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NORTH & WEST MELBOURNE NEWS

ISSUE 154 SEPTEMBER 2011

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

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Meet Chatterbox.
Made from good old-fashioned fun, an insatiable appetite for talking and an eco-friendly attitude, Chatterbox helps us share important things.

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www.springfling.org.au

Chatterbox and the team acknowledge the people of the Kulin nation, traditional owners of the land that became North and West Melbourne, including the Boon Wurrung and Wurundjeri people, whose stories and adventures date long long before the 1978 barbecue that became Spring Fling.



**SPRING
FLING 11**
discovery week



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.

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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.

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A charge of 25 per cent may be added for advertisements that require designing.

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

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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.

Content Coordinator: Maurice Gaul,
<mauriceg@bigpond.com>

Production Coordinator: Allan Hood

Advertising Coordinator: Janet Graham

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Proofreader: Alanna Furlan

Section Editors:

Arts & Entertainment: Sally Whyte

History: Kate McDonell

Noticeboard: Janet Graham

Politics & Environment: Jennifer Boyce and Tom Kramer

Sport & Health: Veenah Gunasegaran

Travel & Food: Lakshmi Balakrishnan

Youth & Education: Kate McDonell

Production team: David Apostol, Janet Graham, Rene Heeps, Allan Hood, Jim Weatherill



Printed by Latrobe Valley Express
21 George Street, Morwell 3840
Circulation 5500

Please deliver contributions, letters and feedback to:

North and West Melbourne News
58 Errol Street, North Melbourne 3051
Email: thenews58@gmail.com
Telephone: 9328 1126

Copy deadline for December 2011 edition: Wednesday 9 November

Advertisers: Wednesday 2 November

Publication date: Thursday 8 December

Website: www.centre.org.au
Online edition: <http://nwmnews.drupalgardens.com>

2011 Victorian Seniors Festival 2–9 October

Seniors Conference 2011

Presented by Council on the Ageing (COTA)

'Being an Agent of Change': older people as leaders in the community. Meet, learn and share with others working for change on environmental and local issues.

Thursday 29 September, 10.00am to 2.30pm

Jaspers Hotel, 498 Elizabeth Street, Melbourne (just south of Queen Victoria Market)

Free for people over 50. Morning and afternoon tea and lunch provided. Bookings essential by 20 September:

www.cotavic.org.au or 9655 2125

Seniors Film Screenings @ ACMI

Presented by the Australian Centre for the Moving Image

ACMI Cinemas, Federation Square, Melbourne

Doctor Zhivago (David Lean, 1965) – Sunday 2 October, 1.30pm

Sweet Smell of Success (Alexander Mackendrick, 1957) – Friday 7 October, 11.00am

Some Like it Hot (Billy Wilder, 1959) – Friday 7 October, 1.30pm

\$5 per session. Entry not guaranteed without pre-booking.

Tickets available at: www.acmi.net.au/tickets, the ACMI box office or 8663 2583

Comprehensive listing in Seniors Festival Events Program

Free public transport for Victorian seniors during festival

North Melbourne Library New Opening Hours

Monday	10am to 6pm
Tuesday	10am to 8pm
Wednesday	1pm to 8pm
Thursday	10am to 6pm
Friday	1pm to 6pm
Saturday	10am to 4pm
Sunday	2pm to 5pm

Closed public holidays

North Melbourne Book Group



**Meets third Wednesday of every month at 7.00pm
at North Melbourne Library**

TITLES FOR THE REMAINDER OF THE YEAR

21 September	<i>Freedom</i> by Jonathan Franzen
19 October	<i>Leap of Faith: Memoirs of an Unexpected Life</i> by Queen Noor of Jordan
16 November	<i>The Monkey's Mask</i> by Dorothy Porter
21 December	<i>The Red Tent</i> by Anita Diamant

North Melbourne Library, 66 Errol Street, North Melbourne

Please phone 9658 9700 for more information

ALL WELCOME — NO BOOKINGS REQUIRED



National Trust (Victoria) St James' Old Cathedral Restoration Appeal

Melbourne's oldest church is in dire need of repair. St James' Old Cathedral is to undergo restoration work costing a total of \$1.2 million.

Thanks to a Federal Government grant of \$240,000, work began on the tower in August. Funds still need to be raised to enable stages 2 and 3 to go ahead, which include the frieze and window architraves on the north facade, re-slating of the main roof and tuck pointing.

St James', originally sited near the corner of William and Little Collins streets in the city, was one of Melbourne's first buildings. Although unfinished, it opened for worship on 2 October 1842 and was completed in 1847. The Anglican Diocese of Melbourne was founded in the same year and St James' became its first cathedral church.

When St Paul's Cathedral opened in 1891, the status of St James' reverted to that of parish church. Meanwhile the land on which the former cathedral stood had become valuable real estate, so St James' was relocated to its current site at the corner of King and Batman streets, West Melbourne.

Each stone was numbered and the entire building laboriously reconstructed, largely in its original form. The church reopened for worship in April 1914.

For information on how to help fund the restoration, please telephone 9329 0903 or email <admin@stjamesoldcathedral.org.au>. Donations to the National Trust are tax deductible.



St James' Old Cathedral from Flagstaff Gardens

Photos: Janet Graham

Join our informal walking group!

A small group meets every Tuesday at 4.00pm outside North Melbourne Library and sets off on a walk lasting up to two hours. We explore North Melbourne, West Melbourne and neighbouring suburbs. For our more adventurous walks we sometimes take a tram to the starting point, so make sure you bring your Metcard or Myki.

For further information please phone 9329 8187 or 9329 1627.

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Rachel has her own world vision for children

Katrina Kincade-Sharkey

Consider, if you will, the power of teenage passion: you remember it, that tantalising tease of young lust; the lure of netting stunning results by coercing your mates to follow your dream. Trouble is, most youthful dreams fly to dust in the path of the latest craze or app, book or CD.

Young Rachel Heard had a dream when she was just 12, a mammoth vision wherein all our world’s least fortunate children were granted their birthright. Those youngsters were given a future in which they were adequately clothed and fed, housed and educated, readily able to secure their lives free of the pain of their heritage.

Yet Rachel’s has become far more than a mere childhood dream. This tall, beautifully lithe 15-year-old has deliberately — passionately — followed her desire for three whole years, since her Carey Grammar class was exposed to a confronting World Vision scenario.

“It was a simulation exercise on child slavery,” she vividly remembers. “They didn’t tell us what was happening until afterwards, so everyone was feeling frightened and confused.

“I was shocked to hear how kids — primary school-aged kids — were forced to work long hours for no money, many often enduring sexual abuse as well,” she tells, her slender fingers scrunched into a knot.

World Vision told her class about India’s 60 million child labourers, about their eight-to 16-hour working days and how they had no basic health care.

“I came home from school that day and wrote out the mission statement, board set-up, etcetera, to create CARASA Foundation.” As CARASA’s CEO, Rachel is now drafting web pages, helping design logos and compiling access to Facebook and other social networking media for the masses of expected queries.

CARASA stands for Care for All, Reach All, Serve All, guiding principles for any true humanitarian and predictably born of Rachel’s home surroundings, her parents being Baptist minister Gary Heard and Royal Children’s Hospital Baptist chaplain Evelyn Heard, whose caring community lifestyle is widely applauded.

“Wading through all the government paperwork has been an eye-opener for me, while many nights of board meetings have



A child slave carrying a rock as a road-building task.
Photo: courtesy CARASA Foundation

been held to get to this point in time three years later, but I’m really excited to have achieved our first fundraiser,” Rachel says, celebrating the \$1800 raised from family and local friends at CARASA’s launch in late July.

A delicious Indian buffet dinner and silent auction of handicrafts and specialist goods were held at the crypt behind St Mary Star of the Sea Catholic Church in Victoria Street to launch the CARASA campaign. It was also an acute measure of local ecumenism, theologies united in their fight to save children everywhere.

Attendees included gloriously coiffed hairdressers and down-time medicos, pre-gig musos and post-shift osteos, judicial elders and matronly fashionistas, human resource consultants, retailers and an optometrist, all uniformly dedicated to Rachel’s strategy to eradicate child slavery.

It was a gathering of North and West Melbourneans with proverbial bells on. The Heard family had decorated that comfortable rear enclave’s walls with haunting portraits of Indian children slaving for their survival, the floors covered in carpets woven by those little ones’ hands. There were tables displaying goods for auction, while seating was arranged to welcome guests into groups.

Immediate determination to raise funds was met with the launch of sky-blue CARASA coin purses. Bearing the logo **small change – BIG CHANGES**, they were produced by Indian women.

These former sex-trade workers are now regaining dignity and hope through Freeset, a fair-trade business based in Calcutta’s brothel region of Sonagachi which since 2001 has worked to set women and children free.



Rachel Heard launches the CARASA Foundation
Photo: Janet Graham

By employing the women at a fair wage and training them to produce quality jute bags and organic cotton tee-shirts, providing literacy classes, health insurance and child care, Freeset is helping to break the horrendous poverty cycle.

The Sonagachi women chose sky blue for the purses to represent their dream: they wanted their children “free to touch the sky” without fear of incarceration or turmoil.

Freeset — “CARASA’s eyes and ears on the ground there”, according to the Reverend Gary Heard — will distribute the group’s collections.

“Next time you take a bite of chocolate, remember that it is probably available to you because of child slave labour in the cocoa fields of West Africa,” Rachel warns, flicking her honey-blond locks.

“Many of our trendy sports shoes, clothing, carpets and other apparel requiring fine weaving or needlework are the product of child hands. One doesn’t need to be involved in the sex industry to be a beneficiary of child labour.

“In India today, millions of children my age and far younger are losing their childhood to fill someone else’s pockets and almost 50 per cent of children there are deprived of their childhood.

“One CARASA purse filled with five-cent pieces will buy one child’s freedom — that’s small change for big changes,” says their chief advocate.

To find out how to obtain a CARASA fundraising purse or help to end child slavery in other ways, please email: <CARASA.Foundation@gmail.com>.

NEW FITNESS STUDIO

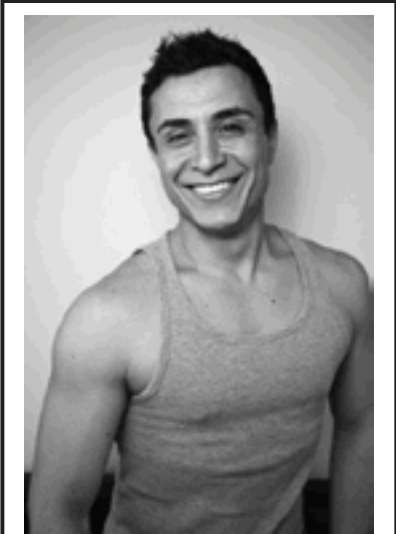


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Chris Gregoriou
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Charlie gets back his bark, his bite and his bounce

Melissa Hughes

Lort Smith Animal Hospital head vet of inpatients, Dr Andrew Kapsis, is urging all dog owners to be aware of ‘Parvovirus’ (Parvo), a deadly virus that causes an acute and contagious gastroenteritis with a high mortality rate in unvaccinated puppies and dogs.

This hideous virus generally occurs in summertime when the weather is warm and humid, however, last month Lort Smith Animal Hospital saw a number of unseasonal cases, which has prompted us to issue this warning.



Charlie fit and well again after his fight for life

Photo: courtesy Lort Smith Animal Hospital

One of those cases included Charlie, an adorable 4-month-old Maltese X Shih Tzu who has just gone through the fight of his life after he was brought to Lort Smith Animal Hospital with a severe case of Parvo.

Charlie spent a week in intensive care with Lort Smith vets and nurses keeping a close eye on him.

The first 72 hours were critical as this is the time period that determines whether or not the dog will survive. Fortunately, this time luck was on Charlie’s side as he made a full recovery and was able to go home.

Treatment of parvovirus is intensive and expensive, with most animals like Charlie being supported on intravenous drips and medication for a number of days. Despite treatment, mortality rates can approach 30 per cent and it is a horrible experience for both the dog and its owner.

“This should serve as a warning to dog

and puppy owners to make sure their pets are up-to-date with their vaccinations. Unvaccinated puppies are the most susceptible to parvovirus infection, but any unvaccinated dog can become infected,” says Dr Kapsis.

To learn more about Parvovirus, please consult your local veterinarian or contact Lort Smith Animal Hospital on 03 9328 3021. Lort Smith Animal Hospital is a not-for-profit charity that does not receive government funding.

To make a donation to Lort Smith Animal Hospital, go to:<www.lortsmith.com>. Melissa Hughes is the marketing and fundraising assistant at Lort Smith



Exhibition shows us refugees are just like us

Narelle White

Just a stone’s throw from the iconic Queen Victoria Market is the City of Melbourne’s Multicultural Hub. The Hub is like a neighbourhood house; it’s a friendly place where people from Melbourne’s many different cultures can come together, share and learn in a welcoming environment.

A fitting host, you might say, for the Just Like Us Community Exhibition, that celebrates compassionate and welcoming

responses to asylum seekers and refugees in the decade since Tampa.

Launched on 24 August by human rights advocate Julian Burnside QC and immigration historian Dr Ann-Mari Jordens, Just Like Us is free and open daily until 30 September. The exhibition is based on a theme of ‘Welcome Stories’. It pays tribute to the courage and resilience of people who have sought resettlement in Victoria and to the great many individuals, community groups, advocates and activist organisations that have welcomed them.

Resettlement stories lie at the heart of our communities today. Last year the UN estimated that over 20 per cent of the Australian population are migrants – born abroad and now living here peacefully. Much-loved and well-known migrants include Mirka Mora, Bryce Courtney, former Young Australian Tan Le and the remarkable Fred Hollows. Jana Wendt and Les Murray are another two famous achievers from refugee families.

But not all personal stories of struggle and success make the front page. Away from the headlines, thousands flee persecution, disaster and war to create new lives on safer shores. Just Like Us celebrates the remarkable settlement stories of our friends and neighbours. It highlights their positive and creative contributions, and acknowledges the ingenuity, persistence and courage that have helped them to build productive lives in Victoria.

Looking to our recent past, Just Like Us also celebrates the varied ways in which Victorian individuals and community groups have extended a caring response to newcomers.

In 2001, a wooden fishing boat became stranded off Christmas Island, the start of the Tampa affair. Just Like Us focuses on the decade since then to explore how Victorians have responded with compassion. Whether by lobbying parliamentarians, volunteering their time in legal and social support, opening their homes via the Spare Rooms for Refugees initiative, or simply by being a friendly face, caring Victorians have found ways to build bridges and say ‘welcome’.

Community members of North and West

Melbourne are now invited to participate in a range of events scheduled to be held during the Just Like Us exhibition. The Just Like Us project also includes an education program for middle secondary students. Schools are welcome to book a visit.

The next event will feature well-known Melbourne author Arnold Zable as he accompanies Actors for Refugees in an exploration of storytelling. Later this month, the public forum will be a chance to discuss Australia’s current responses to asylum seekers, from government policy to kitchen-table advocacy. Finally, a closing ceremony with special guest Kon Karapanagiotidis, founder of the Asylum Seeker Resource Centre, will share with community members who have been through the refugee experience.



Program of Events

THE POWER OF STORY, THE PASSION OF SONG

Arnold Zable, Kavisha Mazzella, Alice Garner, Majed Shoukor, Kate Atkinson, Robin Laurie and friends will perform extracts and reflect on the impact of Kan Yama Kan and Actors for Refugees. Saturday, 17 September, 2 – 4.30pm

PUBLIC FORUM: Policies and Politics It’s Time to End the Detention of Asylum Seekers

Prof. Louise Newman, Julian Burnside QC and Robyn Samson

Organised by the Refugee Advocacy Network Wednesday, 21 September, 6.30 – 8.30pm

CLOSING EVENT: Finding Home Refugees share stories of struggle, friendship and hope.

Special Guest: Kon Karapanagiotidis (founder of the ASRC)

Launch of JUST LIKE US Online Exhibition.

Saturday, 24 September, 2 – 4.30pm

RSVP for all events 9092 1500

Other enquiries 0409 252 673 or trconcepts@netspace.net.au www.justlikeus.org.au

Just Like Us is a collaborative project of refugee agencies and advocacy groups including the AMES (Adult Multicultural Education Services), Asylum Seeker Resource Centre, Brigidine Asylum Seekers Project, the Refugee Action Collective and the Melbourne Catholic Migrant & Refugee Office. It is supported by the RE Ross Trust, the Jack Brockhoff Foundation and the City of Melbourne. For further details on the exhibition and associated events, see: <www.justlikeus.org.au>

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the News Garden Patch

Natasha Grogan

“Spring is sprung, the grass is ris. I wonders where the birdies is”. This is how my spring started every year during my childhood. My best friend’s mum would shout it out to herald the first sunny days in months. Twenty years later, she says the same to her grandchildren.

There is something about spring that makes us a bit sillier, a little more childish and more optimistic. I am feeling this now even though at the time of writing, it is still August - the sun is out and the clouds are whipping up warm gusts of wind. Spring is in the air!

Time to tidy up your garden, plant tasty, warm weather treats such as strawberries and enjoy time outside with friends and family.

As gardeners, spring invites us back outside into our sometimes neglected gardens.

Like many things in life, we must tidy up before we get started. Towards the end of winter and the start of spring, I walk through my garden deciding what should stay and what should go.

At this stage of the year, many plants such as lettuce, broccoli, bok choy, coriander and parsley have gone to seed. My advice is to pull out most of these plants and pop them in the compost. I do, however, suggest you leave one or two of each so that they might

Some blooming good lessons for spring

shed their seeds and replant, saving you some hard work.

Coriander is a plant that can benefit from being left to seed. For years I have battled to grow coriander. It was my greatest antagonist in the garden. Earlier this year I gave in and allowed the plants to go to seed early. Basically, I ignored them.

This winter I have had healthy coriander everywhere. I have now dubbed coriander ‘the cat of the plant world’: the more I ignore it, the more it seems to like me!

Once you have cleared out your old plants, you can more easily see what you have to work with. I recommend you use this opportunity to aerate the soil. This is a simple task of pushing your fork into the earth between the plants as deep as possible.

Soil is often compacted and dry and will benefit from the addition of water with seaweed solution after the aeration. I like to add a mixture of manure and compost to the soil and tuck it all in with a 10 centimetre layer of mulch.

My preference is to use sugar cane mulch rather than pea straw as an annoying side effect of pea straw is that peas can start to grow throughout your garden. Remember not to push your mulch right up against your plant as this causes rot. The rule of thumb is to keep the mulch 5 centimetres off the base of your plant.

Now for the fun stuff: spring is the time to

plant your delicious new season vegetables like chillies, eggplant, fennel and capsicums. In mid to late spring I recommend planting beans, corn, cucumbers, pumpkins, tomatoes and zucchini.

This is just a small selection of the choices available during spring. As always, I suggest you visit your local nursery and see what they have to offer. If you’re not sure what a particular plant is, just bang it in the ground and see what happens!

Remember to rotate your crops and avoid planting any new crops in the exact same location as last season. I like to draw up a map detailing the location of my plants to help me remember the following year.

If you’d like to try something sweet, plant passionfruit, rhubarb and strawberries. A little note about strawberries: I planted three in my parents’ veggie patch last spring and there are now over 15 plants all producing runners (the arms that become a new plant). I suggest pinching off the runners and planting them throughout your garden - they look beautiful as garden borders.

A lovely activity for your children is to plant small pots filled with soil around your strawberries to catch the runners. They will root easily and you can then cut them off the parent plant. Your children might like to give these as Christmas or birthday presents.

Strawberry plants are a great choice for young families as they are easy to harvest and eat on the spot. To grow beautiful strawberries, you need to be aware that they have shallow roots and therefore require a deep watering about once a week during hot weather.

They will also benefit from good quality mulch, so make sure you keep the berries on a bed of mulch and off the soil as wet soil can cause them to rot.

Nothing beats home grown strawberries. They are smaller than the kind you will find at your local grocer, but are loaded with flavour.

I hope you enjoy your spring gardening. In my next column, I’ll be providing tips to keep your garden alive and kicking during the hot weather as well as some inspiration for summer plants and garden activities.

See you in the dirt!

Natasha Grogan is director of The Sage Garden. The website is: <http://thesagegarden.com.au>.



Anyone for a tasty strawberry?

Photo: Snoop Mitchell



Get involved in Spring Fling Discovery Week 2011

Nikita Burt

Festival Coordinator

Dear North and West Melburnians

It’s springtime and, as it is a non-street festival year, the Spring Fling team would like you to meet Chatterbox, our cheeky origami-inspired character and muse for Discovery Week 2011!

Chatterbox continues the annual Spring Fling tradition of gathering with friends to celebrate and share the best of North and West Melbourne. Chatterbox relishes a good story and loves to talk about important things. When you see Chatterbox between 17 and 23 October, be curious and take a peek.

Visit www.springfling.org.au for more information about Discovery Week and to download your very own Chatterbox to write on about your favourite places, or find the template in this edition of the North and West Melbourne News. Make as many Chatterboxes as you wish and then, in the spirit of a brave adventurer, deliver them to those special places you love.

Spring Fling is your local community festival, so come and discover something new.

Happy Spring!



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Young legal eagles learn to spread their wings

Maurice Gaul

“I came here looking to apply my law studies beyond the classroom, to gain some practical skills and to give something to the community,” says Sarah Jenkins.

Jenkins is one of the 24 law students and seven recent graduates who freely give their time as volunteers to assist the often disadvantaged locals seeking legal advice at the North Melbourne Legal Service at 504 Victoria Street.

Now in her final postgraduate law year, she chose not to pursue the medical research career that beckoned after she graduated in biomedical science. She is now aiming to work in corporate and commercial law, specialising in intellectual property law and patent legislation.

As a student volunteer, Jenkins cannot give legal advice to her clients, but she actively assists the service’s permanent and seconded lawyers with their work.

“I don’t take clients face to face, but I do reception, answer phones, attend meetings, and do lots of background work such as researching case law and procedural matters,” she says.

She takes a particular interest in the plight of her female clients, often recent immigrants with little English, education or family support, who come desperately seeking advice on family law matters.

“Women often arrive here via outreach at the Royal Women’s after experiencing domestic violence and are weighed down with divorce applications and intervention orders,” she explains.



Keen volunteers: Sarah Jenkins (left) and Aimee Wei

Photo: Jim Weatherill

Poised and articulate, Jenkins speaks candidly about the personal impact of these domestic violence cases. “It’s confronting and emotionally draining because, as well as

providing legal assistance, we also end up doing counselling.

“I admit that before coming here I never understood why women simply wouldn’t leave a bad situation, but now I’ve gained an idea of how this happens. I now know how powerless women can be in these situations,” she adds disarmingly.

Her experience at the service has clearly changed her view of the law. “While I’m aiming to work in the corporate area, I’ll always see it as valuable in the future to get involved in pro bono matters.”

A fellow volunteer is Nick Crothers, a commerce-law graduate but not yet admitted to practise law. “I can’t offer legal advice yet, but at drop-in days I collect information from our clients then do the legwork for our lawyers,” he says.

Crothers enjoys the interaction with people who are often unaware of their legal rights and the possible legal avenues open to them. He leans back in his chair as he outlines some recent cases.

“One client tabled three parking and traffic fines, but I soon discovered she actually had 26 infringements, and had incurred them in different names. I then tracked down

the police informants and prepared the file notes and briefs for our lawyers.”

A second case was more confronting. “A client supporting his long-term partner and children suffered a breakdown and ended up on the streets. He then learned that she had died, the children had been placed in foster care, and he had no legal claim to the house.

“It was a great satisfaction to support him in accessing the proceeds of the sale and in rebuilding his life,” Crothers says with a grin. “It was gratifying to know my efforts led somewhere and I wasn’t just shuffling paper.”

A third volunteer, Aimee Wei, works part-time as a dentist when she is not poring over her law books at university or helping out with drop-in duties at the service.

“I came here after being urged to get some practical experience, and I’ve been here for two years now,” she smiles. “I just love it and it’s been one of the best decisions I’ve ever made.”

Wei especially enjoys the human face of her work. “I was recently involved in the case of a Somali woman who had complex rental issues with her public housing landlord. I really like the feeling of helping people in a practical way.”

All three volunteers speak positively of what they have learned in their contact with clients, and each speaks highly of the North Melbourne Legal Service.

Jenkins openly admits she has changed her view of what it means to practise law. “Being here has shown me it is a lawyer’s duty to help those who need it most and I’m happy that we can help our clients. I now see the obligation on a lawyer to fight for social justice.”

She speaks warmly of our local legal service. “Our lawyers are brilliant and passionate and it’s so important we can provide help to marginalised locals often ill-equipped to deal with the legal system. It’s satisfying to achieve a good outcome for people who have been in an awful situation.”

For Crothers, his time at the legal service has definitely been an eye-opener. “Here, I’ve seen what the law is supposed to do and how it can help people in dire situations,” he says.

He is crystal clear about the value of his volunteer work at the legal service. “It’s given me a perspective of real people with real problems, and I’m now much more interested in actually doing law.”

Wei’s eyes sparkle as she refers to the unfailing support she receives from her professional colleagues. “The staff lawyers here are terrific, so down to earth and supportive. They never make me sound stupid,” she laughs.



Catherine Nelson, Mareeba Wet, 2010, digital print, 150x150cm

SEPTEMBER: IAN FRIEND, VALERIE SPARKS
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NOVEMBER: NICI CUMPSTON, SUSAN PURDY

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Fridays @ 7.30am for 7.45

Mum’s day, every day

Margaret Langdon

A little sister turns out wheely good

When I was pregnant with my second child, I remember confiding to a friend that I feared my son would only be interested in the new baby if it was born with wheels attached.

As a two-year-old, Max loved things with wheels. He was happiest when surrounded by a pile of cars or trucks. He would lie on the floor and push a car back and forth; transfixed by the way the wheels went round and round.

He was the sort of child who, when taken to the zoo to see all the exotic and amazing wonders of the animal kingdom, had firm ideas on his favourite. “What animal did you like best at the zoo, Max?” asked Nanny, “The lion? Or the elephant?”

“The digger,” Max replied. Nanny and I were a little confused, until I remembered the roadworks they were doing at the zoo the day we visited, which did involve a very interesting digger. Who needs lions and elephants? I could have just taken him to look at the freeway.

It wasn’t just vehicles that were Max’s passion. He also loved lawn mowers, wheelchairs and trolleys – all sorts of things, as long as they could roll or rotate.

He wasn’t much interested in babies, though, and I was a little concerned that when he realised his new sibling didn’t have moving parts like axles or discs, he would quickly lose interest.

The baby wouldn’t move in a smooth, gliding motion, or make rumbling engine noises. The baby would only move in a wriggling, limb-flailing way and make baby crying noises. I was worried Max would be seriously underwhelmed.

Lauren arrived as expected, one day before the due date and with no wheels attached. At first, Max didn’t mind visiting his sister in the hospital.

They had big rubbish trucks in the car park there that emptied skips. The

new baby slept in a trolley-like basinet which had wheels, even if she didn’t. The basinet could also be pushed back and forth, at quite high speed.

Max wasn’t all that happy when he had to stop pushing his sister’s trolley. He couldn’t understand that trolleys really don’t handle well around corners, or that newborns are not supposed to impersonate rally car drivers. Babies? Humph! At the age of two he was *so* over them.

So, for the first week or two, Max’s feelings toward his sister were made up of indifference crossed with apathy. But, as sometimes happens with children, things can change in the blink of an eye or the beat of a heart, and I can remember the exact moment it occurred.

I was picking Max up from crèche and I carried Lauren inside in her capsule to show the other children. Unlike Max, they all seemed interested in the new baby. Very interested. They crowded around the capsule as Max stood back and wondered what all the fuss was about. Babies don’t even have wheels. Yawn!

I could see him watching the children ‘oohing’ and ‘aahing’ over the new baby. They peered closely at her, warming her with their hot toddler breaths. Some even reached out to touch her sleeping face with plump little fingers.

Suddenly, Max was there in the scrum, wriggling his way to the front. He may even have given a child or two a slight push.

He glared at the others with hands on hips, ready to take on anyone who may have had ideas about a takeover bid for his new sister. “My baby,” he said, “Mine!”

From that day forth, Lauren took on a much higher status in Max’s mind, probably somewhere between a police car and a rubbish truck. It took her a while to work past fire engine and up to digger level, but that was ok. Diggers are pretty special, after all. They’re *so* much more interesting than lions and elephants.

These days, Max and Lauren are best friends as well as devoted siblings. For all their squabbling and bickering, they adore each other, and spend hours together inventing crazy games involving the trampoline, bouncy balls, and each other’s heads.

Max will freely admit that Lauren, although intensely annoying at times, as only a sibling can be, is still the best sister in the world. Even with no wheels attached.

Margaret Langdon is a freelance writer who works in North Melbourne. She will write regularly about raising Max and Lauren as a single mum.



St Mary Star of the Sea in West Melbourne

Photo: Jim Weatherill

There’s something prettied up about Mary

Katrina Kincade-Sharkey

Catholic community gratitude will be celebrated with Sunday Mass at St Mary Star of the Sea Church in Victoria Street on 25 September at 10.30am.

Concelebrated by Melbourne Auxiliary Bishop Vincent Nguyen and parish priest Father Max Polak, an expected gathering of several hundred locals will join visitors from throughout the diocese of Melbourne for this mass to recognise Melbourne City Council’s contribution to the redevelopment and landscaping of the property on its now stylishly revamped Howard Street corner.

Reflecting local immigration statistics, Bishop Nguyen was the first Vietnamese to be ordained bishop in Australia in June this year.

Father Max describes external works that have made St Mary’s premises far more accessible to the public, “With MCC’s gracious donation of nearly \$400,000, their landscape contractor, Nick Stefanac, under their direction, demolished the old — but not original — brick rendered wall around the church.

“Utilising engineering and horticultural experts, the area was then properly landscaped and a glorious promenade established along our border with Howard and Victoria streets, West Melbourne.”

The parish priest proudly continues, “Two dozen young white cedar trees have been planted on both sides of the footpath along Howard and Victoria streets to provide an avenue, a lovely shaded promenade. We’ve also placed comfortable benches for passers-by to relax among the trees.

“We have a highly varied congregation, both ethnically and age-wise. St Mary’s has many people pass through from all parts of town, as well as our local Indo-Chinese,

Italians, Maltese, Irish-Americans, Indians, Lithuanians and a handful of Poles. Oh, we also have a few Pinoys, or Filipinos.” Father Max’s own heritage is Polish-American.

“We also get several young families, a few of them with a handful of children, which is not too common in today’s society.”

Construction began on St Mary Star of the Sea in 1888, was completed in 1900 and consecrated by Cardinal Moran, “who arrived in a horse-drawn carriage to cheers from the thousands in attendance”, Father tells. “Our church seats 600, but extra seats can be brought in if needed for our celebratory mass on the 25th.”

The massive, multimillion-dollar redevelopment of the parishioners’ gathering place is another feather in the cap of Tom Hazell, St Mary’s restoration coordinator.

A former secretary to the Governors of Victoria, Tom was later chair of the National Trust (Victoria)’s classification committee — “and of the permits and restoration committee, so it’s always been hands-on,” the 74-year-old bureaucratic maestro says.

“Seven million of the projected \$10 million cost has already been spent, with the geographical south and west sides of the church property remaining to be done. Major benefactors have — unfortunately — had to withdraw their support because of the financial crisis, so the south and west sides remain unrestored,” he groans.

The sand and limestone restoration now appears delightfully stylish in its original form on the north and east sides, but Tom believes the south and west “have probably been delayed for my lifetime, considering their massive cost”.

“This project is so highly specialised there are not too many stonemasons who could do it,” he continues. “Fortunately, the interior restoration and refurbishment — done by master skilled craftsmen — was completed first.

“There’s nothing like it in Australia,” he says proudly. “I’ve done several prominent churches in Melbourne, among them St Patrick’s Cathedral, but this is by far the most satisfying one.”

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Eğer bildiğiniz evsiz kalmış, zor durumda olan ve yardıma ihtiyacı olan biri varsa lütfen VincentCare Ev Bulma Servisini 9304 0100 veya 1800 618 468 (ücretsiz) numaralarından arayınız.



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North & West Melbourne Association

Draft Reconciliation Action Plan 2011–2014

The North and West Melbourne Association was represented at a lively and encouraging community consultation forum in early June, one of two held by the City of Melbourne to discuss the Draft Reconciliation Action Plan (RAP). This is the council's third RAP and it focuses on three aspects of developing symbolic and practical reconciliation with Melbourne's Aboriginal and Torres Strait Islander (A&TSI) population:

- Building positive **relationships** by convening advisory panels, including Traditional Owner representatives, to monitor and report on the RAP's progress; publicising sponsorship and grant opportunities; and promoting artistic and cultural events
 - Showing **respect** by acknowledging A&TSI people at civic events and performing Welcome to Country ceremonies where appropriate; and flying the Aboriginal flag permanently on Melbourne Town Hall and at Haymarket Roundabout on significant occasions
 - Creating **opportunities** to promote and celebrate Indigenous arts and culture through a biennial festival, a *Celebrate Indigenous Melbourne* booklet, the City of Melbourne's website and other media; recruiting A&TSI trainees under the council's Indigenous Employment Strategy; and funding projects which improve outcomes for Aboriginal people.
- Association members attended a symbolic flag-raising ceremony at Melbourne Town Hall on Monday 4 July to launch NAIDOC (National Aborigines and Islanders Day Observance Committee) Week. The Aboriginal and Torres Strait Islander flags flew throughout the week at Haymarket Roundabout.



The Aboriginal and Torres Strait Islander flags were raised outside Melbourne Town Hall to celebrate the start of NAIDOC Week *Photo: Janet Graham*

Major Woolworths development with residential towers for Canning Street

About 15 concerned residents gathered for a *Leader* photoshoot on 28 July at the site of a proposed \$110-million development on the corner of Canning Street, Vaughan Terrace and Macaulay Road, North Melbourne. The proposal comprises:

- Two residential towers, one reaching a total height of 16 storeys, the other 10 storeys, constructed above a three- and four-storey podium
- A Woolworths supermarket covering 4500 square metres
- A further 3335 square metres of retail space
- 304 dwellings, and
- 645 car-parking spaces (304 residential, 341 commercial).

Planning Minister Matthew Guy will determine the application as the plan exceeds 25,000 square metres.

On 3 August the Association wrote the following letter to Minister Guy objecting to the proposal.

Dear Minister

**Re: 101–117 Canning Street,
North Melbourne — TPM-2011-18**

I am writing to you on behalf of the North and West Melbourne Association to formally object to the above town planning permit application, currently being processed by your Department.

The Association's grounds for objection are as follows:

- The proposal is both too high and an over-development of the site;
- Insufficient strategic justification for a development of this size, given the Arden–Macaulay Structure Plan is only in a formative stage and the overarching MSS [Municipal Strategic Statement] is only at the hearing stage. They are nowhere near ready for incorporation into the Melbourne Planning Scheme, and hence have no authority. They are just a lot of ideas at this stage. This proposal already appears to have the potential to breach proposed height limits, even before they are promulgated;
- The absence of any relevant strategic justification supporting this proposal should not be used as a reason to give approval to inappropriate development, but rather reflects more about the failure of the Melbourne Planning Scheme and the standard of decision-making by the City of Melbourne;

- Another packaged liquor outlet, directly opposite a Public Housing Estate, is both undesirable and unnecessary;
- The proposal is out of scale with the surrounding built form, with the exception of the Public Housing Block opposite. Rogue buildings like this should not be used as justification for further inappropriate development. Remember the Gas & Fuel Buildings were eventually demolished for this very reason;
- The proposed retail uses outside identified local shopping centres will undermine the existing retailers and the centres themselves;
- Insufficient justification for the reduction of car-parking requirements;
- The proposal will have an adverse impact, of substantial proportions, on the traffic and parking in the immediate area, and especially local residential streets of North Melbourne;
- This inappropriate development will create a precedent that will change North Melbourne, West Melbourne and Kensington for the worse, and forever;
- The area has insufficient social and engineering infrastructure to support a precedent development of this size and proportion and the other similar or even larger developments that will follow; and
- The proposal is detrimental to the amenity of the area and contrary to the proper and orderly development of the district.

Please acknowledge receipt of this objection.

Yours sincerely

Bill Cook

Committee Member

The Association has also written to all City of Melbourne councillors asking them to support our position. It is an important role for the council to represent the views of stakeholders to the minister. This process needs to be done in an open and public way that can be seen to be transparent, even though the council is not the ‘responsible authority’ for the decision. This is because the development application is for over 25,000 square metres and therefore rests with the Minister of Planning.



Bill Cook in front of the controversial development site at Vaughan Terrace and Canning Street

Photo: Janet Graham

No decision on Zagame

The Association is becoming increasingly concerned about the silence emanating from the Minister of Planning's office on this application for a 10-storey boomerang-shaped residential edifice encompassing Zagame's car showroom and workshop at the eastern end of the King, Roden and Stanley streets interface.

It is now nine months since the state election and the change of government. The now-minister Matthew Guy wrote to us before the election stating that the Zagame proposal should “keep within the West Melbourne Structure Plan’s height, setback and bulk requirements and that the redevelopment on this location should not proceed unless it meets these guidelines”.

This implied to us that Mr Guy would reject the application, but the lack of a decision increases our uncertainty, especially since he approved the non-conforming proposal for 32 storeys (104 metres in a 40-metre DDO height limit area) at 420 Spencer Street, the heritage Art Deco building on the corner of Dudley Street.

On ya bike!

A rack of 23 shiny blue bicycles appeared suddenly on 19 August outside North Melbourne Station, to the surprise of station staff and residents alike. Rentable for \$2.50 daily plus deposit, the cycles can be returned to any bike bank in the city. A large composite Melway map of the area to help riders and pedestrians find their way to Errol Street is another welcome addition.



The new rack of hire bikes outside North Melbourne Station
Photo: Janet Graham

NWMA meetings

Meetings take place at 7.30pm on the third Tuesday of the month in the upstairs meeting room at North Melbourne Library. Meetings are open to all members of the community. The next one will be on Tuesday 20 September.

Help needed!

At the Association, we often feel the need to pass on information beyond our 200 members and get feedback on particular local issues from the wider community.

To this end we plan to use social media in conjunction with our website <www.nwma.org.au> to reach more members of our community. Once established, Facebook and Twitter will enable residents and traders to share local news, issues and events.

We are living at a time of major changes in our area. There are huge development projects being considered to accommodate an increased population. Other concerns include: a weakening of heritage protection; changes to building height limits specified in the *Melbourne 2030* guidelines; a growing need for more education and childcare facilities; the reduction in or waiving of car-parking requirements in planning permits; transport and traffic management; the environment and open space; and access to North Melbourne Station.

Once our Twitter and Facebook sites are set up, the Association must be able to respond promptly to community input. To do this we will require extra hands to monitor responses and to galvanise action when appropriate.

Please email expressions of interest in helping with this to [<info@nwma.org.au>](mailto:info@nwma.org.au).



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Teddy bares his soul in his fine work for Rotary

Athina Koutouleas

What is your action plan when you hear of a disaster?

Do you know how to help after a mass crisis leaves hundreds — maybe even thousands — marginalised, mourning and lost in their devastated world? What’s your reaction when locals within your community struggle to survive after a neighbourhood injustice?

Those who do react might donate a token amount via a humanitarian relief group web-site. That’s more than most, who fall into a hopeless, self-deprecating state of thinking, “What can *I* do about it?”

Unlike most, the North Melbourne Rotary Club reacts positively, and does so exceptionally well.

Since the first Rotary group was formed in 1905 by three businessmen in downtown Chicago, more than 34,000 clubs have arisen around the globe, comprised of some 1.2 million members. Their main objectives are to deliver health care and sanitation; to support education and job training; and to provide clean drinking water in order to end world hunger and eradicate polio. Ambitious? Yes. Impossible? No.

Rotary works go far beyond this in order to support communities, both local and abroad. A recent acquaintance with members of the North Melbourne Rotary Club reveals that modesty is a key quality all seem to possess.

Ted Dziadkiewicz, owner of Contours Travel in Victoria Street, is no exception.

Ted has been a member of the club for the past 18 years. Originally introduced by



North Melbourne Rotary stalwart Ted Dziadkiewicz
Photo: David Apostol

a mentor and friend, he explains how the diversity of the group’s members initially drew him to an early group meeting.

He vividly recalls his first Rotary encounter, in which he heard inspiring stories of members providing literacy programs in fascinating locations such as the Samoan Islands and Bangladesh. This cathartic experience led him to think: “If they can do it, maybe I can too.” And so he did.

With his knowledge of and passion for the South Americas, Ted developed a micro-credit project to assist destitute women. “Giving handouts really does not work,” says Ted, who set up a scheme to lend money to women in Peru, Guatemala and Mexico in order to provide start-up funding for their business ideas.

“Those loans can be as little as \$50, but this gives women the chance to buy a sewing machine or a portable stove, which in turn

can have the potential to provide income for their families and themselves,” he explains.

As well as receiving the loans, these women are educated by Rotarians. They learn the fundamental principles of running a small business to ensure long-term success. “Give a man a fish and he will eat for a day; teach him how to fish and he will eat for a lifetime,” is one of Ted’s favourite quips.

Ted talks of the ingenious daughter of a Guatemalan coffee farmer whose crop failed due to drought. She took charge of the situation by turning hessian coffee-bean sacks into fashionable handbags that she then sold to make a living for her family. Without that initial micro-loan to buy the sewing machine, she could not have achieved this.

Locally, Ted sings the praises of Joseph’s Corner, a free counselling centre providing support for family, friends and individuals suffering drug and alcohol addiction in the

Altona area. Originally established and run by Sister Jean, this centre services the surrounding community.

Responding to the centre’s monetary and resource constraints, North Melbourne Rotary ‘adopted’ Joseph’s Corner and committed to ongoing fundraising for what they consider to be a worthy cause.

These are two perfectly contrasted examples of the Rotary Club magic, or, as Ted chuckles, “From Peru to Altona”.

North Melbourne Rotary also maintains strong links with local youths. The club nurtures outstanding students with various talents ranging from music to hospitality, by acknowledging and rewarding the achievements of potential future leaders. A whole host of youth enrichment projects exists for dedicated and enthusiastic students.

So where to from here for North Melbourne Rotary? No doubt a continued duty of care through connection with the local and greater community, enacted through numerous projects designed to benefit and enrich humanity — and a whole lot of fun doing it.

FOR MORE INFORMATION

North Melbourne Rotary Club, the micro-credit project and youth enrichment projects please visit:
<<http://www.rotarynthmelbourne.org>>



This special feature is brought to you by Wayne Lynch Master Jeweller.

Red Hatters paint the old town red

The Red Hatters flanked by Cheryl Dargan (left) and Wayne Lynch

Photo: Adam Lynch

Master jeweller Wayne Lynch hosted a fun and colourful promotional evening last June for a feisty group of ‘ladies in red hats’. These 12 women belong to the Hobsons Funtastic Hatters chapter of the worldwide Red Hat Society. They were treated to fine wine, finger food and the opportunity to buy discounted jewellery. Assisting Wayne were his son Adam and Cheryl Dargan.

To qualify as a Red Hatter, women must be 50 years or over, have a healthy contempt for the aging process, enjoy dressing up and be prepared to have fun. Groups play an important role in supporting bereaved or widowed women. Members don red hats of any type — from a classic beret to an exotic feather boa — and purple outfits. Ladies who have not reached the age of maturity, weep not. You may become members but your dress-up consists of pink hats and lavender attire. You are known as Pink Hatters.

According to Wikipedia, the Red Hat Society’s primary purpose is “social interaction among women, and to encourage fun, friendship, fulfilment and fitness”. Originating in the USA, the Red Hat Society now has 70,000 registered members globally. There are 120 clubs around Australia.

The Red Hatters thoroughly enjoyed Wayne Lynch’s event and rounded off the night with a meal at Rubicon restaurant, thereby bringing their colourful costumes, friendship and infectious frivolity to other North Melbourne diners.

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We left our old home, we found a new home

Students in North Melbourne Language & Learning’s (NMLL) ESL levels 2 and 3 elective classes have been studying a unit of work where they are required to *Explore a Current Issue*; identify the issue, state the main facts and give an opinion. The issue we chose to explore was Migration and leading up to examining the current issue of migration; students have been reflecting on their own migration story as well as looking at Australia’s broader migration history. These stories were worked on over a period of weeks, with several drafts being undertaken before the finished stories that appear here.

Le’s story



My name is Le and I was born in Saigon on 23rd July 1968. Saigon is the largest city in South Vietnam. I grew up in the 6th district near Cholon to the West of Saigon. Most of the people in this area had small businesses and factories in their homes, so I grew up in a very noisy place.

I lived in a very large family; grandpa, grandma, father, mother, 4 aunts, 3 uncles, 8 brothers and sisters, 7 cousins. We all lived together in one big house.

My childhood was very unhappy and noisy, and my grandpa was very strict, he didn’t let us children go outside and play with the other neighbourhood children. So I mainly stayed at home and looked after my brothers and sisters. My father had a business making metal window frames at home and after school I had to help my father.

In 1982 after I had known my boyfriend for only 2 weeks, he escaped by boat to a refugee camp in Thailand. We had a little contact over the years then suddenly after many years he contacted me and asked me to join him. In 1991 he sponsored me to come to Australia and in 1992 I arrived in Australia.

I had no family or friends in Australia and I was just met by my future husband and his 2 friends.

My first impressions of Australia were that it was quiet, clean, beautiful and very friendly. I talked to myself that I must start to have a new life here in Australia.

Fatima’s story

My name is Fatima and I was born in Eritrea on the 2nd of September 1970 in Keren city.

I grew up in Keren, it is the largest of the five major secondary towns in Eritrea with the population of 120,000 and it is the regional capital of Anseba Region. The majority of the population is Muslim.

My families were all born in Eritrea; however my maternal Grandmother was born in Ethiopia.

My childhood was very independent and free and when I was 12 years old, my oldest sister Seitte, got married and took me to another region in Assab city. I felt very bad because I missed my family and my friends but my sister was a very kind person and she looked after me. I remember that time very well, the city was much hotter than Keren and the culture and also the language was different.

Mostly I spent my time with the neighbourhood children outside skipping, running and playing hide and seek.

Before migrating to Australia I was living in Ethiopia in the city of Addis Ababa for 8 months, then I moved to Kenya for 2 months and then I arrived in Australia.

I came to Australia by myself and I felt very scared because I left my family behind me. My new husband met me at the Melbourne airport with his friend.

My first impressions of Australia were that I felt so sad and worried without my family with me and I was in a new country with new language and also a new life.

Now I feel much better than before. Australia provides a good life and is a peaceful country. The people are very kind, nice and friendly.

Anh’s story



My name is Anh and I was born in Vietnam in 1967. I grew up in a wealthy family and my family’s business was buying and selling gold and exchanging international currency.

Most of the people around my house had similar businesses. But when the communists came in 1975, the family business collapsed because my parents were capitalists. In 1976 the communists put my mother in jail for 6 years. My father was so sad that he became ill and passed away in 1978.

My 2 older sisters and I grew up by ourselves with no parents and we took care of ourselves and worked.

When my mother came out of jail in 1981 she started her own very small business selling beer and wine and saving all her money for us to escape the communists to another country.

From 1986 to 1988 I tried to escape from my country 7 times, and the last time I was finally successful and got to the Philippines. I stayed in a Philippine refugee camp for 18 months. I had two countries to choose from for immigration; Canada or Australia and I chose Australia.

September 28th 1990 was the day I arrived in Australia. My older sister named My picked me up at the Canberra airport. I felt many surprises, just one surprise after another surprise. The streets were so nice, the traffic was so flowing, the mall so luxurious, the market so clean and tidy.... I said “Wow! Wow! Wow!” so many times. My sister said “You are so rustic!” And that was true of me.

My Happiness Story

My name is Nookuij and I was born in Khartoum the capital of Sudan on 5th June 1987. I grew up in Greave, an area on the outskirts of the city. It was a beautiful place to live, there were lots of sheep, chickens, goats and other farm animals.

I grew up with my mother, father, 3 brothers, 2 sisters and my paternal grandmother. My other grandmother lived far away from us but came every Friday to visit and stay with us. I always felt so happy to see her because I knew she would tell us a story about my country. My grandma spent so much time singing songs to us.

When I was a child I was very sick so I had to stay at home a lot, then when I got better I started school when I was 9 years old. At that time my father was a police officer and we had a good life, unfortunately he lost his job and couldn’t find another one, so our life changed because of that.

When I turned 16 years old my family told me that I had to get married. I went to Egypt to meet my new husband, who had already been living in Australia. Then we got married and stayed in Egypt for 6 months.

I finally came to Australia in June 2006. When I first arrived in Australia it was night time at midnight and there were about 100

people waiting to meet me. I felt so excited and happy, but the next day I felt so sad and lonely.

I went for a walk in the park and it was very green and beautiful. I said to myself ‘I wish I could bring my younger brothers and sisters to live here.’ I wanted to learn English very quickly so that I could say hello to people. Now I am so happy because I can talk to people and I am so happy to be here.



Photos: courtesy NMLL

NMLL is an Adult Learning Centre and Neighbourhood House located on the ground floor of the northern most tower block of the public housing estate at 33 Alfred Street, North Melbourne. We have been working with the diverse migrant communities of North Melbourne for more than 21 years. We teach English, Computer and Vocational classes in a flexible, stimulating and meaningful context with a focus on connecting students to the local and broader community.

There are many opportunities to volunteer and get involved at NMLL including: classroom tutor, home tutor, admin and resource management, displays and special events, knitting, gardening and fitness groups as well as the Management Committee.

Please contact NMLL’s Community Development Coordinator, Natalie Warren.

Enquiries nwarren@nmll.org.au

Phone: 9326 7447

Website: www.nmll.org.au

e-newsletter Spreading the News: at <http://eepurl.com/eQsjg>

Find us: Facebook & Twitter



COURSES AND VOLUNTEERING AT NMLL

Share Your Passion - Get Involved!

Do you love reading to your children or grandchildren?
Would you like to help a Horn of Africa woman develop skills around reading to young children and school readiness?
Do you have 2 hours free on a Monday afternoon from 1.00 – 3.00 for 6 weeks?
Many migrant women for reasons of gender politics, poverty, war and displacement have had little or no formal education. For many the demands of our print based society are extremely challenging. A child from an average Australian family will have experienced nearly 2,000 literacy and numeracy rich experiences when they arrive at school. That’s at a conservative estimate of one per day!

For further details please contact:
Natalie Warren

North Melbourne Language & Learning
Community Development Coordinator
9376 7447 nwarren@nmll.org.au

New Class at NMLL

Certificate III in ESL Online

English in your own time at your own pace

In term 4 we will be delivering the Certificate III with a mix of online and a night class

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Class Structure

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Pre-requisites

- Intermediate level English
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- Motivation to study without direct teacher supervision

For more information and expressions of interest contact

Michael Burville at mburville@nmll.org.au

or call us on 9326 7447

Find us on Facebook and Twitter

NMLL is now on Facebook and Twitter and we are enjoying the opportunity to share what we are doing with other organisations working in the community.

To find our page on Facebook, just search for ‘North Melbourne Language and Learning’ and like our page.

On twitter our hashtag is eNMLL.



You can also subscribe to our e-newsletter mailing list by going to: <http://eepurl.com/e3k9l>

SPORT & HEALTH

A helping hand reaches out on our lonely streets



Katrina Kincade-Sharkey

It's Friday eve in late winter, corner Swanston Street and Flinders Lane behind St Paul's Cathedral. Post-work boozers and footy revellers are starting out, minds tossing between the nearest gig, their mates' fancies and the latest snort. Much of this town rocks on Friday night. Elsewhere in Melbourne's CBD — right now — several thousand other souls of all sorts may consider accessing the same laneway corner, drawn by a large white van housing PivotWest's StreetHealth program. Delivering critically needed after-hours medical services to the homeless and disadvantaged, the StreetHealth van is staffed by one of six general practitioners, a mental-health professional, a driver/safety officer and, frequently, one of two nurses, as well as staff from Douutta Galla Community Health Service.

And most nights it's a superb example of multicultural Australia in action, with African, Irish, Italian and Indo-Chinese operators all vying to show their calm effectiveness in providing a chance at health for our street people.

"Tonight, in this the third most livable city in the world, there are 14,000 people sleeping rough," frowns PivotWest's Manager – Business Development, Peter Malliaros, 47, "and 10 per cent of those are kids around 10 years of age."

Originally funded by the Lord Mayor's Charitable Foundation, StreetHealth provides comprehensive medical services. These include thorough health checks, complete blood evaluations, counselling, men's and women's health, preventive health and minor surgical procedures.

Melbourne City Council's 2011–12 Budget includes a commitment to spend more than \$700,000 on developing a community centre at the Drill Hall on the corner of Victoria and Therry streets, near Queen Victoria Market, with plans for a health centre to provide a range of medical and therapeutic services. Major staffing provisions for people experiencing homelessness will include general practitioners, podiatrists, dietitians, outreach workers and nurses.



Peter Malliaros of PivotWest Photo: David Apostol

Other key initiatives to address homelessness outlined in that budget include the creation of a Homeless Advisory Committee, expansion of the Cafe Meals program and ongoing funding for the annual Street-Count.

But those plans mean little to the errant youngsters of all ages milling around the long white van nestled into the Flinders Lane corner. The \$150,000 four-tonne Hino 300 was purpose-built with a modified surgery/consulting room on board two years ago with a grant from the Lord Mayor's Fund.

"Base level operational costs for the van are \$160,000, so I'm the guy who finds the money to keep it going," notes Peter, PivotWest's resident operational strategist.

"A mix of trusts and philanthropic organisations, including Western Bulldogs and Rotary International, fund current operations, but we could do up to 10 sessions each week helping three times as many people — for three times as much, though, so if people want to donate they can call me on 8379 9920."

The StreetHealth van already works four intensive weeknight shifts. Sunday sessions are held in caravan parks at Altona North's Half Moon, Laverton's Honey Hush and Wil-



StreetHealth van out in the cold Melbourne night

Photo: David Apostol

liamstown's Hobsons Bay. Monday evenings see the team parked on Barkly Street, Footscray, at the edge of Whitten Oval.

Wednesday night sites the service at Sunshine Bus Depot, where clients' ages range from eight to 60 years, and the whole team worries. "Those kids are meandering around at that age at that time of night; it's totally unsafe," warns Douutta Galla social worker Tayfun Pelen.

This fiery-eyed Irishman should know: aged 41 years, his career has targeted child protection, juvenile justice and residential care both here for the past two years and in Ireland.

"StreetHealth was set up for marginalised, disadvantaged people of all ages," he explains. "We might see them walking past and have a chat, then suggest they come in for a medical checkover."

"Just over two-thirds — 67 per cent — of our patients are male, while 33 per cent are female," he continues, "and we can see those who might need help."

And so could the *News* team when researching this article: trickles, pairs and then groups of this city's forgotten cast-offs approach tentatively, seemingly waiting for society's next knock, but the van gang are gentle, caring, cajoling their clients into comfy conversation before satisfying the visitor's reason for approaching.

Many times it seems they've come just for a chat, or to sit by the van's external gas heater.

"We also work in partnership with other Douutta Galla and PivotWest services, so if we've found someone needs another specialist service, we'll refer them on," says Tayfun.

A goodly proportion of attendees come "for a script — Xanax, Valium or any other barbie" — as well as needle exchange, but StreetHealth provides neither service, so refers clients back to their GPs or an exchange elsewhere.

Douutta Galla supplies the community support worker for Friday night outreach work, while StreetHealth's mobile medical unit repays a portion of its specialist expenditure by bulk-billing Medicare for clients holding a current Medicare card. The operation also has a direct billing arrangement for all international students holding an accredited health cover card.

Looking younger than most street kids 10 years his junior, StreetHealth's medico during our visits was Warren Guo, 31. Born in Shanghai, his family came to Melbourne when he was 11. From his work evaluating clients' needs and desires, this doctor could well function as a sociologist: "I see gathering information to help their varying needs as the most critical requirement for the homeless."

Social worker Tayfun sees it as the need for accommodation: "Short- and long-term is their basic need." But the guys are uniform in their concern for destitute children. "There are *so* many risk factors, like being exploited by adults, alcohol, the drug scene they get into, then all the sorts of issues they can get into with drug use."

"And then there's the girls," medico Warren moans, visibly aging with this thought. "Children roaming the street have lost that innocence of youth — they've had to grow up a bit quicker in order to survive."

"We want Melburnians to know we're here for everyone — the van's open to all."

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New fitness place is a very good fit

Janet Graham

A brand-new personal training studio that opened without fanfare recently in a quiet North Melbourne lane is slowly being discovered by discerning locals.

Situated in Mary Street, between North Melbourne Primary School and the Lort Smith Animal Hospital, MetroBody Health and Fitness is a purpose-designed studio which offers a style of training quite different from that found at most traditional gyms.

“It’s not your normal gym,” says MetroBody owner Chris Gregoriou. “It has hardly any scary machines. You exercise with mostly your own body weight, using natural movements.” Aids include hand-held rubber tubes, TRX straps for suspension training and kettle bells — a bell-shaped ball of Russian origin.

“The aim is to work lots of muscle groups at the same time and to utilise the body the way it’s been designed,” Chris explains. “When we exercise using a wide range of constantly changing exercises, our body achieves the quickest results.” Under expert guidance, the method also adapts well to the older body and people recovering from injury.

Leaving behind a 15-year career in IT, Chris took a leap in the dark when he followed his passion three years ago, studying and passing the necessary exams to qualify as a personal trainer. It’s a risky field, with few turning it into a successful living.

The time and money spent paid off for Chris, however. Within six months his business had expanded so much that he “had enough happy and regular clients to allow me to sleep at night”.

In fact, demand became so high that the enterprise outgrew its original location and Chris decided to make the move to 21–23 Mary Street.

MetroBody clients can choose private or group sessions, or a combination of both. The group sessions will be kicking off soon, Chris says, and there are opening specials for the month of September.

For more information, go to <www.metrobodyfitness.com.au>, phone Chris on 9328 1123 or call in at the studio.

ARTS & ENTERTAINMENT



Left: Mariska Thynne at her work bench
Right: Two of Mariska’s fashion designs

Photos: Lou Lou Nutt

Feast of fashion at Melbourne Spring Fashion Week

Joanna Sim

As Melbourne prepares for big fashion names arriving for the annual Melbourne Spring Fashion Week (MSFW), independent designer Mariska Thynne will be making her own mark on the fashion world as she showcases her first collection at The North Melbourne Market event.

Mariska, who recently launched her label, *The Professor’s Daughter*, has an abundance of talent but a limited budget, so to be part of Melbourne’s premier annual fashion event is a huge honour at this stage in her career.

“As a small boutique label it can (be) difficult to get the level of exposure I’m looking for,” she said.

“Being involved in The North Melbourne Market’s Spring Fashion Week event will give me the opportunity to show my designs to a whole new market and even meet the very people who will end up wearing them.”

While big name designer shows are open to a select few, The North Melbourne Market MSFW is open to all, offering an impressive line-up of independent Australian designers under one roof.

Fashion lovers will have the opportunity to meet with over 60 designers and buy pieces from the catwalk shows on the day.

The North Melbourne Market has been supporting local independent designers since 2009 with a monthly market held at the Lithuanian Club on Errol Street.

Hosted by the team behind Thread Den - the combined retail store and sewing lounge that was first established in North Melbourne - Mariska says it was market manager Melissa Kramer who inspired her to start her own collection.

“Thread Den has been instrumental in promoting local designers, so when Melissa suggested I could succeed with my own label, it was the push I needed to turn my ideas into a reality.

“Starting my own label has taken a lot of hard work, but knowing there is support from industry peers is incredibly encouraging,” said Mariska.

The North Melbourne Market MSFW event is on Sunday 11 September at the Lithuanian Club from 10am to 3pm. The entry fee is just \$2.

Joanna Sim is a fashion blogger and lives in North Melbourne.



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Tasty fare a fine side dish to this journey of love

Ali Teasdale

Wander through a journey of immigration and home coming, all while sitting down to an exquisite three course meal.

Follow the personal biography of director and writer Ali Zaidi as he takes you on an intimate and poignant portrait of his life’s experiences. Zaidi cleverly and wittily creates a picture of what it’s like to find yourself uprooted and hybridised between cultures.

The rich personal history of Zaidi tells a representation of family division, cultural fusions and migration. Describing himself as Indian by birth, Pakistani by migration and British by chance, Zaidi combines all these elements creating his own unique and eclectic representation of the world we live in.

Just as Zaidi has roamed around the world, so do the dishes on your plate, creating an intimate portrayal of the world through the beauty of food.

Culinary delicacies are brought to the audience seated at tables while they are immersed in Zaidi’s extraordinary life through personal video, documentary footage and live performance.

Through his cultural displacement as an immigrant, Zaidi combines his eye for food and culture to pursue a creative exploration in the world of art.

Journey of Love and More Love runs at the Arts House from Tuesday 11 October to Sunday 16 October, at 6:30pm and 9pm.



Ali Zaidi takes the audience on a challenging journey

Photo: courtesy Melbourne Film Festival



Director Marita Smith celebrates art at Gallerysmith

Photo: Sally Whyte

The art is so bubbly at Gallerysmith

Sally Whyte

On a Saturday afternoon in Abbotsford Street, one can follow the balloons outside an old brick warehouse and be immersed in some of Australia’s best art while sipping champagne. Marita Smith, director at Gallerysmith, says, “We feel that art should be celebrated,” so she started the champagne Saturdays at Gallerysmith.

Gallerysmith has been thriving in the North Melbourne art scene for three years and continues to exhibit high end art to the community.

Smith said she had the vision “to become one of the most respected galleries in Melbourne for exhibiting high end contemporary art”. And so, Gallerysmith was born.

Opening an art gallery can be a challenge at any time, but even against the background of the global financial crisis, the gallery has performed beyond expectations, “Many public art museums place their faith in our artists and acquire work from us for their collections. For me that is a great endorsement. We have also been invited to participate in a number of international art fairs,” Smith says.

She says the culture of North Melbourne

contributes to the gallery’s success, “North Melbourne people are very sophisticated and partake in a range of creative and cultural experiences. Among them are people who have very exciting art collections. There are also many very talented and recognized artists who live and work locally.”

It’s easy to walk past Gallerysmith without realising what is behind the brick walls. The space inside, however, invites art lovers to while away the hours exploring the oft-changing exhibitions.

The latest addition is the purgatory space, where emerging artists are supported, “It is a large gallery that artists can rent at an affordable rate. It offers these artists exposure to

our clients, who include curators and collectors, and the opportunity to show work in a professional gallery.”

Gallerysmith features at least three solo shows at any time and this month will playing host to Ian Friend’s exhibition, inspired by his childhood in South West England. “Ian is inspired by music and poetry and his works have a real playfulness and a lovely sense of rhythm. They are beautiful works,” Smith says.

Friend’s work will be contrasted with Arlene Textaqueen’s exhibition, *We Don’t Need Another Hero*. “She is a unique and highly sought-after artist by collectors. Her new texta portraits will depict a series of characters who take on the guise of a superhero,” says Smith.

Despite the high end art, she assures me, “There are no elitist attitudes or big egos here.” Instead, everyone is invited to enjoy art in their own way, “We aim to provide an environment where everyone feels welcome. Our visitors can come in and view work, talk to us, read magazines or just sit and enjoy the space.”

At an opening drinks event in June, the respect that Marita Smith and her artists share was clear to see. Artists such as Monika Behrens have returned to Gallerysmith to exhibit their work. Smith says this contributes to her aim to show works tied to cultural identity and strong concepts.

“It is important for artists to have an ongoing relationship with a gallery. It means that the viewing public can follow the progression of an artist and see the development of their practice. This helps people to develop a rapport with particular artists and assists people to understand the conceptual framework behind the work.”

It was also clear that Gallerysmith was a family affair in practice as well as in name. Smith says, “My husband works in law, which is intellectually very demanding. I think he enjoys the creative freedom that the gallery offers. He also enjoys the city view from the roof when he is clearing the gutters. My children are nine, seven and five and they often inspire me to look at the work in different ways.”

Gallerysmith is open to the general public Tuesday to Saturday from 11.00am to 5.00pm.

A big night out on the town with *The Boy Friend*

Sally Whyte

University High’s performance of *The Boy Friend* hit all the right notes on its opening night performance last month. The large ensemble sang and danced their way through the production, which covers the topic important to all 17-year-old girls, namely *The Boy Friend*.

Over 150 students contributed to the show written by Sandy Wilson. The action

opened in the French Riviera in the early 1920s at Madame Dubonnet’s School for Young Ladies. The overture was accomplished by the orchestra, who shone all evening.

Maisie, Dulcie, Fay and Nancy explained to the audience that they were ‘Perfect Young Ladies’, while Greer Clemens, Mairead O’Connor, Grace Cordell and Ellen Munari set a high standard for the musical numbers of the show.

The title song, ‘The Boy Friend’, was the first full ensemble number and carried all the joy and angst of teenagers in love.

The bright costumes evoked the Roaring Twenties, while the set allowed the actors to excel. The dancers also highlighted the special array of talents at the school.

Georgia Lee as Polly Browne impressed with her strong voice, allowing the audience to experience her highs and lows.

Her duet, ‘Poor Little Pierette’, performed with Charlotte Barker (Madame Dubonnet), also displayed a great depth of talent on both their parts.

Comedic moments were in abundance with Owen Lewis as the love-struck Tony and Jordan Obarzanek as the cad, Lord Brockhurst, drawing much laughter from the almost sold-out crowd.

Opening night ended with many rounds of applause from an appreciative audience.



Ensemble in full voice at *The Boy Friend*

Photo:Ali Teasdale

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Town hall to be the hub of the Fringe Festival

Sally Whyte

The Melbourne Fringe Festival and Fringe Hub are returning to North Melbourne this month. Over two weeks the North Melbourne Town Hall will host 44 of the festival’s 320 events. Creative producer of the Melbourne Fringe Festival, Neal Harvey, says the hub is “emblematic of what the festival is in itself”.

Opening night on 2 September saw the hub play host to a free party that launched the festival. One of the many hubs of the festival, North Melbourne will host cabaret, dance, comedy, puppet shows and performance shows. The Meat Market will also host circus acts at the festival.

Harvey says that the festival is vital to the entertainment community in Melbourne. “It provides a focal point for a sector that is

actually pretty diverse and hard to define,” he says.

The festival benefits both artists and audiences, according to Harvey. “Festivals like Melbourne Fringe provide a focal point for everyone to come together, to band together and find those common threads that define us as a group and as a community.”

Harvey says that the Fringe Hub is not the only element of the festival, but that it “provides accessibility”.

“If you’ve only got one night, you can see a diverse range of entertainment. It can be a launching pad into the festival,” he says.

Melbourne itself is a character in the festival; Harvey says the weather inspires artists to create work to present to the city’s audiences. He has been ‘living and breathing’ the festival all year and is excited to see how Melbourne experiences it. The Melbourne Fringe Festival is happening all over Melbourne from 21 September to 9 October.

The first sixty years of Hotham’s Temperance Hall

Bill Hannan

James Munro was a temperance man. He represented North Melbourne in the colonial parliament and was briefly premier of the colony. His fellow member in North Melbourne, John Curtain, was a publican. His hotel on the corner of Rathdowne and Elgin Streets is still there but recently changed its time-honoured name.

Munro was English, Curtain Irish. Munro tended to side with the liberals, Curtain with conservatives. While Curtain traded in liquor and property Munro made money from coffee houses, banking and what we would call today ‘financial services’. Munro favoured female suffrage, thinking it would swell the temperance vote. Curtain saw no advantage in it. Both lost their fortunes in the 1890s depression Munro because he was borrowing from himself through his chain of companies, Curtain because the wine and distilling industry collapsed.

When Munro was running for North Melbourne in 1874 his temperance connections eased the trials of campaigning: “Three years ago when I last met you”, he told a meeting of electors in North Melbourne, “the very best accommodation I could get was the top of a lorry in the open air. I am glad, very glad, the electors are now enabled to assemble in such a pleasant and convenient hall.”

This meeting was reported in the North Melbourne *Advertiser* of March 27, 1874. The hall in question was the new Temperance Hall in Queensberry Street. The hall is still there, just near the corner of Chetwynd Street, in excellent condition, with 1874 inscribed over its doorway above the information that it is now occupied by the Legion of Mary. It is a long, long time since it was officially known as the Temperance Hall, but its several other names have not stuck. In internet searches it features in advertisements for housing in Temperance Hall lane.

There is a touch of populism in Munro’s reference to the back of a lorry. When, in 1877, the electorate was split and Munro campaigned against Curtain for Carlton, he defied those who prevented him from hiring a hall by building his own in the space of a fortnight. Although Carlton was a stronghold of the liquor vote, Munro won the seat.

The Temperance Hall got its name from the Hotham Temperance Hall Company that was formed on 8 January 1874 by five North Melbourne tradesmen headed by William Riddell, a tailor. Construction must have been quick, what with the company being formed on 8 January, the land being bought by Riddell from Andrew Knight on 4 March and the meeting in the new hall reported on 27 March. Perhaps it too went up in a fortnight.

The building is in two parts. What you see on Queensberry Street is a front entrance to the hall flanked by two shop fronts. In December 1874 one shop was occupied by Miss McMahon, a fruiterer and confectioner and the other was empty. Inside the front door is a foyer from which a staircase leading to a balcony overlooking the floor of the hall.

The hall has been separately built behind the shops and the foyer so that it can be lit and ventilated from above by a glassed ridge. This feature can be seen clearly from the side of the building. The shops by contrast are lit by fanlights. The essential materials are brick on bluestone foundations. The building on the left of the hall was also owned by Riddell and was perhaps where he toiled as a tailor.

The hall has a stage and references to concerts in the *Advertiser* suggest that it was



The Hotham History Project Inc is a group of residents and friends of North and West Melbourne who are interested in exploring the history of this fascinating old part of Melbourne.

Committee meetings and activities are held on the fourth Tuesday of the month at the North Melbourne Library. Occasional historical walks and other events are also conducted on Saturday afternoons.

See www.hothamhistory.org.au for our events and publications.



The grand old Temperance Hall

Photo: Jillian Bell

meant to be a venue for non-alcoholic meetings and entertainments. The *Advertiser* of May 1875 reports that the Thursday concerts were “dull & insipid” and “attended by noisy youths”.

At the time, with the old town hall demolished and the new one yet to be built, a hall with a stage and seating for some hundreds had a market niche that it apparently did not fill successfully. Nor would dull programming and riotous audiences be its only problem. The new Town Hall opened in 1876 and hosted numerous popular concerts, grand balls and enlightening public lectures.

The Temperance Hall as it has continued to be called despite many changes would have to wait sixty-five years to be the focus of truly distinguished and popular entertainments.

Meanwhile the Temperance Hall company wound up in 1881 having at some stage sold the hall to the Hotham United Friendly Societies. The Societies stopped meeting in the hall in August of 1882.

In 1883, with the hall only nine years old, temperance gave way to salvation. In that year the *War Cry* reported that the Salvation Army had taken the hall to use as their barracks. Curiously, it seemed that the Army was in need of a safe haven.

The *Auckland Star* of 15 February 1883 reported that the “Government of Geneva had expelled the ‘officers’ of the Salvation Army from their territory, on account of serious riots resulting from the eccentric proceedings of the Army.” The Army, according to the *Star* had met with similar hostility in “various English and Scottish towns”. Against this, however, is the tale of success in Australia, first in South Australia, then in Melbourne in the suburbs of Hotham and Collingwood. The *Star* then quotes the *Age*, thus:

The Hotham Temperance Hall accommodates about 660 persons, and since its engagement by ‘The Army’ it has been crowded at every service. The result of two months work is said to be that about 200 men and women have abandoned their previous vicious courses and of these about 80 have ‘testified’ and enrolled themselves in a corps to carry on the work by endeavouring to save those with whom they were formerly brethren in sin.

In 1909 the hall changed hands again but retained its spirit as a venue for conversion and commitment to the way of the Lord. The new owners were the Pentecostals whose churches after 1927 would be known as Assemblies of God. Pentecostalism was then but a few years old, having been born at a famous revival meeting in Azusa Street Los

Angeles on 14 April 1906. From that origin, the Pentecostal church became known for its dramatic services involving ecstatic spiritual experiences, miracles, healing and speaking in tongues.

Revival spread rapidly round the world reaching North Melbourne within three years. The website of Christian Assemblies International records that:

The first Pentecostal church in Australia was started by Mrs Janet

Lancaster, a former Methodist born in Williamstown, Melbourne, just three years after the Azusa Street revival in Los Angeles. After reading a pamphlet from England entitled Back to Pentecost, she began to seek for the infilling of the Holy Spirit, which she received in 1908. Her testimony convinced others and, together with a few associates, she purchased Temperance Hall in Queensberry Street, North Melbourne. On New Year’s eve 1909 it was opened as Good News Hall.

One would wish for more detail about Mrs Lancaster’s infilling and testimony, but it is clear that she was a compelling figure. The movement apparently flourished. A typical week in the 1920s started on Sunday with breaking of bread at 11, prayer at 2 and gospel service at 7pm. On Tuesday at 6pm, there was a ‘tarrying meeting’. Friday at 8pm was cryptically called ‘open air’ (presumably some sort of witness in the streets), Saturday saw prayer and fellowship at 8pm and every service was followed by prayer for the sick.

In 1926 the Good News Hall was renamed the Apostolic Faith Mission. In

keeping with the pattern of resisting name changes the notice of the church secretary, Annie Andrews’ death in July 1932 continued to call it the Good News Hall. The name change had been proposed by a visiting South African evangelist, Frederick Van Eyck, but his activities provoked a break-away in 1927 by Queenslanders calling themselves Assemblies of God.

Mrs Lancaster stayed put in the Apostolic Faith Mission until her death in 1934, but the enterprise in Queensberry Street quickly folded after that. The Lord would no longer be sought in the Temperance Hall, as it stubbornly continued to be known outside Pentecostal circles. Within a very short time the Hall would become a site for the preaching of dialectal materialism and the celebration of progressive music... which seems a suitable point at which to end this chapter in the story of North Melbourne’s Temperance Hall.

Sources
Apart from specific references in the text, much of the information on which this is based comes from MF Aladejebi, THREE NORTH MELBOURNE (HOTHAM) HALLS: TEMPERANCE HALL, 1874, FREEMASONS HALL 1874, AND SALVATION ARMY BARRACKS, 1883. Thesis (Undergrad), University of Melbourne, Faculty of Architecture, Building and Planning. I have had much useful help from Mary Kehoe, Bill Liddy and Lorna Hannan.

The Hotham History Project
<<http://www.hothamhistory.org.au>>.



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Ah, mon ami — c’est magnifique!

Katrina Kincade-Sharkey

Subtly refined, in the style of the magnificent old Georges of Collins Street a generation or so ago, that’s Maison Ama Lurra, Howard Street’s celebration of French finesse at the market end of town.

Stark white walls to distant skylights, burnished concrete floors shimmering under Xavier Pauchard design steel furniture and an 18-metre window wall to the street may seem chilly on these early spring morns, but the open meeting place that seats 70 is comfortably warm, its electronic climate and friendly atmosphere welcoming a wide, already-addicted client base.

Admitting to redevelopment costs of at least \$100,000, partners Giles Legg and Philippe Million (“It felt like we’d spent my name!”) wanted a smooth international style for Ama Lurra, or ‘Mother Nature’ in the Basque language.

The cafe’s furniture would go some way to explaining its redevelopment expenditure: single plank, solid jarrah tables measuring up to 3.7 by 2.7 metres are housed in several meeting rooms “where people can conduct business away from their office concerns, but close to good coffees and savouries”, according to promoter Philippe.

This specialty coffee and fine teahouse’s quietly congenial ambience lures actors, graphic artists, writers and lawyers ‘stepping out’ from neighbouring Peel and William Street chambers, as well as the odd couple of African mothers with babes, a

dad and bunny-toting toddler and corporate secretaries; and that was late one Tuesday morning after less than 12 months’ business.

Verandah tables to the kerb are provided for smokers or sun freaks to gather city air, while an excellent indoor bike rack stores exercise transport.

A French–European concept developed by its operators over several years’ planning, Ama Lurra’s earthy image is delivered through efficient meeting rooms, wi-fi facilities, delicious epicurean cuisine and clean, clean premises ... such a delight these days, eh?

That image is highlighted by sumptuous coffees, including those from its Tri-fecta machine, wherein extraction, saturation and cold-water hydrolysis processes yield single-origin coffees for on-demand patron delivery. Yet even their house blend is lauded by coffee addicts, copywriters hugging their mugs and proffering thumbs up to the barista.

Organic and Rainforest Alliance coffee beans are roasted to order in New South Wales, then the two blends sent to Melbourne. The first is a fruity brew comprising a mix of Arabica beans from Papua New Guinea (25 per cent), Costa Rica (25 per cent), Brazil (35 per cent) and Ethiopia (15 per cent). The second is a mix of beans from Brazil (40 per cent), El Salvador (30 per cent) and Nicaragua (30 per cent).

“Groups of marketers, photographers and solicitors — as well as anyone else who books — can use our eight- and 12-seater tables any time between 7.00am and



Maison Ama Lurra on Howard Street

Photo: Jim Weatherill

4.00pm Monday to Friday, from 8.00 till 4.00pm Saturday and 9.00am to 4.00pm Sunday, with coffees, sweets and savouries conveniently served to their order,” says Philippe.

“Our opening hours are a work in progress,” adds Giles, “but whatever their schedule, we want this to be somewhere you can relax and celebrate life’s style, a bit of French style!”

Utilising their career backgrounds in product and market management — Philippe’s with Guylian Chocolates and Sydney’s Lindt Cafes — the partners sought to mix Sydney style with Melbourne’s comfort, and their premises do just that.

Colourful Impressionist artworks and

multi-styled photographs are hung on the massive white walls. “We’ve got the space for it, so young artists are welcome to display their works on a rotation basis for a few months,” Giles says, noting their works may be for sale or just exhibition.

So why North Melbourne? “We just came across this place while driving around and it had potential,” Giles grins. Philippe nods enthusiastically: “We could immediately see ourselves here, providing any part of our menu at any time of day, so you can have our glorious cheeses for breakfast or afternoon tea, savouries for breakfast or breakfast eggs late afternoon.

“This is French style for Melbourne town, or *ville Melboooourne*,” he croons.

You’ll get much more, at the Rollerdoor

Janet Graham

Converted toolshed is the unlikely setting for West Melbourne’s trendiest new cafe.

Abutting the grand architecture of the Railway Hotel at the corner of Ireland and Stawell streets, Rollerdoor Cafe is steadily gaining a loyal clientele impressed with its fresh, wholesome and tasty offerings.

Co-owner Matt Millen said he chose this location “originally because it was right on the route that everyone walked to the train station”. The toolshed was attached to the back of a house belonging to a builder. When Matt approached the builder, he liked the idea and moved his tools elsewhere.

The early plan was to supply good organic coffee and not much else to busy commuters passing by.

The concept underwent a radical shift, however, when the redesign of North Melbourne Station sited the new concourse at the other end of the platforms, with Rollerdoor no longer visible from the station exit or the 401 bus stop. “Our vision of the place changed to more of a cafe — a destination where people would stop,” Matt explains.

The cafe now offers breakfast, lunch — which includes pides, pies and freshly made sandwiches — small cakes and a wide range of juices, smoothies and soft drinks such as Phoenix organic cola. Nearly everything is made from organic or biodynamic produce.

Matt’s personal background is almost as intriguing as the setting. “I’d finished studying and was about to start work as a counsellor,” he tells the *News*. “This opportunity came up and I decided to do it for a while before getting into more serious employment.”

Having enjoyed working part-time on and



West Melbourne’s Rollerdoor Café open for business

Photo: Janet Graham

off for nearly a decade in hospitality, especially as a barista, he had no qualms about this new career move.

Matt’s business partner, Chris McLoughlin, organises Rollerdoor’s other enterprise: organic home orders. In similar vein to the defunct North Melbourne Fruit and Vegetable Co-op (but minus the rostered 5.00am sorties to the market!), subscribers pay \$50 for a boxed selection of organically grown seasonal fruit and vegetables purchased that morning, topped off with a freshly baked seeded sourdough loaf and a litre of biodynamic milk or Bonsoy.

Orders must be placed before 11.00am on Wednesday and the boxes can be collected from the cafe until 7.30pm Thursday or on Friday; home delivery is available for \$10 extra.

To accommodate growing numbers of

cafe customers, Matt and Chris are building a new indoor area, expected to open around mid-September. This will be a welcome addition to the current somewhat spartan seating arrangements at the back of the cafe, which comprise a large wooden table and benches under an awning and another small table.

The expansion will coincide with the return of the rooftop bees, temporarily banished because of the renovations. Rooftop Honey’s Vanessa and Mat will be reinstalling the hive, and a harvest should follow a few weeks later, with Rollerdoor taking a share of the honey for resale. Rooftop honey is on sale at markets, each hive reflecting the unique characteristics of its particular Melbourne location.

Rollerdoor had a fleeting moment of fame last April, when ABC TV dropped by for

its news coverage of the nationwide Garage Sale Trail, but the cafe’s real claim to fame is its delicious food.

The corned silverside sandwich with Gruyère cheese, rocket, roast zucchini and Dijon mustard is superb, but you’re in for a special treat if you chance by when assistant Jim Lawrie is rustling up his astonishingly good smashed egg, wild rocket and house-made mayonnaise on sourdough.

The weekend menu caters amply for carnivores, vegetarians, vegans and even foodies with a gluten intolerance. Featuring recently were ham toasties, coconut rice porridge, soy buckwheat pikelets with blackberry compote or maple syrup and cream or ice-cream, and Rollerdoor Green Eggs — poached eggs on spanakopita with wilted spinach and avocado.

Items change daily depending on availability at the Footscray Wholesale Market, where Chris sources most ingredients from Demeter Biodynamic Marketing, Organic Growers Group and Melba Fresh Organics. Pure Bread Bakery in Surrey Hills supplies traditional sourdough bread made from organic flour. The cafe uses certified-organic free-range eggs, which are also for sale by the carton.

Not to forget the cafe’s original *raison d’être*, Rollerdoor’s espresso is Coffee Supreme, a fair-trade organic blend roasted in Abbotsford, complemented by Demeter biodynamic milk. “It’s a fully organic drink that you’re getting here,” Matt assures us.

ROLLERDOOR CAFE:

13 Stawell Street

West Melbourne 3003

Phone: 0449 208 681

Email: rollerdoor@gmail.com

Opening hours:

Monday to Friday 7.00–3.00

Sat 8.00–3.00, Sun 9.00–3.00

Young artists sock it to the Sock Monster

Nikita Burt
Nikita Burt is Arts & Culture Facilitator at The Centre

Have you ever been afraid of monsters? Do you know how to get rid of them?

Well, according to artist Very Impressive, they are actually terrified of odd socks and lost gloves, or so his grandmother says.

If you have seen the front window of The Centre recently (Errol Street’s Neigh-

bourhood House), you may have glimpsed the terrible, terrible Sock Monster, a reused clothing soft sculpture guarding the building like a lucky charm.

The Centre’s art group’s aptly titled exhibition, *Still Here*, showcases a collaborative installation within the walls of our neighborhood drop-in space. The classes, named Arty fArty Institute and Art Warriors, are comprised of both adults and school-aged children who arrive at The Centre every Tuesday to

explore and express themselves through creative processes.

The exhibition features canvas, sculpture, paper and fabric pieces — including screen prints by local Doone Clifton — as well as acrylic paintings by Celina and Lily.

Loretta Krelle has been exploring abstraction with acrylics and says, “Although our recent art exhibition at The Centre had to be postponed for a week, everyone, including exhibitors and visitors alike, agreed that it was well worth the wait! Exhibiting one’s

artwork can be a very personal and daunting experience, but with the support of fellow artists and Nikki, everyone found it to be a very rewarding and positive experience.”

The role of art within our community is eloquently expressed in the art books produced by some of the younger artists, Ella McGrath and Pranissa Bhasin.

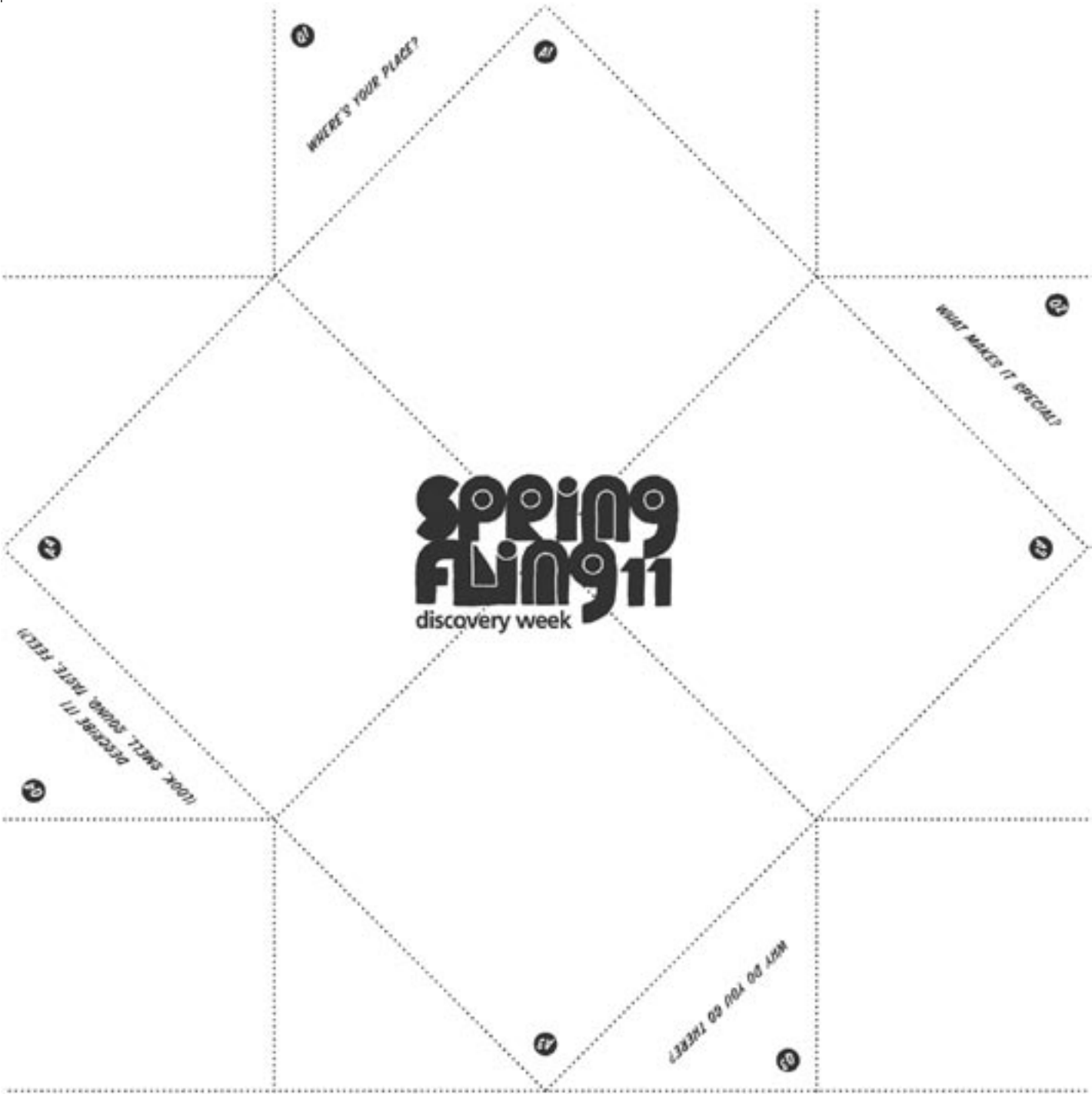
Ella’s book, *Something About Art*, consists of a series of wise quotes and opens with the sentence, “Art is something to do when you’re angry with something.” Pranissa’s book, *The Colourful Sea*, shares the joys that our imagination can offer us, and illustrates how uncomplicated solutions can sometimes be.

So, if you are seeking answers to rid your premises of monsters, or are in need of a heart lifting experience, come by The Centre for a little complimentary slice of enchantment. With new opening hours, we are doing our best to keep the door open for those times you just might need a chinwag or a laugh.

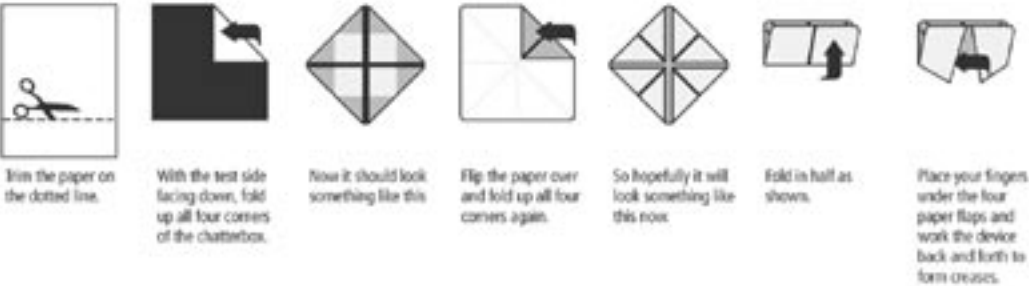
Thank you for your continued support, and in the wise words of Kate and Meredith, “It’s great to come see what we do because it shows that there is actually something here and it’s not just a boring building.... The Sock Monster shows it’s not empty.” Ah, joy.

Make your own Chatterbox for Spring Fling 11 Discovery Week

To download a full size version of this graphic and make your own Chatterbox go to: www.springfling.org.au



Create your own Chatterbox!
Simply trim and follow these instructions.
You'll see Chatterbox around the places we like to share. Create your own Chatterbox for North & West Melbourne and deliver it to your special place.

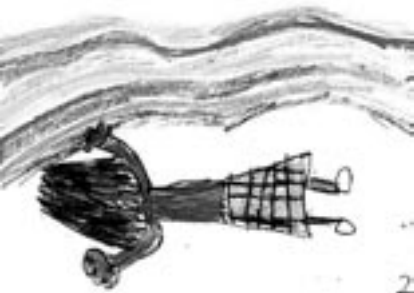


Photos: Nikita Burt



Eve Shi Shi Sheehan at the exhibition

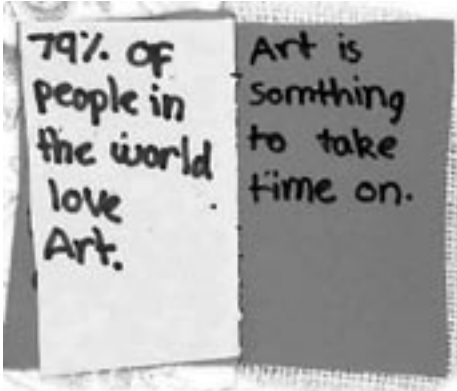
I decided to have a swim so I just jumped in.



Pranissa Bhasin's Artist Book



Loretta Krelle with her paintings



Ella McGrath's Artist Book

Centre Programs term 4, 2011

The Centre's community learning program for term 4.

All courses are ten sessions, but you can join at any time after the course has started, for a reduced cost.

You can register your interest in person at:

The Centre, 58 Errol St., North Melbourne or ring us on 9328 1126

Fitness Program

Yoga

Our classes are taught by accredited teachers.

General

Time: Mon 6.30 – 8.00pm

Venue: The Meat Market
5 Blackwood North Melbourne
10 October-12 December

Cost: \$160 concession \$140

Teacher: Katie De Aruyo

This Hatha Yoga class is suitable for all levels. It incorporates postures, breathing, meditation and relaxation.

General

Time: Wed 6.15 – 7.30pm

Venue: The Meat Market
12 October-14 December

Cost: \$160 concession \$140

Teacher: Renate

This class is suitable for a beginner plus/intermediate level.

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.

Absolute Beginners

Time: Thursday 5.30-6.15

Venue: The Meat Market
13 October-15 December

Teachers: Maria Zuluaga & Sue Gertzel
Cost: \$180 concession \$150

For those who have no experience of Pilates at all.

Beginners

Time: Thursday 7.30 – 8.15pm

Venue: The Meat Market
13 October-15 December

Teachers: Maria Zuluaga & Sue Gertzel
Cost: \$180 concession \$150

Working on mats, this class involves gentle stretching and strengthening exercises to develop your core strength.

Beginner Plus

Time: Thursday 6.30 – 7.15pm

Venue: The Meat Market
13 October-15 December

Teachers: Maria Zuluaga & Sue Gertzel
Cost: \$180 concession \$150

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.

Computers

Beginner/Beginner Plus

Time: Friday 9.30 – 12.00

Venue: The Centre
14 October-16 December

Teacher: Chiemi

Cost: \$80 concession \$50

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

Intermediate

Time: Friday 12.30 – 3.00pm

Venue: The Centre

14 October-16 December

Teacher: Chiemi

Cost: \$80 concession \$50

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

Art Program

Calligraphy

Time: Tues 7.30 – 9.30pm

Venue: The Centre

26 July – 13 September

Teacher: Stephen Wright

Cost: \$110 concession \$95

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.

Arty Farty Institute

Time: Tues 1 – 3pm

Venue: The Centre

19 July – 20 September

Teacher: Nikita Burt

Cost: \$50 concession \$35

Bring your inner artist to this friendly and supportive group who explore the creative process. 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. No experience is needed, just a touch of curiosity!

Art Warriors

Due to popular demand we have two classes to choose from.

Time: Tues 3.45 – 5.15pm

or Wed 3.45 – 5.15pm

Venue: The Centre

19 July – 20 September

Teacher: Nikita Burt

Cost: \$115 concession \$100

Kids aged 7 – 11; bring your enthusiasm and imagination! This playful class will explore a variety of artistic techniques and processes. Explore your imaginative realm and build on your own natural creativity. Recycle, invent and create! Suitable for Grades 1 – 6 and children must be signed out by a parent or nominated guardian. *We need eight students in each class to be able to run. If we don't meet these numbers we will only teach Tuesday and the cut off point will be ten students for this class.*

Health

Simple Steps to Good Health

Time: Wednesday 1.30-3.00 or

Wednesday 5.30-7.00 (times are flexible)

Venue: The Centre, 58 Errol Street, North Melbourne

19 October-1 December

Cost: \$40 for 8 sessions

Teacher: Dr Nancy Lane

Learn to improve your health in simple steps and with minimum effort.



GLOBAL HOME WORK PROGRAM. UPSTAIRS NORTH MELBOURNE LIBRARY

TuesYears 7-12 Weds...grades 4-6

Hello from The Global Homework Program. We hope you are all doing well during the cold months of winter. We had a lovely time at the end of semester 1 with a winter theme making marshmallow sculptures, creamy hot chocolates and pudding with warm custard. Now we look forward to Spring .

Again we are excited to present some of the writing challenges done by the primary school students in the program. Enjoy!

Snowman Acrostic Poems



Snowman likes the cold

Night has fallen

Our snowman has a carrot nose

Winter is snowman making season

Marshmallows are white as well as snowmen

Another snowman would be good

Now is the time to make more snowmen

— by Jack

Snowy
Nice
Orange nose
Wet
Motionless
Always still
Neat
— by Ahmed

Season
Night
Owl sitting on a snowman
White
Mitten
Antarctica
Neat
— by Amina

Spiky sticks
No Knuckles
Oval shaped
White
Melts in the sun
Antarctica
Nose is pointy
— by Zahra

Snowman
Noisy
Orange
Winter
Mittens
Abominable Snowman
Neck warmth
— by Khadar

*This boy made me run
because I made him hurt with a
new body.*



My Poem...by Amelia



My son plays with girls
He also collects pearls
The boys leave him lonely
Which makes him play with
his ponies
He never gets sad
Which makes me mad



Argument Challenge

Q: Should children be allowed to use Facebook?



A: In my opinion children shouldn't be allowed to have Facebook because it is dangerous and anyone could get bullied.

Parents should be the ones to decide if their children can go on Facebook. The parents should decide because they should be the ones responsible if their children get bullied. Anything may happen if a child goes on Facebook to talk to people. For example, a girl that went on Facebook met a man and later went missing. If you are a child with Facebook, I would suggest stopping because something like that could happen to you.
— by Bridget

What if I was the teacher?



If I was a teacher I would be nice. If the class stayed quiet they would deserve a game at the last session. But if they are noisy they would lose some game time. Students who are naughty don't deserve to play at all. They will have to write a story about what they have done.

I would be a teacher that sets rules for the students. I want my students to learn to be polite and to learn lots of things. People think teachers get lots of holidays but I would work hard on my holidays to make good lessons for my classes.
I would be a good teacher like Frances
— by Salma

A Special Secret Place



There was a boy named Dona Rosa. He was always cleaning his house so he never went to the park. Then one day, when his house was completely cleaned, he waited for 20 minutes then went outside to the park where he found a person named Zac. Zac was holding a map that was heading to a treasure. Dona Rosa had a look at it and it was pointing right to where he was standing. Dona Rosa rushed to his house and picked up a shovel. Dona Rosa and Zac started digging. They found a treasure chest but no key. They kept in digging and found a cave with a key inside it. Don Rosa tried grabbing it but spirits were covering it. They said "What's the password?" and Dona Rosa said "Secret treasure" They accepted it and gave him the key. He opened the treasure chest and found a magic carpet with a gold coin on it. He started flying on the magic carpet.
— by Ayman

Argument Challenge

Q: Should TV advertise Fast Food?



A: In my opinion TV should not advertise fast food because it will lure in children and adults to go to whatever fast food place that is being advertised on the TV even though it is very bad for everyone.

The sugar in fast food(including salads) is not at all good for our bodies Eating the fast food can take away time from doing work as well as homework If you eat too much of this food, and become overweight, it is possible your body may fail *If you are addicted to this specific type of food you should stop or you may drop!*
— by Bridget

Scary Story (maybe it's not scary)



Once upon a time there was a girl. She was in her house by herself without her mum. She was walking around the house when she looked up and saw something moving around the top of her house. Her friend was outside and saw something moving around too. She went in and said "Why did I see something moving on the roof?" Then she went into the room and closed the door. They looked up and saw a ghost moving on top of the room. They tried to open the door to get out but it was locked. They went under the table and saw the ghost walking around them. They ran into the wardrobe to hide. They fell asleep and when they woke up and opened the door the ghost was right there in her face. Then they disappeared and found themselves in a cemetery where the girl got possessed. She went back to her house. When her friends came they decided to burn the house down to get rid of the ghost. They didn't know that the possessed girl was in the house being burnt.
— by Samike



YOUTH & EDUCATION

Alexander the Great rules o'er the good earth



Lots of lovely vegetables for the children to cook

Photo: Jim Weatherill

Cathy Robinson

The Stephanie Alexander Kitchen Garden Program has been running at North Melbourne Primary School since mid-2009 and the children love it! The program teaches children to grow, harvest, prepare and share fresh seasonal produce. And at North Melbourne Primary, the kids are doing just that. Cook, restaurateur and food writer Stephanie Alexander began the program more than 10 years ago with an aim to give young children a pleasurable food education. Instead of describing food in terms of its health benefits, the philosophy of the program is to stress the pleasure, flavour and texture of food to children by encouraging them to talk and think about food using all their senses. By introducing this holistic approach, the program hopes to positively influence children's food choices in ways that have not been tried before. How the program works ... In the Kitchen Garden Program, children in years 3 through to 6 spend time in the vegetable garden that they have helped to create according to organic gardening principles. The same children will then spend time in the kitchen preparing and sharing a wonderful variety of meals created from their produce. The garden crops underpin the kitchen planning: lots of basil is likely to lead to a pesto or pistou-making session where

the children will enjoy this with their own freshly made pasta. The children also learn to prepare and taste the same vegetable many different ways. A zucchini may be stuffed with savoury rice or turned into chips, a slice or even a muffin. One of the key elements of the program is coming together around a table at the end of the cooking to share the meal and enjoy each other's company and conversation. But above all the classes are enjoyable. By the end of next year, Stephanie aims to have over 250 primary schools across Australia following the model. This is an admirable aim that she describes as "only a drip but it's a significant drip". Not only is the program providing a positive in-school learning experience, but the children are also taking their lessons home, saying to their parents, "We need this ingredient" or "Can I cook the minestrone soup that we made today at school?". The children are also keen to start growing their own produce at home. They're learning that even if they live in a small apartment and only have a small courtyard or balcony, they can still grow something. One of the major obstacles to spreading the program is the high cost of running a Kitchen Garden Program. The organisation depends on community support as well as grants from the state and federal governments. The program relies on many people to work to their full potential, and volunteers are one of the most important facets. In both

Phil proves his mettle with Olympic silver medal

Joseph Hess

A North Melbourne student recently won himself a silver medal in Taiwan — not in hockey, not in gymnastics, but in biology. Phillip O’Riordan is a lad with a cheesy grin and a Donald Trump hairstyle. I’ve known Phil since primary school and even when sharing the playground at Errol Street Primary it was obvious to me that this kid would go places.

I never thought, however, that I would be able to say a few short years later that I knew a silver medalist. We are both currently in year 12 at University High School in Parkville.

Last year University High School selected a few students studying biology to take part in the national qualifying exam for the International Science Olympiads. The top 20–24 students out of approximately 2000 who sat the exam were then invited to attend a biology summer school in January this year. Phil O’Riordan was among them.

Phil said the summer school was “pretty stressful because all participants were expected to cram first-year university-level biology into a span of only 10 days”. The summer school involved exams, both theoretical and practical, including dissections and various experiments.

In April there was a three-hour final selection exam. Those with the highest marks in all the exams qualified to compete in the Science Olympiads in Taiwan.



Above: Phil O’Riordan waiting to compete
Photo: courtesy Facebook

Right: Flying the flag: Team members (from left) Darcy Gray, Phil O’Riordan, Nathan Isaacson and Callum Gray

Photo: Ching-Chi Huang, Facebook

Before setting off on his journey in July, Phil said, “It came as quite a shock to be even nominated. When I first got the call I was sure it was just to thank me for doing the exam, because I knew that everyone got a call regardless of whether or not they had gotten into the team.”

This was much more than a ‘thanks for participating’ call, however. Phil learned that he had made the biology team to represent Australia.

His trademark cheesy grin expressed absolute delight. Known for his modesty, Phil said he was amazed at being selected



because there were so many incredibly smart people at the summer school.

Phil has always had a passion for biology. “I’ve always been interested in science,” he explained, “but it was really my year 11 biology teacher that got me interested in biology specifically. He was so enthusiastic about it that I found it hard not to be.” Phil also studies English, German, maths methods, specialist maths and chemistry — no easy subjects there.

Phil’s ambition to study medicine with the goal of becoming a general surgeon crystallised during summer camp: “We dissected

many organs, including a whole rat, which convinced me that I would really enjoy general surgery.”

The International Science Olympiads are competitions set up by UNESCO to encourage high school students to pursue careers in the field of science.

The rules and organisation differ slightly from competition to competition, but each country sends four to six students to take part. Students in the top 60 per cent get a bronze medal, the top 30 per cent silver and the top 10 per cent gold.

The schedule consists of two days of exams — one practical and the other theoretical — and five to six days of free time and excursions, because socialising and learning about other cultures are also seen as key goals of the Olympiads.

“The whole experience was fantastic,” Phil enthused on his return. “There wasn’t one bad moment over the whole two weeks.”

He said he had made so many international friends and had so many great moments that it was hard to pick out one particular highlight. “Even the exams were fun and certainly my favourite moment of those was dissecting (dead) bullfrogs and stimulating their spinal cords with electricity to make their legs kick.”

You know someone has a high intellect when they find exams fun! Phil admitted that it was a real shock when the frogs kicked for the first time, and even the examiners feared that some competitors might faint — thankfully, though, no one did.

Reflecting on his performance, Phil said he originally planned just to do his best and make friends; he wasn’t fussed about whether or not he got a medal. “Everyone there was really nice and our team just focused on meeting new people and socialising rather than studying.”

That attitude paid off, with Australia winning the ‘Friendliest Team’ award. Phil added that he had tried to avoid thinking about personal achievement because of the fantastic team he was part of.

“We were all just hoping to get a medal, no matter what type it was, but in the end we got two bronzes and two silvers. I got a silver, which was a huge shock because I was really just hoping to get a bronze.”

Phil won’t be eligible for selection in future International Biology Olympiads as it is Australian team policy that a person can compete only once in order to give as many students as possible the chance to take part.

On behalf of everyone in North and West Melbourne, we congratulate you, Phillip O’Riordan, and wish you further success in life. Peter Hall, a former University High student, also claimed a silver medal, in the Chemistry Olympiad in Turkey. Unfortunately, the North and West Melbourne News has not been able to contact Peter.

Stephanie Alexander Kitchen Garden

from page 19

the kitchen and the garden, the children work in small groups with the support of a volunteer and under the supervision of the kitchen or garden specialist. The program at North Melbourne requires four volunteers per class. These volunteers are critical to the program’s success.

At North Melbourne Primary there are a number of volunteers from the community who commit to a regular weekly timeslot and we would like to thank them. Without the help of these individuals, the program would not be as successful or as enjoyable. But the program needs more volunteers for its continued success.

You can help by becoming a volunteer
All you need is enthusiasm and a ‘Working with Children Check’
(available free at the post office).

Become a volunteer

North Melbourne Primary School welcomes people from the local community with time, passion and enthusiasm to volunteer in kitchen classes, garden classes or both.

The role of the volunteer is to facilitate hands-on learning for every child through supervising small groups of around 5 students.

In the kitchen the volunteer would assist the children as they prepare a range of dishes as part of a planned menu in weekly kitchen classes. The volunteers then join the children to eat the meal.

In the garden, the volunteer would supervise a small group of children to weed, compost, plant and harvest.

A volunteer does not have to be a chef, great cook or exceptional gardener; all they need is passion and enthusiasm.

If you are interested in volunteering, please contact North Melbourne Primary School on 03 9329 6902 or email: <north.melbourne.ps@edumail.vic.gov.au>.

Alternatively, you can also come down and visit the school located at 210 Errol Street North Melbourne.

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

Garden classes are run on Mondays, Thursdays and Fridays at the following times:

- Monday:** 9.05am – 10.00am
10.05am – 11.00am
11.45am – 12.40pm
12.45pm – 1.40pm
2.35pm – 3.30pm
- Thursday:** 11.45am – 12.40pm
12.45pm – 1.40pm
- Friday:** 9.05am – 10.00am
10.05am – 11.00am
11.45am – 12.40pm
12.45pm – 1.40pm
2.35pm – 3.30pm

Kitchen classes are run on Thursdays and Fridays at the following times:

- Thursday:** 11.45am – 1.40pm
- Friday:** 9.05am – 11.00am
11.45am – 1.45pm

FIND OUT MORE ...

Contact North Melbourne Primary School and speak with the kitchen specialist, Cathy Robinson, or the garden specialist, Tarsh Grogan.

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

ZUCCHINI CHIPS

- Serves 6**
Ingredients
3 medium zucchini
1 cup dry breadcrumbs
2 tsp ground cumin
Pinch of salt
Freshly ground black pepper
3 tbsp grated parmesan
2 eggs
1 tbsp olive oil

Method

1. Cut zucchini into 0.5 cm slices.
2. Place flour into a medium bowl.
3. Place the eggs in a separate bowl. Lightly whisk.
4. In another medium bowl, stir together the breadcrumbs, cumin, salt, pepper and parmesan cheese.
5. Dust zucchini slices with flour.
6. Dip floured zucchini slices into the egg, then coat with the breadcrumb mixture.
7. Line a baking tray with paper towel.
8. Heat the oil in the frying pan over medium heat.
9. Lightly fry the zucchini, two minutes on each side or until golden. Be careful not to burn.
10. Place on lined baking tray to absorb the oil.
11. Repeat with remaining zucchini.
12. Serve warm

The food is so fresh, the produce just perfect

Finella Oakley



Produce for sale at Farmers Market
Photo: Jim Weatherill

We at North Melbourne Primary School are proud to host our very own Farmers Market. We are so lucky to have the actual growers and producers come to us each month and

they are so generous with their knowledge and time. They are always happy to have a chat about their produce and tell you the best way to look after it and prepare it. Held on the first Sunday of every month – rain, hail or shine – there is a super array of food available, including fresh, seasonal and organic vegetables, delicious stone fruit, herbs, wines and freshly baked breads and cakes, chutneys and jams, free-range eggs, fresh meat, honey, hot food, coffee and much, much more. The school also has its own stall where you can learn more about the Stephanie Alexander Kitchen Garden Program, buy cook-books, sample sweet treats and purchase school-made jams and chutneys. The stall is run by parents and kids, so come down and have a chat! Entry to the market is by gold coin donation and your attendance will help support our Stephanie Alexander Kitchen Garden Program. **Dates for Farmers Market to put in your diary: 2 October, 6 November, 4 December**

The sweet music of a violin lesson

Clare Kennedy



Arnold Zable
Photo: Sabina Hopfer

“Talking about this book is a bit like humming about a piece of music. You can never do justice to it.” This is how Julian Burnside described Arnold Zable’s most recent book, *Violin Lessons*, at its launch on 16 August. About 150 people celebrated the evening hosted by CEO Ken Karapanagiotidis at the Asylum Seeker Resource Centre. Zable is an ambassador for the organisation which supports over 2000 asylum seekers and has more than 600 volunteers. It was a fitting venue to launch this haunting collection of stories about those yearning for their homelands and aching for their loved ones. Part memoir, part travelogue, the tales span the globe from the forests of eastern

Poland to the misty streets of Venice. The collection is interwoven with music ranging from a fisherman’s flute on the Mekong to the broken love song of an unappreciated gift, a carved silver music box. A hush fell over the crowd as prominent human rights advocate Julian Burnside read from the book. In a moving tribute to Zable’s story-telling, he reflected that, like a musical piece, the stories “play in different keys”. He singled out *The Music Box*, a story about a Polish family who are falling apart, trapped behind the Iron Curtain. Speaking of the loveless couple at the heart of the tale, he said, “In three paragraphs, he makes a sketch of a complex relationship that is familiar, yet new. It is a beautiful story, but the book plays in other keys, too. “Some have moments of lightness, some are grim, but the stories are always told with great humanity. Arnold is someone who understands things with the heart first, the mind second.” The crowd was entertained by singers Freydi Mrocki and Kavisha Mazzella.

Clare Kennedy is a Herald Sun book reviewer

The best little lamb bar none

Patrick and Jack



Mary nibbles away, true to her name
Photo: Amanda Williams

We have a pet lamb called Mary. Her second name is Nibbles because she nibbles on things to understand what she does and does not like to eat. Mum knows that Mary likes to eat her precious daphne bushes (especially when they are flowering!). We have Mary because her mother died shortly after birth and her sibling died as

well. We feed Mary special lamb milk from a bottle and we have discovered she has an appetite for tea-tree too. Mary goes on family walks twice a day. When Mary arrives at the park, we run with her and she can jump about one metre high and she is an ultra-fast runner. Mary is now very used to living with us in our backyard; however, she is extremely noisy in any habitat that she does not know. Next week, Mary is having a ring put on her tail so flies won’t lay eggs around her bottom, which may cause her to become sick. Mary has already had many adventures, such as visiting North Melbourne Primary School, where many children have written stories about her; Point Lonsdale and Sorrento beaches; Sunbury; North Melbourne train station; and many friends’ houses, where Mary has pooped and weed on many of our friends and their furniture as well! Mary is soon to leave the North-West community to go and live with other farm animals on a children’s farm. We will miss her terribly and will visit her as much as we can.

book reviews

Kate McDonell

All I Ever Wanted
by Vikki Wakefield (Penguin)
All Mim ever wanted was to travel, to escape her small town and not end up like all the others who got stuck there. And, most importantly, to not turn out like her mother: fat, forty and glued to the couch. She has a set of rules she believes will save her from this fate, but she’s beginning to break them. Through a new friendship with shy muso, Kate and changing dynamics with her old friend, Tahnee, Mim begins to see her world from a new perspective. That boy she’s been obsessing

over for years just might fall from his pedestal. Her family might turn out to be more clued in than she had realised. And she might just get a chance to fly after all. A nuanced, thoughtful and highly enjoyable coming-of-age story.

Forgotten
by Cat Patrick (Little, Brown)
Have you ever wanted to go to sleep and forget a bad day? London does this every night, regardless of whether her day’s been good or bad. She can see parts of her future, but every night, at precisely 4.33am, her past is erased. What traumatic events could her memory loss be hiding? She’s in love with a new boy, Luke, but worries that she cannot see him in her future. With his help, though, she’s able to unravel a mystery that’s been haunting her family for years. Fascinating in its insight into memory and the human brain, *Forgotten* is part thriller, part young love story, and altogether charming.

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Fixing a carbon price is only the first step

Margaret Gaita

Most media reports and opinion polls classify Australians as ‘for’ or ‘against’ the carbon price recently announced by the Federal Government. In truth, however, public opinion is divided between at least four distinct positions.

1. There are those who just do not accept the extensive body of peer-reviewed scientific research on human-induced climate change. They see no reason for any action and are vehemently opposed to any carbon-pricing measure.
2. There are those who accept the climate science, or at least the principle that it’s safer for the world to reduce emissions just in case, but who either mistrust any pricing/taxing of carbon or want the rest of the world to do the heavy lifting before Australia does anything that might have a financial cost.
3. A third group accepts the science on human-induced climate change, wants Australia to act and believes that a carbon price-ETS is the best response (obviously, this is the federal government’s position).
4. A fourth group agrees with item three BUT is not convinced that the ‘market-based mechanisms’ proposed will be sufficient/the best solution.

Given voting patterns in North and West Melbourne during the last two federal elections, it’s a fair guess that the majority of locals belong in the third and fourth groups described above. I believe now is the time for these groups to talk to each other in a rational and respectful way. To do this we need to overcome the bitterness that resulted from the close-fought battle between Labor and the Greens on this turf. Whatever divides these groups, they are united on a basic belief in the need for Australia to act on climate change; their mission now is to seek reliable information about the most effective action and to keep bringing it to the attention of those who govern.

Within Parliament, vituperative attacks on the ‘carbon tax’ are making some who want further examination of this market-based mechanism hesitant to explain their reser-



In Spain, the Gemasolar 19.9 MW solar-thermal power plant, with molten salt storage, has achieved 24 hours of uninterrupted electricity production. If Spain can do it, Australia can too!

ventions. They fear they may undermine a policy which, at present, seems to represent the best hope of any reduction in Australia’s carbon emissions. However, if we recognise the increasingly dire threat of climate change then we cannot be content to settle for just any reduction. There’s a cliché often trotted out when political progress is slow—a journey of a thousand miles begins with a single step—but if you need to arrive at your destination by a deadline then you must set out early enough and walk fast enough.

The scientific consensus is that global carbon emissions must be reduced to zero by 2050 if we are to have even a reasonable hope of avoiding irreversible catastrophic change. If we take that warning seriously, there seems no justification for Australia, one of the most affluent nations, not doing its share—or more. So will the current policy on carbon pricing move us fast enough towards that goal?

Beyond Zero Emissions (BZE), an independent climate and energy security think tank, which undertakes strategic research in partnership with the University of Melbourne’s Energy Institute, has looked at overseas initiatives for replacing fossil fuel with ‘clean’, sustainable energy sources. It found that the countries which are making the most rapid strides forward are those using the carrot of price support for renew-

ables rather than just the stick of carbon pricing. During the negotiations which led to the carbon price BZE explained the following:

“A carbon price will help in that it will send a modest price signal through the economy and incentivise efficiency, and it will make coal-fired power less economically viable. However, to get the large-scale roll-out of renewable energy that we need, rather than fossil fuel gas, you need additional measures to a carbon price. Our modelling...shows that a carbon price within the price range currently being considered will not result in an increase in renewable energy beyond what is already factored in (due to the renewable energy target) and will result in a massive roll-out of gas—a dirty, carbon-intensive fuel whose extraction as coal seam gas is destroying precious farmland, groundwater and communities all over Australia. Additional measures to a carbon price must be implemented at the same time. In particular, feed-in tariffs for large scale renewable development, particularly wind and solar thermal, have been shown to work best for getting this technology built. New gas-fired plants should not...be built and renewable energy must be built instead.”

The Beyond Zero Emissions website, <<http://beyondzeroemissions.org>>, has an



array of articles which explain in detail why this is the time for a visionary approach to Australian policy on carbon emissions and renewable energy. At present the first two groups, identified above, are uniting in opposing the carbon price and they outnumber those who support it. But in 2007, many of the group 2 doubters said they wanted Australian action on climate change. They have since been swayed by scare mongering about the cost of our transition to renewables. It will be a tough job to win them back to support for action—but that’s all the more reason why we need to get it right!

For more information on the carbon price go to <<http://www.cleanenergyfuture.gov.au/>>.

A green gadget worth getting

Jennifer Boyce

When shopping for a birthday gift for my husband, I was keen to get him a gadget that was green and would be regularly used. No ‘As seen on TV’ gadgets that would gather dust in a closet. While searching online, Multi-Powered Products kept coming up. Once I started looking through the gadgets offered on their website, I was hooked! They had a green gadget for every price and age range. Of course wanting to buy a solar robot kit and solar bullet train was my first thought, but I kept coming back to something that was useful for the average adult. Although, I certainly could picture my husband having hours of fun with the robot kit and bullet train!

I landed on the handy and well priced Freeloader Pico Portable Solar Charger. It has a small, light-weight solar panel that will charge any mobile phone, MP3 player, GPS or PDA. It included tips for the major phone brands as well as a USB port. Sold. I placed my order and received it within three business days. Two days later, I received a card from the company thanking me for my purchase. Even better, when planted the card grows into a bottle brush plant. My husband was thrilled when he opened this gift. Much to our dismay, the tips provided weren’t compatible with his phone. I emailed Multi-Powered Products inquiring about getting the correct tip. I received a response the same day. After confirmation of what phone model he has,



they ordered one from the UK. Not only did they keep me updated, they also sent the correct tip free of charge once it came in from the UK. In a day and age where customer service is quickly dissipating, Multi-Powered Products is refreshing. Quick, attentive, addresses the customer’s concerns, and checks in regularly so the customer knows they haven’t been forgotten.

Freeloader Pico Portable Solar Charger
Size: 105 x 45 x 11.5mm
Weight: 49g
Price: \$39.95 + shipping
Available from
Multi-Powered Products
<www.multipoweredproducts.com.au>
1300 883 335

The same day we received the correct tip, my husband was happily recharging his phone via solar power. After a few months of owning it, the novelty of charging our phones and MP3s for free hasn’t worn off. I’m already trolling their website getting ideas for Christmas gifts. They will certainly be getting my business again.



Gabrielle Stannus

North Melbourne Sustainability Street

Collaborative consumption
–Sharing ‘stuff’ to save the planet!

There’s a new buzz phrase in sustainability—collaborative consumption. Put simply, it means ‘what’s mine is yours’. All over the world, people are going online in a bid to save money, get to know new people, and also reduce their consumption of our world’s precious resources.

What’s it all about?

Collaborative consumption (CC) describes the rapid explosion in swapping, sharing, bartering, trading and renting being reinvented through the latest technologies and peer-to-peer marketplaces in ways and on a scale never possible before. Check out CC guru Rachel Botsman’s book, *What’s Mine Is Yours: How Collaborative*

Consumption is Changing the Way We Live.

Available to borrow at North Melbourne Library, this book will change the way you think about goods and services.

Collaborative Consumption Hub

How can I share more and consume less?

Here are a few useful CC websites to help get you sharing goods, services, cars and even land with other North and West Melbourne residents.

www.collaborativeconsumption.com

Freecycle

Get rid of unwanted goods through the Freecycle Network™. This network is a grassroots and entirely non-profit movement of people who are giving (and getting) stuff for free in their own towns. It’s all about reuse and keeping good stuff out of landfills. Each local group is moderated by local volunteers. Membership is free.

www.freecycle.org

(Search for a local group)

The Sharehood

The Sharehood is all about sharing resources within your neighbourhood and helps you to meet and make friends with people in your local area. All sorts

of things can be shared, such as sewing machines, vegetables, wheelbarrows, tools, cars and books. Skills can be shared too—gardening help, bike fixing, language skills, childminding, how to make wine or dance the tango.

www.thesharehood.org

SkillShare

Share your knowledge or learn anything from anyone. SkillShare touts itself as an online marketplace for offline classes. SkillShare is just starting to take off in Melbourne. Classes are not free. However, this unique way of sharing knowledge could potentially democratise education.

www.skillshare.com/learn/upcoming-classes/melbourne

Car sharing

Are you tired of the hassle of owning and maintaining a car? Frustrated with finding a place to park? Car sharing members have access to cars on demand for rent either by the hour or by the day and no parking hassles when you’re done.

Flexicar is a local car sharing service with five locations in North and West Melbourne:

- Errol St South
- Errol St North
- North Melbourne Railway Station
- Wreckyn Street Queen Victoria Market

www.flexicar.com.au

Sharing land

Do you want to grow vegetables but don’t have anywhere to do it? Or do you need a little help to maintain your vegetable garden but don’t have the time?

Landshare Australia brings together people who have a passion for home-grown food, connecting those who have land to share with those who need land for cultivating food.

www.landshareaustralia.com.au

The sites listed are only the tip of the iceberg. Book unique community spaces through Airbnb. Find a place to stay for free on CouchSurfing. Get online and explore this brave new world!

Want to share locally?

Are you a bit overwhelmed by all this choice? Why not start sharing closer to home and get to know some locals? Our group has recently held a free clothes swap. We plan to start a produce swap soon for people wishing to exchange seeds, plants and produce. Come and chat to us at Spring Fling in late October, where we hope to bring the Sharehood to you.

In the meantime, join in the discussion on our Facebook page and start exchanging goods, services or even your tips for sharing. www.facebook.com (Search: North Melbourne Sustainability Street)

THANKYOU IGA



North Melbourne Sustainability Street would like to thank North Melbourne Supa IGA for its generous donation of refreshments for four sustainability workshops in 2011

Going electric

Doone Clifton

I love my electric bike. I love the freedom to come and go at times of my own choosing, the lack of hassle with traffic and parking, the sheer exhilaration of swooping effortlessly down hills and the lack of pain going up hills.

I’m a bookkeeper with clients spread from Kensington to Richmond and all points in between. Getting about using public transport is possible but so constrained and time consuming compared to riding. Regular driving and parking in the inner city would sap my will to live and walking is out because I’ve got really crook knees.

The knees also make a standard bike out of the question. Even with the granniest of gears, the Gertrude Street and Langridge Street hill would be truly painful. Add the dishevelment upon arrival of hard physical work, and it just didn’t work for me.

But oh my electric bike: not effortless, but manageable. I don’t have to wear cycling gear and get changed; I can carry laptops and bread and beer

and books. I can go out at night. I can go from A to B via C if I want to. I love my electric bike and the possibilities it adds to my life.



Local resident, Doone Clifton with her electric bike Photo: Jane Saleeba-Thompson

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From left: Debbie, Lily, Gary, Ana and Nat

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ARTS & ENTERTAINMENT

Flipping both sides of the *Doublethink* coin



Two heads might think twice in *Doublethink*

Photo: courtesy Melbourne Film Festival

Sally Whyte

Is a woman really opposite to a man? Is light opposite to dark? Choreographer Byron Perry has created a performance that challenges the idea of opposites for the Melbourne Festival. *Doublethink* will explore the Orwellian concept of the same name and the illusion of opposites through dance.

“Most opposites actually share more traits in common than they do ones that separate them. They’re more like points on a line rather than things that are truly logically opposite to each other,” Perry explains. This was his inspiration for the piece that he hopes audiences will use to challenge their ideas.

‘Doublethink’, a term first coined in George Orwell’s novel *Nineteen Eighty-Four*, is the “ability to hold two completely contradictory thoughts in your mind at the same time and believe both of them and draw on the one that suits the application”, and Perry decided to apply the idea to performance itself.

Perry is an Australian performer and choreographer who has been involved in Melbourne performances for many years. Along with two other performers, Kirstie McCracken and Lee Serle, he uses light and sound as the vehicles through which the concepts are playfully investigated. Perry says the trio of old friends work well and have created the piece ‘from scratch’ for its premiere at the Melbourne Festival.

Light and sound form elements of the performance to further question the concept of doublethink. Perry says that the idea of performance is doublethink in itself. “I really like to use performer-operated lighting and sound as much as possible. I have an interest in exposing the function, in exposing those so-called supporting elements in theatre. When things are operated outside the theatrical environment, it reduces the magic for me.”

Using choreography and dance to interrogate the subject is part of the thrill and the challenge for Perry. “It’s more alive than the other art forms in that it breathes with the people that perform it every night.”

Perry doesn’t promise any answers from

his work, saying, “I’m not trying to solve anything,” but he is excited to see how the audience reacts. “People bring their own experiences and the lens of their history and you can’t know what the outcome of that will be,” he says during the rehearsal period.

He does hope to ignite thought and questions in audiences, “I hope they are entertained, (I hope) it’s not what they expect, and that they are amazed by some of it. If they haven’t read the book, (they) get interested in the concept of it.”

Doublethink will be performed as part of the Melbourne Festival at North Melbourne Town Hall from Wednesday 12 October to Saturday 15 October, commencing at 7:30pm.