

The Adam bandwagon is rolling up in Canberra

Suzie Luddon

As Adam Bandt read the papers over breakfast at an Errol Street cafe on the morning after last year's federal election, the significance of his win sank in.

Not only had he become Melbourne's first Green Member of Parliament but he also realised that Melbourne's vote would go towards determining who would form government. Quite a big day for this lawyer turned politician, and one that he had been working towards since he first stood for election in 2007.

Born in Adelaide, Adam completed primary school there, then moved to Western Australia where his father, a social worker, took a job. Many a family dinner conversation revolved around social justice and sustainability issues, and Adam eventually became involved in student campaigns around education cuts and nuclear disarmament.

He studied arts and law at Murdoch University then later gained a PhD from Monash University. He has lived in various parts of the Melbourne electorate since relocating here in late 1995, working in public interest law and representing low paid workers.

Reading climate change science and understanding how quickly we must act to ensure a safe climate for present and future generations inspired him to quit work and run for the Greens in 2007, and to eventually win a seat in 2010.

Adam counts the recent climate change legislation as a significant win for the Greens and for Australia, given that both of the main parties went to the election saying they wouldn't act on climate change until 2013 at the earliest.

"The principle behind putting a price on pollution is quite straightforward. It's about saying that what we thought we could get away with for free – putting pollution into the atmosphere – we now know comes at a cost, so the polluters need to start paying that cost, and the money that we raise should

go towards renewable energy and especially towards low income earners to ensure that they're not unduly affected," he says.

Action on climate change, naturally, was a condition of the Greens' support for the Labor government on confidence and supply. They also secured concessions on other policies such as more funding for dental care and investment in high-speed rail.

There were some issues, such as asylum seekers, that the two parties couldn't reach agreement on, but so far he's been pleasantly surprised at the level of cooperation and willingness to work together in the public interest amongst the parties in Canberra, and is regularly talking with other members of the cross bench and the government.

When it comes to the challenges facing Melbourne, he counts transport, job opportunities and the retention of open spaces as priorities. As the only OECD country that doesn't have federal government funding for public transport, he'd like to see significant investment in some rail project extensions in Melbourne, such as connecting the inner northern suburbs with the outer eastern and outer western suburbs.

Adam is currently working with local businesses and job service providers to help find meaningful work or training opportunities for the long term unemployed and for those who have come here from other countries.

"Melbourne as an electorate has more public housing dwellings in it than any other electorate in the country, and one of the things that has really been driven home to me since I've been in this job is the challenges that many people who have come here as refugees, sometimes as much as 10 or 15 years ago, face in finding work and meaningful training opportunities.

"We've got in Melbourne qualified doctors and a jumbo jet pilot driving taxis. There are some great success stories, but I think we have a potential problem brewing on our doorstep if we don't find some ways of finding meaningful work for people who are living in our community."



Adam Bandt looks relieved to see the end of a hectic parliamentary year

Photo: Suzie Luddon

The threat to our open spaces is an issue that Adam sees as significant for North and West Melbourne. Soon after he got elected he raised with the Prime Minister's office the issues around the controversial LaTrobe Close development.

He is also talking to the community and to the state minister about the Canning Street development, to try and get community input into what goes on those sites and to ensure that we don't lose any more open space.

"I think our open space is being eroded, there's very little planning in planning at the moment. The guiding rule seems to be that if there's an old warehouse or a vacant block of land, let's put up some high rise expensive apartments, and there's no thought going into community facilities and open space. And so we will find ourselves, unless we get some real community input and good process, without those basics that hold a community together."

Adam cites as an example of this the fact that there's no school at Docklands, so kids

from there are zoned to North Melbourne Primary. Issues around that include non-existent transportation links between the two suburbs, and North Melbourne's own growing population.

"A lot of these questions about how we're going to live together as a community at the moment are going unanswered, so it's good that the federal government is taking a greater interest in making our cities sustainable."

When he's not being a politician, Adam spends time with his partner, taking their two dogs to the dog park in North Melbourne and training them at the Lost Dogs' Home. He also loves to cook.

"A perfect weekend is when I get to turn the phone off, shop at the markets and spend the day cooking, take the dogs out for a walk, then go and have a coffee the next morning. That's a good weekend."

Suzie Luddon will write regularly for the News

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NOTICEBOARD

The North and West Melbourne News is a quarterly publication produced by volunteers from North and West Melbourne and the inner city. It is now in its 34th year of production. Readers' contributions are welcomed. Where relevant the *News* may seek alternative opinions in the interests of balance. Contributors' opinions are their own, however, and the *News* takes no responsibility for them. We reserve the right to edit or omit articles considered unsuitable or when space is limited.

Finance

The *News* is a non-profit organisation working as a program of The Centre. Funding is by way of a limited quota of advertising, sponsorships, subscriptions and occasional donations.

News subscriptions

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

Advertisement sizes and rates

60 mm W x 92 mm H \$50 plus GST
124 mm W x 92 mm H \$100 plus GST
188 mm W x 92 mm H \$150 plus GST
252 mm W x 92 mm H \$200 plus GST
A charge of 25 per cent may be added for advertisements that require designing.

Community announcements are published free of charge.

Please note: Advertising rates will be reviewed in 2012.

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

Volunteers

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

Editor: Maurice Gaul

<mauriceg@bigpond.com>

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Proofreader: Alanna Furlan

Sections:

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Community: Vacant

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



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Delivery volunteers for 2011

Another year has passed and yet again our unsung delivery volunteers have made sure that readers' copies of the *News* have arrived in the letterboxes of North and West Melbourne.

Whether it's hot or cold, wet or windy, whether your house is hidden in a lane or

the letterbox is barely visible, the deliverers have done their bit to bring the *News* to you.

Together with the editor, writers, photographers and production team, I take this opportunity to thank them.

Helen Lew Ton
Delivery Coordinator

Agnes Girdwood, Alba Gatto, Amy Poon, Ann and Jim Brady, Beth Stevenson, Bill and Jenny Cook, Brendan and Kaylene Ferrari, Carolyn Fyfe, Chris Gregorius, Denys and Susan Harraway, Gabby Stannus, Graeme and Heather Harper, Helen Lew Ton, Helen Michell, Jan Lacey, Janet Graham, Jocelyn Sellers, Kathleen McPherson, Kay and Rob Oke, Kaye Oddie, Lawrence Angwin, Madeleine Scully, Margaret Carlton, Michael and Sally Hearne, Nancy Nankervis, Nancye Hawkins, Nick Capriolo, Pat Lightfoot, Robyn Phelan, Rosemary Thompson, Tony Luo, Verena Augusti

Errol's Angels Community Choir

Errol's Angels have been meeting as a community choir for around eight years. The choir is a happy, informal group with about 30 members, ranging in age from the early teenage years to senior citizens in their 90s.

We sing a broad range of music 'a cappella' style, from Australian folk, blues, gospel and world-music traditions, with enthusiasm, generating a sense of fun and enjoyment. Rehearsal sessions include singing and workshop-style activities and the choir performs in the local area at least twice each term.

The choir meets on Thursday nights from 7.00pm to 9.00pm during school terms in the North Melbourne Maternal and Infant Welfare Centre, 505 Abbotsford Street, North Melbourne.

All welcome. No auditions. No special requirements.

Errol's Angels extend a warm welcome to anyone who likes singing. The choir is particularly interested in hearing from you (pardon the pun!) if you can sing in the lower register.

Our next performance is on Saturday 10 December, 10.00am to 11.00am, at the Royal Melbourne Hospital.

Phone Deb Williams on 0402 118 088 or go to <http://errolsangels.com/> to contact us for more information

Find us on Facebook at <http://www.facebook.com/ErrolsAngels>

North Melbourne Library**Christmas & New Year Opening Hours**

Saturday 24 December	10.00am – 4.00pm
Sunday 25, Monday 26 & Tuesday 27 December	Closed
Wednesday 28 December	10.00am – 6.00pm
Thursday 29 December	10.00am – 6.00pm
Friday 30 December	1.00pm – 6.00pm
Saturday 31 December	10.00am – 4.00pm
Sunday 1 & Monday 2 January	Closed
Thursday 26 January (Australia Day)	Closed

North Melbourne Book Group 2012

Meets third Wednesday of every month at 6.45pm
All welcome — no bookings required

18 January	<i>State of Wonder</i>	Ann Patchett
15 February	<i>That Deadman Dance</i>	Kim Scott
21 March	<i>When God Was a Rabbit</i>	Sarah Winman

Enquiries to North Melbourne Library on 9658 9700
66 Errol Street, North Melbourne, Vic 3051

Christmas Services in North and West Melbourne**St Alban's, Anglican**

55 Melrose Street, North Melbourne

Sunday 25 December 9.00am Christmas Day Service

St James' Old Cathedral, Anglican

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

Sunday 18 December 10.00am Nine Lessons and Carols with *The Old Cathedral Voices* and special guest soprano Jacqueline Porter, retracing the service made famous by King's College Cambridge

Saturday 24 December 11.00pm Christmas Eve Service with *The Old Cathedral Voices*

St Mary's, Anglican

Corner Queensberry and Howard streets, North Melbourne

Sunday 18 December Carols on the Corner 6.00pm BYO Picnic/BBQ for 6.30pm Carols — BBQ facilities provided

Saturday 24 December (Christmas Eve) 6.00pm Crib Service for Children; 11.00pm Carols Around the Crib; 11.30pm Midnight Sung Eucharist

Sunday 25 December (Christmas Day) 9.00am Sung Eucharist**St Mary Star of the Sea, Catholic**

Corner Victoria and Howard streets, West Melbourne

Saturday 24 December (Christmas Eve) 6.30pm Vigil Mass; 11.30pm Carols, followed by Midnight Mass

Sunday 25 December (Christmas Day) 10.30am Mass (English); 12.00 noon Mass (Lithuanian)

St Michael's, Catholic

456 Dryburgh Street, North Melbourne

Thursday 15 December 7.30pm Advent Reconciliation

Friday 16 December 9.30am Advent Reconciliation

Saturday 24 December (Christmas Eve) 6.00pm Mass

Sunday 25 December (Christmas Day) 10.15am Mass

Saints Peter and Paul, Ukrainian Catholic

35 Canning Street, North Melbourne (corner Canning and Dryburgh streets)

Sunday 18 December (St Nicholas Day) 8.00am & 9.30am Thursday 22 December (Immaculate Conception of Mother of God) 10.00am & 7.00pm

Sunday 25 December (Nativity of Jesus Christ — New Calendar) 8.00am, 9.30am & 11.30am

Friday 6 January (Christmas Eve — Fast) 5.00pm

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

Sunday 8 January (Synaxis of Blessed Virgin Mary) 8.00am, 9.30am & 11.30am

Monday 9 January (Feast of St Stephan) 10.00am & 7.00pm

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

The Eighth Day (a Baptist Community)

4 Miller Street, West Melbourne

Sunday 18 December 5.30pm Christmas Service

Uniting Church, Mark the Evangelist

51 Curzon Street, North Melbourne

The congregation meets in the hall, 4 Elm Street, while the church is under repair

Sunday 18 December 10.00am Service of Carols and Lessons

Sunday 25 December (Christmas Day) 9.30am Eucharist

Join our informal walking group and keep fit!

A small group meets every Tuesday at 4.00pm outside North Melbourne Library and sets off on a walk lasting up to two hours. For our scenic river walks we sometimes take public transport to the starting point, so make sure you bring your Metcard or myki.

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COMMUNITY

Out in the shed where men find their lost selves

Katrina Kincade-Sharkey

Kids hide in cubby-holes, teens grunge in the rumpus', musos vibe in their studios and - traditionally - women flock to beauty salons or coffee shops for a natter, but what do blokes do? How do those ably-married, post-fathering phase guys socialise, relax even, especially post-retirement? Do they?

A plethora of reinvigorated men's sheds right across town are bulging with single, separated and - forgive me - socially superseded guys wanting to recover some semblance of their former lives' mateship, maybe even a touch of their memory of social usefulness.

And they desperately want to spend time tinkering with other local guys, so their proverbial 'shed down the back' that's maybe housed the kids' first motor 'bomb', along with forgotten tools and gardening bins, is being swept clear. Now it's furnished with an adequate table and comfy chairs, perhaps a coffee pot or kettle, and critical tools for 'men's talk': you'd recognise those - your Dad's planes of wood alongside hammers and nails; then there'd be his chisels and sanding irons - those mandatory aids blokes need in hand for true leisure to happen.

(It'll be interesting to read the next swag of sociology master and doctorate theses on the social impact of our men's sheds, since their community pull is substantial.)

Like most other groups who dream of being comfortable while going about their business, the greater proportion of guys who lurk in sheds seem to want to keep their activities to themselves.

It's their activity and "No-one else needs to know what we do, do they?" pleads 67-year-old Stan from Melrose Street. "We're not hurting anyone; we've worked our whole lives for the family and now they're gone, we have a chance to relax 'n chew the cud just between ourselves."

It's not secretiveness, though; these guys are merely enacting private behaviour for privacy's sake. They've certainly earned that right, as celebrated in the lyrics of Aussie performer John Williamson:

*Yeah, all Australian boys need a shed
A place where he can go, somewhere to
clear his head*

*To think about the things his woman said
Yeah, all Australian boys need a shed*

But not all those senior blokes are wielding tools and memories at home: a 'shed' of residents at VincentCare Victoria's Bailly House premises in Chapman Street,

North Melbourne meets several afternoons each week to exercise their tool-play. Lifestyle Coordinator Sandra Allen explains: "Most people who come here are from extended care at Royal Melbourne and other metropolitan hospitals, because they can no longer fully look after themselves."

"And most of the 39 male and female residents here will stay with us till they pass away - this is their home and they're comfortable here," she says, tossing her shiny blond locks. Those 'passings' are never-ending, but one can see this coordinator is completely 'at home' in the 30-year old facility: she started work with Bailly as a cook some 10 years ago, studied lifestyle planning at a tertiary institute, then took over the aged care centre's lifestyle management in 2006.

"We're multi-denominational now, because that's the world we live in, and I guess my background fits in well with people 'settling in' to a new home," Sandra tells.

"I was born at Sandford, some three kilometres out of Casterton on the Portland Road. Dad was a wool presser and we lived in the town till I got married at 20, when I shifted to Mingenew, one hour's drive inland from Geraldton in Western Australia.

"I lived near the huge national reserve there and kept house for both my 'occasionally visiting' husband and his large group of colleagues when they came to stay. That was a long 12 months," she remembers, her smile wasting.

"I came to Melbourne then and have lived here since," she brightens, "because I couldn't live anywhere else. The residents here are beautiful - there's not one you couldn't easily love," and you witness that dedicated love as their tool and paint distribution is supervised. Sandra intuitively knows each participant's favourite colour for application on the shiny tins she's handing out.

"Our Men's Shed is not big, but it's run in this internal garden that's really their oasis," she grins, proudly telling of residents' satisfaction with the painting and woodwork, filing and polishing activities conducted there.

The idea for the shed came from younger (55+) male residents, whom staff had noticed becoming restless in the afternoons after their usual daily activities had finished: "For most of this group, that time of day is when they'd previously have been coming home from work and unwinding with their family or friends. Our garden courtyard provides a place where they can still do that in a way, where they can continue being active



Lots of good bloke-talk around the table at the Men's Shed

Photo: David Apostol

and socialising in a safe environment," the coordinator explains.

Construction and engineering operator Contexx designed and built the shed pro bono during the middle of this year. Featuring a work bench with tools and handyman equipment, staff supervise its use. To date, residents have used the gear to make book ends and small coffee tables, as well as individual tool boxes, flower pots and individual knick-knacks.

As coordinator, Sandra is responsible for caring for residents' possessions, as well as artworks they create in Bailly's activities rooms.

But that's just at first glance to the visitor: among this lady's other tasks is organising an annual fundraising fair: "\$2181.85 this time, but it'll need to be more in 2012," she says, explaining each year the centre usually accrues \$1000 from the sale of

Rotary raffle tickets for its Christmas concert.

Then there's the baking and sale of Christmas cakes, as well as the odd country trip: "We took 10 residents away for a weekend at Apollo Bay recently and that was lovely for all of us. We're able to do that as we share a bus with St Anne's hostel," she explains, noting donations are gratefully received in whichever form they materialise.

"Especially though, Bailly House is keen to hear from people or organisations who can assist with donating materials: Contexx's donation of the shed was superb, but it's meant we're now using far more equipment and materials, so we're keen to hear from anyone who may be able to support our guys with donations."

www.vincentcare.org.au

Katrina Kincade-Sharkey writes regularly for the News

Doutta Galla Community Health Service

PEOPLE THRIVING PROJECT

Through its People Thriving Project, Doutta Galla Community Health Service is taking a proactive step in supporting its mental health consumers in Kensington with their recovery by using self-assisted paths into the community. Recovery oriented services in mental health have been formally recognised by both the Fourth Mental Health Plan and the Victorian Department of Health. With the emphasis on recovery, the People Thriving Project has been a meeting place for consumers and an incubator for emerging

programs over time. Unfortunately, this has also led to an insular outlook with little social incentive for consumers to become part of their wider community. The Wilson Street site infrastructure is aging and isolated, leading to maintenance and management difficulties. With individual staff support, consumers will now have wider access to community program options, including art workshops, music sessions, theatre and performance groups. Operating within established projects, these programs provide opportunities to socialise with people in the community; this is seen as positive for developing good relationships and personal growth.



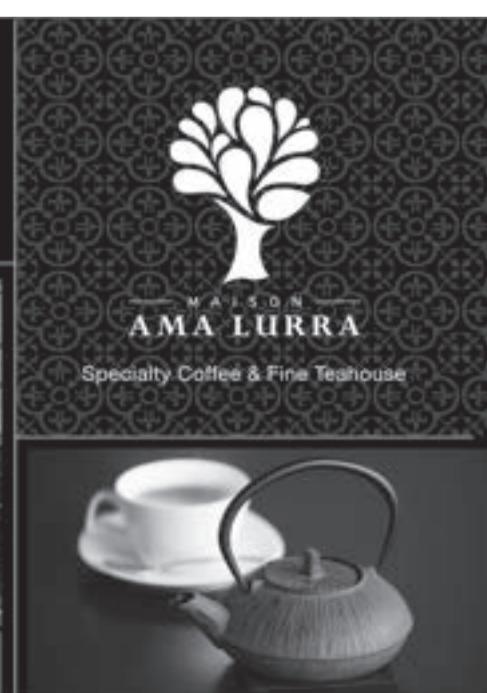
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In the News

Welcome to the summer edition of the *North and West Melbourne News*. The News is proud to be a truly community newspaper in every sense. We hold to the 'by, for and about' principle. We want the paper to be written by locals, to be read by locals and to be about local issues.

And what a wonderful local community we have in North and West Melbourne, so vibrant, so creative and so richly multicultural. We aim to reflect our diversity and celebrate our achievements.

The News is compiled by a small group of dedicated volunteers. Very small and very dedicated, actually. And we extend a warm invitation (see right) to readers to come and join our team.

There's nothing secret about what we do. Our writers produce articles about local people and groups, and we invite local organisations to write about their own activities.

We survive on the proverbial oily rag. Our sole income comes from advertisements inserted by local businesses. And virtually all our income goes on printing costs. It makes accounting very simple.

The News is delivered to your door by a loyal band of distributors. And as you scan our pages, back in our burrows we draw breath and plan the next edition.

We want to be informative (but never dull), entertaining (but never flippant) and cheeky (but never disrespectful). Most of all, we want you to enjoy our community newspaper.

That's our aim. And we won't hack your phones. Promise!

Maurice Gaul is editor of the News

Come and join us in getting the good News out

Maurice Gaul

The *North and West Melbourne News* is produced by a keen group of volunteers. Our team members include writers and section editors, photographers, proofreaders, layout and design gurus, an advertising coordinator and door-to-door distributors.

However, we are always looking for new blood. We invite anyone interested to put their hand up and come on board. New volunteers will ease the load on our loyal regulars and we'll especially welcome the freshness of new ideas.

Whether you are young or old, a professional or a beginner, a regular *News* reader or a first-timer, it doesn't matter. We'll welcome you and make you a part of our team. And we definitely don't bite.

Below, we are casting as wide a net as possible. Get in touch if you'd like to chat about joining us in any capacity at the *News*.

Reporters: Papers don't write themselves; we need writers to fill our pages with stories. We're looking for volunteers who will chase up and write the stories that reflect our community.

Section editors: You might like to coordinate one of our seven sections, should any fall vacant. This can involve suggesting stories, finding and coordinating writers (or writing a story yourself), and ensuring deadlines are kept.

Feature writers: You might like the challenge of writing feature articles, those longer pieces that profile a community person or group and delve below the bare bones of a story.

Columnists: Have we any budding comedians out there, a la Danny Katz and Marieke Hardy? It's notoriously difficult

to be funny in print, but we're game if you are. Up for a challenge?

Creative writers: Where are our short story writers, poets and other creative types? Get out of that lonely garret, let inspiration strike, and share your best efforts with our readers.

Reviewers: It's often said that "everyone's a critic", and we'll welcome any aspiring reviewers. You could review any creative offering such as books, theatre productions or local restaurants.

Cartoonists and artists: Grab hold of that pen or brush and let your hidden creativity run free. You might like to slip the leash and surprise us with something from out of left field.

Photographers: Pictures are worth a thousand words, it is said, and that's so true in newspapers. Good photos grab the reader, and we'll love you if you've got a camera and a steady hand.

Proofreaders: We respect each writer's distinctive voice, but we prefer it to be expressed in something close to English. Have you an eye for detail? Can you tidy up unusual spelling?

Layout and design: Newspapers need technical wizards whose layout skills make the pages come alive. We want artists and magicians who can impose order on occasionally chaotic copy.

Distributors: Like to join the ranks of the unsung heroes who distribute the *News* to your door? You'll get fit and you'll find the local weather always fine and the local dogs oh-so-friendly.

Advertising: Advertisements are this paper's lifeblood. They provide our only revenue; without them, we're history. Are you interested in scouting for and securing local advertisers?

LETTERS TO THE EDITOR

Salute to legal service volunteers

I have just returned from annual leave and have read the article on our volunteers in the September edition of the *North and West Melbourne News*.

It's a fantastic article and I think it provides an excellent insight into the people who contribute their time to the service and the experience they gain from it.

Thanks very much to the *News* for taking the time to interview our volunteers and for writing such a fabulous article.

Khoi Cao-Lam
(Manager, North Melbourne Legal Service)

Attention Readers!

If you're a creative type and would like to share your gifts with the local community (and see your name in print), you might like to submit something to The North & West Melbourne News.

We're interested in seeing short stories, poems, cartoons or any other information that you think is worth sharing with the community of North and West Melbourne.

If you're interested, submit your work to the News at thenews58@gmail.com

Community Comment:— Suzie Luddon asked locals if they agreed that Melbourne really is the world's most liveable city.



1. Elaine, 29, scientist, North Melbourne:

Yes, I agree. Having lived overseas, I always come back to Melbourne. It's relaxing, the food's great, it's a clean, chilled out place to be. If I could live anywhere in the world, Melbourne's pretty much up there, short of going to a quiet, small European city.



2. Ben and Kate, both 32, formerly North Melbourne

Yes, we both agree. We're not stacked on top of each other like in England, or crazy like in America. Melbourne has all the advantages of being a first world country but the people are still nice and not crazy. Melbourne works for us, it's a great city!



3. Alex, 23, architect, North Melbourne

Yes, certainly living here in North Melbourne, it's a great community, great lifestyle, good climate, good amenities, the city's accessible, it's a really diverse place to live and the city has a lot to offer. I'd like to live in Japan or northern Europe, but I'd always come back to Melbourne.



4. Mira, 38, North Melbourne shop owner

I've always known it's the world's most liveable city! I love Melbourne, I get so many diverse people coming to North Melbourne and when I speak to them I quickly realise how lucky we are here. Even people from Sydney say there's nothing there like our diverse food and hospitality.

DO YOU KNOW SOMEONE IN NEED?

**Oznam House,
North Melbourne**

Working with homeless men in Melbourne since 1953

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

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

If you know someone who is homeless, in crisis and needs assistance please call VincentCare Community Housing on Tel: 9304 0100 or 1800 618 468 (toll free)



**VincentCare
Victoria**

أتعرف شخصاً يحتاج إلى مدد العون؟

أوزانم هاوس،
شمال ملبورن

نقوم على دعم الرجال المشردين في ملبورن منذ عام 1953

يقدم أوزانم هاوس السكن الطارئ المدعوم إلى الرجال المشردين منهن هم أكبر سنًا من 18 عاماً ولهم احتياجات معقدة.

لحن نسعى إلى توفير بيئة آمنة مأهولة وداعمة تمكن المقيمين لدينا من معالجة المشكلات التي أنت إلى أن يصبحوا مشردين بفعالية.

إذا كنت تعرف شخصاً مشرداً، أو بحاجة إلى المساعدة فالرجاء الاتصال بخدمات SVDP للإسكان على الهاتف 9304 0100 (1800 618 468) (مكالمة مجانية)



**VincentCare
Victoria**

the News Garden Patch

Natasha Grogan

Summer is here and the hot weather gets Melbournians outside, eating and drinking with friends. Now is the time to show off your garden and its weird and wild summer fruit and vegetables. With the hotter months upon us, you will also need to be vigilant in protecting your garden from frying in the harsh summer sun.

There are a few simple measures you can put in place to ensure your garden survives the sweltering summer heat. Watering is obviously the key to a bountiful summer crop. Installing an irrigation system on a timer is not only water efficient but terrifically easy to manage once installed.

Of course not all families have the means to set up such a system. Products such as water crystals and Solid Water can assist with water retention so that you don't have to spend your whole summer holding a water hose. Sometimes I bribe my kindly neighbours with some fresh fruit and veggies in exchange for a helping hand with the watering if I am away.

Mulching is fundamental at any time of year and should be a big part of your gardening ritual. During these hot months give your garden bed an extra deep watering and then cover with mulch.

Shade covers are a great way to protect your garden from the powerful summer rays. They don't need to be an architectural masterpiece. Just make sure you build them wide and tall enough for the plants to grow, with easy access when harvesting or maintaining the crop.

I would go as far as saying all open gardens facing north or west should have some shade covers installed. There is nothing more disappointing than a sunburnt crop of tomatoes.

Summer is also the time I start dreaming of the varieties of tomatoes I will be planting. With so many varieties to choose from it seems a shame to fill your garden with the trusty red. This season look out for the Valentine tomato with sweet trusses of heart-shaped fruit. They appear just before Valentine's Day and to me they're better than a box of chocolates.

Also keep an eye out for some of my other favourites: Zebra, Tigerella, Black Russian and Yellow Pear. The mixture of colours and shapes will really liven up your garden and they look fantastic displayed on a plate with fresh basil and olive oil.

There are some simple steps you should follow when planting tomatoes.

Before planting, spread some compost and manure and apply a deep watering. If you had tomatoes in your garden last year,



A healthy tomato seedling that will later grace a summer salad

Photo: Snoop Mitchell

try to plant them in a different part of the garden this time. Choose strong looking seedlings with roots that haven't filled the pot. When planting, take heed of the available space: tomatoes will fill the space no matter how small they appear when you buy them.

Almost all tomatoes need to be staked. Some gardeners will tell you to build a tee pee but I have found that a tall (1.5m) single stake works best. After planting, spread some sulphate of potash and water in with seaweed liquid.

Tips for a good crop of tomatoes:

Keep them well watered

Alternate watering with fish emulsion and seaweed liquid every two weeks

Pinch out the armpit hairs. When left unattended, these stems that grow between the main stalk and the lateral leaves will grow like main horizontal stems and become a real pain to stake as well as detracting from the main stem.

Tie the tomato stem to the stake every 30cm

Show off your creative flair in the summer months and mix up your planting. I love to grow corn; in between the stalks I plant zucchini or cucumber to create edible mulch. Last summer I grew pumpkins in between tea trees and trained them up the trunks. The fruit looked amazing hanging from the branches.

By midsummer your garden should be a sensory delight and filling your plates with deliciously sweet produce. It's easier to get the kids out in the garden in summer too as there is so much to be done and crops grow large quickly.

Give your children a variety of fruit or vegetable to grow and encourage them to monitor the growth until harvest. You can create a growing chart, with pictures, photographs and weekly measurements. A little healthy competition will see the children taking care of their plants even better than you!

Next issue we are back to autumn planting but before then I have to work on my own garden as well as having my first child, due next month. It's going to be a busy summer! Enjoy the festive season and remember to slip, slop, slap, regardless of how long you are out in the garden.

See you in the dirt!

Natasha Grogan is director of The Sage Garden.

The website is:

<http://thesagegarden.com.au>

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Mum's day, every day

Margaret Langdon

Summer is here so let's hit the road

Ah, summer is here! It's time to fill the car with kids and luggage and head to the beach. Max, Lauren and I are soon off on our annual holiday, and I'll be following my own handy-hints guide on how to survive long drives with kids—honed from many hours of "are-we-there-yet?" experience.

1. Preparation

Make sure your car will get you there without getting its hoses tied in a knot and having a hissy fit. Check the oil, coolant, tyres and other important things... whatever they are. Better still, ask some nice bloke to do it for you.

2. Pack the car

This is an exercise in spatial logistics. It is possible to fit one adult, two children, three suitcases, some stuffed toys, boogie boards, personal flotation devices, snorkelling sets, groceries, CDs and lots more into a small hatchback. Not easy... but possible. Use your powers of logic and deduction, and when they don't work just cram it in and chuck the rest in the back for the kids to sit on.

3. Final preparation

There is one *essential* last-minute check. Look under the sun-visor for spiders before you get in the driver's seat. When you tilt the visor for a better view of the giant lyrebird attraction you do not want a giant spider to drop into your lap. Trust me—you just don't.

4. Toilet stops

On this sort of trip my kids' bladders shrink to thimble-size. I think we are the current 500 km title holders for Most Toilet Stops. I like McDonald's toilets as they're usually clean; however, it's hard to get in and out of Macca's without buying French fries. Then you need a drink because they're so salty. Then you need another toilet stop because of the drink. It's an endless cycle.

5. Music choices

We have a democratic system of taking turns to choose a CD. My kids' taste in music ranges from Hi-5 to head-banging with some hip-hop in the middle, so I get to be tormented by a variety of styles. Note:

The blood-curdling scream at the start of the Wolfmother track *Dimension* is good for banishing drowsiness.

6. Games

Play games to pass the time. Our favourite is called "Horse". It's not very complicated. The first player to see such a beast says "horse" and gets a point. The player who sees two says "horse-horse" and gets two points. The player who says "horse" when it's a cow, loses a point. The player who says "horse" when it's a goat, needs an appointment at the optometrist when you get home.

Disputes will arise in the back seat. As you listen to your children argue about the black and white blob three kilometres ago, be happy they are learning the art of conflict resolution. As the noise escalates to eye-gouging levels, consider a diversion tactic.

7. Diversion tactics

Sing-a-longs are good fun until they do your head in. Try *Ten Green Bottles* or, if you're feeling brave, *Ninety-Nine Green Bottles*. That will knock off some kilometres. It will knock off some brain cells too, but as you'll soon be singing along to Hi-5 there's no hope for you anyway.

8. Lunch

Stop for a decent break and eat something nutritious and healthy. Hey, who am I trying to kid? We stop for fish and chips, minus the fish. It's fast, tasty, and you can eat it out of the wrapper.

9. Roll call

After every stop make sure everyone is present and accounted for. Not the kids—that's pretty obvious. I mean the stuffed toys: Scruffy, Lambsy, Bunny et al. Imagine if Scruffy was left behind and you didn't realise until 95 green bottles later?

10. Nature

Admire the beauty of our native bush. Turn off the air-con, wind down the windows and breathe the fragrant air. Remember that winding roads can cause car sickness and drive slowly, or the fragrant air might become less fragrant.

11. Nearly there!

Concentrate on your driving when you start to get tired. Request more Wolfmother if necessary. Be prepared for last minute toilet stops. If you are in the wilderness without a McDonald's in sight, just screech to a halt and shove whichever thimble-bladdered child it is *this* time out behind a tree.

12. Celebrate success

When you finally arrive and get the kids in bed, pour yourself a glass of wine, put your feet up and review the day. No breakdowns (car or personal), eye-gouging, AWOL toys or projectile vomiting? Yay! Mum rocks!

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

RMIT Uni extends a hand



Supervisor with students in RMIT pilot program

Photo: Courtesy North Melbourne Legal Service

Khoi Cao-Lam

Local residents experiencing disadvantage and social exclusion will now have an additional avenue for help with legal problems as North Melbourne Legal Service and RMIT University launch a pilot clinical legal education program.

As reported in the *North and West Melbourne News* in June, the local legal service has sought to expand the provision of legal help to disadvantaged members of the community by partnering with RMIT University.

Students completing the Juris Doctor program at RMIT University, a post-graduate tertiary course leading to admission to legal

practice, will have the opportunity to attend the legal service one day a week to provide assistance to clients under the supervision of a clinical supervisor who will be a fully qualified lawyer.

The course will provide students with an overview of key aspects of legal practice including ethics, client communication and providing legal advice while also allowing them to apply their learning in a clinical, real-life setting to help real clients.

The clinical legal education program will hopefully give the lawyers of tomorrow an opportunity to better understand the social context in which laws and the legal system operate and how those experiencing social exclusion face significant barriers to accessing justice.

It also hopes to give students in the City of Melbourne area an insight into the issues affecting the local community and a way to get involved in the community.

This pilot initiative represents the realisation of a long held goal for North Melbourne Legal Service and has been made possible by the vision and drive of Richard Stewart, the service's former principal lawyer; Professor Margaret Jackson, the head of school of the Graduate School of Business and Law at RMIT University; and Dr Alperhan Babacan, the program director of the Juris Doctor course at RMIT University.

Khoi Cao-Lam is manager of the North Melbourne Legal Service

Cocky Keith has new feathers

Melissa Hughes

Keith, a three-year-old cockatiel, first came to Lort Smith Animal Hospital when his previous owners surrendered him because they didn't have the money or time to care for him.

Keith arrived with very few feathers. The previous owners believed that he was plucking them out due to boredom. When any animal is surrendered at Lort Smith Animal Hospital, a complete health exam is conducted to ensure the animal is not seriously ill.

It was clear that Keith was not well when we first looked at him. Dr Tristan Rich, an exotics vet at Lort Smith Animal Hospital, did a health exam to figure out why Keith was pulling out his feathers.

"We examined his blood and he has some liver dysfunction; that could be causing his



Keith the cockatiel now has feathers to fly with

Photo: Melissa Hughes

skin to be itchy thus he is pulling out his feathers. By changing Keith's food from seeds to a well-balanced pellet-based diet, we can eliminate or confirm his nutrition as a cause," said Dr Rich.

"Since we have changed Keith's diet from bird seed to Parrot Pellets, we have noticed that Keith has not been plucking his feathers as much. This is a good indication that we are on the right track. Keith should be back to himself in no time," said Dr Rich.

The fundraising team fell in love with Keith and decided they would care for him as their house pet until he is back to his healthy self. "Keith is a mischievous bird who entertains everyone in the office with his antics," said Lort Smith volunteer coordinator Tara Tyerman.

This is a fantastic example of the lengths Lort Smith Animal Hospital will go to in order to provide quality veterinary care to animals in need. Many people showed their support by attending Lort Smith's most recent event, a successful fundraising Pancake Brekkie, held late last month in the Treasury Gardens.

For more information, go to www.partyforpets.com.

Melissa Hughes is the market and fundraising assistant at Lort Smith Animal Hospital



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North & West Melbourne Association

Looking back over 2011, the Association's major concerns have been remarkably constant: electoral reform and council transparency, planning issues and sustainable transport.

Electoral reform

The Association has long supported electoral reform of Melbourne City Council, particularly the way the electoral roll is determined and the current postal voting system. We have been concerned that the views and interests of residents have not been adequately represented or considered

on council, particularly in relation to planning matters.

We encourage readers to take an interest in the Victorian Electoral Commission's electoral representation review (ERR) of Melbourne City Council, which commenced on Monday 24 October this year. The review will consider whether change is needed to the current electoral structure, the appropriate number of councillors for the municipality and whether the city should be divided into wards.

The review will not consider who is entitled to vote in Melbourne City Council



The 1859 Saltwater River Bridge over the Maribyrnong

Photo: Janet Graham

Transport — Regional Rail Link

Night works to build foundations for overhead infrastructure near the Dudley Street bridge in West Melbourne began in late August. The ongoing construction work includes installation of piling, steel framework and overhead wiring.

Overhead wiring is being installed between North Melbourne and Southern Cross stations for the new twin tracks needed for the Regional Rail Link. Work to lay the foundations for these tracks began in early November. The new platforms 15 and 16 at Southern Cross were completed in March, with IT and communications systems to be introduced nearer the time of commissioning.

Key features of local works in the Southern Cross to Footscray section include:

- Track reconfiguration and upgrade to the North Melbourne flyover

- Bridge modifications at Dynon Road, Moonee Ponds Creek and Lloyd Street
- A new rail bridge across the Maribyrnong River to the south of the existing heritage rail bridge (see picture).

The Commonwealth Government has determined that environmental assessment and approval is necessary under the *Environment Protection and Biodiversity Conservation Act* before work on the Moonee Ponds Creek to Deer Park Bypass section can proceed.

Flora and fauna identified in the Regional Rail Link Authority's referral to the government include the Australian grayling fish, found in the Maribyrnong River. The river is also habitat for eels, numerous waterbirds and possibly frogs. Sightings of dolphins in the lower reaches are becoming more frequent, with a pod of bottlenose dolphins causing great excitement at Edgewater in 2009.

North & West Melbourne Association Inc.

Working together for the future of our community



Email: info@nwma.org.au

Post: PO Box 102
North Melbourne Vic 3051

Web: www.nwma.org.au

Who are we?

We are a group of people who live or work in North and West Melbourne, a community that is very much part of the inner-city life of Melbourne.

What are our aims?

They include:

- promoting a sense of community in our eclectic, culturally diverse neighbourhood
- protecting and enhancing the built and natural environment of the area
- enabling community contacts

What do we do?

The NWMA represents its members by canvassing their views, concerns and proposals on issues of community interest to local, state and federal governments.

WHY CAN'T NORTH MELBOURNE STATION HAVE A NORTHERN ENTRANCE?

Hundreds of commuters living north and east of the station ask this question each day. Most remember the original entrance with its Metcard and myki terminals and they also know that the original train advice TV monitors are still operating on the north wall above the access and exit ramps.

If readers share this view, why not register your opinions on our website <<http://www.nwma.org.au>> or at The Centre in Errol Street. We would then take the matter up with the Minister for Public Transport and Roads, Terry Mulder.

The North and West Melbourne Association website is at <<http://www.nwma.org.au>>.
Our last meeting for 2011 is at 7.30pm on Tuesday 13 December in the upstairs meeting room at North Melbourne Library. Next year, meetings will revert to the third Tuesday of the month.

elections, the method of election for the Lord Mayor and Deputy Lord Mayor, or whether elections should be held by post or attendance.

By press time, the public information sessions and preliminary submissions process will be complete; however, we urge readers to check progress via the Association's website. There will be an opportunity to comment on the preliminary report and attend a public hearing early next year. The final report is due for release on 21 March next year.

Council transparency remains a concern, with an increasing number of agenda items being designated 'confidential'.

At council's September meeting councillors agreed that matters should be declared confidential only when they clearly fall within the definition of confidential; where possible, matters should be divided into open and confidential parts; and the descriptions in the public agenda should provide as much information as possible without breaching confidentiality provisions of the *Local Government Act 1989*.

We hope this will bring some improvement.

Planning

There are several recurring themes in our discussions on planning issues: limited regard for heritage, lack of good environmental practice and the impact of large developments on traffic and parking.

Woolworths proposal

Many readers will be aware of the \$110 million development proposed by Woolworths on the site bounded by Canning Street, Vaughan Terrace and Macaulay Road. Plans include two residential towers of 16 and 10 storeys, a supermarket with a bottle shop, nine specialty shops and a restaurant — with a total of 645 parking spaces.

On 8 November, council's Future Melbourne Committee agreed to object to the application on the basis that the proposal represents an overdevelopment of the site and would impact adversely on the amenity of the surrounding area. The committee also agreed to highlight issues concerning the design and layout of car-parking areas and

the proposed loading bay and to advise the Minister for Planning what it would consider more appropriate for the site.

More information is on council's website <www.melbourne.vic.gov.au>.

The plans and further information are on the Association's website. See also the separate article by Residents about Integrated Development (RAID) elsewhere in this edition.

La Trobe Close



Stage 1 of the La Trobe Close development is proceeding rapidly

Photo: Janet Graham

Readers may recall that in January this year the Association made a submission to the then minister for housing on the proposed redevelopment of La Trobe Close. The submission expressed our concerns about the quality of the consultation undertaken and the planning process surrounding the development.

Specific issues included excessive height and built form, lack of regard for important heritage buildings on the site, the failure to lead the way with good environmental practice and the impact on traffic and parking.

The Association also opposed the demolition of viable social housing on the site, and the sale of part of the development on the private market, and supported the construction of a community-based childcare facility incorporating a shared open space on the site.

Stage 1 of the development, 120 units all for social housing funded by the Federal Government's Nation Building Stimulus Package, is proceeding rapidly (see picture).

We cordially invite you to join the Association and:

- share your community concerns with us
- attend meetings
- join an interest-based group
- attend our quarterly social functions
- expand your community contacts

and, if you wish, help us to:

- monitor City of Melbourne Council agendas and minutes
- represent the Association on committees and delegations
- prepare submissions on strategic issues
- monitor planning permit applications
- promote sustainable transport and manage traffic issues
- support our internal processes, including website management

An active community is a progressive community

Whether you have lived or worked here for many years or have just moved to North or West Melbourne, one thing you probably enjoy is the livable quality of the built environment.

The North & West Melbourne Association has worked for more than 30 years to maintain the amenity and enhance the wellbeing of residents, workers and visitors.

Please contact us if you would like to share your skills. You don't need to be an expert, just keen to be involved and be part of the team!



Supported by the City of Melbourne Community Services Grants Program



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. Here are some of them: classroom tutor, home

tutor, admin and resource management, displays and special events, knitting, gardening and fitness groups. Join the management committee or drop in and tell us how you could contribute to NMLL.

enquiries@nml.org.au

Phone 9326 7447

Website www.nml.org.au

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

Find us Facebook & Twitter



Big changes at NMLL in 2012

Education Update at North Melbourne Language & Learning

Throughout 2011 we have listened carefully to our students, teachers, funding bodies, Job Networks, the community and everyone interested in seeing our school being the best it can be.

We are responding to this with some major changes to our timetable that aim to provide more supported classes with clearer pathways into employment and greater community engagement.

New English Certificates for Adult Migrants

In 2012 we will be offering the Adult Migrant Education Services (AMES) Certificate in Spoken and Written English (CSWE) at Preliminary level and levels 1 to 3. These certificates will be delivered in one year so students who are dedicated to improving their English have an even better chance of progressing. The great resources provided by AMES also mean that we will be able to provide each student with a workbook and resources to support independent study.

Accredited Computer Classes

Our computer classes next year will be delivered with two units from the ESL Frameworks. This means we can focus on outcomes in these classes that balance employability skills with English language learning.

Night Classes

For a long time NMLL has wanted to open up English classes at night to cater to learners who work or can't attend day classes. We are happy to announce that in 2012 we will open up two night classes: Reading & Writing Level 1&2 and Reading & Writing Level 3.

These classes will focus on developing confidence in reading and writing for the workplace (e.g. OHS practices, work place

reports, etc) and everyday life (e.g. medical forms, school registrations, etc.).

Contact 9326 7447 for full details of our 2012 classes and timetable or visit: <http://nml.wikispaces.com/Course+Information>

Partnerships for Better Vocational Pathways

NMLL is very proud to announce two partnerships that will allow us to combine English language support with vocational training in 2012.

Introduction to Community Services with ESL Support

NMLL has teamed up with Red Cross College to develop and deliver the 'Introduction to Community Services Work'. This innovative new course combines two units from the Certificate II in ESL with an overview of qualifications and career pathways in Community Services. Students will be introduced to five sectors in Community Services, three days a week at Red Cross while being fully supported with ESL study at NMLL one day a week.

For full details of this course contact George Katsikas on 8327 7861 or visit <http://nml.wikispaces.com/Intro+to+Community+Services+Work>

Certificate III in Children's Services with ESL Support

Under the same model we have partnered with Kensington Neighbourhood House to provide ESL support alongside their delivery of the Certificate III in Childcare. By combining ESL study and support with the delivery of the certificate, NMLL hopes to help students with their English language skills so they can be confident in class and in the workplace.

For full details of this course contact 9376 6366 or visit <http://nml.wikispaces.com/Cert+III+in+Children%27s+Services>

Local women find their voice

Do you feel safe where you live? Do you know where to go for educational opportunities or quality health care near where you live? How will you transition from study to work? How could the area where you live be improved? What are the dreams you hold for yourself and your family?

These were some of the big questions posed to a group of women; current and former NMLL students and community members at a community consultation dinner held at NMLL on Tuesday 22 November.

The group of women from backgrounds that included Somalia, Sudan, Ethiopia, Eritrea, Yemen, Vietnam, China and Chile were confident in articulating their concerns, ideas and dreams.

Joanne Goodman, the manager of NMLL, facilitated the evening and was excited and impressed by the range of issues covered and contributions made by the women. The findings will go into

helping to shape the future policy and direction of the organisation. Additionally NMLL is a founding member of The North Melbourne Agency Collective (The NAC) and the consultation will feed into the broader context of how local government, agencies and not-for-profits address issues across North Melbourne.

As a result of this very successful event, another community consultation dinner will be held with a focus on men. This will take place in early 2012.



Community consultation dinner at NMLL
Photo: courtesy NMLL

A community thank you to a community bank

Michael Burville

On Tuesday 22 of November NMLL welcomed Grant Hopkinson, branch manager of Flemington Community bank, to a 'Meet the Students' morning tea.

Flemington Community bank, a branch of Bendigo Bank, generously donated \$2000 to



Joanne Goodman, manager of NMLL, thanks Grant Hopkinson, manager of Flemington Community Bank, for their donation of educational software

Photo: courtesy NMLL

Swapping not shopping

While the idea of *swapping not shopping* is not a new one, it has become somewhat of a movement in Melbourne. Sustainability Street held one earlier this year at St Albans Church and the Clothing Exchange holds regular swap meets that attract hundreds of women.

About 50 fabulous women turned up to swap a frock, and various other items, at the Bella Union Bar at Trades Hall on Wednesday 16 November. A token was given for each item of clothing and that entitled the person to choose an equal number of new items from the overflowing racks of clothes. Amazingly, out of 250 items there were only a few left over and everyone reported that they had found something to add to their wardrobe.

The funds raised will go to NMLL's Baby Book Borrow (BBB) library that aims to make books easily available to the residents of the North Melbourne public housing estate. The BBB is located at NMLL and is run by volunteers. It started with a mission to supply books for babies, toddlers and preschoolers; however, with so many wonderful



donations of quality books there are books suitable for readers up to young adult with lots of interesting non-fiction as well.



Woolies can't pull the wool over our RAIDers

Peter Hogg & Lorna Hannan

"It is of such a size that the Planning Minister is the decision maker, but he and Woolworths do not have to live with the results as we do"

Woolworths propose to develop a site in North Melbourne at 101-117 Canning Street, which takes in that part of Canning Street, all of Vaughan Terrace and some of Macaulay Road. It is of such a size that the Planning Minister is the decision maker, but he and Woolworths do not have to live with the results as we do.

On learning of Woolworths' intentions, residents in the vicinity formed the RAID (Residents About Integrated Development) 3051 group. After a number of gatherings – some in people's houses, in parks, on street corners, outside the shops, at several larger meetings and with much email contact – RAID 3051 can speak for a significant number of people in the area and has liaised closely with The Canning Street Public Tenants Association, the North and West Melbourne Association, the Kensington Association, and the North Melbourne Football Club.

RAID 3051 supports urban consolidation in our neighbourhood but concludes that Woolworths' proposal in its present form represents a serious over-development of the site, is not integrated into the surrounding area and the local traffic system and sets a precedent for continued over development spilling over into the adjacent streets.

Woolworths' proposal is for:

- 304 apartments in the podium and tower style, the podium itself being of 3 to 4 storeys
- two apartment towers, one of 16 storeys, the other of 10 storeys
- 304 residential car spaces, entered from Canning Street

- 300 (or possibly 346) retail car spaces entered from Macaulay Road.
- a large Woolworths' supermarket
- a number of other retail outlets as yet not specified · a bottle shop, operating from 6:00am to midnight.
- a restaurant

Woolworths describe their own processes as following a Community Engagement Model. To date, their public consultation has taken the form of one 'drop - in' information session on October 13, some months after they submitted their development application. The community was not involved in any earlier discussion or consultation. Once the documents became available, RAID 3051 sought discussions with Woolworths, the October meeting being the only result to date.

There is a lot to talk about:

1. Over several years, local residents, other interested parties and councillors and staff of the City of Melbourne have spent time and resources on the Arden Macaulay Strategy Plan. It is still in draft form. The completed plan would guide future development so that it is integrated into the local area and the City. The Woolworths' proposal pre-empts and sidelines that process, taking us into the realm of planning decisions minus planning. The most satisfactory solution, recommended by RAID 3051, is that any decision about Woolworths' Canning Street site wait on completion of the Arden-Macaulay Strategy Plan.
2. The scale of the intended development exceeds height limits discussed in relation to the Arden Macaulay Strategy Plan. RAID 3051 recommends reducing the number of apartments to between 50 and 100, which could lower the height to acceptable levels.
3. At the October gathering attended by RAID 3051 and associates, a spokesperson for Woolworths defended the scale of the development and the number of apartments by saying that they were necessary to provide a return for their investment. RAID 3051 cannot accept this argument. Woolworths' profits should not be a consideration for the minister of planning. It is Woolworths' problem if they have paid too much for the site.



It also became clear at the meeting that Woolworths intend to "on sell" the residential parts of the development. Thus the groups looking for a profit margin multiply. Moreover, in the hands of another party, the final built form may differ considerably from the plans put before us now. RAID 3051 regards this modus operandi as by-passing Woolworths' claim that they follow a Community Engagement Model. In fact they are handing the affair on to others to do as they like.

4. RAID 3051 would welcome standard improvements to the design such as the provision of publicly accessible open space, active streetscapes on all frontages, and minimal overshadowing of surrounding streets and parks. Rather than the podium and twin tower model, RAID 3051 recommends a 'Berlin style' 4 to 5-level perimeter block development, with retail and commercial premises at street level. We also recommend consultation with the various authorities about an increase of public open space in the neighbourhood.

5. RAID 3051 would welcome Woolworths striving for the best possible standards in environmentally sustainable design such as good passive solar design, cross ventilation to all units, heat recovery on air conditioning and heating systems, harvesting rainwater for toilet and laundry, grey water harvesting for all of the residential units, on-site sewage treatment to minimize environmental impact, solar hot water systems to residential and commercial spaces alike, and hopefully solar photovoltaic electricity generation.

6. The City of Melbourne and VicRoads traffic-calming measures across North Melbourne have made the area a safe and pleasant place to live. Canning, Melrose and Shiel streets are quiet residential streets, their C19th streetscapes predominantly of houses built facing the roads. To introduce an additional 600 cars plus garbage collection and delivery vehicles arriving and leaving several times a day would harm this environment.

7. The proposal introduces difficulties for pedestrians, and Woolworths has no responsibility to offer solutions. But, before the Minister takes a decision, the problems created by Woolworths could surely be weighed to see if the development is in fact suitable to the area. RAID 3051 recommends that Woolworths co-operate in developing measures to ensure pedestrian safety and the already established life style that incorporates walking by people of all ages and for diverse purposes.

8. Adding significantly to the population has an impact on the community's resources. Woolworths is not expected to build schools, child care and aged care facilities, libraries, community meeting places, a boutique cinema or new parks and gardens, though some or all of these may be welcome

additions. The truth is that more people means that we need more facilities. In a considered overall plan, Woolworths could do their bit. Within their development there may still be space for a medical centre, a children's play space, a community drop-in centre to complement the present provisions to local life.

9. Given its location, opposite the public housing estate and in a community with a large number of homeless people, many of whom have drug and alcohol issues, the proposed extended hours bottle shop is inappropriate and the hours of opening and its direct access from the street should be reconsidered.

What does RAID 3051 want?

We want Woolworths to both fit in with and add value to what is already here, which could be done if profit were less of a motive in the residential component of their plan. If that were the case, there could be fewer residences, fewer people, fewer cars and more community resources for the people who join our community in the future. We want traffic issues treated with proper respect for life style and pedestrian needs and serious attention to environmentally responsible features of the whole building site. We want proper consultation with Woolworths and other intending developers, especially those who claim to have adopted a Community Engagement Model. RAID has received the support in this matter from Bronwyn Pike, Adam Bandt and the MCC. We feel that they are making an important contribution to achieving the best possible outcome from this development. RAID has raised concerns about the proposed development in its current form with Minister Guy. He is an upper house member for Northern Metropolitan, which covers North Melbourne and the development site. As Minister for Planning, Matthew Guy will consider Woolworths' application, residents' submissions, petitions, advice from his Department and the City of Melbourne. Minister Guy will need to weigh the competing interests and make a decision about this proposal. We hope that he gets it right.

Peter Hogg and Lorna Hannan are members of RAID 3051

Bastow coming along slowly

Felicity Jack

It's been 12 months since I wrote about the design and building of the new Bastow Institute of Educational Leadership, which was due to be completed by the end of this year (NWMN December 2010, page 3). Unfortunately, the building is still under construction.

With courses due to start in March next year, and the need for several weeks lead-up to set up all the state-of-the-art technological teaching equipment, the staff are hoping that the building will be finished in January. And until the staff have access to the building, they have many unanswered questions about how it will be used.

Policies and procedures for the room designed for use by community groups — it is thought that it will hold approximately 45 to 55 people, depending on how the room is arranged — have still to be decided.

The building includes an underground lecture theatre that opens onto outdoor learning areas. It will be equipped with interactive whiteboards and multiplasma screens. Video-conferencing facilities will enable the participation of teachers from rural schools who find it difficult to attend courses in the

city, and remote teaching from national and international specialist teachers.

The institute, which is run by a team of eight under the directorship of Bruce Armstrong, is aiming to be an asset rather than a liability to the community of North and West Melbourne. Two examples: recognising the difficulty of parking in the area, they will lobby for a bus stop to cater for course participants travelling to the venue by public transport; they also plan to provide participants with lunch vouchers that can be exchanged at various local cafes.

Confident that Victoria is recognised as a world leader in several aspects of educational innovation, the institute hopes that it will be able to provide residential courses that include interstate and international participants.

A statue of Henry Bastow, the architect and surveyor who, as head of Victoria's Public Works Department, built the Queenberry Street Primary School in 1882, will be erected outside the building when it is officially opened, hopefully in March next year. *Watch this space!*

Felicity Jack is an author and lives in North Melbourne

Attention Readers!

If you're a creative type and would like to share your gifts with the local community (and see your name in print), you might like to submit something to The North & West Melbourne News.

We're interested in seeing short stories, poems, cartoons or any other information that you think is worth sharing with the community of North and West Melbourne.

If you're interested, submit your work to the News at thenews58@gmail.com

Rotary awards night a real winner

Conrad Cunningham

The 2011 Annual Phonse Tobin Community Service Awards were held on 12 October in The Leveson hotel's upstairs function room.

The awards are given in memory of Phonse Tobin, a revered former president of the North Melbourne Football Club and a long-serving member of North Melbourne Rotary.

Awardees are selected by a special panel whose members deliberate on the nominees' voluntary work with a strong emphasis on three areas: community, youth within our community, and general community wellbeing.

This year's award winners included Yasseen Musa (ambassadorial work with the International Students program), Peter Morgan (long term volunteer work at The Lost Dogs' Home), and Mary Bird (long term school librarian management at Debney Park Secondary College).

Each year the Rotary Club calls for nominations in June in preparation for October's presentation at a special dinner.

Any local community group or like-minded organisation is welcome to nominate a candidate. Award recipients are presented with a special certificate detailing their award and a cheque for \$500.



Above from left: Dr Sonja Hood (North Melbourne FC), Frances Tobin (Tobin Funerals), Yasseen Musa (award winner), George Zindilis (North Melbourne Rotary), Fr Joe Giacobbe (Doxa, sponsor)

Bottom Left from left: George Zindilis (North Melbourne Rotary), Frances Tobin (Tobin Funerals), Peter Morgan (award winner), Bonnie Griffiths (sponsor)

Bottom Right from left: George Zindilis (North Melbourne Rotary), Frances Tobin (Tobin Funerals), Mary Bird (award winner), Jane Wignell (sponsor, Debney Park SC)

Photos: courtesy Rotary North Melbourne

THE CENTRE

Centre Programs term 1

2012

The Centre's community learning program for term 1

All courses are eight or nine 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 6.00 – 7.30pm

Venue: The Meat Market

5 Blackwood North Melbourne

6 February-26 March (8 sessions)

Cost: \$140 concession \$120

Teacher: Katie De Araujo

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

General

Time: Wed 6.00 – 7.30pm

Venue: The Meat Market

8 February- 28 March

Cost: \$140 concession \$120

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

9 February-29 March

Teachers: Maria Zuluaga & Sue Gertzel

Cost: \$150 concession \$120

For those who have no experience of Pilates at all.

Beginners

Time: Thursday 7.30 – 8.15pm

Venue: The Meat Market

9 February-29 March

Teachers: Maria Zuluaga & Sue Gertzel

Cost: \$150 concession \$120

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

9 February-29 March

Teachers: Maria Zuluaga & Sue Gertzel

Cost: \$150 concession \$120

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.

Feldenkrais Method

Time: Monday 7.45-8.45pm

Venue: The Meat Market

6 February- 26 March (8 sessions)

Teacher: Kylie Sparkman

Cost: \$80/60 concession

The Feldenkrais Method® facilitates learning about movement, posture and breathing to ultimately increase your ease and range of movement, to improve

flexibility and coordination. The Feldenkrais Method® is suitable for all ages. This class is suitable for those interested in preventing or relieving stiffness, recurrent injury, pain or strain.

This class can benefit those living with difficulties such as Stroke, Multiple Sclerosis, Cerebral Palsy and learning difficulties.

Simple Steps to Better Health

Time: Thursday 10:00-11:30 or 7:00-8:30

Venue: The Centre

9 February-29 March

Teacher: Nancy Lane

Cost: \$40

Take some easy steps to improve your health that doesn't require strict dieting or strenuous exercise.

Computer Program

(this is ACFE funded)

Beginner

Time: Friday 9.00 – 11.00

Venue: The Centre

3 February-30 March

Teacher: Chiemi Jardine

Cost: \$80/50 concession

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

Beginner Plus

Time: Friday 11.00 – 1.00pm

Venue: The Centre

3 February-30 March

Teacher: Chiemi Jardine

Cost: \$80/50 concession

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

Art Program

Calligraphy

Time: Tues 7.30 – 9.30pm

Venue: The Centre

7 February-27 March

Teacher: Stephen Wright

Cost: \$115 concession \$100

Learn how to make beautiful cards, envelopes, and scrapbooks with your new



HISTORY

First sixty years of the Temperance Hall (Part 2)

Bill Hannan

I don't know if Christian groups favour a particular colour. Blue or white seem like possibilities. Temperance I have always thought of as grey, despite its inclination to militancy. Whatever the case, there can be no doubt that the Temperance Hall, now located at 456 Queensberry Street, changed its colours to radical red in the 1940s.

As I wrote in the last *News*, temperance and evangelism occupied the Hall for its first sixty years. Name changes were attempted, most notably to the Good News Hall when the Pentecostals set up in the Hall, but generally the original name Temperance Hall has stuck.

Evangelical activity in North Melbourne had declined by 1936. The directories that list occupants of buildings in Melbourne (essentially for postal services) suggest the Good News hall by then was confined to publishing rather than ceremonies and proselytizing. Between 1938 and 1945, however, another evangelical enterprise, the Bible Standard Lighthouse Temple was named as the occupant of the hall.

The evangelist this time was an American woman, Mina 'Doc' Brawner, who felt called to leave the Lighthouse Bible Standard Church in Eugene Oregon to do missionary work in New Zealand and Australia. She started in Australia with a tent mission in Sydney, moved her base to Melbourne and also spent just over a year in Ballarat.

Brawner's specialty was preaching about divine healing, complemented by practical charity, much needed in the years of the Great Depression. Following the example of a noted American evangelist, Aimee Semple McPherson, she dressed in white with a blue cape. For her outdoor preaching, she had a folding organ and pulpit. During World War II, she returned to the U.S., but the Queensberry Street Hall continued to carry the Temple's name until the end of the war.

Being much out and about, Brawner might not have used the Temperance Hall all that much, nor paid attention to the credentials of its tenants. The first sign of its future came in 1937 when the Hall received mail for the F.O.S.U. It took Lorna and me a while to figure out what these initials in the directories might mean.

To begin with we tried to connect them to freedom of speech, mainly because there is a local belief that at some stage in its life the Hall was a harbour for radicals denied a platform elsewhere. No evidence for this can be found, but it might yet turn up. But then



The Hot Jazz concert poster

courtesy: Bill Liddy

some delving into histories of radicalism in Australia threw up the most likely meaning of F.O.S.U: Friends of the Soviet Union.

It seems odd today that an evangelical Christian church would host, albeit at arm's length, an organization identified with the Communist Party whose role seemed to be to promote fronts such as anti-war movements. In fact more was to come.

In 1941, the Party's youth organizers established the Eureka Youth League, which would thrive on anti-fascist and world peace platforms. In 1942, the Eureka Youth League moved into the Queensberry Street Temperance Hall, still nominally at least evangelical Christian, and in 1946 the League became the official tenants. By then friendship with the Soviet Union was okay again.

The League campaigned vigorously to open a Second Front in recognition of the role the Soviets were now playing in fighting Germany. No matter who the official tenant was the Hall had swapped definitively from blue and white, which are after all the colours of the Eureka flag, to deepest red.

In those days, perhaps its heyday in Australia, the Communist Party and its offshoots such as the Eureka Youth League and the New Theatre attracted and sponsored new art and local artists. Major literary figures such as Judah Waten, Dorothy Hewett, Katharine Susannah Prichard, Frank Hardy and Alan Marshall were Party members at various times. Wendy Lowenstein and Ian Turner contributed notably to our history writing. Noel Counihan and Vic O'Connor gave social realist painting a good name.



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.

temporary Art Society for 'sticking their necks out in the early forties...when (jazz) music was all but laughed at by commercial media and dance-band musicians alike'.

'...as I recall those delirious days in North Melbourne', he wrote, 'I can once again, feel the unspeakable excitement in the discovery that out there, in other parts of Australia, were young blokes on the same wavelength... there will never be anything like the 1946 Convention where we walked on air in a state of euphoria for five days'.

In contrast to the idea of festivals where bands perform for mass audiences, the jazz convention was conceived as a get together for musicians, who paid to attend. It still is, for it has been running continuously, each year in a different location – the 66th this year in Bundaberg, the 67th next year in Forbes – making it the longest running jazz convention in the world.

The following year the Eureka League sponsored Graeme Bell and his Dixieland Jazz Band to take part in a World Youth festival in Prague. The band was a huge success with the Czechs and the more Moscow disapproved the more traditional jazz became popular with youth in Eastern Europe. The band stayed on in Europe through 1947 and 1948 and was a hit in Paris and London.

On its return, however, the members broke with the Eureka Youth League, who denounced them as unprincipled for turning their backs 'on the thousands of young workers who made the tour (to Prague) possible'. The era of big time jazz in the Queensberry Street Temperance Hall had ended, and in a decade or so events in Hungary, in 1956, and Prague in 1968 would see off the reds too.

I don't want to leave this story of the Hall without referring to Eureka and its symbol, the white cross and stars on a blue background. The great majority of Australians, I'm sure, think of the Ballarat uprising and the flag as signs of rebellion, of protest by workers against oppressive authority.

To my dismay I found on Google that both the name Eureka and the flag have been appropriated by the extreme Right to advertise racist propaganda. Pauline Hanson also used the Eureka flag, but she could give this mob a lesson in moderation. On their website there is even an approving video of Hitler ranting against Jewry. One wonders in this age how this can happen?

SOURCES:

There is nothing much on the web about the Temperance Hall. It deserves a Wikipedia entry. I found the various Christian occupants by googling the names of their churches and preachers. Di Gardiner and Jill Barnard tracked down material on FOSU and led to the invaluable Trove. The material on Graeme Bell and his association with the League and the Hall, including the facsimile of the Australian Jazz Convention's 1946 program was lent to me by Bill Liddy, who is an abundant and generous source of information about North Melbourne. The white supremacists and Jew haters are googlable under Eureka but they should not be encouraged.

We extend an invitation to join us for breakfast

Call George Zindilis on 0422 238 346



North Melbourne Rotary Club

Meet at the Metropolitan Hotel
cnr Blackwood & Courtney streets, North Melbourne 3051
Fridays @ 7.30am for 7.45

Though not the most prominent performer in such a band—the front line dominated the show—Graeme was a great organizer and publicist. He saw the connections at the time between jazz and the Left. To be modern and anti-conservative meant being anti-fascist and therefore left wing. Moreover, the traditional jazz style promoted rolling improvisation by soloists, which Bell saw as democratic, free and interactive—the opposite of commercialised music. The huge contributions of both Bell and Stein to Australian jazz are now commemorated in the Doubly Gifted Annual Bell Jazz lectures in Sydney.

Bell's association with the Eureka Hall gave it a renown it might not otherwise have had, but what ensconced the Hall permanently in the history books was the First Australian Jazz Convention of 1946. Ade Monsborough had suggested such a convention in 1944 when he was still in the Air Force. With the backing of the Eureka Youth League the idea materialized in Queensberry Street in December 1946.

The souvenir program was published by Angry Penguins and reproduced in facsimile in 1985. In his introduction to the facsimile Bell thanked Max Harris, John Reed and Sid Nolan for supporting the convention and through them Angry Penguins and the Con-

POLITICS & ENVIRONMENT

How you can make your holidays even greener

Jennifer Boyce

This time last year I included a piece on how to green up your holiday season. As we each grapple with ways to reduce our carbon footprint, here are some new ways to have an even greener holiday.

Christmas Tree

Decorate your tree using natural materials. You could theme your tree with dried fruits (citrus slices, cranberries and oranges), cinnamon stick bundles and dried leaves. You could also create decorations with paper and fabric. Even more engaging would be edible decorations such as gingerbread bise-

cuits looped with ribbon, little containers of hand-made hard candies and dried fruit slices.

Food

Plan your menu around what is in season and locally available. Buy Fairtrade tea, coffee and chocolate. Make the cooking a family affair by having each family member responsible for part of the meal. Spend time together planning a 'green' grocery list, shopping and cooking together. Compost food scraps. Have a contest where family members create a new dish with the leftovers. Vote

on who had the most creative dish. Use reusable cutlery, cloth serviettes, cups and plates will also help to cut down on waste.

Gifts

Give edible gifts. As a family bake some of your favourite treats. Place them in pre-used clean jars or tins and decorate with fabric and ribbon. Give plant cuttings in pots decorated with fabric and ribbon. Give a variety of fresh herbs planted in a decorative basket or pot. Wrap gifts creatively with materials from around the house: tea towels, the recipient's

favourite section of the newspaper, old clothes, or pages from a magazine.

Table

Create your own centre-pieces (clean jars with candles, dried leaves and twigs, or pots of herbs that guests can take home). Create edible place-name cards such as biscuits with the guest's name in icing. Play traditional games during dinner to focus on family interactions instead of gifts (Twenty Questions, I Went to Market, Guess Who?).

Ideas taken from The Christmas Book: Discover a Simpler, Greener Christmas by Sheherazade Goldsmith.

Getting to know the Sustainability Street volunteers

Jennifer Boyce

You may have read about community organisations from time to time and be familiar with some of the names of the people involved. However, you may not know the people behind the names.

In a bid to remedy this situation, members of North Melbourne Sustainability Street will be featured in upcoming editions of *The North and West Melbourne News*, starting with this issue.

Name: Gabrielle Stannus

Occupation: Sustainability Officer, Melbourne City Council

How long have you been involved with NMSS?

Since early 2005.

Why did you join NMSS?

At the time of joining I was employed as an Environment Officer at Moonee Valley City Council. I was working on the Sustainability Street initiative and other community-oriented environment programs. Having lived in West Melbourne since 1994, I thought it was time to start contributing to my own local environment.

What are some areas you are responsible for in NMSS?

You could probably call me the public face of the group as I am the Convenor. I organise meetings and workshops, respond to correspondence, maintain our website and other social media, put out our monthly e-newsletters, and probably a bit more too!

What are some upcoming projects or initiatives you are involved with?

Our group has been busy spruiking Sustainability Street at the North Melbourne Market during Spring Fling Discovery Week. I have also been designing a memorial plot at our community garden using indigenous plants that can be grown in small spaces.

What are ways that residents of North and West Melbourne can get involved?

You can:

- Sign up to share or receive local environment news, events and sustainable living tips via our website, Twitter or Facebook.
- Sound out your ideas for local environmental projects with us at one of our monthly meetings or online. If we can't help you, we may know who can.
- Volunteer at our community garden where we hold monthly working bees and regular workshops.

If money and time weren't a consideration, what project would you want to implement?

I would love to transform our local roads into green spaces where we can relax, socialise, enjoy recreational activities, grow food, and just generally be outdoors!

What do you like best about living in North and West Melbourne?

It feels like a country town next to the CBD! It is very convenient being able to walk to work in the city, whilst being able to visit great places like Royal Park (I am also Convenor of Friends of Royal Park).



Gabby enjoying the native plants at Royal Botanic Gardens

Photo: Courtesy G. Stannus

SUSTAINABILITY ST. IT'S A VILLAGE OUT THERE

New members welcome

Go to the Sustainability Street website to find out more about us and sign up to our newsletters to receive early notification of our events.

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

Web: <www.northmelbourness.com>
Twitter: <www.twitter.com/nthmelbourness>
Facebook: <www.facebook.com>
(Search: North Melbourne Sustainability Street)

Christmas political greetings

Jennifer Boyce

As 2011 quickly comes to a close, we may find ourselves writing or emailing cards and letters to friends and family recounting the year. So as you reach for another holiday card to write or email, why not take a few moments to recount to your political representatives just how things have gone this year?

What about their work have you appreciated?

What would you like to see happen in 2012?

What are they doing well? What could they be doing better?

Here's a list of key contacts for our area.

Melbourne City Council

Oversees:
City Development, City Environmental Issues, City Planning, Economic Development, Rates

Lord Mayor Robert Doyle
GPO Box 1603
Melbourne VIC

3001lordmayor@melbourne.vic.gov.au

State Member of Parliament

Represents:
Electorate on Arts, Culture, Education, Environment and Water, Hospitals, Public Transportation, Sport issues.

Bronwyn Pike
146-148 Peel Street
North Melbourne VIC 3051

bronwyn.pike@parliament.vic.gov.au

Federal Member of Parliament

Oversees:
Economy, Environment, Employment, Governance, Human Rights, Indigenous Rights, International Issues, Workers' Rights

Adam Bandt
280 King Street
Melbourne VIC 3000

adam.bandt.mp@aph.gov.au

ADVERTISEMENT



BRONWYN PIKE MP

STATE MEMBER FOR MELBOURNE

146-148 Peel St,
North Melbourne 3051
P: 9328 4637 F: 9326 8747
Web: www.bronwynpike.com

Authorised by B Pike, 146-148 Peel St North Melbourne

YOUTH & EDUCATION

Students get a flying start to 2012

Jodie McLeod

St Aloysius College is introducing an Accelerated Learning Program with the first Year 7 intake next year. Twenty talented young students will begin this program at the beginning of the school year.

"St Aloysius College is excited about the opportunities this will provide to the students we have enrolled," says principal John Davidson. "We are proud of the development of this program and excited about the options to extend and challenge these students further," he says.

The Accelerated Learning Program is a

challenging education program developed to provide additional opportunities for girls with high intellectual ability. At St Aloysius the girls will be educated in a single-sex school with like-minded peers.

Students in the Accelerated Learning Program will complete Years 7, 8 and 9 in two years, Year 10 in the third year, and study a wider range of VCE subjects over the last three years. "This provides students with the chance to explore a wider variety of subject choices throughout their secondary schooling," explains learning enhancement coordinator Kim Sue Hendry.

"As these girls are talented and gifted learners it provides a program that challenges them at the level they require. This

ensures they are continually provided with learning opportunities that are more suited to their needs," explains Mrs Hendry.

Students whose families wish them to be considered for entry into the Accelerated Learning Program are required to participate in a comprehensive selection and testing process. "This ensures that all students in the program are of the same high academic level," explains Mr Davidson.

"The selection process tests students' academic ability across a range of subjects so that students who are offered a place excel across a range of subjects rather than just one area."

Each year, girls in Year 6 are invited to submit an application to sit the required

testing for consideration into the program for the following year. An information evening is conducted by the College and detailed information can be found on the College website www.aloysius.vic.edu.au

"Often it is best for families to speak directly to me," explains Mrs Hendry, "as I can answer any questions they have in relation to this program. We will be conducting an information evening at the beginning of next year for families interested in enrolling their daughters in 2013. I recommend that interested families attend this session with their daughters as applications for 2013 close on March 2 next year."

Mr Davidson says he is "really looking forward to seeing the results of the first Accelerated Learning Program and providing these girls with the opportunities they need to continually challenge their learning".

Girls enrolled in this program will enjoy the benefits of an accelerated program in the environment of St Aloysius, located in Curran Street, North Melbourne. They will interact with the College's 500 other students throughout various College functions, activities and events, and also have the opportunity to participate in extra-curricular activities such as music, sport and the production.

If you would like more information about this exciting program, please contact St Aloysius College on 9329 0411.

Jodie McLeod is marketing manager at St Aloysius College



The eyes have it as students keep a close watch on a mystery bubbling potion

Photo: Jodie McLeod

The Giant Strawberry

Daiya, Alex, Juliette, Lucy and Ptolemy
(North Melbourne PS)

Tarsh bought me from the store
When I was very small
As soon as we reached the garden
I knew I'd have a ball
I was planted in a pot and kept
Next to the leeks
I sat there on my own, for weeks
And weeks and weeks
I watched all of the classes
Little did I know
My body 'd gotten BIGGER
I had started to GROW
I'd become a giant
The children cowered in fear
I became nervous
The firemen drew near
They raced up in a cherry picker
And plucked me off my stalk
Then took me on their backs
And started to walk
In the kitchen they made me into drinks
And jams and creams
Everybody ate so much
Bursting at the seams
The school raised so much money
That Tarsh yelled "Hip Hip Hooray"
All the money that they got meant
Strawberries were there to stay!

OPTOMETRIST

Andrew
Harris
BSc(Optom), FVCO

Contact Lens Practitioner

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St Al's gals make new pals on their Posy Day

Jodie McLeod

Students from St Aloysius College in North Melbourne have again taken part in The Royal Melbourne Hospital's colourful Posy Day to celebrate the beginning of spring with the patients.

The students joined long time hospital support group members to create 600 posies and then delivered them in overflowing baskets to the delighted and surprised patients.

Students from St Aloysius have been involved in Posy Day for many years. It provides the students with the opportunity to brighten up the day of patients at the hospital.

"It's lovely to see the girls bringing a smile to the faces of the patients," said St Aloysius teacher Bernadette Hogan.

"The Year 9 students are involved in Posy Day as part of their year level program. Each student must complete 20 hours of community service throughout term three. This allows the girls to be involved in something that contributes to the community," she explained.

Posy Day is a tradition dating back to 1937 when members of the RMH Ladies' Auxiliary gave flowers to elderly female patients to ease their loneliness.

Originally known as "Grannies' Day", the tradition has grown to include all patients at the RMH City and Royal Park campuses. Each year students from St Aloysius and other volunteers contribute to making this day possible.

Posy Day co-organiser Arlene Bennett from the RMH Graduate Nurses' Association said: "I want to thank the students, volunteers and Flowers for Everyone, which donated the flowers, for their great support.



Kate Wight (St Aloysius) and Michelle Eunson (RMH Foundation) present a spring posy to a delighted patient

Photo: Jacqui McGroarty

It is a special day in the life of the hospital and these spring gifts are very much appreciated by the patients. It is a heart warming event."

RMH foundation executive director Michelle Eunson, who helped make posies and went with one group of students to deliver them to the wards, said: "Our patients were obviously very moved to receive this small gesture of kindness; the smiles and tears were really touching. It is

a wonderful tradition for the hospital. The participation of the St Aloysius students over the past few years has been a wonderful connection between the hospital and the local community."

The Year 9 students from St Aloysius that were involved in Posy Day also support a variety of other community service projects and organizations.

The students completed work at a women's refuge in Preston and prepared lunch for

members of the Exodus Community in Heidelberg West. They were also busy knitting squares for the "Born to Knit" project for people in developing countries.

The students' involvement with these organizations provides great life experience for each of the girls.

Jodie McLeod is St Aloysius College marketing manager. Extra information provided by RMH.

Children at North Melbourne PS let their creative talents run free

Plant ID — guess what I am

Grade 5, North Melbourne PS

I am purple and sort of round
But I am definitely not brown
When you eat me you don't frown
My flesh is white and it tastes
Alright and if you don't like me
Don't get a fright
(Eggplant)
My leaves are green
I am fit for a queen
The top looks like a tree
They are healthy for me
(Broccoli)
I am yellow and look
Like a smile and when
You eat me it does not take a while
I am a bit mushy but definitely not pushy
(Banana)
I'm fluffy and green and like to be
Planted near beans. I look like a flower
And I do not taste sour. We are creamy,
dreamy
And terrifically beamy!
(Cauliflower)
I am not sour
I have a flower and I am triangular
I am red and have a head
I am easily fed
(Strawberry)

The Giant Strawberry

Daiya, Alex, Juliette, Lucy and Ptolemy (North Melbourne PS)

Tarsh bought me from the store
When I was very small
As soon as we reached the garden
I knew I'd have a ball
I was planted in a pot and kept
Next to the leeks
I sat there on my own, for weeks
And weeks and weeks
I watched all of the classes
Little did I know
My body'd gotten BIGGER
I had started to GROW
I'd become a giant
The children cowered in fear
I became nervous
The firemen drew near
They raced up in a cherry picker
And plucked me off my stalk
Then took me on their backs
And started to walk
In the kitchen they made me into drinks
And jams and creams
Everybody ate so much
Bursting at the seams
The school raised so much money
That Tarsh yelled "Hip Hip Hooray"
All the money that they got meant
Strawberries were there to stay!

Young foodies have all the fun of the fare at local cafes

'Dolci Noki' & 'Sushi Ninja'

D.O.C., Carlton (Dolci)

My favourite dish was the dessert, but I can't start there! I'll start with the mains instead. We ordered two pizzas and I think we would have had half/half. However, the menu said "Attenzione — strictly no changes — no half/half pizzas — scusa". So we ordered Pizza Margherita and Mum and Dad had Pizza Cornuto.

We arrived early at 6.00 and the place was full. That meant the pizzas took a while to come out. You might want to bring along some friends to chat to. My first bite into the pizza, the base was soft, but each bite it got crunchier and crunchier. Overall the pizza was cosi-cosi ('OK' in Italian), so I probably won't be going for a main again.

I did like the menu because on the other side there was a picture of Italy which showed where different Italian foods come from. For example, Sicilian chocolate comes from the state of Sicily.

Talking about yummy things, that reminds me about the dessert. Dad and I ordered the Sweet Pizza — it was delicious. It was pizza dough with melted white chocolate on top, fresh strawberries and vanilla bean ice-cream. Next time, NO SHARING, it's all MINE!

Cafe Trutrack, North Melbourne (Sushi)

I have been going to Cafe Trutrack weekly for their chocolate milkshake and hot

chocolate for about four months now. I enjoy going to Trutrack because when I enter Sam is there to greet my friends and me with a big hello.

Milkshakes are normally milk, flavouring and ice-cream. But not at Trutrack; Sam has a secret ingredient! The taste is not too sweet and does not have too much chocolate. When you finish — well, you never want to finish — you pick up the straw and lick it to get the last of that yummy chocolate!

His hot chocolates have the same texture and are not too rich. When you take the first sip the warmth fills you up and your cold body becomes warm. Sam and his team are always nice and Sam is always up for a chat.

GRADE 4 KIDS ONLINE

Grade 4 kids, along with their teacher, have recently set up their own blog for cafe and restaurant reviews — by kids. Go to <http://microchefmelbourne.blogspot.com/>.

Debaters from Simonds have the very last word

Rachael Hands

The boys from Simonds Catholic College in West Melbourne have performed commendably in this year's Debating Association of Victoria's competition.

They worked hard and proved they can mix it with the best from other schools, even when at times their eyes virtually closed with nerves.

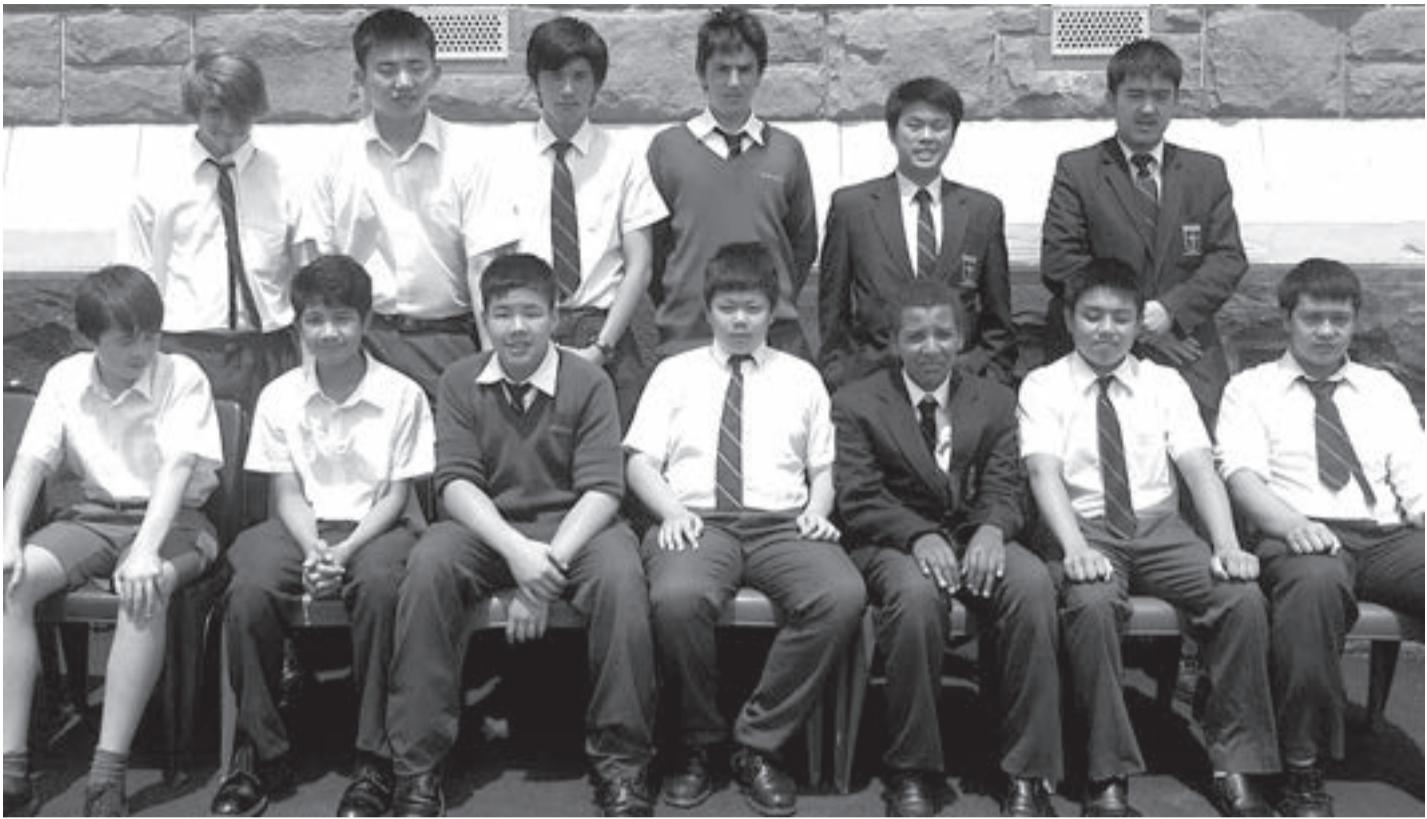
Simonds' teams capped off super seasons with their unique blend of intelligence, pop-culture referencing, ekphrasis, creative twists and so-last-minute speech writing to impress the adjudicators.

For the first time, the College fielded teams in all senior and junior divisions and also competed at the Associated Catholic Colleges events. The Simonds' boys punch quite happily above their weight!

Our Year 7 and 8 "Fantastic Four" (Matthew Chen, McKinley Dalton, Richard Precilla and Danh Thanh) were all beginners. They made a spectacular start to their debating careers, despite their knees sometimes mimicking the sounds of construction site jackhammers through their speeches.

The Year 9 "Ferrets" team (John Abreha, Anthony Gheller-Devine and Kevin Huynh) covered issues from beauty pageants to the cost of space exploration and did remarkably well. They ended the year on a winning streak and snared several coveted Best Speaker awards against far more experienced teams.

The Year 10 "Dream Team 10s" (Dean Dinh, Patrick Morel-Shields, Peter Nguyen, Mark Roviso, Andy Tran, Simmon Tran and Anson Zhang) had many new faces. They valiantly took on topics such as government funding of sporting events, student drug testing and a handful of secret topics,



showing tenacity and improving with every debate.

The Year 11 "Spatchcock Caesars" (Lachlan Hamil, Dominic Scholtes and Luke Reynolds), our reigning Catholic Colleges champions, finished the year on a red-hot winning streak. Consummate debaters with a clever ability to work in pop-culture references into their arguments, they had adjudicators and audiences eating from the palms of their hands.

The Year 12 Team "Brains Trust" (Jean-Luc Corelli, Darcy Morrissey, Arak Musa

and Adam Pirsl) put in a herculean effort over and above their other school commitments. As true leaders at Simonds, they conducted themselves with aplomb and pulled out stellar performances, earning several best speaker awards. They set a fine example for the juniors.

Special mention must be made of Luke Reynolds of Year 11. "All Hail Lu-keticus!" we cry from the rooftops. He won the DAV's coveted Swannie Award, contested by all B Grade debaters in the state. Luke's casual-yet-unusually-convincing speaking style,

Rear: Anthony, Anson, Simon, Patrick, Peter, Kevin
Front: McKinley, Richard, Matthew, Danh, John, Andy, Mark

Photo: Courtesy Simonds College

combined with his humour and quirkiness, earned him the competition's highest honour.

Simonds is a small school and our opposition can sometimes cast doubt on our ability to provide genuine competition. However, our debating students proved the maxim "good things come in small packages". We are incredibly proud of all of them.

Rachael Hands is literacy coordinator at Simonds Catholic College

Year Sevens cast their spell



Rachael Hands

Luckily, our Year 7 students at Simonds Catholic College don't need to rely on Bill Gates and Microsoft Word programs to spell perfectly!

In September, the Australian Spelling Challenge was held across the country. Our boys took to the competition like ducks to water, beating 4,356 participating schools with a total of more than 547,528 competitors to rank as the fourth-placed school nationally and finish second in the secondary division of the competition alone.

Sixty-five of our Year 7 students took on the best and brightest in the country with magnificent results. We had 21 of our students rank inside the top 100 competing secondary students on the day.

As far as the entire competition went, nine Simonds' boys were placed inside the top 100 competitors across both of the primary and secondary school divisions of the Australian Spelling Challenge, which is an amazing feat!

At a special junior assembly, Tony Nguyen and William Chan were presented with framed certificates, officially rec-

ognizing their spelling talents. Tony was even presented with a bronze medal for his achievements in coming third in the secondary division of the competition.

The boys grinned from ear to ear as they were presented their prizes by Kate Williamson, an organiser of both the Australian Spelling Competition and World Spelling Day to be held in March next year.

The spirit with which the Simonds' boys embraced the Australian Spelling Challenge is remarkable, and all of our participants on the day should be congratulated whole-heartedly for their efforts. In some cases, the boys not only competed at school during recess and lunch breaks but also went home to compete from their own computers until the close of the challenge.

It showed an unparalleled enthusiasm and incredible team spirit in Year 7, which is very infectious. We are incredibly proud of these students for accepting the challenge and trying their best. They have blown away not only their teachers and peers with their achievements but also their national opposition. And perhaps themselves, too!

Rachael Hands is literacy coordinator at Simonds Catholic College

STUDENT RANKINGS

The 21 Simonds' students ranked in the top 100 secondary competitors

Tony Nguyen (3rd)
William Chan (10th)
Phan Le
Andy Huynh
Matthew Chen
Louis T
Anthony Tan
Kerry Aing
Trung Nguyen

Christopher Barraza-Purcell
Tony Villani
Phillip Truong
John Nguyen
Vinh Le
Yuri Bakay
Kha Quan Tran
Jenwin Mabanag
Gum Deng Machut
Richard Van
Tommy Nguyen
Thai Le

The nine Simonds' students who placed in the top 100 of all competitors nationwide

Tony Nguyen (14th)
William Chan (25th)
Phan Le (26th)
Andy Huynh (35th)
Matthew Chen (45th)
Louis Tran (47th)
Anthony Tan (55th)
Kerry Aing (60th)
Trung Nguyen (80th)

Kitchen garden launched on a fun day of songs and stories

Cath Bowtell

Thursday 20 October was a sunny day in Melbourne, with a top temperature of 26 degrees. It was the perfect day for a picnic to launch our kitchen garden and to celebrate Spring Fling Discovery Week with great food, live music, puppets and storytelling.

There was only one problem. The North Melbourne Primary School festivities weren't held on 20 October. They were the following day. And Friday 21 October started with persistent rain, which looked like settling in for the whole day.

But NMPS students, staff and supporters are resilient and resourceful. Plans were

quickly adapted to ensure a fabulous festive day to launch our garden.

Umbrellas replaced sunhats as the primary protective gear. The produce stalls were set up under the walkway next to the hall. Picnics were relocated from the oval to the classroom.

By lunchtime the rain had stopped. Mist filled the air. The soil was wet. The leaves were dripping. The garden looked and smelt abundant and plentiful. Local State MP Bronwyn Pike used the official secateurs to harvest some broccoli, and the garden was formally launched.

During the festivities Chatterbox, the Spring Fling puppet, wandered amongst the students, listening to their stories. Grade

6 students sold gelati or staffed the produce stalls, selling school-grown vegies and home-baked treats that had been donated by parents and supporters.

At the end of the lunch break, students filled the hall to listen to a selection of songs from the award-winning Fringe Festival show *No Place like Home*, produced by Andrew McSweeney from Living Music.

To cap off the day, parents and supporters joined students and teachers for a special assembly. We had wonderful *Stories from the Garden*, told by groups of children: Jiang Tao and Jack; Mia and Jack; Alex and Ptolemy; Ben, Lucinda, Bianca, Ezra and Mujahid; and Juliette, Lucy and Daiya.

The kitchen garden is an integral part of

NMPS's participation in the Stephanie Alexander Kitchen Garden Program, in which students grow, harvest, prepare and share fresh seasonal food each week. The program teaches invaluable practical skills and encourages a healthy approach to food and eating.

Thanks to everyone who harvested and baked: to Sarah our puppeteer, Andrew McSweeney for the music, and Bronwyn Pike for her support. The staff of NMPS were — as always — brilliant, with special thanks to Tarsh, who ensured we were able to showcase the garden at its best.

Cath Bowtell has a child at North Melbourne Primary School



Preserves stall – Daniel and Tianjie

Photo: Janet Graham



Table with tea towels, cards & book – Grace, Jerry and Henry

Photo: Janet Graham



Fresh produce stall – Serena, Sam and James

Photo: Janet Graham

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Meg Whelan

The Name of the Star

by Maureen Johnson,
published by Putnam Juvenile

American teenager Rory Deveaux was just looking forward to a year of English boys and exploring the sights of London. She certainly didn't plan on starting her time at her new prestigious school in London's East End by getting caught up in a murder investigation. Someone is echoing the gruesome murders of Jack the Ripper – and they are doing it without being spotted by the millions of CCTV cameras around the city. It's all a mystery, until Rory nearly chokes to death on a sausage and starts to see things that no one else can. This fresh YA novel blends the modern and the historical to tell a wonderful paranormal mystery full of brilliantly real characters and particularly fascinating ghosts. Clever and sharp with plot twists you won't see coming, this is a great read for an older young adult audience looking for a paranormal story with a little more substance. Rory makes for a vibrant lead character whose humour plays well with the rest of the equally vivacious cast. The book rounds off with a brilliant ending that will leave the reader begging for more from this great young adult author.

The Scorpio Races

by Maggie Stiefvater
published by Scholastic Press

Maggie Stiefvater has become a familiar name after the success of her werewolf series *Shiver*. Her ability to reinterpret myth in a fresh and intriguing way, coupled with her absolutely beautiful and haunting style of writing, has made her a favourite among the young adult audience and her latest novel is no disappointment. *The Scorpio Races* brings to life an entirely different mythology – one of fairy horses and the power of the sea. The story is that of a horse race with a difference – the animals are vicious, untamed and just as likely to kill their riders as cross the finish line. It is the story of a race that puts everything at stake – homes, hope, family and love. But mostly, this novel is a love letter to a wild, vibrant little island and its tough inhabitants. Puck makes for a fierce, independent heroine whose devotion to her family will win over her audience, and I challenge any reader to get through this novel without falling in love with Sean and his captivating red stallion. *The Scorpio Races* takes a supernatural series of events and turns it into the human struggle of finding your place in the world – and making a stand once you're there.

An Opal brightly shines

Bronte Vipond

The heat shimmered over the plain and dust billowed behind my old truck. Running away was never something I'd condoned, let alone pictured myself doing. But what else was there?

Red plains of sand surrounded me and my practically conked-out Holden, and the Stuart Highway stretched on like a huge roll of duct tape (like the strip keeping my passenger seat together). The air was humid, hard to breathe, and the open window wasn't helping in the slightest. I brushed back my stupid brown-blond hair and pushed my sunglasses further up my nose.

Behind me was everything. Home, family, friends... ahead? God only knew and that scared me more than I'd admit to anyone. Well, anyone except -

"Opal!?" her voice had cracked that morning like ice in the Antarctic.

We'd watched a big film about it at Imax once, and the sound had my ears ringing for days. "What, Melody?" She hated her full name, preferring Mel above all others, and I, as her best friend of seventeen years, was perfectly entitled to calling her whatever I wanted just to tick her off.

She huffed stray strands of black hair off her face. "I don't understand how you can be so calm. Your George was making out with Clarissa! Aren't you pissed?"

"No." I'd lied. The first one of the day. Mum was next; "Why are you bringing in that washing? You don't need that shirt until Monday, don't you?" I'd looked into the blue-green eyes identical to mine and forced a grin.

"I'm just getting it now before I forget. You know what I'm like..."

"Of course I do, Opal Eyes." My stomach churned as my truck, rusted to perfection, jolted on the road. I felt horrible at the thought of leaving my mother alone in our little underground house in Coober Pedy, but what could I do? What could I do...

"What could I do, Opal?" his words beseeched me, singlet a stark white against the sand above his place. George had been my magic, my own kind of... eraser, or drug, blocking out memories of a past with a father that hurt to the core.

"I never meant to hurt you."

"Then why'd you do it at all?" I challenged him with my eyes, grey t-shirt sticking to my back with sweat, car keys singing my name in the pocket of my shorts.

He stood his ground, surprisingly.

"Opal, please..."

When he said my name like that, it made everything go away. It wouldn't go away, though. Like everyone else, he'd let me down. He'd broken his promise, just like my Dad before him. I wouldn't let myself be broken like that again. I was eighteen, an adult, capable of deciding what I could and couldn't take.

"Fine." I shrugged so easily. "Meet me at the creek tonight." Third and final lie; my final words to George...

I let go of a breath I hadn't realised I was holding. The sun glared down, as if it remembered setting last night when I slung a duffel bag, and my bag with my wallet and phone in the back of my truck (or ute, for want of an Aussie term) and screeched out of town. I hadn't looked back; the dust kicked up by the wheels left nothing to be seen. A clean cut.

I'd been driving since then, and wasn't tired enough to stop. A little part of me yelled it was because I was about to turn around, go home and go back to being Ordinary Opal. My hands clenched the wheel; no, I wouldn't go back to that. Melody had helped me (well, dragged me kicking and screaming) out of my shell. By this time last year I wasn't afraid to laugh out loud anymore; I wasn't shy around new people, and I met any and all of the boys' taunts head on.

I'd started living, and it had rubbed off on Mum too. She'd finally served Dad divorce papers, even though he was long gone before I was five, redecorated our place, and joined a book club.

One day she'd pulled me aside and pressed my forehead to her cheek in a hug; "Opal, be who you are and reach your dreams; you shine brighter than any diamond in the rough." She whispered. Melody had texted something along the same lines after graduation:

It's nice 2 c the Opal I luv bn loved by evry1 else. Well done babe! xoxo :D

Even George, who had proved me wrong, said something like that yesterday morning: "I count myself lucky to have a hold on you; a spirit like yours, girl, it doesn't wait for anyone."

The road ahead shone in the afternoon light, stretching to the horizon where terracotta sand met powder blue sky. I might not have known what waited at the end of that dusty road, but I knew who I was.

I wasn't running away from Ordinary Opal. I was just continuing in my quest to show everyone else (yeah, even you George) how extraordinary she could be.

Bronte Vipond is in Year 12 at St Aloysius College. Her story won first prize in A Thousand Words Short Story Contest.

ARTS & ENTERTAINMENT

An art nirvana at Langford120

Intuitively renovated and minimally furnished, Langford120 provides stylistic celebration of local and international artists' works.

Katrina Kincade-Sharkey



Inside Langford120

Photo: David Apostol

Launched in July 2011 with a joint exhibition of its directors' installations, the former warehouse now provides an idyllic setting for communal appreciation of artistic creativity.

Subtly sited in the shadows of CityLink between Arden and Macaulay, Langford120's external slate grey stone opens to seeming acres of virginal white walls under angled skylights some six metres above. It's a glorious recovery of this former storage house, celebrated both by exhibitors whose works seemingly stand alone, as well as trendy patrons who delight in being seen at the gallery.

Directors Irene Barberis and Wilma Tabacco are committed artists with extensive and diverse exhibiting CV histories, both here and overseas. Having each established and maintained successful independent practices – and netting Doctorates in Fine Arts

along the way - they became significant contributors to arts education at several Australian and international universities.

Each involved in academic research, they also taught painting and drawing at RMIT University. Their most recent works involved national and overseas postgraduate supervision at PhD level.

Both Wilma and Irene have also participated in RMIT's offshore program in Hong Kong since 1999.

These operators have known each other since 1986, lectured together since 1992 and collaborated on several exhibitions, including the travelling show *Saying It With Flowers* that toured through major regional galleries in several states in the late 1990s: "We were both interested in floral iconography seen in illuminated manuscripts and, in my case, in Japanese and Chinese textiles used for costumes," Wilma explains.

"The show was huge, and it was successful. Then in 2005 we were asked to participate in an international exhibition in Nanjing in Northern China, so we had lots of discussions about our works complementing each other." She giggles: "That was an experience from hell!"

Establishing and operating Langford120 grew from myriad discussions on the limited opportunities for established artists like themselves to exhibit more frequently.

They also wanted to show a variety of experimental works.

Currently showing till December 17 are *Lines of Thinking* by 12 Australian artists prominent within Drawing practices. Asked to display their lines of thought in relation to their product, the 12 considered how their initial drawings related to their overall practice and whether doodling was integral to both initial concept and end product.

Curated by Irene, participating artists are Rick Amor, Mike Parr, Domenico De Clario, Anita Taylor, Richard Dunn, Paul Boston, Asher Bilu, director Barberis, Gosia Włodarczak, Jan Murray and works from the estate of Mary McQueen.



Langford120 gallery directors Wilma Tabacco (left) and Irene Barberis.

Photo: David Apostol

Closed over Christmas, the gallery will reopen mid-January with a week of master classes for calligraphy, life drawing and folio preparation.

In a tangible innovation, the directors are set to launch one-day classes for young students seeking entry into tertiary arts courses: "We're aiming at groups of 10 participants during January," announced Dr Tabacco.

"It'll be an excellent opportunity as the gallery will be bare. We'll pin their works on the wall just to show them the potential power of their works on display.

"Irene and I both worked at RMIT for many years and we interviewed prospective students, many of school leaving age. Our idea is to contact local high schools, have students bring their mock folios in and we'll conduct the type of interviews they'd be subject to in gaining access to tertiary fine arts courses.

"As the gallery is closed Monday and Tuesday, we thought we'd utilise that downtime to introduce students to the way a gallery operates and the expectations that units have when selecting students," she continues.

One assumes Dr Tabacco's expectations would have been prime: you can bet this fine lady would stand no flak; her shiny jet black hair, darkest brown eyes and angelic complexion frame a dynamo within her slight frame, a dynamo who's patently proud of her colleague: "Irene has just attended a conference in the Middle East where she was a keynote speaker," she explains, telling of

Barberis's position as International Chair and Co-Host of *Crossing the Line: Drawing in the Middle East – intersections of transdisciplinary practice and understanding*.

Conference papers will be published in 2012 by Metasenta Publications as part of its small book series available through Langford120.

Yet these women are primarily motivated by their exhibitions, "an entire range of group and individual exhibitions for 2012, featuring works by local and international artists", according to Wilma. And embedded among those exhibitions is a plethora of works by Langford120 directors.

Barberis is a painter/installation artist who works with unusual materials like industrial plastic and silicon, along with conventional paper and pens. Her interest in the relationship between figurative work and abstraction means her work slides between both visual languages; she is intensely interested in the use of colour and repetitive imagery to express personal concerns.

Tabacco's work consists of strident colour in repetitive, hard-edged geometric forms that are formulated to disrupt expected spatial readings and that create disconcerting optical illusions.

Dimensions range from A4 size to two metres squared; this is serious art work, and these delightful operators are truly serious about their respective artistic practices.

Katrina Kincade-Sharkey writes regularly for the News

SPORT & HEALTH

Magical Mills earns his stripes as the Tigers roar

Joseph Hess

Some readers might not know that the Melbourne Tigers share the North Melbourne Football Club's facilities.

Who are the Melbourne Tigers, you ask? They are Melbourne's number-one basketball team and emerging as strong NBL title contenders if their recent winning streak and good form continue.

First, a little history on the Melbourne Tigers. They are the oldest and, arguably, most respected basketball club in Australia, having established themselves in 1931 in a local church league. They joined the National Basketball League in 1984 and have been Melbourne's only NBL team since the South Dragons withdrew from the competition.

Melbourne was by far the most active club in this year's off-season and during the free-agency period, when out-of-contract players can approach a club of their choosing. The Tigers secured the signature of NBL coach-of-the-year Trevor Gleeson on a three-year contract as head coach.

On the first day of free agency last May, the club signed former Australian forward Liam Rush, who would be returning to the NBL after stints in Europe.

Just a week later, the Tigers announced that their roster was full, after the re-signing of forward Lucas Walker and the signings of exciting import duo Ron Dorsey and Ayinde Ubaka, who had both played significant roles for the Cairns Taipans in season 2010–11, helping them reach their first grand final.

Melbourne also had the good fortune to



Melbourne Tiger Patty Mills assesses his options as he prepares to drive to the ring

Photo: Jesse Drever

secure the services of Portland Trail Blazers star Patty Mills, the first Indigenous Australian to play in the USA's National Basketball Association and one of the youngest players ever to suit up for the Boomers, the Australian national basketball team.

An NBA lockout saw Mills return to Australia and sign up with the Tigers, since when he has been a great hit with the fans. Patty Mills is the equivalent of Harry Kewell in soccer's A-League.

The Tigers started the season well, winning four games out of five. On 4 November they defeated arch rivals the Sydney Kings,

who, like the Tigers, have won three NBL championships and are chasing the four-title record shared by the Perth Wildcats and the Adelaide 36ers.

Mills scored 20 points in the Friday game, contributing to the Tigers' 94–76 victory at the Sydney Entertainment Centre.

Cam Tragardh scored 15 points and played his usual consistent game. It was the perfect team performance as the Tigers dished out 22 assists on 35 baskets and played with high intensity all over the court, putting the Kings and the NBL on notice that they really mean business this season.

"I thought we were great at executing our game plan. It was our best game of the season without question," coach Gleeson said after the win in Sydney.

Good luck for the rest of the season, Tigers. Keep fighting and here's hoping the NBL title will be yours sooner rather than later.

For Melbourne Tigers merchandise, head down to the Tigers Shop, which is located in the foyer area of the North Melbourne Football Club/Melbourne Tigers Basketball Club facility at 204–206 Arden Street.

Joseph Hess writes regularly for the News

Get trim and have lots of vim

Chris Gregoriou

It's that time of the year again that some call the "silly season". The time when we're silly enough to fill our stomachs full of things we normally wouldn't consume: roast turkey, puddings, desserts, and then wash it all down with various sweet alcoholic beverages.

So here are seven golden rules to get you through the healthy way!

Rule #1: Consume a pre-party healthy meal.

Arrive at parties on a full stomach. The same principle goes for supermarket shopping. Notice that you end up with extra

items (usually unhealthy) after visiting a supermarket while on an empty stomach. So avoid gaining weight during the silly season by eating in advance. You will also keep your metabolism fired up, which helps process food more efficiently.

Rule #2: Bring a healthy dish to share.

Ever wondered what kind of food will be served at a party? Will it be fried, fatty or loaded with sugar? It generally is! Then bring something healthy to the table! It can even be a talking point if there is nothing but sausages, chips and party pies. Your friends might even thank you, and you'll have a healthy option to enjoy.

Rule #3: Stay hydrated.

Water is an essential element of life.

When we are dehydrated, it results in symptoms that can be detrimental to eating healthily and feeling great. One common occurrence is that the brain will send out signals to say it's hungry, resulting in excess food being consumed. Have your eight glasses a day and be sure to drink several glasses of water at functions.

Rule #4: Avoid calorie-loaded sweet drinks.

Liquid calories are sneaky and cheeky; they easily slide into your stomach, sip by sip. Holiday time is usually where these sweetest concoctions are consumed: champagne, wine, beer, coolers, alcoholic sweet drinks, passion pop, and the dreaded spumante. You would be shocked at how many calories you can consume in just one night sipping on festive drinks.

continued on page 19



Chris Gregoriou will get you fighting fit

Photo: Courtesy MetroBody

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Get trim and have lots of vim

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Rule #5: One plate is more than enough.

It was so good that you feel the need for seconds? Set a goal of loading your plate just once. Why would you need to go for seconds anyway? Reality is that if you've had a healthy meal before arriving, the plate of food at the party will be a nice top up. You will be surprised how easily you can resist a second plate with this approach.

Rule #6: Sample, don't eat your desserts.

Desserts are going to be all around you during the festive season. Do you think you can eat all of them? Approach your desserts as a tease for your taste buds. Go for desserts with less sugar and more fruit. So the key is to get a taste, but not to eat them all!

Rule #7: Choose functional training as your holiday companion.

Functional training incorporates exercises that mimic the active motions of your body during daily activities. The whole body is given a great workout and develops functional strength, as opposed to linear or brute strength. This result is better coordination, balance and stability, and an increase in core strength and flexibility.

Here are a couple of terrific functional exercises. These can be performed at home or outdoors and you don't need to be a member of a gym or to do them on scary equipment.

They are very effective when performed with correct technique and should only be attempted with approval from your doctor or fitness specialist.

Push ups. A traditional exercise that exercises your chest, arms, abs, shoulders and back. You can start off with wall push ups and then after some practice, make use of the kitchen counter for added intensity, moving onto the floor as you build up strength.

Squats. One of the all-time great functional exercises, they mirror common actions that we perform during a day such as reaching, lifting, and bending. They will help strengthen your legs, quadriceps and gluteal muscles, as well as your lower back and mid-section.

Lunges. Another functional exercise that is great for most people. They improve bending habits and provide leg and back conditioning and flexibility. Doing this exercise properly helps strengthen your lower back and core.

So, follow my seven golden rules and you will come out of the silly season looking better than ever!

Chris Gregoriou runs
MetroBody Health and Fitness.
For more information, go to
www.metrobodyfitness.com.au

New health program for women over forty

Nancy Lane

Starting in their 40s, many women develop the pattern of 'overeating and under-exercising'. Next year, The Centre is offering a new course targeting women over 40 who want to avoid this downward health spiral.

Surprisingly, this course is not designed as a regimented weight-loss or strenuous exercise program. There are no prescribed diets, kilojoule counts or physical workouts. Instead, each week participants choose a new, small healthy habit from a range of options, with the program providing both the resources and group support to keep them on track.

In fact, many of these healthful changes are so minor and take so little time that participants may not think they're worth making. But they are cumulative—one change this week, another next, and a third

the week after. Over time, they will affect women's weight, strength, general feelings of wellbeing and outlook on life.

Course facilitator Dr Nancy Lane has worked as a university lecturer and a health writer and editor. She has based the course topics on findings she has discovered while researching health issues as a writer, as well as on her own lifestyle habits.

"My secret, if there is one," says Nancy, "is that I keep making minuscule adjustments to my daily routine, which helps me to maintain my health and fitness. This system has worked well; I still weigh the same at age 65 as I did when I was 16, but now I am also stronger and more flexible."

Each week, Nancy will present a few simple steps that course participants can take to improve their health without strict dieting or strenuous exercise. Class members will each decide on one step to trial the following week, with the idea of incorporating it into

their daily routine, and then report back to the group about what worked and what didn't, and why.

"During the first term we will concentrate on healthy foods and drinks, and we'll have some tasting sessions along with our discussions," says Nancy. "It is important to eat a variety of foods, especially fruits, vegetables, legumes, grains and nuts. This not only ensures that your body gets essential vitamins, minerals, fibre and antioxidants, but it's also fun experimenting with new and different textures and flavours."

In future terms, the course will cover a wide spectrum of behaviours that contribute to improved health and wellbeing. This includes movement and flexibility, sleep, relaxation, staying connected and maintaining a positive attitude.

"This course costs much less than diet meal plans, home gym equipment or nutritional supplements," says Nancy. "What's more, taking small steps, coupled with group support, helps ensure against rebounding or 'yo-yoing' back to previous unhealthy habits."

"These methods are not a quick fix, though," she warns. "If you join the course, you won't lose 10 kilos or look like Angelina Jolie in a week or even a month. However, you will slowly become healthier and fitter, and you'll have more energy and enthusiasm for life."

For more information about the course content, ring Nancy Lane at 0431 996 609 or email nancylane.health@gmail.com.

To enrol for first term's classes, to be held on Thursdays from 9 February to 29 March, contact the The Centre, 58 Errol Street, North Melbourne, phone 9328 1126.



Nancy Lane holding majoram and chives in her herb garden

Photo: Courtesy Nancy Lane

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Great ideas for sparking up that summer barbecue

Lakshmi Balakrishnan

In most parts of the world, the word "Barbie" is most likely to conjure images of an hourglass beauty. One who has captured the imagination of girls and

taken the power of plastic to new heights. Boys are usually not perceived to be Barbie's best friends. Unless, of course, you reside Down Under.

Here, no one wants to miss the chance of a day of play with the barbie, certainly

BRENDA'S RECIPES:

Coriander Burgers

Minced chicken (500g)
Spring onions, chopped (3-4)
Bunch of coriander, finely chopped
1 egg
Plum sauce, 1-2 Tablespoon
Breadcrumbs
Method: Combine all ingredients except breadcrumbs. Take small portions of the meat and roll them

into a ball. Roll the balls in the breadcrumbs and put the meat on the BBQ. Cook by the sides for two to three minutes.

Fruit Punch

1 can of tropical fruit mix
1 500 ml can of apricot nectar
1 can of sparkling ginger ale
Mint leaves
Method: Mix all the ingredients and chill in the refrigerator. Serve in a glass with ice cubes.

not on warm summer afternoons and evenings when the only thing fit to do is to get your backyard set, dust the barbie clean, get the meat and vegies out, call some friends in and set the evening rolling with some cold beer and cool conversation.

For Beth, a North Melbourne resident, the barbie season brings great memories of times spent with her dad. It was, she says, wonderful as a little girl to simply stand tucked next to him, watching him roast the meat, talk to everyone and spoil everyone silly with his delicious samples. Now that she is older, she likes to recreate his recipes while creating her own.

Cassandra Mackie, a student, on the other hand, feels it is the beautiful childhood memories that one builds over and around barbie sessions that makes them so special. "When I think of a

memory, I don't remember one single time," she says.

"The memory is more like a journey through the smell of burning meat, the smoke filling our backyard, the casual chatter, but most importantly, the loud laughter. Barbie has always meant happy times with family and friends. That is what makes it special."

The barbie is not a one-page conversation Down Under, and so we leave you with two recipes that a reader, Brenda, happily shared with us. These come from her barbecue. So then, what are you waiting for? Get ready to fire up the barbie, put out some steaks and bangers.

And do what all Aussies do at the barbie – have a good time!

Lakshmi Balakrishnan is travel and food editor for the News

Hearty fare that will warm the heart

Chris Mays

When one thinks of Eastern-bloc cuisine, one could be forgiven for the image of a snow-blest refuge, thick coats with thicker stew, Russian Standard vodka gracing the dark wooden tables (and floors) amid the callous murmur of hard men peeking out from between Iron Curtains.

The Crimean, ensconced on the corner of Queensberry and Peel with silent, brooding prestige, is the modern counterpoint to this stereotype: shedding the baggage of the past, whilst cherishing dignified simplicity.

Perhaps the first clue to the unassuming nature of this establishment, which inhabits the old Sir Robert Peel Hotel, is its no-nonsense exterior.

Once inside, however, the bold Cyrillic murals signal all comrades to feel welcome within the warming tones of the dark wooden walls and floor. And what could be more welcoming than a complimentary fildžan dose of borscht, a warm beetroot soup, as a primer for the starchy feast ahead?

In true eastern tradition, the drinks menu is a sight for thirsty eyes, but the proud magnitude is bordering on the overwhelming. Wines are drawn from

a combination of eastern, southern and western European selections, side-by-side with some of the higher-end homegrown, whilst the page-long vodka list deserves a heartfelt "na zdrowie!".

The bar is a province unto itself and worth taking in slowly, for about the time it takes for the Żubrówka to warm you down to the toes, if the smooth Balkan tunes spinning on the vinyls don't get them tapping away first.

Hearty, robust ingredients provide the solid foundations for most dishes served at The Crimean: beets, pork, potatoes and an array of pastries. These are livened up in any number of inventive ways, often involving almonds, paprika and no shortage of pickling.

Mains are large and are typically \$27-30; entrées are around \$10-15, and should leave room for some of the tempting desserts on offer, including the signature "Crimean Mess" at \$13. Although the denser mains are perhaps better suited for the chillier months, the summery days ahead are catered for with all-weather shopska salad or smoked salmon with shaved heirloom radish.

All-in-all, the meals are carb-heavy, stout and steady, and make you glad you're not vegetarian. (You are? That's a shame.)

Although the meal selection is limited, the dishes chosen for this exclusive list are

a cosmopolitan collection of eastern classics you'd be hard-pressed to match in this town. These include Polish pierogi, Georgian chicken tabaka and beef gulyás, a recipe straight from the streets of Budapest.

Such an amalgam of cuisines might offend the proud nationalist. Trying to represent such a diverse range of culinary traditions can run the risk of smearing cultural boundaries, akin to a crude lumping of South-East Asia or the entire subcontinent onto a single, concise menu. However, chef Alrich Hansen, rises to the challenge and

consistently delivers the essence of Eastern Europe, with only a hint of tokenism.

This essentialism was a key driving force behind the establishment. In addition to finding a bloc-sized hole in the North Melbourne restaurant circuit, co-owner Lazlo Evenhuis mentioned that the theme also "reflects the political stance" of its founders.

The Crimean is truly a bold, modern take of an underexposed gastronomic realm while also providing a sense of returning home to a part of the world you may never have been before. To expats and explorers alike: dobár apetit!

Chris Mays is a student and lives in North Melbourne

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The Crimean Restaurant on Queensberry Street

Photo: Janet Graham