

NW MN

NORTH & WEST MELBOURNE NEWS

ISSUE 151 DECEMBER 2010

THE NORTH & WEST MELBOURNE NEWS IS PRODUCED BY VOLUNTEERS AT THE CENTRE

NOW ONLINE AT: www.centre.org.au

Thank you to all who supported The Centre in 2010

As the year draws to a close, it is timely to thank everyone who is part of the community of The Centre, for all your support, contribution and friendship, to all who know and love it and use it one way or another, virtually every day.

We also want to thank everyone who made the highlight of 2010 come together. Spring Fling Street Festival was back on

Errol Street on Sunday 24 October which was a stunning, sunny, balmy day. The crowd, estimated to be around fifteen thousand, tasted the delights of local restaurants and danced, juggled and hula hooped their way through our 'local circus spectacular'. Others marvelled at the entertainment of the two stages, or sat back and enjoyed the fabulous feasts cooked up by local chefs at the

Queen Victoria Market cooking pod set up in the heart of the Errol Street. Meanwhile children 'courted death' by walking through the legs of Ardie the elephant, dodging her kicks and flicks of water, safe in the knowledge that she was not really 'real'. And then there was Thread Den's amazing market in the Lithuanian club with hundreds of arty, crafty and designer stalls.

The Centre, supported by funds from the City of Melbourne, is proud to have produced the festival and thanks everyone for their part in making Spring Fling such a success. We wish you a safe and happy 2011.

*Thea Bates
Director*



**Season's
Greetings
from
everyone
at the
News and
The Centre**

Errol Street, North Melbourne all dressed up for the Festive Season

Photo: Newsteam

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 33rd 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. Funding is by way of a limited quota of advertising, sponsorships, 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
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A charge of 25 per cent may be added for advertisements that require designing. *Community announcements are published free of charge.*

Please note: Advertising rates may be reviewed in 2011.

For more information phone 9329 1627 or email <nwmnews@centre.org.au>.

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 Coordinator: Position vacant

Advertising Coordinator: Janet Graham

Section Editors:

Arts & Entertainment: Irina Fainberg
Community: Amanda Vandenberghe
History: Kate McDonell
Noticeboard: Janet Graham
Politics & Environment: Jennifer Boyce and Tom Kramer
Sport & Health: Patricia Lew
The Centre: Linden Smith
Travel & Food: Shannon Newley
Youth & Education: Kate McDonell
Production team: Adam Cinemre, Janet Graham, Rene Heeps, Allan Hood, Athina Koutouleas, Jim Weatherill

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News delivery team for 2010

It's time to recognise the efforts of the delivery team. Four times each year, these unsung volunteers navigate the streets and lanes of North and West Melbourne to bring the newspaper to your letterbox. It's thanks to them that the *North and West Melbourne News* has such a broad reach within our community.

Verena Augusti, Ann Brady, Jim Brady, Nicky Capriolo, Margaret Carlton, Bill Cook, Jenny Cook,

Brendan Ferrari, Kaylene Ferrari, Carolyn Fyfe, Jeanne Gabriel, Alba Gatto, Agnes Girdwood, Janet Graham, Graeme Harper, Heather Harper, Denys Harraway, Nancye Hawkins, Michael Hearn, Sally Hearn, Jan Lacey, Helen Lew Ton, Pat Lightfoot, Carol Lowe, Kathleen McPherson, May and Oliver, Helen Michell, Nancy Nankervis, Kaye Oddie, Kay Oke, Rob Oke, Robyn Phelan, Catherine Rouse, Madeleine Scully, Jocelyn Sellers, Linden Smith, Gabby Stannus and Beth Stevenson

Join the News team as a deliverer!

Need an excuse to explore the local streets and lanes? Join the delivery team and discover just where some of those letterboxes are!

It takes less than two hours to deliver a bundle of news-

papers to your neighbours. The *News* is published four times per year and your help would be very much appreciated. *For more details contact Helen Lew Ton hmlewton@gmail.com*

St Alban's Op Shop night market from 6pm on Friday 10 December 2010

Check out our fantastic range of clothes, shoes, designer jeans, toys, homewares, books and heaps more at our pre-Christmas sale!

Food and drink will be available.

St Alban's Anglican Church, 55 Melrose Street, North Melbourne
(Enter via the gate on Mark Street.)

CAROLS ON THE CORNER

Friday 17 December 2010

BYO Picnic from 6.00pm — Carols from 6.30pm
In the church grounds near the Moreton Bay fig tree

Saint Mary's Anglican Church

Corner Queensberry and Howard streets, North Melbourne

Everyone is welcome to attend this community event



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North Melbourne Book Group

15 December:
Revolutionary Road
Richard Yates

Provisional titles for 2011

19 January:
Cooee
Vivienne Kelly

16 February:
Lovesong
Alex Miller

16 March:
The Road
Cormac McCarthy

North Melbourne Library, 66 Errol Street, 7.30pm
ALL WELCOME

Christmas 2010 services in North and West Melbourne



St Alban's, Anglican

55 Melrose Street, North Melbourne

Saturday 25 December 10.00am Christmas Day Service

St James' Old Cathedral, Anglican

Corner King and Batman streets, West Melbourne (opposite Flagstaff Gardens)

Sunday 19 December 10.00am Service of Lessons and Carols

Friday 24 December 11.00pm Christmas Eve Service

Saturday 25 December 10.00am Christmas Day Service

All services feature our professional choir, The Old Cathedral Voices.

St Mary's, Anglican

Corner Queensberry and Howard streets, North Melbourne

Friday 24 December (Christmas Eve) 6.15pm Children's

Service — a short, lively service especially for children;

11.00pm Carols around the Crib; 11.30pm Midnight Sung

Eucharist, followed by a Festive Supper

Saturday 25 December 9.00am Sung Eucharist (*please note this will be the only service on Christmas Day*)

Sunday 26 December 10.00am Sung Eucharist (*please note this will be the only service on this Sunday*)

St Mary Star of the Sea, Catholic

Corner Victoria and Howard streets, West Melbourne

Friday 24 December 12.00 noon — 12.25pm Confessions;

12.30pm Mass of 24 December; 1.05–1.30pm Confessions;

8.00pm Christmas Vigil Mass; 10.30–11.45pm Confessions;

11.30pm Carols, followed by Solemn Midnight Mass

Saturday 25 December 9.45–10.15am Confessions; 10.30am

Mass of Christmas Day; 12.00 noon Mass in Lithuanian

Sunday 26 December (Holy Family) 9.45–10.15am

Confessions; 10.30am Sunday Mass; 12.00 noon Mass in

Lithuanian

Monday 27 December 10.00am Australian Lithuanian Days

Opening Mass

Saturday 1 January (Solemnity of Mary, Mother of God) 8.30am

Mass celebrated by Archbishop Tamkevicius in Lithuanian;

5.45–6.25pm Confessions; 6.30pm Vigil Mass for the Epiphany

St Michael's, Catholic

456 Dryburgh Street, North Melbourne

Tuesday 14 December 9.30am Advent Reconciliation

Wednesday 15 December 7.00pm Advent Reconciliation

Friday 24 December (Christmas Eve) 6.00pm Mass

Saturday 25 December (Christmas Day) 10.15am Mass

Saints Peter and Paul, Ukrainian Catholic

35 Canning Street, North Melbourne

Sunday 19 December (St Nicholas Day) 8.00am & 9.30am Liturgy

Wednesday 22 December (Immaculate Conception of Mother of God) 10.00am & 7.00pm

Saturday 25 December (Nativity of Jesus Christ — New Calendar) 10.00am

Thursday 6 January (Christmas Eve) 5.00pm

Friday 7 January (Nativity of our Lord and Saviour Jesus Christ) 8.00am & 10.00am

Saturday 8 January (Synaxis of Blessed Virgin Mary) 10.00am & 7.00pm

Friday 14 January (New Year — St Basil the Great) 10.00am & 7.00pm

The Eighth Day (a Baptist Community)

4 Miller Street, West Melbourne

Saturday 11 December 7.30pm Carols in the Park, Miller Street Reserve (BYO blanket and chair)

Sunday 19 December 5.30pm Christmas Service

Uniting Church, Mark the Evangelist

51 Curzon Street, North Melbourne

Meeting in Elm Street Hall, 4 Elm Street, due to repairs to the church

Sunday 19 December 10.00am Service of Carols and Lessons

Saturday 25 December (Christmas Day) 9.30am Eucharist

Sunday 26 December 10.00am Eucharist

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New angle on Institute

Grand Designs: The Melbourne architect Peter Maddison fronts the new Australian Grand Designs TV program. He is also the architect of North Melbourne’s new Bastow Institute of Educational Leadership which, if all goes according to plan, will be open for business within 12 months. It is a building where old meets new, with what is likely to be a stunning result.

Travelling west along Queensberry Street you pass the old Victorian State School No. 307, which opened in 1882. It is currently neatly packaged up while development takes place ‘under wraps’, but a few honoured people were given a short ‘behind the scenes’ tour of the building on 19 October, and Peter Maddison explained his vision and the practicalities of translating this into reality. Essentially, the old 1882 building will be restored as closely to the original as possible, while the extension to the building will be modern, a statement to progress and the vision of development and excellence.

Peter aims to make a bold and exemplary statement with his designs, both in structure and interior decoration. He says that there will not be a single 90 degree angle, to challenge the way people think. He will use primary colours and the latest in furniture design. His aim is to provide an exemplar of what government education can provide.

The Bastow Institute aims to open towards the end of 2011. Not before time—the building had been occupied by vagrants and pigeons for fifteen years before the State Labor Government announced the plan for the facility in 2008. The building had been allowed to disintegrate to almost a point of no-return, and the builders faced many unforeseen problems — beginning with having to dispose of 30 tons of pigeon poo

that had hardened over the years, contaminated and unstable soil, lead paint contamination, and finding that the painted surface of limestone blocks was holding the blocks together. When the paint was removed the blocks crumbled away. Peter pointed out that the site would probably not have been feasible for a private developer because of the amount of preparatory work required before building could commence.

So why the Bastow Institute?

Henry Bastow, at the age of 33, was appointed to the Victorian Government’s State School Division Department Architect and Surveyor in 1873, the year after the 1872 Education Act introduced compulsory, free, and secular education for all children between 7 and 15 regardless of their circumstances. He had the challenging job of designing and building hundreds of schools throughout the state, catering for a huge variation of locations, available building materials and local educational requirements. Designs ranged from one teacher schools to large inner-city establishments. In the five years following his appointment 615 schools were built and opened. And Bastow’s personal stamp was unmistakeable, with picturesque, neo-gothic embellishments such as bell towers and spires, gabled roofs and traceried windows.

Many schools were designed by architects who won their contracts through submitting prize-winning designs. North Melbourne Primary School was one of several schools that Bastow designed himself, and Barlow’s personal architectural ideas made their mark on the school buildings in both metropolitan Melbourne and regional Victoria.

Bastow personally designed the North Melbourne Primary School 307, a two storey, red brick building with limestone



Bronwyn Pike at the site prior to the November State election

Photo:courtesy Felicity Jack

quatrefoil tracery, rendered trims and a blue-stone plinth. Its main features influenced by the British Gothic Revivalist architect William Butterfield (1814-1900) are the central tower and the five traceried windows on its upper floor. The tower has a gable end roof that appears in the form of a saddle roof, where it incorporates two gables and one ridge line. It is intentionally used to balance the two gable ended wings.

The new building will house a below ground theatre to seat 100 people, with all the latest technological gadgetry to allow for interaction between speaker and audience. There will be a three story glass lift which will link this to the ground and upper floors where there will be ‘break-out’ rooms, a demonstration class room, and lounge/staff areas.

While the old building is being renovated to its original design and with, as far as possible, the same materials, the new additions are going to be stark contrast to modern extension. While the old chimney stacks

remain, the fireplaces themselves will be covered over as they are draughty: there is nothing left as a template for their renovation, and present day heating methods make them redundant.

An area that can be partitioned off from the main building, called the Dewey Common, will be available for community use.

The Institute has lofty intentions, in parallel with the building which will give it a home. Let us hope that the benefit of this inspired building will have a positive benefit for all the students of Victoria, not only for the administrators who will sit in it.

A sculpture of Henry Bastow, whose legacy has only recently resurrected, has been commissioned and will be situated in Queensberry Street, with Henry Bastow looking in the direction of Errol Street. Much has changed since he died in 1920: what would he make of it?

Felicity Jack

Christmas risks for pets

Early summer in Victoria is a gloriously crazy time. The weather is completely unpredictable which makes life very entertaining for our pets. Today my cats are skipping around our sunny potted balcony garden and smelling delightful after playing chasey through the lemon geranium. Tomorrow they might be shivering inside hiding from a hailstorm or flat out on the cool bathroom floor trying to escape the heat. Summer and the festivities that come with it can provide plenty of opportunities to play outdoors together and spend some valued holiday hours spoiling our pets. On the other hand there are also a host of dangers that come with the

changeable weather and the change in our routines over Christmas time.

Parties and barbeques are exciting and refreshing for those who enjoy socialising and can moderate their eating and drinking, but can be exhausting or even messy for those who can’t. The same applies to our pets. Party food such as chocolate is highly toxic to dogs, cats, ferrets and birds. Cooked bones splinter easily when chewed and can puncture organs on the way through the digestive tract. Fatty meats can trigger foamy diarrhoea in cats and pancreatitis in susceptible dogs. Christmas baubles and party streamers are designed to attract attention and can end up causing an obstruction inside

the bowel of an inquisitive pet. Guests often leave doors and gates open and loud music, crowds, and fireworks can cause pets to run off and hide in fright. They then face the dangers of the road, encountering aggressive animals and also just becoming weak and ill due to fear and being unable to fend for their selves while lost.

Gardening, outdoor activities and holidays are a big part of the summer plans for many of us. Beware of the risks of garden toxicities such as snail bait consumption, especially in dogs, but also in pet bluetongue lizards feeding on garden snails. Our local snake populations have woken up and are very active at this time of year. So keep your dog on a lead when walking near rivers and creeks. If you are taking your pet on holiday with you, remember to bring their usual medications and an emergency first aid kit

for injuries. Don’t forget to pack all the items you will need to provide them with excellent shelter no matter what the conditions are. Never leave pets in the car unattended. They can quickly overheat.

Heat stroke and storm frights are a common cause of veterinary emergency visits from January through to April in Victoria. Pets need to have a constant source of fresh cool water, excellent ventilation in their shelters and shade at all times of day. Their shelter must also allow them to feel safe when noises such as thunder, fireworks, or hailstorms surprise them.

Once you’ve checked the safety list I have one last piece of advice. Spoil your best friend rotten with good food, energetic focussed playtime and plenty of mutual grooming!

Dr Sasha Herbert

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345 Victoria Street
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Phone: 9328 8999

Touch of Tokyo Chic in North Melbourne

A manicure is something most women appreciate. Beautiful nails add that finishing touch to girlie grooming. Visit any nail or beauty salon and you'll be offered an array of services, from a basic manicure to paraffin treatments and acrylic

or gel nails, topped off with a French polish or colour. No longer limited to shades of red or pink, nail polishes cover the entire colour spectrum, and a match can be found for any mood or outfit. But sometimes we want something

original or different, something that we can admire and that has that wow factor. And that's when we need to call Hands of Elegance and make an appointment to see Rina Nakamoto. Hailing from Japan, Rina (pronounced Reena) specialises in nail art. And we're not talking about stencilled shapes or two-tone polishes. Rina's nails are exquisite works of art; each set a unique design that's been painstakingly crafted. Using the latest trends in design, colour and technique, Rina's nails eliminate the need for jewellery as they're fashion pieces in their own right. Intricate and detailed, these stunning nails really are something to behold. Perfect for that special occasion, or to complement your own style every day, Rina's nails are made using quality products and are applied with an acrylic or gel overlay for a long lasting effect. Rina studied nail design in Tokyo five years ago, and has worked to perfect her craft ever since. While most of the two-dimensional nail art is designed to give some depth and the impression of three dimensions, actual 3-dimensional art is practiced as well, using sculpture powder and the addition of charms and small pieces of jewellery which are painted directly on to the natural or artificial nail.

Rina learned the relevant techniques and

applications, but it's her innate artistry that makes her nail art distinctive, and allows her to keep creating original designs. The Japanese style of nail art has that unique aesthetic that can only be described as Japanese, and is epitomised in the delightfully bizarre street fashion of Harajuku girls, or even in a simple but exquisitely presented plate of sushi. This aesthetic is rare to find outside Japan, so we're fortunate indeed to have Rina to bring a touch of Harajuku style to North Melbourne. As well as her amazing nail artistry, Rina offers a variety services, from pedicures to reflexology and lymphatic drainage. She's also offering soft gel, which is the latest technique in nails that's catching on with many women. Thin and natural looking, soft-gel nails are low maintenance, easily removed and cause no damage to natural nails.

Suzie Luddon

Hands of Elegance
476A Victoria St
North Melbourne
Ph 9329 0880
<www.handsofelegance.com.au>



Opening of the North Melbourne Language & Learning Centre

After many moves NMLL has finally settled back into its permanent home at 33 Alfred Street, North Melbourne. With funds from the Australian Government Teaching and Learning Capital Fund the premises have been newly renovated and the outside garden space provides an attractive area for official and unofficial gatherings. It was in the garden that NMLL was officially declared open, with City of Melbourne Councillor, Jennifer Kanis, cutting a red ribbon. Invited guests, volunteers, students and staff were welcomed by students representing 15 language groups who study at NMLL. Four students from St Aloysius, Serwa Ampen-Lassen, sisters Nhan Ai and Nhan My Nguyen and Rosemaire D'Agata sang and played instruments, and former student of NMLL, Jali Buba Kuyateh, sang and played the kora. Jali Buba originally comes from The Gambia in West Africa and he is a professional musician of great renown. The morning ended with lunch, with students providing the most delicious and colourful plates of food from their countries of origin. NMLL is celebrating its 21st birthday of teaching English to the Culturally and Linguistically Diverse communities of North Melbourne.

Felicity Jack



letters to the editor

Horror bus trip

As a Royal Melbourne Hospital outpatient equipped with walking stick for mobility and oncology conditions, it's fair to assume my movement is compromised, this was utterly ignored on a recent route 402 bus trip from the hospital to Footscray. Within seconds of boarding and ticket check, the bus lurched off through yellow lights at the Flemington Road intersection, slamming this unstable patient to the floor and bashing her skull against the metal ridge of a seat. This (eternal?) victim regained consciousness to other passengers' frenzied screams to stop the bus, this done so roughly that I was slewed further on the floor as the bus stopped some 200 metres from my boarding point. Somewhat dazed, I wrongly rejected other passengers' advice to return to RMH, this was a mistake for several reasons: I had suffered a fractured skull, deep bruising on an already compromised right hip and thigh, and then watched the driver animatedly chat to a mate while driving the last few stops of the trip as the bus swayed widely across the road. This distress was unnecessary from go to whoa; 'public transport' eh? I'd call it public transport terrorism.

Sore disabled pensioner

DO YOU KNOW SOMEONE IN NEED?

**Ozanam House,
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Working with homeless men in Melbourne since 1953

Ozanam 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

İHTİYACI OLAN BİRİSİNİ TANIYORMUSUNUZ?

**Ozanam House,
North Melbourne**

1953 den beri Melbourne'daki evsiz erkeklere hizmet veriyoruz

Ozanam House (Ozanam Evi) gereksinimleri karmaşık olan 18 yaşından büyük evsiz barksız erkeklere zor durumda kaldıklarında bakımlı kalacak yer sağlar.

Amacımız evde yaşayanların evsiz kalmalarına neden olan sorunları aktif bir şekilde çözmelerine yardım edecek emniyetli, güvenli ve destekleyici bir ortam sağlamaktır.

Eğer bildiğiniz evsiz kalmış, zor durumda olan ve yardıma ihtiyacı olan biri varsa lütfen SVDP Ev Bulma Servisini 03-93002977 veya 1800 618 468 (ücretsiz) numaralarından arayınız.



St Vincent de Paul
Aged Care & Community Services

Yaşlıların Bakımı ve Toplumsal Yardım Hizmetleri

When the going gets tough . . . Lupus Melbourne get going!



More often than not, modern society overloads us with negative instances of what humanity has become. Warfare, political injustice, disease, all comes to mind. Bombardments of these tragic and overwhelming delinquencies, inescapably lead to a jaundiced-colored view of the world. And through this lens laced with dubiety, it is difficult to contemplate the greater good which coincides. So the question put forward is . . . where does all the “good” happen?

Over time we have become unaware of the great successes our societies harbor. While standing on a soapbox, preaching to the hemming and hawing social diplomats may not be the best approach, I made the decision to dedicate this article to promoting a little bit of good. A little insight into what greatness is going on in our world today.

Every now and then you discover some-

thing that makes you stop and forget to start again. Something that moves you. Impresses you. Inspires you. Something that brings grateful tears to your eyes. Lupus Melbourne does not fall short to this effect.

“We are not victims of lupus” stated Mary Dalamu, a long time Lupus Melbourne director and Victoria University Academic and lecturer.” Our support group aims to “own” the illness as opposed to letting it take over our lives” explained Ita Andehui - new mum and architect professional. Any notions I once had about support groups were very quickly hoisted out the window upon my meeting with directors Mary and Ita.

Lupus is an autoimmune disease which can mimic symptoms of many unrelated illness.

Lupus can attack all major organs of the body including; the kidneys, liver and brain.

For this reason it is incredibly difficult to diagnose and treat.” One person’s lupus is not another person’s lupus” explains Mary of the multifaceted disease.

Mary’s fight with the disease first started with double vision, which a GP diagnosed as thyroid eye-disease. This was the start of waiting rooms and a long list of “oligists” who could not seem to understand why Mary was presenting the symptoms she had. “Many doctors don’t realize how invisible lupus can be and therefore do not understand the full extent of the disease”.

Ita’s experience with the disease has been just as frustrating. “I stopped everything” says Ita, who was diagnosed with lupus eight years ago. Her treatment has been somewhat trial and error since but she has defied the

odds by starting a family. “You will often hear (in the media) that women with lupus shouldn’t have babies—this is a myth” and her healthy four month old baby girl, Paloma is living proof of this.

“We compare our bunyips!!” exclaims Sally Harris another director of Lupus Melbourne as she explains how the group members share their stories and experiences. Sally has had a very long and intimate history with lupus. Her lupus is more complex due to multiple sclerosis which has lead to complications with her mobility.” I could have just got into a wheelchair when my legs went . . .but I didn’t” she says. Her drive is palpable. As well as Lupus Melbourne, she is linked to the MS society and believes that support groups are paramount when it comes to disease management. “People can become miserable because (their illness) goes unnoticed by doctors, family and friends” explains Sally. This is where support groups can fill the gap and offer some social relief. Sally also works with a local gym group in Coburg focused on MS and lupus people which has what has kept her mobile and positive, “that’s part of the reason I’m still walking and feeling good”.

With a notable 150 members state wide, the group offers support which is unique in shape and form to each member. Pam found her rheumatologist through the group via recommendations and advice offered by other members. Before the group she admits to feeling disheartened by the lack of decent feedback from medical professionals. “I put my head in the sand” says Pam, a builder, passionate about renovation and restoration. The group has offered her invaluable support in terms of “fact finding” and relevant advice, which has helped her better understand her condition. “You have got to get to know your lupus” says Pam.

Annie was one of the first to form the original North/West Lupus group and has been a devoted member ever since. Her first symptom of the disease was an unusual “neck-to-toe” rash. This lead to severe joint pain and the onset of rheumatoid arthritis. I sat in amazement as she demonstrated the lack of flexibility in her wrists, ankles and feet. She explained that due to her compromised immune response, she had contracted chicken pox in the lining of her stomach, which was almost a fatal. During this time she had medical professionals baffled as to what her condition was. “I am a tough cookie but that was a point of no return for me” explains Annie at the frustration of endless tests and incorrect diagnosis. Lupus often leads to some form of depression and

Annie acknowledges that the disease “gets you down”. Despite this Annie has continued to work and complete an advance diploma in accounting.

Marilyn Bray, mother of three and grandmother to seven, she had a very different experience with the illness. After dying on the operating table, a brain aneurism and four strokes, she has now taught herself how to walk again. “Lupus attacks the major organs, mine attacks my brain” says Marilyn. 75% of people in this situation either die or suffer extreme forms of brain damage. Yet here we were sipping cappuccinos and gushing over the recent Titanic exhibition. Marilyn felt the strain of how little support was available in Melbourne for people with her condition. It was very much a case of “pass the buck” to different specialists before she could attain a clear diagnosis”. My doctor didn’t have a clue about lupus”. After discovering the group she now has a network of people with whom she can compare notes about the illness.

“It’s like a family” explains Sue Perkins of the group. A mother of two with a background in nursing, who went undiagnosed for 5 years. Her initial symptoms involved a loss of fine motor skills and extreme lethargy. Irritated by the lack of understanding and expert knowledge she turned to Lupus Melbourne”. We all have something to offer the group, in terms of personal strength and advice” says Sue who has helped develop a specialized kit for GPs to offer people diagnosed with lupus. Sue is now dedicated to engaging young women with lupus by developing a program which is caters more to their social needs.

The time I spent with the women from Lupus Melbourne was truly humbling. I was offered an inspiring insight into a world I never knew existed nor could fully comprehend. Despite their impeded dispositions these women are strong, unforgiving and in charge of their lives and their illness. I for one am far more motivated to give life a real go after hearing the stories of these extraordinary individuals. They don’t stop fighting nor do they sit in a pool of self-pity and regret. Their human spirit and strength is beyond measure by any scale.

Athina Koutouleas

For more information about
Lupus Melbourne visit:
<www.lupusmelbourne.org.au>

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*Merry Christmas
& a Happy New Year to all
from the team at Gary Bohmer Pharmacy*



*From left: Debbie, Ana, Yashar, Nat, Helen, Norma
and Gary (front)*

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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 day spa in the Metcalfe Valley for the perfect getaway. For further information visit www.mancuso.com.au

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Tel: (03) 9329 4004**



Janet Graham’s 150th recollections

The previous edition (September 2010) of the News was the paper’s 150th. Janet Graham was present was at the party held to celebrate the 100th edition in March 1998. The following are some of her personal recollections of people and events that have shaped the newspaper since her initial involvement in 1997.

1990s: Ewan Ogilvy (long-term mainstay of and inspiration behind the News) invited me to join the layout team. I never did. Until 1994 it was literally the cut-and-paste method: typewritten, or later typeset, fragments were pasted in place on shiny white printers’ sheets. It was done on a big table in the North and West Melbourne Neighbourhood Centre’s front room and took one weekend.

December 1997: My first involvement with the North Melbourne News. I wrote about Envirolink, a Melbourne City Council initiative of the early 1990s which got people monitoring local waterways, air quality and urban noise. At that time most articles were submitted on floppy disks but some were typewritten or even occasionally handwritten, so, being a typist by occupation, I also started keying copy into one of the Apple Macintosh computers and taking photographs as well.

March 1998: The News celebrated its 100th edition with a party at the Town Hall Hotel, attended by volunteers and supporters including a number from the paper’s earlier days. Barry Dickins was the guest speaker and spoke of “the need for alternative voices in the community” (James Robertson, NMN, June 1998, page 7). I became a regular contributor of articles from September 1998.

1999: By the end of the year Ewan Ogilvy had withdrawn from the News preparatory to leaving North Melbourne for Queensland. From then on, Graham Warden was the ‘main man’. In Ewan’s last couple of years he had tried to get some succession planning in place, setting up an advisory board and initiating discussions. Graham was resistant to formalising the structure, believing the volunteer system worked well enough. Local artist Mary Lockley was engaged as a consultant to conduct a survey of tasks and time spent on the News by all volunteers (except writers) and produce a report. She concluded that a paid coordinator was needed but this was never acted on.

After Ewan stepped back I gradually assumed what might be termed ‘co-leadership’ with Graham, he handling the layout and production side, I the admin side — calling meetings, compiling topic ideas, typing copy schedules and so forth. At that time there were several reliable volunteers in the layout team, notably Jutta Ladiges and George Mills. It was truly a team, with typically three or four people gathered round the computers in the Newsroom at weekends — a lot of laughs were had workshopping headlines.

In 1999 Helen Lew Ton took over as distribution coordinator, often writing stories as well. She is still in the former role and an occasional contributor.

1999 and 2000: The News established a relationship with postgraduate journalism students at RMIT. The paper benefited greatly from quality input by enthusiastic new contributors while the students were able to have their stories assessed as a component of the university course. These writers included Larissa Dubecki, Selma Milovanovic and Kate Lahey (all now Age writers). Other reporters who practised their skills on the News but did not come through RMIT were Bridie Smith and Nick Sheridan. A few of these ‘cadets’, including Bridie, also helped with layout.

2000: This year saw the purchase of a scanner, which enabled the placing of photographs and other graphics directly onto the pages laid out in the QuarkXPress desktop

publishing (DTP) program. Until then, photos had to be taken to the Melbourne Times office in Carlton or elsewhere for ‘bromiding’, a process that reproduced the photos on light-sensitive paper suitable for newsprint.

Soon after, Graham Warden and Les Kitchen researched and bought the News’s first digital camera, as yet quite new technology. A Casio, it cost about \$1500 and reduced the amount of scanning required.

June 2000: Graham’s last edition, after announcing his abrupt departure for the USA to explore new horizons. Panic ensued for the remaining crew — especially me, upon realising that I was the person who now knew most about the entire News production cycle.

September 2000: The first time the newspaper — a 24-page edition — was produced from pages converted to PDF. Until then, two Quark documents printed out on US Legal paper (somewhat longer than A4) had been laid out in landscape shape one above the other on a sheet of Latrobe Valley Express’s glossy paper, affixed with restickable glue. Graham had tried to introduce the PDF system for the June edition (also 24 pages) but it hadn’t worked properly as the Acrobat Distiller version 3 software already installed wasn’t powerful enough. George Mills came to the rescue and used his workplace experience to set it up.

There were teething troubles with the PDFs — literally: when articles were laid out flush with the edge of the template, some words at the margins got ‘bitten into’. George and I worked late into the night to repair the damage, dragging all text boxes a millimetre shy of the border, which made it necessary to adjust much of the layout. Unfortunately I overlooked a couple of pages that I thought had been fixed. The most embarrassing oversight was on page 4, where a former celebrity sportsperson ended up being described as a “sporting con” instead of a “sporting icon”!

December 2000: Rene Heeps, Felicity Jack and Jim Weatherill joined the team, all still active on the News today.

June 2001: Jaqui Niel volunteered as a contributor and layout worker. Her ‘Gingersnaps’ gossip column, written under the pen-name Ginger Adair, became a popular fixture.

September 2001: Greg Rochlin, whose particular interest was the creative use of computer programs, came on board. He was the paper’s main troubleshooter until mid-2006, a period of much technological change.

September 2002: The North Melbourne News went west! Having been discussed for some time, the newspaper was renamed North and West Melbourne News to reflect the content and the readership. Several people attempted to design a new banner but



Janet Graham — her expertise and dedication spans one-third of the time the North & West Melbourne Community News has been published.

Photo: Jim Weatherill

Rene Heeps produced by far the best effort and her husband, Max, drew a new sketch of the North Melbourne Town Hall as part of it.

2003: In January, George Mills arranged a visit to the Flemington–Kensington News to exchange tips and see if we could pick up some ideas, especially around managing volunteers and sharing the load better [plus ça change ...!]. A direct result was the decision to divide content into logical segments (previously articles were just matched for size) and we advertised for section editors in the March edition.

Two well-credentialled young women applied — Jane Crawford and Justine Webse — who between them undertook to manage the five new sections: Community, Arts & Entertainment, Politics & Environment, Food, and Sport & Health. The other star recruit from this drive was Ngaire Wex, whose interest was design and layout. The team agreed to my request to be named as coordinator, as that was what my role had, in fact, been for nearly three years.

June 2003: This edition — one of my all-time favourites — became known as ‘Ngaire’s edition’. Ngaire designed a unique set of section headings and virtually laid out the whole paper, combining flair with a careful regard for tradition unusual in someone barely 21 years old. Moreover, she mastered QuarkXPress on the job, having done her studies in one of Queensland’s forward-looking university departments which

recognised InDesign as the heir-apparent to Quark. Soon after, Ngaire landed a design job in Melbourne.

September 2003: Ironically, this was the first edition produced using InDesign. The News needed to upgrade, and InDesign was pitching itself as the innovator while Quark was resting on its laurels and pricing itself out of the market at the same time. Through the Neighbourhood Centre the News was able to take advantage of very competitive ‘educational’ prices for the Adobe suite. Also, with the seamless interface between InDesign, Acrobat and Photoshop — all Adobe products — the technical difficulties sometimes experienced with Quark (such as the September 2000 debacle) were largely addressed.

December 2003: A banner across the front page of Issue 123 proclaimed “North (and West) Melbourne News celebrates its 25th anniversary 1978–2003”. Jillian Ball, who had joined the team in March of that year, sifted through early editions of the News to produce a grab bag of graphics for the front page. She also proposed a History section for this edition and later became its section editor. A Schools section was introduced at this time, too, with Justin Courtney at the helm.

June 2004: Katrina Kincade, an experienced professional journalist, began writing for the News, having tutored a Neighbourhood Centre course called Telling the Story.

BLACK OLIVE CATERING AND VENUE HIRE

established by Australia’s most acclaimed Aboriginal celebrity chef, Mark Olive



- Indigenous catering
- Venue hire
- Stockists of Outback Pride Australian bush foods*

Mark Olive, aka ‘The Black Olive’, has been a chef for over 25 years and has become a well-known Australian celebrity with his charismatic style and creative approach to food. He has starred in his own television series, ‘The Outback Cafe’, and many cooking, lifestyle and travel shows nationally and globally.

Black Olive Catering was established in 2008 by a partnership of talented chefs with over 40 years experience between them in the food and restaurant industries.

Mark’s passion for fusing native food and culture with modern lifestyle cooking has led to a huge international profile, and the creation of Black Olive Catering, an indigenous catering company and function space in North Melbourne.

* Black Olive Catering is the sole Victorian distributor for Outback Pride’s range of sauces, preserves and seasonings produced from native fruits, seeds and herbs. This produce is all sourced from indigenous community farms.



Ground Floor, 480 Victoria Street, North Melbourne | 9329 3337 | www.blackolive.net.au

Janet Graham’s 150th recollections
continued from page 7

Katrina (now Kincade-Sharkey) is still an active contributor.

December 2004: Glenys Crawford took over the Schools section from Justin Courtney. She was to remain in the role for more than four years (the section was renamed Youth & Education in 2005). Both were wonderful contributors to the News.

June 2005: Allan Hood, a former composer with The Herald, who was intrigued by the way DTP programs had incorporated all the physical aspects of traditional publishing, joined the layout team for this edition.

2005: While the relationship with RMIT journalism students had long ceased following changes to the course structure, I was still keen to pursue an idea brewing since the Ewan Ogilvy/Graham Warden era of asking senior design students to revamp the newspaper and simplify the layout process. After preliminary discussions with graphic design course coordinator Tony Gilevski at RMIT Design Consultancy ‘the works’ in 2004, it was agreed that this was feasible for the 2005 academic year. Honours students Alisha Dunsford and Annie Macinnes took on the brief to streamline the look, standardise layout and select two fonts that were both readable and economical with space, as by now the News usually struggled to fit in all the contributions received. ‘The works’ kindly donated this service as we were a community organisation and the students undertook the project as the practical ‘industry’ component of their course.

The ‘new-look’ North and West Melbourne News was launched in September 2005 (Issue 130). Annie and Alisha virtually re-laid-out the whole paper at lightning speed

— which was rather galling for the ‘old hands’, sitting by watching! Both the September and December 2005 editions were produced at ACOPA (Australian Centre of Performing Arts), at 14 Raglan Street, to which the Neighbourhood Centre had moved while a major renovation of 58 Errol Street was taking place. Lindsay Saddington, ACOPA’s principal, made us very welcome there. **2008:** Thea Bates, recently returned to The Centre as director, instituted a series of succession-planning meetings for the NWMN with key personnel. These continued through 2009, and Alex Abernethy was appointed to compile an operations manual that would detail the entire production cycle of the News and the roles and responsibilities of volunteers involved. It was partly based on a manual written in 2003 by George Mills and edited by me but never released. A provisional operations manual was finally launched at a News future planning day in April 2010.

As a result of the succession-planning meetings, and because I wished to withdraw from the time-consuming and onerous role of coordinator, positions were advertised for a production coordinator, content coordinator and additional section editors.

June 2009: Before this edition Allan Hood was offered the role of production coordinator which he accepted, and Jennifer Boyce and Tom Kramer took on the content coordinator role jointly, which they held until the March 2010 edition. I stayed on in a much-reduced role as coordinator of advertising and section editor for the Noticeboard page.

Janet’s stellar involvement with the News has spanned one-third of the newspaper’s life.

Alex Abernethy



North Melbourne
Language &
Learning

Art Meets Community—
Taking Place 3051



Stewart Russell shows Raniya Mohammed how to screen print watched by Fatima Nuru,Hilfti Kahsai, Deeka Hassen & Karima Mohamed
Photo: courtesy North Melbourne Language & Learning

Thousands of festival goers to the Spring Fling enjoyed the fabulous line up of entertainment on Centre Stage on Sunday 24th October, and perhaps they noticed the stunning hand printed stage banner that framed the performances.

The large stage banner was the result of a dynamic collaboration between The Centre’s Spring Fling Festival, local historian Lorna Hannan, photographer Adam Cinemre, printmaker Stewart Russell from Spacecraft Studio, Thread Den and adult students from North Melbourne Language & Learning (NMLL).

To launch the project Lorna Hannan made the Aboriginal and European history and landscape of North Melbourne come alive in a fascinating presentation to students at NMLL.

With this heightened sense of history, 17 very keen photographers, with tips from professional photographer Adam Cinemre, trekked the streets of North Melbourne. Each person turned their eye on the architecture, nature, streetscapes and open spaces of North Melbourne as well as the composition and texture of their surroundings.

The next stage was to screen print some of the photographic images onto fabric. Master printmaker Stewart Russell guided the students through the printmaking session

at the Spacecraft Studio in the Meat Market arts complex. The group was privileged to be in such expert hands and experience the instant satisfaction of the printing process.

The collection of beautiful hand printed fabric squares that were irregular in size and shape, were then (after much negotiation about the layout) sewn together into one large banner at North Melbourne’s unique sewing lounge, Thread Den.

The group of women, who are studying English, Computer and Vocational courses at NMLL, originally come from many different countries including Ethiopia, Somalia, Eritrea, Sudan, Peru, El Salvador, China and Vietnam.

The *Taking Place 3051* project was a fantastic opportunity for the women to explore their creativity and work collaboratively on a project that produced a beautiful work of art. Post festival the banner will be on permanent display at NMLL.

Natalie Warren

Community Development Worker at NMLL
For volunteering opportunities please email:
nwarren@nmll.org.au
Check out our website at:
www.nmll.org.au

MAKE A NOTE OF
OUR UPCOMING
BUSINESS
NETWORKING
EVENTS FOR
2011

**NORTH & WEST MELBOURNE
PRECINCT ASSOCIATION AND
THE CENTRE**

EVENTS#6-9

**WE HAVE 4 GREAT WEDNESDAY
NETWORKING PRESENTATIONS
PLANNED FOR 2011:**

FEBRUARY 9	LUNCHEON
MAY 11	BREAKFAST
AUGUST 17	BREAKFAST
NOVEMBER 9	TBC

**MORE INFORMATION FROM:
THE CENTRE**
58 Errol Street T: 9328 1126 E: admin@centre.org.au

We extend an invitation to join us for breakfast
Call Stephen Ralph on 0417 397 714



North Melbourne Rotary Club

Meet at the Radisson on Flagstaff Gardens Hotel
Conference Room, Level 1, 380 William Street, Melbourne
(Melway map 2F B1)
Fridays @ 7.30am for 7.45

Global gold for our students

Bubbling school students and their dedicated tutors enrich each other’s souls during weekly Global Homework Program (GHP) sessions held at North Melbourne Library.

And giggling, boisterous groups of junior and senior students rush to these sessions, toppling under the weight of books and sports gear, their bright eyes and toothy smiles welcoming the tutors.

Scholastic endeavours — primary-level English language readings, junior maths, local history homework or any other junior assignment, and secondary literature essays, qualitative physics, social studies evaluations or economics strategies — are approached with uniform efficiency in the heritage blue-stone building.

No matter the child’s age, homework tasks are jointly evaluated with the tutor. Resources are then accumulated, approaches are established and assignments begun.

Most students attend local schools, with many from economically compromised families, and the greater majority experience comprehension and language difficulties. Many live in public housing estates.

“Our Global Homework Program has been massively successful in both its student satisfaction and — I’d say because of that — their year-end results,” says GHP coordinator Frances McMillan.

“Since late 2004, when the need for homework support was identified by the library and the Somali Women’s Association, The Centre has responded by nurturing the best-practice program from infancy to maturity.

“Children from local schools require help with their homework,” she continues. “Many come from backgrounds with languages and cultures that are not English based. They are often survivors of terrible refugee experiences, live poorly today and have little access to internet and/or space to do their homework.

“Their parents are generally unable to support them in their current curriculum and many, many have had years of interrupted schooling,” she says, concerned.

The Centre’s Global Homework Program is conducted each Monday to Thursday afternoon during the school year. Gathering upstairs in the library’s comfortable common room, the children are segmented into age and/or subject groups. Tutors then individually assess the students’ study habits and subject comfort, before providing acute, personal help.

Senior secondary students attend Monday and/or Thursday, while juniors come Tuesday and/or Wednesday.

Intrinsically important is those tutors’ social support for the children. “As coordinator I have ultimate responsibility for the wellbeing and safety of all these children from 4.00pm to 6.00pm,” Frances explains. “This means that in order to run the program and exercise the best care the program can provide, we rely totally on volunteer tutors to support the children.”

Volunteer tutors are recruited, trained, registered and supported through The Centre’s volunteers coordinator, while Frances is also involved in their recruitment and induction, suggesting their training options and allocating them particular students for help. She debriefs at the end of every session once students have left to check if matters need immediate action.

Frances’s resolute lifetime of local and international teaching experience superbly equips her to meet almost any student need. Nigh approaching early retirement age, this caring specialist recently returned from several years’ work in South American slums. There she overcame her students’ social prejudice and academic need by providing them with intuitive tutorial stimulation, understanding care and profound personal motivation.

“But our level of caring for kids is just



Frances at a session of the Homework Club

Photo: Jim Weatherill

the same in Melbourne,” she says, proudly. “We’ve ensured the working environment — the classroom — is accessible, furniture is easy to move around, that there’s nothing that might cause a person to trip, fall, bang their heads or cause injury.

“We monitor the children’s whereabouts at all times and ensure they leave the library — or any other building we’re using — at the end of their session with an authorised adult.

“We take our safety responsibilities with critical importance.”

Those safety responsibilities are based on The Centre’s child protection policy, which relies on mandatory Working with Children checks of all people dealing with the students. The State Government Child Protection Policy demands a commitment to keep children safe, while stipulating a risk management strategy to protect staff from unfair processes. There is a complaints man-

agement procedure and clear boundaries are maintained.

“Our GHP’s code of ethics stipulates that we treat all children with respect; welcome them into a safe, inclusive environment; respect their cultural differences; and encourage open communication. Those stipulations rule our operation,” Frances argues, launching forth into descriptions of gloriously warm, sunny afternoons in the library at the end of term.

“There were all these young people quietly bent over their homework, the only sounds those of pencils and biros on exercise books with gentle, encouraging murmurs from their tutors.

“Watching these kids achieve against all manner of past pain gives me great joy.”

Katrina Kincade-Sharkey

The Centre of the future



Strategies to utilise The Centre for its widely extended local community are the crux of director Thea Bates’s professional consciousness — and that is at present exercising her attention.

Core funding is diminishing, so fundamental Centre changes may need to be made.

“There is no middle ground for The Centre. It does not have the financial reserves required to trade at current levels for an extended time without significant new funding. There is a short-term high risk that without an immediate injection of new funds our current programs and activities could be reduced rapidly and dramatically within the next year,” Thea warns.

Effective diversification of both funding and programs is critical for The Centre’s community support to survive at anywhere near the level with which it is currently accredited.

Several identifiable community needs are not able to be met at The Centre’s Errol Street premises. “The Errol Street space makes it very difficult to undertake any group activity. We need to find other locations, but they’re diminishing and they’re costly,” Thea continues.

“The Centre’s lack of space was felt this year by its community learning programs and fee-for-service courses, while North Melbourne Library’s forthcoming renovation means the Global Homework Club will have to find a new home, for a while.

“Our Global Homework Program now has core funding from the Education Department, but our model of student support is far more developed than just kids in class; it’s primarily focused on supporting the many local refugee kids who’ve often experienced lifetimes of trans-generational trauma,” she says.

“Fundamentally we need different, larger and more accessible space — and that’s a major challenge — as well as money from other sources to feed our programs,” the ‘boss’ continues. “For instance, the quarterly *North and West Melbourne News* produced by our volunteers has become self-sustaining in the last year. Experienced newspaperman Michael Burville is developing a business plan to ensure it meets critical community needs, relates to its market and continues



Thea Bates

Photo: Jim Weatherill

to pay for itself, because everything we do takes money.

“The goal of what I’m doing is developing programs within The Centre that can stand alone, while retaining the core of The Centre,” she smiles, determinedly.

The Centre has a five-year Strategic Business Plan to increase The Centre’s relevance to the local community while

extending its reach, social impact and resources. “The commercial viability of The Centre is significant, as is the fact that it is ultimately more about resource allocation than place management,” Thea says.

So Thea and The Centre have challenges: space, money and membership, not to mention accessing and maintaining a dedicated, continuing volunteer base to support the organisation’s myriad learning programs and social infrastructure.

“Current staffing levels need to be maintained to build business for our operational survival,” she explains, and her director’s voice hardens. “This requires revenue way beyond that currently provided by City of Melbourne, but we must retain our essence as a neighbourhood house.

“The Centre will push to continue its response to a hybrid mix of social issues, but we will now use our market place to incubate a number of micro-community enterprises,” Thea says, hopefully. “And we are still exploring a number of other ways to be effective, relevant and sustainable. Watch this space!”

Katrina Kincade-Sharkey

The Centre’s Summer Community Learning Program for 2011

Make a great start to the New Year by enrolling in a course *today!*

Language Programs:

For those interested in travelling overseas immerse yourself in a new culture with travel phrases and confident conversation basics. Also suitable for beginners who wish to order confidently in restaurants and enjoy fun speaking and listening activities.

French Travellers/Beginners	Spanish Travellers/Beginners	Italian Travellers/Beginners
February 15 – March 22 Time: Tuesdays 6:30 – 8:00 pm Venue: The Eighth Day Baptist Church, 4 Miller Street West Melbourne Cost: \$105 Concession \$90	February 16 – March 23 Time: Wednesday 6.30 – 8.00 pm Venue: The Eighth Day Baptist Church, 4 Miller Street West Melbourne Cost: \$105 Concession \$90	February 17 – March 23 Time: Thursday 6.30 – 8.00 pm Venue: The Centre, 58 Errol Street North Melbourne Cost: \$105 Concession \$90

Family History

The North Melbourne Library and The Centre would like to hear from any members of the community who may be interested in joining a Family History class. There are great on-line resources available to track down family members which are available in the library. You can drop in to either place or ring the library on 9658 9702, or The Centre on 9328 1126 to register an expression of interest, or, meet at the Library at 10am on Friday 11th February.

If there is anything you would like to learn or if there is anything you would like to teach please contact us. We are happy to run any programs for which there is a demand.

Fitness Programs:

Yoga

Our classes are taught by accredited teachers

General This Hatha Yoga class is suitable for all levels. It incorporates postures, breathing, meditation and relaxation.	Beginner This is for those who wish to learn the basic principles of Hatha Yoga. It covers yoga philosophy, postures and breathwork.	Intermediate A class for students who have completed two terms of Beginners or one year of yoga practice elsewhere. This class will go into the deeper and more subtle aspects of yoga.
February 7 – March 21 Time: Monday 7.30 – 8.45 pm Venue: The Meat Market 5 Blackwood Street North Melbourne Teacher: Katie de Arujo Cost: \$105 Concession \$95	February 9 – March 23 Time: Wednesday 7.45 – 9.00 pm Venue: The Meat Market 5 Blackwood Street North Melbourne Teacher: Renate Giacometti Cost: \$105 Concession \$95	February 9 – March 23 Time: Wednesday 6.15 – 7.30 pm Venue: The Meat Market 5 Blackwood Street North Melbourne Teacher: Renate Giacometti Cost: \$105 Concession \$95

Pilates

Join our Pilates classes run by Maria and Sue, fully qualified and experienced physiotherapists from City North Physiotherapy. You may be asked to attend an initial screening to assess which class is more suitable for you.

Beginner Working on mats, this class involves gentle stretching and strengthening exercises to develop your core strength.	Beginner Plus This class deepens the stretching and strengthening of core muscles that was started in Beginner. A great class for you if you are recovering from an injury.
February 10 – March 24 Time: Thursday 6.30 – 7.15 pm Venue: The Meat Market, 5 Blackwood Street, North Melbourne Teachers: Maria Zuluaga and Sue Gertzel Cost: \$150 Concession \$120	February 10 – March 24 Time: Thursday 7.30 – 8.15 pm Venue: The Meat Market, 5 Blackwood Street, North Melbourne Teachers: Maria Zuluaga and Sue Gertzel Cost: \$150 Concession \$120

First Aid:

To be held over two consecutive days.

Wednesday February 23 & Thursday February 24
Time: 9.30 am to 4.30 pm
Venue: The Meat Market, 5 Blackwood Street
North Melbourne
Cost: \$170

Other Fitness Programs:

Bellydancing

Our classes are taught by accredited teachers

Unleash your inner gypsy, learn how to shiver and shimmy in our non impact, yet weight bearing bellydancing class. It's great exercise for the prevention of osteoporosis and menstrual problems.

February 8 – March 22
Time: Tuesday 6.30 – 7.30 pm
Venue: The Meat Market, 5 Blackwood Street, North Melbourne
Teacher: Marina Sabljo
Cost: \$100 Concession \$90

Zumba

A fusion of Latin and International Music with dance, it is a highly enjoyable fitness system.

February 8 – March 22
Time: Tuesday 7.45 – 8.45 pm
Venue: The Meat Market
5 Blackwood Street
North Melbourne
Teacher: Marina Sabljo
Cost: \$100 Concession \$90

Computer Courses:

Basics
“How do I switch it on?” Learn to use your computer confidently. If you have little or no experience with computers, this class is for you. The class has small numbers and is adapted to the interests of participants.

February 12 – March 19
Time: Saturday 10 am – 12 noon
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: John Louey
Cost: \$25

Intermediate
Start broadening your abilities in areas of office skills and multimedia.

February 11 – March 25
Time: Friday 2.00 pm – 4.00 pm
Venue: North Melbourne Library, Errol Street, North Melbourne
Teacher: Paul Murray
Cost: \$100 Concession \$50

Beginner
Gain confidence and understanding in the practical use of computers. The course will cover Windows, word processing, the internet and email, spreadsheets and multimedia.

February 11 – March 25
Time: Friday 9 am – 11 am
Venue: North Melbourne Library
Errol Street
North Melbourne
Teacher: Chiemi Jardine
Cost: \$100 Concession \$50

Beginner Plus
Build on skills learnt in the Beginner course. You will be introduced to more advanced features of Microsoft Office and overall PC management.

February 11 – March 25
Time: Friday 11.30 am – 1.30 pm
Venue: North Melbourne Library, Errol Street, North Melbourne
Teacher: Paul Murray
Cost: \$100 Concession \$50



Art Programs:

Art Warriors

This class offers an imaginative range of artistic and creative activities to inspire and motivates children to extend and develop their own natural creative abilities. Suitable for Grades 1 – 4 and children must be signed out by a parent or nominated guardian. Must have a minimum of ten students to run.

February 8 – March 22
Time: Tuesday 3.45 pm – 5.15 pm
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: Nikita Burt
Cost: \$85 Concession \$75

Arty Farty Institute

Get in touch with your inner artist in our adult art classes. In a relaxed informal and supportive environment you can create and explore your artistic self working with a variety of media, (paint, clay, and textiles) to create an individual project. Experience is not needed, just enthusiasm.

February 8 – March 22
Time: Tuesday 1.00 – 3 pm
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: Nikita Burt
Cost: \$50 Concession \$15



Calligraphy

Learn how to make beautiful cards, envelopes, and scrapbooks with your new found writing artistry. Explore different scripts, illumination and family trees. Ask for a materials list when you enroll.

February 8 – March 22
Time: Tuesday 7.00 – 9.00 pm
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: Steve Wright
Cost: \$130 Concession \$100

Girls Create!

Through construction of an Artistic Journal, young women aged 11 – 15 have the opportunity to draw, paint, sew, assemble words, inspirational images and quirky observations. Discuss issues which concern, delight and need advocacy through your art! A collaborative project will emerge from group interests.

February 7 – March 21
Time: Monday 4.00 – 5.50 pm
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: Nikita Burt
Cost: \$110 Concession \$95

Yearning to Paint (Adults)

Ever wanted to learn how to paint? This group will playfully explore a wide range of painting mediums, techniques and processes. We'll unfurl any blocks you may have about painting, as well as assist you to work towards a project of your choice. Experience is not needed but be prepared to get messy!

February 8 – March 22
Time: Monday 6.30 pm – 8.00 pm
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: Nikita Burt
Cost: \$110 Concession \$95

Digital Photography and Photo Editing

The perfect short course for beginners! Learn to understand the operation of your digital camera and how to take better pictures. Bring your own digital camera and learn different photography techniques. Learn how to download to your computer, email, burn onto CDs and edit and manipulate them. You will learn basic manipulation techniques which will enable you to cut out objects in photos, combine images together, change backgrounds and photo effects. It will cover basic digital photo retouching techniques such as smoothing skin, softening wrinkles and removing blemishes.

February 9 – March 23
Time: Wednesday 6.30 pm – 8.00 pm
Venue: The Centre
58 Errol Street
North Melbourne
Teacher: Amanda Novak-Knight
Cost: \$120 Concession \$105

Building a Wood Fired Oven

To be advised, expressions of interest are most desirable. Please contact **The Centre** 58 Errol Street, North Melbourne on 9328 1126 for information if you would like to learn this or would like to teach this.

Retirement Planning

To be advised. If interested please contact The Centre 58 Errol Street North Melbourne

Finances

Inside Money: Finance, Investments and Personal Money Management

We know money makes the world go around: *Do you want to know exactly how?*

If you want to understand money management and take control of your personal finances, this is the class for you. It will introduce you to the key theories of investments, the structure of the financial sector, how banks, the share market and investment industry really work. Learn the difference between nominal and real interest rates, fiscal and monetary policy and the answer to the perennial question of property versus shares investment.

Learn how economics, finance, fiscal and monetary policy come together, what Alan Kohler's graphs mean, the key questions to ask your advisors and more.

Join instructor Simon Whatmore as he teaches the fundamentals of the financial system in simple easy-to-understand examples.

February 1 – 4 sessions
Time: Tuesday 6.30 – 8.30
Venue: The Leveson Hotel Board Room
Leveson Street
North Melbourne
Cost: \$110 Concession \$95



The Centre will be closed from December 20th – January 27th onwards. Class bookings can be made in person or on the phone on January 24th, 25th and 27th. An enrolment form can also be downloaded from the website www.centre.org.au and mailed to us.

If there is anything you would like to learn or if there is anything you would like to teach please contact us. We are happy to run any programs for which there is a demand.

Painting faces at Spring Fling

Walking down Victoria Street on a Sunday afternoon, I peeled off my jacket and started to perspire. It was an oddly warm day for spring. Trams were not running on Victoria Street today, as the road was blocked off for the festival.

You would think that it was an ordinary day, just like any other, but as I turned right into Errol Street, I found festivities in full swing (almost like a carnival, but much less commercialized and financially sinister). Stalls were set up all about, for a variety of activities, ranging from creative to challenging: there were stalls selling craft items, booths offering art activities for children, two stages for performances by talented groups, a mini football pitch, an obstacle course, and more!

Needless to say, families were out to have a good time, especially with their children. That definitely completed the festival's mood, providing the whole event with a feel-good atmosphere.

A giant puppet elephant was paraded around, catching everyone's attention. A lady equipped in a safari suit (complete with a pith helmet) bellowed out, presenting this year's mascot, Ardie the elephant. Spring Fling 2010 is supporting a movement by local animal protection organization Animals Australia to free Victoria's last circus elephant Saigon.

I walked past the booth selling Spring Fling t-shirts featuring Ardie, and turned right into the North Melbourne Library, where the volunteer green room was located. I greeted some familiar faces I saw at the volunteer briefing, and registered myself for my shift—I was to paint faces, which I was truly excited about, being an amateur illustrator! I was provided with my own volunteer pack, which included the above mentioned t-shirt, and a map guiding me to my station. Linden, our wonderfully organized Volunteer Coordinator, informed me that I was to take over Roberta's shift, and Anna was to help us out with organizing the queue.

After changing into the t-shirt and helping myself to some free sunscreen, I set off looking for Roberta and Anna. Roberta was kind enough to let me use her paintbrushes, sponge and colour palette. Being experienced in this field, she also had a few samples of her past work on paper, as a model of what the kids could be painted as.

Her husband Leonardo was situated at the stall next to us, making balloon animals! I was happy to meet Anna, who was just marvelous at talking to the children and their parents while they waited for their turn. We had the really young ones sat up on the table,



to more easily paint their tiny faces.

My first 'client' was a child who wanted to be a tiger (nearly eight children did in total). Only one wanted to be a happy tiger, while the rest opted to be scary! They enjoyed the fangs I gave them. I painted flowers, fairies, a few lions, puppy dogs, and my first Spider-man, which Anna showed me how to do.

I was told during the volunteer briefing not feel pressured, as face painting is a popular activity which parents are eager to line their kids up for. I remember my first face painting experience years ago, where I had some pretty outrageous demands from par-

ents. I was fortunate to find parents very understanding on Spring Fling day, most of them requesting something simple, as long as it gave the kids some colour and sparkles! One child actually fell asleep during his session, which his parents chuckled at good-humouredly!

After my shift, my friends joined me, and we had an amusing time wandering about the festival, browsing through stalls. There was a craft market set up at the Lithuanian Club, featuring over 70 fantastically unique craft items.

I was particularly impressed at the level of support provided for volunteers for the

event. We had quite a selection of sandwiches, sweets, fruits and drinks provided in the volunteer green room. Being a student, I was definitely happy to have my stomach filled for free. Instructions were given quite clearly before the event, and we were constantly told not to stress at all, to take good breaks to replenish ourselves during our shifts!

I thought Spring Fling 2010 was brilliantly executed. It was my first time participating in this community event, and so far it has been the best one yet. I am truly proud to say that I have been a part of it!


By Jiayueh Choong

North and West Melbourne News
ONLINE



Become a member and add your own news, reviews, photos and much more

www.nwmnews.drupalgardens.com



Annual General Meeting

The Centre invites you to the **Annual General Meeting**
Wednesday, 15 December 2010, 6pm till 8.30pm
To be held in the Legions Building, Little Errol St, North Melbourne (Located behind The Centre. Enter from George Johnson Lane, beside the Library.)
To be followed by our end-of-year party and celebration of all our hard working volunteers.

RSVP to Leonie at 9328 1126 or <admin@centre.org.au > (for catering purposes) by Monday 13 December.



Have your Say

The North and West Melbourne News is YOUR newspaper

We need your feedback to grow and improve

Please take our reader survey

<http://nwmnews.drupalgardens.com/feedback>

My first Spring Fling

My first encounter with the event was through the Monash University web-site. How cool is it to have the induction at the Leverson, one of the best pubs in North Melbourne? Of course, it was serious business (with chips and drinks included) with Kristie and Linden giving us a brief of our roles. I decided to take the earliest shift at 5.30 am helping to set-up.

What an *adventure*, taking the Nightrider bus from Moonee Ponds to the city at 5 am. It was a good start to the day with Vegemite toast and coffee for breakfast. My favourite job was spray-painting Ardie the Elephant on the footpaths. Of course, there was other fun stuff like filling balloons with helium and tying them to posts, setting up tables and chairs and marking shopping trolleys so they don't get stolen.

Then the kids and their parents started streaming in near noon. The face-painting girls were busy as bees. Kids enjoying parkour, adults watching cooking demonstrations, bands playing on both ends of the street and dog shows. What a busy festival! I loved it, hopefully I'll be able to volunteer again in two years' time.

Adelene Lee

Volunteering at Spring Fling valuable for international student

I am an overseas student from Monash University. Spring Fling 2010 was the first time I worked as a volunteer, and the first time I attended a community event like this. My role at the Spring Fling Festival was surveys. That was really interesting. It was very busy, everybody came out to celebrate with friends or families. Kids with colorful faces played games and people danced following the MC. One old gentleman who was over 70 years old, was really enjoying the dance. I think the old gentleman was the same age as my grandpa, I have never, ever seen such a light-hearted dancer over 70.

My friend Cathy also worked with me on surveys. I think Linden (Volunteer Resource Coordinator at The Centre) let me work on surveys to improve my communication skills. Spring Fling was a really good opportunity to improve communication skills for an overseas student like me. On the day, Cathy's surveys were about the social life of people in the area. My questionnaire was easier. The only thing I needed to do was ask people for their name and email address for The North and West Melbourne News. I explained to people that I was a volunteer from the local community, doing a

survey for The North and West Melbourne News. If they told me their name and email address, they would have the chance to win a new iPod Nano. All the local people were friendly, and most of them were happy to provide their name and email address to me. It was funny when I asked a gentleman for his email address (I think he was around 50 years old) and he replied that he didn't have the email address. I said, "fine, what about cell phone number?" he then replied "ha ha ha, you ask me for my cell phone number? Do you know what that means?" I believed that Australia people are always funny.

Spring Fling was a really good volunteer experience for me. I made new friends at the Festival. I got to talk with local people, and collected information for the local newspaper. What a good opportunity for me to enhance my communication skills and also my English. Helpfully in the future, I will volunteer again. Thanks Linden for offering me such a good opportunity. Finally, I will see you at the Spring Fling Festival in 2012.

By Lu Dong

YOUTH & EDUCATION

St. Michael's students wow preschoolers

In September, eight students from St. Michael's Primary School led the North Melbourne's library preschool story time. These eight students have been training as storytellers as part of the school's oral literacy program, which is being conducted in partnership with Julie Perrin of Telling Words. The students told a range of folk and popular tales, including 'Grandma's Big Bouncy Bed', 'Hattie and the Fox', and 'The Boy Who Turned Himself Into a Peanut'. 'Billy Goats Gruff' was told in both English and Vietnamese.

One of the preschool parents there said she wanted to "congratulate the children who ran story time today. I was blown away by their confidence and professionalism. They had the room captivated!" The storytelling students learned from the experience as well: "It was very hard to tell stories to children in kinder but I enjoyed it."

Kim Kippels

The News to become available online

Media trends come and go and these days we are flooded with information from a myriad of sources. Amongst all of this The North and West Melbourne News has enjoyed over thirty years of continuous publication. This is no small feat for a publication entirely produced by a small team of very dedicated, very hardworking volunteers.

In this age of mass media the community newspaper remains at the heart of community engagement.

In fact a 2008 Australian-wide study by The Leading Edge revealed that 96% of readers have taken action after reading an ad in their local paper.

The study, "Engaging Communities", also found that 85% of people surveyed believed that "my local community is important to me" and more than three quarters said they liked to know what is going on in their local community.

According to The Leading Edge researcher Alex Sweeney, "Local community newspapers also beat all other media when it came to trustworthiness, balance and honesty,"

So when I came on board at The Centre to work with the North and West Melbourne News, the clear challenge was how to help ensure the survival of the paper without messing with a winning formula.

Before I started there had already been a great planning session on the future of the paper and this served as a useful jumping off point for me. Fantastic as it is, it was clear from the notes of this meeting that the paper still contained some untapped potential to reach out even further into the community.

Limited resources pretty firmly cap the paper to four print editions a year and this in turn limits the frequency and range of contributions.

This led me to creating an online edition

of the paper. When I say online I don't mean putting the print edition on a website. In the true spirit of citizen journalism I wanted to find a way for members of the community to submit their own news and articles when they had them. In that way not only could members of the community be engaged in the news they could truly own it.

The answer came in the form of something called Drupal Gardens (<http://www.drupalgardens.com>) Drupal Gardens basically provides community website templates that allow for user generated content. It doesn't cost a penny to set one up or maintain it and all the tricky techy stuff is handled for you.

There is still some tweaking to do but you can get a sneak preview of The North and West Melbourne News as a community site at <http://nwmnews.drupalgardens.com/>

If you are a long time reader of the paper and love the feel of newsprint between your

fingers you may be getting a little anxious at this point. But never fear. This online edition is not designed to replace the print edition. It is designed to complement it.

The idea here is that the online edition is like a feeder for the print edition. At any time members of the North and West Melbourne community can join the site and add their own stories, articles, letters, pictures and reviews. Come deadline time the print edition team then have a whole range of content to choose from that they can edit and republish.

It is my aim here that not only will this take the pressure off our hardworking volunteers but it will also provide new opportunities to engage the community and a more steady stream of community news for you.

This is just one of the things I am working on and there is more in store so stay tuned. In the meantime I encourage you to check out the early version of the online edition and email your feedback to thenews58@gmail.com

Michael Burville

Homework Club for 2011

The Centre, in conjunction with the North Melbourne Library, runs a FREE homework tutoring program for students from years 4-12.

- Years 7-12, Tuesdays 4pm-6pm
- Years 4-6, Wednesdays 4pm-5.30pm

Great fun for tutors and local children!

Please contact The Centre on 9328 1126 to register your child or student or for information about the Homework Club



The Centre
58 Errol Street
North Melbourne
ph: 9328 1126



The North Melbourne Library
66 Errol Street
North Melbourne

Homework Club Tutors Needed

The Centre, in conjunction with the North Melbourne Library, runs a FREE homework tutoring program for students from years 4-12.

Tuesdays and Wednesdays starting in Term 1, 2011.

Great fun for tutors and local children!

No teaching qualifications required.

Please contact The Centre on 9328 1126 to register your interest in volunteering or for information about the Homework Club



The Centre
58 Errol Street
North Melbourne
ph: 9328 1126



The North Melbourne Library
66 Errol Street
North Melbourne

Winning students at North Melbourne Primary

Italian students at North Melbourne Primary School have been very busy celebrating this term. Not only did they win 1st prize at the Co.As.It /VAATI Performing Arts Competition , they were also asked to perform at the opening of the new Museo Italiano and Heritage Centre in Carlton. The Museo has been developed by CoAsIt and with funding provided by the State Government of Victoria through the Victorian Cultural Precincts Enhancement Fund.

Through a dynamic new exhibition, incorporating multi-media and traditional techniques, the Museo aims to enhance visitors’ understanding of Italian Australians’

experiences and culture across the generations and of the Italians’ contribution to Australian society and culture.

On Sunday the 3rd of October, 20 students from North Melbourne Primary School performed on a huge stage erected in the middle of Faraday Street in front of a very large crowd. They performed “Arlecchino e Pulcinella,” a fabulous and exciting show incorporating rap, dance and plenty of humour, whilst junior students performed the famous story La Gallinella Rossa — The Little Red Hen.

Nicole Canal



A big thankyou from North Melbourne Primary

North Melbourne Primary recently held their inaugural Let’s Get Quizzical trivia night on Friday 12th November. The purpose of this event was:

- To get together with the school community and have fun
- To raise funds to support our fantastic school library

The Trivia night would not have been the tremendous success it was without the enormous generosity of many local North Melbourne businesses. All at North Melbourne Primary applaud and acknowledge the following businesses for their donations. You are all truly “*Friends of North Melbourne Primary*”. Thank you for your tremendous support of our Trivia Night Fundraiser. Your generous donations have gone towards helping expand our library.

Finella Oakley, North Melbourne Primary School

- Wayne Lynch Jewellery, Errol St
Maggie Goodge Real Estate, Errol St
Mr Price Food Store, Queensberry St
Limerick Castle, Arden St
Parkhill Cellars, Errol St
Kitchen Capers, Errol St
Call Me Madam, Victoria St
Hands Of Elegance, Victoria St
Di Bella Coffee, Leveson St
Mini Meek, Queensberry St
Charles & Calypso, Queensberry St
Toast Caffè, Errol St
Kapar Hair, Errol St
Fraus, Victoria St
Meek & Folly, Queensberry St
Eros Hair, Errol St
North Melbourne Florist, Errol St
Ramona & Tienda, Errol St
Queen Bees Cafe & Pizza, Queensberry St
Airs & Graces, Victoria St
Fandango, Errol St
Warung Agus, Victoria St
Make Designed Objects, Elgin St Carlton
Thread Den, Errol St
Equilibrium Gym, Errol St
North Melbourne Recreation Centre, Arden St
Cinema Nova, Lygon St, Carlton
Little Creatures Dining Hall, Brunswick St, Fitzroy
Town Hall Hotel, Errol St
Metropolis Bookshop, Swanston St, Melbourne
North Melbourne Football Club
East Brunswick Café (Padre Coffee), Lygon St
Chris Bohan Jewellery, Parkville
Mink Hair & Body Products, Royal Pde, Parkville
IGA Supermarket, Errol St
Basketcase Hampers, Errol St
The Little Bookroom, Nicholson St, Carlton Nth
Readings, Lygon St, Carlton
Paperback Bookshop, Bourke St, Melbourne
Mango Hair and Body, Errol St
Westpac Bank, Errol St
Costa’s Mitre 10, Brooklyn
Mark Jones, North Melbourne
Dulux Paints, West Melbourne
Metropolitan Hotel, North Melbourne
Kino Cinemas
Martin Fella Vintage, Nth Melb
Rose Bar, Nth Melb
Akita Japanese, Nth Melb.

book reviews

Dash and Lily’s Book of Dares
“Imagine: You are in your favourite book-store”
How can any bibliophile not love a novel that starts this way? *Dash and Lily’s Book of Dares* is the latest collaboration by David Leviathan and Rachel Cohen. Like their other novels, it is a story of a boy, narrated by David, and a girl, narrated by Rachel, and their adventures in the normal-to-them world of New York City. The story begins when Dash finds a note-

book hidden in the shelves of his favourite second-hand bookshop, next to one of his favourite books. The notebook contains a series of clues for a mini-treasure hunt around the bookshop and the instructions to leave your contact details with the store clerk if you succeed in completing it. Instead, Dash completes the tasks, steals the notebook, and leaves the author with a series of challenges of his own...
I think this concept is an absolute fantasy for any geek, or anyone that craves that kind of everyday adventure. The book is amazing not only because of the notebook idea, but also because of the characters of Dash and Lily. While both a little broken in their own ways, it is really interesting to watch as they learn more about themselves and each other

through the medium of the notebook.
I love this book not only because it inspires me to be a cooler person and follow through on my own original ideas, but also because it really strongly advocates that it’s ok to be who you are, no matter what that may be.

Noah’s Law
Randa-Abdel Fattah’s first two novels *Does My Head Look Big in This?* and *10 Things I hate About Me* were both amazing eye-opening glimpses into what life is like as an Australian Muslim born of immigrant parents. Her latest book, *Noah’s Law*, focuses on another part of her life experience - that of being a practicing lawyer. The protagonist, Noah, is sentenced to spend the summer interning at his aunt’s law firm, as punishment for the latest in a series of

mischievous pranks. While initially resisting this punishment, Noah becomes enthralled by the work, when a compensation case he is assigned becomes a murder mystery. My only criticism of this novel is that it is little predictable. From the outcome of the case, to Noah’s redemption, the novel doesn’t really have a lot of surprises. While it is nice to see a novel with a well-written male protagonist, the novel is so focused on the court case as a way to drive the plot, that does not give enough room to focus on either Noah, or any of the other well-written supporting characters. Despite this, it was still a good novel and one that I think that most readers would enjoy.

Nicole Canal

HISTORY

Hotham bells

Earlier this year, hail broke the glass on the Errol Street face of the clock on the Hotham Town Hall, known variously over the years as the Hotham Town Hall, the North Melbourne Town Hall, our town hall and currently, the Arts House. Just in behind the glass are the bells of its clock which many people who live and work in the district have never heard ring.

In September 1878 when the bells and the clock were about to be installed, they got quite a write up in the Argus, the Melbourne newspaper published between 1846 and 1957 (now indexed online). The clock, the Argus informs us, was Melbourne’s third largest one. The first was already on Melbourne’s Town Hall and the second was on the building then known as the General Post Office. We must conclude that ours was the first outside the immediate city boundary.

The bells had been made to order in Glasgow. What best distinguishes them from the post office bells is the chime itself. The Hotham bells were made to ring the Glasgow chime whereas the post office bells have rung and still ring the Westminster chime, whose melody is that of London’s Big Ben. They ring out specific chimes for full hours and half and quarter hours.

Round the world, bells have been used to call soldiers to arms, to sound the alarm in times of flood and fire, to proclaim curfews and coronations and to signal the time to pray. Our bells simply tolled the time. In an era when few people had timepieces of their own, a highly visible chiming clock was invaluable to those needing to catch a train or get to work on time. In fact, there were

complaints from the local railway when the clock was inaccurate.

In the old imperial measure, our principal bell weighed 25 cwt (centum weights) which is equivalent to 1270 kilograms. Michael Fauld from Glasgow has recently sent us copies of the pages which record the original details for ‘Mounting for a chime of 5 bells for Hotham Town Hall Australia’. He also sent extracts from the original workshop diary for November 8 1877 which notes that the casting by John C Wilson founders of Glasgow had been ‘very fine’ and that the full complement of bells, tongues and hammers was delivered at the end of the year and would be shipped on the ‘Loch Ryan’. The records for any bells that were made from 1878 on have not survived but ours are still there and complete.

John C Wilson, bellfounder, is mentioned in an article from ‘The Ringing World’ journal, which explains his work and his bells. From 1854, he had run the Gorbals Brass and Bell Foundry where he first cast bells as John Wilson and later as John C Wilson and Co. A surviving page of letterhead shows that the firm prided itself on being ‘Contractors to the Admiralty, War Office, India State Railways, Colonial Governments etc.’ Their products were sought by ‘ship builders, engineers, plumbers and gasfitters’. Wilson bells were cast in bronze and were not tuned so that some have good musical qualities and some do not. Many it seems were made for ships that relied on strength of sound rather than pitch.

The Glasgow-owned ship ‘Loch Ryan’ with our bells in its cargo set off for



The historic bells of St James Old Cathedral

Photo: Jim Weatherill

Melbourne on January 8th 1878, arriving safely and in good time. The ‘Loch Ryan’ and other vessels of the ‘Loch’ company were owned by the Glasgow firm of Aitken, Lilburn and Co. The one that carried our bells was a three-masted iron ship that by 1909 had been sold as a training ship to the Government of Victoria. Later, having been sold on to the Government of Australia in 1917, the ship was wrecked on the Maldon Islands on the way back from San Francisco.

One of the founders of the ‘Loch’ line had been a keen yachtsman who loved the sea and ships. Unfortunately, by 1917, most of the ships carrying the ‘Loch’ name had sunk in accidents or disappeared or been torpedoed. The ‘Loch Ard’ wrecked on a reef near Mutton Bird Island in the winter of 1878 was one of them. Travellers along the Great Ocean Road still stop off at the Loch Ard Gorge and discover the story of the two survivors: eighteen-year-old passenger Eve Carmichael who clung to a spar and cried for help and Tom Pearce, the eighteen-year-old crew member who dived back into the wild sea and swam out to rescue her.

With such a history, we ask: why do we not hear our bells? Two of the members of the Hotham History Project are looking into

the possibilities of having them ring again. The bells are in the tower and appear to be intact. With so few workable chimes in the city, it seems a pity to leave ours silent. If you have any expertise or interest in bells, you might like to join in.

Please send us details of your interest or expertise through our website:
<<http://www.hothamhistory.org.au>>

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BOOK REVIEW

Transcontinental moving



To purchase a copy of Sea of Many Returns go to <www.textpublishing.com.au> or visit your favourite bookstore.

Opening in Ithaca ‘with parallels to the epic journey of Odysseus, a modern-day tale of migration’ unfolds. *Sea of Many Returns* demonstrates how the lure of adventure, prosperity and far off places affects one family for four generations.

Xanthe is translating the manuscripts of her maternal grandfather, Mentor, and discovering the darkness of her father, now deceased. Through the translation process, the reader is whisked back to a bygone era in Ithaca’s history when men took to the open sea in search of a means to provide for their families who were left behind. Then, the reader is back to present day to understand how one man’s choice continues to impact his family.

While migration today is different from 100 years ago when Mentor migrated to Australia, there are still many similarities. The paperwork and red tape is much more complicated, but the concept is still the same. Uprooting from the known to the unknown. Trying to adapt to a new culture, preserve the old culture, and have a sense

of belonging, all of which is mixed with a sense of loss as family and friends are left behind.

People today migrate for jobs, love, and the opportunity of a better life. However, the challenge of settling into a new country can continue for generations. When one attempts to meld one culture with another, conflict arises. One drastic example provided in the book is of Mentor living in Kalgoorlie, Western Australia in 1916. The Australian community didn’t take well to the European migrants. Riots ensued that were led by the Australians, who physically attacked the migrants, burned down their businesses, and ran them out of town.

When reading this section I couldn’t help but think of the parallels between Kalgoorlie in 1916 and the Cronulla riots of 2005. A new migration population enters the Australian community. The new migrants attempt to assimilate and yet preserve part of their culture and identity. This forces change for the new migrants as well as the native community. Some migrants and communities adapt well by viewing the changes as enriching. Other communities see the change as a threat.

Sea of Many Returns demonstrates how vital a part the community plays in making the migration and settlement process easier.

By allowing the immigrants the opportunity to adapt as they are ready, preserve their native culture, and enrich their local community, everyone benefits. The community provides support and encouragement while the immigrants add a deeper sense of identity.

Xanthe’s family shows how her family was seen as a threat, which forced them to withdraw from the local community. It forced her family to often reject the Australian culture and befriend fellow immigrants from the same homeland. Xanthe struggled with her own identity as a Greek Australian as her parents struggled with trying to belong in a place that wasn’t accepting. No one benefited.

While one can read this book and only enjoy this beautifully written story, one can hope the readers will see a message of hope. A hope that migration can be beneficial to all: to the immigrants and Australia. Hope that Australia will see how enriching it can become with the help of those who want to make it their new home.

Jennifer Boyce

Some tips for greening up your holiday season

As the holiday season is fast upon us, here are some simple ideas to make the season a bit greener.

Cards

Instead of sending cards, send an e-card instead. Search online for ‘free e-cards’. Turn old greeting cards into new cards. Cut out the images you like and glue them to a new piece of cardboard. Recycle old greeting cards. Planet Ark collects and pulps them. It says 600 million cards have been recycled, saving over 115,000 trees.

Christmas Trees

Buy a living tree that can later be planted in your garden.

Gifts

Limit the number of gifts you buy for people. Pick a single family member’s name out of a hat and give a gift only to that person. Also suggest a gift theme of earth-friendly gifts

that won’t harm the environment. Choose gifts that support reuse. Visit local antique stores where you can find some real treasures that are bargains too. Give gifts that don’t come with a lot of packaging or require wrapping. Examples include event tickets, gift certificates, money and memberships. Give the ultimate non-material gift: your time and/or talent. Examples include baby-sitting, pet-sitting, granting a special favour, teaching someone a skill you have, or a date including tickets to a special event or performance. Give your holiday a different meaning and focus. Start traditions that don’t centre on gift giving, like annual game tournaments, cook-offs, book discussions, or craft sessions. These activities can still centre on family and a traditional meal while providing more joy and fulfillment than a material gift.

Gift Wrap

Instead of using paper wrapping, use a tea

towel or scarf which can also be part of the gift. Create cloth gift bags that can be reused year after year. Make your own gift tags out of last year’s cards by cutting out the design on the card. If you receive a gift in paper wrapping, reuse it to wrap future gifts, to cover school-books or journals, or to create a backing on a noticeboard.

Holiday meals

When planning your holiday meals, choose to buy local, in season, and organic where possible. Buy Fairtrade tea, coffee, cocoa and chocolate. Send leftovers home with guests to cut down on food waste. Use reusable cutlery, cloth serviettes, cups and plates to cut down on waste.

Ribbon

Reuse ribbon to wrap around gifts and parcels.

Turn ribbon into bookmarks. Use old ribbon along a bookshelf to sort books into sections. Use sturdy ribbon to hang paintings on walls.

Tree lights

Choose LED lights with fewer bulbs and the fewest watts per bulb. When your tree lights are no longer working, the wire can be removed and cut into short lengths. Use for tying things such as plants in the garden.

Ideas taken from Green is Good: Smart Ways to Live Well *and* Help the Planet *by* Rebecca Blackburn, It’s Easy Being Green: A Handbook for Earth-Friendly Living *by* Crissy Trask, *and* Save: Your money, your time, your planet *by* Shannon Lush & Jennifer Fleming.

Jennifer Boyce

Ethical shopping in action

Sustainability Street’s ‘Shopping with a Conscience’ workshop was held at the North Melbourne Library on 14 September to encourage shoppers to think about the ethics of food production. The workshop was presented by the Ethical Consumer Group (ECG). Its founder, Nick Ray, says ethical shopping is important because food contributes more to humanity’s ecological footprint than people think and that everyday choices can change the world. Ray stated five main principles of ethical consumerism.

1. Avoid unnecessary consumption. Eighty percent of consumable products end up in the bin within six months.
2. Accept that all of your decisions count—‘your dollar is your vote, so who did you vote for today?’
3. Don’t be overwhelmed. Learn about the issues behind your shopping, but just take on one issue at a time.

4. Go for the best buy. You won’t find the right product all of the time. Choose as best you can, based on your values and availability.
5. Have the will to change your impact and create new habits.

These principles were tested that evening with participants searching for ethical food products at the nearby IGA supermarket, which generously provided the funds for an ethical supper at the conclusion of the workshop.

ECG produces an annual guide called *The Guide to Ethical Supermarket Shopping* to help shoppers evaluate the various food products on the market. The guide rates products and brands based on criteria such as food miles, land and ocean impacts, genetic engineering and use of child labour.

Ray has held workshops in Melbourne with ECG since 2007. He believes globalisation and the capitalistic system are the

main causes of environmental pollution and poor working conditions. ‘The nature of the present system is that it sees us accepting that we can continue to consume the way we do. And the system makes changes in ways of consuming difficult to achieve.’

In recent years, Ray says there has been more interest in and awareness of the issues of unethical consumption. ‘People want to make a difference in a real way and are

starting to see the bigger picture.’ He says this trend will continue as people learn more about the issues. To encourage this growth in knowledge, ECG plans to create a guide for ethical shopping that includes clothing, toys and electronics. ‘The more choices we have about purchasing good products, the wider impact it has on society.’

Frida Rudolfsson



New members welcome

Go to the Sustainability Street website to find out more about us and sign up to our newsletters to receive early notification of our events. <http://www.northmelbourness.com/>

You can also visit our Facebook page to chat with other locals about any sustainability issues/tips/projects you may want more information on, or to share any information you may have about similar initiatives. Also receive direct invitations to our events.

Keep an eye out for our Twitter page, commencing transmission in 2011!

Quick healthy meals for busy families

Ever wondered how to get more nutrients into your kids (and yourselves)? Are you struggling to find the time to keep them fed at all? Providing quick healthy meals can be the ultimate challenge for busy parents. Whether you work from home or not, you most likely are pressed for time, and often the first thing to suffer is your diet.

Let’s get it together

The thing to remember is that even though the daily grind can cause chaotic flustered moments, meal times are an important opportunity to connect with your family. Gathering together at the table once or twice a day allows family members to connect and communicate important news which may otherwise be lost in the sea of practical information exchanges that are necessary to keep a family functioning. Family meals also help children learn good table manners. Just as importantly, they set the stage for a lifetime of healthy eating habits. So how can you preserve family meal times and still meet your busy schedule? Here are a few simple tips that will let you whip up quick and healthy meals.

Rise and Shine: The Importance of Breakfast

Research shows that children who eat breakfast on a regular basis perform far better academically, than children who skip the morning meal. It’s really a no-brainer; after about 10 hours without food, eating breakfast fuels the brain and body for the day ahead. Plus it’s a meal, so when you skip it, you miss out on the opportunity to consume important nutrients such as: protein, calcium, fibre, and vitamins.

Time is always tight in the morning. By keeping breakfast simple, you’re sure to include it — even on busy days. Better still, make it the night before! Bircher muesli is high in fibre, calcium and probiotics and can be prepared at night to save time in the morning. Simply whip it out of the fridge and top with fresh or frozen berries, grated apple and cinnamon or chopped banana.

Get the kids involved!

Re-organise your kitchen cupboards to ensure your kids have access to their own bowls, cups and cutlery. Keep the breakfast cereals within reach so they can serve them-

selves. The time it can save having all hands on deck will certainly help you stick to your schedule and teach the kids to look after themselves.

For quick healthy meals at dinner, plan to succeed

For dinner, it’s *all* about planning! It’s paramount for preparing quick, healthy meals. You can’t make nutritious foods without a well-stocked pantry, refrigerator and freezer. Knowing what you have on hand and where food is located, streamlines your meal preparation.

Frozen-fresh seafood, store-bought roasted chicken and pre-cut and frozen fruits and vegetables are still full of valuable vitamins and minerals as well as being easy to use. We can’t all be whole-food champions, so prepare for the worst in terms of time restraints and save those elaborate meals for the times when time is in rich-supply during the week/ weekend.

When time is particularly tight, sautéed or frozen vegetables can be combined with store-bought spaghetti sauce for a healthy pasta dish. In a rush? You can defrost veggie burgers, marinated meats and frozen fish for quick, healthy meals.

* Tip: stock up on fresh fish and meat from markets once a week and place individual meat pieces in sealed sandwich bags before freezing so that individual pieces can be thawed in the fridge on an as-needs basis.

Leftovers are your friends

Get into the habit of cooking more than you need. But don’t eat it all!! Leftovers are extremely valuable in our household. Leftover roast meat can be popped into containers for lunch, thrown into a pan with canned tomatoes and fresh herbs, for a pasta sauce to be eaten the next night, or warmed up the next day with mixed through salad greens and sprouts. The aroma from leftover soup or casserole, will keep your colleagues looking enviously over your shoulder in the tea-room at lunch time.

The trick is to have your containers ready when you plate up, so you can serve straight into the lunchboxes, saving you time later on. Note that nifty stainless steel lunch boxes and pyrex containers are available that are more suitable for heating hot food.

Fast (but nutritious) food

We all find ourselves in a pickle sometimes



and need to just get something ready-made to feed the hoards. The trick is the serving sizes and the side dishes. Always order a side salad or vegetable side-order and keep the main meal protein-focused.

At the fish and chip shop, a couple of grilled barramundi or hoki fillets (steer clear of flake which can have high levels of mercury) and a large salad will feed a small family. You won’t get the same cheer of joy from the kids without the batter, but if they’re hungry, they’ll eat it!

Another idea is free-range chicken from the supermarket, with a couple of generous handfuls of baby mesclun salad mix and a few cherry tomatoes.

Mum, I’m Hungry...

When throwing dinner together, do you get incessant moans from the kids (however big) for something to eat NOW? If you’re already skilled in the art of distraction or have particularly obedient family members, then lucky you! For the rest of us, try offering activated nuts and seeds as a pre-dinner snack. Prunes or biodynamic dried

fruits, presented in cute little bowls, are nutrient dense snacks, which won’t spoil your kids’ appetite. Another trick to increase their vegetable intake is to give your kids a decorative plate of raw vegetables, perhaps with hommous or baba-ganoush dips — perfect for when they’re zoned out in front of the TV or PC. It’s amazing what they’ll eat when they’re not concentrating. Keep well-stocked with the essentials: raw nuts, cans of chopped tomatoes, tins of fish and legumes, frozen peas and plenty of salad greens. Organise home-delivery fruit and vegetables, so there’s no excuse for not having them in the house. Remember, if you’re not succeeding then try and try again! Australian research shows that many kids may need to be offered a different food, up to 10 times before they’ll accept it and I dare say some adults will be the same. Above all, give yourself a pat on the back for making the effort to inject healthier foods into your families, it’s a noble aim. Here’s to healthy meals on the run!

Ali Gould

North Melbourne Recreation Centre summer events

It’s heating up so the North Melbourne Recreation Centre (NMRC) has organised some family-fun activities at its aquatic facility. From dive-in movies, to ‘inflatable Tuesdays’, there’s plenty on offer to keep you cool and to keep the kids entertained over the warmer months.

Christmas pool party

Date: Saturday 18 December
Time: 11.00am to 3.00pm
Cost: Members – Free, Non-members – casual swim entry
School has finished and Christmas is just a week away so come on down to kick back with the kids and celebrate the festive season the Australian way! The pool inflatable and jumping castle will be in operation and Santa will also be popping by to give out icy poles to the kids!

Inflatable Tuesdays

Date: Every Tuesday in January
Time: 1.00pm to 3.00pm
Cost: Members – Free, Non-members – casual swim entry
Keep the kids cool and entertained this

January on Tuesdays at NMRC. We will be getting the inflatable out for all the kids between 1.00pm and 3.00pm. Children need to be able to competently swim 25 meters to be able to participate in this activity. There is no extra cost to use the inflatable it’s included in your casual swim entry fee.

DJ by the pool

Date: Saturday 15 January
Time: 1.00pm to 5.00pm
Cost: Members – Free, Non-members – casual swim entry
Come down and get in the groove with DJ Cookie at NMRC! He will be spinning the latest hits all afternoon whilst you cool off in the pool. There will be plenty of fun and activities on offer for the kids such as a jumping castle and icy pole give aways.

Australia Day BBQ

Date: Wednesday 26 January
Time: 1.00am to 2.00pm
Cost: Members – Free, Non-members – casual swim entry
Summer fun at your local swimming pool is a part of the Australian life!

What better way to celebrate Australia Day 2011 than by coming down for a swim and free BBQ at the NMRC aquatic facility.

Dive-in movie

Toy Story 3
Rated G
Date: Saturday 5 February
Time: 8:30pm to 10pm
Cost: Members – Free, Non-members – \$5 per person

If you missed the first dive in movie – don’t worry because two Dive in movies will be showcased this aquatic season at NMRC. Bring the family and a picnic down for what is bound to be an enjoyable warm summers night. Newly released Toy Story 3 will be shown on the big screen which you can you can enjoy whilst keeping cool in the pool.

100 years celebration

Date: Friday 11 February
Time: 5.00pm to 8.00pm
Cost: Free for all!
Come and help us celebrate 100 years of the North Melbourne Pool! There will be music, a jumping castle, catering and entertainment for all to mark this milestone.

Family fun day

Date: Saturday 4 March
Time: 11.00am to 4.00pm
Cost: Members – Free, Non-members – casual swim entry
From the inflatable to face painting, balloon making to a jumping castle and music the NMRC family fun day will be great fun for all.

Easter egg hunt

Date: Saturday 23 April
Time: 10.00am to 11.00am
Cost: Members – Free, Non-members – casual swim entry
The Easter Bunny will be leaving chocolate treats in the gardens surrounding the pool for the children to find when we open on Saturday 23 April. Make sure you are here early. The Easter egg hunt will commence at 10.15am sharp!

For more information about any of these events call (03) 9658 9666 or email <nmrc@melbourne.vic.gov.au>
Bookings not required.

Champion Hunt

Local resident Tim Hunt is an up-and-coming professional boxer. He fights in the welterweight division, and for those who don't know what that is, it is for boxers weighing more than 63.5 kilos but not more than 66.7 kilos.

Tim has risen through the ranks quickly and is currently the Victorian welterweight champion after defeating Aswin Cabuy on 19 November to take the crown. He defeated the highly touted Cabuy in eight rounds to become champion for the first time in his career.

When asked about his future goals prior to the title fight Tim replied: "I definitely plan on becoming the Australian welter-weight champion and I honestly believe I will be the champion in 2011." The man is sticking to his words so far.

Boxing has always been a part of the Hunt household, even from Tim's early years. He started fighting with his brother and now takes on the big boys of boxing.

"I first got involved with boxing when my dad took me down to the local gym as a kid just for a bit of confidence-building and extra fitness," says Tim. "Boxing has always been something my dad loved and I remember him putting the gloves on me when I was about five years old and how he used to get

me and my brother to fight each other in the lounge room at home while his mates watched on." Tim has always looked up to his father and wanted to make him proud.

Tim's current trainer is Mick Hargraves. Tim has the utmost respect for Mick and sees him as a role model. Tim's favourite current fighter is Floyd Mayweather, who provides him with inspiration.

Tim is completely dedicated when it comes to boxing. His training includes two intense sessions a day, six days a week, morning runs, which vary between 10 and 15 kilometres, plus sprint and strength and conditioning sessions. I recently did a lap around Princes Park myself and I thought I was fit, but how wrong I was! Anyone who runs regularly will know how hard it is to run on consecutive days.

"The toughest part about being a professional boxer is definitely the hard training sessions, strict dieting and dedication leading up to a fight. While all my mates are out having fun on the weekend, I am tucked away in bed preparing myself for the hard session at 5.00am in the morning," Tim explains.

Boxing can provide both proud moments and sour moments. Tim nominates his first professional fight as the proudest moment in



New champion Tim Hunt (second from left) with Mick Hargraves, Frank LoPorto and Dan Bracken
Photo: courtesy Tim Hunt

his boxing career to date: "I won the fight by knockout in the fifth round and I remember the standing ovation from the crowd when the referee stopped the fight."

He believes he can be world champion one day and he is not going to let anything get in his way. Hard work leads to successful careers in boxing for many, and, if Tim can keep fighting and improving, no doubt he can reach his goal.

His love of boxing, however, takes a back seat when his favourite AFL footy team, the 'black and white army', are playing: "I am proud to say I go for Collingwood."

When boxing and AFL are mentioned in

the same conversation, many people wonder if Bulldogs player Barry Hall will venture into boxing after his footy career. Tim comments: "I haven't yet had the chance to meet Barry Hall but I am sure he would be successful in any sport that he chose as he is a talented athlete who works extremely hard."

We are lucky to have so many talented sportsmen and women residing in our local area.

Joseph Hess

For those interested in seeing Tim Hunt in future fights, tickets can be purchased at <www.petermaniatitis.com>.

Have a great time in the saddle ... with Pony Bikes!

Have you ever wished that cycling was easier and more comfortable? Or that you could feel more confident on your bike?

Then look no further: Sasha Strickland of Pony Bikes will solve any issue you may have concerning your bicycle — and would probably offer advice if the rider was part of the problem!

Sasha has been involved with bikes throughout her life, assembling her own bikes by herself from the age of 13. After completing a two-month full-time bicycle technicians' certificate in New South Wales at a TAFE-equivalent institution when she was 19, Sasha worked in a bike mechanic's shop in Surry Hills in Sydney and then as a mechanic in a variety of mainstream bicycle stores in Sydney and Melbourne.

Passionate about bicycles and getting people to enjoy them as much as possible, Sasha tailors her recommendations and service to each customer's individual needs. The growth of Pony Bikes is a reflection of that passion and an indication of the satisfaction experienced by customers. It is one of the few businesses in Melbourne that offer bicycle maintenance and custom-made bikes without mainstream, out-of-the-box cycles.

After starting the Capel Street business as a part-time project almost two years ago, Sasha has transformed it into a full-time enterprise through word-of-mouth referrals and interest in her blog, which she updates frequently.

Every bike has a story. The Pony Bikes blog recognises this whilst educating people and sharing information amongst bike devotees and those looking for bikes.

Sasha has five bikes of her own, each for a particular purpose, so she understands that people have different requirements and expectations of their bike(s) according to their personality, purpose and riding environment.

Customers come from everywhere and anywhere. Requests range from assistance with pumping up tyres to bicycle servicing and building bikes from scratch. Sasha specialises in custom-built bikes, including restoration of vintage bikes. Anyone wishing to improve the look of their bike or the enjoyment of their ride could save a lot of time and money by seeking Sasha's advice. This can be done through her website/blog or by dropping into her workshop.

To get the most out of your encounter

with Pony Bikes, consider beforehand the following questions:

- What is your main purpose in riding (e.g. commuting to work, gentle recreation, fast road-racing)?
- What is your typical ride (e.g. distance travelled, flat or hill riding)?
- How frequently do you (expect to) ride?
- What sort of surfaces are you likely to be riding on (e.g. sand, concrete, bush)?
- What sort of loads are you likely to be carrying?

This information enables Sasha to determine what components of the bike would make your ride more pleasurable. She can then repair, paint, powdercoat, build or restore your bicycle bits without it costing a small fortune — even though your bike will look a million dollars.

Great-looking bikes attract attention, so Sasha advises cyclists to choose their parking locations carefully and lock their bikes in well-lit areas or where they are in view of cameras, especially as bike theft is worse in Melbourne than in other places such as Sydney.

Sasha has great plans for the future, which include running basic bicycle mainte-

nance classes for adults and undertaking an automotive spray-painting course to enable her to become the first qualified bike spray-painter in Melbourne.

She is also prepared to teach groups of kids to ride, insisting that parents should ditch the training wheels and try a pedal-less balance bike instead if the child is hesitant to start on two wheels straightaway. Keen to see more women cyclists around town, Sasha's aim is to make cycling accessible and fun for everyone — even the most reluctant of riders.

So what are you waiting for? Check out the Pony Bikes blog or email Sasha a question. Better still, take yourself and your bike over to 87 Capel Street and discover how you can make your time in the saddle even more enjoyable.

Leanne Yeung

Pony Bikes
87 Capel Street, West Melbourne
<www.ponybikes.com>
<ponybikes@gmail.com>
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A friendly face

When one door closes another opens and the sale and subsequent closure of Verve cafe has led to yet another new cafe popping up on Errol Street.

Faces and Places recently opened, but the name is not the only thing that is new. A revamped menu and brand new fit-out has rendered the retro-themed Verve completely unrecognisable.

Cafe owners, husband and wife team Tony and Alamie Wardan have opened Faces and Places with the aim of bringing fresh, tasty food to North Melbourne with a friendly, family atmosphere.

“The place was basically gutted, all of the equipment and everything is new. We wanted to give it a fresh feel to reflect the good fresh products we are offering people.” Lower cabinets and earthy tones have opened what was once a slightly cramped and narrow space. And while some might see that lack of space in the pint-sized shop as a disadvantage, Tony takes it firmly in his stride. “The smaller sized cabinets mean that we make more stuff on the spot, keeping it all really fresh. If it’s not there and it’s on the menu, we’ll make it.”

On offer are freshly made sandwiches, focaccias and wraps. But if standard sandwich bar fare does not appeal, Faces and Places offer a Middle Eastern flavour with a twist. Various dips such as hummus and baba ganoush can be matched with falafels, not to mention the range of pastries, salads and full breakfast included on the “work in progress” menu.

An on-premise license means you can wash your lunch down with a beer or wine and the standard juices, soft-drinks and teas are available.

And if it’s coffee and a treat you are after, Faces and Places has no shortage of cakes, slices and biscuits to choose from. “In the short time we have been here, we have had fantastic feedback on the cakes,” Tony said.

Just as Faces and Places is new on the scene, they have selected a relatively young coffee company to supply them. Signature Coffee was chosen by Tony after a marathon tasting session. “I love this coffee, I am not a big coffee drinker but with this, you can really taste the coffee but get a smooth finish without the aftertaste.”

And while the competition of cafe lined Errol Street may be a turn-off for some



Alamie and Tony Wardan owners of the new Errol Street cafe, Faces and Places.

Photos: Shannon Newley

potential cafe owners, for Tony, it’s all apart of the appeal. “I had always heard of Errol Street in terms of a place to go for cafes, so when I heard that a business was up for sale here, I thought it was the place to be.”

Exact opening hours are yet to be locked

down as Tony and Alamie assess what their customers want but they will be there by 7am to brew your coffee and serve your breakfast.

Shannon Newley



A smarter way to dine



StreetSmart’s charity dining initiative, Dine Out... Help Out is happening again in 2010 and it’s not too late get behind the cause. Running from November until December 24 for the eighth year in a row, the program works simply by adding a small ‘tip’ or donation to the total of your bill.

Streetsmart are hoping to top last year’s effort which saw over \$350, 000 raised through the ‘micro’ donations and exceed the \$400, 000 mark — 100 per cent of which will be delegated through financial grants to smaller grass-roots organisations with limited resources and a focus on helping out the homeless.

The Big Issue StreetSocceroos and the Choir of Hard Knocks are just two of the programs that StreetSmart has supported since starting in 2003.

North Melbourne restaurant Libertine has once again gotten behind the cause but if French is not your thing, there are over 70 other restaurants to choose from in the Melbourne metro area.

So if there was ever an excuse to take a break from cooking for a night — this is it. Get along and help out some great organisations supporting the homeless — simply by going out to dinner!

Shannon Newley

For more information and a full list of participating restaurants in all suburbs or to donate directly, head to <www.streetsmartaustralia.com.org>.

Libertine, 500 Victoria St., North Melbourne, 03 9329 5228



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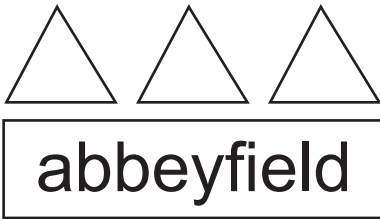
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Housing for Older People

Supported Accommodation
North Melbourne

The Abbeyfield Society is a non-profit organisation which provides supported accommodation for older men and women with limited income in a number of locations in Victoria.

The North Melbourne House is conveniently located close to public transport, hospitals and other facilities. It provides a small number of bed-sitting rooms all with en-suite facilities. All meals are provided.

Abbeyfield is the perfect answer for older people who want to remain independent but who wish for increased wellbeing through support, companionship and security. Abbeyfield gives older people an alternative to living alone and to facing an uncertain housing market.

For enquiries and applications please call The Abbeyfield Society (North West Melbourne) Inc on **9329 9220**



Shanghai: China's most populated city and a city that never sleeps

Photo: Annabelle Carter



Taiping Road

Photo: Annabelle Carter

In its golden era of the 1920s to 1930s Shanghai was lauded as the “Paris of the East” and over the last 70 years the city has seen a great deal of change. Following deep periods of communist suppression throughout Chairman Mao’s reign, Shanghai is now entering a new phase of international enlightenment. Host of the 2010 World Expo, China’s most populated city has shown it certainly knows how to compete against other bustling, cosmopolitan cities.

Although this town is no longer the “Paris of the East”, there are certainly similarities between Shanghai and the biggest and best of all cities, New York. See why this oriental city never sleeps and you won’t either, in *24 Hours in Shanghai*.

7.00am: Start the morning Shanghaiese style, the most culture-appropriate breakfast here is anything from the street food vendors. Pick from crispy springs rolls filled with pork and cabbage, long doughnut-like ‘crullers’ dusted with sugar, fried sesame

balls filled with soybean paste or savoury spring onion laced crêpes. They are fried with a high heat to kill off any possible bacteria, so be an intrepid traveller and try a couple of the options. The most delicious and diverse breakfast streets are Tianping Road by Guangyuan Road, Wulumqi Road by Fuxing Road and Yanqing Road by Donghu Road. Make sure you venture to the street vendors before 8.30am, as food starts to run out by 9.00am.

7.30am: Meander along the leafy streets of the former French Concession to Fuxing Park. At any moment throughout the day here you’ll see some measured elderly locals practicing the ancient art of Tai Chi, or hunched over mahjong boards with concentrated expressions. These Shanghaiese seniors provide a great photo opportunity too.

9.00am: While in the French Concession, head to the largest authentic collection of Chinese propaganda posters at the Propaganda Poster Art Centre, 868 Huashan Road. Discreetly tucked away in the basement of a suburban apartment building, the art centre boasts a wonderful, chronologically organised collection of Chinese propaganda posters leading up to, during and after Chairman Mao’s Communist reign.

11.00am: For some fake shopping fancies head to Fenshine Fashion & Accessories Plaza, 580 West Nanjing Road. Walk a few laps around this multi-storey knock-off mall to distinguish good quality from bad. The “LV” stamped bags may all look the same, but look closely at the stitching finishes and whether or not they’ve used leather or the common replacement, nylon. Don’t forget to haggle hard.

1.30pm: The Chinese respect mealtimes with an almost religious fashion and one of their rules is to always eat with family or friends so as to enjoy the food more. For upmarket Chinese take your beloved to Yè Shanghai, 338 Huang Pi Nan Road in the Xintiandi complex. The complex has a fabricated but no-less charming European feel.

Formerly a “Hutong” (courtyard living quarters), the space has been tastefully moulded into a commercial hub. Down its many lane-ways lie speciality shops, bars and quality restaurants. Yè Shanghai offers all-you-can-eat à la carte on weekends, it is in superb quality and excellent value for money.

3.00pm: For an alternative art fix head to M50 at 50 Moganshan Road. This artists’ hub boasts the latest in Chinese contemporary art and features some extremely talented artists. Wander down the street and bob in and out of the artists’ studio lofts. Many of the pieces are for sale.

4.30pm: Taikang Road Art Centre is a more authentic version of the Xintiandi complex and worth scoping out before you leave Shanghai. Residents still live in this “Hutong” but its alleyways have also become home to numerous quirky stores and cafés. While you’re there be sure to pay a visit to Shanghai Code: Vintage Glasses, Lane 274, Taikang Road. This pint-sized store has a large offering of authentic vintage sunglasses from the 1930s to the 1980s. Many of the glasses are reclaimed from old factories, so you’re sure to find a unique set. Shops here stay open until around 8pm.

6.30pm: With so many wonderful dining options in the city it’s hard to point to just one for dinner. But for an authentic, spicy, homestyle Chinese meal head to Di Shui Dong, 5 Dongping Road by Hengshan Road, a Hunan province restaurant. Simple décor and sometimes poor service are all worth it for their cumin chilli ribs. Flash-fried pork ribs are covered in mouth-watering cumin chilli mix, they’re spicy but devilishly delicious – order two plates. Other noteworthy dishes are the spicy tofu and the pork belly. After your meal take a walk around the neighbourhood. There are plenty of cute pottery and knick-knack stores to browse and a few nice bars dotted around the place too.

9.00pm: Finish the night at the Glamour Bar, Level 6, no. 5 The Bund (corner of Guangdong Road), where the hip Western set and chic Shanghaiese let their hair

down. Situated on the Bund opposite Pearl Tower, this is the loveliest bar to experience Shanghai nightlife and scope out a breath-taking view. After enjoying a tippie or two, take a wander along the Bund, if you can fight the hordes of like-minded tourists, be awed by the neon bright buildings which line the Huangpu River.

And while the city never sleeps, it could be a good idea to hit the hay eventually so you can get up and do it all again in the morning.

Annabelle Carter

Tips:

If you’re craving a seriously good coffee head to Amokka Café, 201 An Fu Road.

Most stores stay open until 8pm or 10pm.

The predominant language in Shanghai is Mandarin. Some simple words to remember are:

Nihao (pronounced *knee-how*) means hello. Xie xie (pronounced *shay-shay*) means thank you.

For the best experience of what the city has to offer stay in the French concession. The tree-lined streets are a welcome break from concrete skyscrapers and there’s a wonderful array of Art Deco mansions on display.

The key to picking out Western expats from everyday tourists is all in the way they pronounce Shanghai (pronounced *shung-hi*).

A translation hotline (dubbed the “magic number”) has been set-up for stranded non-Mandarin speaking tourists. It comes in handy when giving directions to: *taxi drivers: (+86) 96 22 88*