

Community laments closure of local landmark

Brett Quine

It was kind of like being served powdered decaf crud when you ordered an espresso macchiato — such was the sense of shock and real displacement for regulars when an Italian institution of almost 60 years standing in North and West Melbourne closed its doors on 21 September.

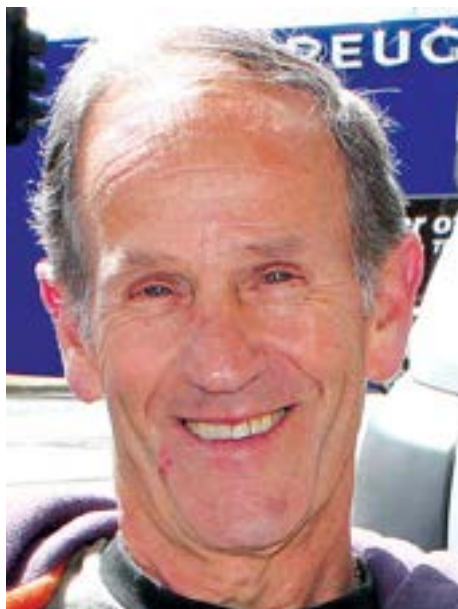
This was no joke, as my irreverent first line might suggest. For a large Italian community within our own, the closure of the One Star Café on Victoria Street came as a cruel unexpected blow.

For the dozens of regulars and hundreds of sporadically visiting souls who relied on the cafe as a home away from home, it was the greatest personal upheaval since their migration.

In the two weeks after its closure a steady stream of regulars raised their arms and turned palms upward in expressions of disbelief. As they read the notice on the door their jaws dropped and mouths still agape leaned forward to check for ‘signs of life inside’.

And it wasn’t just the local Italians either: many others born in distant lands, from the Caribbean to Poland, had become part of their wider network. This included the self-declared ‘eggman’, a tireless Jewish Austrian named Natale who, at the age of 89, shuffles at great speed to deliver his produce. Natale proudly states he has not taken a holiday since 1957 and every Tuesday since the 1960s he has travelled from Monbulk to the One Star Café.

Neighbours along the shopping strip



John Giandinoto

Photo: Brett Quine

between Chetwynd and Leveson streets have also felt an immediate sense of loss: car parks were suddenly easy to find and the vibrant chatter, robust ribbing of friends and flurries of street-side hand language disappeared. There was also an absence of wise advice for recent arrivals such as myself.

In one of three shopfronts along the same strip, One Star opened day after day, closing only for half a day on occasion so all could attend the funeral of respected *compari* (friends). Unfortunately those days had come too often in recent years. Combined with the tightened wallets of the global financial crisis,



Closing Party at One Star Café

Photo: Brett Quine

trade had almost slowed to a trickle compared to the strip’s halcyon days of the 1960s.

But for an ill-fated roads authority and local government plan to widen the southern side of Victoria Street circa 1968, many of the original Italian families would have happily stayed in the neighbourhood and more than likely seen it evolve into today’s equivalent of Lygon Street as the kerbside cafe restaurant capital of Melbourne.

“A lot of people were afraid [of compulsory acquisition] and sold up straight away... Most of us moved to Lygon Street,” said Mr Ottorino Pace, a 1960s occupant of the building at 301–303 Victoria Street, where One Star came to be, and who now owns Casa del Gelato in Lygon Street.

According to stalwarts of One Star Café, *compari* Johnny Giandinoto, 74, and Angelo Giuffrida, 71, the cafe started business as the Sicilia Caffè in 1955, opening soon after Don Camillo Caffè the same year. The Sicilia was opened by Freddo Caminoti at the shopfront now occupied by Contours Travel, but like many others Mr Caminoti sold his business in 1968, to Johnny’s brother Greg (since passed away). In 1972 the business moved to 293 Victoria Street and became Café Milano, then in 1979 moved back to the original shop before being sold to Italians who started La Rustica Restaurant.

Johnny’s brothers Greg and Sam continued the strip’s Italian cafe institution and opened the One Star Café at 301 in 1981, named after a champion greyhound that Greg owned.

In 1985, the ever helpful and wise Tony Vitale bought the business and kept it until September 2010 when it again changed hands. The new owner, Joe G, was also a great neighbour but business declined with troubled economic times.

Johnny was most reluctant to talk at all about the closure, obviously still feeling the pain, but eventually spoke. “It’s a shame, after all these years...it looks like a morgue around here now.”

Dino Iulianella, 71, founder of Dino’s Meats: “We are all lost now, we don’t know what to do.” Ricardo Ali, 80, retired taxi driver: “The boys are not a bit lost, they are lost.”

Joe Cultrera, 68, of Essendon, has been a



Otto Pace

Photo: Brett Quine

familiar face on the strip for more than half a century, since he worked there as a young butcher: “I’ve always been a North Melbourne boy but I’ve never lived here.”

On 21 October, a few of the former regulars had regained access to the cafe to once more play a few quiet social games of cards. The lights were still off, the espresso machine without steam.

Despite occasional visits by small groups of card players, by 4 November the business had still not returned. Only one thing remains certain: that a significant contribution to the community by these Italians will never be forgotten by those fortunate enough to befriend them.

Bravo compari!

Brett Quine is the joint owner-operator of Jawa Bar, along with News distributor Carolyn Fyfe. He is also the co-author and principal writer of Kill the Morans, a best-selling true crime book despite an ongoing legal ban on its sale in Victoria since its release in November last year.



The Eggman making his rounds

Photo: Brett Quine

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. 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 several vacancies — please see notices at right and on page 4.

Editor: Raphaëlle Race
Production Coordinator: Position vacant
Advertising Coordinator: Janet Graham
Section Editors:
Arts & Entertainment: Jennifer Choat
Community: Jennifer Waters
History: Michael Roche
Noticeboard: Janet Graham
Politics & Environment: Jennifer Waters
Sport & Health: Position vacant
Travel & Food: Kashka Lantis
Youth & Education: Position vacant
Production team: Jennifer Choat, Janet Graham, Rene Heeps, Ava Macmaster and Raphaëlle Race. Peter Alsen provided professional assistance with layout.

Supported by the City of Melbourne



Printed by Express Print
5 Jones Road, Morwell 3844
Circulation 6000

Please deliver contributions, letters and feedback to:

North and West Melbourne News
58 Errol Street, North Melbourne 3051
Email: nwmnews@centre.org.au
Telephone: 9328 1126

Copy deadline for March 2014 edition:
Wednesday 12 February
Advertisers: Wednesday 5 February
Publication date: Thursday 13 March

Dates for the rest of the year
Copy deadline 14 May, publication 12 June
Copy deadline 13 August, publication 11 September
Copy deadline 5 November, publication 4 December
www.centre.org.au

My thank-you to the volunteers

Thank you so much to all of our wonderful team of *North and West Melbourne News* delivery volunteers. You do a great job and the newspaper would be lost without you. The Centre staff and the other volunteers are very grateful for your efforts.

Robbie Cottrill

Laurence Angwin	Michael Halls	Helen Michell
Verena Augusti	Graeme Harper	Nancy Nankervis
Greg Bellamy	Heather Harper	Kaye Oddie
Ann Brady	Denys Harraway	Kay Oke
Jim Brady	Nancye Hawkins	Rob Oke
Nick Capriolo	Michael Hearn	Robyn Phelan
Margaret Carlton	Sally Hearn	Eiko Sakaguchi
Bill Cook	Jan Lacey	Madeleine Scully
Jenny Cook	Helen Lew Ton	Jocelyn Sellers
Brendan Ferrari	Pat Lightfoot	Rosalynd Smith
Carolyn Fyfe	Miriam McAffrie	Gabby Stannus
Alba Gatto	Kathleen	Bethia Stevenson
Janet Graham	McPherson	Rosemary Tonkin
Chris Gregoriou	Richard Marchant	

Would you like to be our new Distribution Coordinator?

Four times a year, on a Thursday, the *News* is delivered to The Centre. Here, the Distribution Coordinator sorts the papers into appropriately sized bundles for team members to deliver to letterboxes in their designated areas.

The Distribution Coordinator must have access to a vehicle in which to deliver the bundles of newspapers to distributors' doorsteps. Some deliverers collect their pile from The Centre.

There is also a little paperwork to do and notices to be sent out, usually by email, reminding the team of delivery dates.

Please apply by dropping into The Centre, 58 Errol Street, North Melbourne, or by telephoning 9328 1126

News from North Melbourne Library

The library will be reopening in early January.
Christmas Storytime is on Wednesday 18 December ☐ but please check the venue. Don't forget to book and bring your best singing voice to meet Fairy Caitlin!
Please also check the venue for the last Book Group meeting of the year on 18 December, when Helen Garner's *Monkey Grip* is the topic. The first few titles for Book Group in 2014 are:
15 January *The Unlikely Pilgrimage of Harold Fry* Rachel Joyce
19 February *The Engagement* Chloe Hooper
19 March *Night Games* Anna Krien
16 April *Cairo* Chris Womersley
North Melbourne Library, 66 Errol Street, North Melbourne
Tel: 9658 9700



The Hotham History Project
invites you to the launch of our latest publication, *Moving Around: Stories of a North Melbourne Family 1902–64*, by Rae Nicholls and Lorna Hannan, at 2.00pm on Saturday 14 December at St Michael's Hall, 8 Brougham Street, North Melbourne.
RSVP: info@hothamhistory.org.au

Christmas Services in North and West Melbourne



St Alban's, Anglican
55 Melrose Street, North Melbourne
Sunday 22 December 5.00pm Eucharist
Wednesday 25 December (Christmas Day) 10.00am Eucharist
Sunday 29 December 10.00am Eucharist
Sunday 5 January 10.00am Eucharist
Sunday 12 January reverts to normal 5.00pm Eucharist
St James' Old Cathedral, Anglican
Corner King and Batman streets, West Melbourne (opposite Flagstaff Gardens)
Sunday 22 December 10.00am Service of Nine Lessons and Carols
Tuesday 24 December (Christmas Eve) 11.00pm Holy Communion
Wednesday 25 December (Christmas Day) 10.00am Holy Communion

St Mary Star of the Sea, Catholic
Corner Victoria and Howard streets, West Melbourne
Tuesday 24 December (Christmas Eve) 6.30pm Vigil Mass; 11.30pm Carols before Solemn Midnight Mass (confessions half an hour before Mass)
Wednesday 25 December 10.30am Mass of Christmas Day (English); 12.00 noon Lithuanian Mass celebrated by Reverend Juozas Deveikis (confessions 9.45☐0.15am)
Sunday 29 December (Feast of the Holy Family) 10.30am Mass (English); 12.00 noon Mass (Lithuanian) (confessions 9.45☐0.30am)
Wednesday 1 January (Solemnity of Mary, Mother of God) 12.30pm Mass (confessions 12.00☐2.25pm & 1.00☐.30pm)
Sunday 5 January (Solemnity of the Epiphany) 10.30am Mass (English), 12.00 noon (Lithuanian) (confessions 9.45☐0.30am)

St Mary's, Anglican
Corner Queensberry and Howard streets, North Melbourne
Sunday 15 December 7.00pm Carol Service
Tuesday 24 December (Christmas Eve) 6.00pm Kids☐Christmas; 11.30pm Midnight Mass
Wednesday 25 December (Christmas Day) 9.00am Sung Eucharist

St Michael's, Catholic
456 Dryburgh Street, North Melbourne
Tuesday 17 December 9.30am & 7.00pm Advent Reconciliation
Tuesday 24 December (Christmas Eve) 6.00pm Christmas Vigil
Wednesday 25 December (Christmas Day) 10.15am Mass

Saints Peter and Paul, Ukrainian Catholic
35 Canning Street, North Melbourne (corner Canning and Dryburgh streets)
Information unavailable at time of going to press. Please phone 9320 2566 for details.

The Eighth Day (a Baptist Community)
4 Miller Street, West Melbourne
Sunday 22 December 5.30pm Christmas Service ☐Celebrating a Year of Grace☐

Uniting Church, Mark the Evangelist
51 Curzon Street, North Melbourne
The congregation meets in the church hall, 4 Elm Street
Sunday 22 December 10.00am Service of Advent carols and readings
Wednesday 25 December (Christmas Day) 9.30am Worship

Christmas tidings



Come and enjoy Christmas carols performed by Errol's Angels in Errol Street this month.
This small choir of 20 male and female voices, who performed recently on the Buskers' Stage at the Spring Fling, will be roving Errol Street and surrounding areas from 7.00pm until 9.00pm on Thursday 12 December, starting at The Centre.
They have a beautiful Christmas repertoire, which includes traditional carols from around the world and from many different eras. Bring along the family and join in the carols you know.
New members are always welcome. The choir meets on Thursday evenings from 7.00pm to 9.00pm during school terms at the Maternal & Child Health Centre, 505 Abbotsford Street, North Melbourne.
For further information visit www.errolsangels.com or call Kath on 0408 564 213

COMMUNITY

Hoarding is more horror than humour

Liz Walker

What types of mental illness are you comfortable laughing about? Depression? Schizophrenia? Hoarding? I've been asking myself and others this question since seeing the latest Devondale Milk TV ad.

It starts with an older woman sitting on a couch surrounded by cats. She calls her cats and starts feeding them from her bottle of milk. She sticks her fingers in the bottle and lets the cats lick the milk off them, lets the cats drink straight from the bottle, and drinks from the bottle herself. The doorbell rings and it's a young man standing with an empty milk jug. A subtitle "Never run out of milk" appears on the screen.

This advertisement disturbs me on a number of levels. Drinking from the same container as cats (or any other species) is in principle poor hygiene and poses the risk of zoonotic diseases for humans. I get that this is part of the quirkiness of the commercial, but it is in poor taste and could encourage people who are unaware of the risks to follow suit.

Moreover, feeding cows' milk to cats is not recommended. The advertisers know this —

in fact they claim they only used modified, cat-specific milk in filming, even though the ad suggests otherwise.

I've been told to lighten up but the most disturbing aspect of this advert is its haunting portrayal of animal hoarding.

Although in general hoarding knows no age, gender or socioeconomic boundaries, current data supports the stereotype of an animal hoarder as the single, older woman, living alone and socioeconomically disadvantaged. While these eccentric elderly cat ladies have generally been perceived in popular culture as humorous and harmless stereotypes, the reality is less benign.

Hoarding is a pathology, not a lifestyle choice. My staff and I deal daily with the consequences of mental illness, irresponsible pet ownership and poor animal husbandry and we can't see any justification for using these serious, often tragic, issues as the butt of humour.

Hoarders are often animal abusers (through intent or ignorance) and to be kept by a hoarder can mean a slow death for the animal. Actually, it can be a fate worse than death as their misery can go on for years. A single hoarder may have hundreds of dog or cat victims which invariably show signs of abuse, such as severe malnutrition, untreated medical con-

ditions including open sores, tumours, tooth abscesses and eye infections, and behavioural problems resulting from severe psychological distress.

We still don't understand why people become animal hoarders. It used to be considered a type of obsessive-compulsive disorder, but more recent research suggests the cause may be an attachment disorder in conjunction with personality disorders, paranoia, delusional thinking, depression and other mental illnesses.

Often animal hoarders have been abused as children, or have begun collecting after a traumatic event or loss, and are trying to create an unconditional, stable relationship in their life.

Others see themselves as 'rescuers' who save animals but are blind to the fact that they are neglecting and inflicting extreme suffering on the unfortunate creatures.

There's nothing simple (or funny) about animal hoarding. It's a community problem encompassing animal cruelty, mental health and public safety. Apart from the emotional and physical cost, it's a financial burden on councils and can bankrupt genuine rescue organisations which are suddenly inundated with dozens or hundreds of animals needing high-level care.

Recidivism runs at about 100 per cent, pos-

sibly because there is a general lack of awareness of appropriate long-term interventions.

However, there are a number of things we, as a community, can do.

The first thing is to tell someone, if you suspect you know an animal hoarder. Help is available through veterinarians, animal welfare agencies and government agencies. As Australians we are hesitant to 'dob', especially if we think the person might lose their pets, but turning a blind eye is an act of cruelty to both the hoarder and the animals.

Without intervention, the situation will only worsen. With help, the problem may be resolved and the hoarder may be able to be supported in a healthier relationship with fewer pets.

The second thing we can do is to support responsible pet ownership and educate others about the misery involved in hoarding.

And the third thing we can do is to treat the issue seriously and not as fodder for laughs.

Dr Liz Walker, BVSc(Hons), MMgt, is the chief executive officer of Lort Smith Animal Hospital

Keep your pets safe this festive season

Andrew Kapsis

As the festive season approaches we like to celebrate with friends and family, but there are some things we shouldn't share with our furry family members.

Hide the sausages!

Aussie summers lend themselves to barbecues and relaxed dining, but you aren't doing your dogs any favours by giving them the leftover snags. At Lort Smith Animal Hospital we are seeing an increasing number of dogs with health problems such as pancreatitis and obesity, so avoid giving your dog fatty meats (which they can't digest properly) and keep cooked bones well away from dogs.

Other foods that are harmful to dogs include grapes, nuts, chips, lollies and of course chocolate.

Trimming the tree

The first thing to do is make sure your

Christmas tree is securely anchored so it can't be knocked over by boisterous dogs or adventurous climbing cats. Decorate with your pets in mind. Glass or metal balls can fall and break, small ornaments can be swallowed and tinsel seems to be irresistible to cats but can cause serious intestinal problems if ingested.

Assess decorations with the same eye you would apply when checking the safety of toys for children under two — if there are bits that can be chewed off and swallowed, keep them out of reach.

Plan an escape route

If your dog or cat is used to a quiet home, the sudden influx of guests can be disturbing. Take your dog for a nice long walk before people arrive, and make sure there is a safe retreat for both dogs and cats where they can escape from noise, curious little hands and other sources of stress.

When things go bang

Fireworks can be frightening for pets. If you are leaving your dog at home on New Year's Eve, you might consider shutting the windows

and turning on the TV or radio to provide some calming white noise. Make sure your pet is microchipped, so that, if he or she does escape, you will be reunited more quickly.

Most of all, remember that the festive season should be a time of happiness and relaxation, so take the time to enjoy the company of loved ones, furry and otherwise.

Dr Andrew Kapsis is head veterinarian, inpatient services, at Lort Smith Animal Hospital



Andrew Kapsis and Ben

Photo: Debra Mayrhofer

are your shoes + heels ready for the silly season?

we're open monday through saturday!

the cobblers last - the best shoe repairs in north melbourne!

we repair shoes, boots and bags, and also cut keys!

the cobblers last

256 victoria street
north melbourne vic 3051

t | 03 9329 0292

w | www.thecobblerslast.com.au

e | thecobblerslast@gmail.com



NWMN Editorial

Raphaelle Race

"In life, the one constant we have is change," wrote Maurice Gaul, the previous editor of the *North and West Melbourne News*, in the March edition. True to form, we have another round of changes here at the *News*.

Such is the nature of community productions, people donate what time and skills they have to spare, and it is fantastic that so many talented and positive people have been able to come together and produce such a quality paper.

Maurice has now moved on and, while Janet Graham kindly stepped in to produce last quarter's issue — no small feat considering she has a number of other community positions — she has decided to concentrate on her role of NWMN advertising coordinator.

We have five recent additions to the team, all of whom have made a spectacular effort to put this issue together in the flurry of comings and goings and short time-frames.

Our new History section editor, Michael Roche, has been with the *News* for some time now and has contributed a number of great articles.

In a champion effort, Jennifer Waters has taken on two mantles — Community and

Politics and Environment.

Food and Travel section editor Kashka Lantis has already excited us with mouth-watering food articles, as well as some easy and fun day-trip ideas for folk looking to explore a bit more of Melbourne.

We all know that North and West Melbourne have a wealth of artistic businesses, venues and events. Jennifer Choat, who assumed responsibility for Arts and Entertainment before the September edition, is a wonderful artist herself, as you can see from her illustration for Militza's story.

Yvette Vigor, our new Sport and Health writer, has provided some great articles for us to read and some fascinating exercises to check out over the summer months.

Lastly, I introduce myself as the new editor of the *News*, where I'll be writing the occasional article too. It was great to meet so many locals at the Spring Fling and hopefully I'll see the rest of you around town! I'm so glad to be working with everyone here at our local paper and also to have met the wonderful folk who publish us at The Centre.

There are still a number of positions currently open at the *News* for writers and editors of all ages and walks of life. Everyone has at least one fascinating article in them, so if you're interested in writing about the North or West Melbourne communities, please contact us with your thoughts or let us know about the latest news.

We also take this opportunity to say goodbye to Youth and Education columnist Militza Banach-Wightman, who is finishing up this year as a contributing year 12 student. We wish her all the best next year!

LETTER TO THE EDITOR

West Melbourne residents have recently discovered that Regional Rail Link senior communications and environmental staff (John Holland Group employees) misled us about asbestos testing performed along tracks running just two metres from Railway Place.

RRLA informed residents in April 2013 that testing for the presence of asbestos was performed four months *before* ground-disturbing works commenced in March 2013. Via a Freedom of Information request facilitated by Jennifer Kanis

MLA, we now know that asbestos testing wasn't performed along the Railway Place tracks until six months *after* works in this area had commenced.

The RRLA staff in question even produced and circulated an unofficial document purporting to be the test results, conveniently forgetting to mention the dates of the testing — now for obvious reasons.

These employees, who were so unconcerned about our health and safety, are managing the upcoming works along Railway Place. The entire track foundations will be dug up and replaced, disrupting 50 years of contaminants. RRLA tell us all will be okay, but, having been repeatedly misinformed about safety issues, our trust in RRLA is at an all-time low. All facts are now with Jennifer Kanis, who has supported us throughout.

John Marriot (West Melbourne)



A Regional Rail Link employee removing asbestos from Railway Place tracks on Good Friday

Photo: Fair Go For West Melbourne

We invited Jennifer Kanis MLA and Adam Bandt MHR to comment on the issues raised in this letter. Their responses appear on page 15..

NW MN

NORTH & WEST MELBOURNE NEWS

Positions Vacant

Section Editors: Youth and Education, Sport and Health,

The NWMN comprises a number of sections. These currently consist of The Centre, Community, Politics and Environment, Youth and Education, Sport and Health, History, Arts and Entertainment and Travel and Food. Section Editors are responsible for the content of each section.

Responsibilities include:

- Source, research and write stories for quarterly publication
- Develop and maintain contacts with locals and businesses
- Liaise with writers and allocate stories
- Liaise with Editor on schedule and deadlines
- Edit stories prior to submission to Editor
- Ensure copy deadlines are met
- Attend meetings as required
- Return borrowed materials to contributors and ensure they receive copies of the newspaper
- Meet, brief and mentor new volunteers

website RESCUE



We're here to help

Is your website dead in the water ?
Are updates too hard to even think about ?
Feeling lost with all that website jargon ?
Don't know where to turn ?

We can help!

Give us a call and we will rescue your website, even if you've lost contact with your website designer

Rescue fee starts from just \$40...

What are you waiting for ?

CALL 9328 8811

www.rescue-me.com.au

CONTOURS TRAVEL

Specialising in tours to **SOUTH & CENTRAL AMERICA, MEXICO, CUBA, CARIBBEAN IS. & ANTARCTICA**

9328 8488

www.contourstravel.com.au

287 Victoria St. West Melbourne



Los Andes the latin store
Authentic Latin Coffee & Giftware

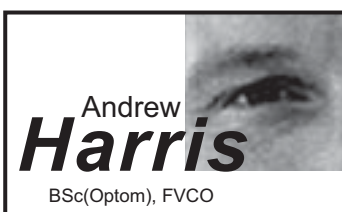
BAGS, JEWELLERY, CERAMICS, CARVINGS, SCARVES Plus more...

9329 1698

www.losandes.com.au



OPTOMETRIST

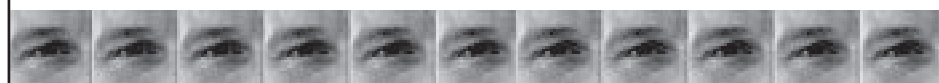


Hours

9-5 Mon-Fri
10-12.30 Sat
After Hours by Appointment

Contact Lens Practitioner

56 Errol Street - North Melbourne - phone 9329 9372



Kitchen Capers

Michael Roche

Many residents shared their North Melbourne stories in the recent Spring Fling event *Your Story Your Photobooth*. One of those residents was Giovanna Quattrocchi, 61, better known as Jianna.

The child of Italian immigrants, Jianna has lived, worked and raised children in North Melbourne since 1976 — almost 40 years!

In that year Jianna’s husband leased the Eldorado Hotel (now the Leveson Hotel) and with two young children, Daniel and Emma, the family set up home above the pub. “Running the bar, kitchen, it was all very hectic,” recalls Jianna. “I remember giving Emma a bottle and listening out for her at the bottom of the stairs.”

The hectic pace continued into the early 1980s as Jianna’s husband took on the lease of the Town Hall Hotel in the same year third child Simone was born. The family lived above this pub too. But it all came to an abrupt end when Jianna and her husband split up.

Jianna had to think about what to do next. How would she provide for her three young children? And where would they all live? She decided to stay in North Melbourne. “I knew the area and I knew it needed a gift shop,” she says.

Although Jianna’s experience was in hospitality and food, she knew running a gift shop would enable her to earn an income and look after her children at the same time.

“I knew the children could be looked after

from the back of the shop,” says Jianna. It was a practical business proposition that had family at its core.

On 3 October 1984 Kitchen Capers opened on Errol Street. It was a different street back then according to Jianna. Across the road was department store Woolworths where the Commonwealth Bank is today. There was an enormous furniture store where the IGA supermarket is now. Where Tapatula is now, there used to be a hairdressing salon.

At the end of the North Melbourne Library was a shop that sold both toys and guns — real guns. Jianna recalls one day seeing jewellery retailer Mr McMaster chasing down a thief through Errol Street with a gun in his hand.

“It was a different time then,” she says.

Jianna has seen many businesses on Errol Street come and go. The stock market crash of 1987 saw many manufacturing and printing businesses in the local area close down.

While Kitchen Capers survived the recession of the early 1990s, Jianna has noticed a more cautious consumer since the global financial crisis.

“Everyone seems careful about their money, careful about what they will buy, it is a trend,” says Jianna. Another trend in consumer behaviour is due to the internet.

“People now come in and take photographs of stock to compare our prices with those on the internet,” says Jianna, rather disconcertingly.

Many of Jianna’s customers are people who work in the local area. These days she stocks more giftware and items for children, due to the influx of young professionals moving into



Jianna at her shop Kitchen Capers which will reach its 30 year anniversary next year
Photo: Michael Roche

new apartments and starting families.

Jianna observes these families are staying in the area and might experience some problems finding schools later on, given the number of closures over the last two decades.

Jianna has been around long enough to see some of her customers grow from children into adults. Her long-term contribution to the economy and community of North Melbourne was recently acknowledged by the Lord Mayor of Melbourne, Robert Doyle, an acknowledgment well deserved.

Dogs may tame troubled teens

Liz Walker

There is a lot of public discussion about the benefits to be had for both young children and the elderly by living with pets, but we shouldn’t forget about the advantages for older children.

Teenagers often feel misunderstood, unloved or badly done by as they struggle to make sense of a world where they are neither child nor adult. They are trapped between being responsible for their decisions and having to ask for permission to do the things they want to do.

However pets in general and dogs in particular, provide a very positive interaction for teenagers, giving them love and emotional support as well as teaching responsibility and empathy.

Studies have shown that teenagers with dogs are more likely to be physically active and are less likely to be overweight or obese. Interaction with canine companions has also been used successfully as a mood-boosting therapy for teenagers in residential care in the US.

Nothing conveys unconditional, non-judgmental love to a teenager like a dog. They are loyal and affectionate and this can be especially valuable for teenagers who are feeling socially isolated or at loggerheads with parents.

Caring for a pet also builds empathy, compassion and loyalty at an age when the tendency for introspection can be overwhelming. Although teenagers are usually receivers of care, having a dog puts them in the position of the caregiver and they learn to anticipate, recognise, and respond to their

dog’s needs, such as when it needs to be walked, fed, groomed, or shown affection.

The interaction can also develop their sensitivity to non-verbal cues, which enhances communication in humans.

Caring for a pet can also help young people accept the cycles of life. The declining health or accidental death of a pet is often the first time kids face the reality of mortality. Learning that they will survive the grieving process, and that love is not lost if memories remain, can help to build resilience for any future experience of death.



Dr Liz Walker, BVSc(Hons), MMgt, is the chief executive officer of Lort Smith Animal Hospital
Photo: Debra Mayrhofer

YOUR
LOCAL
WEB &
GRAPHIC
DESIGN
EXPERTS

- logos
- stationery
- brochures
- reports
- web sites
- social media
- web hosting
- email marketing

HUNTER ONLINE
hunteronline.com.au
9329 4992



North and West Melbourne Association

Spring Fling

Congratulations to all involved in organising the excellent Spring Fling on Sunday 20 October. The event was an outstanding success.

East-West Link

The North and West Melbourne Association stall at the Spring Fling was kept busy with concerned residents and others asking questions about the East-West Link (EWL). We handed out scores of flyers explaining why the NWMA is opposed to the East-West Link. Briefly, some of our reasons are:

1. The tolled road and tunnel will not solve the inner city's transport problems. It will just shift traffic congestion from Hoddle Street to North and West Melbourne and Kensington.
2. After spending \$8 billion-plus on the EWL the government will have no funds left for essential public transport projects, such as rail to Doncaster and Tullamarine Airport and the Melbourne Metro underground rail, which have the potential to move many thousands more people every day than a new road.
3. The cut-and-cover tunnel (if it is covered) and flyovers at the entry/exit in Royal Park West will destroy a large area of our major park, including the Trin Warren Tam-boore wetlands, Ross Straw sports fields and the City of Melbourne's underground water storage tanks. Moonee Ponds Creek will be irreparably damaged.
4. Dwellings and businesses will be compulsorily acquired or rendered unlivable in Clifton Hill, Collingwood, West Parkville, North Melbourne, Kensington and Ascot Vale. Construction will take place within metres of Melbourne Zoo and the State Netball and Hockey Centre and may wipe out the Urban Camp entirely.

More information about the EWL is available on the Association's website, including the flyer.

Local Government Electoral Review

The Association recently made a submission to the Local Government Electoral Review.

In summary, we submitted that our members are frustrated at what they see as shortcomings in the electoral processes and structures of

the current Council of the City of Melbourne and the impact of these on the performance of the council. Our reform agenda to address these matters encompasses many aspects of the electoral arrangements. We encouraged the review panel to develop a strategy to re-balance these issues, in order to improve council operations and the way in which the council relates to its community.

The North and West Melbourne Association was formed in the 1960s and has worked through many changes in both the electoral arrangements for the City of Melbourne Council and the relationship between the council and our local community.

The 1960s, 1970s and 1980s were characterised by local representation on council and collaboration between community and council on key issues including planning.

The implementation of a mixed system of citywide councillors and ward councillors in the 1990s, then in 2000 the abolition of wards and the introduction of direct election of the Lord Mayor and Deputy Lord Mayor, have fundamentally changed the relationship between the council and our community.

We have lost an important connection between council and local people and organisations. The distinctive character and identity of each of the City of Melbourne's local communities has become lost in the debate. As a consequence the quality of council debate on local issues, and indeed the processes and structures to encourage and properly consider a range of views and positions, have suffered.

The Association position is as follows:

1. The Victorian Electoral Commission should be assigned statutory responsibility for conducting and overseeing municipal elections in the City of Melbourne.
2. We support the banning of both direct and indirect campaign contributions by corporate entities and the capping of both direct and indirect campaign contributions by private persons at \$500 in any 12-month period.
3. Campaign contributions should be publicly disclosed within three days of receipt.
4. Voter eligibility requirements should be standard across the state. The requirements of the *Local Government Act 1989* should

be applied in the City of Melbourne.

5. The preferred option should be attendance voting, accompanied by optional postal voting.
6. The 'deeming' provisions of the *City of Melbourne Act 2001* should be removed.
7. Ballot verification must be ensured — and verification processes should ensure that homeless people are included on the roll (and on the State Electoral Roll).
8. Optional and partial preferential voting should be introduced to CoM elections.
9. Above-the-line voting should be removed.
10. The electoral arrangements for the Lord Mayor and Deputy should be reviewed (if direct election is preferred, we would suggest this be based on the councillor candidates who receive the most votes).
11. A system should be established that makes councillors more accountable, in the manner of the former council wards. This will require careful consideration within current legislative constraints.

Community disillusion with the state of politics is profound. At local government level, this is accentuated by the mixed nature of the voting franchise. At state and federal levels voters are all residents: your residency

defines where you vote, and the swings and roundabouts determine who forms government. At local government level the importance of residency is diminished, especially in the City of Melbourne where residents constitute only 40 per cent of the vote, and the eligibility definition is not consistent with that for federal and state elections or other local government elections in Victoria.

As described in the submission, we believe that an important role of every council is to develop, strengthen and sustain the diverse communities within their sphere of activity. Councillors and staff must remain cognisant of the unique character, identity and needs of their communities, regardless of whether the issue being considered relates to planning frameworks, development proposals, transport or parks and open space.

The full submission is available on the Association's website.

The North and West Melbourne Association's website is at www.nwma.org.au/.

Monthly meetings are held at 7.30pm on the third Tuesday of the month at the Bastow Institute, 601 Queensberry Street, North Melbourne (enter off Union Street).



The Asylum Seeker Resource Centre performs at Spring Fling

Photo: Jim Weatherill



A band plays on the Town Hall Hotel balcony at Spring Fling

Photo: Jim Weatherill

North & West Melbourne Association Inc.

Working together for the future of our community



Email: info@nwma.org.au
Post: PO Box 102
North Melbourne Vic 3051
Web: www.nwma.org.au

Who are we?

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

What are our aims?

They include:

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

What do we do?

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

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



North Melbourne Rotary revealed!

Raphaelle Race

Have you ever thought about what it is that the Rotary Club does? Maybe you haven't, but, as someone of the younger generation, I certainly have, and a quick survey of Melbourne-based young adults has revealed a distinct ignorance of the activities undertaken by such an important community organisation.

"Rotary is an organisation that works as a service club within the local community, as well as on an international front," North Melbourne Rotary president Pauline Nunan wrote in a detailed response to my questions.

"The North Melbourne Rotary Club in particular uses its funds to support students in East Timor, an NGO Tibetan village project, a micro-finance organisation in Latin America and distribution of water purifiers, also in Latin America."

In October, the North Melbourne Rotary Club held their annual Phonse Tobin Awards night. This event is held in memory of Phonse Tobin, who was a longstanding member of the club. His family kindly donate monetary awards each year to community members who may not otherwise be recognised for their services.

"It was an honour to be able to provide this recognition in our local community," Pauline wrote. "It is humbling to learn about the wonderful work that quietly goes on in our

community and rewarding to be part of the vehicle of recognition."

The Phonse Tobin Awards, presented by Frances and Hugh Tobin of Frances Tobin Funerals, were awarded to three outstanding Rotary members:

- Leading Senior Constable Nick Parissis, Police Community Consultative Committee, for his work with young children at risk in our community;
- Sainab Sheikh, chairperson of the Eid Festival committee, which is now in its 14th year, for her work supporting the Muslim community, and especially women in our local community; and
- Yaseen Mohamed Musa, for supporting the Muslim community in our area and especially for his work with young men and women. Yaseen looks after and manages a number of soccer teams for both sexes. He is also working with the North Melbourne and Essendon AFL clubs, looking for future talent to play Australian rules at those clubs.

Rotary also presented a cheque to support the River Nile Learning Centre based in Queensberry Street, to assist their work teaching young African women who have missed out on basic education. CEO Judie Bainbridge accepted the cheque on behalf of River Nile.

Rotary North Melbourne also sponsored the winners of the recent national debate at the Model United Nations Assembly, conducted by Rotary Australia in Canberra.



Yaseen Mohamed Musa, his award presented by Frances Tobin
Photo: Conrad Cunningham

Two of these students, Farah Iyer and Jenny Xue, were at the awards dinner. Farah Iyer spoke about the team's experiences in Canberra and Jenny Xue delivered a sample of their debating, in which they represented Iran. Also present was Rotar Loren Pugh, another

student sponsored by Rotary North Melbourne, who will be attending the National Youth Science Forum in Canberra in January. Anyone interested in joining Rotary North Melbourne can contact George Zindilis on 0418 398 255.

Connectivity, relationship and solitude

John H. Smith

Seated in a cafe waiting for my food to come, I noticed a couple at a nearby table. She sat with mobile phone in one hand texting. There was a long pause during which her other hand remained motionless holding a churro that was no doubt becoming soggy as it dangled in a cup of rich brown chocolate. Her companion sat waiting patiently for their conversation to begin or recommence.

Scenes like this are commonplace in cafes all around the world. Having coffee with a friend used to be about claiming space for conversation and relationship with someone, or perhaps making space for being quiet and alone, free from the relentless intrusions of various forms of technological connectivity we currently enjoy.

Connectivity. The word suggests relationship, and we are virtually much more connected with one another than ever before. But while we are staying connected electronically there are signs that deeper dimensions of human relationships and the skills that go with them are not growing as strongly, and may even be atrophying.

Tracy McVeigh (*Guardian Weekly*, 20/9/2013, page 13) reported that Debrett's publishing house is branching out from its long tradition of producing guides for refined social etiquette.

It has begun to develop courses to restore social skills in those who, having had their heads buried in computers and mobile phones for so long, "struggle to make eye contact and practise the relational skills a previous generation would have regarded as normal". Skills such as saying thank-you or sending an apology.

Debrett's are not turning their back on technological advance or seeking to undermine its effectiveness. Their aim is to cultivate the relational dimension of life in the connected generation.

Social research amongst employers revealed that workers under 30 had excellent academic qualifications and had mastered the hectic informality of electronic communications but lacked both the social graces to negotiate real-time relationships and the awareness of what to expect from having a job and working in a team.

Competition for places at university and in the workplace has become so fierce it has eroded the capacity of these institutions to provide graduates with the well-rounded development that former generations enjoyed. Employees are "shy and awkward after spending all their time on the internet and mobiles ... lack the ability to spell or write a letter, and are unable to get through

the day without regular online checks of what their friends are up to".

Debrett's have put their finger on something of value: the importance of maintaining a relational balance in life. But just as we have to face the fact of climate change before we can begin to restore the capacity of the environment to be life-giving and sustaining, so we have to recognise that our newfound capacity to be always virtually in touch may not deliver all that comes with being fully human.

There are positive benefits in learning to switch off our connectivity and exercise those other parts of our being that have been suffering: our capacity for face-to-face relationships, as well as the enriching but challenging option of being alone, quiet and undisturbed, with uninterrupted time to think deep thoughts about other ways in which we connect with each other, and with ourselves.

Come relax & unwind with one of our tailored services ...

- Facials
- Peels
- Manicures
- Pedicures
- Relaxation massage
- Waxing
- Tinting
- Spray tanning
- Makeup
- Hair cuts/colours
- Smoothing treatments
- Hair extensions
- Gift vouchers

118 Errol Street North Melbourne VIC 3051 Ph: 9328 5550
www.illuminatihair.com.au
salon@illuminatihair.com.au

Christmas Special

Receive \$10 off any Hair & Beauty service upon presentation of this coupon!

Photo: Jim Weatherill

So what's happening with RAiD?

Megan Cusack

North Melbourne residents, and those from neighbouring suburbs, have been united by a shared passion to ensure the integrity of our community since the 2011 announcement of the Woolworths development on the corner of Vaughan Terrace, Canning Street and Macaulay Road.

Our concern is with the size and scale of the two towers comprising 302 housing units, and the impact of the sale of packaged liquor from 7.00am to 11.00pm. We want to safeguard our suburb from large-scale, inappropriate development and address the failure to increase essential community services such as transport, health, education, social services and recreational and open space.

It was through this commitment to our community that RAiD@3051 (Residents About Integrated Development) was formed.

The true beauty of RAiD is that its members reflect the diversity of our community. Those new to North Melbourne are working closely with people who have been in the area for over 50 years — each with differing interests, but working together on one cause.

For the younger members of RAiD, we were trying to ensure a vision was in place to plan for services and amenities,

which are currently inadequate, and which would experience additional strain should these monstrous developments be implemented without consultation about current and future requirements.

We already struggle to obtain childcare places, support for older residents and access to general practitioners, schooling, open space and recreational facilities, car parking and safe roads.

Over the past year we have battled to obtain amendments to the size and scale of the Woolworths development and ensure that our concerns are considered. We may not have achieved our initial objective, but we remain as strong as ever and continue to seek the best outcome for our North Melbourne community.

RAiD will do this through:

1. open dialogue with Woolworths to help them appreciate the North Melbourne community, by inviting Woolworths to our AGM in 2014, in addition to open communication advising of specific issues during construction and operation;
2. assessing the implications of developments for the Municipal Strategic Statement and the Arden-Macaulay Structure Plan;
3. working with the City of Melbourne and monitoring their approach to other large-scale developments to ensure the best outcome for our unique community;
4. liaising with other community action groups on a range of development



A gathering of RAiD members earlier this year

Photo: source supplied

issues and combining resources to address shared concerns where appropriate; and

5. a continued relationship with the City of Melbourne to work together constructively on planning and development matters.

If you are interested in becoming a member of RAiD it costs only \$2 a year. Our AGM will be held in February 2014. Further information will be available early in the new year — all are welcome.

Keep up-to-date by becoming a RAiD@3051 member and receiving regular emailed updates. You can access the RAiD website at www.3051-integrated.com or follow us on Facebook at www.facebook.com/pages/3051-RAID or Twitter @Raid3051. Contact RAiD by email at RAID3051@gmail.com.

Megan Cusack is a member of RAiD@3051

Mixed Nuts Media

Raphaëlle Race

If you found yourself at this year's Spring Fling Street Festival, you may have noticed a film crew around Errol Street taking documentary footage of the event and generally having a great time in the sunshine.

The crew at Mixed Nuts Media (MNM) was filming to document the day, working in conjunction with the Doutta Galla Community Health stall at the Spring Fling. The completed short film will hopefully be shown on Channel 31 as well as uploaded to YouTube via their partners at the Open Channel screen industry school.

"The best thing about working with people at Mixed Nuts Media is that we laugh a lot; there's a lot of camaraderie amongst the members," says Sue Armstrong, who manned the Doutta Galla stall during Spring Fling and is the current chairperson of MNM.

Mixed Nuts Media is a relatively new project run hand-in-hand with Doutta Galla. In 2011, Doutta Galla, a group called Penguin Artists and Open Channel, a community screen and film training organisation, worked in partnership to create a Certificate III media course for people with psychiatric disabilities.

The course had spectacular results, Sue reminisces: "It was a group of people initially being incredibly shy and nervous about technology changing to being outgoing and competently handling technology that they never thought they could do."

After the course, Sue decided to put together a follow-up program where keen students could continue using their new skills to make films and work together on projects: "We set up Mixed Nuts Media, a name which we love, and we've been doing small jobs for Doutta Galla since then."

Mixed Nuts Media has undertaken a variety of scripts over the last two years, focusing thematically on productions that engage with psychiatric disabilities.

"We've made a make-over show, showing

people that self-care and that sort of self-help can really help make yourself feel better.

"Recently, I was speaking to one of our members, and I said to him: 'Two years ago, if anyone had told you that you would have made a zombie movie, you would never have believed them.'"

Mixed Nuts Media's zombie film, *Medication Time*, is a dark comedy about the outbreak of a zombie infection in a psychiatric institution. The short film premiered at Cinema Nova in Carlton last year and runs for 10 minutes. *Medication Time* is a great production but, this writer warns, also quite gory. You can view the film on YouTube by typing in the keywords "medication time open channel".

More recently, Sue Armstrong and MNM's mental trainer, Peter Lane, who has 30 years' experience in community television, have begun a new project called People and Artists. They are filming a documentary about the need to re-establish female-only psychiatric wards. The film is called *Inpatient* and is being made by an all-female crew.



Our Specialist in all
Leather Repairs

North Melbourne Shoe Repair

This is the only shoe repair shop in Melbourne to have received a 5-star rating by word of mouth online two years in a row

64 Errol Street, North Melbourne ☐ Phone: 9329 0715

So what's happening with RAiD?

Megan Cusack

North Melbourne residents, and those from neighbouring suburbs, have been united by a shared passion to ensure the integrity of our community since the 2011 announcement of the Woolworths development on the corner of Vaughan Terrace, Canning Street and Macaulay Road.

Our concern is with the size and scale of the two towers comprising 302 housing units, and the impact of the sale of packaged liquor from 7.00am to 11.00pm. We want to safeguard our suburb from large-scale, inappropriate development and address the failure to increase essential community services such as transport, health, education, social services and recreational and open space.

It was through this commitment to our community that RAiD@3051 (Residents About Integrated Development) was formed.

The true beauty of RAiD is that its members reflect the diversity of our community. Those new to North Melbourne are working closely with people who have been in the area for over 50 years — each with differing interests, but working together on one cause.

For the younger members of RAiD, we were trying to ensure a vision was in place to plan for services and amenities,

which are currently inadequate, and which would experience additional strain should these monstrous developments be implemented without consultation about current and future requirements.

We already struggle to obtain childcare places, support for older residents and access to general practitioners, schooling, open space and recreational facilities, car parking and safe roads.

Over the past year we have battled to obtain amendments to the size and scale of the Woolworths development and ensure that our concerns are considered. We may not have achieved our initial objective, but we remain as strong as ever and continue to seek the best outcome for our North Melbourne community.

RAiD will do this through:

1. open dialogue with Woolworths to help them appreciate the North Melbourne community, by inviting Woolworths to our AGM in 2014, in addition to open communication advising of specific issues during construction and operation;
2. assessing the implications of developments for the Municipal Strategic Statement and the Arden-Macaulay Structure Plan;
3. working with the City of Melbourne and monitoring their approach to other large-scale developments to ensure the best outcome for our unique community;
4. liaising with other community action groups on a range of development



A gathering of RAiD members earlier this year

Photo: source supplied

issues and combining resources to address shared concerns where appropriate; and

5. a continued relationship with the City of Melbourne to work together constructively on planning and development matters.

If you are interested in becoming a member of RAiD it costs only \$2 a year. Our AGM will be held in February 2014. Further information will be available early in the new year — all are welcome.

Keep up-to-date by becoming a RAiD@3051 member and receiving regular emailed updates. You can access the RAiD website at www.3051-integrated.com or follow us on Facebook at www.facebook.com/pages/3051-RAID or Twitter @Raid3051. Contact RAiD by email at RAID3051@gmail.com.

Megan Cusack is a member of RAiD@3051

Mixed Nuts Media

Raphaëlle Race

If you found yourself at this year's Spring Fling Street Festival, you may have noticed a film crew around Errol Street taking documentary footage of the event and generally having a great time in the sunshine.

The crew at Mixed Nuts Media (MNM) was filming to document the day, working in conjunction with the Doutta Galla Community Health stall at the Spring Fling. The completed short film will hopefully be shown on Channel 31 as well as uploaded to YouTube via their partners at the Open Channel screen industry school.

"The best thing about working with people at Mixed Nuts Media is that we laugh a lot; there's a lot of camaraderie amongst the members," says Sue Armstrong, who manned the Doutta Galla stall during Spring Fling and is the current chairperson of MNM.

Mixed Nuts Media is a relatively new project run hand-in-hand with Doutta Galla. In 2011, Doutta Galla, a group called Penguin Artists and Open Channel, a community screen and film training organisation, worked in partnership to create a Certificate III media course for people with psychiatric disabilities.

The course had spectacular results, Sue reminisces: "It was a group of people initially being incredibly shy and nervous about technology changing to being outgoing and competently handling technology that they never thought they could do."

After the course, Sue decided to put together a follow-up program where keen students could continue using their new skills to make films and work together on projects: "We set up Mixed Nuts Media, a name which we love, and we've been doing small jobs for Doutta Galla since then."

Mixed Nuts Media has undertaken a variety of scripts over the last two years, focusing thematically on productions that engage with psychiatric disabilities.

"We've made a make-over show, showing

people that self-care and that sort of self-help can really help make yourself feel better.

"Recently, I was speaking to one of our members, and I said to him: 'Two years ago, if anyone had told you that you would have made a zombie movie, you would never have believed them.'"

Mixed Nuts Media's zombie film, *Medication Time*, is a dark comedy about the outbreak of a zombie infection in a psychiatric institution. The short film premiered at Cinema Nova in Carlton last year and runs for 10 minutes. *Medication Time* is a great production but, this writer warns, also quite gory. You can view the film on YouTube by typing in the keywords "medication time open channel".

More recently, Sue Armstrong and MNM's mental trainer, Peter Lane, who has 30 years' experience in community television, have begun a new project called People and Artists. They are filming a documentary about the need to re-establish female-only psychiatric wards. The film is called *Inpatient* and is being made by an all-female crew.



Our Specialist in all
Leather Repairs

North Melbourne Shoe Repair

This is the only shoe repair shop in Melbourne to have received a 5-star rating by word of mouth online two years in a row

64 Errol Street, North Melbourne ☐ Phone: 9329 0715



The Centre Courses Term 1, 2014

www.centre.org.au
admin@centre.org.au
 Tel: 9328 1126

Office Hours:

Monday to Friday 10am to 3pm, Tuesday
 10am to 6pm

Classes follow school term dates

DOCKLANDS PROGRAM

Photoshop and your photography

Time: Wednesday 9am – 12pm
 Cost: \$125
 Venue: 80 Harbour Esp, Docklands

Art, Craft, Create

Time: Wednesday 9am – 12pm
 Cost: \$85/\$55 concession*
 Venue: 80 Harbour Esp, Docklands

Art Warriors (Preschool – Grade 4)

Time: Wednesday 3.45 – 5.15pm
 Cost: \$125/\$105 concession*
 Venue: 80 Harbour Esp, Docklands

Feldenkrais

The aim is a body that is organised to move with minimum effort and maximum efficiency, not through muscular strength but increased consciousness of how it works.
 Time: Thursday 6.30 – 7.30pm
 Cost: \$75
 Venue: 80 Harbour Esp, Docklands



The Centre
 58 Errol Street, North Melbourne VIC 3051
 Tel: 03 9328 1126
 Office hours: Tuesdays 10am–6pm
 Mon, Wed, Thurs & Fri 10am–3pm

North Melbourne Library
 66 Errol Street, North Melbourne VIC 3051
 (03)9658 9700

Meat Market
 5 Blackwood Street, North Melbourne
 VIC 3051
 Tel: (03)9329 9966

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

COMMUNITY PROGRAMS

The Centre's Volunteer Program

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

- Spring Fling 19 October 2014
- Writing and editing *NWM News*
- Tutoring
- Business administration

Time: Must enter into a regular commitment.
 Venue: 58 Errol St, North Melbourne

Drop-in Morning Teas

Time: First Tuesday monthly 10.30am – 12pm
 Cost: \$3 per session
 Venue: 58 Errol St, North Melbourne

Centre Adventures (Bus Trips)

Time: Third Tuesday monthly 9.30am – 4pm
 Cost: \$33/\$23 concession*
 Meeting Point: 58 Errol St, North Melbourne

Discovery Walks – Art, Architecture and History Walking Group **NEW**

Time: Wednesday 10am – 11am
 Cost: Free
 Meeting Point: 58 Errol St, North Melbourne

Errol's Angels Community Choir

Time: Thursday 7pm – 9pm
 Membership: \$140/\$90 concession*
 Venue: Maternal & Child Health Centre, 505 Abbotsford St, North Melbourne

Global Homework Program

Primary (Grades 4 and 5)
 Wednesday 3.30 – 5.30pm
Transition (Grade 6)
 Monday 3.30 – 5.30pm
Secondary (Grades 7–12)
 Tuesday 4pm – 6pm
 Cost: \$33/\$23 concession*
 Venue: North Melbourne Library

Sociable: problem solving studio and social skill development level 1 for children 5–8

Time: Wednesday 4.15 – 5.15pm
 (6 sessions)
 Cost: \$115/\$100 concession*
 Venue: 58 Errol St, North Melbourne

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

Time: Wednesday 5.30 – 6.30pm
 (6 sessions)
 Cost: \$115/\$100 concession*
 Venue: 58 Errol St, North Melbourne

PLIESEing Drama: arts inspired workshop for children 4–5

Time: Thursday 5.30 – 6.30pm
 (6 sessions)
 Cost: \$115/\$100 concession*
 Venue: 58 Errol St, North Melbourne

EMPLOYABILITY & SKILLS DEVELOPMENT

Project Management for Beginners

Addresses the management of projects: includes developing, administering, monitoring, finalising and reviewing the project.
 Time: Wednesday 9am – 3.30pm
 Cost: \$184/\$100 concession*
 Venue: 58 Errol St, North Melbourne

Job Readiness Program

The Workout Program (job readiness) provides skills in résumé and letter writing and preparation for job interviews. A computer component covers creating and editing job search documents, and using email and the internet for job seeking.
 Time: Thursday 9.30am – 3pm
 Cost: \$125/\$100 concession*
 Venue: 58 Errol St, North Melbourne

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

Time: Wednesday 6pm – 9pm
 Cost: \$1220/\$350 concession*
 Venue: 58 Errol St, North Melbourne

Certificate IV in Training and Assessment (TAE40110)

Time: Monday 6pm – 9pm
 Cost: \$1500/\$350 concession*
 Dates: 10 February to 28 April
 Venue: 58 Errol St, North Melbourne

Upgrade to TAE40110 from old BSZ40198 and TAA40104

One-day workshop
 Time: Wednesday 9am – 4pm
 Cost: \$450
 Date: 9 April
 Venue: 58 Errol St, North Melbourne

Certificate III in Education Support (CHC30213)

Time: Wednesday 9.30am – 3.30pm
 Cost: \$1225/\$250 concession*
 Venue: 58 Errol St, North Melbourne

Introduction to Teachers Aide work

Time: Wednesday 9am – 3.30pm
 Cost: \$125/\$105 concession*
 Venue: 58 Errol St, North Melbourne

Introduction to Special Needs: for pre-service educators, teachers, parents, allied health professionals

Time: Wednesday 8.30am – 1pm
 (one session)
 Cost: \$105
 Venue: 58 Errol St, North Melbourne

Thinking outside the box: for pre-service educators, teachers, parents, allied health professionals

Time: Wednesday 4pm – 7pm
 (one session)
 Cost: \$105
 Venue: 58 Errol St, North Melbourne

Introduction to Mental Health **NEW**

Introduces the knowledge and skills required by support workers and case workers who work with people with mental illness.

Time: Wednesday 9am – 3.30pm
 Cost: \$237/\$188 concession*
 Venue: 58 Errol St, North Melbourne

Introduction to Special Needs **NEW**

Explores the policy and processes for accommodating the needs of people with disabilities in an inclusive environment.
 Time: Wednesday 9am – 3.30pm
 (one session)
 Cost: \$250
 Venue: 58 Errol St, North Melbourne

Food Handling

Time: Monday 9am – 4pm
 Cost: \$125/\$105 concession*
 Date: 20 January
 Venue: 58 Errol St, North Melbourne

COMPUTER CLASSES

Computer: First Steps

Introduction to basic computer skills. Class includes: Email, Word Processing and Internet.

Time: Friday 9am – 11am
 Cost: \$115/\$85 concession*
 Venue: 58 Errol St, North Melbourne

Computer: One Step Further

Improve your skills to make the best use of your computer. This class will take you one step closer to understanding and managing your computer.
 Time: Friday 11am – 1pm
 Cost: \$115/\$85 concession*
 Venue: 58 Errol St, North Melbourne

Computer: INTEL Easy Steps **NEW**

Improve your skills in using Microsoft Office and other services online.
 Time: Wednesday 1pm – 3pm
 Cost: \$115/\$85 concession*
 Venue: 58 Errol St, North Melbourne

Photoshop and your photography

Gain new skills in taking, editing and uploading photographs using Photoshop © Elements.
 Time: Tuesday 10am – 12pm
 Cost: \$125/\$55 concession*
 Venue: 58 Errol St, North Melbourne

International Computer Drivers Licence (ICDL)

Time: Wednesday 1pm – 3pm
 Cost: \$125/\$105 concession*
 Venue: Online

I-Gadgets for the E-Challenged

Bring your own iPad or iPhone to class to learn what all these apps and downloads mean.

Time: Wednesday 6pm – 7.30pm
 (4 sessions)
 Cost: \$85/\$55 concession*
 Venue: 58 Errol St, North Melbourne

HEALTH AND WELLBEING

Yoga

Time: Monday 6pm – 7.30pm
 Cost: \$165/\$125 concession*
 Venue: 5 Blackwood St, North Melb

Introduction to Health Studies

Time: Thursday 7pm – 8.30pm
 Cost: \$125/\$105 concession*
 Venue: 58 Errol St, North Melbourne

Pilates:

Absolute Beginner

Thursday 5.30 – 6.30pm

Beginner Plus

Thursday 7.30 – 8.30pm

Intermediate

Thursday 6.30 – 7.30pm

General Class (Mixed Levels)

Tuesday 6pm – 7pm
 Thursday 6.30 – 7.30pm
 Cost: \$185/\$135 concession*
 Venue: 5 Blackwood St, North Melb, and 80 Harbour Esp, Docklands

Pilates: Summer Program

Four classes in January!

Absolute Beginner

Thursday 5.30 – 6.30pm

General Class (Mixed Levels)

Tuesday 6pm – 7pm
 Thursday 6.30 – 7.30pm
 Cost: \$80/\$60 concession*
 Venue: To be advised

ART AND CRAFT

Exploring Calligraphy

Time: Tuesday 7.30 – 9.30pm
 (8 sessions)
 Cost: \$115/\$100 concession*
 Venue: 58 Errol St, North Melbourne

Craft, Create and Communicate

Time: Tuesday 1pm – 3pm
 Cost: \$85/\$55 concession*
 Venue: 58 Errol St, North Melbourne

Art Heroes (Primary – Grades 4–6)

Time: Monday 3.45 – 5.15pm
 Cost: \$125/\$105 concession*
 Venue: 58 Errol St, North Melbourne

Art Warriors (Preschool – Grade 4)

Time: Monday 3.45 – 5.15pm
 Tuesday 3.45 – 5.15pm
 Cost: \$125/\$105 concession*
 Venue: 58 Errol St, North Melbourne

ACCREDITED PROGRAMS

Certificate II in General Education for Adults

Certificate II in Printing and Graphic Arts (Desktop Publishing)

Certificate II in Information, Digital Media and Technology

Certificate IV in Allied Health Assistance

Certificate IV in Project Management Practice

Time: Monday 9.30am – 4pm

Cost: Various prices and concessions*

Venue: 58 Errol St, North Melbourne

*subject to conditions





Over 15,000 people enjoy Spring Fling

Lisa Tran

Sunday 20 October marked the 36th year of the Spring Fling Street Festival, our city’s annual celebration of everything North and West Melbourne.

This year the festival took on the theme of ‘urban village’, showcasing the cultural richness, diversity and creativity of the North and West Melbourne community through a series of fun-filled activities, workshops and performances.

Between 15,000 and 20,000 people joined us on Errol Street this year and wandered through the wonderland of stalls, trees, markets, music and dance.

The Vanessa Bus provided a great view of the festival from its balcony, more than 30 kids in brightly coloured aprons and chef hats whipped up healthy snacks in the Queen Victoria Market Healthy Sandwich Making Competition, and the North Melbourne Town Hall bell tower tours booked out quickly.

The Ruby Ropar Gallery gave us a rare glimpse of their artist studios and the Court House Hotel Dog Show on the Alexkarbon Community Stage was a big hit. There was so much to see and do at the festival.

Your Story Your Photobooth had a very successful day capturing stories and funny photos of festival attendees. Running the Permacouture workshop in Raglan Street outside DiBella, Srebranka was a head-turner in her dress made from coffee bags, while the mascots from Bakers Delight and North Melbourne Football Club had some knockabout fun in the boxing ring.

To accompany these wonderful activities was a stellar entertainment program of performances by local bands and musicians across four stages, showcasing the best in funk, jazz, folk and world-music genres. Visitors mingled in the Spring-Up Urban Forest created by Citywide and listened to the sounds of Royal Park in the ‘pod’ designed by local architects Büro. Life-sized chess sets and Jenga quickly became family favourites.

Victoria Police had a very successful day, too, engraving over 20 bicycles, while the Rotary Bling Your Bicycle workshop saw over 100 participants create gorgeous, bright baskets for their bicycles and scooters.

The Centre, the festival’s main sponsor and

producer, worked with local traders, community agencies and schools, local artists and performers and a team of volunteers to make Spring Fling happen again this year and we are so grateful for their continued support. On festival day, The Centre ran a hanging-basket workshop which was a huge success and so popular that the pots had run out by 1.00pm.

The Centre delivers a range of educational and creative programs throughout the year. More information about these classes is available in these pages and at www.centre.org.au.

Spring Fling would like to thank our premier sponsors and community partners: The Centre, City of Melbourne and Citywide; our major sponsors: City West Water, Alexkarbon Real Estate, Queen Victoria Market, GoGet CarShare, 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, 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, Lanier, Port Melbourne Bunnings, Hocking Stuart North Melbourne and the Australian Government Department of Sustainability, Environment, Water, Population and Communities.

A special thank-you goes to our dedicated volunteers for their assistance with the Spring Fling Festival. We had over 100 volunteers helping with the festival this year!

Spring Fling Street Festival 2014 will take place on 19 October, so make sure you pencil it in your diaries. In the meantime, keep up to date with everything Spring Fling on Facebook, Twitter and Instagram:

www.facebook.com/springflingfestival12



www.twitter.com/springflingmelb



www.instagram.com/springflingfestival



The clock is ticking for participants in the Queen Victoria Market Kids’ Healthy Sandwich Making Competition
Photo: Jim Weatherill



NMFC
Photo: Jim Weatherill

/ PRODUCED BY

/ PUBLIC PARTNER

/ MAJOR SPONSOR



/ SPONSORS



Festival highlights

Rotary Bling Your Bicycle
Over 100 festival-goers went through the Rotary Bling Your Bicycle workshop, making beautiful decorated baskets for their bicycles and scooters. It was wonderful to see people of all ages create different and interesting baskets.



Bling your bicycle Photo: Hannah Ryan

Citywide Spring-Up Urban Forest
Citywide brought Royal Park to North Melbourne for the day. Humble skip bins were transformed into an eye-catching urban forest, complete with indigenous plants, in the King and Victoria Street Reserve. Festival attendees walked through the Urban Forest, set up picnic blankets and enjoyed the sight of beautiful native trees and plants.



Spring-Up Urban Forest Photo: Anya Trybala

Down Memory Lane

Frances McMillan

On 29 October, The Centre put on an event named Down Memory Lane. This ran as part of Melbourne Knowledge Week, a City of Melbourne initiative designed to highlight and share the wealth of knowledge and expertise across the city.

The Centre decided to focus on the personal knowledge and skills to be found among our local diverse community members and find a creative way to share them.

Community members of all ages were invited to take a stroll down George Johnson Lane, where a number of little 'tableaus' had been set up with memorabilia, photos, books, toys, smells and sounds to evoke the past and trigger special memories. Participants could then share these in lively conversations and personal writings around the kitchen table while sipping tea and eating good old-fashioned biscuits.

Everyone could interact with the artefacts. There was an old laundry, a migrant's suitcase, the kitchen table, a fashion stall, a toy table and a bedtime story place. Computers (yes, a very modern accessory) were used to show iconic movies, play music, show a film roll of old photos and tell children's stories.

It was a delightful experience in the



Best Look-alike Photo: Tasha Strachan

Court House Hotel Dog Show
Once again at the Spring Fling Festival, man's best friends took to the stage in front of a huge crowd to make their owners proud. Over 30 dogs entered the Dog Show in six categories: Most Obedient, Best Costume, Waggiest Tail, Most Adorable (kids' category), Best Trick and Best Look-alike. Crowd favourites included a dog dressed as Yoda from *Star Wars* and an owner closely resembling her Dalmatian.

Your Story Your Photobooth

— unique tales of North and West Melbourne



Your Story Your Photobooth templates on display at the festival
Photo: Martina McDonald

Another Spring Fling Festival highlight this year was Your Story Your Photobooth. This project collected around 160 accounts from

individuals and groups — that meant up to 250 people. A diverse assortment of stories were gathered on the day, from long-term residents of the area, first-time visitors and everyone in between.

Volunteers at the booth asked visitors about their connections with North and West Melbourne, to describe what they like about the area and to recount some special memories. Thank you to everyone who participated and helped us capture a moment in our history.

We would like to acknowledge the Australian Government Department of Sustainability, Environment, Water, Population and Communities for their support of this project.

Below are some of the great stories captured on the day.

Our story ...

Name: Simon, Pia, Esben (and bump)
Age: 33, 33 and 3
My connection to North and West Melbourne is ...
Simon and Pia came over from Denmark four years ago. They stayed in the North Melbourne YHA and really liked the area.

My favourite things about this place ...
Simon and Pia love the parks and Esben loves the parks and the outdoor pool. They are members of the zoo and the museum and regulars at the Queen Victoria Market. They find people in the area have similar values and opinions to them. The mothers' group here is great, they see their neighbours quite a lot, people are open and talkative. There is a real 'village' feel.

A favourite memory of my time here ...
One day Simon and Pia were walking along Errol Street and a lady was pushing a special Danish brand of bike down the road. They asked her about it and got chatting and she invited them in for coffee. They are still friends and just went to her wedding.



Our story ...

Name: Peter Stewart
Age: 47
My connection to North and West Melbourne is ...
Peter is a fifth-generation North Melburnian. His mother still lives in North Melbourne, in their house that was built in 1887.

My favourite things about this place ...
His family owned the Town Hall Hotel (on Errol Street). Prior to World War 1 they sold it. His grandparents on both sides were part of North Melbourne becoming an AFL team in 1925.

In the 1960s his grandparents became foundation members of the North Melbourne ...

A favourite memory of my time here ...
Went to St Michael's Primary School and University High. Playing footy in the streets as a kid. That you always see someone you know.



The Memory Lane laundry stall Photo: Frances McMillan

Frances McMillan is coordinator of the Foundation Skills Program at The Centre

SPORT & HEALTH

Strength and beauty

It's all in the mind

Yvette Vigor

Asami Koike floats into the Auction Rooms with her yoga mat ready for her next class, to join me for her favourite green tea. Her open manner is calming, humble and honest, her beauty keeps you captivated and her story shows not only the strength she has acquired, but also the internal battles she has had to overcome.

Asami literally means 'strength and beauty'. Born in Japan, Asami came to Melbourne at the young age of four. While suffering from an eating disorder during her teenage years, she returned to Tokyo, where she started practising Hatha yoga for exercise after losing the strength to run.

Here Asami's passion for yoga grew, but she wanted to learn yoga in its birthplace, so she travelled to India.

For six months, Asami isolated herself from the outside world in an ashram, a place of study and worship. Every day had the same strict timetable: rising at 5.00am to attend yoga, meditation and philosophy classes, and retiring at 9.00pm. She wasn't allowed to miss one yoga class; even when she was struck down with dengue fever she was helped out of bed.

"Before I went to India," Asami reveals, "I only ever did what I wanted. It taught me discipline" — a type of extreme discipline she wasn't used to.

Asami underestimated the impact this experience would have not only on her lifestyle, but also on her inner self. It "transformed" her.

Hatha yoga, Asami explains, "concentrates on holding postures and breath for a long time to bring about change. It's a journey of removing the obstacles we have placed in our lives to reveal our true essence and accept who we really are."

Upon returning to Melbourne Asami tried to continue with the strict discipline she had learnt in India, but soon found it difficult to maintain and have a social life.

As a result, she stopped teaching and practising yoga, started studying music and entered the music scene, which meant a lot of late nights. While she had "a lot of fun" during this time, her physical health suffered and she recognised she was merely replacing one form of extreme behaviour with another.

The 'middle path' (or Middle Way), as taught in Buddhism, is the path of balanced moderation between self-denial and self-indulgence. Similar to Aristotle's 'golden mean', it is the preferred path between two extremes. Asami describes this as a path that "no one wants to take [because] it's boring and all very normal".



Yoga teacher, Asami Koike Photo: Yvette Vigor

But this was the path her body and mind were craving, as balancing her two passions, teaching yoga and creating music, would always be difficult.

Asami feels living in North Melbourne has helped her achieve this balance, referring to this "quiet, peaceful, friendly" community as her home.

She says it's the best of both worlds: "It's close to the city [but] we know our neighbours. It's a strong community. Living here makes you healthy ... you end up walking and cycling everywhere [and] I am never short of good healthy fresh food" with the Victoria Market just up the road.

If Asami isn't teaching yoga, recording or rehearsing music, she is attending to her herb and veggie garden or meeting up with a friend at one of the "many funky cafes" that North Melbourne has to offer. She particularly loves the beautiful baguettes and cakes at Beatrix on Queensberry Street and can't go past the tea at the Auction Rooms.

Having had a personality of extremes, Asami has now managed to find the 'middle path', where both teaching yoga and creating music allow her to "create an honest expression".

From early next year Asami will be teaching at a brand new yoga studio opening at 203 Victoria Street, West Melbourne. The studio is called the Yoga Place. For more information about Asami's classes (private, casual and corporate), workshops, her personal blog and a link to her beautiful music, go to www.puddlesandriversyoga.com.au.

Chantelle Heldt

The constant hustle of the busy period, the pressure of the next business proposal and upcoming deadlines to be met — it all seems to be going into overdrive and you wonder when will it ever end — just stop right there!

Did you know that you are able to switch on positive emotions instantly?

Did you know that your mind works as a database that links positive and negative impulses to each one of your opinions, and every business decision you make?

You don't need to be a psychiatrist to try and understand your own mind. Through mindfulness techniques, and paying attention to your own thoughts and actions, it is even possible to improve your work performance.

So what is this mindfulness phenomenon that's been the talk of the town?

The secular practice of mindfulness in the Western world can be attributed to American biomedical scientist Jon Kabat-Zinn, who, in the late 1970s, developed a program to aid clients enduring chronic discomfort. The program is now known as MBSR, Mindfulness-Based Stress Reduction.

A mindfulness psychology survey involving North and West Melbourne psychologists, mindfulness practitioners, life coaches and university lecturers was recently conducted to clarify what the new-age term 'mindfulness' actually means and how it works in various wellness practices today.

The average definition found within participants' tallied responses characterised mindfulness as a person becoming fully aware of and accepting of the present moment through all senses, with optimism rather than criticism.

Here are some simple mindfulness exercises that will improve your mood and overall well being, making you more resilient to stressful situations.

1. Going on daily walks: Try going out for a short walk with no purpose other than to watch your surroundings. Don't take anything with you, just an expectation for anything!
2. Success visualisation: Imagine good things happening to you and around you, not just grand plans, but also simple things like the calmness during a lunch break, the natural scenery on the way home or the fresh air during the rainy season.
3. Meditation: A beginner could try sitting or lying down and clearing the mind of work and chores for short stretches of time; 5–10 minutes is a good amount to start.
4. Mindful breathing: Breathe evenly and watch each inhalation and exhalation. You may find that this exercise in particular helps

relieve stressful moments.

These exercises can help support you to rise above your physical and mental worries and, as a result, can improve all aspects of your life, no matter what your age or background.

Mindfulness is used alongside psychotherapies for decreasing depression and anxiety.

The results from this mindfulness survey imply that there are a range of mindfulness meditation techniques that can be applied in a stressful situation. Primarily the act of any mindfulness meditation includes being a silent witness to sensory experience (watching the movement of clouds, for instance), and carrying a sense of 'thoughtlessness'.



Illustration: Chantelle Heldt

Oftentimes in the social setting this state of 'no-mind' is needed to refresh ingrained work processes. This mindful awareness releases thoughts and shifts the mind toward feeling more in tune with the world around it, rather than feeling separated from the whole.

By motivating our brains with happy thoughts after mindful awareness, a new branch of thought grows in the brain and makes a connection to other branches, meaning we hold happier memories. This is called the crebe gene and it is activated through the type of positive or negative thoughts produced. With mindfulness, the crebe gene has a well-documented role in forming long-term memory in the brain and regulating an active mind.

Needless to say, positive thinking can appear hard in the short term, but the benefits of mindfulness only come from commitment and the willingness to put in regular effort.

This breakthrough knowledge is of prime benefit to industry and the corporate sector as it accelerates motivation, acceptance and innovative thinking in the workplace. Practice can even be done in your office in the break period to rejuvenate your mind for the hours ahead.

In the mindfulness survey, all participants had the understanding that working with optimism and readiness helps to develop realistic and objective outcomes. A positive mental association with a workplace or classroom can trigger the crebe gene, especially when controlled through mindfulness as an organisational tool.

The benefits of utilising mindfulness in the corporate sector can include (and are not limited to) listening more attentively, being more emotionally alert, communicating more clearly, directing one's thoughts more appropriately and focusing more consistently.

Whether it is for the collective growth of a global company or for your own personal development, mindfulness can easily be suited to your lifestyle. The question is: do you have the willpower to be positive, mindful and life-affirming?



Wayne Lynch Master Jeweller

wishes all our customers a Merry Christmas and a Happy New Year

- Engagement rings
- Wedding rings
- Commitment rings
- Remodelling
- Repairs
- Valuations



93 Errol Street North Melbourne Phone 03 9328 5500
www.waynelynchjeweller.com.au

15% DISCOUNT on presentation of this ad

Cycle into summer

Yvette Vigor

Could there be a better time to jump on our bicycles and explore the wondrous bike paths that Melbourne has to offer as spring becomes summer, the days become longer and the sun becomes warmer? While many of us use our bikes for exercise or as a mode of sustainable and cheap transport, we sometimes forget to just use them for a day of fun in the sun.

Discover how directly our local community is connected to nature by cycling past stunning views of the city skyline and beautiful native flora, take in the aroma of the Australian red gum and wattle trees or stop to observe the birdlife splashing in Melbourne’s creeks, rivers or in the bay.

There is a bike path to suit most occasions and fitness levels, whether you aspire to increase your fitness, are after a casual ride with friends or family, or wish to take a date and stop for a picnic. Remember it’s up to you how far you wish to ride. The great part is that you can easily turn around at any point!

Personally, if I don’t have the time or my fitness level isn’t up to scratch, I park the car at one of the beaches or reserves situated along these paths and start cycling from there.

Before writing this article, I was determined to cycle (all of) the bike paths in their entirety to gain a better understanding of their character and gauge what the locals thought of them.

Kylie, a local and passionate cyclist, loves to cycle the Moonee Creek Trail, as “it feels different around each bend”.

Edmund, an Irishman new to the North and West Melbourne area, loves bird watching and cycling with his girlfriend. He believes “the Merri Creek trail has the most interesting birdlife”.

Emma loves to start the “weekend breathing in the ocean air, with a cycle down the bay trail”, with her little sister, stopping at the Baths Cafe at Brighton Beach for a hot chocolate.

For Mr McCandless, there are parts of the Maribyrnong bike trail where you can be “fooled into thinking you were some hundred miles from civilisation”.

There are five main bike paths in Melbourne that are easily accessible from the North and West Melbourne area. As a rough guide, 25km takes about 1.5 hours at a gentle pace.

Maribyrnong Bike Trail (approx. 28km)
Follow this bushy quiet path to Brimbank Park and pretend you have left city life behind by enjoying a picnic in the peaceful surrounds. There are few road crossings and it’s mostly a flat ride, so it’s ideal for the whole family. There is also a café located at Brimbank Park

for refreshments and lunch.

The best way to enter this trail is from Arden Street, via Tennyson and Childers streets which run behind Holland Park, or via the on-street bike path along Dudley Street. Hop onto the bike path that runs along Footscray Road until you hit the Maribyrnong bike trail.

Moonee Ponds Creek Trail (approx. 25km)
While cycling this path, watch nature intertwine with the industrialised world as the path sweeps under and around the CityLink and Tullamarine Freeway, all the way to the Melbourne Airport along Moonee Ponds Creek.

Cycle by the inspiring street art found at the CityLink underpass before stopping for a romantic picnic under one of the majestic weeping willows further along the trail. Keep in mind, this bike-path is not suitable for night riding as it’s not lit up.

Enter this trail via Arden Street or Dynon Road, which joins onto the Capital City Trail, and exit this trail onto the Moonee Ponds Creek Trail at Flemington Bridge Station.

Capital City Trail (approx. 30km loop)
This bike-path is perfect for showing overseas friends the various attractions Melbourne has to offer.

Amongst other landmarks, the trail passes by Melbourne Docklands, the Melbourne Aquarium, Federation Square, the MCG, Melbourne Botanical Gardens and Zoo, Abbotsford Convent and the Collingwood Children’s Farm. The trail also shows off the beauty of the Yarra Bend Park, where you can stop for a barbecue or even hire a canoe or kayak and paddle down the river.

This trail is easily accessible from the North and West Melbourne areas and can be taken in either a clockwise or anticlockwise direction.

Bay Trail (approx. 50km)
On a hot summer’s day, why not cycle to Port Phillip Bay, lock up your bike and cool off in the water.

Watch out for pedestrians as it’s a shared path and cycle to St Kilda Beach, Elwood Park and past the Brighton beach huts or continue onto Sandringham Beach or further to Seaford. Fortunately, there are plenty of public toilets and refreshments along this path.

Enter this bike-path via the Docklands cycling south via the Capital City Trail. Turn right down Clarendon Street to Normanby Road and follow the shared path along the light rail until you hit the bay at Station Pier. Here you connect with the Bay trail. And if you don’t have the energy to return, you can always take your bike back on the train.

Merri Creek Trail (approx. 21km)
This path begins where the Yarra River meets Merri Creek at Dights Falls and takes you past



Photo: Jim Weatherill

vital wetlands which help to attract wildlife to the area including Blue-Winged Parrots and Yellow-tailed Black Cockatoos. Along the way, stop at Ceres Community Environment Park for a drink at their popular café.

You can also give your bike a tune-up at their Bike Shed, a volunteer run centre where you can learn how to fix your own bike. Enter this path via the Capital City Trail (anticlockwise from the North and West Melbourne areas).

While cycling along these trails, I hope you gain an appreciation (as I did), of the vast

array of choice and quality of the bike paths available to us. Fortunately, the Melbourne City Council is committed to creating a Cycling City and has implemented a Bicycle Plan 2012 – 16 aimed at connecting bicycle routes and improving the quality and safety of these routes. More information on the project is available on the Melbourne City Council website under Plans and Publications.

Happy cycling!

For more information about bicycle tracks have a look at these websites:

www.melbourne.vic.gov.au/PARKSANDACTIVITIES/
www.bicyclenetwork.com.au/
www.amygillet.org.au
www.melbournebikeshare.com.au

POLITICS & ENVIRONMENT

Local members respond to asbestos concerns (see letter on page 4)

I have been working with residents of North and West Melbourne and in particular residents of Railway Place on a number of issues relating to the construction and operation of the Regional Rail Link. I made a Freedom of Information request for the Investigation Report for the area. As a result of that request, residents were able to view the report at my office.

Unfortunately, RRL have not been able to satisfy the residents’ concerns about asbestos in the construction area. I intend to raise the matter with Minister Terry Mulder in Parliament in the next sitting week (the week beginning 26 November) and I will keep residents informed of the response.

Jennifer Kanis MP
State Member for Melbourne

I have already been working with West Melbourne residents to ensure their concerns are being heard about noise, pollution, vibrations, communication processes, environmental impact, statutory requirements, construction issues and other matters related to the Regional Rail Link construction.

I’m very concerned that residents in West Melbourne may be exposed to asbestos while Regional Rail Link works are happening. It worries me greatly that unexpected finds of asbestos have occurred during works so far on Regional Rail Link, posing a safety risk to local residents and workers.

It is vital that residents have accurate information about any health and safety risks that the Regional Rail Link works might create. Improving our rail infrastructure is beneficial, but communities must be protected from harm.

Adam Bandt MP
Federal Member for Melbourne



Premier Health Partners

Ground floor, 491–495 King Street
West Melbourne (cnr Rosslyn Street)
www.premierhealthpartners.com.au



Dr Paul O'Keefe (Osteopath) and Associates

Osteopathy – Massage – Dental Prosthetics
Pilates – Yoga – Psychology
9329 7077

Errol Street Medical

General Practice, Specialists & Allied Health Centre

Introducing ...

- Dr Phillip Wong, MBBS FRACP (Endocrinologist)
- Dr David Chiang, MBBS FRACGP FRACS (Aesthetic Medicine & Skin Cancer Office Procedures)
- Manson Ignace, BA GDP MAPS (Psychologist)
- Cheryl Ye, BA MA CPSP CCC (Speech Pathologist)
- Lauren Carruthers, APD AN (Dietitian)

Onsite Pathology, Nursing, Vaccination & Psychology Services
Monday–Friday 8.30am to 6pm, Saturday 9am to 2pm

65–67 Errol Street, North Melbourne VIC 3051

03 9329 7911

Summer in the City

Phoebe La Gerche-Wijsman

As we start heading to the end of the year and the weather starts heating up, the most important thing on my mind, in relation to the garden, is mulch. Ideally the soil in your garden and pots is still enjoying some of that lovely spring rain we’ve had and hasn’t dried out too much. If it is looking a little dry on top it is best give it a little water and then start mulching.

By mulching your garden you are providing an extra barrier protecting the roots of your plants from drying out in warm winds or through lack of rain over summer. I usually use pea straw or lucerne for mulch. I like these because they are nice and light to carry through your house to your garden and reasonably easy to pull apart and distribute over your garden beds.

This type of mulch does break down pretty quickly though, so I usually put a layer of wet

newspaper down before the mulch to slow the breaking down process.

The peas in the bales of pea straw do tend to germinate, so be prepared to end up with climbing peas through your plants. They look quite pretty for a season and are easy enough to pull out and dig into the soil in autumn when they are dead.

It is also very important to make sure you purchase your mulch from a reputable source so that you don’t introduce disease into your garden, such as the dreaded myrtle rust.

Summer is the optimum time for fruit and vegetable production in the garden and there isn’t anything more summery than one of my favourites, the tomato. I have had my fair share of hits and misses with them, but I can’t resist the smell of the foliage and the variety of sizes and colours they come in, be it a green striped tigerella, a black Russian or a bulbous Roma.

Tomatoes are also one of the most perfect plants for pots in an inner-city garden; particularly because of the old rule of never

planting tomatoes in the same soil you grew them in the previous year. Getting a few pots filled with fresh soil is the perfect way to go.

A good tip my dad taught me is to plant them deep, so that instead of planting them where the stem meets the soil in the original pot, you plant them so the first set of proper leaves are under the soil. These leaves will turn into roots and allow the plant to absorb more nutrients and have more stability as it grows.

Finally sprinkle the soil with a little mix (50/50) of potash and blood and bone (or general tomato food from the plant nursery), to give the plants a boost in producing flowers, for lots of fruit.

Other things to do and plant for summer:

- tomato, capsicum, eggplant, celery, lettuce, beans, radish, Malabar greens, pumpkin, zucchini, cucumber, capsicum, beans and sweetcorn.
- summer herbs such as basil, chives, parsley, thyme, oregano and marjoram.
- Don’t forget to mulch your garden!



Photo: Jonathan Billinger, www.geograph.org.uk

TRAVEL & FOOD

Have train, will travel

Kashka Lantis

I love train travel. It is such a rich experience as snapshots of life emerge and disappear while your train speeds through new landscapes. It is a form of travel that often captivates from an early age, if we own a train set or read about the adventures of Thomas the Tank Engine.

My first big train trip was in the UK on the Flying Scotsman. This rail service has been running between London and Edinburgh since 1862. In the 1970s, even though the journey took a number of hours, I loved every stretch of the line. Having grown up with the red dust of Australia, the English countryside seemed a startling emerald green. Cathedral towns, quaint old villages and thatch-roofed cottages reminded me of my favourite childhood stories.

Over the years I have been lucky to continue my train travel experiences and I’ve loved the journeys as much as reaching the destinations. There is as much life on board a train as there is in the world around it.

When I arrived in Melbourne from the UK I was naturally on the lookout for trains and I hit the jackpot with my first steam train experience — Puffing Billy. Built over a century ago to serve local industries such as timber-getting

and to bring goods to the local population, the railway line now spans a reduced journey from Belgrave to Gembrook. Puffing Billy has become one of Victoria’s premier tourist attractions. A 900-strong team of volunteers faithfully maintain the magic of one of the best preserved steam railways in the world.

There is palpable excitement as we climb aboard for our journey through the Dandenongs. The carriages are open-sided above about 1.5 metres, allowing an unobstructed view of the picturesque scenery along the way. Highlights include towering mountain ash, views of Port Phillip Bay and the famous trestle bridge. Crossing this curved timber bridge provides the best opportunity to take photographs of Puffing Billy while you are on board.


Enjoy this atmospheric train journey as an individual traveller or on tours run by companies such as Grayline, AAT Kings and APT. You can arrange your own adventure by visiting the Puffing Billy website. There are themed events including wine-and-dine experiences, visits from Santa and a day out with Thomas the Tank Engine. Tickets sell fast for these special events, so book well in advance to avoid disappointment.

Loved by young and old, our Puffing Billy is a very special Victorian icon and definitely one of my favourite train trips.



Puffing Billy Photo: Puffing Billy Railway

For tours and times for individual travellers contact the Melbourne Visitors Centre, Federation Square, or visit the Puffing Billy website at www.puffingbilly.com.au




DENTURES

New Full / Partial Dentures
Metal Framed Partial Dentures
Implant Retained Dentures
Repairs / Relines
Mouthguards
Maintenance

Dental Prosthetist Sam Robertson is treating patients every Thursday at Premier Health Partners
Ground Floor, 491–495 King Street, West Melbourne (corner Rosslyn Street)

NO REFERRAL REQUIRED
Call to book a free consultation now
9329 7077

*** Bring this advert in for a 10% discount off any price quoted ***



Premier Health Partners

Dental Prosthetist Sam Robertson is now available for appointments every Thursday at Premier Health Partners, Ground Floor, 491–495 King Street, West Melbourne.


Sam’s qualifications allow him to treat patients and provide the following services directly to the public:

- New Full / Partial Dentures
- Metal framed Partial Dentures
- Implant retained Dentures
- Repairs / Relines
- Mouthguards
- Maintenance to current Dentures

All private health funds are accepted, with facilities on site for all possible claiming. Government forms are accepted as well (Victorian Denture Scheme, Vet Affairs).

With continual professional development and improvements being made in the industry, Sam prides himself on constantly seeking the latest in technology and materials to improve the quality of the products he can provide to his patients.

For a **free initial consultation** call Premier Health Partners on **9329 7077** to make an appointment to see Sam.



Café 345 serves a great Aussie favourite

Kashka Lantis

Café 345 welcomes patrons into an airy but cosy space, offers a menu of tempting savoury and sweet treats and dishes up good old-fashioned hospitality.

As soon as you walk through the door your eyes will be drawn to a great favourite — the Aussie meat pie. These multi-award winners boast 13 gold and numerous silver medals including recent wins at the 2013 Great Aussie Pie Competition. The special recipes for these favourites came to Café 345 owner Amanda Sideras through her parents, previously of the popular Pie in the Sky restaurant in Olinda.

The history of the unassuming pie is a long and interesting one. Archaeological evidence from the Middle East dating back to 9500 BC reveals that the first pies were flat, crusty cakes made of grains and filled with honey. These ‘galettes’ were easy-to-carry foods to take on long sea and land journeys.

It is probable the Ancient Greeks created the first pie pastry, while Roman cookbooks from the first century AD include various recipes involving pie cases. The expansion of the Roman Empire ensured pie-cooking techniques quickly spread throughout Europe.

Moving forward to the Middle Ages, the lines from a popular English nursery rhyme seem rather fanciful but there is some truth to this strange tale.

*Sing a song of sixpence, a pocket full of rye,
Four and twenty blackbirds baked in a pie.
When the pie was opened the birds began to sing,
Wasn't that a dainty dish to set before the king?*

During this era the European upper class used food to create elaborate entertainments for their guests. One such *entrement* (old French meaning ‘between servings’) was a pie filled with live birds designed to amaze unsuspecting guests when they cut open the crust. The pie base and lid were cooked separately so the birds could be added just before delivering this spectacle to the table.

British celebrity chef Heston Blumenthal explored this gastronomic trickery in his television series *Heston's Feasts*. He re-created blackbirds baked in a pie and the Cockatrice made by combining a pig and a cockerel into a mythical animal served to astound and amuse.

The history of pies in my family also goes back a long way. As a child I would sit in warm kitchens filled with the mouth-watering smell of pastry turning crisp and golden and then experience the thrill of cutting open the crust to reveal the savoury or sweet surprise inside. Pies always remind me of long, lazy Sunday afternoon teas with my family and a table laden with the glorious baked delights created by our grandmothers, aunts and mothers.

These wonderful memories came back when

I visited Café 345. It started with the warm greeting I received from Amanda Sideras and her staff. On first-name basis with many patrons, Amanda wants her customers to feel as if she is welcoming them into her home.

Amanda took over the cafe two-and-a-half years ago when it was known as Fräus Crêpes & Chocolat. There are still the wonderful crêpes and the seriously rich Italian hot chocolate from that time, however the menu has expanded to include all-day breakfasts and the famous freshly baked pies. To reflect the broad range of food now on offer the business name was changed to Café 345 earlier this year.

On my first visit I tried the beef and mushroom pie, biting into light, crispy pastry filled with organic lean mince and sliced fresh mushrooms in a very tasty gravy. I then returned with a friend to sample the breakfast fare.

My friend enjoyed a smooth, lightly cinnamon flavoured porridge, while I tucked into a parmesan cheese and sun-dried tomato galette (gluten free) topped with two free-range eggs, a delicate stack of fresh baby spinach, thin avocado and prosciutto slices and shredded parmesan. This breakfast looks stunning and is an appetising combination of flavours.

There are chef specials with Moroccan, Asian and Canadian twists, artisan sourdough bread rolls are baked daily and you can choose from a range of fresh cakes and hand-made chocolates. These make excellent Christmas or birthday gifts. Great coffee, flavoured hot



Café 345 owner Amanda Sideras with her award-winning pies Photo: Kashka Lantis

chocolate, tea blends, cooling frappés, organic drinks, beer and wines are all available to accompany your food.

Possibly, like me, you won't go past one of the seven varieties of award-winning pies. Served alone or with your choice of sides they really are, for my money, the best pies in town.

Kashka Lantis is Travel & Food section editor for the News

Café 345, 345 Victoria Street, West Melbourne, Phone: 9328 8999, Open seven days, 7.30am – 4.00pm

A traveller in my own town

Kashka Lantis

One of the best ways to explore Melbourne is on foot and there are many walking tours that showcase our city's abundant attractions. Guided walks are available through the Visitors Centre at Federation Square, the Centre for Adult Education (CAE) and private tour operators.

Did you know that Melbourne is one of only five UNESCO Cities of Literature? The CAE offers a walking tour that uncovers our literary history and some well-hidden bookshops. Melbourne's history is a rich one because of the discovery of gold in the 1850s and you can learn more about this marvellous era on the 'Golden Mile' Heritage walk offered by the Visitors Centre.

As a traveller in my own town I was thrilled to find a series of self-guided walks. These are available as free pocket guides or audio tours which you can download from the Visit Victoria website at www.visitvictoria.com.

There are seven walks and all start and finish at Federation Square.

I recently enjoyed A Walk in the Park, which takes in the eastern side of the city. I learnt about the vibrant 100-year-long rag trade of Flinders Lane, looked up at the gravity-defying glass bottomed swimming pool of the Adelphi Hotel and explored ACDC Lane, appropriately plastered with posters for music gigs. I paid my respects to Scottish poet Robert Burns, gazed at stunning cathedrals, found the Fairy Tree and searched for the secret gargoyle of former premier Jeff Kennett.

The last part of the tour moves to the riverfront and the city's newest park, Birrarung Marr. This area is part of the 'country' originally inhabited by the Wurundjeri people. Birrarung means 'river of mists' and Marr means 'side of the river'. Nearby on the ArtPlay building there are interpretive panels which feature audio recordings by Indigenous people. You can also listen to the sound sculpture of 39 electronic bells, an installation created in 2001 for the centenary celebrations

of Australia's federation.

History and horticulture combine to make this a varied and highly enjoyable walk. The Walk in the Park audio tour provides a comprehensive commentary and the pocket guide helped me find my location on the 3.75-kilometre route.



Mali the Elephant near ArtPlay Photo: Kashka Lantis

My next walk, Arcades and Lanes, was like stepping back in time and experiencing the fascinating and sometimes quirky history of our

city. This walk includes Howey Place, where the famous Cole's Book Arcade was built, expanding from the Bourke Street store, which opened in 1883. By 1900 the Cole premises stretched from Bourke to Collins Street.

The owner, E.W. Cole, claimed that he had one or even two million books in stock. Even if he was exaggerating, it was still probably the largest retail collection in the world at that time. So our literary history goes back a long way and may have contributed to the securing of our UNESCO City of Literature designation in 2008.

There are definitely walks to suit all interests and as they are self-guided you can do as little or as much as you like, pause when you want and include refreshment stops along the way. So why not use this holiday season to become a traveller in your own town? After all my recent exercise I'm heading off to do the Eat and Drink Melbourne tour.

The Federation Bells chime several times daily: 8am – 9am, 12.30pm – 1.30pm, 5pm – 6pm



One Planet, Many Worlds

Wherever you want to go, whatever you wish to do

Interstate – Asia – Pacific – Europe – Africa
North America – South America

We are your local travel experts

Travelworld, 32 Errol Street, North Melbourne 3051
Email: northmelbourne@travelworld.com.au
Website: www.travelworld.com.au/northmelbourne

Licence 32151 ACN 007 310 661

Phone 03 9326 5535 today

City North Consulting Suites

FOR YOUR ALLIED HEALTH NEEDS

PHYSIOTHERAPY	Sue Gertzel & Catherine Cheang
MAT PILATES	Fernanda Cury & Sue Gertzel
PODIATRY	Loan Nguyen
MASSAGE THERAPY	Fernanda Cury
PSYCHOLOGY	Bridget Bassilios

59 Errol Street, North Melbourne 3051

FOR APPOINTMENTS PLEASE PHONE 9328 3733

YOUTH & EDUCATION

LIFE IN YEAR 7

Claudio Palmeri

They say that all good things come to an end, but why? Good things can go on forever as long as you know how to look after them and watch them grow.

Year 7 has been an experience and a large learning curve in regard to maturity, growth and understanding the logic of the adult world. I learned that a cute smile and a joke did not get you out of doing your homework, that having a chat in class was not seen as developing your communication skills and, most importantly, that opportunities are abundant.

So how do you evolve without being seen as over-zealous by the staff and teacher's pet by the students? You 'be yourself', with conviction. With this in mind, I looked for opportunities that would help me grow, and benefit others as well.

I had heard about a group called SMAD (Students Making a Difference) that were on a mission to raise \$10,000 in 2013 for an orphanage in Cambodia, a cause very close to my family's heart.

I wanted to join SMAD's weekly meeting;

but how would I approach this and be taken seriously as a green Year 7? My answer: with conviction. To say I was nervous would be an understatement but I approached the three much older girls and to my surprise they were happy to have a new member.

As for the bulletin board, it was not an unsuccessful exercise; there was an opportunity to try out for shot-put. Why not! Had I ever done little athletics or trained in shot-put, absolutely not, so again I approached it with conviction.

I made it as far as the regionals and began to believe I had something to offer my school community, so I continued and represented my school in tennis and soccer and anything else I could try out for. What became apparent to me was the great feeling of contribution and making a difference. I began to understand the logic of the adult world.

I started this column as a fresh and inexperienced 12-year-old, embarking on a new experience that would have had profound effects if the right choices were not made. I was warned the change would be a shock to the system but, like all kids my age, I was convinced I knew better.

Did I learn the hard way? Well, in some cases, yes. Did I appreciate the consequences and lessons learned? Well, not always at the time but in hindsight — absolutely!

So I thank you for letting me write about my experiences and, through this journey, grow into a more confident and stable 13-year-old. How do I know this? I have conviction.

LIFE IN YEAR 12

Militza Banach-Wightman

Just under two months ago, as is tradition, my cohort of 2013 was offered the opportunity to impart their words of wisdom in the *Year 12 Magazine*. Then, Year 12 remained a feat that could barely be visualised. Our answers clearly showed we were in denial.

Yet today, I have returned to school as an 'old girl'.

The countdown on the common room window has disappeared, and the uniform I've worn for nearly 1000 days has been hung up, never to be worn as a student again.

Instead, along with another 50,000 students, I have ceased discussing Schoolies. Rather, we await the dreaded written examinations, seeking solace in food, and thus fulfilling the prophecy of Year 12 weight gain. Many of us deny that in less than seven days we will endure three hours of English exams.

Nonetheless, the hectic studying has begun. The overflowing table that cartoons and movies depict is a reality and we as students recognise that school is truly over. Whilst many of us have legally been adults for a while now, it is graduation that affirms our independence and entry into adulthood.

So, how does one come to terms with departing a community and venturing outside of the iron gates that have served as a second home for many of us?

Yesterday was my final day of school; Tuesday 23 October. It was a muck-up day, but it represented the last time our student cohort was going to be together.

Indeed, my year had a champagne breakfast to precede the events at school, an opportunity to eat, drink and take photos as a year against the backdrop of Melbourne. Our theme was 'super heroes and villains' so we all arrived, despite the weather, decked in altered summer uniforms. We had jumpsuits made, incredibly short

dresses and copious amounts of fabric, paint and glitter. The breakfast was absolutely amazing, only to be followed by a school lunch, Mr Whippy and a jumping castle.

Our glee upon receiving ice cream, fairy floss and popcorn was reminiscent of childhood. We strutted the school grounds eating in front of Year 7s (they're always the target, of course) and decided to inhabit their clock tower with water guns.

On the Friday, we had a dress-up day with the theme 'what you wanted to be when you were five'. I honestly couldn't understand how the teachers weren't laughing hysterically. My literature teacher did admit, after I embarrassingly walked into a practice exam late, that it took every ounce of her strength not to laugh at my gangster outfit. We had a wide array of costumes from fairies and Dorothy the Dinosaur to (don't ask me how this is possible) a supermarket.

This day saw copious amounts of food thrown at Year 7s. Yes, we wasted good and completely edible cake, to my distaste. Nevertheless, there was a copious amount of food on the final days of classes.

A psychology party saw us dressed as psychological concepts. We had many dressed as 'spatial neglect' (or half-dressed), which is where one systematically ignores their left visual field. Some students dressed identically to represent a 'matched participants' experimental design or decided to be Phineas Gage with a pole through the head. This class involved eating.

Finally: Valedictory and Awards Night!

Honestly, the night was possibly the most ridiculous and unfair procedure I've encountered (not really, but it was frustrating). I mean, my last name starts with B so I was called up onto the stage second, and had to stand while the entire cohort was presented individually.

Who would have known that standing and holding Valedictory presents could be such a struggle?

The Valedictory dinner was stunning! Our school captain's address saw her sobbing at the lectern. However, our dean lightened the atmosphere with the memorable quotes of the year.

There were more presents that I won't begin to detail, but the cake with a photo of the 2013 girls on it was ridiculously cool! Essentially, this last week has been jam-packed — I couldn't even begin to describe it.

North Melbourne Rotary Club

For membership and Friends of Rotary call George Zindilis on 0418 398 255



Start your day as our guest for breakfast

Meet at the Mercure Hotel
Corner Flemington Road and Harker Street, North Melbourne
Fridays @ 7.30am for 7.45



Image by Jennifer Choat

SCHOOL OF LIVING MUSIC
CUitar - BASS - DRUMS ENROLLING NOW
VOCALS - PIANO - KEYBOARD - HIP HOP
53 Little Baillie St, Nth Melbourne
Bookings: 0408170769 or 93290503
Info@livingmusic.com.au
Melbourne's School of Living Music delivers first-class engaging music tuition for all ages. The School seeks to inspire the music tuition experience by linking students to opportunities to perform, record and compose in a professional, innovative and enriching environment.

relax and be...
massage therapy
time to unwind?
here's a 20% discount*
book online or call 0481 599 711
www.relaxandbe.com.au
*20% discount on your first appointment
promo code: nw20off expires 31-Jan-14
41 Errol Street, North Melbourne

Between the Covers

Chris Saliba



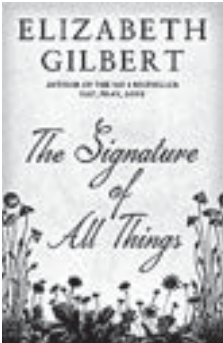
Bonkers: My Life in Laughs
by Jennifer Saunders
(Viking. RRP: \$39.99)

At last Jennifer Saunders has written a book. The brilliant comedy mind behind *Absolutely Fabulous* and *French and Saunders* gives us a view into her personal life and unorthodox working methods.

Right from the outset, we are warned not to expect shock revelations and tales of childhood misery. Ms Saunders has had it pretty good, she'll let you know, thank you very much. When bad times do hit, Saunders has an attitude of simply getting on with it and not fussing.

This memoir is a mix between the styles of P.G. Wodehouse and Nancy Mitford. The tone is light and the book is full of fun, nonsense dialogue with comedy partners Dawn French, Ruby Wax and Joanna Lumley.

All of these antics aside, Saunders has a core of common sense. Fame and fortune don't bring happiness, and the best laughter of all is the type you get with family and friends.



The Signature of All Things
by Elizabeth Gilbert
(Bloomsbury. RRP: \$29.99)

Everyone knows about Elizabeth Gilbert's *Eat, Pray, Love*, whether you read books or not. What is perhaps less well-known is that she is also a writer of fiction. The *Signature of All Things*, her second novel, confirms Gilbert as a mesmerising storyteller.

Alma Whittaker is the daughter of arborist (tree doctor) and trader Henry Whittaker. She is a woman of considerable intellectual power, born into late 18th century American society. Her family's wealth allows Whittaker to be educated and emerge in her own right as a scientist. The novel measures the full span of her extraordinary, inspiring and often painful life.

The *Signature of All Things* is an imaginative tour de force that constantly delights and astonishes. Gilbert does a lot of inventing, but her characters feel as though they are being revealed rather than fabricated. This is a sweeping philosophical novel about women, sexuality, nature and the constant trials of life told by a storyteller with the magic touch.



Big Coal: Australia's Dirtiest Habit
by Guy Pearce, David McKnight and Bob Burton
(New South Books. RRP: \$34.99)

That coal mining is a big part of Australia's economy is something we take for granted. Despite our professed modernity, this old and dirty energy source provides most of the nation's power. But how much do we really know about this industry? The three authors of this excellent book, Guy Pearce, David McKnight and Bob Burton, are well-known for their expertise and knowledge in the areas of environment, energy, politics and public relations spin. Together they perform an incisive forensic examination of every aspect of the coal industry.

The most problematic issue that *Big Coal* highlights is Australia's expanding coal exports, which makes a joke of our domestic emissions targets. Coal dug up and sold abroad will be burnt nonetheless, making huge contributions to global warming.

Big Coal makes for depressing reading but, on the bright side, it brings a foggy subject into crystal-clear focus and helps readers to make more informed choices.



White Beech: The Rainforest Years
by Germaine Greer
(Bloomsbury. RRP: \$39.99)

Germaine Greer had been casting about for a plot of land to buy with the hope of rehabilitating it to its former indigenous glory. In 2001 she discovered 60 hectares of Queensland rainforest that had undergone various uses over time. Feeling the land was right for her purposes, Greer took the plunge and bought it. She then started weeding, propagating native plants and rehabilitating the soil. Greer nicknamed the land, near Cave Creek, the Cave Creek Rainforest Rehabilitation Scheme (CCRRS).

The book's title, *White Beech*, is taken from a native rainforest tree found in eastern Australia. The subtitle, 'The Rainforest Years', perhaps best captures the book's contents. It's not exactly a rainforest diary, but the text's multifaceted nature and often breezy tone give it an informal and chatty feel. Greer mixes her formidable skills as a researcher with her punchy humour and muscular prose to create something that is a rather wild brew of a book.

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

Melbourne artists reflect on a changing world

Jennifer Choat

The Fall is contemporary artist Kirstin Berg's latest exhibition, housed at North Melbourne's Gallerysmith. This show is about the interplay between life, death and the cycle of reinvention that occurs within human beings and nature.

"All my work is about change," the artist explains. "Change is the only consistent fact and within this fact I find infinite and powerful possibilities."

The Fall contains earth works, images that suggest fallen or shattered rock against fragmented dark horizons. Berg also explores alternating viewpoints, as seen in the work *Untitled Epic* (pictured), where the audience is almost taken into the frame to look out at the view from within a cave.

An amalgamation of mixed media, the works use elements of sculpture, drawing, painting and collage to create a satisfying combination of tactile depth and chaotic visual harmony. After applying charcoal and ash (collected after the Black Saturday bushfires) Berg mixes pigment and ink to create her surface on cotton paper. Once dry this is then torn and arranged at random to create a layered composition, all fastened together with small steel pins.

Each bark-like shard evokes movement, as if shedding or tearing itself from the canvas. Tension exudes as dark shadows and light tones haphazardly dance against one another amongst fragments of brilliant, bold colour.

From this show, Berg's landscapes prove to be the perfect depiction of changeable, unstable and shaky grounds.

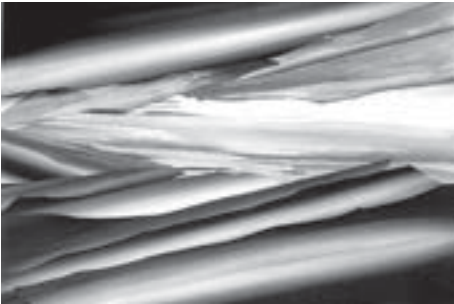
Accompanying *The Fall* is *Quilts*, a showcase of recent works from artist Lucas Grogan. At the centre of this exhibition is *The Wedding Quilt*, a thought-provoking installation involving a bed, hand-embroidered textiles and over 400 faux roses.

Using an old wedding tradition, that of quilt gifting to newly-weds, Grogan comments on changing notions of marriage and diversifying family structures. The artist's work is highly crafted, using a range of techniques such as cross-stitching, lamination and acrylic paint on fabric. Bold and engaging, these exhibitions project two personalities that will not disappoint.

Look out for Gallerysmith's upcoming 2014 group exhibition, with an exclusive invitation open to North and West Melbourne residents.

Jennifer Choat is Arts & Entertainment section editor for the News

Exhibitions
14 November to 14 December
***The Fall* by Kirstin Berg and**
***Quilts* by Lucas Grogan**
Gallerysmith,
170–174 Abbotsford Street
North Melbourne
www.gallerysmith.com.au



Untitled Epic, 2013
by Kirstin Berg



The Wedding Quilt, 2013
by Lucas Grogan



NORTH MELBOURNE
MUSIC STUDIO

If you have a child who loves singing, dancing or making sounds on just about anything he/she touches, North Melbourne Music Studio is the right place for him/her.

NMMS provides an inviting and stimulating environment in which play and fun musical games are skilfully channelled into an understanding of basic music concepts. This leads to an exploration of the piano and all its possibilities.

Piano lessons are tailored to students' age, their individual ways of learning and the styles or genres of music that interest them.

Our piano and theory lessons are based on a structured, progressive course of study. We also offer a piano and music theory program for students who wish to prepare for the AMEB (Australian Music Examinations Board) exams.

For more information check our website www.northmelbournemusicstudio.com.au
or call Diana on 0409 021 088
196 Dryburgh Street, North Melbourne

Rock and roll excesses and sad-boy blues



Lucian Forbes

Ministry:
From Beer to Eternity
From Beer to Eternity is literally the tragic end to the almost mystic levels of rock and roll excess associated with Al Jourgensen’s band Ministry. Although industrial long-stayers, Ministry have played the familiar break-up to make-up game throughout the group’s tenure. However, *From Beer to Eternity* marks their definitive end as it was released posthumously to guitarist Mike Scaccia dying onstage from a heart attack.

For those who have heard Ministry before, *From Beer to Eternity* traces familiar ground with song content focusing on the same political, self-destructive unravelling of the ‘American dream’ themes for which they achieved nineties infamy. While the majority of the music maintains the aural equivalent to a strobe light, there are also moments of

downbeat (‘Change of Luck’) and Tom Waits-like misanthropic voice-overs via Al’s diatribe of everything wrong with America (‘Thanx but No Thanx’). More dubious moments include a cringe-worthy female eighties faux-soul hook on the track ‘Lesson Unlearned’.

On the album’s track ‘Enjoy the Quiet’, it’s obvious that Al Jourgensen isn’t letting up. A wash of sonic hiss, there is no quiet for the man who is admired and admonished for his ability to translate all the excesses of rock and roll into something exciting, loud and sometimes joyously dumb. While Ministry may be buried, Al Jourgensen remains undead. Apparently.

Mazzy Star:
Seasons of Your Day
Following a close to 20-year hiatus, *Seasons of Your Day* marks the reunification of Hope Sandoval and David Roback under the Mazzy Star moniker.

For those who remember, Hope was the nineties poster girl of psychedelic indie, with the track ‘Fade into You’ making its way onto mixed tapes of tortured art students ‘in love’ all over the place.

Surprising thing? The album sounds like it could have been released in the late nineties and still be the obvious follow-on from their previous material. Songs like ‘California’ and ‘I’ve Gotta Stop’ have the same mouth-full-



of-marbles drawl and fuzzed-out reverb-laden guitar noodling over bar-room 4/4 blues trademark sound. The major difference is the more country-inspired numbers like ‘Common Burn’ and ‘Lay Myself Down’ straying dangerously into ‘hold your girl and cry into your beer’ material. The defining song on this album has to be ‘Does Someone Have Your Baby Now?’

After all this time off, it really depends on how you re-engage with the record. Is this a painful walk down memory lane inspiring recollections of *Purple Velvet* or something a little sweeter? If this brings back nostalgic memories of ‘the one that got away’, it might pay to take heed of Hope’s closing lyrics, “I don’t want to get it on with you”. If this is your first time listening to Mazzy Star, this is a pretty good record.

Willis Earl Beal:
Nobody Knows
Out of humility? Out of frustration? Anyone naming their debut album *Nobody Knows* must have some doubt kicking around in their mind somewhere. It’s hard to put your finger on this guy. Willis can arguably be judged from a number of different reference points, but it’s his versatility that comes as both a blessing and a curse. Neo-soul and straight-out funk



interchanged with James Taylor’s ‘fall off your stool drunk’ warbles leaves the listener feeling confused at the dance floor.

One thing you can’t dispute is that Willis has talent. Match him with Chan Marshall (stage name Cat Power) on ‘The Truth is Coming Through’ and you get the best of both worlds: a funky hymnal sanctifying that every little thing is going to be all right. Having said that, it’s the transitions in this record that got me. One moment it’s all Screaming Jay Hawkins and then it’s pared-back, spacious, almost a-cappella sad-boy blues with minimal guitar more as a reference.

If you took a song like ‘Ain’t Got No Love’ and stretched it over an album, you would have a perfect Southern swamp rock exposé. Take ‘What’s the Deal?’ and you get a sad-eyed confession from a man on the verge. And perhaps that’s it? A tortured man with a blessing can be a dangerous thing. Problem is that now everyone knows. What’s he going to do now he ain’t got no secret?

All new releases are available from Heartland Records, 420–422 Victoria Street, North Melbourne, www.heartlandrecords.com.au

King Kong — Tremendous! Excellent! Amazing! What a magnificent beast!

Very Greer Impressive

By far the largest puppet I have yet seen, I have thought about this show constantly since seeing it in June. And that has nothing to do with the fact that there are posters advertising it at almost every railway station in Melbourne or that it was my first time in the astounding Regent Theatre.

My attendance at this event was a birthday present from my excitable friend Mark. We both saw the *7.30 Report* review and spoke of it the day after. Realising how much I liked it, Mark said: “We’ll go for your birthday, shall we?”

Now to the review. I was greatly enamoured of the sparse, and yet full, way in which the stage was dressed. Through lighting, costumes and props great things were achieved, and Esther Hannaford, playing Ann Darrow, wore a beautifully simple silver and white dress.

As I recall, there were really only a few major stage elements, two of those being Kong: The Beast of Beasts and the stage itself. Plus there were of course actors, a bit of dancing and some singing.

I was thoroughly enthralled by Kong himself. He is by far the largest puppet I’ve ever seen and I’ve been watching puppets for years. This one is excellent!

Apparently there have been people who have complained about the music. But I feel that they’re likely only ‘musical purists’ who

possibly heard notes that weren’t up to their exacting standards. North Melbourne resident Richard Piper, who plays the Captain, is an amazing actor with a great baritone voice.

The *Herald Sun* gave *King Kong* four stars. I’m giving it five. *The Australian* wrote: “Kong has redefined the musical.”

I am in full agreement.

Catch Kong before he leaves marvellous Melbourne!

The final performance of *King Kong* will be on 16 February 2014. For tickets visit the Ticketmaster website or call 1300 111 011.



Esther Hannaford and Chris Ryan
Source: King Kong – Live On Stage



Beast of beasts!
Source: King Kong – Live On Stage