual ship movements as the port continues to grow and become increasingly busy.

Critical to the continued growth and expansion is the work of the Corporation's Cargo Efficiency and Trade Improvement team which can assist in all trade inquiries. If you are interested in trade in the Port of Newcastle please contact the team on (02) 4985 8222.

www.newportcorp.com.au

