

## Kangaroos host family and community day

The newborn, elderly and giant furry mascots were among those to bound down to Arden Street in drizzly weather on Saturday 13 February for the North Melbourne Football Club's annual Family and Community Day. With the event held at Arden Street for the first time in several years, supporters were given their first chance to see the club's newly completed training and administration facilities.

Many headed to the indoor basketball court to seek shelter from the rain where there was face painting, premiership cup photos and other kids' activities, while the nearly completed Learning and Life Centre was also a popular drawcard.

Older supporters were seen staring at North's premiership flags and images of club legends on the court's walls, hands on hearts, before rushing to stock up on club

membership and merchandise.

Drier weather later during the event saw the kids get outside to play ball games and sprints, as the players wandered the oval trailed by legions of autograph-hunting fans. It must be said that the guys were good sports.

The team presentation was another highlight, with each player passing through the white picket fence en route to the main

stage where they were cheered by the club's fierce supporters. Club CEO Eugene Arocca presented State Labor MP Bronwyn Pike with a signed Kangaroos jumper, coach Brad Scott reflected on his young squad's pre-season progress, and the crowd cheered as usual, happy to see the club back where it belongs and looking to a new era.

Tom Kramer



Top left: The Kangaroos' younger supporters took the chance to meet their heroes at the club's family day, and hopefully get an autograph.

Centre: Welcoming the players to the main stage.

Top right: Young and old were keen to talk about the team's 2010 chances with the club mascot.

Photos: Tom Kramer

Wyn Mackay has been a NMFC member since 1939. In the photo bottom left, Wyn stands next to the paver that bears her name.

Photo: Janet Graham

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## NOTICEBOARD

**The North and West Melbourne News** is a quarterly publication produced by volunteers from North and West Melbourne and the inner city. It is now in its 32nd year of production. Readers' contributions are welcomed. Where relevant the *News* may seek alternative opinions in the interests of balance. Contributors' opinions are their own, however, and the *News* takes no responsibility for them. We reserve the right to edit or omit articles considered unsuitable or when space is limited.

**Finance**

The *News* is a non-profit organisation working as a program of The Centre. It is partially funded through the City of Melbourne's funding agreement with The Centre. Other income derives from a limited quota of advertising, subscriptions and occasional donations.

**News subscriptions**

If you would like to receive the *North and West Melbourne News* by mail, the rate is \$10 for four copies sent anywhere in Australia or pro rata for part of the calendar year. The *News* is distributed free throughout North and West Melbourne.

Further copies are available from The Centre and the North Melbourne Library.

**Advertisement sizes and rates**

60 mm W x 92 mm H \$50 plus GST  
124 mm W x 92 mm H \$100 plus GST  
188 mm W x 92 mm H \$150 plus GST  
252 mm W x 92 mm H \$200 plus GST

*Community announcements are published free of charge.*

For more information phone 9329 1627.

**Please note:** Advertisements now receive online exposure at <[www.centre.org.au](http://www.centre.org.au)>, where the latest edition of the *North and West Melbourne News* is displayed.

**Volunteers**

The *News* welcomes new volunteers. If you have skills in writing, drawing, photography, archiving, subediting and proofreading, computer technology or design and layout, please consider joining the team.

**Production Coordinator:** Allan Hood

**Content Coordinators:** Jennifer Boyce and Tom Kramer

**Advertising Coordinator:** Janet Graham

**Section Editors:** Sodany Chea (Youth & Education), Irina Fainberg (Arts & Entertainment), Janet Graham (Noticeboard), Patricia Lew (Sport & Health), Kate McDonell (History and Community), Shannon Newley (Travel & Food), Linden Smith (The Centre), Amanda Vandenberge (Community), Alecia Wonsack (Politics & Environment)

**Production team:** David Apostol, Jennifer Boyce, Janet Graham, Rene Heeps, Allan Hood, Tom Kramer



Produced with the support of



Printed by Latrobe Valley Express  
21 George Street, Morwell 3840  
Circulation 5600

**Please deliver contributions, letters and feedback to:**

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58 Errol Street, North Melbourne 3051  
Email: [thenews58@gmail.com](mailto:thenews58@gmail.com)  
Telephone: 9328 1126

**Copy deadline for June 2010 edition:  
Wednesday 12 May**

Planning meeting: Tuesday 6 April 6.00 pm  
at The Centre, 58 Errol Street, North Melbourne

**New contributors welcome****Delivery volunteers wanted  
to bring the *News* to the letterboxes of North & West Melbourne**

Help us to fill the gaps in our delivery network. We particularly need people to get the paper to the following areas:

1. Block bounded by Howard, Victoria, Capel and Queensberry streets
2. Block bounded by Capel, Victoria, Cobden and Queensberry streets

The *News* is published four times per year and delivery takes about one-and-a-half hours per issue. It helps if you have a trolley or pram, as a bundle of newspapers can be quite heavy.

**To volunteer please contact Helen Lew Ton**  
[hmlewton@gmail.com](mailto:hmlewton@gmail.com) • 9329 9757

**New Arabic collection @ North Melbourne Library**

Come and help us launch our brand-new exciting collection of Arabic books, DVDs and CDs during Cultural Diversity Week.

**Be at the library on Saturday 20 March for:**

**11.30 am:** launch of the new collection

**12.00 noon:** free lunch in the library

**12.30 pm:** live music and Congolese soukous dancing by Passi Jo of Tokolonga Dance & Music

**North Melbourne Book Group 2010**

Meets third Wednesday of every month at 7.30 pm. All welcome.

<b>17 March</b>	<i>The Lieutenant</i>	Kate Grenville
<b>21 April</b>	<i>The Girl Who Played with Fire</i>	Stieg Larsson
<b>19 May</b>	<i>The Slap</i>	Christos Tsiolkas
<b>16 June</b>	<i>This Is How</i>	M.J. Hyland
<b>21 July</b>	<i>Remarkable Creatures</i>	Tracy Chevalier
<b>18 August</b>	<i>Summertime</i>	J.M. Coetzee

**Please contact Heather on 9658 9702 for more details**

**North Melbourne Library, 66 Errol Street, North Melbourne**

**Passover celebrations in Melbourne**

Passover begins on Monday 29 March and ends on Tuesday 6 April. A number of Passover activities will occur across Melbourne.

For any queries or assistance related to Passover activities or other Jewish matters please contact the East Melbourne Hebrew Congregation on 9662 1372.

**St Mary's Anglican Church**

Corner Queensberry & Howard streets, North Melbourne

**PARISH HARVEST FAIR**

10.00 am – 2.30 pm, Saturday 1st May 2010

**Celebrating Life Events****Your Marriage****The Funeral of a loved one****The Naming of your child**

Personalised ceremonies, created with you

**Ann Wilkinson – Civil Celebrant**

0405 619 046

[ann.wilkinson@internode.on.net](mailto:ann.wilkinson@internode.on.net)

<http://www.annwilkinson.com.au>

Member Civil Celebrants Graduate Association (Monash)

**Easter Services in North and West Melbourne****St Alban's, Anglican****55 Melrose Street, North Melbourne**

Good Friday 2 April 9.00 am Meditation at the Feet of the Cross; 10.00 am to 12 noon Ecumenical Stations of the Cross pilgrimage  
Easter Sunday 4 April 10.00 am Holy Communion Service (in combination with Taizé and traditional service styles)

Sunday 18 April 6.00 pm Taizé Service

**St James Old Cathedral, Anglican, cnr King & Batman streets, West Melbourne (opposite Flagstaff Gardens)**

Palm Sunday 28 March 10.00 am Holy Communion

Good Friday 2 April 10.00 am Reading of the Crucifixion Story according to Luke, with choral meditations on the text

Easter Sunday 4 April 10.00 am Holy Communion

*All services feature The Old Cathedral Voices.*

Formed in March 2009 from some of Melbourne's finest choral soloists and directed by Professor Jennifer George, The Old Cathedral Voices are rapidly establishing a reputation as one of the city's outstanding vocal ensembles.

**St Mary's, Anglican****Cnr Queensberry & Howard streets, North Melbourne**

Palm Sunday 28 March 8.00 am Eucharist; 10.00 am Sung Eucharist with Procession of Palms

Maundy Thursday 1 April 8.00 pm Mass of the Lord's Supper with Washing of the Feet

Good Friday 2 April 9.00 am Liturgy of the Passion and Veneration of the Cross; 10.30 am Ecumenical Stations of the Cross with other North and West Melbourne churches

Saturday 3 April 9.00 pm Easter Vigil and Sung Eucharist

Easter Sunday 4 April 8.00 am Eucharist; 10.00 am Sung Eucharist

**St Mary Star of the Sea, Catholic****Cnr Victoria & Howard streets, West Melbourne**

Holy Thursday 1 April 7.30 pm Mass of the Lord's Supper

Good Friday 2 April 3.00 pm Celebration of the Lord's Passion

Holy Saturday 3 April 8.00 pm Easter Vigil

Easter Sunday 4 April Mass of Easter 10.30 am (in English), 12 noon (in Lithuanian)

**St Michael's, Catholic****456 Dryburgh Street, North Melbourne**

Tuesday 23 March 9.30 am & 7.30 pm Lenten Reconciliation

Palm Sunday 28 March 10.15 am Blessing of Palms and Procession

Holy Thursday 1 April 6.00 pm The Lord's Supper

Good Friday 2 April Ecumenical Way of the Cross with other churches in North and West Melbourne; 3.00 pm Veneration of the Cross

Saturday 3 April 6.00 pm Easter Vigil

Easter Sunday 4 April 10.15 am

**Saints Peter and Paul, Ukrainian Catholic****Cnr Canning & Dryburgh streets, North Melbourne**

Divine Week Monday 29 March 9.00 am Liturgy of Presanctified Gifts

Divine Tuesday 30 March 9.00 am Liturgy of Presanctified Gifts

Divine Wednesday 31 March 7.00 pm Liturgy of Presanctified Gifts and Parastas; confession from 6.00 pm

Divine Thursday 1 April 9.00 am Divine Liturgy of St Basil the Great and Vespers; 7.00 pm Matins of the Passion and the reading of the 12 gospels

Good Friday 2 April 9.00 am Royal Hours; 3.00 pm Vespers and procession with Christ's burial cloth, veneration and Matins

Divine Saturday 3 April 9.00 am Divine Liturgy of St Basil the Great and Vespers; 6.00 pm Solemn celebration of Christ's Resurrection, Matins and blessing of Easter baskets

Sunday 4 April (Feast of the Resurrection of Our Lord Jesus Christ) 8.00 am Divine Liturgy, recited; 10.00 am Solemn Pontifical Liturgy with blessing of Artos and blessing of Easter baskets

Bright Saturday 10 April 9.30 am Divine Liturgy and Easter Parastas for all the deceased members of the parish

St Thomas's Sunday 11 April 8.00 am Divine Liturgy; 9.30 am Divine Liturgy followed by community sharing of Easter food

**The Eighth Day (a Baptist Community)****4 Miller Street, West Melbourne (cnr Curzon & Miller streets)**

Good Friday 2 April 9.00 am 'Downside Up'; 10.45 am

Ecumenical Stations of the Cross, commencing here

Easter Sunday 4 April 5.30 pm 'Insanity Restored'

**Uniting Church, Mark the Evangelist****51 Curzon Street, North Melbourne**

*The congregation currently meets in the hall, 4 Elm Street.*

Passion Sunday 28 March 10.00 am Procession with Palms, Eucharist

Maundy Thursday 1 April 7.30 pm Eucharist, Foot Washing

Good Friday 2 April 9.00 am Reading of the Passion; Ecumenical Stations of the Cross, commencing 10.45 am at Baptist Church, 4 Miller Street, and concluding at St Mary Star of the Sea

Saturday 3 April (Easter Vigil) 8.00 pm The New Fire, Renewal of Baptismal Vows

Easter Day Sunday 4 April 10.00 am Easter Eucharist, Renewal of Baptismal Vows

Sunday 25 April (Mark the Evangelist's Day) 10.00 am Eucharist, with Brunch to follow the service

# The Centre — planning to become a community enterprise

With support from the City of Melbourne, Pamela Macklin of Zbar Consulting is working with The Centre to develop a strategic business plan which opens up opportunities to work with the community in new and different ways.

With the goal of being financially sustainable in five years time, The Centre's committee of management, staff and supporters have been burning the midnight oil to create a new vision that will apply market based strategies to achieve its core social purpose. It will aim to address social, environmental and financial objectives (often referred to as the triple bottom line), and become more of a community headquarter than ever.

Any profit generated will be ploughed back into the organisation to support more not-for-profit services and activities. The strategic business plan will be presented to the City of Melbourne at the beginning of the month for their consideration.

An indication of this new direction was announced in October 2009 at The Centre's annual general meeting, with a partnership between The Centre and the North Melbourne Football Club's Learning and Life Centre (LLC). This partnership sees The Centre's Global Homework Program co-branded with the LLC to meet the homework



support needs of local school students from years 4–12 and has kicked off with the start of the school year.

Within very tight timelines, the business planning process has had to be extremely focused, and it is creative and optimistic. Everyone who has contributed to it has offered amazing insight and constructive criticism, and it is not yet finished.

Over time there will be new partnerships, new services and new 'customers'. But the much loved community lunches, bus trips, social events, courses and activities that The Centre is known for will go from strength to strength. So will Spring Fling, which will return to Errol Street this year on 24 October. It promises to be a 'local circus spectacular'!

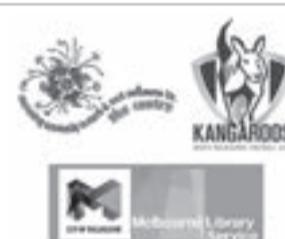
*Thea Bates, Director, The Centre: Connecting Community in North and West Melbourne*

## Homework Club 2010

The Centre, in conjunction with the North Melbourne Football Club Learning & Life Centre and the North Melbourne Library, run a free homework tutoring program for students in years 4–12.

- Years 4–6 North Melbourne Library Wednesdays 4pm–6pm
- Years 6–9 North Melbourne Library Tuesdays 4pm–6pm
- Years 10–12 Learning & Life Centre, North Melbourne Football Club Mondays and Thursdays 4pm–6pm

**Great fun for tutors and local children!**  
Please contact The Centre on 93281126 to register child/student if you are interested or for further information



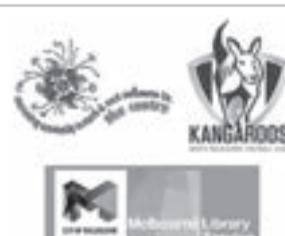
**The Centre**  
58 Errol street  
North Melbourne  
ph: 9328 1126  
**North Melbourne Library**  
66 Errol Street  
North Melbourne  
**North Melbourne Football Club Learning & Life Centre**  
204–206 Arden Street  
North Melbourne

## Homework Club Tutors Needed

The Centre, in conjunction with the North Melbourne Football Club Learning & Life Centre and the North Melbourne Library, run a free homework tutoring program for students in years 4–12.

Held at the North Melbourne Library on Tuesdays and Wednesdays for Year 4–9 and starting in Term 1 2010 Mondays and Thursday at the Learning and Life Centre, North Melbourne Football Club for Years 10–12.

**Great fun for tutors and local children!**  
No teaching qualifications required.  
Please contact The Centre on 9328 1126 to register if you are interested in volunteering or for further information



**The Centre**  
58 Errol street  
North Melbourne  
ph: 9328 1126  
**The North Melbourne Library**  
66 Errol Street  
North Melbourne  
**North Melbourne Football Club Learning & Life Centre**  
204–206 Arden Street  
North Melbourne

# Homework Huddle — one global program, two campuses

The Centre has joined forces with the North Melbourne Football Club's Learning and Life Centre, now known as The Huddle, to expand the successful Global Homework Program. Students from North Melbourne will get even more help with their homework in 2010!

For the past five years, on Tuesdays and Wednesdays, local kids could be seen racing to the North Melbourne Library after school to do their homework and see their tutors. The kids knew it as Homework Club, but it was only part of what The Centre calls the Global Homework Program. This program has attracted students from over thirty different cultural backgrounds, and volunteer tutors are equally diverse in their cultural backgrounds.

The Global Homework Program, run in the North Melbourne Library, has catered for children from local primary and secondary schools or who live locally but go to schools

such as the Islamic College in Coburg. These kids make their way back home to North Melbourne to do their homework too.

In 2010, another homework campus has opened for students from the upper secondary levels—years 10, 11 and 12. They will now be able to do their homework with support at the North Melbourne Football Club's Huddle.

A Memorandum of Understanding (MOU) was signed between the club and The Centre last year, and was announced by James Demetriou, Executive Director of the Learning and Life Centre, and Thea Bates, Director of The Centre, at the Centre's annual general meeting held at the Lithuanian Club in October 2009.

*Thea Bates, Director, The Centre: Connecting Community in North and West Melbourne*

## New era at Errol's



Cakes and pastries made on site

*Photo: courtesy The Centre*

**E**rrrol's has the reputation for good reliable food, service and great coffee. What is possibly less well known is that every bite of the delicious cakes and pastries is baked on site.

Tony Rizk, owner of Errol's, has recruited two new chefs who will bring a world of wonderful food experiences to Errol's.

Luke Hawkins comes to Errol's from a background of Fine Dining. His experiences as Head Chef in the Yarra Valley taught him about the importance of fresh seasonal and local produce. In his new role at Errol's he aims to bring a new spin to the already popular café. He was attracted by the friendliness of the café and was eager to try "life after fine dining."

Leith Rizk, co-owner, believes that the ever growing café culture continues to bring visitors to the area. Errol's offers breakfast, lunch and dinner, and anything you could wish for to snack on during the day. It opens at 6.30 am for the early morning coffee, and is still open after a show at the Arts House or the Comics Lounge. You can order from the menu or for a quick meal ready to go for that hurried lunch break!

Leith goes onto say, "we try to offer a veritable feast in a good, family friendly environment. The coffee is Atomica and the beans are from a boutique roaster in Fitzroy. We make a great, non-pretentious coffee."

"Errol Street is so close to the CBD and is ever changing," Tony Rizk goes on to say, "we have renovated the café to give it a different feel, more welcoming and we are

proud of our function room." The room is in the upstairs space and boasts birds-eye views of Errol Street. The room is decorated in tones of ruby to match the colored glass in the arched windows. It has been used by a variety of groups and has facilities for training and presentations. The first Breakfast Event, different corporate groups, Melbourne Comedy Festival shows and the committee of The Centre, are just a few of the groups who have utilized the space.

Tony Vassalos also joined the team at Errol's. Tony, originally from Greece, has been a baker and pastry chef for 12 years. He describes his style as "French style cakes and pastries." He aims to create quality products at high standards with the best presentation. He has spent two and a half years at Laurent where those skills were well utilized. When asked why Errol's and why North Melbourne, Mr. Vassalos answered that he was attracted by the friendly nature of the café, and the colorful locals.

Players and staff of the North Melbourne Football Club are often seen there, as is Terry Laidler.

Tony and Leith, while juggling family life and the long hours of café-life are excited about the new era for Errol's. Leith says, "It's great to have a fresh team of people who are passionate and enjoy what they do. With a new chapter, comes new enthusiasm and everyone brings something special to the table."

*Dianne Schmidtke*

## COMMUNITY

## Local Events for St Patrick's Day

### MELBOURNE CELTIC CLUB

320 Queen Street Melbourne

Phone 9670 6472

The Celtic Club will have live music from 11.00 am to midnight and food from 12.00–9.00 pm, with St Patrick's Day hats and giveaways happening all day. There's always a great atmosphere here come St Patrick's Day, so come along for some drinks and a bit of craic!

### DRUNKEN POET PUB

65 Peel Street West Melbourne

Phone 9348 9797

The Drunken Poet will be open from noon on St Patrick's Day with live music happening from 5.00 pm.

### QUIET MAN IRISH PUB

271 Racecourse Road Flemington

Phone 9376 6232

The Quiet Man will have music, face painting, children's entertainment, and food and drink stalls. There will be live music in the bar from 11.00 am and a street party happening later on, including a dancing competition, and bands on the main stage at 6.30 pm. The music and fun keep going until 1.00 am.

### BEV AND MICK'S TURF CLUB HOTEL

1 Flemington Road North Melbourne

Phone 9329 6942

The Turf Club will have music happening on the day with their house DJ, 'DJ Muzza'. There will be tasty traditional fare available, such as Irish stew and of course Guinness, with green coloured beer for extra Irish spirit! There will also be a free barbecue and some great drinks specials like \$5 pints. Proprietor Mick says it will be "absolute madness!"

The official Australian St Patrick's Day website has information on events, accommodation and the history of this traditional Irish celebration.

Go to < [www.saintpatricksday.com.au](http://www.saintpatricksday.com.au) >.



# Dog flea products poisoning cats

I am driven to write this because of my horror at the number of poisoned cats that end up in our intensive care unit at Lort Smith Animal Hospital. They are not malicious poisonings by a cruel or confused person, nor are they poisonings of benign neglect where owners leave poisons in places where pets can get at them. They are caused by owners using flea products designed for dogs, on their cats. These cats suffer terribly from neurological reactions to the toxins with symptoms ranging from mild shaking and twitching to seizures, all of which can lead to death if treatment is delayed. Sometimes death ensues even with prompt treatment.

The flea products of concern are those that contain permethrin. The 'spot on the back of the neck' products that contain permethrin are the most commonly misused. These products do not require a veterinary prescription and are readily available over-the-counter in supermarkets and pet stores. The packaging states that they are to be used on dogs, and in most brands the labelling also specifically states the product is toxic to cats.

However, it remains commonplace for pet

owners to use the product on cats despite the warnings. Sometimes this is merely a matter of not having read the label. Sometimes it is done because of the mistaken view that it will save money and that the toxic effects won't be as bad if less is used. This couldn't be further from the truth. Some cats have even ended up poisoned by playing with the dogs that they live with and that have been treated with a permethrin spot-on product.

Last week at Lort Smith, we were treating two cases of permethrin spot on poisoning in our intensive care unit. One cat had a vial of Exelpet flea spot-on for dogs, applied the day before. Its symptoms developed slowly over the next 48 hours. To begin with, the owner only noticed the cat was quieter than usual and then had started to get the shivers and twitches. By the time she was hospitalised, its tremors had become severe and were causing its heart rate to rise dangerously; it was also overheating. Despite treatment in hospital, it started to seize. The seizures were quite resistant to treatment and strong medication and several days in intensive care, on a drip and in a semi-comatose state, were required to get it through.

The second case was a cat that had two

tubes of small to medium dog Exelpet flea control applied to it. Thirty minutes later it started trembling. Its owner realised the mistake quickly and bathed it in shampoo and water. However, its condition worsened overnight, and it also ended up in our intensive care. Its seizures were more readily controlled with simpler medication, but it was still in hospital recovering for several days.

There are many brands of spot-on flea and tick prevention medication that are sold for use in dogs. Some of the brands available locally include Exelpet, Bayer Advantix, Duoguard, Troy and Purina flea and tick spot-on products. Other products to be wary of are any washes that contain permethrin. These are safe to use in dogs according to label guidelines. However, they are extremely toxic to cats (as their label states) and must not ever be used on them.

Please read your product label before treating your pets. Ask for veterinary advice if you are unsure. Poisoning is a miserable way for a beloved pet to die.

Dr Sasha Herbert, deputy head vet, Lort Smith Animal Hospital

## Bellringer invasion

On the Queen's Birthday weekend in June, Melbourne will be invaded by campanologists from Australia, New Zealand and the UK plying the ancient art of church bell-ringing, when Melbourne plays host to the 49th Annual Festival of the Australian and New Zealand Association of Bellringers.

Most people, when they hear the sound of church bells ringing, think of Quasimodo swinging from the end of a rope in the film *The Hunchback of Notre Dame*. They don't realise the bells are actually being rung by a team of people who are dedicated to the ancient English art of 'full circle' bellringing, also known as 'change' bellringing.

Full-circle ringing is very different from the way bells are rung in Europe, where they are usually tolled or chimed. Full-circle bellringing started in England over 400 years ago when they developed the means for a person to swing a bell through 360 degrees in one direction (full circle) and then 360 degrees in the reverse direction, thus enabling the bell to strike once in each direction. This development led to peals of bells (six, eight, 10 or 12) being installed in churches throughout England and rung by teams of people known as campanologists.

Bells can weigh from as little as 50 kg up to hundreds of kilos. The largest bell at St

Paul's Cathedral, Melbourne, weighs more than 1500 kg (the weight of an average-size motor car) and requires only one person to ring it.

It is not possible for ringers to ring tunes on full-cycle bells due to the time it takes for the bell to strike whilst turning through 360 degrees. Instead they ring a series of numeric sequences known as 'methods', whereby the order in which the bells strike is continuously changing.

Ringing of these methods involves a team of six, eight, 10 or 12 ringers and can take from as little as five minutes to ring, up to a full peal which takes approximately three-and-a-quarter hours to ring. During this time the sequence in which the bells strike is never repeated and involves around 5040 changes. The ringers have to memorise these sequences and cannot stop for a break.

The tradition of installing bells in churches followed the expansion of the British Empire. Today we can find people plying this ancient art in Australia, New Zealand, South Africa, Canada and even on the east coast of North America, which was once part of the old empire.

We have six churches in Melbourne with peals of bells:

- St Paul's Cathedral (12 bells)
- St James Old Cathedral, West Melbourne (eight bells)
- St Patrick's Cathedral (eight bells)
- St Bartholomew's, Burnley (six bells)
- St James, Gardenvale (six bells)
- St Pius X, Heidelberg (eight bells)
- St James Old Cathedral has the oldest peal of bells in Melbourne, which were installed in 1852 and first rung in January 1853. The problem they faced in those early days was the lack of people with any knowledge of bellringing. The first time the bells were rung, an inexperienced ringer was quickly caught up in the rope and hauled to the ceiling, where he stayed for several minutes before being cut down. Fortunately he sustained no lasting injuries.

In those first years of ringing at St James, three of the ringers would walk together every Sunday from Gardiners Creek to ring for Sunday service—quite a hike when you consider there were few roads and no public transport.

So remember to listen for the joyous sound of bells ringing throughout Melbourne over the Queen's Birthday weekend, from 9 to 14 June 2010, and think of all those campanologists plying their skills at the end of the rope.

Michael Pointer, Tower Captain, St Paul's Cathedral, Melbourne

### DO YOU KNOW SOMEONE IN NEED?

#### Oznam House, North Melbourne

Working with homeless men in Melbourne since 1953

Oznam House provides crisis supported accommodation for homeless men over the age of 18 years with complex needs.

We aim to provide a safe, secure and supportive environment enabling residents to actively address the issues that have resulted in them becoming homeless.

If you know someone who is homeless, in crisis and needs assistance please call SVDP Housing Services on Tel: (03) 9300 2977 1800 618 468 (toll free)



St Vincent de Paul  
Aged Care & Community Services

### QUÝ VỊ CÓ BIẾT AI ĐANG GẶP KHÓ KHĂN KHÔNG?

#### Nhà Oznam, ở North Melbourne

Cung cấp chỗ ở cho nam giới vô gia cư ở Melbourne từ năm 1953

Nhà Oznam cung cấp chỗ ở có hỗ trợ khẩn hoảng cho nam giới vô gia cư trên 18 tuổi có các nhu cầu phức tạp.

Chúng tôi nhằm cung cấp một môi trường an toàn, bảo đảm và có tính giúp đỡ giúp người cư trú giải quyết hiệu quả các vấn đề dẫn đến tình trạng vô gia cư.

Nếu quý vị biết ai đó đang bị vô gia cư, trong cơn khẩn hoảng và cần được giúp đỡ xin vui lòng gọi cho Các dịch vụ Nhà ở SVDP theo Số điện thoại: (03) 9300 2977 1800 618 468 (số điện thoại miễn phí)



St Vincent de Paul  
Aged Care & Community Services

# Precinct Association has big plans for 2010

## Precinct Association Maintains Highly Visible Activity for 2010

With summer on the wane, the Precinct Association's agenda for the coming year promises much, with high expectations for some excellent promotional activities. A broadly ranging vision for 2010 includes TV advertising, support for local community activities and many other locally focused projects.

### TV Advertising

Following the initially successful campaign on Channel 31, which ran from April through October in 2009, there was some concern over their signal not being available to many viewers throughout Metropolitan Melbourne. With the granting of a digital licence, Channel 31 will commence digital broadcasting in the second quarter of 2010. This will mean viewers will be able to view this community oriented broadcaster's programs more easily. The TV campaign focuses on the lifestyle and more casual shopping and dining within our precinct, which has become most successful in recent times. It will still endeavour to retain the prized 'village atmosphere' local residents demand.

### Spring Fling 2010

Our Spring Fling street festival, which saw a happy rebirth in 2008, will brighten our October again this year. Once again the planning and management team, headed by Kristie Walker in conjunction with The Centre, has an exciting schedule that should

maintain our interest and enjoyment.

### Breakfast Program Success

The success of the initial breakfast featuring Eugene Arocca of the North Melbourne Kangaroos was followed by a successful event held at the Leveson Hotel featuring Christine Nixon, who informed a broad section of our local community about Black Saturday action and recovery progress. This was followed by a Fashion Spectacular at the studio of top fashionista Jason Gretch in late February.

This program has been very successful, not only in gaining popular support but as a vehicle to secure memberships. The May breakfast event will be held in a working artist studio. Two of North Melbourne's successful artists will talk about their work, and people can experience a studio environment for the first time. All bookings are made through The Centre on 9328 1126.

### Community Chest 2009

The Community Chest Raffle was drawn at The Centre on 11 December 2009 by Centre director Thea Bates. The raffle proved very successful this year.

This annual fundraiser is a joint venture between our Association, The Centre, and North Melbourne Rotary Club. It raised in excess of \$3500. The Victoria Market supported the project and ticket sales were held on market days for two weeks prior to the drawing of prizes. First prize of a trailer and contents valued at over \$3000 was won by a local resident.



Christine Nixon (left) and Bronwyn Pike at a Precinct Association breakfast

Photo: courtesy Precinct Association

### Kensington & Membership Boom

The raised profile of our association has seen our membership swell to over 120 members from retail, business and community groups. This has brought accolades from the MCC because of the community-wide support of our community involvement and collaboration.

During 2009, Kensington was returned to the boundaries of the MCC and is now included in our promotions and community oriented events. Only recently reconstituted, its current membership is burgeoning and its community-based plans will be announced when they are launched.

### Precinct Website Launched

The website for our association was launched in February and has endeavoured to be a comprehensive guide to our North

and West Precinct. At the time of launch, it has links to all other precincts in the MCC District Precinct Program and local special interest groups including Thread Den, The North & West Melbourne Association and The Centre.

To view the site log on to <http://nwmelb.eqwik.com.au> and take the tour.

Any suggestions for improvements would be appreciated and can be sent to [cec35@bigpond.com](mailto:cec35@bigpond.com). There is a secure membership area which will allow user interaction and a facility to lodge any issues for the Executive Committee for action. The website's bulletin board will be updated with new information every 24 hours.

Conrad Cunningham

## THE CENTRE AND NORTH & WEST MELBOURNE PRECINCT ASSOCIATION

MAKE A NOTE OF OUR NEXT BREAKFAST EVENT IN 2010!

WEDNESDAY  
26 MAY

2010

7AM - 10AM

### BREAKFAST #4 SHOWCASING LOCAL ARTS & DESIGN BREAKFAST IN THE STUDIO

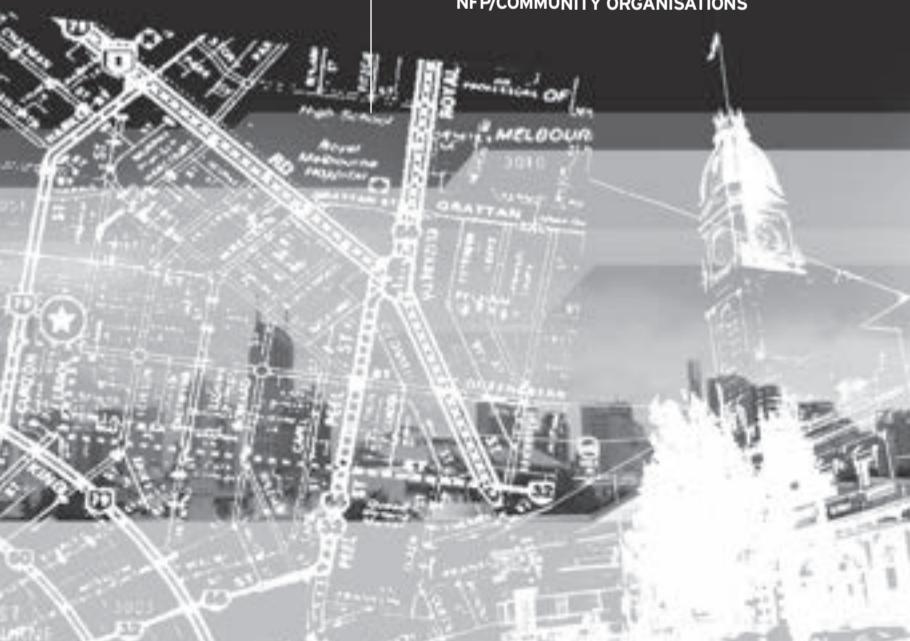
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\$35 N&WMPA MEMBERS AND NFP/COMMUNITY ORGANISATIONS



## Helping unveil Victoria's unique heritage

As a Victorian and a local resident, I am very proud to announce the launch of the *Framework of Historical Themes*. In its commitment to preserve and protect Victoria's history, the Brumby Labor Government has invested in the framework for Victorian residents and visitors to gain a new understanding of the many layers of Victoria's unique heritage.

It is a deep personal belief that to understand where we are going we must examine where we have been, and this framework is designed as a practical tool to assist in understanding the many complex layers of Victoria's history and how each of us is linked into past events and eras.

Developed by Heritage Victoria, the framework was compiled with the assistance of the Heritage Council of Victoria and the Aboriginal Heritage Council of Victoria. The framework can be used as a 'how to' tool for those interested in identifying, assessing and interpreting historic values and places.

The framework was built upon the understanding that our heritage, indigenous and non-indigenous, is at the heart of our community identity.

The framework highlights nine themes covering the distinctive character of Victoria, allowing objects, places and events to be understood within a broader context than as stand-alone items of interest. This includes the development of Victoria's industries

and workforce, the state's rich legacy in Australia's cultural and creative life, the Victorian people, and its places and landscapes.

The framework covers everything from the traditional owners of the land, the gold rush and post World War II migration through to assisting in assessing heritage places and objects or collections. It is also involved with community heritage collections, interpretation, and tourism planning and development of heritage area studies.

Of particular significance is the inclusion of Victoria's indigenous history in the framework as a reminder that every part of Victoria is the traditional country of a particular group of Aboriginal people. This recognises the co-existence of indigenous and non-indigenous heritage throughout the state.

The *Framework of Historical Themes*, which is available at [www.heritage.vic.gov.au](http://www.heritage.vic.gov.au), was developed as part of the Brumby Labor Government's four-year, \$20.5 million strategy, *Victoria's Heritage: Strengthening our communities*.

I believe that this initiative will provide a valuable resource to heritage professionals, local government staff, teachers, managers of museum collections, interpreters and those interested in understanding and celebrating the state's natural and cultural heritage.



# North & West Melbourne Association

## Celebration

The Association held its end-of-year celebration at the Oz Hotel on Dryburgh Street, North Melbourne, where 32 people enjoyed a traditional Christmas dinner.

Angela Williams was announced as the winner of the Excellence Award. Angela proved an extremely popular winner, having been so generous over the years with her architectural, planning and tactical experience skills in support of good planning in our local area.

Our thanks go to the Oz Hotel, together with a special thank you to George Tyler from the Miami Hotel, who kindly provided the wine for the evening.

## Planning

The Association is engaged in some major planning issues.

## La Trobe Close

The Association's submission to Minister Richard Wynne made the following points.

- Government authorities have previously given undertakings to the community on several issues in relation to this site, particularly child care and open space;
- There are grave concerns about the pro-

cess, and especially the level of community consultation:

- The height and built form is excessive; it should be no greater than nine metres and consistent with the built form of the Residential 1 parts of North Melbourne;
- The proposal has little regard for the heritage built form in the area; it is proposed to demolish or significantly modify important heritage buildings on the site;
- It has not been possible to make an informed response to issues around sustainability due to inadequate information and consultation. The Association believes this development should be designed with state of the art environmental performance standards. The height, density and orientation of the current proposal does not promote good environmental practice;
- The proposal has significant parking and traffic implications, and the Association does not believe it provides sufficient car-parking on site;
- The Association opposes the sale of the area identified as Stage 2 in the development onto the private market. We believe this important family and other accommodation should be upgraded and retained in public ownership;

• Previous undertakings for the construction of a community-based child care facility incorporating a shared open space component on the site of the proposed stage 1 of the development should be honoured:  
*The full submission is available on the NWMA website at <http://www.nwma.org.au/>.*

## 79-89 Leveson Street, North Melbourne

On 2 February 2010, the Planning Committee of the City of Melbourne considered an application for a four level development, including 21 units, on this 600 square metre site. Six people, including an Association representative, spoke against the proposal. They argued that the development was too high, especially as previous applications had been to the Victorian Civil and Administrative Tribunal, where a height of 10.96 metres was endorsed rather than the 14 metres proposed in this application.

Speakers also raised the issue of the impact of the proposal on the heritage of the local area, particularly as comments from the Heritage Advisor did not appear to have been given much weight in the recommendations.

Speakers expressed concern about the strong colours and the external decoration, which did little to reduce the visual impact of the proposal, and about the impact on trees on both public and private land.

Other issues included the provision for car-parking, over-development, traffic and access, overlooking and privacy, waste-management and pedestrian safety.

The decision made by the Committee supported the project but required a number of concessions addressing many of the issues outlined above.

## Arden Lodge

At a hearing in December 2009 the Association, together with a number of residents from South Kensington, supported the City of Melbourne in opposing the application from KK Corporation to rebuild the dilapidated accommodation facility at 302–308 Arden Street, North Melbourne.

A minor gain from participating in the process was that the applicant changed the plans from the original application to Council and reduced the number of bedrooms from 92 to 54. VCAT, in its decision, appeared to support the developer and not to view seriously the arguments of the residential objectors or the Council. The determination focused on legal matters relating to the continuance of existing user rights as well as on urban design issues. Major issues raised by residents and the Council received inadequate attention in the decision.

Because of the social implications in the way that homeless people and ex-prisoners are housed in semi-prison like conditions, the Association views these sorts of arrange-

ments as inappropriate in a free and democratic society. We also question the appropriateness of inextinguishable existing use rights, especially where the accommodation usage is prohibited in an Industrial 3 Zone. These are matters that are in the province of the State Government.

The Association welcomes the State Government's important changes to the regulation of rooming houses, the significant additional funding available to improve provision, and the efforts to remove unscrupulous operators from the scene. We remain, however, perplexed that these changes do not seem to apply to Arden Lodge and are concerned about the apparent ongoing failure to enforce the regulations relating to prescribed accommodation.

## About the Association

Whether you have lived here for many years or have just moved to the area, one thing you probably enjoy is the 'liveable' quality of the built environment. This did not happen by chance. Residents, and in particular the North & West Melbourne Association, have worked tirelessly to maintain the amenity.

Our area is home to many enterprising, energetic people with myriad skills. Anyone with architecture or drafting expertise could be especially helpful. Assistance is needed with:

- planning issues;
- monitoring City of Melbourne meeting agendas for relevant items;
- graffiti management;
- parks and open spaces;
- traffic; and
- environmentally sustainable development.

*Can you help with these or other matters? Please phone 0404 515 763 or email <info@nwma.org.au>.*

**Monthly meetings are held upstairs in the North Melbourne Library commencing at 7.30 pm. Upcoming meeting dates are:**

- Tuesday 16 March
- Tuesday 20 April
- Tuesday 18 May
- Tuesday 15 June

**Annual General Meeting**  
**The AGM will be held at 2.00 pm on Saturday 17 April at the City of Melbourne Bowls Club in the Flagstaff Gardens.**

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# Rotary action on many fronts

## Haiti

Rotary has established the Haiti Earthquake Relief Fund for Rotary members who want to donate toward recovery efforts after a powerful earthquake rocked the country on 12 January.

More than US\$75 000 to date has been donated to Rotary clubs in the Caribbean as part of an early assistance effort. Caribbean club members will be coordinating much of the Rotary relief work through a local Haiti Task Force, set up two years ago to administer all financial aid to the nation.

ShelterBox, an international disaster relief organisation founded by a Rotary club member in the United Kingdom, has dispatched a response team of two club members from the USA and one from the UK to deliver nearly 1700 containers of supplies to affected areas. An additional 1600 containers will arrive in the country in the days ahead. Together, the boxes will have the capacity to provide shelter and supplies for up to 33 000 people. Aquabox, a separate disaster assistance project based in the UK, is sending more than 100 of its boxes to Haiti to provide safe drinking water.

## What is ShelterBox?

A ShelterBox usually consists of 10 thermal blankets, a rugged 10-person dome tent, tools, and other survival equipment. It provides dry shelter, a warm bed, light and heat, clean water, cooking aids, and tools for up to 10 people, all supplied in a box—a ShelterBox.

## How ShelterBox started

Rotarian Tom Henderson attended regular meetings of the Rotary Club in Helston Lizard—Cornwall, UK. What he proposed was to change everything. “Hey guys, I’ve had an idea which could bring shelter and beds to people who have become homeless in disasters around the world—and all in a single box”. “That sounds like a good idea”, the members said, “Why don’t you look into it?”

Tom didn’t need to be told twice! As a former Royal Navy officer who had spent time doing dangerous stuff above and below the sea all over the globe, he went and found all that was needed—tents, sleeping bags, boxes, equipment—the best quality, with some arm twisting, at the lowest cost.

He put ShelterBox together, which is administered by the Helston-Lizard Club, and boxes are now sent worldwide with the help of Rotary Clubs. So, it’s all *his* fault! ShelterBox Australia is a project of the Rotary Club of Endeavour Hills, Victoria, and the accredited international affiliate of the ShelterBox Trust UK. It is a company limited by guarantee [ABN 55 129 338 825] and administers ShelterBox in Australia. There is an office at 94 Doveton Avenue, Doveton, Victoria.

Tom Henderson visited Australia in 2006, then again in 2007 where he spoke at eight Rotary District Conferences. He returned in 2008 for more Rotary speaking engagements. Tom often says, “It’s only a box.” Well, after thus far providing vital assistance to over 600 000 people worldwide after more



People within the community, can support Rotary by donations and other means

Photo: courtesy North Melbourne Rotary Club

than 70 disasters in 46 countries, we simply say, “That’s some box, Tom!”

North Melbourne Rotary Club has donated two boxes to the Haiti Relief effort. The cost of each box is \$1200. While our considerable effort has made a difference to Haiti, ShelterBox Australia also maintains a stockpile of ShelterBoxes ready to be dispatched whenever disaster strikes.

## Friends of Rotary

Many people within the community, while supporting Rotary by donations and other means, are unable to commit to a full membership and the responsibilities this includes. Attendance to a weekly meeting can be onerous and other costs are sometimes beyond personal ability.

A recent change in thinking has developed a membership format called ‘Friends of Rotary’ to attract support from people unable

to commit to a full membership. Friends of Rotary is open to all ages, and anyone who is interested in this kind of membership only needs to commit to:

- a joining fee of \$10.00;
- an annual fee of \$50.00; and
- attendance at one meeting per month (which costs \$22.00 and includes breakfast).

If you are keen to contribute time to your community and its wellbeing, please contact Cheryl Dorgan, chairperson of the Membership Committee, on 0417 576 367. You can also email the North Melbourne Rotary Club at <[northmelbourne@rotary.org.au](mailto:northmelbourne@rotary.org.au)>. To find out more information about the club and its activities go to <[www.rotarynthemelbourne.org](http://www.rotarynthemelbourne.org)> and discover ways that you can contribute time and effort.

Conrad Cunningham

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If you are in need of a bit of a pick-me-up, Mancuso is the place to go. This inner-city retreat allows clients to enjoy a range of services from haircuts and colours to facials, massage, manicures and body treatments.

The Japanese-style spa treatment area uses all-natural products, while the staff are some of the best stylists, masseurs, beauticians and naturopaths in Melbourne.

Mancuso also has a country retreat in the Metcalfe Valley for the perfect getaway.

Mancuso has a Natural Botanical signature skin and hair care range and in-house treatments available exclusively at Mancuso.

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For further information visit [www.mancuso.com.au](http://www.mancuso.com.au)

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## North Melbourne Rotary Club

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cnr Blackwood & Courtney streets, North Melbourne 3051  
Fridays @ 7.30am for 7.45

## SPORT &amp; HEALTH

# The North Melbourne Recreation Centre



The front entrance of the new gym and stadium facilities. Photo: courtesy North Melbourne Recreation Centre

The North Melbourne Recreation Centre (NMRC) is a brand new, multi-purpose facility delivering recreation programs and services aimed at getting the community active. The centre comprises a gymnasium, indoor stadium, seasonal outdoor pools, function rooms and an 81-seat theatrette. The centre also offers a range of programs from group fitness and personal training sessions to aquatic education, birthday parties, member seminars and recreation trips.

The NMRC is managed by the City of Melbourne. It combines the aquatic facilities of the former North Melbourne Pool with a recently built gymnasium and multi-purpose

stadium (in the Kangaroos' new administration building on Arden St) to provide the community with a quality aquatic and recreation centre. The brand new multi-purpose stadium at the NMRC is available for competition use and casual hire. The one-court stadium, which can be set up for netball, basketball, indoor soccer and volleyball, has a spring loaded floor and is up to A-grade netball standards. The aquatic facilities are open from October to April each year and consist of an eight lane 25-metre lap pool, learners' play pool, toddlers' pool and an infants' splash pool.

Group fitness classes at the NMRC are free for all gym members to attend and are a great way to keep fit and healthy. Classes that run

## NMREC COMPUTER MARKET

The NMREC is also hosting a computer market on the first weekend of every month between 10.00 am and 4.00 pm. The market is organised by Technology Markets, one of the biggest computer swap meets in Australia. Entry is \$3 which includes a free copy of Trading Space Magazine and free testing of your computer done on site.

Prices on most goods start at \$1. Other specials include:

- New and used computers from \$60
- Laptops from \$188
- Inks and toners from \$5
- Blank DVDs and CDs from 10 cents
- MP3 and iPod accessories from \$5

There are also printers, software and games, LCDs, Wii, DS, Xbox, PlayStation repairs and upgrades, and other accessories.

For more information phone 1300 088 858 or visit <http://www.technologymarkets.com.au/>.

also run events. Past events included DJ by the pool which occurred on 30 January and a dive-in movie in February. The movie that was showcased at the pool on Saturday 20 February was *Ice Age 3—Dawn of the Dinosaurs*. This event was run after hours at only \$4.99 for the public and free for all members.

Action in the stadium for competitions commenced at the start of February with the NMRC running a Senior Domestic Men's Basketball competition every Tuesday evening from 6.00 pm–10.00 pm. Melbourne Netball runs mixed and ladies netball competitions at the centre on Monday and Thursday evenings. Futsal is run by the Melbourne Futsal Club on Wednesday and Sunday evenings.

For members and the community, we

also run events. Past events included DJ by the pool which occurred on 30 January and a dive-in movie in February. The movie that was showcased at the pool on Saturday 20 February was *Ice Age 3—Dawn of the Dinosaurs*. This event was run after hours at only \$4.99 for the public and free for all members.

For more details, visit <http://www.nmrec.com.au> or call 9658 9444.

Briony Williamson, Programs and Competitions Officer, North Melbourne Recreation Centre

## Sunny Strawberries

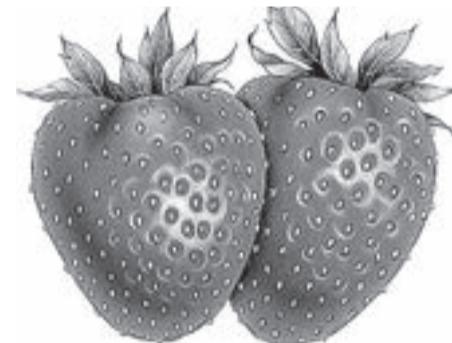
Nothing beats the deliciously alluring smell of fresh strawberries. The good news is that they're currently in season. So how do you pick a good punnet? Well, a good starter is to ensure that the strawberries look firm, plump and are bright red in colour. As strawberries don't continue to ripen after they have been picked, it's best to look for those that are already fully ripe.

Sometimes it's quite difficult to pick a good punnet of strawberries as it seems that there are always a few in there that may be subject to a bit of 'strawberry trauma', causing the rest to deteriorate quite quickly, but if you get a good fresh punnet, they are definitely worth the effort of sorting through them.

Strawberries have a high moisture con-

tent which is part of the reason they don't keep so well. It has been suggested that a way to make your strawberries last longer is to remove them from their punnets, store them in a loosely covered container, lined with absorbent paper and to make sure that you pop them straight into the fridge. They should always have their green caps on them as this helps them to maintain their freshness. Alternatively, you can freeze strawberries and use them to make jams or sauces.

So what are the health benefits of these little red berries? They are extremely high in vitamin C and are a great antioxidant. They are high in folate, fibre and potassium, and according to the Victorian Strawberry Industry, they are said to be good at enhancing a person's memory function and at reducing high blood pressure.



It is currently strawberry season in Victoria (October/November–April/May); strawberry farms are definitely open to the public for those who are interested in picking their own strawberries.

Sunny Ridge Strawberry Farm is a great one to go to. If you're going for a drive, head down to the Mornington Peninsula and drop in to have a look. For those who have never

been to a strawberry farm, it is definitely an enjoyable experience, provided that the weather is reasonable while you're there.

At Sunny Ridge, all you have to do is to get a punnet at the register before you enter the fields, and then you are free to pick as many or as little as you want. After you have finished in the fields, you can then treat yourself to their delicious ice cream, drinks and other desserts, all made on site at their cafe.

There is nothing like a good strawberry, whether it's an accompaniment to a decadent dessert or whether it's eaten simply on its own as a healthy snack. Make sure that you make the most of them while they are at their best.

You can find out more about Victorian strawberries at <http://www.vicstrawberry.com.au> and the Sunny Ridge Strawberry Farm at <http://www.sunnyridge.com.au/>.

Patricia Lew

## Mind, body & sole

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# The yoga experience



There's all this hype about yoga. It's hard to describe what yoga really is but the textbook definition of it always includes three crucial elements: the mind, body and spirit.

Okay, so you see a lot of people sitting in those funny positions doing a bit of 'yoga meditation' and wonder whether this is for you or not. Well I'm probably the most sceptical of sceptics and don't really believe in all of this meditation and spiritual stuff, but I do find that the physical aspects of yoga are really quite good and to be honest, I am hooked.

The basic poses are a little difficult at first if you are new to yoga, but for me personally, the challenge was quite appealing. In time and with a bit of practice, you will find that you are more flexible and quite a lot stronger than you think you are—I had this revelation as I was balancing on one leg with one arm in the air whilst upside down.

After a while, it seems like a lot of it is just stretching and holding poses while trying to control your breathing—a balancing act if you will. I suppose it all just depends on how far

you push yourself as to how hard it can be. As the instructor likes to reiterate every time, "it's your workout, so push yourself as hard or as little as you want to get the most out of it."

There are a lot of different types of yoga to choose from and to be honest I have only tried Hatha Yoga. This is supposed to be the more relaxed and passive type which focuses more on breathing and meditation. I do it because I find that it's quite relaxing, and it makes me feel refreshed, if not a little sleepy afterwards. This is a good thing though as it's all about relaxation.

Along with Hatha, another popular type is called Iyengar Yoga, whose poses are probably designed for the more experienced person—I am yet to try this myself.

So whether or not you give it a go, I think that it's a good experience. There's no harm in trying, and chances are you will probably enjoy it quite immensely.

If you're curious, visit <http://www.findyoga.com.au/> to find a class near you.

Patricia Lew

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## POLITICS & ENVIRONMENT

# Energy saver

FREE home sustainability assessments!

## SUSTAINABILITY ST. IT'S A VILLAGE OUT THERE

The City of Melbourne's 'Energy Saver—It all starts at home' program will enable you to improve the energy efficiency of your home with help from state and federal governments.

Residents in North and West Melbourne earning less than \$250 000 a year, including renters and apartment dwellers, can arrange a free home sustainability assessment worth \$200 by calling Brotherhood Green on 9387 6758. Owner corporations in residential apartment buildings can also use the program to improve lighting in common areas.

Brotherhood Green, a not-for-profit arm of the Brotherhood of Saint Laurence, is committed to helping Australian households reduce their energy bills and lead more comfortable lives. They have helped thousands of Australians find easy energy savings by making small changes around the home and in the way they use energy.

Through the Energy Saver program, Brotherhood Green may be able to:

- Help you save up to \$1600 in rebates on solar hot water or \$1200 on insulation. Insulation will probably be free!
- Replace your light globes and shower-

heads with more efficient models at no cost to you.

- Install subsidised draught proofing on windows and external doors to help keep your home cool in summer and warm in winter.

Brotherhood Green's Home Sustainability assessors are all accredited under the Commonwealth Government's Green Loans program. Four-year interest-free loans are available for items recommended in the assessment report (you still need to be approved for the loan by a participating bank or credit union). Insulation and solar hot water are included in the Commonwealth Government's Energy Efficient Homes rebate package.

Brotherhood Green's energy efficiency installers are all accredited under the Victorian Government's Energy Saver scheme. The scheme requires energy retailers to purchase certificates that are generated through installation of certain energy efficiency products. That's why the installers will ask you to sign a form verifying that the installation occurred.

For more information, contact Gabrielle Stannus, Community Sustainability Officer, City of Melbourne, on 9658 8721 or [gabrielle.stannus@melbourne.vic.gov.au](mailto:gabrielle.stannus@melbourne.vic.gov.au), or visit [www.melbourne.vic.gov.au](http://www.melbourne.vic.gov.au) (Search: Energy Saver).

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## Errol Street Medical Centre

welcomes

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*who have joined*

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Consultations by appointment

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## POLITICS &amp; ENVIRONMENT

# Earth Hour



The time to act on climate change is almost upon us. And that time is 8.30 pm on 27 March, more commonly known as Earth Hour. Earth Hour is a green initiative that originally started in Sydney in 2007. It has since snowballed into a globally recognised phenomenon, with up to 50 million households in 88 countries taking part and with popular icons such as the Eiffel Tower, Sydney Harbour Bridge and Times Square all opting to 'switch off' for the hour.

The idea behind Earth Hour is simple—doing something as seemingly small as

switching off all non-essential lights and electrical appliances for one hour can contribute positively to reducing our carbon output on a large scale. Now, an hour without power does not have to be a traumatic experience in sensory deprivation. It can be a great excuse to come together and do something fun whilst participating in some green action.

Some ideas on how to spend your hour:

- Get out and about to avoid temptation. Go out for a walk around your neighbourhood (streetlights will still be on) and check out who else has decided to heed their green conscience.

- Gather the little ones for some old fashioned campfire story telling—keeping in mind that candles or battery-operated torches might be safer and more practical than open fires in urban or suburban areas.

- While you've got the torches out, utilise this opportunity to play some night time games such as torch tag, hide-and-go-seek, scavenger hunt or spotlight. If you prefer something a little less energetic, you can fix a sheet between two chairs and take turns making shadow puppets.

- Go star gazing. Dust off the old telescope or just lie outside and look up at the constellations. A fantastic way to enjoy the

original night light.

- Enjoy a long soak in a candle lit bath with all the luxuries like bath salts and bubbles.

- Use the time to unwind with a candle lit yoga or relaxation session. Without the noise and distractions of modern day conveniences like television and computers, taking some time to do some deep breathing exercises and clear your head can do wonders for your stress levels.

- With today's hectic life schedules, we often find it hard to make time for the things that really matter in life. Earth Hour is the perfect excuse to put all those things on hold for an hour. Take the time to listen to the little dramas and anecdotes that take place in our day-to-day lives, or spend the time being quiet and catching up on some much loved cuddle time with that special someone, little ones or even the equally loved household pet. Cleaning, work and other chores will all look much more appealing after the lights are switched back on. Or on the other hand, it can be a great excuse for an early night and a chance to catch up on all the sleep we miss out on during the week.

- We all love an excuse for a get-together and Earth Hour is no exception. Hosting a 'green party' with neighbours and

friends will be an entertaining way to spend the hour whilst maximising the concept of Earth Hour. Utilise the gathering to have some fun chilling out over a barbecue and few drinks. You could even stick to the green theme with green drinks, recycled decorations and party games (for example, dust off that old game of twister and set it up for a candle lit game). Green parties can help raise environmental awareness or can just be a fun and enjoyable way to spend an hour without power.

And if you are not home during Earth Hour, there are ways to contribute from the office. Try turning off unnecessary lights or appliances and try to think green—use both sides of the paper when printing or utilise the recycling facilities available in most work places that are sometimes overlooked.

Earth Hour is an easy and simple way to contribute to the largest green act in Australia. The small act of turning off all the lights in your house for one hour, when combined with the efforts of up to an estimated 100 million other homes all over the world, will contribute significantly to reducing our carbon footprint. It really is that easy to be a part of the fight against climate change.

Alexandra Schliebs

# Earth Day

This year, 22 April will mark the 40th anniversary of Earth Day. The brainchild of American senator Gaylord Nelson, it is a symbolic day on which people from all walks of life come together to take part in environmentally minded projects, protests against polluters, and campaigns for environmental awareness. Earth Day was established as a response to the failing health of our planet and has since been an annual reminder of our commitment to minimise our ecological impact in the future and to help repair some of the damage done in the past.

Earth Day is a community initiative on a global scale and incorporates the idea that if everyone does something small, then the effects will be huge. This year's theme is "a billion green acts", and promotes working within the community in order to be part of a much bigger picture. If you would

like to be involved, check with your local council or school to see what is planned. Alternatively, you could organise your own event with neighbours, friends and family, or perform some green acts on your own.

Some suggestions for how to spend the day:

- Organise a tree planting.
- Plan a rubbish cleanup around your neighbourhood or local park.
- Perform a green audit of your house.
- Change your light bulbs to the energy efficient type.
- Replace shower heads with water saving models.
- Start a compost bin.
- Spend the day at a local reserve.
- If you have to travel, use public transport. Use the trip as an opportunity to raise awareness for Earth Day and to appreciate the natural world.

For more ideas and other resources to help you get involved, try visiting the Earth Day Network website <<http://earthday.net/>>.

Alexandra Schliebs

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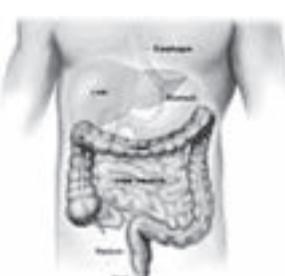
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## YOUTH & EDUCATION

# book reviews

### *Liar* by Justine Larbalestier

Micah Wilkins is a liar. She lies to everyone about everything: her gender, her whereabouts, her boyfriend and her family secret. But she's ready to tell the truth now about what happened when her boyfriend was murdered. Maybe. The story switches between the present in the aftermath of Zach's murder and the past when she and Zach had a secret relationship outside of school, with interludes of tantalisingly vague information about her 'family secret'. Micah's unreliable and constantly shifting narrative will mess with your head in the most wonderful way. It is left up to the audience to read between the lines and decide for itself where the truth of the story really lies.

*[This novel also became the centre of controversy last year, when the American publisher put a caucasian girl on the local cover, even though Micah is half black. Later editions show a girl with features closer to Micah's.]*

### *The Disreputable History of Frankie Landau Banks* by Emily Lockhart

Frankie is used to being 'Bunny Rabbit'—the sweet and adorable little girl of the family—who is always told what to do. So when she returns to her elite boarding school, the summer after turning fifteen with an all new curvy figure, she plans to make some changes. With her hot, new boyfriend and his charmingly laddish friends, Frankie thinks she's got it made. But she still ends up being treated as the little sister of the group, passed over and excluded from the all-boys secret society—the Loyal Order of the Basset Hounds. Armed with sharp intelligence and a fierce determination to prove herself, Frankie sets out to recover the lost rule-book of the Bassets, the 'Disreputable History'. Along the way, she stages a secret coup to take over the Bassets, leads them in some of their most daring pranks ever, and shows everyone that maybe she's not such a nice girl after all.

Kate McDonell

## YOUTH &amp; EDUCATION

# Stephanie Alexander Kitchen Garden program



Children in the Stephanie Alexander Kitchen Garden Program preparing food harvested from the garden

Photo: courtesy North Melbourne Primary School

The Stephanie Alexander Kitchen Garden Program (SAKGP) has been running at North Melbourne Primary School since mid-2009, and the children love it! The program teaches children to grow, harvest, prepare and share fresh seasonal produce. And at North Melbourne Primary, the kids are doing just that.

Cook, restaurateur and food writer, Stephanie Alexander, began the program more than 10 years ago with an aim to give young children pleasurable food education. The program does not describe food

to children using the word 'healthy' as its main descriptor. The philosophy of the program stresses pleasure, flavour and texture by encouraging talk and thought that uses all of the senses. By introducing this holistic approach, the program hopes to positively influence children's food choices in ways that have not been tried before.

In the SAKGP, children in years three to six spend time in the vegetable garden which they helped to create, in accordance with organic gardening principles. The same children will then spend time in the kitchen

preparing and sharing a wonderful variety of meals created from their produce.

The garden's crops underpin the kitchen planning—lots of basil is likely to lead to a pesto or pistou making session where the children will enjoy this with their own freshly made pasta. The children also learn to prepare and taste the same vegetable in many different ways. A zucchini may be stuffed with savoury rice, turned into chips, a slice or even a muffin.

One of the key elements of the program is coming together around a table at the end of the cooking to share the meal and enjoy each others' company and conversation. But above all, the classes are enjoyable.

By the end of 2012, Stephanie aims to have over 250 primary schools across Australia following the model. This is an admirable aim she describes as "only a drip, but it's a significant drip".

Not only is the program providing a positive in-school learning experience, but the children are also taking their lessons home, saying to their parents that "We need this ingredient," or "Can I cook the minestrone soup that we made today at school?". The children are also keen to start growing their own produce at home. Even if you live in a small apartment and you've only got a little courtyard or sunny balcony, you can grow something.

One of the major obstacles to spreading the program is the high running cost. The organisation depends on community support as well as grants from the state and federal governments.

The program relies on many people to work at its full potential, and volunteers are one of the most important facets. In both the kitchen and the garden, the children work in small groups with the support of a volunteer under the supervision of the kitchen/garden specialist. The program at North Melbourne Primary School requires four volunteers per class. The volunteers are critical to the success of the program.

At North Melbourne Primary, there are a number of volunteers from the community who commit to a regular weekly timeslot, and we thank them. Without the help of these individuals, the program would not be as successful or enjoyable. But the program needs more volunteers for its continued success. North Melbourne Primary School welcomes people from the local community with time, passion and enthusiasm to volunteer in kitchen classes, garden classes or both.

The role of the volunteer is to facilitate hands-on learning for every child through supervising small groups of students. In the kitchen, the volunteer would assist the children as they prepare a range of dishes as part

of a planned menu in weekly kitchen classes. The volunteers then join the children to eat the meal. In the garden, the volunteer would supervise a small group of children to weed, compost, plant and harvest. A volunteer does not have to be a chef, great cook or exceptional gardener; all they need is passion and enthusiasm.

If you are interested in volunteering please contact North Melbourne Primary School on (03) 9329 6902 or <[north.melbourne.ps@edumail.vic.gov.au](mailto:north.melbourne.ps@edumail.vic.gov.au)>. Alternatively, come down and visit the school. The Kitchen and Garden classes are run on Mondays, Thursdays and Fridays.

If you want to become a volunteer, you will need a Working with Children Check. This is free. All you need to do is go to the post office and complete the form. You will need to bring ID and a passport photo. Your passport photo can also be obtained at the Post Office if required.

Garden classes are run on Mondays, Thursdays and Fridays.

## Mondays

9.05 am–10.00 am	10.05 am–11.00 am
11.45 am–12.40 am	12.45 pm–1.40 pm
2.35 pm–3.30 pm	

## Thursdays

11.45 am–12.40 pm	12.45 pm–1.40 pm
Fridays	
9.05 am–10.00 am	10.05 am–11.00 am
11.45 am–12.40 pm	12.45 pm–1.40 pm
2.35 pm–3.30 pm	

Kitchen classes are run on Thursdays and Fridays.

## Thursdays

11.45 am–1.40 pm	
Fridays	
9.05 am–11.00 am	11.45 am–1.45 pm

Sally Karlovic, Principal

North Melbourne Primary School  
210 Errol Street, North Melbourne 3051  
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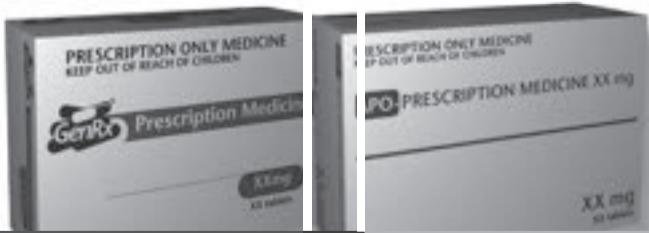
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## Zucchini Chips

The children enjoyed these zucchini chips in the classroom with their own homemade tzatziki dip and chickpea salsa.

### Serves 6

#### Ingredients:

3 medium zucchini

1 cup dry bread crumbs

Pinch of salt

Freshly ground black pepper

2 tsp ground cumin

3 tbsp grated parmesan

2 eggs

1 tbsp olive oil

#### Method:

1. Cut zucchini into 1/2 cm slices.
2. Place flour into a medium bowl.
3. Place the eggs in a separate bowl. Lightly whisk.
4. In another medium bowl, stir together the bread crumbs, cumin, salt, pepper and parmesan cheese.
5. Dust zucchini slices with flour.
6. Dip floured zucchini slices into the egg, then coat with the breadcrumb mixture.
7. Line the baking tray with paper towel.
8. Heat the oil in the frying pan over medium heat.
9. Lightly fry the zucchini, two minutes on each side or until golden. Be careful not to burn.
10. Place on lined baking tray to absorb the oil.
11. Repeat with remaining zucchini.
12. Serve warm with dipping sauces.

## HISTORY

# The North Melbourne Football Club, the 'Shinboners'

FIRST NORTH MELBOURNE PREMIERSHIP TEAM, V.F.A. — 1903



Back Row—N. COMEPORD, H. BARNES, S. DUNCAN, L. CASSANELLA.  
 Fourth Row—A. WOODHAM (Sec.), G. FRENDERGAST, M.J.A., A. CONABERE, J. COLE, J. BOYLE.  
 Third Row—L. BITTON, A. HARFORD, W. CROSSE, W. McCANN, M. O'BRIEN, E. McNEESEY.  
 Second Row—W. DALTON, M. McDERMOTT, L. MORRISON, P. NOONAN, W. CARLTON, B. GRAHAM.  
 Front Row—D. CONSIDINE, G. BARNES, P. KENNEDY, C. SMITH, J. STEWART, R. BOYLE.

The story goes that in 1869 some of the lads who lived in what is now North Melbourne had been playing cricket during the summer and wanted to keep active during the winter. So they had a meeting and decided to form the North Melbourne Football Club. The North Melbourne Cricket Club then, which began in the season of 1868–69, predates the Football Club by a season. It seems that both teams played their early games over on Royal Park and that some of them were the same people.

By 1882, the two clubs had joined together and were set up on the Hotham Cricket Ground, which at that time was the name of the present day Recreation Reserve. In setting up these two clubs—both of which survive to the present day—the local lads were following on behind those who, three years before in 1866, had set up the West Melbourne Lawn Bowls Club. The Club has had several name changes over the years and survives in the Flagstaff Gardens as the City of Melbourne Bowling Club.

I had lived in North Melbourne for more than 20 years before I heard that the founder of the Football Club was James Gardiner and that Gardiner's Reserve. The name of the park and playground opposite the swimming pool, which I often visited, had been named after him. James was a migrant who was born in London in 1848 and was brought out to Port Phillip in the Colony of Victoria while still very young. He grew up in North Melbourne and recalled hunting wild ducks on what is now the Arden Street oval. At 23, he married Mary Ann Martin, who would

be the mother of at least five of his children, and some fifteen years later he married again and in time was father to six sons and four daughters.

James was 21 when he took the lead in setting up North Melbourne's football club, and he was well into his 70s when he died. Only a few years after his death, the club moved from the Victorian Football Association to the Victorian Football League, ancestor of today's AFL. In the intervening years he had played for North, as well as being the club's treasurer and secretary and chairman of several of its committees. Late in life he took up the cause of having North move from the Association—which it had dominated for several decades—to the League, which was by then the more prestigious competition. The move to the League finally took place several years after Gardiner died. It was celebrated by building the grandstand, which survived until recently, when it was demolished and replaced by new facilities used by both the team and members of the local community.

Gardiner's enthusiasm for local life and events was not limited to football. He was quite a prominent local figure, who was on the municipal council for ten years and elected as mayor of North Melbourne in 1894. The Hotham History Project would be interested in hearing from any of Gardiner's descendants or indeed from others who have memorabilia or stories that would help us to build up a more rounded picture of the man and his times.

I had not known the name Gardiner in

relation to local football, but I long knew that North were known as 'The Shinboners'. Over the years I've heard several quite different stories about how they got the name.

The first was that Happy Valley butcher, Horrie McEwan, decorated the verandah of his shop with be-ribboned shinbones whenever North had a great victory. Health authorities eventually put an end to the practice of hanging blue and white ribbons off the dangling bones. The practice stopped but the name stuck.

The second story was that North's fiercest players were backline players who worked at the Kensington abattoirs and arrived at training with blood spatters on their legs. They were known as tough guys with indestructible shinbones who knew how to show their opponents a thing or two.

The third was that for many years some of the Irishmen who played football for North on Saturdays played their own national game of hurling over in Royal Park on Sundays. Since hurling has the reputation of being a rather anarchic game—a sort of aerial hockey that seems often to be won by the team who delivers the greatest number of thwacks to its opponent's shins—their Sunday reputations carried over to their Saturday sport and the whole team became known as 'The Shinboners'.

Three known stories, and there may be more. Any or all of them support both talk of The Shinbone Spirit—which I think we can take to mean that North will never be beaten without a fight—and titles given to former players like Shinboner of the 50s (Aylett), Shinboner of the 70s (Blight) and Shinboner of the century (Archer).

In contrast there is only one story about the origin of the name The Kangaroos. The idea came from Phonse Tobin, one of the founders of Tobin Brothers, who was president of the North Melbourne Football Club from 1953–56 and wanted a mascot that would be used universally to represent the team. He proposed that the team be called The Kangaroos. The name was accepted and stuck for about 50 years.

Over the years, the team has been known as the Hotham Football Club (when the town was still named after the gov-



The Hotham History Project Inc is a group of residents and friends of North and West Melbourne who are interested in exploring the history of this fascinating old part of Melbourne. Committee meetings and activities are held on the fourth Tuesday of the month at the North Melbourne Library. Occasional historical walks and other events are also conducted on Saturday afternoons. See [www.hothamhistory.org.au](http://www.hothamhistory.org.au) for our events and publications.

## SOME HOTHAM HISTORY PROJECT ACTIVITIES FOR 2010

**Walk—2.00pm Saturday 20 March**  
**The churches of North & West Melbourne.**  
 Join us for a tour of some of North & West Melbourne's magnificent landmark churches. Meet outside the North Melbourne Library.

**Walk—2.00pm Saturday 22 May**  
**The Gidneys, horse traders of North Melbourne**  
 A stroll past some of the grand houses in Canning Street and the row of terraces in Wood Street, built by the Gidney family who established a highly profitable horse breeding and trading business with India in the late 19th century. Meet at the Dryburgh Street end of Pleasance Gardens.

ernor of Victoria, Sir Charles Hotham), North Melbourne cum Albert Park team (when financial troubles caused the two teams to join up for a few seasons), and the Kangaroos but is again known officially as North Melbourne.

*Lorna Hannan,  
 from the Hotham History Project.*



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## TRAVEL &amp; FOOD

# Superior—the well-named lake



Split Rock Lighthouse

Photo: Jennifer Boyce

In a world in which the term “awesome” is tossed around like air kisses at a society ball, Lake Superior merits genuine awe. While largely unfamiliar to Australians, Superior’s power is mythic, branded on the American and Canadian psyches by the wrecked SS Edmund Fitzgerald, the legends of First Nations, Canada’s Group of Seven landscape painters, and accounts of bewildered explorers. For many, it is a favoured vacation spot.

Part of this mythic power stems from Superior’s impressive statistics. It is the largest body of fresh water in the world by surface area and the world’s third-largest freshwater lake by volume. It is 560 kilometres long, 260 kilometres wide, more than 400 metres down at its deepest point and is big enough, at 82 000 square kilometres, to build 10-metre waves and create its own weather system. It also holds 10 per cent of the planet’s freshwater. However, size alone can be a difficult concept to grasp, and the words used to describe it misleading. “Those who have never seen Superior get an inad-

equate, even inaccurate idea by hearing it spoken of as a lake,” wrote a member of Sandford Fleming’s expedition across Canada in 1872. “Superior is a sea. It breeds storms and rain and fog like a sea ... It is cold, wild, masterful and dreaded.” In other words, Lake Superior is *alive*.

During my visit to the lake’s Minnesota shore last June, Superior was on its best (read ‘unprecedented’) behaviour. There was no sign of the powerful forces capable of creating weather of the magnitude alluded to by Fleming. Instead, the lake was calm and glassy, its surface as still as a diving pool ahead of the competitor’s breach. The sun and lake conspired to generate slicks of blue, white, and grey that formed currents meandering towards a Wisconsin shore normally shrouded in cloud or haze and the fog of distance.

Standing atop Palisade Head (Macaulay Culkin hung perilously from this landmark in *The Good Son*) and the shoreline of Iona’s Beach, replete with rolling dunes of pink stones tinkling at the touch of each wave, I was convinced of the miracle of Superior. However, it was at Split Rock Lighthouse that the message was reinforced because it is here, at one of the United States’s most recognisable light stations, that the weather has been closely intertwined with each of its 99 years of existence. I know that because the pictures in the museum showed me: the 10-metre waves described by Fleming, the lightning storms that came from nowhere to rip down surrounding forest, the booming iron ore shipments in the early 20th century that necessitated Split Rock’s construction, the frozen lake that trapped the lighthouse keeper and his family for months on end before the road connected Split Rock to the civilised world in 1924.

This road—route 61—opened up tourism to the North Shore and helped sustain Superior’s lakeside communities when the mining and lumber industries declined in the 1960s and 70s. The road will get a strong workout this July when Split Rock celebrates

its centenary, luring tourists to many of the region’s other attractions. These are both natural and man-made; some of the towns dotted along the lake are attractions in themselves. Duluth, the most remote seaport in the world is over 1 000 miles from the ocean; Two Harbors, home of culinary legend Betty’s Pies; Lutsen, in winter home to the state’s best skiing; and Grand Marais, a harbour side town with a slightly hippy, organic edge—the Angry Trout Cafe serves its food on locally made ceramics to customers sitting on old tractor seats. Art galleries and book stores look down on the lake from the hill above town while less discerning visitors eat—and soak up the vibe—at Sven and Ole’s, which has an old Foster’s surfboard on one of its walls.

All of this is Lake Superior—the Minnesota bachelor farmers of Garrison Keillor’s books talking about how much deeper the snow was when they were boys, the fleece-sporting outdoorsy types buying compasses on their way to Boundary Waters Canoe Area, the book collectors and tofu connoisseurs, the Twin Cities residents enjoying a different lake. Residents like my in-laws, who live five minutes from about 300 different lakes and yet choose to drive three hours in sometimes blizzard conditions to visit the same one every year—sometimes more often.

That’s the pull of Superior: the waterfalls that flow into it, the blazing fall colours, the food grown and served along its shores, the weather. Ah, the weather. Still perfect and bearing no mark on the lake’s surface. While I was amazed, having grown up with the western Pacific’s varied rhythms, my wife and her parents were slightly perturbed at the sight of a lake the size of Superior acting so benign. In the words of Keillor, “If you find yourself enjoying things, just wait, for this too shall pass.” However, the day we left, the sky went grey, the rain fell, and the wind whipped up the lake to form white caps the size of breaching whales. Immediately, everyone relaxed and their worst fears were confirmed—eventually they always are.

A trip around Lake Superior might not prompt one to believe in God. But it would leave the traveller with no small reverence for the forces of creation.

Tom Kramer

## Red Monkey Tea House



Red Monkey Tea House

Photo: Tom Kramer

On a hot summer evening the Red Monkey Tea House, located just before Victoria Street turns into Errol Street on the 57 tram route, provides a cool place to wind down from the stress of your day. The tea-light lit bar serves over 30 different types of tea, as well as various tea-infused cocktails, local wines and a selection of unusual imported and local beers to suit all tastes.

The Red Monkey’s tea varieties—including Chinese Gunpowder and Turkish Apple—seem to be the star ingredient in their signature cocktails.

The bar owner, Emily, recommends the Hot Lips Houlihan with Korean shouji (rice wine) and an infusion of gunpowder tea, shaken with Aperol and fresh mint, or the Monkey Island Ice Tea which is a mix of dark rum, Cointreau, fresh lime and ginger beer. Needless to say, both of these are guaranteed to keep you cool!

The Mediterranean and Asian influences on the bar are obvious from the cocktail and food menus through to the decor. Candlelit dark wood tables, leather stools and Asian-inspired wall hangings give the place a welcoming sensation inside, while the hidden courtyard in the back can comfortably host 20 people and is also available for private functions.

Studying the food menu over a Lucky Beer imported from China, it is hard to choose between the vegetable dumplings; pumpkin, feta and pine nut pizza; or smoked trout pâté, all of which are extremely mouth-watering. Quality is guaranteed as the bar supports local producers by using fresh produce sourced from Queen Victoria Market.

To help with the next drink decision, Emily recommends a limited edition Mountain Goat India Pale Ale, a strong malty beer not for the faint hearted or bitter-loathers, but it accompanies the pizza perfectly!

Very reasonable food and drink prices and the welcoming hospitality make this hidden gem of the North Melbourne bar scene the perfect spot for your next get-together with friends or relaxing night out with your partner.

Evelyn Kogler

**Red Monkey Tea House**  
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# Sabrina's Cafe, Bar and Lounge



Sabrina's Cafe, Bar and Lounge gives a sense of European comfort

Photo: courtesy Sabrina's

North Melbourne can boast yet another great addition to its lounge, bar and cafe scene with the newly opened Sabrina's. With its old school decor and features such as a fish tank with a growing sea garden, renaissance painting, crystal chandelier and grand piano, the new addition to Queensberry Street gives a sense of dignified European comfort.

The lunch and dinner menu offers cafe staples such as sandwiches, quiches, sausages and fettuccini, while a cheese platter and a cold meat platter are available for peckish patrons. The patisserie has a range of European cakes and pastries cooked by their Viennese chef. I can personally vouch for the apple crumble, garnished with cream.

Unlike many cafes in North Melbourne, Sabrina's will be open well into the evening. So thankfully, their delicious sweet crumbs will be available to satiate late night dessert cravings.

At the bar, a range of cocktails, wines, and local and imported beers—listed on the menu by country of origin—are available. The owner, Sabrina, says that weekend entertainment will be on hand in the form of a pianist. She also has plans for Swiss ice cream—which would go rather well with that apple crumble.

Sabrina's offers a little class and elegance to the diverse and thriving North Melbourne cafe and bar scene.

Raii Simojoki

**Sabrina's Café, Bar and Lounge at 550 Queensberry Street, is open 8.00 am-2.30 pm. It then re-opens for Happy Hour which runs from 5.30-7.30 pm on weekdays and from 5.30 to 10.30 or 11.00 pm on weekends.**

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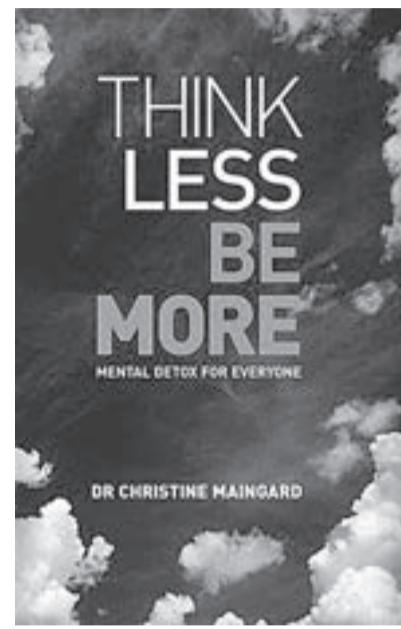
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## ARTS & ENTERTAINMENT

# A book to help with stress

**Think Less, Be More—  
Mental Detox for Everyone**  
By Dr Christine Maingard  
RRP: \$24.99  
Michelle Anderson Publishing



negative reactions to these demands. Dr Maingard outlines ways to help us analyse that which is making us tense, by looking at the stresses in our lives and the way we respond; this self-analysis can help us learn better coping strategies.

If you feel ready to de-stress your life, the final chapter of the book outlines an eight-week mental detox program, though whether you take eight weeks or need more time to complete this journey is up to you.

This is not a book to pick up and read 'in one go'. Rather, it takes time to think about the ideas and how they can relate to your own situation. Even if you don't feel ready to accept all the suggestions, you may find ideas that will change the way you think. Perhaps you would even be able to think more calmly, discard some of your negative reactions and achieve a better life balance.

For more information visit  
[www.thinklessbemore.com](http://www.thinklessbemore.com)

Rene Heeps



Author  
Dr Christine  
Maingard

Modern life is becoming more stressful and busy every day. We no longer seem able to get away from work and deadlines. Mobile phones keep us on call. Fears of redundancy, real or imagined, keep us on edge. Threats of terrorism, climate change, and economic uncertainty all combine to make us anxious. In our personal lives we feel pulled in many directions. The stresses build up all the time, often leading to health and sleep problems. But self-medication is not the answer says local author, Dr Christine Maingard.

In her book, *Think Less, Be More—Mental Detox for Everyone*, Dr Maingard uses her personal journey to outline how she developed the idea of mindful strategies. Through changing the way we react to others and our thinking, we can survive the turmoil. The mindfulness concept combines some of the ideas of Buddhism, meditation, cognitive behaviour and other tools that we can use to relate to situations in a healthier and more productive way.

There is a particularly interesting chapter on surviving workplace chaos. The stresses, the anger, the boredom, the ego of self and fellow workers—these are all destructive, and the author proposes her methods of mindful strategies as a way to change our

Dr Christine Maingard is a speaker, writer, facilitator and business consultant. Her understanding and knowledge are grounded in her extensive background as a senior corporate executive and a specialist in the learning and professional development fields. Her own 'transformation' from working in stressful and complex environments to learning how to slow down and think less has taught her that being mindful is pivotal for our health and wellbeing. She conducts workshops and seminars for businesses, educational and other groups.



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# Come swing with the Swing Patrol

**I**t all started with casual dance classes, a fun way to blow off some steam after a stressful day at work. But soon Claudia Funder was leaving her job to concentrate solely on her 'hobby'—a swing dancing club, Swing Patrol. Twelve years later, Swing Patrol is one of the largest swing dancing clubs in the world. Claudia coordinates classes in Sydney, Geelong, north-western Tasmania and right here, in North Melbourne's Czech Club on Queensberry Street.

Claudia's philosophy is to "take dancing to where the people are," and this means that classes are held in pubs and social venues rather than a studio. The Czech Club venue has proven to be the largest and most popular, with 800 dancers on the roster. The age of Swing Patrol dancers varies from 7 to 75, but in North Melbourne the club is nicknamed "the youth group." The average age is about 30 years, with lots of singles and uni-

versity students coming to dance.

Every Thursday, between 6.30 and 8.30 pm, the Czech Club hosts beginner to advanced classes, with both couples and singles welcome. "We promote social interaction in class because it's much better for learning to mix partners and get diversity," Claudia said. "Sticking to one partner is politely discouraged. Everyone dances with everyone."

Claudia has a broad understanding of dance and its value. "Dancing does wonders for people's holistic development. It's physical, sensual, coordinated and artistic. It improves self-esteem and challenges every aspect of a person." Young men particularly benefit from dance. Claudia has seen them come in unable to look their dance partners in the eye, but that quickly changes. "They learn a lot about themselves. They are able to physically and emotionally interact with women in a non-threatening way, their con-



Swing Patrol dancers let loose at the Czech Club on Queensberry Street

Photo: David Apostol

fidence grows and they dress better." Most importantly, they develop friendships with fellow dancers, both male and female, in a supportive community atmosphere.

Classes are energetic, fun and friendly, and partners change every five minutes. "It's not scary when you start," said Evie, a dancer who has been coming to Swing Patrol with her friend Stella for a year and a half. At 16-years-old, Evie and Stella are among the youngest club members. Stella, whose interest in the 1940s drew her to Swing Patrol, agreed with Evie. "The teachers are great; they make you feel welcome. The dancing is fun and the music is great."

In addition to classes, there's social dancing. Most students stay behind for the Social, and other dancers arrive throughout the evening. Passers by often pop in to have

a look when they hear the music pouring out of the Czech Club.

Paul and Jennie have been swing dancing for five years. "After a stressful day, an hour will go by and I have smile on my face. It's a supportive community here," Paul said. "Everybody stuffs up at some stage, but nobody cares." Jennie nods in agreement. "It's great fun."

Swing Patrol set out to create great social dancers. A room of energised, smiling people at the Social leaves no doubt it has succeeded. There is only one thing Evie and Stella would change about Swing Patrol—more 16-year-old boys to dance with. "We just haven't been able to get them to come along yet!"

Jeanne Gabrielle

## From little performances big ones grow



Lindsay Saddington, the driving force behind ACOPA

Photo: Irina Fainberg

**A**ll the world's a stage, and all the men and women merely players. But if your acting ambitions run deeper than avoiding a slap when faced with the fateful "do these jeans make me look fat", North Melbourne's got just the thing for you. The Australian Centre of Performing Arts, or ACOPA for short, is the brainchild of Lindsay Saddington, acting coach and playwright, who made North Melbourne his home six years ago.

"I wanted to create a hub where people get to experiment and challenge themselves," Lindsay said. "My whole philosophy with this place is to encourage people to explore the many aspects of who they are. And I'm not talking about the wonderful creative concepts, but the demons too—the good, the bad and the ugly. A lot of the pressure and anxiety that people are feeling today is because they are not expressing themselves fully—their body, their spirit, their whole being. This is a safe environment for people to do that and to gain a fresh perspective on themselves and the rest of the world."

The most important thing is to take the first step, and no one knows this better than Lindsay. Six years ago, his work as an acting coach paid the bills, but he was yearning for a creative release. "This whole project was a product of a massive mid-life crisis," Lindsay laughed, "Or creative inspiration.

Whatever you want to call it. You meet so many people who talk about what they want to achieve in life. But at some point you have to stop talking and start acting. It finally got to the point where I got tired of making excuses for myself. I thought, take the plunge into the abyss [and] just go for it. Six years later I'm still floating in the abyss," he laughed. "But no matter what happens, there will never be any regrets."

The four-storey building on Raglan Street is shared by Lindsay's other creative ventures, the Australian Creative Talent Agency and Cabaret Voltaire, as well as several artists who sublet studio space. The mezzanine floor will soon be turned into an art gallery. The bohemian interior is already being used as an acting school and a performance space. In the near future Lindsay hopes the list will expand to include roaming art exhibitions, music performances, fashion shows, book launches, film screenings—anything and everything that fits under the broad umbrella of artistic self-exploration.

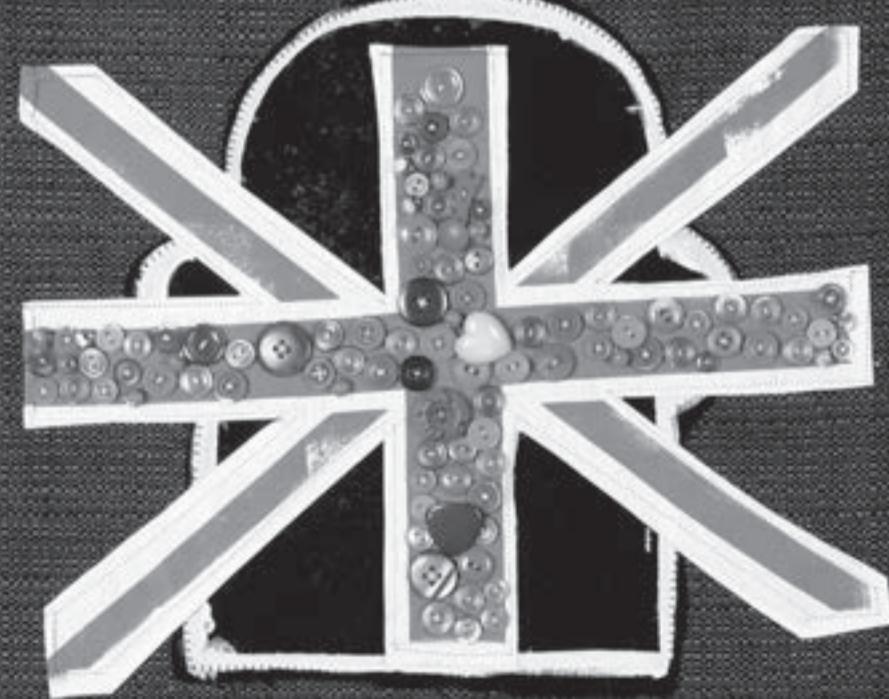
The performance space is small, but that's the whole idea. "The intimate atmosphere could be confronting, but it also offers a perfect testing ground for emerging performers," Lindsay said. "It offers a chance to share your story with a small audience—and maybe it's just your family and friends at first—but in a public space, not just at your kitchen table."

Although ACOPA is essentially a one-man operation, Lindsay looks forward to forming many productive partnerships within North Melbourne's burgeoning creative community. "In the arts community, we can be a little bit isolated. I think we should collaborate as much as we can because you can work off each other and create bigger and better things. North Melbourne is a rich environment for the arts. What I'd love to be able to achieve is bring[ing] like-minded people and organisations into this space to work with each other."

Irina Fainberg

*In March, ACOPA will be staging *Three Steps Forward...*, a performance of three short plays written by Paul Spinks and devised and directed by Bronwyn Dunston. For the latest performance and acting course information, visit [www.acopa.com.au](http://www.acopa.com.au).*

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GALLERYSMITH

# Dusty little slice of musical heaven



The Hound Dog's Bop Shop, 313 Victoria Street

Photo: Irina Fainberg

**H**idden behind an inconspicuous store front at 313 Victoria Street is what many believe to be the best record shop in town. Hound Dog's Bop Shop is very easy to walk straight past. It does not get much walk-in traffic, and that says a lot about the kind of people who frequent it. It's a collectors' paradise, filled with people who know what they're after.

Walk through the door of Hound Dog's and you are welcomed into another era—a simple time, when music spoke for itself. Floor to ceiling is stacked with records, books, CDs and assorted collectors' items and memorabilia. It's not at all fancy, but has

more atmosphere than any music store I've ever been to. This place knows what music is because it knows what music was.

Denys Williams opened the shop in 1975 (That's right; this unassuming little record store has been going strong for almost 35 years!). Hound Dog's specialises in early rock'n'roll and rockabilly, all the way through to blues, R&B, soul, country and swing. There's a huge second-hand vinyl section out back, and the front of the shop is a browser's paradise of original vinyl and new release CDs.

The idea for the record store came from his friends who, like Denys, collected



Denys Williams opened Hound Dog in 1975

Photo: David Apostol

records that weren't readily available locally, ordering them from England or the USA. Denys took inspiration from specialist record shops in England where he had contacts.

From the outset, the shop has been open three days a week. Denys was prepared to work part-time if necessary to keep the store afloat, but this wasn't necessary after all. On the days the shop's doors are closed to browsers, Denys has been filling mail orders and ordering stock from overseas. It's an arrangement that has worked very well. "To do something you enjoy and get paid for is the ideal situation," Denys said.

The Hound Dog's customer base is fiercely loyal. Some of Denys' customers came in the first week the shop opened and still come in today. The majority of his customers are older, but Denys said quite a few young people come in to the shop. "The young people don't collect now like we did with downloading available today," he said.

Among Denys' customers are some world-famous names. *The Age* readers might remember an article published in 2006 about Betty Harris, a famous 1960s American soul singer, visiting Hound Dog's on her trip to Australia. On the shelf was a CD compilation of her work that she hadn't known existed. This triggered a series of events that led to her retaining the rights to her master tapes.

"She was very friendly, hanging out for the best part of an hour just talking to people," Denys said. "I've seen her in the States, and it's nice that there's still enough interest to bring her out here to Australia. She's not a commercial act, so that's even better."

Other 'big names' Denys has met over the years include Jerry Lee Lewis, Carl Perkins and Fats Domino. "Jerry Lee would vary each time you met him, maybe depending on the spirits," Denys smiled. "He was in a hurry, put it that way. [He] didn't have a lot of time to talk to you." Carl Perkins was a different story. He was a typical 'country boy,' "just a regular guy, a very nice guy who didn't have any pretensions."

The interest in artists like Betty Harris, and music in general, is in part due to specialist shows aired on community radio, Denys said. "You can listen to rockabilly shows, and they are not just playing Presley, they're playing obscure stuff. There are also shows specialising in blues, R&B, pre-war blues, gospel, Cajun—all of it on radio shows that allow people to hear stuff they've never had the chance to." Like Denys' passion for music, his knowledge of the Melbourne music scene is staggering.

Every year since opening his shop, Denys has travelled to the USA to look for records. "There are big record fairs in America. We

usually go over there for three to five weeks, and we know a lot of people there, too. We get piles of wish lists every time we go," he said.

The store is a product of Denys' own musical taste, with a bow to early rock'n'roll, blues, soul, country and swing, going right back to the 1920s. His private music collection is impressive. There are a lot of CDs—they don't take up much room, which is at a premium for a collector—but mainly it's 45s and 78s.

"To me, the sound of vinyl is what the music was meant to sound like. They clean a lot of things up now, and in a lot of cases this changes the sound of the music and gets away from the sound it was intended to be," Denys said.

For a collector, the vinyl album cover is as much a part of the music as the record itself. "Part of buying a record was the cover and the notes that came with it. With a CD, everything is shrunk down to fit. Somehow, something has been lost. It's a shame," Denys said, "but people tell me it's progressing."

"I have an enormous collection, and every now and again I weed through it and sell a few records. After I get rid of them, I think 'what did I do that for?' because trying [to] find them again would be impossible. A lot of stuff from the 1950s just doesn't turn up anymore. I've sold a stack of things over the years that I've had bad feelings about afterwards."

No matter how convenient and popular CDs have become, there would always be a market for vinyl, Denys said. "It's strange, but the younger people accept vinyl more than CDs in a lot of ways. We still sell a surprising amount of vinyl, and I notice a lot of the younger people tend to look at vinyl." Perhaps, it's being aware of the quality of the sound, or the precious find of something rare.

Denys' passion for music is undeniable, and it's most obvious when he considers the possibility of one day having to close the doors of his shop. "I don't know how many more years it's got left in it," he pondered, referring to the shop. "I've got to the age where there's a few other things I wouldn't mind doing, and this isn't going to go on forever."

He paused for a bit. "But I think there's a few more years left in it."

*The Hound Dog's Bop Shop, at 313 Victoria Street, is open Thursdays, Fridays and Saturdays.*

Peta Neilson

## Spring Fling Street Festival Local Circus Spectacular

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