

# NW MN

NORTH & WEST MELBOURNE NEWS

ISSUE 162 SEPTEMBER 2013

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

SUNDAY 20  
OCTOBER '13  
11AM - 6PM

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## NOTICEBOARD



**The North and West Melbourne News** is a quarterly publication produced by volunteers from North and West Melbourne and the inner city. It is now in its 35th 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, a grant from Melbourne City Council, 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.

**Please note:** Advertising rates are subject to review. For more information phone 9329 1627 or email [nwmnews@centre.org.au](mailto:nwmnews@centre.org.au). Community announcements are published free of charge.

**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. We currently have a number of vacancies — please see page 4.

**Acting Editor:** Janet Graham

**Production:** Position vacant

**Advertising:** Janet Graham

**Proofreader:** Bethia Stevenson

**Sections:**

Arts & Entertainment: Jennifer Choat

Community: Suzie Luddon

History: Position vacant

Noticeboard: Janet Graham

Politics & Environment: Position vacant

Sport & Health: Sarah Harkin

Travel & Food: Position vacant

Youth & Education: Position vacant

**Production team:** Jennifer Choat, Janet Graham, Rene Heeps and Ava Macmaster. Peter Alsen provided professional assistance with layout.

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

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58 Errol Street, North Melbourne 3051  
Email: [nwmnews@centre.org.au](mailto:nwmnews@centre.org.au)  
Telephone: 9328 1126

**Copy deadline for December 2013 edition:**

**Wednesday 6 November**

**Advertisers:**  
**Wednesday 30 October**

Publication date: Thursday 5 December

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

**IMPORTANT STREET FESTIVAL NOTIFICATION****Errol Street — Road Closure Notification for Sunday 20 October 1.00am – 11.30pm**

On Sunday 20 October the following streets will be closed or affected by the Spring Fling Street Festival between the hours of 1.00am and 11.30pm:

- Errol Street closed to all traffic between Queensberry and Victoria streets
- Raglan Street, Trafalgar Place, Webbs Lane, Little Errol Street, George Johnson Lane and Little Curzon Street closed to all traffic
- Access to Errol Place affected by Errol Street closure
- Car park beside King and Victoria Street Reserve not available for parking as it will be used for festival activities

Residents and traders located in the affected streets will have restricted access until 9.00am, at which time the precinct will be shut down to all cars.

Access will be reopened to traders and residents within the precinct after 11.00pm or when it is safe to do so.

The traffic management plan will also affect the operation of the number 57 tram. Errol Street will be closed to trams, and extra bus services will be operating.

For further enquiries about the traffic management plan please contact Phil Bodey at The Centre on 9328 1126 or 0447 914 453 or visit [www.centre.org.au/springfling/](http://www.centre.org.au/springfling/)

We apologise for any inconvenience caused by the 36th Spring Fling Street Festival and we look forward to celebrating with you.

**Art Show**

North Melbourne Primary School is hosting a Visual Arts Show, which will be held at North Melbourne Primary School on Wednesday 30 October and Thursday 31 October from 6.30pm to 8.00pm.

This event will not only showcase the amazing talent of the children at North Melbourne Primary School but will also have some fantastic works for sale by local artists. The show is shaping up to be a great success with some incredible local works already secured.

So why not come along, support the local primary school and enjoy the visual display over a glass of wine and perhaps purchase a piece of art or two from some great local artists.

**Please note entry to the event is by gold coin donation**

**The Neighbour project — building a strong neighbourhood in West Melbourne****Jane Ward**

Thanks to Cara Bradley, an enthusiastic West Melbourne resident, The Sharehood has been working with your neighbours to facilitate a local project to enhance community connection and sustainability.

So far there have been two afternoon teas to introduce neighbours to each other and to The Sharehood, which is about sharing in your neighbourhood.

We heard from people about what they would like to see and do to encourage greater sharing with their neighbours,

create an environment where more people know their neighbours, and overall bring a little more life to West Melbourne.

Specific projects that we've been talking about and taking action on include a small community garden, an outdoor photographic portrait exhibition, movie nights at local cafes and starting up a community hub for West Melbourne.

There'll be a third afternoon tea on Sunday 15 September at 70 Abbotsford Street, West Melbourne, from 3.00pm to 5.30pm. If you read this in time, RSVP online at [arvotea3.eventbrite.com.au](http://arvotea3.eventbrite.com.au) or by

**TEMPORARY ARRANGEMENTS for North Melbourne Library**

While North Melbourne Library is undergoing renovations, we are providing a service at the front of the library. We are still offering adult fiction and DVDs, Chinese DVDs and picture books. You can also reserve items from other branches and pick them up at the library.

The temporary hours are slightly reduced and are on the website. All children's programs are being held at Lithuanian House just a few doors down Errol Street.

Because of the temporary arrangements, the Book Group is not taking new members until January but is still happening for regulars.

**Talks by women writers**

Over the next few months, the Melbourne Library Service is proud to be showcasing the talent and expertise of local writers with the series Local Women Writers Talk.

Make sure you keep an eye on our website for these free monthly events, where you can engage in stimulating conversation with some of Melbourne's most talented female authors. Go to [www.melbournelibraryservice.com.au](http://www.melbournelibraryservice.com.au)

**The Book Pedlar**

Look out for the Book Pedlar, a lovely tricycle that is parked around Errol Street. Take a book for free and return it if you want to. The Book Pedlar is a joint project between The Centre and North Melbourne Library. You never know what treasure you might find!

**North Melbourne Book Group**

Meets third Wednesday of the month at 6.45pm

18 September	<i>The Casual Vacancy</i>	J.K. Rowling
16 October	<i>The Lost Dog</i>	Michelle de Kretser
20 November	<i>Behind the Beautiful Forevers</i>	Katherine Boo
18 December	<i>Monkey Grip</i>	Helen Garner

All welcome — no bookings required  
For enquiries, please phone 9658 9700

North Melbourne Library, 66 Errol Street, North Melbourne

**The Centre: Connecting Community in North and West Melbourne Inc.**

**ANNUAL GENERAL MEETING**

In accordance with the constitution of the association, notice is hereby given that the 37th Annual General Meeting of The Centre will be held at 6.00pm on Monday 30 September 2013 at the clubrooms of the Australian Legion of Ex-Servicemen and Women, 16 Little Errol Street, North Melbourne (behind The Centre).

Nominations for membership of the Management Committee close at 5.00pm on Monday 30 September 2013.

For further information please speak to Perla Gerlic at The Centre, 58 Errol Street, North Melbourne, or telephone 9328 1126

**Calling all Artists**

North Melbourne Primary School is inviting artists to be part of this year's Visual Arts Show, which will be held at North Melbourne Primary School on Wednesday 30 October and Thursday 31 October.

If you are an artist we would love to hear from you.

Works will be displayed at the school and will be available for sale or will be auctioned.

If you would like to participate please contact Cathy Robinson on [cathy@emailrobinson.com](mailto:cathy@emailrobinson.com)



## HISTORY

# Happy one hundredth to The Lost Dogs' Home!

**Felicity Jack**

One hundred years ago Australia had a population of 4,820,172 people. On 12 March 1913, Lady Denman, wife of Australia's Governor General, named the capital Canberra. Lord Denman told those attending the ceremony that the Australian people should not cavil at the expense of building another city because Sydney and Melbourne were already overcrowded!

No one counted the number of lost and abandoned dogs in Melbourne, but there were enough to cause a serious problem. Local councils were responsible for catching and disposing of them and, as most of the dogs were unclaimed, the most common method of disposal was either poisoning or drowning.

Two weeks before the naming ceremony for the city of Canberra, on 28 February 1913, Lady Denman opened the gates of The Temporary Home for Lost and Starving Dogs in Gracie Street, North Melbourne. Lady Denman agreed to be the patron of the Home.

A committee had been established in December 1910, which had set itself the task of establishing a permanent home for lost dogs, but the search for suitable premises took over 18 months. NIMBYism was a factor in this — it's not surprising that the public did not want dogs that barked at all hours of the day and night as neighbours.

Eventually, after much lobbying of politicians, the committee were advised that there were Crown lands available in North Melbourne, which were considered highly suitable. They asked the government to put the land up for auction and four blocks of land were purchased for £257.

The land was close to the Macaulay railway station and the West Melbourne tramline. The committee built a simple weatherboard cottage with a boardroom, three rooms and a bathroom for the use of the keeper. There were also six large yards with sheds, each supplied with water and sewerage, various sheds for storage and cooking, a dispensary and a lethal chamber. It was completed for the approximate cost of £500.

In 1934 The Lost Dogs' Home expanded its services by building a hospital. At first it operated in temporary accommodation and was open from 2.00 to 4.30pm Monday to Friday under the management of Mr A. W. Adeney, GMVC, BVSc. It treated the animals of those who were unable to pay veterinary fees.

In January 1935, Miss Ann Flashman was appointed as the first full-time veterinary surgeon. She was a graduate of Sydney University and later married Sir Arthur Rylah, who was Victoria's attorney-general in 1955–67

and later deputy premier and chief secretary. Lady Rylah was well known for her column on animal welfare in the *Herald*.

Incidentally, in 1914 The Lost Dogs' Home had also appointed a woman as one of its two honorary veterinary surgeons. Miss 'Belle' Bruce Reid had graduated from Melbourne Veterinary College in Fitzroy in 1906 and was the first woman in the world to graduate in veterinary science.

The next substantial renovations occurred in 1983 when some friends of the Home, Mr and Mrs Newman and Phyllis Strong, donated money for the provision of new hospital facilities. Some old buildings were demolished and 78 new covered kennels were built and installed with electrically heated floors. The reception area was redeveloped and staff facilities were improved.

The hospital was provided with a fully equipped surgery, recovery room and X-ray facilities, making it one of the most modern veterinary hospitals in Melbourne. However, the clinic was run as a private concern by one of the two vets and did not add much value to the operation of the Home.

Despite all these improvements The Lost Dogs' Home began to lose money and in 1986 had recorded a deficit for two successive years. Its credibility with some local councils had led to withdrawal of contracts and the future viability of the Home was in doubt. A new general manager, Dr Graeme Smith, was appointed in April 1986 and given the task of reinvigorating the Home.

Since then The Lost Dogs' Home has expanded and prospered, making the most of every opportunity. Some sizable bequests and the establishment of a fundraising program have helped the Home, but the development of far-sighted business plans and alliances has also been instrumental to its success.

It joined forces with the Cat Protection Society and has now opened a separate facility for lost cats.

It has built a new training and education centre, a sick and injured shelter and a state-of-the-art veterinary clinic. Frank Samways was a successful businessman and his generous donations and bequest enabled the clinic, named after him, to be built close to the Home at 1 Boundary Road. All proceeds from the Frank Samways Veterinary Clinic go towards helping dogs and cats in the shelter.

For the past 23 years the Home's National Pet Register has been helping turn lost pets into found. Beginning as a free pet identification tag service in 1989, National Pet Register now provides a comprehensive catalogue of pet identification services and is one of four national microchip registers.

The Lost Dogs' Home runs a 24-hour emergency ambulance service.

Part of the Home's mission is to raise awareness of the value in adopting a shelter dog or cat — most come into the Home as strays, though occasionally dogs and cats are taken in because their owners are unable to continue caring for them. Adopting dogs was not a popular choice when Graeme first joined the Home, but today adoption is often the first option when looking for a pet.

Graeme pointed out the advantage of adopting an adult dog or cat — its size and temperament are already established. He also thinks the public has developed confidence in the vetting procedures that take place before dogs and cats are put up for adoption, and the success of the program has spread through word of mouth.

Prospective owners are encouraged to spend time getting to know their chosen dog or cat before making the final decision, but animals can be returned within two weeks if they are found to be unsuitable. To combat impulse purchases and reduce the incidence of returned animals, the Home implemented a 'Pet Licence' test to educate potential owners on their responsibilities, and the adoption team are on hand to guide people in their choice.

The introduction of competitive tendering legislation under the Liberal government in 1996 gave The Lost Dogs' Home the opportunity to move further into the area of animal management, enabling it to develop a total service for municipal councils. It now runs two pounds in Brisbane, one in Echuca, one in North Melbourne and six in Melbourne's south-eastern suburbs. Until recently, the Home managed a small rural shelter for the Shire of Wingecarribee in New South Wales.

Recently the Home entered into a relationship with Melbourne University, giving all fourth-year veterinary students the opportunity to spend two weeks performing work experience in the Home's shelter hospital. Under supervision, students obtain valuable experience desexing dogs and cats for adoption, while at the same time gaining an understanding of the issues involved in animal welfare. Such an opportunity was not available to Graeme when

he was a veterinary student.

While the Home continues to work hard caring for the many dogs and cats that come into its shelters every day, an important part of its role is to raise awareness about responsible pet ownership. Through educating pet owners and future generations of pet owners, they hope to improve outcomes for companion animals. The Home has successfully developed education programs such as Pet Licence and school visits and it uses social media to reach a wide audience.

A hundred years on, the Home continues to meet challenges as they arise. This article began with the surmise that Melbourne in 1913 was overpopulated, and many may believe this is even more the case today. The industrial base of suburbs such as North Melbourne is being taken over by dense residential developments under the banner of urban renewal.

This is now an issue for the Home. The area has been rezoned and the encroachment of new apartments will mean an extensive and extremely expensive redevelopment of the dog kennels. Indoor accommodation will be required to prevent disturbance by barking dogs. The Home houses approximately 250 dogs at



Keeper Bob Fraser tends to dogs in the yard, 1920

Photo: Lost Dogs' Home photo album

any one time, so this will be an enormous task if The Lost Dogs' Home wants to remain at its iconic Gracie Street address.

*Felicity Jack is a local author and occasional contributor to the North and West Melbourne News. Her publication *Faithful Friends*, a history of animal welfare in North Melbourne, is available through the Hotham History Project website, [www.hothamhistory.org.au](http://www.hothamhistory.org.au)*

**the  
cobblers  
last**

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## COMMUNITY

**Volunteer Positions Vacant at the News**

The Centre is publisher of the *North and West Melbourne News* (NWMN), a quarterly, volunteer-led, community newspaper distributed to approximately 6000 readers in North and West Melbourne. This newspaper is put together by a vibrant group of dedicated volunteers and has been published continuously for 35 years. We are seeking people with relevant experience to fill several key volunteer positions.

**Editor/Content Coordinator (Volunteer)**

The Centre is seeking an experienced editor to take up a volunteer position as the Editor/Content Coordinator of the *North and West Melbourne News*.

The Editor/Content Coordinator forms part of the leadership team of the newspaper. The Editor/Content Coordinator is responsible for the content of the newspaper and must ensure all content is ready to meet quarterly production deadlines.

The successful applicant should have formal qualifications in journalism, media and/or communications or an equivalent level of demonstrated relevant experience. The successful applicant should be willing to make a substantial volunteer commitment of a minimum of 35–40 hours per month. Please note that this position is voluntary, therefore unpaid.

These appointments will be for the period October 2013 to October 2015 and are renewable upon negotiation. Interested applicants should request a position description from Sharon Orbell on [SharonO@centre.org.au](mailto:SharonO@centre.org.au) or telephone 9328 1126.

Applications close on 30 September 2013 and applicants should address the selection criteria from the position description in their application.

**Production Coordinator (Volunteer)**

The Production Coordinator forms part of the leadership team of the newspaper. The Production Coordinator is responsible for all aspects of the production process; this includes the design and layout of each page, the allocation of space for copy and images and the overall appearance of the newspaper. The Production Coordinator is responsible for liaison with the printer and for ensuring all print deadlines are met.

The successful applicant should have formal qualifications in graphic design, print production and media or an equivalent level of demonstrated relevant experience. Excellent computer skills with experience in the use of Adobe InDesign, Adobe Photoshop and Adobe PDF are a requirement for the position. The successful applicant should be willing to make a substantial volunteer commitment of a minimum of 25–30 hours per month. Please note that this position is voluntary, therefore unpaid.

# More changes at the News

**Janet Graham**

**I**t is with regret that we announce the resignation of Maurice Gaul, who stood down as editor after the June edition and two highly productive years at the helm of the *News*.

The paper benefited greatly from Maurice's editing skills and the experience gained from his long career as a freelance journalist. Under his guidance, every edition presented as readable, entertaining and professional while retaining the 'flavour' of each contributor's unique voice.

Most contributors are amateurs, so copy does not always arrive in pristine, immediately publishable condition — and nor do we expect it to. With the help of proofreaders and section editors, it is a big task to turn the assortment of articles and opinions into a unified whole with a consistent style.

Maurice did this with aplomb, and we thank him for his dedication and for the effort he put into building up the list of contacts and 'stringers' across our community. We wish him well in his post-*News* enterprises, which we understand include a well-earned overseas holiday.

Another big loss is Helen Lew Ton, who stepped down as distribution coordinator after some 14 years. There is more about Helen elsewhere on this page.

Steve Jasper has regrettably had to relinquish his roles as section editor for both History and Politics & Environment. Steve was headhunted for a job in Sydney that was too good an opportunity.

nity to turn down. He had less than a fortnight to pack up his worldly goods before heading north.

Not all readers will know that Steve first joined the *News* in 2003 and for a couple of years was a valued member of the team as both a regular writer and a layout volunteer. He also delivered the paper during that time.

A rail enthusiast from way back (except when ill-conceived projects have a bad impact on his West Melbourne neighbours), Steve will no doubt be exploring the NSW railway network when work permits. Our best wishes follow him wherever his new life takes him.

The *News* now has a number of vacancies for section editors as well as the major volunteer roles of editor, or content coordinator as it used to be called, and production, or layout, coordinator. Have a look at the job descriptions on this page and consider whether you have appropriate skills for either position and are looking for a challenge.

The less time-consuming role of section editor provides an opportunity to write or compile copy for a particular section of the *News*. And of course we need a new distribution coordinator(s) to arrange delivery of the paper to as many North and West Melbourne people as possible. You will find all you need to know about this essential task in the profile of Helen Lew Ton.

Finally, we apologise if, in the changeover, any articles submitted for this edition did not reach us. Any such omissions were not intentional. Until a new editor is appointed, please send copy to [nwmnews@centre.org.au](mailto:nwmnews@centre.org.au).

## The mail (NWM News) must go through — and it has done, thanks to Helen!

**Bethia Stevenson**

**R**eaders of the *North and West Melbourne News* are able to enjoy the work of local writers, photographers and illustrators, but how many of us give much thought to the 'backroom' work of getting the paper put together — and out?

Maybe even less recognised is the task of bundling up around 6000 copies of the paper into deliverable parcels, attaching instruction sheets and marshalling the 'troops' who deliver your own copy to your own letterbox — unless you've unwisely labelled the box Australia Post Only, thus losing out on this valuable local resource.

Four times a year one redoubtable woman carried out this task superbly — for 14 years. In this note we pay tribute to Helen Lew Ton and thank her for the excellent work she has done for the local community in managing so smoothly all the tasks associated with delivering the *News* to us.

Recounting the enormous work Helen has done could sound like a job description, and maybe it could work out that way. We must find a brave soul (or collective) to take over the tasks.

So here goes with an attempt at describing the work Helen did all those years. First she emailed her troop of deliverers, letting them know when the papers would be dropped at their door, for delivery in their jointly-selected area, usually near home.

The published issues arrive in bundles of 100. Helen sorted these, breaking some down into agreed numbers between the 100s. Then she delivered them throughout the area, at the time advised in the email — come rain or shine, let it be said.

Helen is a keen cyclist, but there is no way this job could be done without a car — and perhaps some strong helpers. As one of Helen's delivery troopers I must say that her genial efficiency was a major part of my staying with the task.

Most people may not even think about how the *News* arrives at their door, but those of us involved with it do know the effort, and we salute Helen for a heavy, regular job well done. As she steps down from the role of distribution coordinator, we say "Thank you, Helen".



Helen Lew Ton at last year's Spring Fling  
Photo: Janet Graham

**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 çözmelerine yardım edecek emniyetli, güvenli ve destekleyici bir ortam sağlamaktr.

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**



# North and West Melbourne Association

## Annual general meeting

The Association held its annual general meeting on 21 May. The following committee members were elected unopposed:

Chairperson: Kevin Chamberlin

Vice-chairperson: Bill Cook

Treasurer: Michael Horscroft

Secretary: Tom Shearer

Assistant secretary: Janet Graham

This is a small committee to grapple with the increasingly complex issues that confront North and West Melbourne, many of which relate to planning. The constitution allows for two ordinary committee members, positions that remain unfilled, as well as convenors of subgroups, who can be inducted at ordinary meetings.

We would welcome anyone with a special local interest to help out by leading or forming a subgroup, such as planning, transport, the environment or community engagement. What we call 'community engagement' provides an opportunity for an IT expert to help manage the NWMA website and social media such as Facebook. A more active website would, we feel, encourage greater interaction with the community at large.

Below is a short list of important issues that are currently consuming much of the Association's collective energy.

## Proposed East-West road link

A number of Association members attended a rally on the steps of Parliament House in Spring Street on 20 August, protesting at the government's decision to construct the East-West freeway in a tunnel linking the Eastern Freeway with the Tullamarine Freeway. This is the first stage of the project.

The trigger for the rally was a proposed amendment to the *Major Transport Projects Facilitation Act 2009* relating to the East-West Link. This amendment was due for a second reading and debate in the Legislative Assembly. It signalled that the government was trying to fast-track the East-West Link, further reduce consultation and public input, and hand over authority to the project proponent, Linking Melbourne Authority.

Speakers included Opposition Leader Daniel Andrews, who is opposed to the Bill and will announce a transport plan for Victoria by the

end of the year. Other speakers were Jackie Fristacky, Mayor of the City of Yarra, the Greens' Greg Barber MLC, Richard Wynne MLA from the ALP, and Tony Morton, president of the Public Transport Users Association.

There was frequent reference to the East-West Link being a "dud project". In their platform for the last election the Liberals had promised to fix public transport. Now they wanted this road project signed off before voters could pass judgment on it at the next state election.

There was agreement that this project would do little to reduce congestion and would lock up transport funding for any other projects for a generation. The people of this state deserve a proper process for the consideration of all transport options, especially those promoting public transport.

A final resolution was endorsed unanimously by the gathering and a petition with almost 10,000 signatures handed to Mr Andrews for tabling in parliament.

A major concern of the Association is the recent disclosure that Stage 2 of the East-West Link will include off/on ramps at Arden Street, requiring the compulsory acquisition of about 12 terrace houses on Bent Street, Kensington, among other properties. In addition, the Linking Melbourne Authority has applied to take over tracts of open space on the western bank of Moonee Ponds Creek for its elevated four-lane road.

## Regional Rail Link (RRL)

West Melburnians sympathise with people in Collingwood who received a flyer

in their letterboxes the day before the public announcement about the East-West Link route. West Melbourne and Footscray people affected by the RRL project are familiar with this kind of 'community consultation'.

Meanwhile, construction continues apace on the new RRL tracks and bridge at Dudley Street. The safety handrails sit a few centimetres away from the south-eastern corner of Festival Hall. We suggest readers unfamiliar with this area include it in their next Sunday walk or jog. You may be surprised by the clever engineering which squeezes this structure into such a narrow corridor.

On a positive note, the RRL Authority (RRLA) is offering Railway Place residents free accommodation during the Christmas 'occupation' — a 35-day period of intense and noisy construction activity when the railway will partially shut down. Residents are negotiating to use their Quest apartment vouchers interstate if they wish, and RRLA will also pay for pet kennelling.

## City North and Arden-Macaulay structure plans

Both structure plans have reached the stage of a Planning Panels Victoria hearing. The panel considers submissions made to the City of Melbourne as part of the amendment process, along with further submissions made directly to the panel both in person and written.

The panel reviewing Amendment C196 (City North) finished sitting on 22 August, and the public hearing of Amendment C190 (Arden-Macaulay) began on 26 August. The Association was due to appear at the C190

hearing on 6 September to present a supplementary submission.

The East-West Link proposal has a major impact on C190, with four lanes and off-ramps to Arden Street now planned for Stage 2. Traffic will discharge into already congested Kensington and North Melbourne streets. The plan also removes open-space opportunities along Moonee Ponds Creek.

The panel recently indicated it would be recommending that the area west of CityLink, in Kensington, be removed from consideration as part of C190. The Association will be arguing that the whole of C190 should be deferred and reworked.

On 27 August the City of Melbourne resolved to request the C190 panel to continue with the hearing to allow submitters with an opinion on the East-West Link alignment to present their cases, and then to defer the hearing until completion of the East-West Link Comprehensive Impact Statement.

There will be debate as to whether the road ends up on the west (Kensington) or east (North Melbourne) side of CityLink.

## How to contact the NWMA

Please email [secretary@nwma.org.au](mailto:secretary@nwma.org.au) to renew your membership, apply to join the Association or to offer your skills. Visit the website at [www.nwma.org.au](http://www.nwma.org.au). Meetings take place at 7.30pm on the third Tuesday of the month in the Dewey Common, Bastow Institute, 601 Queensberry Street (enter off Union Street). Everyone is welcome, whether or not a member.



Hundreds rallied against the East-West Link outside Parliament House

Photo: Janet Graham

## North & West Melbourne Association Inc.

Working together for the future of our community



Email: [secretary@nwma.org.au](mailto:secretary@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



# Residents About Integrated Development @ 3051

**Marg Leser**

**R**esidents About Integrated Development (RAiD@3051) Incorporated consists of a group of North Melbourne residents who initially came together in 2011 to respond to a proposal by Woolworths to build a large-scale development comprising a supermarket, bottle shop and two residential towers of 16 and 10 storeys on the corner of Canning Street, Vaughan Terrace and Macaulay Road.

On 17 May, VCAT released its decision, which upheld the Minister for Planning's decision to grant a permit for the North Melbourne Woolworths development, and issued a permit.

RAiD considered that VCAT's decision represented a planning outcome that is inconsistent with the strategic direction, policies and controls that underpin the City of Melbourne's plan for the Arden-Macaulay area. We continue to liaise with the City of Melbourne councillors and staff in relation to the proposed Woolworths development.

The group remains most concerned at the impact this and other proposed high-density developments will have on local residents in terms of traffic, noise, public space and community infrastructure.

RAiD was scheduled to appear on 4 September at the Planning Panels Victoria hearing into the State Government's



Traffic build-up in Macaulay Road at 5.00pm

Amendment C190.

RAiD considers that the VCAT decision and the proposed East-West road link trash the years of work done by the City of Melbourne and residents to develop the Arden-Macaulay Structure Plan. Residents need to work together and lobby all levels of government to ensure North Melbourne does not become another Docklands.

Keep up-to-date with further action on

*Photo: Gary Bateman*

the Woolworths proposal and other planning issues by becoming a RAiD@3051 member, by providing your contact details to receive regular email updates, by accessing the RAiD website, [www.3051-integrated.com](http://www.3051-integrated.com), or by following us on Facebook at [www.facebook.com/pages/3051-RAID](http://facebook.com/pages/3051-RAID) or Twitter, @Raid3051.

*Marg Leser is a member of RAiD@3051*

## New minister for local church

**Craig Thompson**

*The Reverend Dr Craig Thompson recently took over as minister to the Uniting Church's North Melbourne congregation, Mark the Evangelist. Here, he introduces himself to News readers.*

In an earlier life I studied physics and maths before taking up secondary teaching. Restless in the classroom, I returned to college to study theology and eventually offered for ministry in the Uniting Church. After a postgraduate program focusing on themes of post-modernity and the church, I began parish work with the Hampton Park and Narre Warren North congregations.

My most recent placement was in Hawthorn and Kew, and I began at North Melbourne's Congregation of Mark the Evangelist in July this year.

Many things about the possibility of working with the good folk at Mark the Evangelist appealed to me. The congregation is the auspicing body of UnitingCare Hotham Mission, well-known in North Melbourne for its community service work. This work currently focuses on particular needs in the Hotham Hill area but previously included the sponsorship of the Asylum Seeker Project, which has recently moved to Lentara UnitingCare.

The congregation greatly values worship experiences that draw deeply on the rich heritage of the church catholic, and values and

encourages deep thinking about the continuing significance of the seminal stories and figures in Christian tradition. The congregation also has a good track record in ecumenical cooperation with other local churches.

Of course, the congregation also faces challenges. An ageing church building demands attention, budgets are shrinking, and contemporary Western society is increasingly less familiar and less comfortable with 'belief' as a resource for thinking about being human in the world. These things, however, simply give shape to the work to be done, and the congregation is well placed to rise to the challenges.

Though I've already started with the congregation, my family and I will not relocate to North Melbourne until later in the year. As part of the church and wider community, we are looking forward to discovering the delights of the area and its people in the years to come!

## Architectural homogenisation

**Very Greer Impressive**

**O**n a bright, breezy August day, would you rather be looking at almost any building along Queensberry Street or at an ugly modernist apartment block on Errol Street, which is not even slightly in keeping with any of its neighbours?

New and modern has its place, but is it setting a precedent we want or need?

Picture it: North and West Melbourne — the land of apartment towers and supermarkets with isolated pockets of historic and twee tucked in below. Or is this an overly pessimistic take on the intentions of Landsharks Pty Ltd?

It's not that I'm entirely against modernist architecture, or even high-rise or high-density architecture. Art Deco was once used to great advantage in both these applications. But to do it right, money must be spent.

Why would developers want to spend real money if they don't have to?

Talking of money, we all know of 'developments' that are taking place right now. You walk past a house you've walked past many times before but today the front door is open. Oh — they've ripped the back end off that lovely terrace house.

Then, continuing along the same street, you come to a site where there used to be something great but now there's temporary fencing, pipes sticking out of the ground and, cable-tied to the fence, an application to council proposing a five-storey apartment block with a waiver of car parking.

If you don't agree, what do you do: complain to the relevant authority?

Certainly, paying more attention to our built environment before 'development' gets to an irreversible stage does help. But there are many sites that are about to have large buildings constructed on them and my dissent is not going to change that. (I'm uncomfortable with that word 'development' because it implies an improvement upon what was there previously.)

The corner of Flemington Road and Blackwood Street comes to mind. Then there are those sites that are under threat of demolition: Royal Park Hotel in Queensberry Street; and the building on Abbotsford Street near the junction with Arden, where the service station has already gone — both of these happen to be excellent, but badly obscured, examples of Art Deco.

*What North Melbourne needs to be a Real Suburb is more modernism and a McDonald's. Look at Tecoma. Clearly the people at VCAT know what they're doing.*

A local example is the La Trobe Close redevelopment. Community consultation certainly made changes on that one, but the building is still hideous and riddled with problems.

Think again about modernism. Is this a word we want to attach to architecture? It's certainly a word that can be applied to parts of South Melbourne.

South Melbourne looks like South Melbourne for a reason. The grid pattern was designed by speculators who don't see community.

Do North and West Melbourne really want to look like that? Do they need 'reinvigorating'?

Already we're growing Apartment Block Alley in a race to see who can win the prize for the Ugliest Yet Most Innovative Four-storey Apartment Block. The next entry has horizontal stripes in various shades of poo brown, with an excellent wee historic remnant clinging onto the side.

For some time now I've had this theory: that bad architecture spreads like a virus from the corners inwards. Despite superficial attempts at novel facades, it's a creeping blight of sameness.

Sameness. Homogeneity. That doesn't reflect what we, North and West Melbourne people, are like.

*The opinions expressed in this article are the personal opinions of the writer and not necessarily those of the News*

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Reverend Craig Thompson outside the Curzon Street church

*Photo: Greg Hill*

# Prominent and popular traditional family doctor

## OBITUARY

**Dr Ronald Suss**  
6.2.1943 – 5.6.2013

### Jennifer Cook

**M**embers of the North and West Melbourne community were extremely shocked and saddened to hear of the death of Ron Suss at the age of 70 after a two-year battle with acute myeloid leukaemia.

Ron was a fixture on the local medical scene, as was his uncle before him. In his long tenure and faithful community service of 38 years, Ron occupied three addresses in Victoria Street, North Melbourne — 446, 448 and, finally, a beautifully restored Victorian terrace house at 452.

Before establishing himself in North Melbourne in late 1973, Ron had varied and extensive professional experience overseas. After matriculating from Melbourne Boys' High School and graduating from the University of Melbourne, Ron completed his three-year internship and then travelled in Europe with his wife, Vivienne, from 1970, working as a locum at three-monthly intervals in small villages outside London in 1971.

Between 1971 and 1972 they were based in Wisconsin Dells, USA, a small township whose population of 3000 swelled to 30,000 in peak tourist season. The legislature had to pass a special statute to enable Ron to work there as a private practitioner. After an initial

seven-month stint they returned to Europe and then went back to Wisconsin for a further nine months.

Ron and Vivienne eventually returned to Australia in 1973 via Mexico, Hawaii, Japan and Bali. Later that year, Ron joined his uncle in general practice in North Melbourne — the start of his long and happy association with our area.

Ron was known for his affability, good humour and quirky jokes as well as his medical expertise. His compassionate care of his patients was legendary. He often went beyond the call of duty and made many home, nursing-home and hospital visits to his patients — so rare these days.

As Ron came from Austrian immigrant stock himself, he was able to empathise with his Italian and Greek patients. He even learned Italian so that he could communicate more effectively, at times "delighting his very elderly female patients by telling them in Italian that they were pregnant".

The gratitude of these patients was shown by the many gifts he received of produce from their gardens, eggs and special Greek biscuits at Easter. Vivienne also made an immense contribution to the practice, and her friendship and sparkling conversation were enjoyed by many of Ron's clientele.

In his early days, 'the young Dr Suss' was involved with the Royal Melbourne Hospital in a program for sharing the care of young mothers. He also developed an interest in psychiatry that continued throughout his professional life. Ron was an avid reader on all manner of subjects and, according to his wife,

"was interested in everyone and everything".

Ron acted as a great resource person, passing on articles, recordings and information relating to subjects in which his patients and friends expressed an interest. He was a keen photographer and took great delight in filming family events and celebrations with his camera and video recorder and generously sharing these mementoes with family and friends.

He was fascinated by the latest technology and embraced it unreservedly. On the sports front, he enjoyed cycling (a trendsetter clad in lycra) and weekly tennis matches with friends.

Ron and Vivienne shared a passion for dancing the tango, having had private daily lessons in Buenos Aires at one stage for the duration of a three-week stay, and sometimes practised their dexterous and intense moves during lunchtimes at the clinic!

With the area's expanding population, many efforts were made to recruit additional doctors to the practice on a long-term basis, without much success, few doctors being prepared to commit themselves to the neighbourhood Ron loved so much.

Ron retired from his practice in 2011 because of ill health and, mercifully, despite his terminal illness, which he learned about by chance, he never looked or felt unwell. With the help of a miracle drug he was able to prolong his life and enjoy his short retirement. He travelled in the USA in 2012 and was still able to follow his favourite cultural pursuits — the theatre, concerts, films and art galleries — and socialise with friends and family.

However, from February this year, Ron's condition deteriorated, resulting in a stint in



Dr Ron Suss Photo: Dr Arthur Klepfisz

hospital with other complications and increasing fatigue until his demise in June, surrounded by his loving family.

We extend our sincere sympathies to Vivienne, his wife of 44 years, their two daughters, Gillian and Debbie, son-in-law Jeremy and their two grandchildren, Claudia and Harriet.

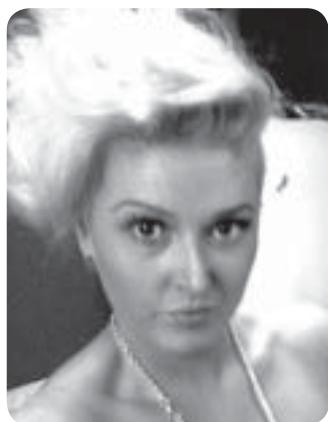
Dr Ronald Suss was highly respected and is remembered fondly by his patients. His medical expertise and empathy will never be forgotten by our community.

*In compiling this obituary, Jennifer Cook drew heavily on the eulogy written for Ron's funeral by his daughters and on conversations with Vivienne*

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# Track that ferret! Lort Smith explains how

**Jaclyn Gatt**

**T**he three pillars of responsible pet ownership are desexing, vaccinating and microchipping, but many people don't know they should be microchipping all their pets, not just the cats and dogs.

At Lort Smith Animal Hospital we often receive obviously well-cared-for rabbits, ferrets and guinea pigs that have lost their way and are handed in as 'stray'. Sadly, the majority of these pets can't be identified and returned to their families as we have no way of tracing them.

Any animal that is handed in to a shelter or vet clinic will be scanned for a microchip, so it really is your fluffy or feathered family member's ticket home.

Sometimes when an exotic pet goes AWOL people give up, because they don't think there's much chance of finding them, but you'd be surprised at how resilient these little fellows can be. The beautiful sable ferret in the photo was found near a busy road where he'd been hiding for a few days.

A dog-walker noticed that her dogs were getting excited each time they went past his hide-out and, sure enough, when she took a closer look, she found the frightened little

ferret and brought him to Lort Smith.

As part of routine health care for exotic pets, we recommend regular vet checks to discuss their special needs, including desexing, microchipping and vaccinations.

We also suggest that people with reptiles, such as snakes and lizards, or larger birds, such as parrots, galahs and cockatoos, microchip their valuable pets. A mini-chip is available for smaller animal species. It's a quick, simple procedure and can save a lot of heartache if your pet goes walkabout.

*Dr Jaclyn Gatt is a veterinarian at the Lort Smith Animal Hospital*



This lucky sable ferret found his way home  
Photo: Debra Mayrhofer

## THE CENTRE — SPRING FLING



2013 STREET FESTIVAL  
BROUGHT TO YOU BY THE CENTRE

**Sofie Anselmi**

**A**t this year's Spring Fling we will be collecting stories from people who live, work and play in North and West Melbourne — how they came to be here, and what they love about the area.

Come along on Sunday 20 October and tell us your story — and have your photo taken in our fun photo booth! These stories will form a visual quilt that captures this moment in our history. After the festival we will be handing all the stories we capture to the local library and also lending them to any local schools that are interested.

To get you thinking we've already gone and asked three North Melbourne identities to tell us their story.

## Your Story Your Photobooth: everyone has a story — what's yours?

**Wayne Lynch, Wayne Lynch Designs**

Wayne has been creating exquisite jewellery for the people of North and West Melbourne and beyond for over 30 years and is about to celebrate 10 years in his current location at 93 Errol Street.

He was initially attracted to North Melbourne by its proximity to the city and the ease of sourcing supplies for his business. Back then, Wayne says, the suburb was 'raw', close to the city but like a country town — and it retains this friendly feel today. Like many traders, Wayne's long stay in North Melbourne is the result of loyal customers and a strong sense of community.

**Lorna Hannan, Hotham History Project**

Underneath the asphalt and bricks lies another North and West Melbourne — with two hills, a blue lagoon and three waterways — adjacent to the Hoddle grid but not dominated by it. This is where Lorna starts when describing the place that has been her home since the 1960s.

Her first and lasting impressions are of a friendly place, accepting of new arrivals, where both people and buildings have learned to be convivial, living comfortably side-by-side.

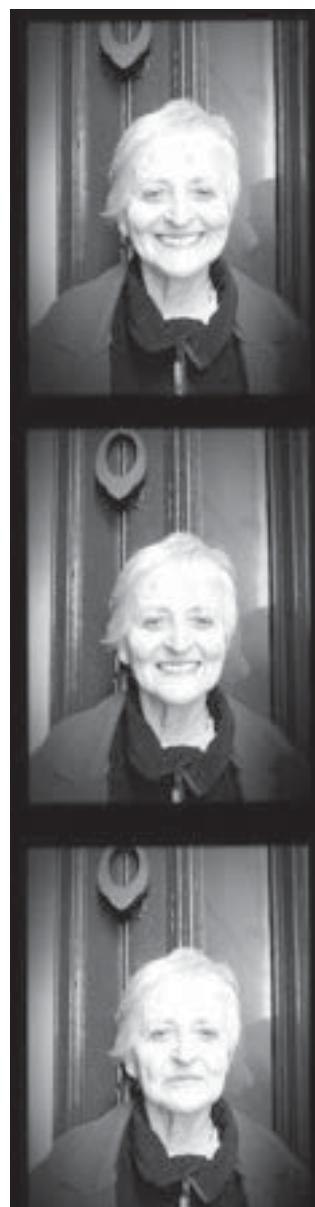
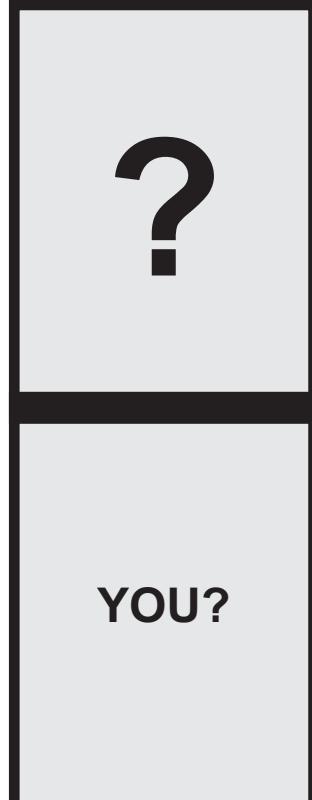
Lorna co-founded the Hotham History Project nearly two decades ago to uncover the past lives of North and West Melbourne. Look out for special Spring Fling historical walks and talks.

**Gary Price, Mr Price's Foodstore**

As we sit in the window of his Queensberry Street restaurant, Gary recognises many of the passers-by as customers and friends. For Gary, this is a true 'urban village' where people stay a long time and there are few strangers.

With waves of migrants putting their own stamp on North and West Melbourne, Gary describes the area as a microcosm of Melbourne — multicultural and diverse, accepting and tolerant.

North Melbourne's convenience and walkability are a further highlight for Gary, with a backdrop of wide streets, charming alleyways and interesting architecture.



# Your 2013 Spring Fling Street Festival: let's celebrate North and West Melbourne together!



**Martina McDonald**

**J**oin us on **Sunday 20 October between 11.00am and 6.00pm** for your Spring Fling Street Festival 2013 to celebrate the cultural richness, diversity and creativity of the North and West Melbourne community.

Get lost in the Spring-Up Urban Forest, enter your waggy-tailed BFF in our acclaimed Dog Show, tell your story at our photo booth or simply sit back and enjoy the best coffee in town.

Now in its 36th year, Spring Fling has taken on the theme of 'urban village', a concept that resonates with locals and reflects the urban regeneration and international vibrancy of the community. For one day only, Errol Street will be transformed into a wonderland of stalls, street performance, dance, music, markets and much more!

Last year's festival brought over 15,000 people to Errol Street. Once again The Centre has worked with local traders, community agencies and schools, local artists and performers and a team of volunteers to make this all happen.

The festival's main sponsor, The Centre is a not-for-profit neighbourhood house and adult community education centre based on Errol Street. It promotes a sense of community through educational and creative programs throughout the year.

So join us and share your connection to North and West Melbourne in Your Story Your Photobooth, enter the Queen Victoria Market children's Healthy Lunchbox competition, partake in fitness fun with North Melbourne Football Club and visit the bell tower in North Melbourne Town Hall. Add to this over 120 stalls allocated to local traders, businesses and sponsors.

This year Spring Fling Street Festival has placed an emphasis on participatory activities. Attendees will have the opportunity to meet and mingle at our urban lounge spaces and will be treated to roving street performers and chalk artists. There will also be life-sized chess sets and Jenga blocks to bring out the child in all of us.

There are two performance stages this year, showcasing some of Melbourne's best talent in funk, jazz, folk and world-music genres. You can join us in celebrating the joy of dance with workshops from Ministry of Dance, a great success at last year's Spring Fling.

Spring Fling would like to thank our premier sponsors and community partners: The Centre, the City of Melbourne and Citywide; our major sponsors: City West Water, Alex Karbon Real Estate, Queen Victoria Market, GoGet, North Melbourne Football Club, North Melbourne Market, Rotary North Melbourne, Take Off Skin & Body and Miami Hotel; and our Festival Friends: Mackayla Kafe, Hot Poppy, NuYu Fitness, Tapachula (formerly Rubicon), Toast Cafe, North Melbourne Shoe and Bag Repairs, Errol's Cafe, Agraba, Nardella Real Estate, Bakers Delight North Melbourne, The Comic's Lounge, Illuminati Hair & Beauty, Kenny & The Sunshine Girls, El Sabor, Wayne Lynch

Designs, Commonwealth Bank North Melbourne, W.B. Simpson & Son and Hocking Stuart North Melbourne.

So keep Sunday 20 October free and find out more via our Facebook, Twitter and Instagram pages!



[www.facebook.com/springflingfestival12](http://www.facebook.com/springflingfestival12)



[www.twitter.com/springflingmelb](http://www.twitter.com/springflingmelb)



[www.instagram.com/springflingfestival](http://www.instagram.com/springflingfestival)

## Other festival highlights

**Martina McDonald**

**E**ver wondered what street-sized origami would look like? Well, wonder no more, because our neighbourly architects Büro have got it covered ... quite literally!

As an exclusive addition to this year's festival program, Paul von Chrismar and his team from Büro will be constructing a temporary, foldable piece of street furniture that will act as a haven and hangout area for our festival-goers while they enjoy Spring Fling's entertainment program and the yummy treats from our festival stallholders.

Designed and constructed especially for Spring Fling, this architectural pod will take pride of place in the centre of Errol Street. Think BIG and check out the photo to see a

mini-version of what it might look like!

Another exciting newcomer to this year's festival is the Permaculture Garden from Mexican architect Eduardo Pulido. Eduardo has been working with Büro and Melbourne Urban Permaculture to produce a permaculture garden that responds to a typical inner-Melbourne backyard. The garden will show people how to transform an urban backyard into an edible wonderland, and will be jam-packed with eco principles and fun facts like how to collect your own rainwater.

Check out the first-ever exhibition of Permaculture fine garments and handmade household items while sipping the best hand-roasted, high-quality DiBella coffee. Be surprised at how coffee bags can be turned into fine, wearable garments and cute daily items of everyday use. Srebrenka Kunek and Joe Molinaro of DiBella Coffee have teamed up

to provide Spring Fling with Permacouture @ DiBella's.

In Raglan Street, off the side of DiBella's, you can visit the stand and attend workshops conducted by Srebrenka, who will demonstrate the fine art of hand-sewing. You will recognise her in a gown handmade from coffee bags. DiBella's coffee will be wafting into the street, complemented by the display of Direct Trade with farmers' coffee bean bags from different parts of the world.

Permacouture brings the craft and art of sewing by hand, normally reserved for fine cloth and the couture houses of major fashion designers, to the humble hessian coffee bag.

Permacouture @ DiBella's workshops are free on the day as part of Spring Fling. You can book on the day.



Local architect firm Büro joins Spring Fling  
Photo: Martina McDonald

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# The annual Spring Fling Dog Show is back



## 2013 STREET FESTIVAL BROUGHT TO YOU BY THE CENTRE

**Martina McDonald**

**H**OT DAWG!! We are delighted to announce the return of the infamous Spring Fling Dog Show. Bringing the largest audience last year, the Spring Fling Dog Show was the highlight of the festival with over 60 owners and pets uniting for the slobberfest.

The Dog Show is open to all local dog owners and this year, for the first time, we even have a category just for child dog owners. The show will feature five categories — *Best Costume, Waggiest Tail, Most Obedient, Most Adorable* (kids' category) and *Best Look-Alike* — an especially hilarious (and often scary) category that judges the similarities between you and your dog.

The Dog Show will take place from the **Community Stage at 3.00pm**. Enter

early, as first prize, valued at \$500, is a pet photography session with Ragamuffin. Have a look at Caitlin's website to see how good this prize is: [www.ragamuffinpetphotography.com.au/](http://www.ragamuffinpetphotography.com.au/)

If you would like to take part this year, simply register your dog by emailing Raffelle, our Dog Show coordinator, at [dogshow.springfling@gmail.com](mailto:dogshow.springfling@gmail.com) with the following details:

- Your name, phone number and postcode
- Your dog's name
- Category you want to compete in

Pre-festival registration is from 1 to 16 October or you can register on the day between 11.30am and 1.30pm. Please note: entry is by \$2 gold coin donation — you can pay this when you check in on the day. Please remember you must check in by 2.30pm (half an hour before the show starts).

We are thrilled to announce that Lort Smith Animal Hospital and The Lost Dogs'

Find out what native plants will flourish in your own gardens, teach your children how to plant seedlings, enjoy a blissful nature walk and soundscape and, most importantly, immerse yourself in a forest which has been brought right to your doorstep!

Information will be available on using plants to help achieve zero carbon output and how best to use household green space.



Illustrator: Hing Tung Ian Au

Home animal shelter are proud co-partners for this event.

Having recently celebrated 77 years of caring for animals, Lort Smith Animal Hospital is a truly remarkable organisation that offers emergency services and treatment to all kinds of pets — from bunnies and ferrets to dogs and exotic animals. Even better is their special payment scheme offered to pet owners on low incomes or in financial difficulty.

Lort Smith will be bringing some extra special guests on the day — their troop of Therapy Dogs. The Therapy Dogs are a unique bunch of canines who regularly go to hospitals and care centres, bringing comfort and joy to everyone they visit. The Lort Smith Therapy Dogs will be hitting the Community Stage just before the Dog Show to give our pesky pets a brief lesson in good behaviour, obedience and good canine citizenship. Not to be missed!

The Lost Dogs' Home is Australia's largest animal shelter. Located in North Melbourne, the Home provides temporary housing and care for over 31,000 dogs and cats every year. They offer a wide range of welfare and community services, including an excellent adoption and foster-care program, and always ensure pets are placed



A stunning 2012 entrant in Best Costume  
Photo: Sharon Orbell



2012 Dog Show on parade  
Photo: Sharon Orbell



Beautifully accessorised for Best Look-alike  
Photo: Sharon Orbell

in the most loving homes. The Lost Dogs' Home is celebrating its centenary this year. For more on this check out the article in the paper's History section.

Alongside the co-partners and sponsors, the audience will be judging each category in the Dog Show (that means you!), so come along and cheer your heart out for your favourite pooch. We remind you that all dogs must be on a leash at the Spring Fling Festival and owners must clean up

## Bounce into our Spring- Up Urban Forest

**Holly McNaught**

**P**icture this. It's 20 October, you're walking up Hawke Street in West Melbourne, the spring flowers are beginning to sprout and it's the first day warm enough to wear a T-shirt. You hear the sound of festivities as you approach Errol Street and imagine that the triangular park on the corner of Errol and Victoria streets is exploding with a native forest.

Well, imagine no further, because this year Spring Fling is bringing the Royal Park to you with North and West Melbourne's first-ever Spring-Up Urban Forest!

Sponsored by Citywide and the City of Melbourne's Urban Landscapes Department, this exciting addition to the festival strives to promote eco-friendliness and sustainability, and will show you how Australian native plants and trees can transform and inspire your community.

## Urban Forest Breakfast

**Amelia Needoba**

**T**he City of Melbourne invites you to join us for breakfast to hear about our Urban Forest as part of this year's Spring Fling Festival.

Melbourne's parks, gardens and tree-lined streets make up our urban forest — the engine room of our city's ecosystem.

Over the next 20 years, the City of Melbourne expects to lose 44 per cent of our municipality's trees as a result of a decade-long drought and severe water restrictions that have damaged the health of thousands of trees and accelerated their decline.

In 2012, we released the Urban Forest Strategy — a 20-year tree plan that responds to the challenges of climate change, population growth and urban heating. It guides the transition of our landscape to a future forest that is diverse, resilient and meets the needs of our community.

Now is the time to design and plan the future forest in North and West Melbourne, and the City of Melbourne is seeking your input to develop the North and West Melbourne Urban Forest Precinct Plan.

This event will be an opportunity to learn more about the city's urban forest and the role of a precinct plan, and to share your thoughts about how you would like your streets to look in the future.

Your participation will contribute to a plan that ensures future tree-planting respects the unique character of North and West Melbourne and supports the health, livability and wellbeing of your community.

Date: Sunday 20 October  
Time: 9.00am – 11.30am  
Venue: North Melbourne Town Hall  
RSVP: [urbanforest@melbourne.vic.gov.au](mailto:urbanforest@melbourne.vic.gov.au)

A FREE and delicious breakfast will be provided so RSVPs are essential. Please advise us of any special dietary requirements.



# Spring Fling volunteer who's who

We love our volunteers! Their effort contributes over \$26,000 to the festival. On the day of the festival over 100 volunteers will come in exclusively for the event. In the months leading up to the festival a small number of volunteers work together to develop and execute some of the most significant and memorable aspects of the festival program. We wouldn't have a festival without their contribution.

From coordinating the Dog Show, stalls and pop-up activities to managing the festival's media and marketing campaigns, Spring Fling volunteers are an integral part of the team and are the big bouncy wheels on the festival bus. If you would like to volunteer please email Emma at [volunteers@springfling.org.au](mailto:volunteers@springfling.org.au).

A huge thank-you to Alex Karbon Real Estate for sponsoring our volunteers this year. Now let's meet some of them.



## EMMA JENKINS

### Stalls Coordinator

Emma is currently in her final year of an entertainment business management course at JMC Academy and brings her excellent event management skills to the festival. Emma loves being transported back to the 1950s while sipping a milkshake in the retro Grigons & Orr Corner Store in North Melbourne.



## RAFFELLE EASTWOOD

### Dog Show Coordinator

Raffelle comes from a background in business, tourism and hospitality. She loves events and cheese platters from Queen Victoria Market and is thoroughly enjoying working as part of the Spring Fling Festival team.



## EMMA McCASHNEY

### Volunteer Coordinator

Coming from a background in events, this is Emma's second year as a Spring Fling coordinator. Last year Emma did an awesome job as stalls and traders coordinator, and loved Spring Fling so much that this year she came back to coordinate our volunteers! She can often be found sipping coffee and enjoying yummy breakfasts at the Auction Rooms on Errol Street.

# Barbecue a sausage and bling your bicycle

Rotary North Melbourne has been involved in the Spring Fling Festival throughout its history. This year the club has decided to become even more involved and not only barbecue a few tasty snags but become one of the festival's major sponsors.

Rotary is running one of the most exciting workshops at the Spring Fling — the Rotary Bling Your Bicycle workshop. For only \$7.50 you can bring your prized two-wheel transport to the workshop and create a magical basket complete with decorations. It's yours to keep.

With four local artists leading the way, this workshop is open to all ages and invites festival-goers to celebrate the joys of environmentally friendly transport.

Participants are invited to bring their bicycle or motor scooter to the Spring Fling Street Festival, where they will be given a basket to decorate especially for their bike and can then cycle home with a snazzy new feature on their velocipede (fancy word for bicycle).

If you are not creatively inclined there will be volunteers to help you out. Rotary North Melbourne is right behind keeping its community active, involved and shopping locally, and this great Spring Fling activity is just the way to celebrate this spirit.

This is one in a series of exciting events promoting and celebrating environmental friendliness in North and West Melbourne. Check out our Spring-Up Urban Forest, another new eco-friendly activity in the 2013 Spring Fling program.



Spring bling for bicycles

*Photo: Tegan Oehn*



## KAREN HEWITT

### Media & Marketing Assistant

Having recently finished a degree in marketing, Karen, a North Melburnian, was looking to give back to her community and decided to volunteer for the Spring Fling Festival. And we are delighted that she did! You'll regularly spot her coffee-shop hopping across the neighbourhood, with so many amazing eateries in the area.



## MARTINA McDONALD

### Media, Marketing & Communications Coordinator

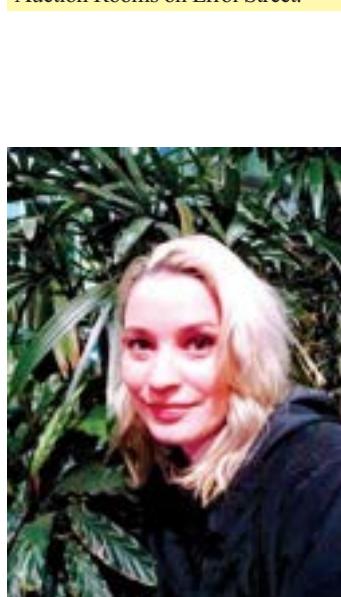
Martina hails from Ireland. With a background in arts administration, Martina is responsible for everything media-related, including our funky Instagram pics! She has a passion for the sweet treats of Errol's Cafe and enjoys the glowy sunshine of Errol Street.



## RONI SHEWAN

### Artistic & Entertainment Coordinator

Roni is currently completing a Bachelor of Music at Monash Uni and has a background in music performance. She has worked for many festivals and was looking for more experience in a community-focused environment when she joined the Spring Fling team. Roni adores springtime because the sun shines, gardens come alive and it's the beginning of festival season — with several wonderful outdoor festivals, including Spring Fling!



## HOLLY McNAUGHT

### Spring-Up Urban Forest Coordinator

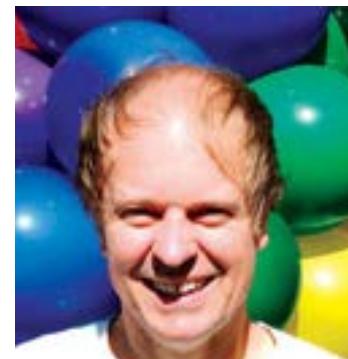
Holly McNaught is a landscape architecture student with a previous degree in fine arts sculpture. She is a practising artist and loves working on projects like Spring Fling that enrich local communities. Holly enjoys looking in on the local dogs playing in North Melbourne's 'dog park', so she's definitely in the right place with so many cute canines turning out for our Dog Show.



## SOFIE ANSELMI

### Your Story Your Photobooth Coordinator

Sofie is the project manager for our Your Story Your Photobooth. She believes that everyone has a story to tell and she wants to hear yours! Sofie's favourite thing about springtime: the weather warms and people stroll along big, wide streets admiring the new blossoms.



## DANIEL VAN KREVEL

### Spring-Up Urban Forest Coordinator

Daniel is a forest science student with a previous degree in physical geography. He has a passion for trees and has years of experience working in south-eastern Australia's forested landscapes. One of Daniel's favourite North Melbourne hot spots is KL Bunga Raya, so make sure you check it out.



## HING TUNG IAN AU

### Spring-Up Urban Forest Coordinator

Hing Tung Ian Au is one of three coordinators for our Spring-Up Urban Forest. He has a Master's degree in urban design and a keen interest in designing green landscapes and urban environments. His favourite thing to do in North Melbourne is visit a hidden comic shop, and in the springtime he loves watching the leafy trees, flowers and plants begin to grow again.



## THE CENTRE



## The Centre Courses Term 4, 2013

### Join The Centre's Learning and Activity Program

#### DOCKLANDS PROGRAM NEW

##### Introduction to Special Needs: for preservice educators, teachers, parents, allied health professionals

Time: Wednesday 8.30am – 1.00pm  
Date: 6 November  
Venue: Docklands Hub\*\*  
Cost: \$55

##### Photoshop and your photography

Time: Wednesday 9.00am – 12.00pm  
Venue: Docklands Hub\*\*  
Dates: 30 October to 11 December  
Cost: \$125

##### Thinking outside the box: for preservice educators, teachers, parents, allied health professionals

Time: Wednesday 4.00pm – 7.00pm  
Date: 6 November  
Venue: Docklands Hub\*\*  
Cost: \$55

##### Sociables: problem-solving studio and social skill development level 1 for children 5–8

Time: Wednesday 4.15pm – 5.15pm  
Dates: 13 November to 18 December (6 sessions)  
Venue: Docklands Hub\*\*  
Cost: \$120

##### Curious Club: problem-solving studio and social skill development level 2 for children 9–14

Time: Wednesday 5.30pm – 6.30pm  
Dates: 13 November to 18 December (6 sessions)  
Venue: Docklands Hub\*\*  
Cost: \$120

##### PLIESEing Drama: arts-inspired workshop for children 4–5

Time: Thursday 5.30pm – 6.30pm  
Dates: 7 November to 12 December (6 sessions)  
Venue: Docklands Hub\*\*  
Cost: \$120

#### COMMUNITY PROGRAM

##### The Centre's Volunteer Program

We have a wide range of opportunities for everyone, for example:

- Spring Fling 20 October 2013
- writing and editing for our newspaper
- tutoring, teacher's aide
- business administration

Time: Must enter into a regular commitment  
Venue: Shop 58  
Cost: Free to volunteers\*

##### Morning Teas

Time: Tuesday 10.30am – 12.00pm  
Venue: Shop 58  
Dates: 1 October, 3 December  
Cost: \$3 per session

##### Delicious Lunches

Time: 12.00pm – 2.00pm  
Dates: TBA October and 28 November  
Cost: \$20/\$15 concession

#### Centre Adventures (Half/Full Day Bus Trips)

Time: Wed approx 9.00am – 4.00pm  
Meeting point: Shop 58  
Dates: 18 September (Caribbean Gardens), 16 October (Geelong), 20 November (Castlemaine & Buddha House), 11 December TBA  
Cost: \$25/\$20 concession

#### Discovery Walks – Art, Architecture and History Walking Group

Time: Wednesday 10.00am – 11.00am  
Meeting point: Shop 58  
Cost: Free

#### Global Homework Program

Time: Primary Wed 3.30pm – 5.30pm  
Transition Mon 3.30pm – 5.30pm  
Secondary Tue 4.00pm – 6.00pm  
Venue: Lithuanian Club TEMP  
Dates: 14 October to 11 December  
Cost: Free

#### EMPLOYABILITY AND SKILLS DEVELOPMENT

##### Job Readiness Program

Time: Thursday 9.00am – 12.30pm  
IT Skills: 1.00pm – 3.00pm  
Venue: Shop 58  
Dates: 17 October to 12 December  
Cost: \$125/\$75 concession

##### ABC English for Business

Time: Wednesday 12.30pm – 3.30pm or 6.00pm – 9.00pm  
Venue: Shop 58  
Dates: 16 October to 11 December  
Cost: \$100

##### Certificate IV in Frontline Management (BSB40812) / Diploma of Management (BSB51107) NEW

Time: Monday 9.00am – 4.00pm  
Venue: Shop 58  
Dates: 14 October to 9 December  
Cost: \$1220/\$350 concession\*/free to volunteers\*

##### Introduction to Teacher's Aide work

Time: Wednesday 9.30am – 3.30pm  
Venue: Shop 58  
Dates: 4 September to 11 December  
Cost: \$125/\$55 concession

##### Introduction to Community Volunteering and Event Management

Time: Weekly for three hours minimum, must commit for two terms  
Venue: Shop 58  
Cost: \$125/\$55 concession/free to volunteers\*

##### Introduction to Media

Time: Weekly for each edition  
Venue: Shop 58  
Dates: 15 October to 12 December  
Cost: \$125/\$55 concession/free to volunteers\*

##### Certificate IV in Training and Assessment (TAE40110) Intensive Course:

Time: Monday 6.00pm – 9.00pm  
Venue: Shop 58  
Dates: 10 February to 28 April 2014  
Cost: \$1500/\$300 concession\*

##### Upgrade to TAE40110 from old BSZ40198 and TAA40104

Time: Wednesday 9.00am – 4.00pm  
Venue: Shop 58  
Date: 2 October  
Cost: \$425

##### Certificate III in Education Support (CHC30213)

Time: Wednesday 9.00am – 3.30pm  
Venue: Shop 58  
Dates: 4 September to 11 December  
Cost: \$1225/\$250 concession\*

#### Introduction to Working in a Call Centre

Time: Subject to demand  
Venue: Shop 58  
Dates: 23 October to 9 December  
Cost: \$125/\$55 concession

#### Food Handling (FDFFS1001A and FDFFS2001A)

Time: Two consecutive Fridays 9.00am – 4.00pm  
Venue: Shop 58  
Dates: Subject to demand  
Cost: \$125/\$65 concession

#### COMPUTER PROGRAM

##### Basic Computers

Time: Friday 9.00am – 11.00am

Venue: Shop 58

Dates: 18 October to 6 December

Cost: \$80/\$55 concession

##### Internet and Email

Time: Friday 11.00am – 1.00pm

Venue: Shop 58

Dates: 18 October to 6 December

Cost: \$80/\$55 concession

#### Microsoft

Time: Wednesday 1.00pm – 3.00pm  
Venue: Shop 58  
Dates: 16 October to 11 December  
Cost: \$80/\$55 concession

#### Digital Photography

Time: Tuesday 10.00am – 12.00pm  
Venue: Shop 58  
Dates: 15, 22, 29 October, 12, 19, 26 November, 10 December  
Cost: \$125/\$55 concession

#### International Computer Drivers Licence (ICDL)

Time: Wednesday 1.00pm – 3.00pm  
Venue: Shop 58  
Dates: Weekly during each term  
Cost: \$125/\$55 concession

#### Podcasting

Time: Thursday 1.30pm – 3.30pm  
Venue: Shop 58  
Dates: 17 October to 12 December  
Cost: \$35

#### iGadgets for the e-Challenged

Time: Wednesday 6.00pm – 7.30pm  
Venue: Shop 58  
Dates: 16, 23, 30 October, 6 November  
Cost: \$65/\$50 concession

#### HEALTH AND WELLBEING PROGRAM

##### Yoga Program: Beginner

Time: Monday 6.00pm – 7.30pm  
Venue: The Meat Market  
Dates: 14 October to 9 December  
Cost: \$165/\$125 concession

##### Yoga Program: Intermediate

Time: Monday 7.30pm – 9.00pm  
Venue: The Meat Market  
Dates: 14 October to 9 December  
Cost: \$165/\$125 concession

##### Yoga for Kids NEW

Time: Wednesday 5.30pm – 6.30pm  
Venue: TBA  
Dates: 16 October to 11 December  
Cost: \$115/\$100 concession

##### Introduction to Health Studies: Simple Steps to Better Health

Time: Thursday 7.00pm – 8.30pm  
Venue: Shop 58  
Dates: 17 October to 12 December  
Cost: \$55

#### Feldenkrais

Time: Tuesday 6.30pm – 7.30pm  
Venue: The Meat Market  
Dates: 15 October to 10 December  
Cost: \$75

#### Pilates Program: Absolute Beginner

Time: Thursday 5.30pm – 6.25pm  
Venue: The Meat Market  
Dates: 10 October to 12 December  
Cost: \$165/\$125 concession

#### Pilates Program: Beginner Plus

Time: Thursday 7.30pm – 8.25pm  
Venue: The Meat Market  
Dates: 10 October to 12 December  
Cost: \$165/\$125 concession

#### Pilates Program: Intermediate

Time: Thursday 6.30pm – 7.25pm  
Venue: The Meat Market  
Dates: 10 October to 12 December  
Cost: \$165/\$125 concession

#### Pilates Program: General Class (Beginner Plus & Above) NEW

Time: Tuesday 6.00pm – 6.55pm  
Thursday 6.00pm – 6.55pm  
Venue: The Meat Market  
Dates: 8/10 October to 10/12 December  
Cost: \$165/\$125 concession

#### First Aid Level 2

Time: Saturday 9.00am – 4.00pm  
Venue: Shop 58  
Dates: Subject to demand  
Cost: \$160/\$55 concession

#### Management of Anaphylaxis

Time: Saturday 9.30am – 12.30pm  
Venue: Shop 58  
Dates: Subject to demand  
Cost: \$55

#### ART AND CRAFT PROGRAM

##### Mosaics

Time: Thursday 1.00pm – 3.00pm  
Venue: TBA  
Dates: 17 October to 12 December  
Cost: \$130

#### Exploring Calligraphy

Time: Tuesday 7.30pm – 9.30pm  
Venue: Shop 58  
Dates: 15 October to 10 December  
Cost: \$115/\$100 concession

#### Art and Craft Skills NEW

Time: Tuesday 1.00pm – 3.00pm  
Venue: Shop 58  
Dates: 15 October to 10 December  
Cost: \$55/\$35 concession

#### Art Warriors (Preschool – Grade 3)

Time: Tuesday 3.45pm – 5.15pm  
Venue: Shop 58  
Dates: 15 October to 10 December  
Cost: \$115/\$100 concession

#### Art Heroes (Primary Grades 1–6) NEW

Time: Monday 3.45pm – 5.15pm  
Venue: Shop 58  
Dates: 14 October to 9 December  
Cost: \$115/\$100 concession

#### First Art (Kinder and Preschool) NEW

Time: Thursday 4.00pm – 5.00pm  
Venue: Shop 58  
Dates: 17 October to 12 December  
Cost: \$165/\$150 concession

#### Introduction to Pottery

Time: Tuesday 9.00am – 12.30pm  
Venue: Shop 58  
Dates: 15 October to 10 December  
Cost: \$75

#### Introduction to Music Technology

Time: Tuesday 4.00pm – 6.00pm  
Venue: Shop 58  
Dates: 15 October to 10 December  
Cost: \$75

\* subject to conditions

\*\* Docklands Hub: 80 Harbour Esplanade, Docklands (near the corner of Bourke Street and Harbour Esplanade — look for the giant rabbit sculpture), Melway reference 2E H7

#### EXPRESSIONS OF INTEREST ARE INVITED FOR THE FOLLOWING NEW PROGRAMS

Facilitating work teams

Self-directed teams

Achieving excellent customer service

The employee selection workshop

HR consultant in a box

Six principles of successful self-management

Developing counselling skills in management

Collaborative management

Management effectiveness

Problem-solving process

Building performance values

Orientation to quality service

Managing conflict

# Workout Program's 'perfect hot choc'



**Frances McMillan**

**O**ne of the most important things to be ready for when you start a new job is 'taking instructions'. On a first day these can come like a barrage.

The Centre runs the Workout Program for men in the Judy Lazarus Transition Centre who are preparing to leave prison and re-enter the community or workplace. The men take part in a series of fun activities designed to reinforce the importance of both giving clear instructions and receiving them.

As the men articulated, listened to and followed instructions to draw, write and move, the laughter rang out through the library.

It was the middle of winter and as a grand finale to the hilarious session the men were instructed to create a recipe for 'the perfect hot chocolate'. Let's face it: what better way is there to warm up than by sipping on a steaming hot mug of cocoa? It's the stuff childhood memories are made of.

On the table a variety of exotic and tasty ingredients was laid out — chillis, nuts, chocolate flakes, marshmallows, vanilla essence and cinnamon, to name a few. Each man was given a mug and a sheet of paper and was required to create his own unique recipe.

The mugs, however, did not quite cut it. The men quickly sought out glasses, as the beauty of the concoction was as important as the taste.

In the end the beverages looked the part and tasted fantastic.

*Frances McMillan is coordinator of The Centre's Foundation Skills Program*

Here are some of the delicious recipes. Enjoy!

## 1. The perfect hot chocolate

### Ingredients

Milk chocolate flakes  
Water  
Drinking chocolate or cocoa  
Cinnamon  
Vanilla essence  
Whipped cream  
Crushed peanuts  
Marshmallow

### Method

Mix 250 ml hot water with 1 teaspoon chocolate flakes, 1 teaspoon cocoa, 1 teaspoon cinnamon and 2 drops vanilla essence, then mix well. Pour into a clear glass with whipped cream all the way over the top. Sprinkle with chocolate flakes and a few crushed peanuts and top it off with a marshmallow.

## 2. The perfect hot chocolate

### Ingredients

Milk chocolate flakes  
Drinking chocolate  
Cinnamon  
Crushed peanuts  
Marshmallows  
Vanilla essence  
Whipped cream

### Method

Mix 250 ml hot water with 1 teaspoon chocolate flakes, 1 teaspoon drinking chocolate, 1 teaspoon cinnamon and 2 drops vanilla essence. Then mix well. Pour into a glass and put whipped cream on top. Sprinkle chocolate over it, with a few crushed peanuts and 2 marshmallows.

## 3. The perfect hot chocolate

### Ingredients

Chocolate flakes  
1 teaspoon sugar  
1 marshmallow  
Whipped cream  
Cocoa  
Crushed peanuts  
Milk

### Method

Put 1 tsp cocoa, 1 tsp sugar and 20 ml milk into a mug. Add half a cup of boiling water and mix thoroughly. Add whipped cream. Sprinkle with chocolate flakes and crushed peanuts. Top it off with a marshmallow.

## COMMUNITY

# Ever thought about joining your Rotary club? Twenty-one reasons why people become a member of Rotary

**Conrad Cunningham**

## 1. Networking

The opportunity to develop business connections was one of the two reasons Rotary was founded in 1905 and it remains relevant today. Networking provides vital links in personal and professional lives. Through Rotary, people come together from all walks of life, business and communities to help each other and collectively help others.

## 2. Friendship

The second reason Rotary got started was to provide access to friendship and fellowship. This is one of our most basic human needs and is no less relevant in today's increasingly complex and technological world.

## 3. Personal growth and development

Membership in Rotary provides ongoing personal growth and education in human relations.

## 4. Leadership development

Rotary is an organisation of leaders and successful people. Taking on a Rotary position is like mentored higher learning in leadership skills.

## 5. Citizenship in the community

Rotary club membership is a pathway to becoming a better community citizen. A Rotary club includes some of the most active citizens of any community.

## 6. Continuing education

Rotary programs are designed to keep members informed about what is happening in the community, nation and world. Weekly meetings provide an opportunity to listen to informed speakers on a wide range of timely topics.

## 7. Enjoyment

Rotary is enjoyable and a lot of fun. Meetings are light-hearted and club projects and social activities are gratifying. 'Service' becomes enjoyable.

## 8. Public speaking skills

Many people join Rotary with a fear of public speaking. Rotarians develop confidence and skill in public communication through the opportunity to practise in a safe and supportive environment.

## 9. Citizenship in the world

There are few places on the globe that do not have a Rotary club. Every Rotarian wears a Rotary International pin and is welcome, and encouraged, to visit any of the 29,000 clubs in 194 nations and geographical regions. This opens up a world of instant friends to all Rotarians, locally and internationally.

## 10. Assistance when travelling

Rotary clubs are everywhere and members are always ready to assist fellow Rotarians in need of facilities while travelling.

## 11. Entertainment

Every Rotary club and district hosts functions and activities that provide a social diversion to business life. Rotary conferences, conventions, assemblies and institutes provide entertainment in addition to Rotary information, education and service activities.

## 12. The development of social skills

Through weekly meetings and other events, Rotarians develop social and people skills. Rotary is for people who like people.

## 13. Family programs

Rotary provides one of the world's largest youth exchange programs; high-school and college clubs for future Rotarians; opportunities for partner involvement; and

a host of activities designed to help family members grow and develop family values.

## 14. Vocational skills

Every Rotarian expects to contribute to the growth and development of their own profession or vocation, to serve on committees and to teach young people about their job or vocation. Rotary helps make us better doctors, lawyers, accountants, teachers, secretaries or plumbers.

## 15. The development of ethics

Rotary provides a strong ethical framework through a 4-Way Test that defines personal ethical standards. Rotarians are expected to be ethical in business and personal relationships.

## 16. Cultural awareness

Around the world, practically every religion, country, culture, race, creed, political persuasion, language, colour and ethnic identity is represented in Rotary. It is a cross-section of the world's most prominent citizens from every background. Through Rotary, people become more culturally aware and learn to love and work with people everywhere. In the process, they become better citizens of their own countries.

## 17. Prestige

Prominent people are members of Rotary, including leaders from business, government, the professions, arts, sports, the military, religion and all other disciplines. Rotary is the oldest and most prestigious service club in the world. Among Rotary's ranks are executives, managers and professionals who make decisions and influence policy.

## 18. Nice people

Above all, Rotarians are nice people — the nicest people on the face of the earth! Whilst they may be important people, they all follow the policy that 'it is nice to be important but it

is important to be nice'.

## 19. The absence of an 'official creed'

Rotary has no secret handshake, no secret policy, no official creed, no secret meetings or rituals. It is an open society of men and women who simply believe in helping others.

## 20. The opportunity to serve

Rotary is a service club. Its business is mankind. Its product is service. Rotarians provide community service to both local and international communities. This is perhaps the best reason for becoming a Rotarian — the chance to do something for somebody else and to gain the sense of fulfilment and personal satisfaction that brings. Rotary can be and is richly rewarding.

## 21. What action can you take?

It is easy to become involved, either as a full Rotarian or by helping when you can afford the time as a Friend of Rotary. You can discuss membership of North Melbourne Rotary with Mr George Zindilis on 0418 398 255 or email [zindilis1@hotmail.com](mailto:zindilis1@hotmail.com).



Incoming Rotary president Pauline Nunan with Neville Page  
Photo: Conrad Cunningham

## POLITICS &amp; ENVIRONMENT

# So much destruction for so little gain ...

**Stella Blay**

I strongly urge you to look at the detailed design of the proposed East-West Link. Go to [www.linkmelbourne.vic.gov.au/pages/detailed-project-design.asp](http://www.linkmelbourne.vic.gov.au/pages/detailed-project-design.asp). There you will see the destruction that is proposed for Royal Park and for the Moonee Ponds Creek.

Although the road is supposed to be in a tunnel under the park, during its construction it is going to be an open cut — with the park 'restored' when the construction is completed. This is a ludicrous suggestion — how can mature trees be restored? How can patches of remnant grassy woodland vegetation be restored? They can't.

Further destruction is proposed with the Elliott Avenue interchange. That winding road that wanders through the grassy woodland of the park will become a huge highway, with tunnel entry and exit carved out of the middle of the park. All tranquillity will be lost.

But the greatest insult to the park will be the huge flyovers that are proposed at the western end of this new monstrosity. Four flyovers are proposed right over the top of the Trin Warren Tam-boore wetlands and their storage pond.

This is a very significant site, one loved by birds and humans alike. It will be destroyed.

The water might still be there, but dominated by the flyovers, noise and fumes. I doubt if the birds will want to be there. You only have to go down to the southern end of the Moonee Ponds Creek where the vast Bolte Bridge leaps across the Yarra to see what it will be like — desolate.

And so to the poor abused Moonee Ponds Creek. Over the past two decades, the Friends of Moonee Ponds Creek have been working to revegetate the creek, to improve its habitat values, biodiversity and amenity, despite the handicap of CityLink marching along its bed.

We have made some progress. But now these same areas that Melbourne City Council has earmarked as open space for the many new residents who are expected to come to live in the redeveloped industrial areas have been selected as the route of the proposed link to the port.

Northwards, the linking flyovers will be built to the west of CityLink, so the western side of the Moonee Ponds Creek will be wiped out between Racecourse Road and Footscray Road and likely up the middle of the creek or over the top of Travancore Park from Racecourse Road to Union Street.

Parks and open space are there for a reason — we need nature in our lives. Without them our quality of life is so much poorer, not to mention the non-human lives that depend on natural open space.

For Royal Park and the Moonee Ponds Creek corridor, the East-West Link is sheer madness and irresponsibility on so many grounds, including environmental, livability, social and financial, and public transport accountability.

With imminent climate change we should be reducing our reliance on the car, not destroying the city's lungs so that more people can use their cars to travel across the city. It makes no sense; we are not living in the 1950s. Look to the future, Premier Napthine — we don't need this road.

Campaigns are being organised by the Friends of Royal Park ([www.friendsofroyal-park-parkville.org](http://www.friendsofroyal-park-parkville.org)) and Adam Bandt ([www.adambandt.com](http://www.adambandt.com)). *I urge you to speak out!*

*Stella Blay is editor of Ponderings, the newsletter of the Moonee Ponds Creek Coordination Committee. This article first appeared in Ponderings Issue 41 and is reproduced with permission*



Under threat from the East-West Link: Royal Park's Trin Warren Tam-boore wetlands

*Photo: Janet Graham*

# Spring has sprung: 'tis the season for bulbs

**Phoebe La Gerche-Wijzman**

I actually think it sprang a little earlier this year, as I've been seeing trees bursting with blossom for months, but September is the official beginning of this season. So what to do in your garden?

In my little North/West Melbourne garden (yes, it straddles both suburbs depending on which service provider you ask) I've started tidying up after winter.

This consists of trimming bits that are in the way, raking up other bits and pieces and moving pots around, because, even though I've lived in my house for about 15 years, my garden still shows evidence of my previous life as a travelling student renter. Pots ... lots of pots!

There are many benefits to having pots in the garden, one of which is that they allow you to redesign your garden by creating differing points of interest or focal points. As certain plants perk up during certain seasons, they can be brought out on display when they are

looking their best and, once they are done, tucked away in the back of your garden until next year.

Of course, spring is the season for bulbs. Ideally you will have already bought yours in autumn — which is the best time, when they are dormant, as well as when the widest range is available.

Pots really are one of the best things to grow them in too, primarily so that you don't lose them or forget where you planted them. Also, they are greedier than some other plants in your garden, so having them in a self-contained location allows you to pump them full of bulb food.

Bulb food is usually just a combination of blood and bone and potash.

Another good tonic for them is worm wee. I love the worm farm, purely because in our tight community it just doesn't smell. The old compost bin, on the other hand, can get a little whiffy, and for many of us our gardens just don't get enough direct sunlight to 'activate' the compost bin.

Another perfect thing for pots is fruit and

vegetables. Many people still love buying a punnet of seedlings, but I'm a lover of growing from seed. Seeds are cheaper and you get far more plants for your money. Too many plants, you say? Well, pot them up and give them to your friends, family and neighbours.

Growing vegetables such as parsnips and carrots from seed is actually the preferred method, too. Brassicas (cauliflower, broccoli, cabbage) I find are tricky ones in the inner city as they absorb pollutants. With the squeal of air brakes out the front of the house, I just don't risk growing them in my garden.

For green vegies in spring/summer I tend to throw several packets of mixed lettuces into pots and, along with my permanent pots of herbs, we live off mixed herby salads and buy our brassicas.

So, the things to do and plant for spring:

- Feed your plants.
- Plant spring and summer vegetables: potatoes, beetroot (although these will not be ready until late summer or autumn), rhubarb, celery, leeks, lettuce and peas.
- As the weather warms up in October/



Feed your bulbs now so they have enough stored food to flower next season

*Photo: Phoebe La Gerche-Wijzman*

November: tomatoes (sow seeds on Melbourne Cup Day), pumpkin, zucchini, cucumber, capsicum, beans and sweetcorn.

*Phoebe La Gerche-Wijzman is a landscape architect and currently the executive officer of the Australian Garden History Society*

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## YOUTH &amp; EDUCATION

# Designed to create the 'wow' factor

## Peter Murphy

"Wow!" is the usual response from students who look in through the nondescript grey doors that lead into the new design studio at Simonds Catholic College — and that's exactly what we were aiming for.

Traditionally, technology learning areas have been somewhat stigmatised as purely practical subjects that belong at the lower end of the educational scale. That is not a true reflection of the current state curriculum, which is very modern and covers the areas of design, sustainability and innovation.

To counter the poor perception of the subject a recent renovation of the old school workshop transformed the space into a state-of-the-art design studio. The learning environment is critical in a subject where creativity and innovation are expected from every student who walks through the doors.

The school's new studio would not be out of place in any professional design practice or university. The inspiration for the aesthetic was the Industrial Design floor of RMIT's Elizabeth Street building. Several groups of Simonds students have used the design space at RMIT and they love it.

Capturing the openness and flexibility of RMIT's space, the new design studio at Simonds incorporates all the same manufacturing capabilities the workshop had prior to renovation, namely wood, metal and plastic fabrication. However, it now boasts a

high-tech, glass-enclosed, computer suite that will allow the students to design and create in one unique space.

The technology department had to cut down on some duplicate machinery but this actually had a practical benefit in reducing risk and maintenance. The sale of the removed machinery will fund 3D printers, which will help to continue the modernisation of the design and technology learning area.

The main 'wow' factor of the room comes from the student work that is now on display. Much of it is very advanced and uses a whole range of materials including vacuum-formed plastic. The works are colourful and creative and really stand out against the muted greys that cover most of the studio's surfaces. It looks like an art gallery crossed with a machine shop but the bold splash of bright orange across the top of the computer suite signals that something creative is going on.

The design studio had an official opening in March and the event was attended by the teachers at the college, several representatives of the Design and Technology Teachers' Association Victoria (DATTA Vic) and the state curriculum manager for technologies, Leanne Compton. Also in attendance was the recently retired founding principal of Simonds, Bernie McFarlane, who approved and funded the renovation of this exciting new facility.

Ex-students of Simonds also attended the event. All were placed in design or manufacturing-related studies and apprenticeships ranging from Industrial



An art gallery crossed with a machine shop: the new design studio inspires students  
Photo: courtesy Simonds Catholic College

Design degrees at RMIT and Swinburne universities to custom cabinet-making.

The new principal, Peter Riordan, would like to encourage parents seeking a secondary school place for their sons to contact him for a tour of the new design studio and the rest of the college facilities. Simonds has

become a place where the creativity and learning of young men can flourish in the best environment possible.

*Peter Murphy is technology coordinator and teacher of Product Design and Technology at Simonds Catholic College*

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## LIFE IN YEAR 7

Claudio Palmeri

Halfway through my first year of high school and the fact that I am writing about it clearly means I survived the unknown. I battled the lockers, the traffic rush in the corridors, finally remembered where all my classes were and made new friends. Was I confident? Yes. Too confident? Absolutely.

Have you ever had that feeling something is going to go wrong? I haven't but I wish I had, especially when I heard "crunch", a sound I will never forget. Why? My laptop, the one thing Mum and Dad clearly told me I needed to look after and if I broke it they would not replace it, was stepped on by another student running through the corridor.

How do you break the news to your parents? My approach was, I will repair it with my chore money, a deal that went down great, along with a lengthy speech from my parents. With this in mind, I continued my week relaxed and very aware of the dangers of the corridors, never believing I would hear "crunch" again — until on my way home from school I dropped my mobile.

How does a kid cope with this? How do I break the news to my parents again? These problems did not exist a year ago, because along with high school came the luxury of a laptop and mobile.

Luckily for me, my parents understood it was an accident, and again, with a long-winded speech from me, and more chore money, I was in the clear.

Having lost all my chore money, I haven't yet had the luxury of experiencing the canteen food, but it has given me the opportunity to sit, look and observe. To many first years, purely based on observation, it is like a chocolate stand giving away free food, but what I can't understand is the time students devote to standing in the line.

I could not stay inside so long and one day I decided to watch the older students play soccer, hoping they would give me the chance to play with them. By pure luck my wish came true, year 9 students asking a year 7 student to join their team. The fear set in once I went onto the oval. They were bigger and faster than they looked from the sideline and immediately I knew I was going to be slaughtered.

Before I knew it, the ball was passed to me and I froze, and with that the dream began. Because I froze, the ball hit my foot, bounced off the defence back to me and, as luck would have it, I kicked it through the defender's legs, only to regain control and, again through luck, score a goal. Could I repeat it? Absolutely not, and with luck still on my side I was saved by the bell.

Looking back on my first half-year of high school, the experience so far has been frightening, rewarding and, most importantly, fun. I managed to make something out of each situation and to learn something from it. At the time you don't always understand the why, but, as Mum says, "Everything happens for a reason", and on this occasion I have to say she was right.

# Ciao, bella Mary!

Finella Oakley

North Melbourne Primary School farewelled a much-loved member of the teaching staff last month.

Mary Marchi retired after 46 years of teaching, with the majority at North Melbourne Primary.

The preps were Mary's passion and her love of teaching was infectious. As noted by our school principal, Sally Karlovic, Mary was ahead of the game with her idea of giving positive feedback and celebrating successes long before it became fashionable to do so!

Thank you, Mary, for all that you gave to the school and community.

We wish Mary a happy retirement and *buon viaggio!*



Mary Marchi and her wonderful prep team

Photo: Gabrielle Marchi

## LIFE IN YEAR 12

Militza Banach-Wightman

Seventy-three days, 12 hours and 27 minutes until year 12 is all over. That's right, it's term 3, renowned for 'the countdown'. Some even call it 'the big one'. And this seems a fair label, considering that we never have a full term again, just this last excruciating stint. Or could it be because we've been ominously reminded that "everyone breaks down in term 3" for an entire year now?

Apparently, you might think you can cope, but you really can't once the VCAA exams are undeniably looming. For the time being, it's manageable.

So, how have we survived our first four weeks?

Well, you really wouldn't think we could have, with four psych SACs (that's just one subject) in three weeks, copious amounts of homework, and a lecture on why our interviewing skills are crucial. Nearly all of us left convinced we'd never get a job. So I've narrowed survival down to three things, excluding the obvious: sleep and friends.

### (a) Holidays

Since we all knew that we didn't really have

another opportunity for holidays, the most recent set were made as brilliant as possible. The vast majority of the year ventured overseas, namely to Bali, Thailand, Vietnam and Hawaii. The whole idea was that the memory of holidays could keep us going for at least the first few weeks.

Some of us were lucky enough to escape the cold and head to the Northern Territory to complete the Jatbula Trail, which was, as promised, blissfully warm at 30 degrees most days. Admittedly, we were motivated at least partially by the warmth and its marketing as a "journey between waterholes"; however, its incredibly diverse landscape was, in retrospect, the most amazing part of the trip.

A typical day involved walking between five and 16 kilometres through sand, streams and rivers, shrubs, mud and swamp and up rocks or over flat terrain, with the afternoon then free for personal exploration at the most spectacular waterfalls and swimming holes, as well as relaxing and learning in a new environment.

The water was frankly stunning. By the end of the trip it was no longer counterintuitive to swim and drink water at the same time. It didn't need any treatment and I actually miss the taste now, which I never thought possible.

Highlights included when our guide abruptly dived into the water during dinner and caught us a turtle and then explained that there would be no crocodiles or any larger animals at this site because we were on the escarpment. And forcing everyone to try eating green ants and then promptly being attacked — just a little bit of karma (note:

they actually taste good — a citrus sort of flavour).

### (b) Food

They say that every year 12 puts a hefty amount of weight on. That's a lie. But food is our saviour. Just last week our global teacher promised us chocolate if we made the effort to complete extra revision. I'm fairly sure that every person finished at least a portion of the work. Not only that, he entices us into morning sessions with biscuits. We actually pass the year because we have food incentives. Finally the teachers have learnt that food bribery works.

After all, the highlight of the year, excluding the formal, remains the common room for its T2 tea, kindly deposited by the 'tea fairy', and the near constant presence of cake. Only yesterday we had sandwiches and cupcakes ordered in by the dean to ensure that we all left lunch early for a session on university preferences. The thing with food is it's not even comfort eating, for the most part. It's just the excuse to take a break.

### (c) University

Surprisingly, the prospect of university is strangely exciting. It's great having institutions following you around, trying to attract your attention. We were all invited to dinner and a tour at Queen's College on Tuesday. And I can now say college looks amazing, if it wasn't so expensive. They have so many facilities and, again, the food was wonderful.

Thus far, food, holidays and uni have enabled us all to cope.



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## SPORT &amp; HEALTH

# Don't believe the rumours!

**Chris Gregorius**

**O**h, I love a good rumour. I am sure you have heard a few about what is best for you when it comes to your health and fitness. Has a friend or partner ever given you a tip as to what can help trim your waistline?

There are some real beauties that have been around for centuries. I think it's time to put them to rest, as these titbits of misinformation can cause more harm than good.

**"No pain, no gain!"**

Sure, you need to exercise hard to improve your levels of fitness and endurance. It's not true that the best exercises are the ones that leave you feeling sick, terrible and beaten-up the next day.

Depending on your fitness goals (with the exception of muscle growth goals) exercise should be enjoyable, with very little downtime in the days following your activity. If you're just starting exercise, you will be sore for around the first two weeks only.

**"Gotta work my abs!"**

Then there's the ab (abdominal muscles) story:

"I want to tone up my stomach so I need to do ab work." Most people I have trained tell me they must work their abs so they can develop a six-pack. Probably one of the most popular myths is about ab crunches melting off stomach fat. You can do a thousand sit-ups but your body will not allow you to spot-reduce body fat. You've got to burn the fat from your body as a whole.

**"Don't use weights. That's just for bulking up, not for losing weight."**

Initially, when you start exercising, you can actually put on weight, according to traditional scales. In fact, if you haven't been exercising for a while and start with weight-based training, you will find you gain overall weight. You shouldn't worry, however, as this is often an increase in muscle tissue, not body fat. That's because muscle is heavier than fat.

The scales will start to drop once you begin to burn stored body fat and the amount of body fat lost outweighs the muscle gained — so hang in there. Muscle is your number one ally for burning stored body fat and limiting fat gains. A kilo of muscle burns 20–30 calories each day, while you're just living and breathing.

Regular strength training helps you increase your muscle mass as well as preserve existing muscle mass (very important as we age), turning you into a more efficient fat-burning machine. It's far easier to maintain a healthy weight if you're carrying a little more muscle.

**"The faster you perform an exercise, the better for weight loss, even at the expense of form."**

Not true and even dangerous. This approach is what generally causes injury and is not the way to go about burning stored body fat. Never sacrifice form for speed. In fact, when technique and form go out the window in your effort to become a 'Muscle Mary', you might as well stay home, as muscle growth is all about technique.

These are just the tip of the iceberg of amusing, but misleading, fitness myths. I hope you enjoyed the rumours.

*Chris Gregorius runs MetroBody Health and Fitness in North Melbourne*



*Drawing: Ava Macmaster*

## Therapeutic magic from talented hands

**Katrina Kincade-Sharkey**

**H**ighly proficient in manipulative body repair, recent arrival Fernanda Cury is utilising a decade-plus of physiotherapy practice in Brazil to relieve locals' pain and discomfort.

Fernanda and lawyer husband Ricardo Nogueira "took a tree change" from their frenetic Sao Paolo lifestyle in 2008. They holidayed extensively, settling in Sydney as much for its weather as its political and social comfort.

A busy attorney back home, Ricardo's daily routine is now highlighted by rising crusts and oven temperature consistency. He's become a commercial baker in South Melbourne. "And while he still works fairly long hours — say nine or 10 — he's under nothing like the client or statutory pressures of his old 15 to 16-hour days," says his grateful mate.

"He certainly misses the intellectual challenges of the law, but not the bureaucracy; he's much more contented with his work here," Fernanda says, applying massage cream before treating the writer's pressured back.

Having proficiently gathered her Bachelor in Physiotherapy in 2000 from the University of Mogi das Cruzes in Sao Paolo, Fernanda followed with postgraduate studies in lymphatic drainage, massage therapy and advanced sports taping, before recording her professionalism with Sports Medicine Australia, the NSW School of Massage, the Australian Physiotherapy & Pilates Institute and the Physiotherapy Coaching Academy Australia during the past four years.

"The Australian approach to musculoskeletal physiotherapy is much more hands-on than in many other regions," she reports, "so Australian physios' international reputation is tops." Fernanda examined those Aussie treatment procedures at several international conferences and befriended Errol Street practitioner Sue Gertzel, who coerced her to move here earlier this year.

"Australia's reputation is created by the quality of the work the local professionals produce. Not being recognised here as a physio because I haven't gone through the reaccreditation process means I cannot practise as a physio, but being a masseur and a Pilates instructor means I'm still able to treat and to

deliver wellbeing and physical relief to my clients," she says, gratefully.

"Sensitivity is critical when we're treating people," Fernanda explains. "No two people are the same, even though their injuries may have been the same. Clients' approach to fixing their bodies is as important as the therapist's, therefore following our recommended exercises is critical."

"Massage can relax and relieve muscles' tight tension, but it doesn't prevent it building up again. With exercises, the body creates good new habits for itself to rebalance its biomechanics, which then improves posture, mobility and balance."

Fernanda decided on physiotherapy only six months before leaving school, having rejected her lifelong vet science dream after criticism from her extended family: "But I think this was no accident, because I feel I can contribute more to society as a physio than as a vet!"

Fernanda's massage sessions at City North Physiotherapy are run over 60 minutes. "So I do no more than five each day," the lithe lady says, mindful of delivering quality, as well as protecting her own muscles from overuse. "I don't like to do more because I don't like to



*Fernanda Cury Photo: Jim Weatherill*

compromise the quality of clients' treatment.

"Also, I like to be mindful about how I use my own body with client massage to prevent any strain, so I use the Pilates sessions to keep myself fit and flexible," she says, before detailing yet another intense activity she pursues locally. "I'm also doing an eight-week Design of Artifacts course online — I love being creative, using my hands for visual arts, especially drawing."

"The main assignment is to find a gap, something that's still needed in commerce, or needed to be proven, then we have to create its prototype. The artifacts can be physical or digital — my project is improving a wall clock so it always hangs straight. I have two options: one is using a level; the other is using a plumbline. Whatever we do, though, we have to keep in mind the aesthetics of the artifact, so it has to be modern, efficient and attractive."

"Because the course is intense, we evaluate each other's work. There are something like 10,000 to 20,000 students all over the world, and we're all doing four assignments per week — some simple, some more elaborate — so I'm taking whatever spare time I've got to do them," she says, hinting a fraction at work pressures of old.

Fernanda's mother is well-known Brazilian painter and sculptor Theresa de Almeida Prado. "I'd love her to come here and show her works. She's just started re-teaching arts for special-needs kids, for their teachers and for people who need to communicate in another way. She's a beautiful lady," Fernanda praises, and it's easy to see where her mum's characteristic has been passed on.



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## TRAVEL &amp; FOOD

# Our Greek connection: Anzacs on Lemnos

**Nancy Lane**

**O**n Anzac Day we commemorate the death and suffering the Australian and New Zealand troops faced in World War I at Gallipoli. There is a more positive but less known side to the Anzac story — the time Australian and other soldiers spent on the Greek island of Lemnos.

In April my husband and I participated in a tour of Lemnos. We visited many places of great significance to the Australian and New Zealand forces and attended commemorative ceremonies at the two war cemeteries where over 200 Anzacs, as well as Canadian, British, Indian and other troops, are buried.

In October 1912, during the First Balkan War, Lemnos became part of Greece when the Greek navy took it over from the occupying Turkish Ottomans. The Greek government allowed the Allies to use the island as a base for their Gallipoli campaign, and it became the staging site for nearly 200 Allied ships and thousands of troops.

According to our guide, Jim Claven, Lemnos served as the supply base for the campaign. It was the main assembly and embarkation point, and soldiers practised for the Gallipoli landings on the Lemnos beaches. The Allied forces set up hospitals, rest camps and supply depots across the island, and nearly 100 Australian nurses served there.

Among the stops on our tour were Mudros Harbour, where the ships initially assembled

in 1915 and the armistice was signed on board the HMS *Agamemnon* in 1918; the East Mudros Military Cemetery, containing 880 graves; the Portianou Military Cemetery, where the major commemorative ceremonies were held; the sites of the former Sarpi rest camp and Australian hospitals; and Therma, where soldiers on leave came for much-appreciated bathing in the hot springs.

The local population helped the Allies by providing supplies, building roads and jetties, carrying water and setting up canteens to assist the 60,000 Anzacs, as well as the other troops that assembled there.

Many of the Australians who served recorded their impressions of the island and its people in letters and diaries, which Jim had accessed through the Australian War Memorial and personal contacts. At each site, Jim showed us copies of these early photos and read us excerpts from the letters, which brought the locations to life.

For example, signaller A.H. Edmonds recounted his visit to Therma: "Here the troops indulged in the luxury of a hot bath — the first, for most of us, since leaving our native land. The springs gush from the hillsides near the bottom of the valley, over which has been built the bath-house. The bathroom is about 12 feet square and dimly lighted by a perforation in the roof, which is domed."

Despite the terrible wounds and sickness she had to deal with as a result of the Gallipoli campaign, Australian nursing sister Donnell, on leaving Lemnos in January 1916, wrote:



Although the spa behind it is new, the dome is the same one under which the Anzacs bathed in the thermal springs on Lemnos

*Photo: Nancy Lane*

"Goodbye Lemnos. We take many happy memories of you. I would not have liked to miss you ..."

The Lemnos Gallipoli Commemorative Committee, based in Melbourne, has been researching and promoting the Greek link to the Anzac story. This committee is working on several projects to raise greater awareness, including the erection of a statue in Melbourne

in memory of the Australian nurses and soldiers who served on Lemnos.

In conjunction with the Municipality of Lemnos, the committee held a conference on Lemnos in July, in preparation for the 100th anniversary of the Gallipoli campaign. For more information about the conference or future tours, contact Jim Claven at [jimclaven@yahoo.com.au](mailto:jimclaven@yahoo.com.au) or on 0409 402 388.

## Sustenance for body and soul at a modest Price

**John H. Smith**

**I**f you want to have a meal at Mr Price's Foodstore in Queensberry Street, don't look for the menu in the window, and be sure to ring ahead for a table. The premises are small — and popular. And a new menu is handwritten each day, based on what has stimulated Mr Price's culinary imagination on his morning visit to the market.

The combination of Mr Price's genial hospitality, the fine food and the artistic context of the Foodstore ensures that the sensitive diner is fed in body as well as soul.

Originally from Footscray, Gary Price first lived in old stables up a laneway in Roden Street, West Melbourne, in 1979. Since then he has become a North Melbourne identity and Mr Price's Foodstore is a legend. Seated at a table near the windows to enjoy a morning

coffee as he plans the menu, he can see the town hall and Leveson Street and watch the passing parade, many of whom he knows well.

The inside of Mr Price's Foodstore is like a private living room. Tasteful artworks, family photographs and interesting objects including a grand piano surround you. Seated at the tables, which are all individual in style, you may find an equally varied and interesting collection of people. Mr Price's is a place of connections. Here newcomers are welcomed, friendships are made and nurtured, milestones are celebrated, and losses are grieved.

According to Gary Price's record, at Sunshine High School he excelled at history, science, French, physical education and metalwork. His first job was as an office boy for *The Age*. None of this suggests he would become a renowned chef.

It was his mother's approach to cooking that inspired his interest. Rather than buy prepared food, Mrs Price preferred to make

and bake her own, and so does her son, with a preference for old-fashioned recipes, especially desserts. As well as providing meals at the restaurant, over the past 30 years Gary has catered for many community organisations and functions, as well as private birthdays and weddings.

When searching for a light lunch on a cold winter's day there is nothing better than one of Mr Price's hearty, warming, home-style soups. Accompanied by excellent choices in bread and a glass of good red wine, the afternoon can proceed in a leisurely manner. One of Mr Price's homemade chocolate truffles with a coffee is strongly recommended to round it off.

If a more substantial meal is your choice, you will always find something to suit your palate. I especially enjoyed his offering of slightly rare roast beef with horseradish cream served with steamed and buttered new potatoes, with fresh asparagus on the side. To

follow I had a delicious rhubarb fool — tender new rhubarb with sweetened whipped cream. A rich espresso was the perfect finish to the meal.

Mr Price's unpredictable menus are modestly priced, and above all the Foodstore is notably a quiet place to enjoy a meal with friends. I highly recommend it to readers, but don't forget to ring Gary first. *Bon appétit!*



Mr Price returns from the market

*Photo: John Smith*

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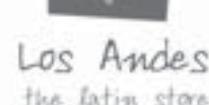
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# Sugar and spice and all things ...

**Helen Lew Ton**

**L**ots of doughnuts were happily eaten by four friends as we undertook the onerous task of finding the best local doughnut.

The thing about doughnuts, bomboloni or beignets (it all depends where you buy them) is that you can only eat one at a time. Yes, you know which ones you like, but a comparative tasting is the only way to decide which one is the best of all.

Traditional doughnut flavours include cinnamon and sugar, jam (most commonly raspberry) and custard. To avoid boredom we bought a selection with the aim of having at least two of each variety.

So, late one Saturday morning, we gathered around a table laden with 12 types of doughnuts which came from six different shops. Our 'catch' included cinnamon and sugar, jam (apricot, sour cherry), custard (vanilla, chocolate), apple, apple pie (a mixture of custard and apple) and custard and jam.

Except for those bought at Coffea Cafe and Twenty & Six, all doughnuts were made in-

house at the various shops.

But before we talk flavours, let's discuss the dough. After all, there's a reason for the name 'doughnut'. Basically this is a sweet, rich yeast dough, often made with eggs, butter and milk, which is deep-fried. Filled doughnuts are spherical and plain doughnuts are typically circular in shape.

Unlike the other producers, Crumbs Or-



Take your pick: doughnuts, bomboloni or beignets

*Photo: Helen Lew Ton*

ganic Bakehouse makes its doughnuts with a sourdough mixture which produces a much heavier product with a pronounced yeasty odour. This was particularly noticeable in their lemon-filled doughnut. As their products are vegan and use no butter, eggs or dairy, they are not at all like doughnuts made to a traditional recipe. We all preferred the taste and texture of traditional doughnuts.

With the exception of those from Ivanhoe Cakes all the doughnuts were well fried and not at all oily.

Cinnamon and sugar may be the simplest flavour, but the crunch of sugar and the delicate spice are an unbeatable combination. Custard should have a light texture and not be heavy. Ivanhoe Cakes' plain custard was unattractively leaden, but Matt Forbes' plain and Dolcetti's chocolate custards were pleasing. The French Quarter's chocolate custard doughnut was sparsely filled with something that tasted like a well-known chocolate/hazelnut spread.

We all liked the jam-filled doughnuts and realised that the jams used had good balance of fruit, sweetness and acid. Matt Forbes' custard and cream doughnut was no exception: his jam

was delightfully sharp.

And what was our verdict? The doughnuts from Twenty & Six and Dolcetti pleased everybody and the best value for money would have to be a \$2.50 baby bombolone from Dolcetti.

## Where we shopped:

Coffea Cafe, 521 Elizabeth Street, Melbourne — doughnuts supplied by Ivanhoe Cakes

Crumbs Organic Bakehouse, 16 Errol Street, North Melbourne

Dolcetti, 223 Victoria Street, West Melbourne

The French Quarter Patisserie, 570-574 Queensberry Street, North Melbourne

Twenty & Six Espresso, 594 Queensberry Street, North Melbourne — doughnuts supplied by Matt Forbes

Plus there were some foreigners bought at Sugardough Panificio & Patisserie, 163 Lygon Street, Brunswick

## ARTS & ENTERTAINMENT

# Errol's Angels to rove at Spring Fling

**Kath McPherson**

**L**ocal community choir Errol's Angels will be a star attraction at this year's Spring Fling in October.

Fresh from its highly successful benefit concert in the North Melbourne Town Hall on Sunday 25 August, the choir is working on a repertoire of short sets to be presented in several locations throughout the day at the Errol Street venue.

The choir targets an audience of all ages and encourages spectators to join in, particularly if they know the songs!

The benefit concert, the first held by Errol's Angels, which to date has relied mainly on membership fees, raised funds for choir development.

The choir, under the leadership of director Emily Hayes, was ably supported by Lauren Bruce and The Sullivans.

The performance was made possible by the generosity of the Melbourne City Council and by local traders, who provided advertising and door prizes.

All are welcome to join the choir, which rehearses from 7.00pm to 9.00pm on Thursdays at the Maternal and Child Health Centre, 505 Abbotsford Street, North Melbourne. No singing experience is necessary.

Contact Kath McPherson on 0408 564 213 or visit [www.errolsangels.com.au](http://www.errolsangels.com.au).

*Kath McPherson is a member of Errol's Angels Community Choir*



Errol's Angels with Lauren Bruce rehearse for the benefit concert

*Photo: Emily Hayes*

## BOOK REVIEW

by Katrina Kincade-Sharkey



### Town of Love

by Anne Ch. Ostby

*Spinifex Press, 2013*

*RRP paperback: \$26.95, eBook: \$14.95*

*ISBN: 9781742198477*

A recent offering from North Melbourne publisher Spinifex Press is Ostby's brutal tale of a workforce of young Indian pauper girls who prostitute themselves to feed their families. Just reaching puberty, these girls are part of the Nat, India's poorest, and for centuries Nat men have sent their women — wives, sisters, daughters — into sex trafficking.

Tamanna is 19 and wants to break out, especially for her five-year-old daughter. She runs away, battling for help from police and aid organisations. This tale is raw but honest, it's current and, in the words of writer and feminist activist Gloria Steinem, "a terrible truth that must be exposed".



## Too Busy to become a Rotary Club Member?

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# Local gallery embraces colour in abstract art

Jennifer Choat

*Colour In*, the latest exhibition at the Langford120 gallery, features nine Australian artists who celebrate contemporary abstraction through the use of colour.

Curated by Hayley Scilini, also a feature artist in this show, the exhibition aims to illuminate the importance of colour throughout the history of abstract art. In doing so, the works offer a delicious assortment of colour across multiple formats, ranging from paint, vinyl and ink to video installation.

The artworks explore sensory reactions to colour, such as stimulation, excitement and intrigue. "Colour can be used to create illusions that cause us to question our perception," Ms Scilini explains.

At first glance the forms, line arrangement and lack of recognisable objects in this exhibition may seem perplexing. "The audience is still suspicious," gallery director Dr Wilma Tabacco remarks, alluding to the challenging nature of abstract art, "but it's the ideas behind the work that need to be considered."

Such ideas in this exhibition include investigating colour potential and use of line in drawing to go beyond decorative means, interplay between time and temperature, as well as references to architecture.

The gallery provides a platform for young and emerging abstract artists, something Dr Tabacco feels is largely missing in Melbourne. This is the gallery's third exhibition in a series focusing on various features of abstraction. The first show concentrated on edge and the second on geometric line. Look out for others



*Colour In* exhibition at Langford120 gallery, North Melbourne  
Photo: courtesy [www.langford120.com.au](http://www.langford120.com.au)

that will follow in this series.

On conclusion of *Colour In* the gallery will exhibit *Re: The Body and Geometric Aljamia*, from 14 September to 13 October. The exhibition opening event will be held on Saturday 14 September between 2.00pm and 4.00pm and will include a live performance piece by the Flatline Dance Co.

*Re: The Body* will feature a combination of portrait work, process documentation, paintings and etching on paper by feature artists Bernhard Sachs, Wendy Stavrianos, Todd Fuller and Carl Scriberras.

*Geometric Aljamia* is a collection of intri-

cate paper cutouts referencing Islamic pattern work. This exhibition evolved out of a workshop conducted by two of the participating artists, Reni Gower and Jorge Benitez, which was organised by the Virginia Commonwealth University (VCUQ) School of the Arts in Doha, Qatar.

The patterns reflect ancient geometric symbolism and explore new ways of incorporating traditional imagery into contemporary art.

Jennifer Choat is Arts & Entertainment section editor for the News



Beata Geyer's *Relative Location: Colouring Space 2013* Photo: J. Choat

## Colour In

**10 August to 8 September**

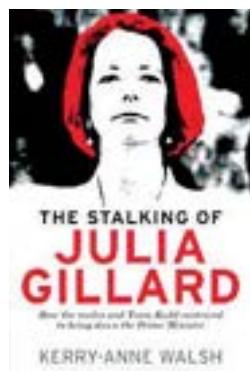
Participating artists: Amanda Airs, Louise Blyton, Beata Geyer, Ollie Lucas, Susie Leahy Raleigh, Hayley Scilini, Merryn J. Trevethan, Tom Vincent and Max Lawrence White

**Re: The Body and Geometric Aljamia: A Visual Transliteration**  
**14 September to 13 October**

Langford120 gallery  
120 Langford Street, North Melbourne

## Between the Covers

Chris Saliba

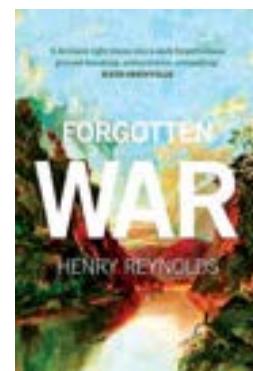


**The Stalking of Julia Gillard**  
by Kerry-Anne Walsh  
(Allen & Unwin, RRP \$29.99)

*The Stalking of Julia Gillard* is a diary kept by veteran press gallery journalist Kerry-Anne Walsh of the Gillard minority government. Despite Walsh's intention to merely chronicle the ups and downs of minority government, her diary right from the get-go has a pretty coherent theme: the deposed former leader running every clandestine trick in the book against the woman who replaced him.

The central theme of *The Stalking of Julia Gillard* is press gallery responsibility to report and not try to become a player in political events. According to Walsh, this is what happened. Journalists worked with a disgruntled former PM to help him wreak his revenge.

This is one angry book. Walsh dishes out lots of heavy-duty criticism and is utterly fearless in taking down some of the biggest names in journalism. The world she describes is that of the political sausage factory. You really see how political deals are stitched up and it's not a pretty picture.



**Forgotten War**  
by Henry Reynolds  
(NewSouth Books, RRP \$29.99)

The Frontier Wars, in which European settlers fought the original owners for access and sovereignty over the land, took the lives of some 25,000 to 30,000 Aboriginal men, women and children. Historian Henry Reynolds asks the question: why doesn't this conflict have its own national memorials and a prominent place in school curriculums?

Reynolds is a master of this material, having trawled through the records for many decades of his professional life. He marshals an impressive array of documentary evidence that is shocking in its violence and organises it into a neat and concise argument. The best thing about *Forgotten War* is its brevity and sense of purpose. Reynolds knows exactly what he wants to say, has thought out his positions well and can support his arguments convincingly.

*Forgotten War* is a must-read. It tells a riveting and horrific story with authority and impeccable research. Even those who strongly disagree with Reynolds will find a challenging and formidable opponent.

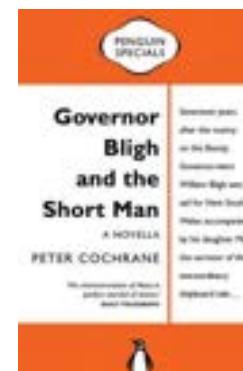


**Who Owns the Future?**  
by Jaron Lanier  
(Allen Lane, RRP \$45)

Humanist, musician and computer scientist Jaron Lanier's argument is really an age-old one. Those who control the new technologies become enormously powerful, often putting the common good at peril. In the information age, power has become concentrated in the servers of big corporations like Google and Facebook.

The answer to this dilemma is a pretty standard one: redistribute the wealth. Seeing wealth in the internet age is built by controlling information about people, Lanier suggests that we should all get nanopayments for the information we surrender to these big servers.

Of course, this all sounds impossible and totally unlikely ever to happen. Despite the book's dubious utility, there are plenty of reasons why you should read *Who Owns the Future?* Lanier has a great intellect and a philosopher's temperament. In the final analysis he argues for balance and humanistic values when weighing up the internet's huge potential.



**Governor Bligh and the Short Man**  
by Peter Cochrane  
(Penguin, RRP \$9.99)

Historian Peter Cochrane's highly enjoyable novella tells the story of Governor Bligh's stormy journey to New South Wales upon the *Lady Madeline Sinclair*. Bligh travelled with his daughter, Mary Putman, and it is through her eyes that we see this trip, in the form of Mary's journal. With a fair amount of wit and drama, Mary relates the stand-off between Captain Short and her father, Governor Bligh, as they come to blows over whose authority should prevail on the high seas.

*Governor Bligh and the Short Man* caught me by surprise. I didn't expect to enjoy it so much. Peter Cochrane nicely captures the voice and tone of an early 19th-century Englishwoman writing home about her adventures. The historical facts of the story, the personalities, cultural aspects and other details of life on board a 19th-century ship work together to create a story that is informative and well-paced.

Chris Saliba is co-owner of North Melbourne Books. He writes regular reviews for the News