

## A good man trod the boards and led a ripper life

Leanne Yeung

**M**aurice Ripper was a well-known character in North and West Melbourne. Together with his little dogs, plaid cap and great sense of humour, many of us in the community remember him fondly.

Maurice's father, Phillip, was from one of the oldest families in St Ithians, Cornwall. Maurice was the youngest of five children born to Phillip and his wife, Mabel, who raised the children by herself after Phillip left for Canada to find work as a coalminer following a strike at a Cornish mine. Maurice didn't actually meet his father until 1956, when he was 29.

Maurice served in the British Army in World War II in Africa. Whilst there, he bounced out of a truck, hit his head and was knocked unconscious, only to be pronounced dead. He subsequently woke up in the morgue, to everyone's surprise (including his!). Not long after the war he moved to Australia to carve out a life as a thespian.

In the early 1950s he was a member of the Australian National Theatre, gaining good reviews for his work as he travelled with the troupe. He loved travel, and I am sure he enjoyed the adventures that befell him whilst on tour.

Not renowned for his domestic tidiness, but recognised for his quick wit, Maurice was able to respond to a put-down or criticism with a gracious but cutting remark that would put the critic in his place. This art was most skilfully employed during his years in hospitality. He worked for institutions such as the Menzies and Wentworth Hotels in the CBD, the Old Melbourne in Flemington Road and the Melbourne Club.

As a maître d', he would have known many of Melbourne's famous and infamous and could recount many an entertaining tale, whilst maintaining the confidentiality of the characters in the stories. He was an invaluable asset to any organisation that had the privilege of being his employer.

For the remaining years of his life, Maurice lived at Abbeyfield House in Brougham Street, North Melbourne. Having lived on



Well-known local identity Maurice Ripper (1927-2011) as we remember him

Photo: Gary Heard



Maurice Ripper in his acting days (mid 1950s)

Photo: Courtesy Gary Heard

and a plaque erected at the church in his memory.

People recalled how Maurice loved his food: even in his last days, when he was supposedly 'nil by mouth', he savoured the swab dipped in triple-strength hot chocolate that a pair of church members had sneaked into his hospital room.

His dogs were the same. They had been known to turn their noses up at regular canned dog food, but relished the ravioli with Italian pasta sauce served up to them by Maria at Via Victoria (now the Thai restaurant at the corner of Chetwynd and Victoria streets) as Maurice enjoyed his regular Friday dinner.

There's so much more that could be said, but this poem, written in one of his diaries, sums it up:

Life is mostly froth and bubble,  
Two things stand like stone:  
Kindness in another's trouble.  
Courage in your own.  
— ADAM LINDSAY GORDON

Leanne Yeung is a long-time local resident who knew Maurice Ripper for many years.

### also in this edition...

**Page 3:** Bella's expertise on show in her *Sex Drive* story and you can make it all happen when you do some app tappin'.

**Pages 4 & 5:** Editorial page including Letters to the Editor, and Community comment.

Page 5 explains some of the help you can get from the North Melbourne Legal Service.

**Page 6:** A bit of Bernie blarney in his swing from bar to bar and his passion for both playing and coaching football.

**Page 7:** Weaving magic webs for kids. Also how you can lend a hand to improve the environment plus getting to grips with the mysteries of love.

**Page 8:** Gardening tips and information with a feast of ideas on what you can plant in the vegetable garden this autumn.

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**Page 18:** Four pages of Youth and Education articles plus a short story by budding young author Bronte Vipond.

**Page 22:** Health and fitness tips for the young and old.

**Page 24:** Travel and Food takes you for a trip to Denmark, The Hot Springs retreat in Victoria for a place to take break and there is also a savoury oats recipe that you can try.

**Page 27 & 28:** Take a stroll through some of the galleries of North Melbourne.

## 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 are subject to review.

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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Community: Position vacant  
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Noticeboard: Janet Graham  
Politics & Environment: Jennifer Boyce and Tom Kramer  
Sport & Health: Veenah Gunasegaran  
Travel & Food: Lakshmi Balakrishnan  
Youth & Education: Kate McDonell

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



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**Website:** [www.centre.org.au](http://www.centre.org.au)

**FLEA MARKET**

**Saturday 24 March 2012**

**College Church Hall, Gatehouse Street  
Parkville (near Royal Parade)**  
**Doors open at 8.00am — until 4.00pm**

Collectables including china, linen, silver and glass, bric-a-brac, books old and new, clothing and shoes, garden pots and decorative objects, toys and sporting goods, general household including light fittings, furniture, bed linen and the kitchen

**ALL PROCEEDS TO THE ROYAL CHILDREN'S HOSPITAL**

For further details and donations please contact:  
Maria Haynes, Parkville Auxiliary — Mobile: 0418 410 682

**Celebrating 125 years of educating young women**

2012 marks the 125th anniversary for St Aloysius College in North Melbourne. If you, or anyone you know, was a student or teacher at the college, register your details for the 125th-year celebration. The occasion will be marked with a school mass at St Patrick's Cathedral at 2.00pm on Sunday 29 April followed by afternoon tea and student performances at the college at 3.45pm for all past and present staff and students.

**Please contact the college directly to register your details**  
Phone 9329 0411 or email <[marketing@alloysius.vic.edu.au](mailto:marketing@alloysius.vic.edu.au)>  
St Aloysius College, 31 Curran Street, North Melbourne  
[www.alloysius.vic.edu.au](http://www.alloysius.vic.edu.au)

**Saint Mary's Anglican Church &  
St Mary's Kindergarten**

Cnr Queensberry and Howard streets, North Melbourne

**ANNUAL PARISH FAIR**

**Saturday 28 April 2012 — 10.00am — 2.00pm**

homemade jams, chutneys, preserves, produce, cakes and biscuits, sweets and confections, bric-a-brac, recycled clothes, books, crafts and much more

Devonshire Teas and BBQ

**LOCAL OP SHOP**

To all the new residents of North Melbourne, there is a great op shop in Melrose Street. This shop is open Tuesday to Friday from 10.00am to 2.00pm and on Saturday from 10.00am to 12.00 noon.

Call in at the Anglican Church Op Shop at 55 Melrose Street for a great bargain. We have clothes, shoes, crockery, records, CDs, videos and DVDs and overflowing shelves of cheap books.

Marian Mooney

**North Melbourne Book Group 2012**

Meets third Wednesday of every month at 6.45pm

**21 March** *When God Was a Rabbit* Sarah Winman  
**18 April** *All That I Am* Anna Funder  
**16 May** *The Eye of the Storm* Patrick White

**North Melbourne Library, 66 Errol Street** **Info: 9658 9700**

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

55 Melrose Street, North Melbourne

Palm Sunday 1 April 5.00pm Eucharist  
Maundy Thursday 5 April 5.00pm Eucharist and footwashing  
Good Friday 6 April 5.00pm Devotions  
Easter Day 8 April 5.00pm Easter Eucharist

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

Sunday 1 April 10.00am Palm Sunday Celebration  
Friday 6 April 10.00am Good Friday Passion Reading  
Sunday 8 April 10.00am Easter Sunday Celebration

All services feature *The Old Cathedral Voices*, one of Melbourne's finest vocal ensembles.

**St Mary's, Anglican**

Corner Queensberry & Howard streets, North Melbourne

Palm Sunday 1 April 8.00am Eucharist; 10.00am Sung Eucharist with blessing of palms and procession; 3.00pm Kids' Church  
Maundy Thursday 5 April 8.00pm Evening Mass of the Lord's Supper — the Reverend Dr Dorothy Lee preaching  
Good Friday 6 April 10.00am Celebration of the Lord's Passion — the Reverend Dr Dorothy Lee preaching; 11.30am Ecumenical Stations of the Cross

Holy Saturday 7 April 9.00pm Easter Liturgy, including the Service of Light, Vigil, Renewal of Baptismal Vows and First Mass of Easter  
Easter Day 8 April 8.00am Eucharist; 10.00am Procession and Sung Eucharist

**St Mary Star of the Sea, Catholic**

Corner Victoria & Howard streets, West Melbourne

Saturday 31 March 6.30pm Vigil Mass  
Passion Sunday (Palm Sunday) 1 April 10.30am Sunday Mass (in English); 12.00 noon Sunday Mass (in Lithuanian) — blessed palms will be distributed at each mass  
Monday, Tuesday & Wednesday of Holy Week, 2, 3 & 4 April, 12.30pm Weekday Mass  
Holy Thursday 5 April 7.30pm Mass of the Lord's Supper  
Good Friday 6 April 3.00pm Celebration of the Lord's Passion  
Holy Saturday 7 April 8.00pm Easter Vigil  
Easter Sunday 8 April 10.30am Mass of Easter (in English); 12.00 noon Mass of Easter (in Lithuanian)  
Divine Mercy Sunday, 15 April, 10.30am Sunday Mass (in English); 12.00 noon Sunday Mass (in Lithuanian)

**St Michael's, Catholic**

456 Dryburgh Street, North Melbourne

Wednesday 21 March 9.30am & 7.00pm Lent Reconciliation  
Saturday 31 March 5.00pm Vigil Mass  
Palm Sunday 1 April 10.15am The Passion of the Lord  
Holy Thursday 5 April 6.00pm The Lord's Supper  
Good Friday 6 April 11.30am The Ecumenical Way of the Cross (together with other Christian churches, assembling at St Mary's Anglican); 3.00pm The Passion of the Lord  
Saturday 7 April 6.00pm Easter Vigil  
Easter Sunday 8 April 10.15am

**Saints Peter and Paul, Ukrainian Catholic**

Corner Canning & Dryburgh streets, North Melbourne

Good Friday 13 April Commemoration of the Passion and death of Our Lord — a day of strict fast and abstinence: 9.00am Royal Hours; 6.00pm Vespers and procession with Christ's burial cloth, veneration and Matins  
Divine Saturday 14 April 9.00am Divine Liturgy of St Basil the Great and Vespers; 6.00pm Solemn celebration of Christ's Resurrection, Matins and blessing of Easter baskets  
Sunday 15 April Feast of the Resurrection of Our Lord Jesus Christ: 8.00am Divine Liturgy, recited; 10.00am Solemn Pontifical Liturgy with blessing of Artos

Bright Saturday 21 April 9.30am Divine Liturgy and Easter Parastas for all the deceased members of the parish

St Thomas's Sunday 22 April 8.00am Divine Liturgy; 9.30am Divine Liturgy followed by community sharing of Easter food

**The Eighth Day (a Baptist Community)**

4 Miller Street, West Melbourne (cnr Curzon & Miller streets)  
Maundy Thursday 5 April 7.30pm A Night in the Garden

Easter Sunday 8 April 5.30pm Surprise in the Garden

**Uniting Church, Mark the Evangelist**

51 Curzon Street, North Melbourne

All services are held in the Hall, 4 Elm Street, while the church is under repair.

Palm/Passion Sunday 1 April 10.00am Procession with Palms, reading of the Passion according to St Mark, Eucharist

Maundy Thursday 5 April 7.30pm Eucharist and Foot Washing  
Good Friday 6 April 10.00am Reading of the Passion according to St John; 11.30am Ecumenical Stations of the Cross

Saturday 7 April (Easter Vigil) 8.00pm The New Fire, Renewal of Baptismal Vows, Eucharist  
Easter Day Sunday 8 April 10.00am Renewal of Baptismal Vows, Eucharist

## COMMUNITY

# Bella's sexpertise on show in her *Sex Drive* story

Javieria Dastres

Who knew we had a sex and relationship expert living right here in North Melbourne? Well, Bella Ellwood-Clayton has lived here for seven years.

Born in Melbourne and raised in Canada, she has an impressive academic background. Her Melbourne University PhD focused on the sex lives of women in the Philippines.

Bella has written sex and relationship columns for many newspapers and magazines, she regularly appears on radio and television and she frequently gives public talks.

Two weeks ago, her book *Sex Drive: in pursuit of female desire* was published. So it's a perfect time to pose a few questions to our resident sexpert.

**Bella, why did you start studying sex?**

Erica, my best friend in high school, came from Chile. She told me that men there often had their first sexual experience at a brothel. I was so intrigued. How might this affect their future and their attitude to women?

I later learned that loss of male virginity at a brothel is common in many Latino cultures. When it comes to sexuality, much of what we regard as "normal" is in fact shaped by the era or culture we live in. Attitudes to everything from homosexuality to infidelity to first sex are influenced by where we grow up.

**Looking at your career path, it seems you jumped ship from academia to popular culture?**

True. I was endlessly frustrated that what we learned within the academic setting was



Local writer Bella Ellwood-Clayton  
Photo: Courtesy Bella Ellwood-Clayton

rarely communicated to the mainstream. What's the point of gaining knowledge if it's not shared?

**So, how long did it take to write the book?**

Let's put it this way. When I started it I was newly married, but by the time I was finished, I had two children. Who, if you happen to see them tantruming at the local IGA, I'll pretend aren't mine.

**And is *Sex Drive* based on case studies?**

I analysed hundreds of academic papers and books about sexuality, reviewed statistics from around the globe and interviewed about ninety women.

**What is the book about in a nutshell?**

We know that having low libido is women's number one sexual problem and that once women are in an established relationship, their sex drive begins to plummet.

I wanted to explore why this is happening and whether we have unrealistic expectations about our sex drive. Who defines what is normal and abnormal? Could "low libido" in fact be the natural order of things and how does culture play a part? After all, in the Victorian ages a woman with a robust, sensual libido would have been diagnosed with a mental illness.

**What contributes to women's loss of desire?**

Biochemically, the lust that we feel at the beginning of a relationship, called "limerence", doesn't last. We develop a chemical tolerance to the person we're in a relationship with. Sad, but true.

Also, when women become parents, their whole sexual identity shifts and their affection often moves from their partner to their child. General fatigue can also contribute to women's loss of interest in sex.

Trying to achieve a passionate relationship, as well as steering a career, raising glossy, articulate children and keeping our bodies, homes and dinner tables attractive, is simply too much. Many women don't want sex because they don't feel sexy.

Then, consider also the number of women who are depressed or anxious and on medication of some kind, and the effects of this on libido, and we're looking at big numbers. Menopause and ageing can also hinder our sexual vitality.

**You accuse some of the world's top sex researchers of foul play.**

Yeah, and I hope I don't get sued. The thing is, the people coming up with the blueprint of sex and what is "normal" and dysfunctional female sexuality are, by and large, funded by pharmaceutical companies. If low female desire is pathologised as a dysfunction, which it has come dangerously close to, then it can be treated with an array of big pharma cures. That's their payoff for funding all the research.

**These new sex drugs are explored in the book?**

The race to find a "Pink Viagra" is on. Sex researchers and pharmaceutical companies have had a lot of near misses when it comes to solving the problem of female desire. It won't be long before there's a concoction that works, and already doctors are prescribing such drugs to women, off-label.

**Are people in North and West Melbourne especially sexually frustrated?**

I don't know, perhaps I'll have to do a study! But I would actually guess that people living here have grandiose expectations of love and these expectations of what we believe we deserve and what our sexuality should be like clash with the reality we find when we undress and lie naked in our bed.

Bella Ellwood-Clayton's book *Sex Drive: in pursuit of female desire* (Allen & Unwin) is available at bookstores and online at <http://www.drbelinda.com.au>

Javieria Dastres is a psychology student at RMIT

## You can make it all happen when you do some app tappin'

Suzie Luddon

I'm a relative newcomer to the world of smart phones and electronic devices. I believe I'm what marketers would call a late adopter. In this column I pledge to remove my head from the blissful sands of the ostrich and get acquainted with some (but not all – no Facebook for me!) of the 21st century space invaders.

Like those quaint little aliens that would float down the old school screens of a bygone era, apps and devices and platforms and downloads advance at a relentless pace, and we can't kill them all.

Whether we need them is a topic for another time, and irrelevant anyway. The

internet and the revolution it has brought upon the world are here to stay. And that's not a bad thing; it's just hard to keep up with it all.

So I decided to start by downloading a few free apps, and take it from there. Being a word geek and clinging hopelessly to the familiar, I downloaded the 'Words with Friends' app, which is basically online Scrabble.

You can play against your friends or a random opponent, and it works exactly like Scrabble except that a game can last for days while opponents wait for each other to make a move. Life tends to get in the way between turns in the online world.

Also, there's no chat or banter with your

opponent, so I'd rate this as an amusing pastime that requires little effort or commitment. Not as much fun as the real thing, but hey, we're in virtual world territory.

Next up, and in keeping with the familiar, I downloaded the 'Swiss Army Knife' app. Having long wanted to channel my inner McGyver, I had a bit of fun with this one. It has a flashlight, ruler, timer, stopwatch, compass, bubble level and scientific calculator, for those awkward times when you need to make some trigonometric calculations.

I'm not sure that I'll ever use a bubble level, but this app could come in handy if I ever get lost in the bush at night and want to time how long it takes me to find due north.

I then whiled away an amusing half hour

learning how to draw, using an app of the same name. It has step-by-step instructions on how to draw various things, from Spiderman to Justin Bieber, with assorted animals in between. Why anyone would want to draw Justin Bieber is a mystery to me, but I enjoyed drawing a Dalmatian.

Next I downloaded a 'Learn to Speak French' app, with the aim of using my daily walk to and from work more fruitfully. And that's where the gold is for me so far in my big-toe splash in the app ocean. There are thousands of apps out there, many of which can enhance your life and help you learn. So far, c'est bon!

Suzie Luddon writes regularly for the News



**KIDS IN BERLIN!**  
australian indie maverick fashion

women : men : kids open 7 days 472 victoria street, north melbourne [www.kidsinberlin.com](http://www.kidsinberlin.com)

## LETTERS TO THE EDITOR

### Putting a stamp on your own good work

Thanks again to all those who dropped off their used stamps at The Centre last year. Keep up the good work of recycling and help a charity. If you don't have time to tear them off the envelopes, just bag them up and I'll tear them off for you. Just drop them in at The Centre.

Marian Mooney, North Melbourne

### Just leave us be and we'll find true North

Rumour has it that Melbourne City Council wants to turn North Melbourne into another Gold Coast or Docklands. You couldn't take our football club to the Gold Coast, so don't turn our wonderful inner-city suburb into a tourist attraction for the rich and famous. Docklands is a ghost town. No one there knows their neighbours, there are no iconic cafes like our Auction Rooms or hairdressers like All the Kings Men.

North Melbourne is a vibrant, friendly, upbeat suburb with genuine heart and feeling. People care about each other and know who each other are. For goodness sake, don't turn us into another Docklands.

Joseph Hess, North Melbourne

### Outreach should be reaching out to us

I recently became unemployed. I went to Centrelink and was told I had to register with an employment agency and there was one in North Melbourne.

I found the poorly-signed Salvation Army agency, was interviewed and told that it was

an "outreach" agency: open only on Mondays and with no facilities. If I wanted to search for jobs on computer, I would have to go to St Kilda. When I asked what "outreach" meant, I was told it meant "making services available to the local community". Having to travel to St Kilda, doesn't meet that worthy aim.. This "outreach" receives government funding but provides little value to our community. If the Salvation Army provides a local employment agency, it should offer full services rather than being a token "outreach" of limited benefit.

Stephen Jasper, North Melbourne

### Force our planners to face ugly results

It was a recent discussion with a taxi driver that led to a new theory. Navigating the chaos that is now the southern end of Mount Alexander Road, he mused that the people who allowed these developments are probably not aware of the consequences of their decision. Perhaps if the planning decision-makers returned to view the subject sites a year after buildings are completed, they might make more informed decisions.

Madeleine Scully, North Melbourne

### Warm hand to all who put their hand up

I'm not quite a North Melbourne local as I live just over the border, but I recently came across a copy of your paper's December edition. It contained a wide range of articles and was really very interesting to read. But most of all, I was impressed to see that the paper is totally put together by volunteers. A big effort. Well done.

Jean Ross, Kensington

*We want your letters! Keep them short, keep them interesting! Send them to mauriceg@bigpond.com*

## 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?

## Community Comment: Suzie Luddon ventured out on the streets to ask locals about their dream holiday destination



1 Mofeed,  
North Melbourne:

I'd like to go to Tanzania because there are a lot of cultural aspects to the country that interest me, such as how they use monkeys to find water.



2 John,  
North Melbourne:

I'd like to go to Brazil for the 2014 soccer World Cup. I've been there before and I love it, it's an amazing country and such an interesting culture.



3 John & Jane,  
North Melbourne:

Jane: Lord Howe Island because it's so remote and it's absolutely beautiful.  
John: Far North Queensland for the palm trees, crocodiles and beaches.



4 Abuk,  
Flemington:

The country I'd really like to travel to is Egypt because my mum lives there. I love Egyptians and I love the scenery there, it's such a beautiful country.

### DO YOU KNOW SOMEONE IN NEED?

#### Ozanam House, North Melbourne

*Working with homeless men in Melbourne since 1953*

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

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

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



**VincentCare**  
Victoria

### İHTİYACI OLAN BİRİSİNİ TANIYORMUSUNUZ?

#### Ozanam House, North Melbourne

*1953 den beri Melbourne'daki evsiz erkeklerle hizmet veriyoruz*

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

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

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



**VincentCare**  
Victoria

## Mum's day, every day

Margaret Langdon

# I caught my ex out on the beach

**M**y son, Max, was born on New Year's Eve, which for a child is a rotten time to have a birthday. It's impossible to organise a party with so many people away.

I tell Max that when he's a teenager he won't mind, as the girls will make a fuss of him on New Year's Eve. At the moment that suggestion makes him recoil with horror and say, "Ewww!" but I suppose some day he'll think differently.

So Max's official birthday party is

postponed until after school goes back, but thanks to some very good friends, Georgina and Baz, a tradition has evolved that allows Max to enjoy a special celebration.

Georgina and Baz live near the bay, so for a few years now they have hosted a special celebration for Max's birthday. Max, Lauren and I, and the kids' dad, Steven (my ex-partner, whom I am glad to say I get on well with these days), meet Georgina and Baz on the beach. We spend a few hours swimming, chatting and playing on the sand before adjourning to their house for a BBQ lunch in Max's honour.

One of the highlights of this day is the traditional game of beach cricket. I have to say, for all the amicability of the relationship between Steven and me, there's something about playing your ex-partner in a game of beach cricket that can bring out intense rivalry.

The annual grudge match began two summers ago. I was bowling and it was Steven's turn to bat. He took his place amongst the seaweed and shells in front of the plastic stumps and swung the bat in a few warm-up moves that made him look like Don Bradman. If Bradman ever wore board shorts and played with a kid's bat and a tennis ball, that is.

The trouble about exes is that they know so much about you. My ex knows I have no interest in, or knowledge of cricket. He also knows I have lousy hand-eye coordina-

tion. He swung the bat again and gave me a look that said "Bring it on!". The fielders all moved way back.

I wanted to chicken out, but the children cheered for the underdog. "Come on, Mum. You can do it," they shouted. I gathered all the strength I could from the memory that I used to play rounders in primary school. Very badly, as I recall. But I knew that if I bowled underarm I could at least bowl straight. I sent down one of my feeble attempts, and watched Steven preparing to smack it half way across the continent.

Unfortunately (for him) he missed, and my feeble ball bounced off a patch of sand, trickled past his bat and toppled the stumps. Out!

"Quack, quack, quack." I watched bemused as Baz launched into a duck impersonation. I didn't know what a golden duck was until this occasion. The kids were soon leaping about, quacking and laughing as well. Steven took it good-naturedly, which was just as well since we got mileage out of it for the rest of the year.

Then, the summer just gone, again for Max's birthday, we were back on the same beach.

"Are you ready to get Dad out for another golden duck?" asked Max. He and Lauren did a few warm-up quacks.

"No way," I said. "That was a fluke. You know I can't play cricket."

But I had to try, didn't I? Steven lined

up with the bat again, to heckling from the fielders, and I sent down another straight but innocuous offering. The onlookers held their breath. The batsman didn't make the same mistake this time. He hit the ball carefully, but unfortunately (for him) it looped up much higher than he had intended.

I watched the ball soar through the air. It was heading in my general direction. I'm a terrible catch, but I should at least try to get it, shouldn't I? I ran for the ball. Steven said later I sprinted like an Olympian and leapt in the air like Superman. I'm not sure about that. Perhaps I did jump just a little, and stretch out my fingers, but no one was more surprised than me when I felt the furry tennis ball between them. Another golden duck!

The kids went into a frenzy of arm-flapping and quacking, and Georgina and Baz laughed and cheered. Steven shook his head, and I did a victory lap with the ball held aloft. It was very funny, and another total fluke. I've never managed a catch like that either before or since.

Yes, there is definitely something about playing against one's ex that can give a game of beach cricket an extra dimension.

Our long hot summer is behind us now, but next year I'm on a beach cricket hat trick!

Margaret Langdon writes regularly about raising Max and Lauren as a single mum.

# Help on hand if you're in need

Maurice Gaul

**H**ave you ever been nabbed for speeding, lumbered with a huge mobile phone bill or faced a tricky issue in dealing with Centrelink?

Most of us are able to take these unwelcome annoyances in our stride. But for those in our community who are isolated, struggle with English or have a mental illness, such situations can be traumatic. The North Melbourne Legal Service has launched a project to help the disadvantaged members of our community who face legal problems.

The NMLS has engaged researcher Farah Hassim to identify the legal problems that disadvantaged people often meet and the barriers they face in resolving them. She hopes to come up with practical steps that will enable socially excluded people such as the homeless, the young, the poor or those suffering from mental illness to deal with their legal problems.

Farah, a South African of Indian descent, came to Australia six years ago and has been involved with the NMLS as a volunteer. "I'm

very excited with this project," she said. "It's a great opportunity to discover what disadvantaged members of our local community see as their legal needs and to take steps so they can better address those needs."

She plans a two-pronged investigation. "I will set up focus groups to see what are some of the concerns of specific groups. One might be made up of older community members who encounter problems relating to community housing or perhaps in completing their last wills," she explains.

"Another group could be young Eritrean women who might be facing difficulties ranging from consumer and credit card debt to more pressing problems involving domestic violence and custody issues.

"This small group approach will enable me to identify any specific legal difficulties the participants have faced in the previous year, to see what barriers prevented them from resolving those difficulties, and to discover how effectively they dealt with their various problems."

Farah will also interview case managers at local organisations such as Doutta Galla

Community Health and the Salvation Army to find out if marginalised members of the community have managed to access the legal support services offered by the NMLS or other legal assistance providers such as Victorian Legal Aid.

"The project's aim is to improve the NMLS's effectiveness in supporting local disadvantaged people with their legal concerns. I hope that my research will lead to the most vulnerable people in our community being better informed, advised and rep-

resented when they meet legal problems," Farah said.

"I began the project early in February and I'm hoping to complete it by the end of next month."

Would you like to be part of a small discussion group with Farah or offer feedback and suggestions regarding the project? Contact her at [legalNeeds@nmls.org.au](mailto:legalNeeds@nmls.org.au).

Maurice Gaul is editor of the News



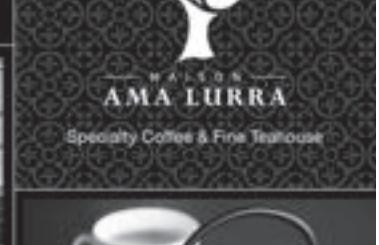
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# Bit o' Bernie blarney in his swing from bar to bar

Maurice Gaul

**B**ernie Sheehy is propping up the bar at the Limerick Castle Hotel on Errol Street. He sips a beer as he banters with the barman, looking for all the world as if he owns the place.

Actually, he does. He bought the pub in 1999 with brother Gerard and a mate. It has brought him home to North Melbourne after a journey that began in 1956 when he started secondary school at nearby St Joseph's College.

"I was just 15 when I started year 12. I did maths and sciences and played school footy and cricket. I had three brothers and we were all sports mad," he says.

Sheehy began medicine at Melbourne but left after a year. "My father disapproved, we had a falling out and our relationship suffered for a long time. Years later I finished law part-time."

Academia may not have been a passion but football certainly was. He spent 10 years with 'A' grade Amateurs club North Old Boys, playing 119 senior games then captain-coaching the reserves. It sparked a life-long love affair with coaching.

In 1975 he was appointed coach of battling amateur club De La Salle Old Collegians. Club veterans recall a pudgy, balding 30-year-old, dressed from the rag bag and driving a clapped-out VW, exploding on the scene with a frightening intensity.

He led the field home in training runs, demanded total commitment and introduced complex training drills around witches hats. "I collected some off the road as I drove to training, though a cop cruising past wasn't too thrilled," he says with a wink.

Sheehy soon turned the complacent old boys' club on its head, stunning players with a fiery post-game tirade after a round-two loss. "People claim I was crying, that's not my recollection, but I did storm out of the ground."

A more dramatic outburst came weeks later after a bad loss when, seething with rage, he hurled a beer glass at the wall. Players dived for cover as it shattered, but knew that a mediocre effort would never be acceptable again.

His players loved him and De La Salle's rise was meteoric. In five years, he won three premierships, two in 'A' grade. "I had a good eye and a knowledge of what's right and what's needed. And I got them really wanting to win."

At a 1979 semi final, Sheehy's father collapsed and died during the game. "One player, Joe Doolan, was a priest, and he jumped the fence, ran to his car to get the sacred oils and gave the last rites," he says quietly.



Bernie Sheehy is a welcoming mine host



Bernie Sheehy looks relaxed in the bar of the Limerick Castle

Photos: Jim Weatherill

him much in demand. In 1983 he served on Melbourne's match committee under Ron Barassi, setting up the Demons' video system, then had two years at Fitzroy where he coached the reserves.

"In 1985 I was Victorian assistant coach to Sheedy. At the selection table in Perth, he asked me in front of Teddy Whitten and Bob Skilton what my brother Gerard thought about a player," he laughs as he recalls the two legends looking mystified.

In 1988 he coached the Victorian and All-Australian Amateurs. It ended a hectic football decade in which he was equally busy off-field, tutoring legal studies at La Trobe for six years then completing his articles and starting work as a solicitor.

The 1990s saw a move to the VFA (now VFL), first as Werribee assistant coach then as Springvale senior coach. "The place was gutted, players weren't being paid and were leaving in droves. But we turned it around and, after I left, they won four flags in five years," he recalls.

In the mid-1990s he worked as a forward scout for debut AFL team Fremantle then served on the Melbourne match committee with good friend and Demons coach Neale Daniher.

After buying the pub in 1999, Sheehy had two years as an associate with County Court judge Michael Bourke. Then, in 2005, and still up for new challenges, he qualified as a barrister and was admitted to the bar.

The man who devours footy culture found the legal arena daunting. "The barrister's life is exciting but I started at 60 and found it draining. I lay awake worrying

about cases and it was knocking me around.

"I was totally confident in sport but in court it was different, so many talented people watching and I didn't want to make a goose of myself."

Now, football's siren song has again seduced him. In 2009 he took up the reins at amateur club Ajax and last year won the flag. The leprechaun look-alike, with a name as Irish as Paddy's pigs, has warmly embraced the Jewish club.

"It's different, very affluent, but I love the effort they put into study and work and their love of travel, and I'm pretty interested in the politics of Gaza and the West Bank."

There are now fewer of the outrageous exploits that are folklore among Sheehy's huge circle of friends. One classic concerns a Near Year's Eve party in a Chelsea boatshed and involved a refreshing midnight skinnydip in the bay.

He then rejoined the party starkers, wandering through the crowded shed, chatting and drinking with surprised guests. "No, that's not right, I don't remember that," he protests sheepishly.

It's a more subdued man who now enjoys life with Pauline, his partner of 45 years, as he coaches Ajax, looks after the pub and does some accounting and legal work.

But he doubts he'll saddle up again in the County Court. "Not keen on the wig," he says impishly. "I always had to blue tack it on."

Maurice Gaul is editor of the News

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## Weaving magic webs for kids



This tapestry showing the games children play gives young patients something to smile about

Photo: Courtesy Royal Children's Hospital

**Suzie Luddon**

Elastics, marbles, wheelbarrows, skipping, hopscotch, hula hoops and more. The tapestry at the new Royal Children's Hospital in Flemington Road is guaranteed to evoke memories of childhood playgrounds.

Except for a boy playing Nintendo, the scene depicts a timelessness to the games children play, and if it had a soundtrack, chants such as "ring a ring o' roses" would sound down the centuries. Clapping games, yo-yo's, tag and others, all in an ever changing world. There's comfort to be had in the familiar.

While today's i-kids are tech-savvy almost from birth (there's also a giant touch screen for games in the hospital foyer), it's nice to know that in school playgrounds around the world they're

playing the same games and singing the same songs that their parents and grandparents did, at least for some of the time!

The tapestry, entitled 'The Games Children Play', was commissioned in 2009 by the Royal Children's Hospital Foundation in recognition of Dame Elisabeth Murdoch's 75-year association with the hospital.

The artist, Robert Ingpen AO, took inspiration for the tapestry from a 1590 piece by Pieter Brueghel the Elder, entitled 'Games Children Play'. He used this painting as a starting point, and updated it to reflect the 21<sup>st</sup> century. Three weavers, Sue Batten, John Dicks and Emma Sulzer, worked with wool and cotton to create the tapestry, which now graces the foyer of the Royal Children's Hospital.

*Suzie Luddon writes regularly for the News*

## Cast your line online for love

**Suzie Luddon**

**L**ove is a battlefield, love is a losing game, somebody to love, love is the drug...a hefty book could be written listing the songs, plays, sonnets, books, movies and poems that have been written about love.

It's the human condition. We need connection, and romantic love is one of the pinnacles – most of us want to scale that mountain. But many a word has also been written about the perils of love – it was Shakespeare who warned us that the course of true love never did run smooth.

So should we find ourselves looking for love, where do we start? Well, in a word, online. Unless your social or work life propels you into the orbits of a range of eligible potential dates, you'll need some help meeting people, and the internet provides a huge pool of potential dating partners. Sounds easy? Perhaps for some...

Emily arranges to meet all of her online dates for coffee at Errol's on the premise that it's close to home, it's easy to find and if necessary a coffee can be consumed in five minutes. This strategy paid off when date number one, "You Won't Be Disappointed", canvassed the possibility of friends with benefits within that first five minutes – disappointed, yes, disgusted and outta there, most definitely!

Her next date at Errol's, "Smart and Interesting", was a big improvement on the first, and they whiled away a pleasant hour getting to know each other. But when he contacted her for a second date, Emily got the wobbles and put him off. She kind of regrets it now, but if what they say is true, then what's for you won't go by you. So she's decided to drop the idea of finding "the one" and to focus more on having fun and making new friends.

Tom, on the other hand, goes gaily from one relationship to another with barely a breath in between. Taking the shotgun approach, he's of the view that there are plenty of fish in the sea, and if "Demanding from Doncaster" demands too much, then it's on to the next one, no questions asked. Whatever works, for all is fair in love and war (or is it? The veracity or otherwise of that proverb is a topic for another time).

Mark's been dating for a while now and his experiences so far, with "Low Salt" and "Gluten Free", have only made him more mystified in the ways of les femmes. Gluten Free came on strong then faded away, while Low Salt has been more slow and steady, but for Mark there's something missing. The fact that he's still online and open to other food groups indicates that it's probably not a happening thing. Maybe he's still smarting over Gluten Free.

Ben thought that "Sweet and Caring" was just that until midway through their third date she excused herself to go to the bathroom, never to return. An hour later he got a break-up text from her. Swapping stories with Mark, they're both dazed and confused about the mixed messages that women seemingly send them. Perhaps they're not reading the signals, or perhaps all of these near misses are clearing the way for that special one.

Whatever the case, they'll probably persevere, and chances are they'll meet their match and learn more about themselves along the way. There are plenty of success stories in the online dating world, but alas, most of us will probably have to kiss a few proverbial frogs along the way.

*Suzie Luddon writes regularly for the News*

## Lend a hand to plant a tree

**Heidi Snow**

**D**id you know that Australia's leading practical conservation organisation has an office in the heart of West Melbourne?

Conservation Volunteers involves over 10,000 volunteers across Australia each year, planting around one million trees, collecting more than 100,000 kg of rubbish, repairing thousands of metres of fence line, protecting endangered plants and animals, and much more.

Conservation Volunteers believes in a healthy and sustainable environment and for everyone to be involved in managing and protecting that environment.

With offices all around Australia, volunteers travel to many different sites across the country every day to volunteer for important projects that protect or enhance the environment and heritage.

With such a large variety of projects to choose from, our volunteers love the freedom and flexibility involved in joining Conservation Volunteers.

"I love volunteering every week because I like being outdoors and they have a wide

variety of sites I can visit around Melbourne," said Jeff, a regular volunteer at the Melbourne office. "Conservation Volunteers provide transport from Adderley Street in West Melbourne, so it is easy for me to jump in their van and be taken to new parks that I have never been to."

As a volunteer, you could choose to head out to La Trobe Wildlife Sanctuary in Bundoora to plant native plants and remove weeds in an effort to restore the site to its former glory.

Or maybe you would prefer to travel to Woodlands Historic Park in Greenvale to help build a predator-proof fence as part of the eastern barred bandicoot recovery program that aims to protect an endangered Australian animal.

If you would like to find out more or get involved, you can pop into the Melbourne office at 162 Adderley Street, West Melbourne for a chat with the staff and to collect some pamphlets.

Or you can go to the Conservation Volunteers website: <http://www.conservation-volunteers.com.au>

*Heidi Snow is volunteer engagement officer at Conservation Volunteers*



Volunteers planting a tree

Photo: Courtesy Conservation Volunteers

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*the News*  
Garden Patch

**Natasha Grogan**

**A**utumn days are here already and I for one can't believe it. I am happy to report that my first child, Gretchen Peta, arrived safely two days before Christmas. The rest of our hot summer felt like one long day.

Gretchen has already joined me many times in the garden, sleeping (like a baby) while I tend to the beds. It would seem the little love has no choice but to become a keen gardener.

With my new arrival taking up most of my time, you'll have to forgive me for taking a blunt approach to my gardening advice.

Inquisitive gardeners often ask: "What should I plant now?" and "How and when do I harvest?" For those posing the same questions I have provided a list of my autumn favourites and a guide to what to look for when harvesting.

**Broccoli**

Rarely will a home-grown broccoli head reach the size of those in the supermarkets, so don't wait for them to grow to that size. Believe me, I made this mistake when I first started gardening, and they went to flower before they grew any bigger.

I now harvest broccoli when the buds on the florets (we called them "trees" when we were kids) look full but are still tightly packed. If you harvest the broccoli an inch under the main head you will be able to harvest small florets from the stem for several weeks. The stem is delicious and full of nutrients, so don't leave it out of your cooking once you have removed the plant.

**Carrots**

When harvesting carrots from my garden over the holidays, my dad asked, with a concerned frown, if they were "OK to eat". I reassured him that, like we humans, organic produce comes in many different shapes and sizes.

I love carrots, but have grown very few that look like those in the supermarket. Instead I have taken to calling mine "crazy carrots". They come in all shapes: some have two legs, some twist and twirl and some split down the middle. But make no mistake, they all taste terrific.

Carrots love fluffy, deep loam soil. After years trying, I have not yet mastered the perfect carrot-growing soil and as a result they

are a little on the wonky side. Your carrots will be ready to harvest when you can see their tops pop out of the soil. Simply pull out, wash and eat.

**Leeks**

Leeks are great for the simple reason that they can stay in your garden for up to a year. If you forget you have planted them, they can be a great surprise months down the track.

Leeks are tricky to plant if bought as seedlings. Each single "strand" is one leek and there can be as many as thirty in a punnet. Don't make the mistake of planting them all together (this also applies to carrots, spring onions and beetroot). Take the time to separate the seedlings and you will be rewarded all year round.

To ensure that all plants have enough space you can plant leeks from seed and then thin out (remove some of the seedlings that emerge). Harvest the leeks once they have reached your preferred size by pulling out the entire plant.

**Lettuce**

I try to avoid buying lettuce for my kitchen. The plastic bags seem such a waste for the few leaves that I require and often half of what I buy ends up in the bin. Besides, let-

tuce is super easy to grow all year round. You can buy seeds and thin out or just buy seedlings. Either way, having lettuce in your garden is a money saver.

Harvest your lettuce by breaking off only as many outer leaves as you need for your meal, leaving the plant in the ground for your next dinner.

**Silverbeet**

Silverbeet is another plant that is hardy and reliable. I always plant rainbow silverbeet (why go for green and white when you can have green, yellow, red and pink?). Silverbeet is much like lettuce: harvest the outer leaves you need, whenever you need them. You'll use the entire leaf when cooking, so harvest each leaf from the base of the stem.

So there you have it! A few treats to put in your garden over autumn. This time last year I told you to add some love to your soil in the way of manure, compost or both and to give your garden a good water with seaweed liquid. This should become part of your autumn gardening habits.

See you in the dirt!

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



**You can't beat a good silverbeet**

*Photo: Amy Quigley*

## Little Biggy proves to be a right little terrier

**Melissa Hughes**

**B**iggy, a two-year-old male Staffordshire bull terrier cross, arrived at Lort Smith Animal Hospital late last year when he was accidentally run over by a quad bike. Biggy was seriously injured and incurred a broken left hind leg. His owners brought him to Lort Smith for veterinary treatment; however, they did not return.

"Unfortunately this is something we see too often. We continuously promote responsible pet ownership to avoid cases where we see animals like Biggy being abandoned," said Elizabeth Walker, Lort Smith shelter manager.

As owners can spend thousands of dollars on unexpected emergency veterinary treatment, it is important they plan for such

an unforeseen situation so they won't need to make the heart-breaking decision to part with their beloved pet due to limited financial means.

After surgery and a number of weeks in strict cage confinement to ensure his successful recovery, Biggy was adopted out with his new owner falling in love with him instantly.

At Lort Smith, we pay for the treatment of abandoned pets, in Biggy's case costing us over \$3000 for his treatment. In these tough economic times we are desperate for donations to continue helping animals like Biggy. To donate, please phone 9321 7215 or go our website <http://www.lortsmithe.com>.

*Melissa Hughes is the marketing and fund-raising assistant at Lort Smith Animal Hospital*



**Biggy is back in form and he's fighting fit**

*Photo: Courtesy Lort Smith Animal Hospital*

### Homelessness Community Forum

Presented by

**The North and West Melbourne Homelessness Action Group**

**Thursday 19th April 2012, 10am – 12pm**

The Meeting Room

Upstairs at the North Melbourne Town Hall  
Queensberry Street entrance  
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All members of the community are invited to hear  
**local federal member Adam Bandt MP**  
present the forum's keynote speech on his policy ideas for  
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**Please RSVP by 12th April**

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**We extend an invitation to join us for breakfast**

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# North & West Melbourne Association

## Electoral Representation Review — Melbourne City Council

The North and West Melbourne Association (NWMA) was one of 21 groups and individuals who lodged preliminary submissions with the Victorian Electoral Commission (VEC).

The scope of the VEC's review was limited to considering: the number of councillors; and whether the City of Melbourne should be divided into wards or remain unsubdivided. In the event of subdivision, the commission was to recommend the number of wards, boundary placement and the number of councillors for each ward.

The majority of submitters, including residents' groups, asked for a ward structure and an increase in the number of councillors from nine to 11 (including Lord Mayor and Deputy Lord Mayor). Councillor Jackie Watts submitted a proposal for five wards and a suggested division; other submissions were not so specific.

Option A in the VEC's preliminary report, published on 23 January, favoured increasing the total number of councillors to 11. However, the Association was disappointed with its recommendation not to reintroduce wards. The report did, though, detail five alternative options, four of which included wards, with various computations of their number, location and number of councillors allocated to each.

The public had until 23 February to lodge response submissions, with the opportunity to speak to them at a public hearing on 29 February.

## Planning

### City North and Arden Macaulay structure plans

On 7 February the council's Future Melbourne Committee considered the City North and Arden Macaulay structure plans.

The committee approved both plans, resolved that it would not attempt to compulsorily acquire privately owned land to procure the proposed public open space and requested that management report to council in February on the proposed Planning Scheme amendments and the methodology for recommending that community submissions be considered in subsequent statutory panel considerations.

Council will move to consider com-

mencing Planning Scheme amendments for both structure plan areas for land use (zoning changes), built form controls and public acquisition controls.

*26 Erskine Street, North Melbourne*  
Residents and Association members had a welcome win at VCAT last month, with the tribunal member rejecting an application for a three-storey development on the site of a demolished single-storey weatherboard cottage that became headline news in 2004 when a passing jogger discovered the kidnapped baby Montana Barbaro inside the derelict house. VCAT member J.A. Bennett ruled, in part, as follows:

"Mr Leach in his submission referred to excessive development and suggested that the proposal represents an excessive densification and intensification (i.e. at odds with appropriately balancing planning scheme objectives).

"In broad terms I agree with him and consider the current proposal has swung the balance too far towards satisfying policy encouraging additional dwellings as against policy aimed at achieving an acceptable response to the site context. Three, three storey dwellings with two roof top terraces results in excessive and unacceptable massing and bulk. It is not one individual element that causes me to find against this proposal but rather the combination of height, high walls on boundaries, boundary setbacks, very high site coverage and low permeability."

### 14–18 & 20 Anderson Street, West Melbourne

An application for a seven-to-eight-storey development on the above site was recently lodged with Melbourne City Council. The NWMA and local residents objected on the following grounds:

- Comprising 51 apartments and rising to eight levels on the Anderson Street frontage, it represents a gross overdevelopment of the site.
- The height and bulk are not in keeping with existing structures.
- The development would overwhelm and compromise a relatively harmonious streetscape and the small, treasured, triangle of open space opposite.
- The proposed building is about 8.4 metres higher than the nearby heritage-listed Railway Hotel. Council has reduced the



These Anderson Street buildings are the site of a controversial proposal

Photo: Janet Graham

height of other recent applications to a maximum five storeys to conform with the Design and Development Overlay for the area and by reference to the Railway Hotel.

- It would overshadow the single-storey Victorian terrace houses at Nos 6–8, 10 and 12 Anderson Street.
- A proposed level-3 balcony with planter boxes would overlook the rear gardens of these three houses.
- The internal roof structure of the industrial building at 14–18 Anderson Street is of great architectural merit and its historical significance should be assessed.

### Former Caltex Service Station, King Street, West Melbourne

Consultation meetings have been held with the community about the future usage of this site, bounded by Curzon, King and Hawke streets. The current proposal is for a church and a five-to-six-storey building accommodating retail, community, childcare and residential space.

### Woolworths proposal

Many readers will be aware of the large development proposed by Woolworths on the site bounded by Canning Street, Vaughan Terrace and Macaulay Road.

We understand that Woolworths submitted a response to the Department of Planning and Community Development in December offering minimal concessions, such as slightly shorter trading time for liquor sales and potential for a childcare centre. There appears to be no consideration of the substantive issues of height, density and impact.

We also understand that the department's report to the Planning Minister was still in development at the time of writing and there is not yet a timeframe for submission of the report or for the minister's decision.

### 132–134 Roden Street, West Melbourne

Council has issued a Notice of Decision to allow the demolition of a double-storey, double-fronted, D-graded terrace house and

construction of a five-level building for nine apartments and reduction in car-parking requirements.

### 577 King Street, West Melbourne

Because the Planning Minister had not made a decision on the proposal, Zagame elected to take this matter to VCAT. The first step is mediation, which is scheduled for early March.

### Dog-off-leash trial at Adderley/Hawke Street park, West Melbourne

A request by dog owners late last year to allow dogs to run off-leash at specified times in this pocket park, after which local residents completed a council survey stating whether they supported a six-month trial, split the community.

Finding that the park was too small to partition into no-dog and dog-off-leash areas, Melbourne City Council came up with a plan to enlarge the park considerably by extending it across Hawke Street to the median strip.

Council's Parks Planning section is currently gathering information, producing a new survey plan, making traffic engineering assessments and discussing traffic movements and parking needs with nearby businesses to see what is feasible. No decisions will be made concerning matters such as loss of parking spaces until further consultation with affected residents and businesses has taken place.

Council personnel expect the planning process to take months, with the possibility that construction will not begin for years.

#### CONTACT DETAILS:

**The North and West Melbourne Association website is at <http://www.nwma.org.au>.**

**Meetings are held at 7.30pm on the third Tuesday of the month in the upstairs meeting room at North Melbourne Library.**

## North & West Melbourne Association Inc.

*Working together for the future of our community*



Email: [info@nwma.org.au](mailto:info@nwma.org.au)

Post: PO Box 102  
North Melbourne Vic 3051

Web: [www.nwma.org.au](http://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.

### 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



# An activist today and respectful of our past

**Katrina Kincade-Sharkey**

Campaigning continues for Aboriginal land rights, with proposals for a fundamental rebuild of Queen Victoria Market's western block, construction beneath it of a multi-level car park and replanting of native-tree open land on the current vehicle space adjacent to Peel and William streets.

"There is already visible acknowledgement of Melbourne's founder, John Batman, so there should be transference of memorial headstones of the area's original inhabitants from the current Melbourne Cemetery in Carlton to its old site, the car park at Queen Vic Market," argues Laurence Angwin, long-time West Melbourne resident and community activist.

"Aborigines were victims of the first public hangings here during settlement and due to historical tragedy there are no bodily remains, so we need recognition of those three people from Van Diemen's Land."

"Critically, we need effective recognition of original ownership of our local area by the Wurundjeri people," he stresses.

Laurence also proposes an overhead walkway across William Street between Flagstaff Gardens and the current car park, that open land then becoming an easily accessible symbol of our recognition of tribal ownership.

"My vision for the QVM precinct is that the multi-level underground car park should operate 24 hours, seven days per week, each and every day of the year."

"That car park would service the northwest end of town — its offices, shops, restaurants, cinemas, etc — and it would return a fortune to the city's coffers, while relieving load, distance and weather stresses for market shoppers," he explains.

Laurence has long argued that Aborigines were the original owners of the market land and he wants the new car park's income to provide operational expenditure so that that historical fact is celebrated when the area is restored to open space.

"Of course, it will be expensive — infrastructure always is — but it really pays for itself because of mass usage and it confirms social access. And it could have a number of natural light wells down in to relieve the underground car park's dimness."

"This would be a proverbial licence to print money, because the car park could be used all week, all year, for lifestyle activities."

"The market's public transport access also needs an upgrade, so I'd run trams more frequently, as well as having a Queen Victoria Market station positioned under the market. This would be part of the underground rail extension that's proposed to go through North and West Melbourne and the hospital precinct, just like Jolimont Station readily accesses the MCG."

"The station must be open through weekends and public holidays, so people can access both the city's market and its lifestyle," he strategises.

Picture, if you will, a finely attired, witty, semi-retired languages teacher — "Let's age me mid-50s," he chuckles, blue eyes flashing — whose life's primary concern is creating a comfortable, environmentally conscious, socially aware community.

This man has style, visually celebrated through annual visits to his favourite boutique in Paris's arty Montparnasse, where today's superbly cut, fine linen-silk suit and one-off, double-collared shirt were tailored. His neighbourhood centre mates would barely recognise him: they're used to the down-market jeans and casual shirts he wears when delivering several hundred copies of the latest *News* edition or as a volunteer tutor helping the Global



A smiling Laurence Angwin: an energetic local activist, campaigner and volunteer

Photo: Jim Weatherill

Homework Club's refugee students climb the academic ladder of life.

That learning ladder is one Laurence knows well, having accrued a university fine-arts degree from La Trobe, which examined both scholastic and psychological challenges for students using English as a second language, followed by a secondary credit in Indonesian literature from Melbourne University.

Of western English descent, the Angwin family settled here from Cornwall in the 1850s. "So I'm about a fifth generation Australian, nearly all of whom have lived in North or West Melbourne," he says, proudly. And his family had settled in the region well before Queen Victoria Market began trading in 1878.

During Laurence's entire 30-year study and work life, he has resided in the same property on Capel Street, a heritage-listed 1860s house within one block of the market, so he well knows the region's lifestyle and access requirements: "I fell into it as a fine-arts student, renting it from the Melbourne City Council for 10 years, before it went on the market and I bought it."

"Before the council sold the block bordered by Peel, Victoria, Capel and Dudley streets, they condemned the properties, so we bought them on the proviso of major

upgrades by the new owners. They couldn't be demolished because of their heritage listing, but that is one prime example of the council back then being a negligent landlord."

"That campaign was an intense 18-month consultation process with councillors for this ward, which ended well, as we were able to

achieve the planting of 20 scarlet oak and about 10 London plane trees altogether down each side of Capel, some of which are now semi-mature," he gleefully grins.

"When you've been in an area for a while, you've got a bit of history about it, eh," he quips, shrugging the years away.

Among his many other volunteer tasks has been an oral history project for the North and West Melbourne Association, based on the same block during the 1920s and '30s: "My contribution was taped, then a transcript was produced for the history archives at the Errol Street library."

"That contribution resulted from an interview with Miss Joan Davies, who lived above her family's menswear premises on the south-west corner of Victoria and Peel streets. What was great was that Joan had been a secretary in the company for which I worked."

"She told me that in her youth, Capel was a gracious street lined with huge, interspersed elm and oak trees. They'd been planted during the 1880s, or thereabouts, and they were planted kerb-side in the road, so MCC's Parks and Gardens were pleased, but city engineers saw their presence as curtailing QV Market-access parking."

"So there's now three lines of trees down Capel, but they've been struggling due to vandalism and drought," he reports.

Somehow, one foresees the birth of an intense anti-vandalism lobby, and if anyone can achieve results, Laurence will.

*Katrina Kincade-Sharkey writes regularly for the News*

## StreetSeen

**Suzie Luddon asks the hard fashion questions.**

**Name, age and occupation:**  
Joye. Social worker, 52.

**What are you wearing and where did you get it?**

My dress is from Dangerfield, my shoes are from Global Shoes in Wellington NZ, and my bag is from a garage sale.

**What's your style?**  
Eclectic.

**Who do you admire style-wise and why?**  
I like 1950s fashion and I love the style of Mrs Cunningham from *Happy Days*.

**What's your biggest fashion faux-pas?**  
1980s MC Hammer pants.

**What wouldn't you be seen dead in?**  
A bikini.



Photo: Suzie Luddon



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# 'Time gents, please' ended our old days at Mulcahy's

Eileen Conlan

I recently drove past the grand old Mulcahy's Hotel building at 700 Victoria Street, North Melbourne. I was curious to see it after noticing online that it now boasts "21 desirable residential units over four levels".

I knew Mulcahy's in a more innocent time. My parents, Leo and Kath Conlan, bought the pub in 1969 and, except for the period 1972-76 when we leased it out, they worked in it until 1979. As well as being a business, it was also a family home for all nine Conlan children.

Mulcahy's was in a tough part of North Melbourne, surrounded by railway yards and factories and there was nothing too "desirable" about the pub in that era. We had three downstairs bars: the public bar, the saloon (where beers cost one cent extra) and the plushly wallpapered lounge that was seen as just a bit posh.

I vividly recall the frantic lunchtimes when the railwaymen and factory workers would pour in for their standard four quick pots and a counter lunch. My sister Marg would yell orders into our wonky intercom to Bill the cook who would sweat away in the kitchen as he somehow dished up 250 meals over two hours.

The main bar was highly territorial. The railwaymen stood near the pinball machine, the transport drivers huddled near the pool table then, suitably distant, the men from Barastoc Fertilisers drank in a tight group. They absolutely stank of chicken manure and the bar would reek for hours.

We'd be flat out pouring beers, taking care never to allow a glass to stand empty for a second. I'll never forget the constant hum of the bar packed with hard-drinking men, the blue shroud of cigarette smoke and the smell of beer-sodden carpets that drifted through the pub.

Dad ran the show, Mum looked after the family, the accounts and the floats, and all the Conlan children pitched in. I recall 12-year-old Jimmy barely able to see over the bar as he served beers and handled the till while wearing his blue and gold De La Salle blazer.

The family lived upstairs on one side of the building. On the other lived the boarders. One night a lodger was "entertaining" a lady friend and a lively dispute ensued over money. Dad went to check and ended up dragging the woman, naked and swearing loudly, down the stairs while all nine children looked on wide-eyed.

Many of the boarders were unforgettable characters. "Bluey" was employed by the railways but never seemed to work. He spent all day propped in the bar, sipping beers and duping gullible patrons with his profitable

party trick of dropping an egg into a glass. "Simon" and "Bundy Bill" were both ex-drovers and boasted of their skill in the saddle. We fully believed them until the time Simon took some of the younger Conlans horseriding and fell off his horse. He was laid up in his upstairs room and couldn't walk for a week.

Then there was "Pieman" who worked for Herbert Adams. My brothers would hand him false orders for 20 dozen pies then, when he'd lugged them into the pub from his van, we'd tell him with crestfallen faces that the order had been cancelled.

There were surprisingly few fights, possibly because Dad and Mum, both teetotalers, were so popular. But once, an angry drinker crawled over the bar and my teenage brothers and Dad had to hold him then hustle him out into Victoria Street. Most of the fights involved women, scratching and hair-pulling, in the ladies lounge.

But there was always more fun than fighting. Once, some well-meaning patrons heard a rumour that Dad had died and thoughtfully inserted a moving tribute to the memory of the late Leo Douglas Conlan in the Sun. I suspect they swore off the drink when they saw him walk into the bar.

We were a footy pub in winter. On Saturdays, when North Melbourne played at Arden Street, locals would drop in for a few beers and a counter lunch, then buy half a dozen cans each, the old steel type, and head off to the oval where they'd drink them quickly so they could stand on them to watch the play.

Mainly, however, Mulcahy's was a racing pub. Every Saturday afternoon, 3DB's Bill Collins' call of the races would be blaring from the bar radio, drinkers would be placing illegal bets, beer would be flowing and the till kerlincking away healthily.

In the evening, the pink Sporting Globe, full of the day's racing results, would be strewn everywhere, while the tiny bar TV would show the trots from the nearby Showgrounds. Between races, above the hubbub, Mary Hardy would screech raucously on Seven's Penthouse Club.

Every day ended at 10pm when Dad or Patrick would ring the bell and call "Time gents, please" to clear the bar. We'd shuffle the stayers out then start the endless tasks of cleaning, vacuuming and polishing. My nightly tasks included taking Chris the dog for a walk around the block.

Visits by the licensing inspectors kept us all on our toes. They came to check the books, monitor our trading hours and inspect the kitchen. One day they caught my brothers Leo, Anthony and Frank on top of the bar, playing cricket while using an iced block as a ball.

Like so many publican families, we



Nine little Conlans, all in a row: (from left) Jim, Frank, Anthony, Eileen, Leo, Margaret, Mary, Kate and Patrick

Photo: Courtesy the Conlan family

were good Irish Catholics. On Sundays the whole family would attend mass at St Mary Star of the Sea in Howard Street then buy crusty Vienna loaves from the Italian deli in Queensberry Street.

Later, most of us would pile into the Humber and Dad would drive up to Kinglake and along the firetracks near Toolangi. After the hubbub of the hotel, he loved the quiet and the isolation. We'd cook sausages on a roaring fire then, heading home, Mum would lead us in the rosary.

All my recollections are good ones. I remember North Melbourne's village-like atmosphere and the thriving small shops along Errol Street. And I recall how my friends loved visiting Mulcahy's because of the free sarsaparilla and chips.

Perhaps the only shadowy memory was

when we returned in 1976 after briefly leasing the business out, to find it sadly run down and attracting a seedy clientele of petty crims and bikies. It was a bit frightening for a while until Dad banned the troublemakers.

We finally sold Mulcahy's Hotel in 1979 and the Conlan family's hotel era was over.

Many years later, when curiosity led me to visit the old pub with Mum, we found a side door open and stepped inside. We were shocked that it had apparently become a squatters' refuge.

Just for a moment it seemed as if those wonderful years when the Conlans ran Mulcahy's had never happened. But I know they did. I was there.

Eileen (Dunn) Conlan is managing director of the Children's Performing Company of Australia

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- Reduce the incidence of:
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  - Coughs
- Boost immune system function

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# A place to draw children out

Cecilia Constanzo

**C**urzon Street Children's Centre has started the year strongly committed to being the centre of excellence with the introduction of a flex bilingual and music program.

The centre is a multicultural community and with the assistance of educators and parents, all children will be exposed to a new language through storytelling, play, rhymes, songs, anatomy and numeracy. According to centre manager Cecilia, "Recent studies have identified that the best time to teach children a second language is in the first three to four years of their life."

Educators have observed children's interaction with parents who speak a second language and it is apparent that this approach could be used for the centre. Children have a natural ability to learn and, when combined with play and exploration, find learning a second language is as easy as the first.

The centre has received wonderful support from the staff and parents, who will take time out to participate in the flex language program as it introduces children to other cultures and languages.

It will work in partnership with families and educators to ensure the Early Years Learning Frameworks is implemented.

At the centre, we make curriculum decisions that uphold all children's rights to have their cultures, identities, abilities and strengths acknowledged and valued, and we respond to the complexity of the lives of the children and their families.

We provide education across five learning outcomes. We ensure that children have a strong sense of identity, are connected with and contribute to their world, have a strong sense of wellbeing, are confident and involved learners and are effective communicators.



Warm welcome on Curzon Street

Photo: Nadia Palmeri

The introduction of a music program at Curzon Street has been identified as a way to encourage the children to understand sound and instruments, use their imagination and enhance their creativity.

The centre has always encouraged an informal approach to music and dance, but a gap has been identified. Cecilia has implemented Little Maestros, based on Kodaly methodology and repertoire. "No doubt, this will contribute to the end of year concert performed by all children. We look forward to seeing their development," she said.

The implementation of these projects depends on the dedication and commitment of the educators at Curzon Street.

*Cecilia Constanzo is centre manager at Curzon Street Children's Centre.*

## Ama Lurra's happy birthday

Katrina Kincade-Sharkey

**M**AISON Ama Lurra celebrated its first trading birthday last month with a delightful cocktail party for friends and 'almost-resident' customers.

Owner/operators Giles Legg and Philippe Million gathered with expat friends and local acquaintances to toast their installation of French style in uptown North Melbourne.

After battling major Howard Street pipe-works for select parking spots, 75 guests were gloriously serenaded by Victoria

Bilogan and Viatcheslav Iourgaev, or Mobius Duo, whose keyboard-harpiscord and cello delivered stylish baroque in their highly individual viola da gamba style.

Located on the peak of Howard Street's hill city-side of Queensberry's round-about, Ama Lurra has established itself as a favourite among those wanting delicious cuisine served amid quiet style and, as Jim Weatherill's photograph shows, all celebrated its first birthday's success.

*Katrina Kincade-Sharkey writes regularly for the News*



Lots of happy guests at Maison Ama Lurra's Happy Birthday

Photo: Jim Weatherill

## THE CENTRE



## Centre Programs term 2

# 2011

**Cost:** \$165 / \$125 concession  
For those who have no experience of Pilates at all.

### Beginner Plus

**Time:** Thursday 7.30pm – 8.15pm  
**Venue:** The Meat Market

26 April – 28 June

**Cost:** \$165 / \$125 concession  
Working on mats, this class involves gentle stretching and strengthening exercises to develop your core strength.

### Intermediate

**Time:** Thursday 6.30pm – 7.15pm

**Venue:** The Meat Market

26 April – 28 June

**Cost:** \$165 / \$125 concession  
This class deepens the stretching and strengthening of core muscles that was started in Beginner Plus. It is a great class if you are recovering from an injury.

### Feldenkrais Method®

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

**Time:** Tuesday 7.30pm – 8.30pm

**Venue:** The Meat Market

24 April – 26 June

**Cost:** \$80 / \$60 concession SPECIAL OFFER

The Feldenkrais Method® is suitable for all ages and for anyone interested in preventing or relieving stiffness, recurrent injury, pain or strain. It can benefit those living with difficulties such as stroke, multiple sclerosis, cerebral palsy and learning difficulties.

### Simple Steps to Better Health

**Time:** Thursday 7.00-8.30

**Venue:** Shop 58

10 May–28 June (9 sessions)

**Cost:** \$55

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

### Level 2 First Aid

**Time:** Two consecutive Saturdays 9.00am – 4.00pm

**Venue:** Shop 58

28 April & 5 May or 30 June & 7 July

**Cost:** \$160

This program covers the unit HLTF301A – Applied First Aid, and includes performing cardiopulmonary resuscitation and providing basic life support.

### Management of Anaphylaxis

**Time:** Saturday three hours

**Venue:** Shop 58

28 April or 30 June

**Cost:** \$55

A nationally recognised course providing knowledge and skills to manage severe allergic reactions and anaphylaxis and risk management strategies.

## Homework Club for 2012

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

- Years 7–12, Tuesdays 4pm–6pm
- Years 4–6, Wednesdays 3.30pm–5.30pm

### Great fun for tutors and local children!

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



**The Centre**  
58 Errol Street  
North Melbourne  
ph: 9328 1126



**The North Melbourne Library**  
66 Errol Street  
North Melbourne

## THE CENTRE

## ART PROGRAMS

## Calligraphy

Time: Tuesday 7.30pm – 9.30pm

Venue: Shop 58

24 April – 26 June

Cost: \$115 / \$100 concession

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

## Arty Party Institute\*

Time: Tuesday 1.00pm – 3.00pm

Venue: Shop 58

24 April – 26 June

Cost: \$50 / \$35 concession

Bring your inner artist to this friendly group who explore the creative process. In a relaxed, informal and supportive environment you can discover your artistic self, working with a variety of media (paint, clay and textiles) to create an individual project. No experience is needed, just a touch of curiosity!

## Art Warriors

Time: Tuesday 3.45pm – 5.15pm

Venue: Shop 58

24 April – 26 June

Cost: \$115 / \$100 concession

Kids aged 7–11, bring your enthusiasm and imagination! This playful class will explore a variety of artistic techniques and processes. Explore your imaginative realm and build on your own natural creativity. Recycle, invent and create! Suitable for Grades 1–6 and children must be signed out by a parent or nominated guardian. Must have a minimum of eight students to run.

## Nature Play

Time: Tuesday 11.00am – 11.45am

Venue: Shop 58

24 April – 26 June

Cost: \$5 per session

Toddlers and parents learn from nature with play-based art and stories. This class teaches sustainable, sensory ways to express and care for your world.

## COMMUNITY PROGRAMS

## The Centre's Volunteer Program

This program offers something for everyone. Volunteering is a great way to meet people in your area, do something for your community, gain new skills or just do something out of the ordinary. We have a wide array of opportunities for everyone, from volunteering for Spring Fling 2012 to writing and editing for our newspaper, tutoring and much more.

Contact us for more information.

## Introduction to Community Volunteering and Event Management

Time: Weekly for three hours minimum by individual agreement

Venue: Shop 58

16 April – 29 June

Cost: \$125 / \$55 concession / free to volunteers subject to conditions

An introduction to the knowledge and skills required to be a volunteer. Learn through participation in the Administration, Reception and Events Program.

Centre Adventures  
(half/full-day bus trips)

Our Adventure Program allows participants to join in the fun and 'jet off' to various destinations around Melbourne and beyond. Transport costs from The Centre are included. We will visit places such as Daylesford, Queenscliff, various op shops and markets.

Cost: From \$25 — booking with payment essential to guarantee your seat

Dates: Vary depending on destination

## Morning/Afternoon Tea &amp; Globe Trotting Lunches @ The Centre

Come and join the community at The Centre for tea, scones, conversation and fun. Or experience a gastronomic taste

sensation when you come to our delicious Globe Trotting Lunches.

Cost: \$2 for morning and afternoon tea, \$17 per lunch

Dates: TBA

## Chess Club

Come and join us at The Centre for tea, coffee and chess. All skill levels and all members of the local community are welcome. Chess pieces and boards provided.

Time: Sunday 2.00pm – 5.00pm

Venue: Shop 58

Cost: Free

## Sewing

Join in our sewing workshop every Thursday during term. Bring whatever you are making and your machine and make some new friends.

Time: Thursday 10.00am – 1.00pm

Venue: Shop 58

Cost: Contribution to tea and coffee

## EMPLOYABILITY AND SKILLS DEVELOPMENT

## Computer Program\*

## Beginner

Time: Friday 9.00am – 11.00am

Venue: Shop 58

27 April – 29 June

Cost: \$80 / \$55 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 11.00am – 1.00pm

Venue: Shop 58

27 April – 29 June

Cost: \$80 / \$55 concession

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

## Word Processing and Business Documents

Time: Individual programs by appointment

Venue: Shop 58

23 April – 29 June

Cost: \$125 / \$55 concession

This course will provide you with the skills and knowledge to produce simple word-processed documents.

## Introduction to Media

Time: Weekly for each edition

Venue: Shop 58

April – June

Cost: \$125 / \$55 concession / free to volunteers subject to conditions

This course is conducted through participation in the *North and West Melbourne News*, The Centre E-newsletter and promotional material.

## Introduction to Working in a Call Centre

Time: By agreement

Venue: North Melbourne Library

April – June

Cost: \$125 / \$55 concession

Introduction to customer contact, operating a personal computer, OHS and preparation for working in a call centre.

## Fancy Becoming a Freelancer?

Time: By agreement

Venue: North Melbourne Library

April – June

Cost: \$125 / \$55 concession

This course will help hone your skills and increase your profits!

## Be a Better Writer

Time: By agreement

Venue: North Melbourne Library

April – June

Cost: \$125 / \$55 concession

Learn to write in a clear, coherent and engaging way, working from your own writing with the support of a published author and teacher. An individual session is an option.

## English as a Second Language

## – Spoken and Written

Through our partnership with North

## THE CENTRE

## The Feldenkrais method

## Kylie Sparkman

I am very excited to be running The Centre's Feldenkrais "Awareness Through Movement" classes that will start next month.

Moshe Feldenkrais was an Israeli engineer and physicist who worked with Joliot-Curie at the Sorbonne in Paris. He was also a keen martial artist and one of the first judo black belts in Europe. A knee injury led him to turn his scientific mind to his own rehabilitation, after doctors of the time predicted only a 50 per cent chance of recovery after surgery.

This inspired a lifetime of work on human structure and function and became the Feldenkrais Method, which is now taught by practitioners all over the world. The method is used by people recovering from injury or wanting to reduce pain and strain, by athletes and musicians wanting to improve their performance, and by people seeking to improve their flexibility and co-ordination; in fact, by anyone who is seeking new and easier ways to move and to maximise their potential.

Awareness Through Movement classes are not like exercise classes. Rather than focussing on developing muscle strength or stretching, the classes focus on developing an awareness of *how we move*. This awareness allows us to eliminate faulty movement patterns and excessive tension that may be hampering us, and to explore truly new and better ways of moving.

At the end of a class you can be surprised by how different you feel,



Kylie Sparkman: teaching how to move without having to sweat and strain to do it.

and how much your movement has changed without having sweated and strained for it!

As Feldenkrais wrote in *Awareness through Movement*: "The lessons are designed to improve ability, that is to expand the boundaries of the possible: to turn the impossible into the possible, the difficult into the easy and the easy into the pleasant. For only those activities that are easy and pleasant will become a part of a person's habitual life and serve at all times."

The classes are suitable for people of all ages and fitness levels: from the senior citizen who would like to be able to play with their grandchildren more easily, to the young athlete wishing to improve their tennis swing.

Classes will start next month at the Meat Market in North Melbourne on Tuesday evenings.

Kylie Sparkman will take Awareness Through Movement classes for The Centre

## Certificate IV in Training and Assessment

This course trains you to design and facilitate courses, and teach and assess students in adult education, business, industry and TAFE sectors.

We have two programs:

## Intensive Course

This involves 12 intensive classroom-based sessions focused on interpersonal delivery skills, planning and workplace assessment. There is some out-of-classroom work and computer skills are necessary.

Dates: Monday (12 weeks)

Cost: \$1500 / \$280 concession

*Upgrade from the old BSZ40198 or TAA40104*

This one-day workshop is for people who already hold the former Certificates in Assessment and Workplace Training or Training and Assessment. Submission of a small learning portfolio is a requirement.

Date: Monday 30 April 9.00am – 4.00pm

Cost: \$425

*\*ACFE funded programs*

## NEW PROGRAMS PLANNED

- European Languages – French, Italian and Spanish
- Aromatherapy
- Introduction to Massage
- Introduction to Commercial Cleaning
- Digital Photography and Editing
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- Finances – Planning, Investments, Personal Money Management
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- Building a Wood-fired Oven

If you are interested in these programs or wish to suggest others, please contact our office.

# SUMMER WAS COOL AT THE NORTH MELBOURNE POOL



## HISTORY

# Good days in old North

Lorna Hannan

We came to North Melbourne to live in 1965. Basically, we have lived here ever since and oddly enough, because I can remember shifting into Shiel Street, I still think of myself as a newcomer and seem to know an increasing number of people and families who lived here in North before I came. What I only half realised when I arrived was that the area was in the midst of its greatest change since settlement in the 1850s.

My friend Rae who grew up on Hotham Hill likes to remind us all that many people have a connection with old North Melbourne and it is just a matter of finding it. That proved to be the case for us too. Bill had grown up in St Kilda but found he had an uncle who had lived in Provost Street at about the time of Federation, married and had his children baptised at St Mary's Star of the Sea, which is in West Melbourne, but he had settled on North as the football team to follow. Subsequently a cousin, Jim Hannan, was treasurer of the club for more than a decade and his son the time-keeper.

For my part, my father, Mathew Hogan (Mathew being spelt in an Irish way with one 't'), had been head master at the Errol Street State School in the 1950s. The presence in the school of so many children from Camp Pell – a military camp turned into a kind of slum re-housing – was a potent symbol of the upheaval that was underway.

As soon as Mathew heard we were moving he was anxious to introduce me to Horrie McEwan, the Happy Valley butcher. Horrie had been the treasurer of the school committee. Horrie and his mate Brockie used to take several new footies down to the school each year, a gift of the footy club, donated so that the kids would have something decent to kick round at lunch time.

All round us the North Melbourne we moved into was emptying of one population and becoming home to another. Some families and young couples were moving out to new suburbs and bigger back yards. As they left, new people were moving in – migrant workers and families from Italy, Malta and the various parts of what we then called Yugoslavia and the Baltic States. Houses and schools filled up; some shops sold salami, some stuck to slices of pork German sausages.

But although there were changes, some things stayed the same and I think we believed they always would. The milkman came round in the early morning, clink clink clinking down the street. Bread was delivered and was there alongside the paper when you opened the front door in the morning. We put out the milk bottles in the evening and tied string round the newspapers and took them down to the greengrocer who used them to wrap the vegies.

Of course we had the Vic Market, but it had not killed off small shops the way supermarkets one day would. Bill often noted that S.E. Dickins had started up self-service in Chapel Street years before, but proper housekeepers and young boys sent on messages relied on shopkeepers to find and package those items that were not delivered.

Today, some call that period of change the clearances, echoing the political and social campaign for slum clearance that had built up before World War II and got underway seriously in the 1950s under the authority of the Housing Commission of Victoria. Its greatest symbols, the high-rise blocks of apartments, are still commonly known as Housing Commission towers though the Commission itself no longer exists.

The clearances and rebuilding saw an old population move to outer suburbs and a new population of low-income families replace them. Sociologists, however, wondered



The Christian Community Church in Errol Street (1940s), now the Lithuanian Club

Photo: Courtesy Melbourne Library Service

whether as one "slum" vanished another grew to take its place. The difference, it was said, was that the new slums were vertical.

Although high living, as Anne Stevenson and Judith O'Neill called it in their study of family life in the Melrose Street flats published in the 1960s, was confined then to public housing, private developers were also replacing old streets with new apartment blocks, generally about three storeys high so that lifts were not needed. When we moved in, the upmarket Hotham Gardens were already in Haines and O'Shanassy streets and the high-rise Commission blocks were beginning to occupy Melrose Street where empty shops waited to be demolished and replaced by more towers.

Later, the old cottages in Haines Street that our kids walked past on their way to school would themselves give way to medium rise blocks built by a Commission that was having a change of heart about high-rise public housing. Finally, the

charming old shopping centre of Happy Valley in Abbotsford Street gave way to a ruthless and ugly commercial development of apartments.

Some of this history has been recorded in the superb photographs of F. Oswald Barnett, who documented the old slums of North Melbourne, Carlton and Fitzroy and in the official reports and studies of the campaigns for the clearances and of the work of the Housing Commission. But it is fair to say that people living today amid the monuments of the clearances have little knowledge of a remarkable period that irrevocably changed the face of inner Melbourne and still lies just beneath the surface waiting to be re-discovered.

Oswald Barnett's photos can be seen at: <<http://www.walkingmelbourne.com/forum/viewtopic.php?t=1937>>.

Lorna Hannan is chair of the Hotham History Project

## POLITICS &amp; ENVIRONMENT

## Getting to know North Melbourne Sustainability Street members

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*. In this issue, we meet Matt.

**Name:** Matt Grounds

**Occupation:** Audiologist at Vicdeaf

**How long have you been involved with NMSS?** Four years

**Why did you join NMSS?**

I moved to North Melbourne from a bush block near Bendigo where I had a big veggie garden and orchard, with chooks of course. I wanted to keep growing food, so I approached North Melbourne Sustainability Street about community gardening. At that time, there were no community gardens in North Melbourne other than the two gardens run by the Office of Housing for their high-rise residents.

**What are some areas you are responsible for in NMSS?**

I am the Convenor of the NMSS



Matt Grounds

Community Garden which we established three years ago in partnership with St Alban's Anglican Church in Melrose Street. We have about 12 active gardeners who get together on the first Saturday of the month to work on communal projects as well as tending to individual plots.

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

We have recently set up a chook house

and now have six very happy hens that eat all our kitchen scraps and keep us in fresh eggs. We are planning workshops for 2012 on growing food in small spaces, composting, and cooking fresh produce.

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

Coming to our working bees, attending our workshops or getting out and starting their own community garden, like we did!

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

I would like to see a lot more space in North and West Melbourne devoted to community gardening so that more people can enjoy the satisfaction of growing their own food. There are plenty of pockets of unused land awaiting development that could be turned over to community groups for a few years. Council could facilitate this.

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

I can walk everywhere and usually run into someone I know. Because our properties are smaller, we tend to live more on the street and engage with neighbours and the wider community. I like that.

**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](http://www.northmelbourness.com)>

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(Search: North Melbourne Sustainability Street)

## POLITICS &amp; ENVIRONMENT

From Copenhagen to Bacchus Marsh:

# The glamorous life of a wannabe eco-activist



Kim Nguyen in Copenhagen for the Climate Change Summit.  
Photo: Kim Nguyen

## Kim Nguyen

Sometimes when you see all the bad stuff going on in the world, you feel powerless. A lot of people I talk to seem to feel that way. When you talk about the big issues, the global financial crisis, or climate change, people say it's out of their hands, that they can't do anything about it. Even if they don't say it, the sentiment is pretty clear.

And it's not just the really big international issues; often it's the local ones too. Like the Baillieu government's decisions last year to curtail wind farm development and cut the solar feed-in tariff. A lot of people shrug their shoulders and say they can't do anything about it, even if they think the decision is wrong, even if they care.

I have to admit that recently I've been feeling a little overwhelmed by all these issues myself. I've felt the attraction of withdrawing back into my shell, into the small world that exists around me, that I know I have some influence over. I started my double Masters over a year ago and along with my part-time job I have had more than enough to keep me occupied. For a time, the world's big problems have been someone else's.

That's not how I felt a few years ago when I decided to cycle to Denmark. Back in early 2008, I was ready to launch my shell off a cliff. I wanted to make my mark on the world, to finally do something that I really cared about and knew was important.

I had just been an average guy doing an average job. I had a degree in social work, but working in child protection I was stuck in an office most of the day writing reports. Frankly, I had decided there wasn't much point protecting children from abuse if they weren't going to have a planet healthy enough to live on.

From the middle of 2008 until the end of 2009 I cycled from Brisbane to Copenhagen. I took two short flights over bits of water I couldn't otherwise get across, but I cycled the rest of the way. While I cycled I spoke to people throughout Australia, Asia and Europe about how climate change was affecting them, documenting their lands and emotions. Realising the privileged position I was in, my actions having brought me attention and access to the media, I started to organise events to mobilise others to take action.

By the time I got to Copenhagen at the

beginning of the climate change summit in December 2009, I felt like I'd achieved a lot. A group had joined me over my last months of cycling. Thousands joined me for simultaneous events as I entered the city. I was interviewed by media from many countries, I presented at the summit, and I was invited to meet then Prime Minister Kevin Rudd. I gave him the stories I had documented during my travels. I was nominated for Young Australian of the Year 2010. I felt like somehow I'd made it to a position of influence.

But things didn't turn out quite so easy. I spent the next year working in a pub in Amsterdam paying off my credit card while an endless stream of tourists demanded to know where to get high. The jobs I thought I'd be offered—working with Greenpeace, WWF or Oxfam—I couldn't even get an interview for.

But it wasn't all bad. I managed to pull together a small group of activists and artists to form the Amsterdam Zero Carbon Collective. In November 2010 we put on a concert powered by bicycles, which along with others around the world was part of the first Zero Carbon World Concert. Not far from here, at Edendale Farm in Eltham, the Australian section of the event took place.

And so to Bacchus Marsh. Right now a company called Mantle Mining is conducting exploratory drilling there, with the aim of setting up a large scale coal mine. If it goes ahead it will contribute not only to the destruction of Bacchus Marsh's farmlands, bringing all the local environment and health problems that coal mines bring, but also add to the continued burning of fossil fuels that will worsen the impacts of climate change.

I've been back in Australia now for about 12 months. And in the first three months I didn't do anything about climate change and the environment, the things I really care about. I just felt too overwhelmed. Too busy. My international development classes were hard, and the readings went on forever.

Beforehand I had been working on publicity for the worldwide 350.org event. Melbourne put together a wonderful event in Docklands, but I didn't even attend. I said to myself, let someone else worry about it now, I'll do something when I have time.

Shaun Murray is one of the main organisers for the Quit Coal campaign, mobilising the community to stop the coal mine development in Bacchus Marsh. In October, police pulled him off the top of an eight-metre high drill after he'd climbed up to protest. I spoke to Shaun and he told me he'd only been an activist for a few years. He'd been concerned about what was going on with climate change and thought someone should do something about it. Then one day he decided he could be that person.

Meeting Shaun, Paul, Merryn and all the other people that give up their time to stand up for something they believe in has inspired me to get involved again. To make time. It helps that it's the semester break, and I'll have to be a part-time activist like most of us, but at least I'm getting involved again. And it's important to me that this Bacchus Marsh issue is local and tangible. That I'll be able to see the success, if we eventually achieve it.

Most of the climate change things I did before were about raising awareness: worldwide. I was ambitious. I wanted to change the whole world in one go. I had the idea that if you have enough people on the streets, enough people screaming loud enough across the whole planet, that the decision-makers



Protests during the UN Climate Change Summit in Copenhagen, 2009.

Photo: Kim Nguyen

will listen. Most of the campaigns leading up to Copenhagen followed that philosophy. And it's a good one; people on the streets are important and maybe change will come from that eventually. But this Bacchus Marsh issue is simple. It's here. We might not be able to get all the leaders of the planet to agree to cut emissions, but if we can stop this mine from being built then that's a start.

My development course is hard, but I'm thankful for it. Some of the students in our class said the World Bank can't change. But our lecturer, Craig Thorburn, disagreed. He said that all of it, not just the World Bank but the global system of capitalism itself, it can all change. In fact it's changing every day. It's a construct made by us. We are changing it every day.



Protest against the proposed coal mine in Bacchus Marsh during Christmas 2011.

Photo: Kim Nguyen



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Growing vegetables at North Melbourne Primary

Photo: Courtesy North Melbourne PS

## Are you fated to make it?

Cath Bowtell

The school year is well under way at North Melbourne Primary School and we have certainly had a busy start.

We welcomed our new preps and their families to the school community and occupied our new Commonwealth Government-funded building, The Flex, which we will officially open later in the year.

We also organised our annual international dinner, where families bring along a meal to share with each other, catch up on the summer holiday news and meet new faces. And we ramped up our planning for the North Melbourne Primary Twilight Fete.

Some lucky readers will get the News before the fete is held on Friday 16 March (4pm to 8pm). And if that's you, please come along.

For those not so lucky, the fete will have been held by the time you read the paper. So you should know that we planned the fete to bring together the entire school community for an evening of family fun, food and festivities.

We planned it as a not-to-be-missed event in the North Melbourne social

calendar. We had rides for children of all ages, a great live music program, art and craft activities, and a wide variety of food and drinks. And there were plenty of chances to win prizes in our raffles and games.

Our fete is always a great opportunity for people who live, work and study in North Melbourne to come together as a community, to meet their neighbours and to share their networks.

All proceeds have gone to support the North Melbourne Primary kitchen garden program, which enables students to learn to grow, harvest, cook (and eat!) fresh produce, as well as acquiring all the associated social and cultural skills.

North Melbourne is much more than a school. Like most local primary schools, we bring people together and foster a strong and resilient community. This benefits not only our students and their families but also the broader local community. And we have fun doing it.

We hope you were lucky enough to get your copy of the News early and can make it on Friday 16 for all the fun of the fair.

Cath Bowtell has a child at North Melbourne Primary School

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## Finding my feet at Uni High

Daniella Azzollini

I have really enjoyed my first six weeks of high school at University High. Already it is hard to remember how nervous I was on the first day.

So many things are different and more exciting in high school, like getting big lockers instead of little tubs under your desk, and lugging books from class to class. It is also very intimidating going from being the oldest in the school to the youngest and having to ask for directions when you get lost.

I was the only one in my class from my primary school, but I made friends quickly on our camp at Gundiwindi Lodge near Healesville. Camp was a great way to not just make new friends but to get to know your teachers as well.

We have lots of subjects which are fun and interesting, such as history and geography, science, music, tech, art, maths, English, PE and German. My favourite subject is art but I enjoy school all together.

Another big change for me is catching the train and tram to and from school instead of being driven to the local primary school in Mill Park. It has been a great learning experience for me to use public transport and get to know the city.

I am getting used to high school very quickly and have had a great time so far.

*Daniella Azzollini is in year 7 at University High School*

## Amelie leaves me lonely

Bronte Vipond

"Things like this never happen to me,..." I thought as I ran down the corridor, breathless. I flung myself behind a grey concrete pillar, feeling the cold stone against my back as Calae and Louise ran past, no doubt looking for me. That's just what best friends do, I guess, when their best friend receives bad news – horrible news – the worst news.

I waited until their footsteps faded and then allowed myself to sink to the floor. My breathing was still shaky and my heart pounded against my ribs, demanding to be free to investigate for itself whether or not it was true. True, true – how could it be true? Eighteen years wasn't long enough – 18 years felt like a tiny speck of black paint on an immense white canvas stretching further than I could reach.

Eighteen years wasn't enough to spend with your sister.

Amelie and I went together like peanut butter and jam. Despite our age difference we fitted in with one another, like puzzle pieces. I'd seen her yesterday morning before she left.

"I hate this town!" she'd burst out, her suitcase tipping again on the gravel path. People sometimes said we looked alike, but I could never wear my hair that long, to around my waist in black lapping waves, and my eyes didn't sparkle emerald green; they stubbornly stayed murky grey. "Well? Gemima, help me!"

"Of course." I'd shaken myself out of my stupor, righting the wheels of her luggage and opening the boot of her hire car. "Twenty-two and already working in Paris; wow."

"You'll be next kiddo – the Dandenongs can't hold back my little sister." She'd tousled my short dark hair. I'd laughed and pushed her away. "Now, Mum and Dad are driving back up from Melbourne tomorrow – you'll be OK until then?"

"Yup," I replied. She adjusted her knee-high black boots, tucking in her skinny jeans and hugging her purple overcoat tighter around her slim frame. "I can't wait for Paris spring. You should come with me!"

"It's called year twelve?"

"Nerd." She finished packing her little white sedan. "OK then... c'mere," she pulled me in for a hug.

"Don't be afraid to sparkle, Gem."

"I won't."

As I sit huddled in a school hallway, I'm afraid. I am so, so afraid. Mum and Dad, how to tell them about Amelie's flight...? And her things, her room. I couldn't go in there, not now, maybe not ever. When once I'd sleuth around the white wood door to her shabby chic wardrobe to grab her cutest clothes, I would now only be hit by her jasmine perfume without her there to wear it.

I hated my school dress. Amelie did too, in her fashion designer wisdom. And maybe I hated our little town too – if it wasn't so suffocating, so mediocre, Amelie would never have left. She wouldn't have...

Tears prick and drop into my lap, trailing after each other like ducklings after Mother Duck. What was I supposed to do now?

Amelie was my guide, my world. Her strength made me want to be stronger. Her uniqueness made me see the world in bright technicolour. Without her there was only grey, despair.

My phone buzzes, and as much as I want to block the world out, destroy it in fact if it can take my best friend, my darling away, it might be Mum. She's already lost one daughter; she can't lose me too...

It's a text, but it's been delayed – I recognise the number.

Hey gem, i'm sorry I was a bit cranky. Our town is awesome, everyone is accepted – paris can be so snooty. Remember when we come here that u r BEAUTIFUL and can do anything. I'm so proud of u – love Am xx

Fresh tears start, but I brush them away. Mum will call soon – "Gemima? Please, me and Louise are worried..." I hear Calae and take a deep breath. I'm not OK. I'm nowhere near OK. But I will be; Amelie believed in me, and if anything, I would be someone she could really be proud of.

It was the worst news, horrible news. It would not, however, break me, or the love I would carry for my sister in my heart.

Bronte Vipond finished year 12 at St Aloysius College last year. She is now studying arts at Melbourne University

# Bright new story beckons for Bronte

**Maurice Gaul**

"I punched my boyfriend really hard," Bronte Vipond laughs.

"Well, I didn't actually punch him, but I did this," she says, waving her arms extravagantly, as she relives the excitement of the moment in January when she learnt she had got into the prestigious Melbourne Arts course.

Just four weeks earlier, Bronte had an even greater reason for celebration. The bright and bubbly former St Aloysius College student learnt she had achieved a perfect 50 out of 50 score for VCE Literature, placing her equal first in Victoria.

"It was such a shock. I got a text of my results and my Literature mark was the last one. I said, 'No! No! No way!' and I got a bit teary. Then I showed my mum. I was stunned."

She pulls out her phone to check the text as if the reality of her extraordinary achievement has still not sunk in.

The love of books and reading started early in Bronte's life. "My first book was *Spot Goes to the Beach*, when I was around three, then I had a picture version of *The Wishing-Chair* series by Enid Blyton," she recalls. "I could read before I went to school."

"Later I had my vampire phase with Stephenie Meyer's *Twilight* series of fantasy romance novels. I unfortunately got sucked in," she admits with a grimace. Then came Australian writers Monica McInerney and Cath Crowley. "Their books were just beautifully written."

Bronte smiles at the obvious literary allusions of her name. "My mum enjoys literature and I suspect she had the Bronte sisters, Charlotte and Emily, in mind," she says.

She loves Emily's *Wuthering Heights* and



Dazzling smile, dazzling student: Bronte came first in Victoria

Photo: Jim Weatherill

her eyes light up as she faultlessly quotes from Catherine's anguished declaration of love for the demonic Heathcliff, even as she announces she is marrying the milk-sop Edgar Linton.

In Year 12 Literature she enjoyed Euripides' *The Bacchae*, in which a band of Greek women driven mad by the god Dionysus dismember the voyeuristic King Pentheus as he screams in agony.

"I was struck by Pentheus' hypocrisy and arrogance and the image of his mother, Agave, parading around with his head on a stick. My school often taught texts about strong women," she smiles approvingly.

Bronte received plenty of support at home during VCE. "My brother called off a poker game with his friends because I had a SAC, Mum let me take over the dining room and pile books and papers everywhere, and Dad drove me to school if I was panicking and running late."

Yet the year wasn't all hard work. "When I made my own way to school, by bus, train and tram, I'd meet my school friends at Macca's in the city. We bonded so much during the year. They were just lovely, lovely girls," she says, her face lighting up.

Bronte revelled in her last year at St Aloysius. "I was in the choir, I was a drake in our production of *Honk*, and surrounded by my year 7 ducklings. I tutored younger students, did public speaking and played house sport. I tried for the school softball team but I struggled with throwing and catching," she grins impishly.

Creative writing has been a passion. "I got into it at primary school, then at secondary wrote romantic, over-the-top, girly stories. I used to scribble them in class behind a book." Later came awards in short story competitions and she now reviews children's books for Saturday's *Herald Sun*.

But now it's the halls of academia that are calling. In Melbourne Arts, Bronte will take a generalist first year then focus on literature and history in second year. After her three-year degree, she plans to study education to prepare her to teach secondary English and history.

"After that, I hope to be a tertiary lecturer and to also be a published author," she says, without a trace of affectation.

"I can see myself in England. I went there with my mum two years ago. I loved Shakespeare's Stratford and thought Jane Austen's Bath with its ancient Roman baths was amazing.

"I loved England's architecture and how green the country was, especially the Cotswolds. They were so untouched. No High-points, no McDonald's. Just really lovely."

Maurice Gaul is editor of the News. He taught year 12 Literature for many years.

## A real bottler



Thanh Vo with her bottle

Photo: Jodie McLeod

**Jodie McLeod**

**T**he social justice committee at St Aloysius College was disturbed to hear the alarming statistic that 80 per cent of all disposable water bottles end up in landfill. It decided to take action and, in an attempt to make the College plastic-water bottle free, all students will be given a reusable stainless steel water bottle. These can then be filled from the new water fountains in the school grounds.

"Working with the social justice committee, the girls wanted to do something that supported our Mercy tradition and ethos," said social justice coordinator Angela Moore. "Sustainability is one of the four main focuses of the Mercy sisters, so the social justice girls wanted to do something that would support that teaching and have an environmental focus."

All staff and students are encouraged to replace plastic water bottles with their new reusable bottles that have been beautifully designed by year 10 student Thanh Vo. Every student has been given their own water bottle in the hope of ending the use of disposable bottles. Even the school canteen has stopped selling water in plastic bottles.

Each blue stainless steel bottle carries Thanh Vo's design. "The bottle design was mostly based around our College crest, *Ad Altiora*, which means born for higher things, and the use of our colour blue," she said. "I am proud that St Aloysius is trying to become plastic-bottle free, and I hope that through this design other schools may take the initiative to become more eco-friendly."

Jodie McLeod is St Aloysius College marketing manager

## Book reviews

**Meg Whelan**

### The Fault in Our Stars,

by John Green

(Penguin, 2012. RRP \$19.95 PB)

Most young adult readers know that they are safe in the hands of John Green, who has delivered several incredible and widely acclaimed novels, including *Looking for Alaska*, *Paper Towns* and *An Abundance of Katherines*. *The Fault in Our Stars* has done more than live up to this name – it has surpassed expectations. Protagonist Hazel Lancaster is slowly but surely dying of cancer, and although currently she's holding on quite nicely, most of her life revolves around leaving as little mess as possible behind her when she inevitably goes. Then she meets Augustus Waters at the usually depressing Cancer Kid Support Group and she is forcefully reminded that there is more to life than waiting to die. Funny, delightful and poignant, John Green's latest will have you alternately in tears of laughter and grief. *The Fault in Our Stars* is a beautiful and captivating exploration of life when death is not just an abstract concept but something that is constantly waiting to strike. Green's latest handles the heavy issues of life and death, love and being remembered with grace, honesty, and more than a little humour. Heartbreakingly beautiful, this is one book that you just can't pull away from – even long after the final page has been turned.

### The Night School,

by C.J. Daugherty

(Little Brown, 2012. RRP \$17.99 PB)

Sixteen-year-old Allie hadn't planned on getting arrested three times in a year, honest. Regardless of her intentions, her parents believe that shipping her off to some exclusive boarding school is the only option that remains. Expecting to hate her new life at Cimmeria Academy, Allie is pleasantly surprised to find herself doing well in the classes, making friends, and catching the attention of the previously unattainable French heartthrob, Sylvain. But there are dark secrets at Cimmeria Academy, secrets that somehow seem to hold Allie and her family at their centre. When Allie is the only witness to a tragic event on campus, she soon finds herself in danger from an unknown source. With a great cast of characters including the determined and curious Allie and the not-quite-bad-boy Carter, *The Night School* is part romance, part mystery and completely thrilling. Daugherty has created a vibrant, slightly creepy world in which the teachers are actually in on the secrets and there is always something hidden beneath the surface. With intriguing plot twists to keep you up reading all night and moments of pure suspense to leave you gasping, *The Night School* is a wonderful new young adult read that is not to be missed.

Meg Whelan regularly reviews books for the News

## Homework Club Tutors Needed

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

Tuesdays and Wednesdays starting in Term 1, 2012.

**Great fun for tutors and local children!**

No teaching qualifications required.

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



### The Centre

58 Errol Street

North Melbourne

ph: 9328 1126



### The North Melbourne Library

66 Errol Street

North Melbourne

# Homework help gives students a learning free kick

Lee Kenny

**H**otham Stars Homework Club works in partnership with local schools and community organisations to help grade 4, 5 and 6 primary school students in North Melbourne and Kensington with their weekly homework. All students are welcome and there is no charge.

Hotham Stars Homework Club provides learning opportunities for students, especially those lacking resources and a quiet space at home. The club complements the learning that occurs in the classroom at school. Support might include English language, literacy, numeracy and study skills as well as helping students complete school homework.

Tutors are available to help students with homework and to assist them in becoming more organised with their work. The tutors also help students to develop confidence so they can participate in class more effectively.

Homework Club local sessions are held at this location and time:

Mondays at St Alban's Church, 55 Melrose Street, North Melbourne, from 3.45pm to 5.15pm (grades 4, 5 and 6)

While term 1 has already commenced, students may join at any time.

Anyone interested in becoming a volunteer tutor or in attending the Hotham Stars Homework Club should contact Lee Kenny on 9326 8245 or (mob) 0409 849 877.

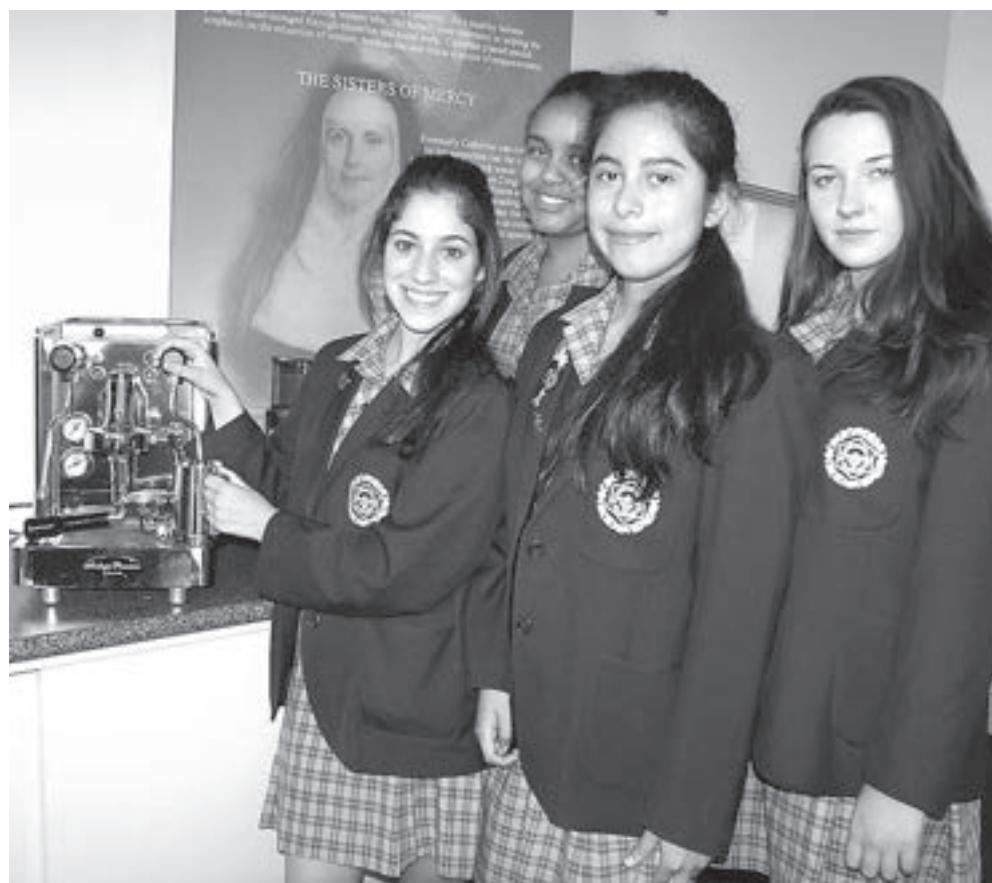
Lee Kenny is coordinator of Hotham Stars Homework Club



Volunteer tutor Patricia Harwood with Mackenzie, Hafso and Rudy

Photo: Lee Kenny

# Quick, girls! It's now espresso to class and don't be latte



Must be time for a coffee: Clare Coffey (second from left) with Marley, Bec and Emma

Jodie McLeod

**T**he McAuley Cafe was launched last month at North Melbourne's St Aloysius College. Year 9 students opened the café, helped by the local Casa e Bottega coffee shop, to celebrate the 125th anniversary of the education of young women at the college.

The cafe is already providing students with the opportunity to learn professional barista and customer service skills from professionally trained staff from Casa e Bottega. Students are receiving professional barista training and using these skills in the café.

"This is a fantastic opportunity for students to learn professional skills and put them into immediate practice in a café environment," said principal John Davidson. "It will also further develop the sense of community we have here at St Aloysius, as the cafe will provide staff and students the opportunity to meet in a social environment."

McAuley Cafe will be open to staff and students two mornings a week. "The cafe is an integral part of the interactive year 9 program. It takes the girls out of the traditional classroom setting and provides skills that are immediately relevant to their learning. It further develops their learning for life skills," explains the school's director of learning, Antonia Cardi.

The café was named in honour of Catherine McAuley, the founder of the Sisters of Mercy. St Aloysius upholds her teaching and beliefs, and hopes the cafe will provide a comfortable place for staff and students to "try and meet all with peace and love", one of Catherine McAuley's teachings. The launch of the McAuley Cafe is a living example of her message.

Many staff member and students have been involved in the establishment of the McAuley Cafe and we hope that the St Aloysius community will enjoy many a cup of coffee there.

Photo: Jodie McLeod

Jodie McLeod is St Aloysius College marketing manager

# We'll raise a warming toast to our breakfast club



No tummy rumbling for visitors to Rumbles breakfast club

Photo: Courtesy University High

**Indigo York & Michelle Wu**

We discovered last year that many University High students skip breakfast on a regular basis.

The school's wellbeing committee, comprising teachers and students, came up with an ingenious way to fix the problem by providing breakfast that satisfies students'

hunger and prepares them for the day ahead with a nutritious meal.

The breakfast program is free for all students and up to 150 students attend each week. Carlton's Bakers Delight donates bread, scones, buns, fruit loaves, savoury scrolls and other delicious treats while The Organic Gardener at the Queen Vic market donates organic seasonal fruits including

apples, oranges, mangoes, bananas, pears and strawberries.

We had a fruit tasting one morning with a full selection of apples to taste, which was very popular. The school's parents association has provided funds to keep the program operating. Fresh juices and hot chocolate are also provided for students.

Predictably, the Rumbles breakfast club has been a massive hit. Now, every Wednesday morning, we catch an early train and lend a hand, making melted cheese "toasties" by the dozen. But we aren't the only people who make a special effort.

There are at least 10 other early bird students and staff who help out with the food and drink preparation. Some of them go to man the toasters and jam jars, and some cut up fruit and buns. Kate, our canteen manager, has been fantastic in helping to set up the program and makes wonderful hot chocolate for students.

Rumbles has made Wednesday mornings so much better with everyone now looking forward to mid-week, even when they have maths first session! The food is amazing and

we are really appreciative of the effort that staff make for us. They arrive at school at 7.00am to get the food ready for us when we arrive an hour later.

Being involved in the scramble for the berry scones can be dangerous, but it's always worth it. There's always something delicious to eat and the orange juice, deftly poured by yet another early team member, and the hot chocolate just make it better.

The club also serves as a link between teachers and students. We are able to talk socially with our teachers and meet students from other year levels. Seeing the toast table in the morning, with all the teachers trying to get students to eat multigrain or whole-meal bread and students telling teachers how to toast and butter fruit loaf, is a hilarious reversal of roles.

So, the breakfast club isn't just free breakfast. It's a way for students to take the opportunity to lend a hand, and a chance to chat with teachers without them talking about parabolas or essays.

*Indigo York & Michelle Wu are in year 10 at University High School*

## Simonds boys make a splash

**Cameron Veal**

Simonds Catholic College's swimming squad had only a few early morning training sessions before last month's Catholic Colleges swimming carnival.

However, the 22 swimmers who represented Simonds at the carnival against 10 other Melbourne Catholic schools were a dedicated group. They swam above expectations and we acknowledge the whole squad for their efforts.

A special mention must go to Tim Nguyen from year 12. He won four events, including the showcase 200 metres open freestyle event.

We also thank the staff (Mr Vaughn, Mr Di Fabrizio and Miss Hands) for their outstanding help and the parents who gave up their time (and sleep!) to help their sons to train and compete.

*Cameron Veal is sportsmaster at Simonds Catholic College*



Poised on the blocks and awaiting the starter's gun

Photo: Cameron Veal

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# Push-ups prove a pushover for Young at Hearters

Nancy Lane

**A**t ten o'clock sharp on Mondays and Wednesdays, we're on our stationary bikes and ready to roll for the North Melbourne Recreation Centre's "Young at Heart" workout.

These one-hour sessions for us "more mature" members of the community are a mixture of aerobic fitness, strengthening, stretching for flexibility, balance, and just plain having a good time.

Usually six to eight of us show up, and although we know in general what we'll do, the instructors always aim for variety. Sometimes it's a circuit using gym equipment, such as the upper body ergometer wheel, the shoulder press or the seated row. Sometimes it's working with weights, kettle balls or medicine balls.

If it's a fine day, we may move outdoors, which can mean anything from push-ups using the rail alongside the oval to walking backwards up the surrounding hillside. Alternatively, on colder days we might be in the community room stretching on the mats or balancing on Swiss balls, or in the stadium shooting basketballs or hitting a punching bag.

One of the instructors, Ryan, says he enjoys showing us new aspects of fitness and providing useful information, or maybe he just likes seeing us constantly in motion. "I'm a man of few words," he jokes. "Get up, get down, move!" Another instructor, Nathaniel, finds the Young at Heart classes not as "go go go" as some of his others. "There's more time to have a chat and get to know people," he says.

We Young-at-Hearters agree. As new class member Jan Scopel comments, "The friendships are lovely". Regulars Alan and



A gentle pedal on the bikes gives these Young at Hearters a warm-up heart starter

Photo: Nancy Lane

Marian Fenwick say they enjoy the workouts "because the instructors are very helpful and ensure we're doing things correctly". Elaine Drew likes having the firm commitment to exercising twice a week, while Aisha Mackessy knows the classes are helping her strengthen her bones and improve her health.

The gym membership fees are kept low for those of us aged 60 and over.

Fortnightly automated payments are \$15.99, with a one-off start-up fee of \$59.99. This entitles us not only to the twice-weekly Young at Heart classes, but attendance at any or all of the additional 43 group fitness classes per week. Several of us go to water aerobics (on Tuesday evenings), and occasionally to Pilates, yoga or zumba.

In addition, we have access to a free fitness assessment every few months and use of the gym. Not only does membership include the use of the North Melbourne swimming pool, but reciprocal use of the pools at Melbourne City Baths and Kensington pool.

Special events are also free to members. These include a breakfast on the first Friday

of every month, occasional health lectures, family films at the pool (ideal as a treat for grandchildren), and special events and competitions, such as the Christmas party or the upcoming biathlon in March.

So, we Young-at-Hearters would welcome you to join us. We're a friendly group who enjoy working out (but not too hard!) and we're always ready to chat or share a laugh or two during class. As Alan says, "It's good to keep our fitness up, as we're knocking on a bit!"

For more information, visit the North Melbourne Recreation Centre at 204-206 Arden Street, or ring 9658 9444.

Nancy Lane is a keen member of the Young at Heart group.

## Our Kangas will hop right to the top

Joseph Hess

**S**tep aside, cricket and soccer. Aussie Rules is back! The NAB Cup was Mickey Mouse football but the real season gets under way in under a fortnight.

North Melbourne Football Club has been on the receiving end of many negative articles in *The Age* recently but *The Australasian* got it right when it said (15 June 1940):

"In two aspects North Melbourne stands second to none. One is the loyalty of its supporters. The other is the determination to carry on, despite its disadvantages. In the face of adversity, which might well have broken the spirit of most men, we find that from the earliest days there were always enthusiasts to fight for North Melbourne."

The "determination to carry on, despite its disadvantages". That's North! We might have had a couple of issues during the off-season, but they are all sorted now and the genuine stuff is about to begin.

Making the finals last year would have been an unexpected bonus. But this year our pre-season has been relatively injury-free bar a serious illness affecting superstar Daniel Wells.

I'm looking forward to seeing how our new draftees go this year, especially Brad McKenzie whose left-foot kicking needs to be seen to be believed. It will also be interesting to see how big Hamish McIntosh goes in his comeback from a recurring Achilles tendon problem that sidelined him most of last year.

My prediction is that North will finish in the top six. Our young midfield, led by

newly-appointed captain Andrew Swallow, is one of the best up-and-coming outfits in the AFL. Adding the youth of Ryan Bastinac, Jack Ziebell, Ben Cunningham and Levi Greenwood to the experience of Wells, Swallow and Brent Harvey, we have the perfect mix to take us deep into September.

The favourable draw will assist us immensely. We face both Gold Coast (who won only four matches last season) and new AFL club Greater Western Sydney twice, and this makes four wins highly likely. Plus we play the Western Bulldogs and Essendon twice, teams we beat last season.

North does have to travel a bit, though: six interstate trips for away games, and that doesn't include our two "home" games in Hobart. But with a healthy membership, a nearly dent-free pre-season and the players sensing they can make the finals, the club is in a great position.

This could be the catalyst for something that North and West Melbourne locals haven't had for a while: a stable and consistently winning football team. My gut feeling is that the Kangaroos are poised to enter an era of Geelong-style dominance in the next five years.

North Melbourne is the place to be and our football club is an integral part of our vibrant and multicultural suburb. So, get on board for this exciting period. There is no better time to become a member.

Just dial 1300 KANGAS (526 427) or go to the website: [kangaroos.com.au/membership](http://kangaroos.com.au/membership).

Joseph Hess is multicultural development officer at North Melbourne Football Club

## Fitness to fit you

Chris Gregorou

**N**ow is a great time to work on your health and fitness goals. A little bit of planning goes a long way, so think about what you want to achieve and make your goals realistic.

Here are some handy and effective tips:

### 1 Eliminate sugar.

Sugar contains no nutritional value and gives instant highs that cause you to put on weight. Much better to enjoy fresh fruit.

### 2 Start walking.

It's the best exercise. It strengthens vital muscles and is great for cardiovascular health and weight loss.

### 3 Cut back on processed carbohydrates.

White bread and pasta have little nutritional value and are low in fibre. Not ideal foods to consume if you want to tone up.

### 4 Eat lots of fibre.

High-fibre foods are nutrient dense, low in calories and will trim you down. Try raspberries, pears, artichokes, peas and apples.

### 5 Do sprints.

Short intense bursts of cardio, such as sprinting, really kick your fat-burning mechanism into high gear.

### 6 Reduce salt.

Too much salt is bad for everything, including weight. Limit salt intake by resisting fast food and packaged foods.

### 7 No grain.

Grains are full of insulin-spiking carbohydrates that will fatten you up. Go for lean meats, fish and vegetables.

### 8 Lean proteins.

All meals should have lots of lean protein. It will build muscles and control blood sugar. Go for fish, chicken and kangaroo.

### 9 Hill walking.

A great way to reduce stored body fat. Walk for at least an hour and there's no need to get your heart rate up too high. Start by creating some fitness goals that are achievable and measurable. You might find it useful to enlist the help of a dietitian or personal trainer. Become more active and watch the food you eat.

Chris Gregorou runs MetroBody Health and Fitness

For more information, go to: [www.metrobodyfitness.com.au](http://www.metrobodyfitness.com.au)

# A Bolt from Roos' royal blue

**Kevin Bolt**

I first started barracking for the Kangas when my cousin Carmel married Brian Turner. I was just six when he started playing for North in 1959, and he was the first VFL player I'd ever met. My fate was sealed.

Forty years later, Carmel brought Brian's number 34 guernsey to the unforgettable 1999 Grand Final. It is a number that has been worn in all four North flags: Ross Henshaw in '75 and '77 and David King in '96 and '99.

My sisters gave me a North jumper for my tenth birthday in 1962. The big decision was which number would I have. Brian had retired the previous year, and our new gun recruit was Peter Steward. He wore 15 so that was the number I wore as a flexible plastic white sheet sewn onto my jumper.

When my mum washed the jumper in the old copper, the blue faded into the white and the plastic number hardened. It made the jumper very uncomfortable to wear – but I did! At St Joseph's in Malvern, I was the only kid who barracked for the cellar-dwelling North.

Later that year I won the "Kia-Ora King for a Day" competition on Nine's *Tarax Show*, a kids show hosted by "Corkey, King of the Kids". The prize was a trip to a VFL game and I went to watch North.

I was picked up at home and driven to Arden Street to see lowly North host top team Melbourne. I was taken into the rooms

**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](mailto:thenews58@gmail.com)

before the game and met the players. Peter Steward made a big deal because I had his number on my jumper.

Skipper Alan "Mick" Aylett played a true captain's game, kicking four goals, but gun forward John Dugdale got just one. Laurie "Twinkle Toes" Dwyer was fantastic on the wing and big Noel Teasdale was handy in the ruck. We lost by 12 points.

For my twelfth birthday in 1964 I was given "Polly" Farmer's "Tarax Footy Game". I got back on the *Tarax Show* representing North and beat my Collingwood opponent. I won an Enid Blyton book, *Shadow The Sheepdog*.

The first Grand Final I saw was in 1970. North played Melbourne in the reserves; we lost and I thought it would be the only time I'd see us compete in September.

In 1972 we won the wooden spoon but lightning struck at North's Grand Final Breakfast. Aylett and fellow legends Albert Mantello and Barry Cheatley signed Ron Barassi up on a serviette and launched a fantastic era for the Roobos.

Next season, all 10-year players were given open clearances and three champions from other teams came across to North: John Rantall, Barry Davis and Doug Wade. We recruited well too: Keith Greig, Sam Kekovich, Wayne Schimmelbusch, Arnold Briedis and David Dench.

We finished sixth in Barassi's first year but made the finals for the next seven years. Those golden years yielded a rich harvest: six Grand Finals and two premierships.

An indelible memory endures from the 1980 Escort Cup night-time Grand Final. Kerry Good kicked the winning goal after the umpires fortunately failed to hear the siren. And against the hated Collingwood, too!

Then it was drought again, until Denis Pagan arrived in 1993. He soon built an awesome combination around the likes of Wayne Carey, Anthony Stevens, Glen Archer, John Blakely and Corey McKernan. We had Nathan Buckley signed, too, but we lost him, and he lost his chance to play in a premiership side.

I feel fortunate to have followed a team that has won four flags in my lifetime. I feel for Saints, Doggies and Demons who have tasted little success in the modern era. But I feel much more for Fitzroy fans who lost their team. It could easily have been us.

Now, in just over two weeks, the ball will be bounced again. It's time for Brad Scott to lead North to another flag.

*Kevin Bolt is a financial planner with Absolute Accounting and Taxation*

# Loan's skill is no mean feat

**Katrina Kincade-Sharkey**

**H**ealth care professionals seem to proliferate in Melbourne's inner regions, but podiatry is not the most visible specialty.

That's changing locally though, with Loan Nguyen launching her practice full-time within City North Consulting Suites at 59 Errol Street.

Podiatry is the treatment of foot and lower leg disorders, symptoms of which our local specialist is well familiar. "While growing up, I had many foot problems resulting from flat feet, so I ended up with orthotics, or supports to realign and correct foot function," Loan explains.

"I became quite fascinated with podiatry and found that having treatment made a significant difference to my life," she says, earnestly. "I felt that I could relate to people with feet problems and wanted to genuinely give something back by becoming a podiatrist."

So, in its provision of foot care - by appointment - six days per week, what does North Melbourne Podiatry provide its consumers?

Loan Nguyen (pronounced low-arn new-ven) treats general foot pain: "Many people put up with constant foot pain - they curse 'That's life!' and accept what can become for them a genuine disability, all the while not realising that that pain can be treated or, at least, managed.

"I would see at least two clients each day with conditions such as painful corns, callouses - they're thickened hard and dry - as well as cracked and split skin on their feet, and these people have never before been to a podiatrist," she tells, ever astounded at our patent lack of specialist health care knowledge and its treatments.

"We provide ready treatments for heel pain, minor surgery for in-growing toenails, warts and papillomas, and also treat acute accident or sports injuries. Also available are orthoses for flat feet or high arches, as well as conservative treatment of fractures and diabetes foot assessments.

"Foot health is really important," Loan stresses, her shiny black locks nodding. "It is a common perception that one need see a podiatrist only when something is wrong with our feet. However, people should develop the practice of having their feet checked regularly - at least once each year - since prevention is much better than cure.

"And those clients are amazed by the fact that their conditions are treatable - usually painlessly; they certainly regret not having them seen to much earlier."

This beautiful young intellect is well equipped to provide such treatments, having



Loan puts heart and sole in her work

*Photo: Jim Weatherill*

accrued her Bachelor of Podiatry from the University of South Australia, before having those credentials confirmed by the Podiatrists Registration Board of Victoria, Australian Podiatry Association, Australian Academy of Sports Medicine, Medicare Australia and the Department of Veterans' Affairs.

Following graduation she worked as an allied health paramedic at both Port Augusta Hospital and Whyalla Hospital & Health Services Inc SA, rostered on both clinic and Royal Flying Doctors programs for rural patients.

Next stops were Bendigo and Glenhuntly, the latter of which saw her managing the practice, while organising clinical assessments, supervising staff and ensuring operational efficiency. Then 2007 saw her establish North Melbourne Podiatry part-time at 59 Errol Street, while other clinical constraints were finalised.

"Over the past year I've done a deal of professional development," Loan confides, and she certainly has, among which were a heel pain seminar, sports medicine conference and vascular conference at Columbia University in New York. "Taking on a business was challenging and having as much knowledge as possible guarantees better outcomes for clients."

"What we do here is no difference from anywhere else in the world - that New York conference was international and proved our standards are highly comparable," she says, proudly.

*Katrina Kincade-Sharkey writes regularly for the News*

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IT'S ABOUT TIME

# The summer night market hit all our taste buds for six

**Lakshmi Balakrishnan**

**I**t was a cosmic haunt for Melbourne's art and craft addicts, a haven for the city's twilight creatures and a comforting spot for tourists who came expecting a city but discovered the world instead.

The 14<sup>th</sup> annual Suzuki Night Market at Queen Victoria Market was all this and more. From mid-November to the end of February, every Wednesday night at Victoria Market featured a carnival night where the possibilities were endless.

From sipping on Sangria to lemonades to tucking into tacos, paella, curry or savouring crepes, giant pancakes or just multiple scoops of ice creams, the only reason you could stop eating at this feast was to start eating again.

This clearly wasn't the place to exercise caution or count calories. At least, we didn't. If the food at the night market did not get us, then the shopping certainly did. Showcasing a variety of retro-fashion and sustainable goods, our favourite was the local show of power in fashion, arts and crafts.

From wooden wrist watches to photo frames made of recycled paper, this certainly was a place to catch some of the most innovative, eco-friendly and exciting designs. And when we got tired of shopping or sinking into those delicacies, there was live music and entertainment to get us re-energised.

*Lakshmi Balakrishnan is travel and food editor for the News*



Mark it down: there's always a bargain to be found at the night market

Photo: David Apostol

## Perfect spot to put a hot spring in your step

**Kate McDonell**

**W**orn out and in sore need of a holiday, but with a time and financial budget, my friend and I decided to head down the Mornington Peninsula recently to visit friends.

We discovered that just ninety minutes drive from Melbourne lies an oasis of relaxation: The Peninsula Hot Springs. They were a revelation. With over 20 pools of varying

temperatures, including a hilltop pool with panoramic views, the springs were an amazing experience, and a perfect antidote to my fatigue.

Following the path up the hill, we tried the increasingly warmer pools (up to 43 degrees Celsius, in which you're advised not to stay longer than five or six minutes!), interspersed with quick dives into the cold plunge pools for a refreshing change. After a light lunch at the cafe, we spread out on

deck chairs by the lake and listened to the peaceful sounds of the ducks and the water.

We also enjoyed exploring the reflexology walk, which realigns your body's energy through carefully placed stones in a shallow stream, and the Turkish bath house (or Hamam), where you can lie on the marble benches and cleanse yourself with a loofah and water bowl. One of the highlights was floating in a pleasantly warm pool inside a cave, gazing out through a skylight at the trees near the lake.

Peninsula Hot Springs also offers spa treatments such as massage, mud baths, hot stone treatment and reflexology, which are priced separately. Adult entry for the day is just \$35 (\$30 in the off-peak season), making it an affordable getaway, and being so close to Melbourne, the springs are a convenient possibility for a day trip when you really need a break (just don't get too sleepy for the drive back!).

*The Peninsula Hot Springs website gives helpful information on finding accommodation: <http://www.peninsulahotsprings.com/>.*

*The Sorrento Youth Hostel is just twenty minutes away by car: <http://www.yha.com.au/hostels/vic/coast/sorrento/>.*

*Kate McDonell is youth and education and also history editor of the News*

## MANCUSO

If you are in need of a bit of a pick-me-up, Mancuso is the place to go. This inner-city retreat allows clients to enjoy a range of services from haircuts and colours to facials, massage, manicures and body treatments. The Japanese-style spa treatment area uses all-natural products, while the staff are some of the best stylists, masseurs, beauticians and naturopaths in Melbourne. Mancuso also has a country day spa in the Metcalfe Valley for the perfect getaway. For further information visit [www.mancuso.com.au](http://www.mancuso.com.au)

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# All quiet in the kitchen when mum is the word

**Lakshmi Balakrishnan**

In the warm and quaint interiors of Amiconi Restaurant at 359 Victoria Street, great food is incidental. Just as conversations around family dinners are.

For where there is a loving family, there are bound to be numerous laughs, discussion and debates. Bring it all together around a table of sumptuous and traditional south Italian food and wine, and you pretty much know that the conversation will keep flowing.

Having entertained visitors for nearly half a century, Amiconi does the thing that Italians do best – it shares a love for Italian food with those passionate about it. The restaurant's cooking classes, now in their second year, offer a grand opportunity for enthusiasts of Italian food to learn the secrets of a traditional Italian kitchen.

Available to both beginners and experienced cooks, Amiconi's cooking classes teach what the restaurant practises in its own kitchen. Here, "mum's the word" when it comes to cooking. As chef Joe notes, "We cook the way our mothers cooked. It is the simple, traditional style."

The authenticity of its flavours, points out Amiconi owner Michael, is how the restaurant has gained its credibility. It's one that has been passed down the generations and has helped it build a loyal customer base. Watching two or three generations from a family visit Amiconi is the best reward, says Michael.

"I see 18-year-olds come with friends and talk about how they used to come with their parents. Or an 80-year-old comes with his children and talks about the experience of coming here with his father. That is rare to see in many restaurants today," he says.

It is this shared passion for Italian food that eventually made the restaurant think of offering cooking classes.

"We started the classes because we did not want to open a second or a third Amiconi. We have a small place but six full-time chefs who have grown with us. What we share here and what we want to share with people is our love for Italian food," says Michael.

The restaurant hosts one class every four to six weeks. The many registrations, surprisingly high in the beginning, eventually made the Amiconi team come up with an alternative to crowded multiple classes. Prior to every class, the restaurant randomly picks applicants from the list and calls to check their availability and interest in taking the next class.

The hands-on two-hour class has a different theme each time, with popular choices or requests made by people often being repeated. "Gnocchi has been one of the more popular classes and has been repeated due to popular demand. A large number of our students are professionals like lawyers and surgeons who are passionate about cooking," reveals Joe.

Keeping it simple, he says, is perhaps the most important and toughest lesson for cooks. "People often try and make things complex rather than simple. When it comes to cooking good Italian food, the basics are pretty simple. Use fresh, good produce and keep the flavours true. And avoid short cuts."

There is one more thing that is essential in Amiconi's kitchen – respect. "You won't see anyone shouting or screaming in our kitchen. We enjoy our cooking and respect comes with it. That is what makes it special here," adds chef Vince.

*For more information: phone Amiconi at 9328 3710 or go to the website <http://www.amiconi.com.au>.*

*Lakshmi Balakrishnan is travel and food editor for the News*



**What's cooking? A flaming good dish is on the way from the kitchen at Amiconi**

*Photo: David Apostol*

## No wild oats here, just Savoury Oats

### Savoury Oats

So you love sweet oats. But have you ever tried it the savoury way? From the Skirlie in Scotland to the Upma in India, the healthy oats are relished in different forms. Here is a simple instant savoury oats recipe inspired by the Upma.

### Ingredients

1 teaspoon mustard or cumin seeds  
1 teaspoon ginger, chopped  
1 cup red onion, chopped  
1 cup carrot, chopped  
1 cup capsicum, chopped  
1 cup frozen peas  
1 cup tomatoes, chopped  
5-6 curry leaves  
1 teaspoon curry powder (optional)  
1 green chilli (optional)  
2 tbsp cooking oil  
Salt (to taste)  
1 cup rolled oats  
2 cups water

### Method:

Heat oil in a deep pan. Add the mustard seeds. Once they start spluttering, add the ginger and onion. If using chilli, add the chilli and curry leaves. Sauté the onions till they turn light brown. Add all the vegetables except tomatoes. Cook the vegetables till they become a little soft and then add the tomatoes. Add the curry powder and oats and cook for another minute. Add the water to the mix and let the mixture cook, covered, for five minutes. Keep turning the oats to ensure they don't stick to the pan. The oats are ready when they have a sticky rice consistency. Garnish with fresh coriander to serve.

*Lakshmi Balakrishnan is travel and food editor for the News*

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# Then mark this: I went to a land of great Danes

Steve Jasper

I've recently had the privilege of living in Denmark for a month as part of an exchange program at RMIT. So just after New Year I boarded a plane for the long, long flight from the sunburnt country to the land of Hans Christian Andersen fairy tales, the oldest royal family in the world, and lots of cycling lanes.

On my first day in Denmark – feeling the cold after leaving 40°C in Melbourne! – I encountered Copenhagen's famous bicycle lanes. Pedestrians, cyclists and vehicles are all well-separated with kerb and guttering between each, and I learned very quickly – you take your life into your hands if you walk on the cycle path! But seeing the bicycle lanes in Copenhagen made me realise that bicycle lanes really work, if you're prepared to put in the infrastructure and make it work.

I did my study in the city of Århus, and catching trains across Denmark was a real treat. On several occasions I reserved seating in the *stillezone* (quiet zone) carriages, where conversation and mobile phone use is forbidden. I have now added *stillezones* to my Christmas wish list – how lovely it was to travel for hours without hearing someone else's mobile phone conversation, and could we please have these in Australia? The only conversations were with the train conductor and the staff selling drinking water and confectionery on the train. I now have an addiction to chocolate-coated marzipan.

When I was there it was Queen Margrethe II's 40<sup>th</sup> (ruby) jubilee, and I went to the celebrations in the Town Hall Square in Copenhagen (for buffs of Danish crime drama, this features in *The Killing* quite a lot. The Town Hall Square that is, not jubilee celebrations). And yes, I got to see Princess Mary up close and personal (she was a few metres away from me) and I waved the Danish flag that I had been given. (She waved back, of course.) And then I went home to defrost, after standing around waiting in 2°C weather for several hours.

Århus is an ancient Viking city, and once doing excavations beneath a bank the diggers came across some Viking relics, including the skeleton of one who had been murdered. This excavation is now a museum, with the skeleton on permanent display with some other Viking relics of the era.

Our hosts made us very welcome in Århus, and a highlight of the trip was a Christmas feast for the students. The Danes seem to live on pork, cheese, and chocolate



Bicycles, bicycles, everywhere. It looks as if there are many things ridden in the state of Denmark

Photo: Steve Jasper

and the meal reflected that. There were some particular treats such as a rice custard dessert with a whole almond hidden in it, and anyone who found the almond received a prize. We were introduced to the Danish concept of *hygge*, which basically translates to a cosy, welcoming atmosphere. This is a key concept for the Danish people, who like to create a home environment for themselves and their families.

I have a confession to make here: I am a Danish crime show addict. And for me, Denmark was like Disneyland for murder. I did the obligatory trip to see the Little Mermaid statue and on the way, discovered the place where *Eagle* was filmed. As I was running

out of sunlight (the sun rose after 9 and set around 3:30!) I went the following day and explored some TV crime scenes. I struck up a conversation with a Danish couple

– Danish people are so friendly! – and we talked about life in Denmark.

The weather had been pretty mild during my trip, but on my last night in Denmark it snowed all night, and Copenhagen turned into a winter wonderland. Everything was blanketed in white, like a fairy tale. I wanted to take more photographs but being well below zero, my hands were getting a bit shaky at that point. So I bade fond farewell to Denmark and got back on a plane for the long flight home.

What did I take away from my trip? I have a new appreciation for cycling lanes, and I am much more committed to supporting their development at a local level. I've got a few recipes to try that I will unleash on my friends and family next Christmas Eve, and try and get a bit of *hygge* happening locally. I can now watch Danish crime shows and have some perspective of where things are being filmed. Oh, and an addiction to chocolate-coated marzipan. If you know of a 12-step group that can help me there, please let me know.

Steve Jasper lives in North Melbourne and will write regularly for the News

## Melbourne Bach Choir presents

**J S Bach**  
***St John Passion***

Friday 30 March at 8pm  
Sunday 1 April at 3pm

St Mary Star of the Sea  
corner Victoria & Howard Streets, West Melbourne

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## ARTS & ENTERTAINMENT

### A feast of comedy

**Sally Whyte**

The Melbourne International Comedy Festival returns to North Melbourne this month with performances at both the Comic's Lounge and Lithuanian House. Both venues will welcome a range of acts to the ever-growing festival.

*WAGS* is coming to The Lithuanian House Ballroom after playing to sell-out crowds at last year's Adelaide Fringe Festival. The show follows Milly, Cheryl, Bunty and Reggie as they battle their way down the Blue Carpet of the Downlow Medal.

The Comic's Lounge will host Lehmo from *Before The Game*, Marty Fields from *Hey Hey It's Saturday* and Jacques Barrett in the one show.

The Comic's Lounge will also be home to Gab Rossi's stand up comedy festival show. Rossi's show follows from sell-out shows *Reservoir Wogs*, *Melbourne the Musical* and *Gift of the Gab*.

The Melbourne International Comedy Festival will show both local and international acts and run from late this month for four weeks.

*More information at <http://www.comedy-festival.com.au>.*

*Sally Whyte is arts and entertainment editor for the News*

## ARTS &amp; ENTERTAINMENT

# It's back to Bach at St Mary's this Easter

Rosalyn Smith (left) and Lisa Klasas get ready for Easter in St Mary Star of the Sea

Photo: Jim Weatherill



## Rosalyn Smith

**N**orth Melbourne resident Lisa Kalfa has plenty to sing about at the moment. She is practising hard for the Melbourne Bach Choir's annual Easter

concerts – always a big event, but for the first time this year they are being held close to home, at the Church of St Mary Star of the Sea in West Melbourne.

Lisa joined the choir after a chorister friend invited her to hear them sing Bach's *St*

*Matthew Passion* in 2010. "The concert was totally amazing," says Lisa. "I was blown away by the power of the music and the professionalism of the choir. I had to be part of it."

The Melbourne Bach Choir was formed in 2005 by a group of singers who were disappointed at the limited opportunities to perform or hear Bach's great *St Matthew Passion* in Melbourne. In many European countries there is a strong tradition of Easter performances of music depicting the passion story, especially the superb settings by Johann Sebastian Bach. The Melbourne Bach Choir has since performed his *St Matthew Passion* twice, and this year is singing the *St John Passion*.

The *St John Passion* was written in German, but conductor Rick Prakhoff says: "This is not only beautiful music, but also a very dramatic and moving version of the Easter story. We are singing it in English so that the audience will experience the full impact of the narrative."

Finding a venue for a large-scale work like this is always difficult. A church provides a suitable atmosphere, but not many are large enough to accommodate the six soloists and orchestra, as well as a choir – in this case around 100 singers. St Mary Star of the Sea, immaculate after its recent renovation, is not only large enough but has a beautiful acoustic for choral music.

"It's an exciting experience," says Lisa. "Not just the performance, but the whole process of learning and rehearsing the music, and absorbing our conductor's interpretation. It's awe-inspiring to take on such challenging music, and to be able to share it with others."

The Melbourne Bach Choir's performances will benefit the Cancer Centre at St Vincent's Hospital.

The *St John Passion* will be performed on Friday 30 March at 8 pm and Sunday 1 April at 3 pm.

For details and bookings see <http://www.mbc.asn.au>

Rosalyn Smith lives in North Melbourne. She is president of the Melbourne Bach Choir.

# Place of desire and sapphire

## Katrina Kincade-Sharkey

**C**ONCURRENT exhibitions just closed at Langford120 gallery produced exceptional images of sought-after desirables by local artists Jan Murray and Wilma Tabacco.

Ms Murray's *Objets de Desir* and Dr Tabacco's *Zaffiro*, or Sapphire, was a precious stone, while its facet was its form of cutting and polishing for use in stylistic personal decoration. Her eight images of this gem's precious value were created by combining its intense blue colour within the complex faces of its cut, with each displaying stunning accuracy in their linear execution.

bags with their painted representation on canvas, Murray's work was seen as further examining the paradoxes of perception and representation inherent in both artwork and observation.

Dr Tabacco's *Zaffiro*, or Sapphire, was a precious stone, while its facet was its form of cutting and polishing for use in stylistic personal decoration. Her eight images of this gem's precious value were created by combining its intense blue colour within the complex faces of its cut, with each displaying stunning accuracy in their linear execution.

Those exacting paintings on paper highlighted Langford120 co-director Tabacco's use of sparse yet highly complex forms. Asymmetrical and shining in the dark, they toyed with edge and form, area and style, welcoming the viewer into the world of a jeweller's microscope.

Just opened last week, the gallery's latest exhibition will run till March 31 and features a selection of works by sculptors Geoffrey Bartlett and Gus Dall'Ava and painter Roger Byrt created over the past 12 years.

Celebrated for his figurative drawings for which he has been awarded several major art prizes, local artist Goodwin Bradbeer will mount an installation of found objects mediated by his hand-drawn or written marks.

From April 14 to May 6, Asher Bilu's breathtaking floor installation and wall works were inspired by a schematic drawing of M-Theory seen in Brian Greene's book *The Fabric of the Cosmos* (2005).

Asher notes that fundamental constituents

Murray is head of school at Victorian College of the Arts. Her 35 Shopping Bag pieces enclosed the notion of a widely varying range of possessions. Within their differing shapes and textures were wrapped a representation of the wide variety of human purchases. Also reflected was one social desire close to universal in western society, that being the lust for pretty possessions.

Those bag images - all works oil on linen - were as individual as the mix of owners who may have carried them and utilised images of a variety of material and fabric, structure and design, as well as care and filling.

Some reflected deliciously tapered snake-skin handbags - 'I've always been a bag girl'; several were comfortable tote-alls for market or groceries, while others definitively depicted life's hurt from surviving out of an old rubbish bag.

Through joining her images of shopping

of matter have been pondered since scientific thought began: "The Greeks believed it was the atom, which sufficed for over 200 years, until smaller building blocks - protons and electrons - were discovered, then in 1984 the quark was proposed.

"In the 1980s, string theory—the mathematical representation where particles are thought of as strings of vibrating energy—led to five different seemingly unconnected theories, until the 1990s when

M-Theory unified them.

"Edward Whitten, who first suggested M-Theory in 1995, did not specify what the M stood for, suggesting 'magic', 'mystery' or 'matrix', and others have suggested 'membrane', 'mother' or 'master', even 'missing' or 'murky'. M-Theory is not complete and is still controversial," he explains.

Katrina Kincade-Sharkey writes regularly for the News



Tapestry of Light, a 7.5 x 2.4 metres oil print by gallery co-director Irene Barbaris

Photo: Courtesy Langford120

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Christmas at Bondi as beach belles snap a wishbone for luck

Photo: Courtesy National Archives of Australia: NAA:A1500, K4074

## Sun, sand and life was a beach

Janet Graham

A National Archives touring photographic exhibition, *Summers Past: Golden Days in the Sun 1950–1970*, is currently on show at the Victorian Archives Centre in North Melbourne.

Celebrating Australians' "enduring love affair with the sun and the sea", the vast majority of pictures focus on beach life, with its emblematic pursuits of surfing, lifesaving, beauty pageants and getting sunburnt, but cricket and tennis get a look-in, too.

For baby boomers it is a reminder of times past, for younger visitors a window into a bygone era, a snapshot of 1950s and '60s fashions and body shapes.

Almost all the photographs in *Summers Past* were selected from the Australian News and Information Bureau collection held by the National Archives, a treasure trove of half a million photos from the late 1940s to the early 1990s described as "candid snaps of Australians at work and play".

These are the work of photographers

employed by the Commonwealth Government to produce images with the main purpose of promoting Australia overseas. Other exhibits in *Summers Past*, equally evocative, are labelled "Photographer unknown".

The amusing information boards include a potted history of the bikini, which was banned in Bondi until 1961. Speedo cossies for men were born on Bondi Beach in 1928. Designer Gloria Smythe modernised the swim trunks in 1955, discarding the 'modesty skirt' — regrettably, some might say.

Janet Graham is advertising coordinator for the News

**SUMMERS PAST:  
GOLDEN DAYS IN THE SUN 1950–1970**  
Victorian Archives Centre, Level 3  
99 Shiel Street, North Melbourne 3051  
8.00am to 6.00pm Monday to Friday and  
every second Saturday 9.00am to 4.30pm  
until 29 April 2012

## No No shouts out 'yes' to artists' innovation and style

Sally Whyte

Tucked away on Raglan Street, No No Gallery is a bubble of creativity just a stone's throw from the bustle of Errol Street. Emerging artists find a home for their work up a flight of stairs in a small space filled with natural light from the window across one wall.

"It's got a lo-fi DIY kind of feel to it. It's a really open, accessible place for art, for consumers as well as artists. It's very exciting fun art," says director Charlotte St Clair Wilson as she describes the gallery.

No No opened in 2010 with Roger Nelson curating exhibitions by new artists. St Clair Wilson took over as director in February and juggles directing the gallery with a career as a public servant.

She explains that the gallery faced closure when Nelson decided to move on. "I was in a group show at No No at the end of last year. I was discussing my work with Roger and he was explaining what was happening with the gallery and that he hadn't found anyone to take it over. I walked away from our coffee and got home and thought 'I can do that'."

Her first exhibition opening as director was marked with torrential rain, but a crowd of 60 enjoyed the work of Darcy McFall and Oli Wilson. She hopes to continue the work Nelson started. "I feel so great about speaking to these artists and giving them a space. It seems like an altruistic project but you get so much back."

No No is now offering Tea and Scone Sundays on opening weekends to create a new way to enjoy the artwork displayed. The

afternoons are a way to involve more of the North Melbourne community with the gallery, using a local baker for the scones. St Clair Wilson admits they can't compete with the local coffee, so offering tea is a unique alternative.

The gallery takes submissions from any artists and attempts to show whatever work fits the gallery. "As long as they're excited and it fits, we want to do it." No No is not unique for showing emerging artists, but also in the art chosen.

"It's more about concept rather than the finished product. It's more about creative ideas than how that manifests itself. It's a bit different for Melbourne," St Clair Wilson explains.

The March exhibition is entitled In-House Monsters and features acrylic paintings by Kristy Young, a Brisbane artist who has also worked in Melbourne and Tokyo.

"It's kind of about capturing that lost childhood. Things that might seem monstrous at first glance are actually about the happiness and sweetness of childhood," says St Clair Wilson. The exhibition features household items turning into monsters, as well as an actual fridge with monsters appearing. "They're really fun and naive and dreamy."

Just like much of North Melbourne's art scene the gallery has a quiet art buzz. "There are all of these amazing artistic things going on but they're all kind of hidden. It's increasingly vibrant in the arts scene." No No Gallery is on the way to taking its creative buzz to the Melbourne map as more artists find their start there.

Sally Whyte is arts and entertainment editor for the News



Left: No No director Charlotte St Clair Wilson bathed in sunlight inside the gallery  
Photo: Sally Whyte

Right: Tea for Two: one of Kristy Young's acrylic paintings featuring at the gallery this month  
Photo: Courtesy No No Gallery

