

Urban sunflowers lift North Melbourne spirits

Janet Graham

By the time you read this, these flowers will have withered and signs of the uplifting apparition all but disappeared. But for three glorious weeks in January and February a 1.8 hectare industrial site in Alfred Street was covered in a field of sunflowers.

Titled *Fieldwork*, this is the latest project of installation artist Ben Morieson.

Ben spotted the potential North Melbourne site while driving to work along CityLink two years ago.

"I was struck by its scale and proximity to the freeway," he explains. "The site also seemed walled in by the warehouses around it. I was also drawn to the ability of passing traffic to see the artwork."

"The views from the Racecourse Road on and off ramps are the best," Ben confirms in early February, when the plantation is in full bloom, "even though the flowers face the other way."

It's true that in the heat of late afternoon the sunflowers have their backs turned to the sun and resolutely face east. Despite this, another good vantage point is from the Upfield railway line.

"The field is a surprise for commuters, between buildings, as the train flies past," says Ben enthusiastically.

Unlike landowners whom Ben approached in other locations, HWD, the property developer who owns the North Melbourne site, was intrigued with the plan and very supportive. Then Nuseed, an agricultural seed company, made a major contribution by donating the seed.

Ben was not so lucky with other preparations for his ambitious artwork. He was hoping an earthmoving company would offer its services to remove the broken concrete and rubble strewn across the land but that didn't happen.

"I paid for an excavator to come and groom the site. It took three days to scrape the top, distribute some of the looser soil and bury the weeds."

Melbourne's hot summer stretched Ben and his support team to the limit.

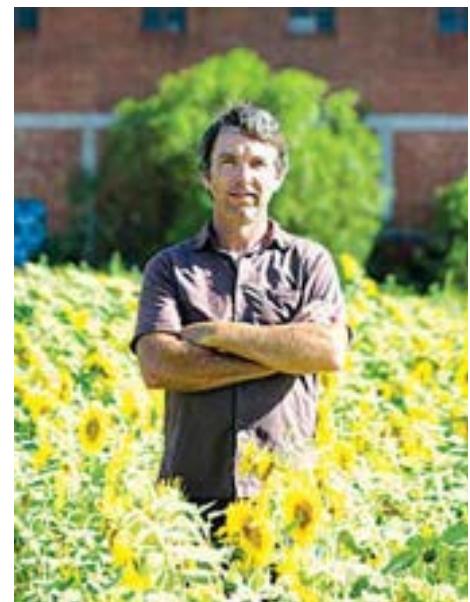
"The rain before Christmas was sufficient to keep the plants on track," he notes. "However, the dry and hot spell post-Christmas has meant we've had to water manually several times a week. The owner has generously supplied the water."

Somewhat surprisingly, the city-grown sunflower seeds may have a useful purpose. They will be harvested through community working bees and then tested by Melbourne University for any toxic residues. If they pass muster, the seeds will be packaged for distribution to the community.

"Some may be used for fundraising," Ben adds.

Readers can follow the progress of the Fieldwork project on www.ben900.wix.com/fieldwork or Facebook at www.facebook.com/fieldworkmelbourne.

Did you see the installation? What were your thoughts, we'd love to hear them!



Ben Morieson in his field of sunflowers

Photo: Aaron Cuthbert



Ben Morieson's unexpected art installation, *Fieldwork*, brought a derelict site to life in January and February

Photo: Janet Graham

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 from June 2014

60 mm W x 92 mm H \$70 plus GST
124 mm W x 92 mm H \$140 plus GST
188 mm W x 92 mm H \$210 plus GST
252 mm W x 92 mm H \$280 plus GST
A charge of 25 per cent may be added for advertisements that require designing. 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 need a Distribution Coordinator — please see notice on page 4.

Editor: Raphaelle 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

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Travel & Food: Kashka Lantis

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www.centre.org.au

NOTICE TO ADVERTISERS

We regretfully advise that the *News* must increase its advertising rates from June 2014 to help cover production costs. The base rate will rise from \$50 to \$70 per column (60 mm wide) plus GST. Please refer to the panel at left to see how this affects the four sizes offered.

The 25 per cent additional charge for layout services will remain.

This is the first increase in rates for four years. Local businesses are a valued part of our community and your support of the *News* is very much appreciated. Thank you.

Janet Graham
Advertising Coordinator

**Royal Melbourne Hospital
Volunteers Needed**

Do you have time and skills to offer the Royal Melbourne Hospital? We are seeking community members who are able to offer their time to support patients at both our City and Royal Park campuses.

With over 25 volunteer programs ranging from guiding and wheelchair assistance, conversation or activity-based visits through to supporting patients in our Emergency Department, there are roles to interest most people wanting to contribute and connect with their community. Becoming part of a strong team and making friends along the way is just a bonus.

If you have musical, artistic or public-relations skills and experience, we are launching new programs where your skills will be greatly valued.

For information please phone Julie-Ann or Kaylene at the Melbourne Health Volunteer Service on 9342 4461 or 9342 4464 or email volunteer@mh.org.au.

**Attention all students and op-shoppers!
Melrose Street Op Shop**

We would like to advise students who have recently moved into the area that there is a great op shop down in Melrose Street at St Alban's Anglican Church.

The shop is run entirely by volunteers and is open Tuesday to Friday 10.00am to 2.00pm and Saturday 10.00am to 12.00 noon.

All goods are donated, so we are able to keep prices low and we have a great range of items. Because of space limitations, however, we do not accept or sell furniture or very large items.

Come down sometime and have a look around.

Marian Mooney

North Melbourne Book Group

Meets third Wednesday of every month, 6.45pm, at North Melbourne Library. All welcome □ no bookings required.

19 March	<i>Night Games</i>	Anna Krien
16 April	<i>Cairo</i>	Chris Womersley
21 May	<i>And the Mountains Echoed</i>	Khaled Hosseini
18 June	<i>Let's Explore Diabetes with Owls</i>	David Sedaris
16 July	<i>Eyrie</i>	Tim Winton
20 August	<i>The Lowland</i>	Jhumpa Lahiri
17 Sept	<i>Burial Rites</i>	Hannah Kent

Enquiries to: 9658 9700

North Melbourne Library, 66 Errol Street, North Melbourne

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

55 Melrose Street, North Melbourne

Easter Eve Saturday 19 April 6.00pm

Sunday 20 April 10.00am Easter Service

St James' Old Cathedral, Anglican

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

Sunday of the Passion or Palm Sunday 13 April 10.00am

Good Friday 18 April 10.00am

Easter Day Sunday 20 April 10.00am

St Mary Star of the Sea, Catholic

Corner Victoria & Howard streets, West Melbourne

Holy Thursday 17 April 7.30pm (reconciliation 6.30□.20pm)

Good Friday 18 April 10.30am Stations of the Cross; 3.00pm The Lord□ Passion (reconciliation 2.00□.50pm)

Holy Saturday 19 April 8.00pm Vigil (reconciliation 7.00□.50pm)

Easter Sunday 20 April 10.30am mass (English); 12.00 noon

mass (Lithuanian) (reconciliation 9.45am onwards)

Please note there is no midday mass Thursday, Friday or Saturday or 6.30pm Saturday vigil mass.

St Mary's, Anglican

Corner Queensberry & Howard streets, North Melbourne

Palm Sunday 13 April 10.00am Sung Eucharist with Procession

Maundy Thursday 17 April 8.00pm

Good Friday 18 April 10.00am

Saturday 19 April 9.00pm Paschal Vigil

Easter Day Sunday 20 April 8.00am Eucharist; 10.00am Sung Eucharist

St Michael's, Catholic

456 Dryburgh Street, North Melbourne

Palm Sunday 13 April 10.15am

Tuesday 15 April 9.30am & 7.30pm Lenten Reconciliation

Holy Thursday 17 April 6.00pm The Lord□ Supper

Good Friday 18 April 3.00pm The Passion of the Lord

Saturday 19 April 6.00pm Easter Vigil

Easter Sunday 20 April 10.15am

Saints Peter and Paul, Ukrainian Catholic

Corner Canning & Dryburgh streets, North Melbourne

Holy Thursday 17 April 7.00pm The 12 Gospels

Good Friday 18 April 3.00pm Shroud Service and Jerusalem Matins

Holy Saturday 19 April 6.00pm Resurrection Matins and blessing of Easter baskets

Easter Sunday 20 April 8.00am & 9.30am Divine Liturgy

The Eighth Day (a Baptist Community)

4 Miller Street, West Melbourne (corner Curzon & Miller streets)

Good Friday 18 April 9.00am

Easter Day Sunday 20 April 5.30pm

Uniting Church, Mark the Evangelist

51 Curzon Street, North Melbourne

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

Palm Sunday 13 April 10.00am Procession with Palms, Eucharist

Maundy Thursday 17 April 7.30pm Eucharist, Foot washing

Good Friday 18 April 10.00am

Saturday 19 April (Easter Vigil) 8.00pm The New Fire, Eucharist

Easter Day Sunday 20 April 10.00am Reaffirmation of Baptismal Vows, Eucharist

Angels in Errol Street

Drawing by Elsie

Errol□ Angels Community Choir□ Christmas carolling in Errol Street was a hit with young and old.

On 12 December the choir roved up and down Errol Street singing their beautiful Christmas repertoire, featuring carols from around the world. One young admirer, four-year-old Elsie, enthusiastically joined in the singing and also felt inspired to present the choir with a drawing of the event she loved so much.

New Errol□ Angels members are always welcome. All you need is an enthusiasm for singing. The choir meets 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

These boots were made for walking

Jennifer Waters

Manfred's Shoe Lounge on Errol Street North Melbourne is certainly the place to go if you're after spectacular shoes or boots and a memorable experience.

Manfred Schopf has been a cobbler in this building for around eleven years and last year, after a brief absence, decided to redesign his business with aplomb. It no longer has the look of a jobbing cobbler's shop, but rather a plush Edwardian salon where even the most discerning gent would feel at home.

It is easy to be transported back a century in Manfred's Shoe Lounge. I can imagine a dashing young Melbourne toff sitting on the leather chesterfield, cigar in hand, reading *The Argus* while being fitted for an elegant pair of brogues made from the finest English leather.

Looking out onto Errol Street through the Victorian iron lace work, it is easy to visualize earlier times with couples promenading and young men in uniform having their last drink with mates before setting off to Gallipoli.

As a boy, Manfred spent a few years in Austria. "My parents are Austrian and my father was a cobbler so I learnt my craft from him. I spent two years as an apprentice cobbler and came back to Oz in 1977 because I missed the lifestyle." He had worked in several shoe factories in Melbourne before joining George Moritz Enterprises.

"George was Austrian so he was precise," Manfred recalls, "I learnt a lot especially as he worked with top end designers such as Miss Louise."

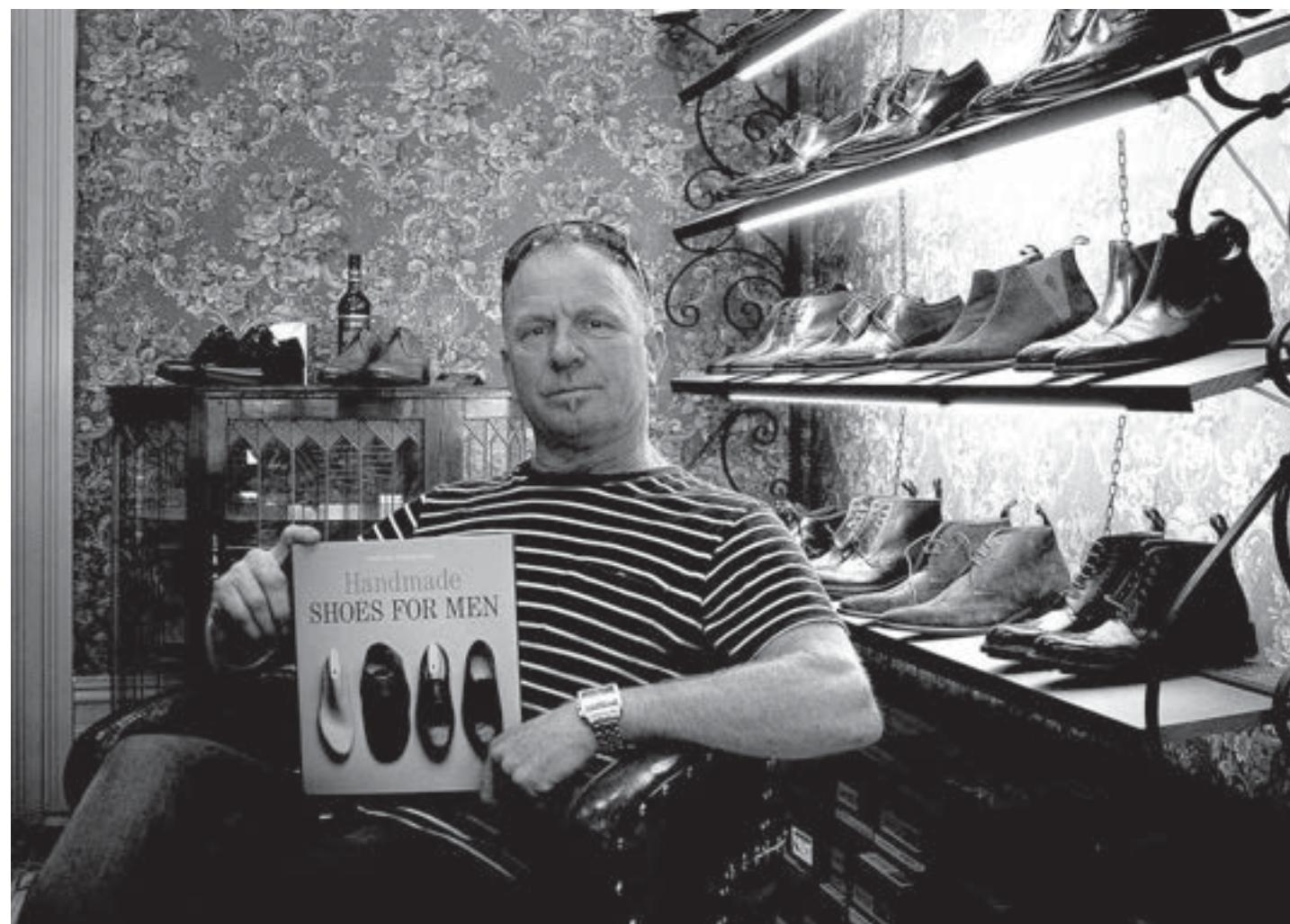
The training he received in Austria and with George stood him in good stead, noting, "I had a shop in the Hub Arcade and did work for Mountford, McCleod and Timberland and you had to be good to get those contracts."

He opened the Errol Street shop in 2001 and took a break in 2011 after working as a cobbler for 24 years. He sublet the shop and devoted his energies to his inventing work. "My brother and I are inventors. We've always made stuff because as kids we weren't given any presents so we made our own."

They have developed glass brackets for large installations such as glass fencing for swimming pools and are about to go Dusseldorf to a technology show.

Manfred said he loves to make things work well and decided to transform the Errol Street cobbler's shop into something special. As a result, Manfred's Shoe Lounge in Errol Street is no longer just any old shoe repairers' and his plans for its future are exciting.

If you believe in destiny, several quirky



Manfred of Manfred's Shoe Lounge

Photo: Adam Falloon

things happened recently indicating that he's on the right track:

Last year, Filippo literally wandered in off the street looking for a job. "I left Italy for different experiences and was walking around Melbourne looking for a job when I saw this shop." He is now Manfred's apprentice.

Filippo comes from the shoe making region of Italy and his family design and manufacture shoes and boots. Each shoe or boot is a work of art, handmade and unique. Manfred will be stocking their winter boot range this year and according to Filippo, "they'll be a killer!"

This winter's collection is stone washed leather, vintage design and highly decorative. At the top end of the range the artwork is more expensive than the boots.

On the serious side of shoe and boot construction, Filippo said, "My family uses Goodyear Welt construction so the boots are well made. Construction is everything."

This winter Manfred will have a range of their women's shoes & boots.

"They are a unique collection," says Manfred. "Be surprised, come in and have a look."

Manfred stocks Jeffrey-West shoes, one of England's high-end men's footwear designers influenced by regency dandies, fin de siècle decadence and twentieth century subculture. As a footwear fetishist, I found it hard to leave without purchasing one of these works of art inspired by swashbucklers, wits and hell raisers. If you love that English look with a classy quirky edginess, these shoes are for you.

Manfred is proud of his skill. "We repair shoes better than most because we have a deep knowledge of the craft."

"He said many repairers have limited skills and can't use machines or fit zips properly."

"We use a Blake and Welt machine that sews from the inside to the outer sole and makes the Goodyear Welt that is essential for quality shoes."

Peter works with Manfred and he is a top end cobbler as well as engraver. He is from an Italian background so it goes without saying

that he has a feel for shoes and people. Manfred calls Peter a perfectionist and expects to deliver the best service possible.

You can tell these people love working with quality footwear and know a thing or two.

We need more business like Manfred's Shoe Lounge in North Melbourne to keep the character and amenity of our suburb. So, drop in and have a chat and keep an eye out for those Italian boots that will brighten up your winter.



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LETTER TO THE EDITOR

For one of last year's *North and West Melbourne News*, Issue 162 September 2013, I wrote an article about the Anzacs on the Greek island of Lemnos, as my husband and I had been there on a holiday. Lemnos is where the ships gathered before departing for Gallipoli, where field hospitals were set up to treat the wounded and where many Australians who died at Gallipoli are buried.

I'd like to share some updated information

with readers. First, I am very pleased that the article has been posted on the Lemnos Gallipoli Commemorative Committee website at lemnosgallipolicc.blogspot.com (select the 'Media Reports' tab, then click on 'Our Greek Connection – ANZACS on Lemnos').

Second, at the Greek Festival on Lonsdale Street in February, I met some of the members of the Lemnos Gallipoli Commemorative Committee, who had a booth there. They are currently trying to raise money to erect a statue in Melbourne dedicated to the Australian nurses who worked on Lemnos during the Gallipoli campaign.

With luck, they may reach their goal in time for the 100th anniversary of Gallipoli in 2015. More information is on their website.

Nancy Lane (North Melbourne)



North Melbourne Rotary Club

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call George Zindilis on 0418 398 255



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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.

The Basic Rules of Sudoku:

Shetu Mitra

There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.

1. When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
2. Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
3. Each row must contain all of the numbers 1

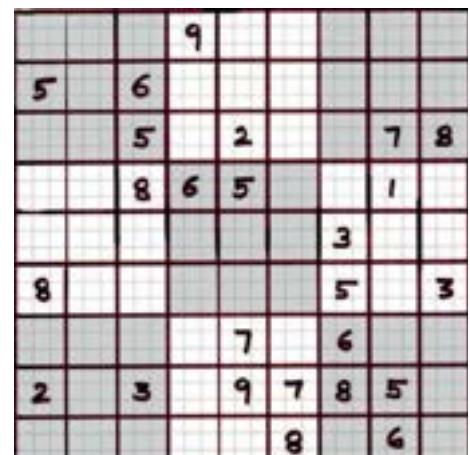


Illustration by Shetu Mitra

through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.

4. Each block of 9 squares must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

NW MN

NORTH & WEST MELBOURNE NEWS

Newspaper distributors needed

Do you want to discover more of North and West Melbourne? Love to meet new people? Or perhaps you already enjoy exploring the community for fun and exercise.

If you do, why not have a think about joining our distribution team!

It's a great way to help support our community, meet people, share stories and keep healthy!

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 bundles are then picked up from the Centre or delivered to distributors' doorsteps for delivery.

Get involved by dropping into The Centre, 58 Errol Street, North Melbourne, or by telephoning 9328 1126



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

Why Census? Looking forward, looking back!

Bethia Stevenson

The ABC recently reported that the Australian Bureau of Statistics was so short of funds that some six-monthly tasks are now being carried out annually. Hard times! In this article, I draw on my experience as a local census collector some years ago — in the 1975 Census of Population and Housing (CPH).

Some readers may recall the sceptical atmosphere around the 1975 CPH. Newspapers at that time had taken a stance against the Census, claiming that it was an invasion of privacy and it provided little beneficial outcome for the people who were required to respond (or else!). There was also widespread anxiety that responding could bring harm to one's peaceful existence.

The routine back then was that the Census collector (wearing a bright yellow shoulder bag as ID) would knock at the door and present the householder with printed forms to be completed. He or she would provide any explanations requested by the householder. If there was no one home, a note could be left,

advising when the collector would call again. Training had been provided, but persistence was the hallmark. Pay was OK, but not lavish.

The first doorknock was most often the point of negative response — ranging from anxiety, through avoidance to aggression. The first two were fairly easy to deal with. Here are some recollections.

While people were anxious about Big Brother learning about their personal affairs, there may have been controls operating on a personal level.



Illustration by Raphaelle Race

One example of this is a woman who had two male boarders. On first contact, when the forms were left for completion, she was querulous but listened to the spiel we had been taught. The men sat silent during the second visit, when the forms were collected, although details of their age had to be filled in. It was

possible for individual forms to be provided, to protect the privacy of each resident — but not there. Who might then have been concerned about privacy?

In two other houses, middle-aged offspring lived with an aged mother in her home. When the son and daughter, respectively, answered their doors, neither was able to make a decisive comment about the forms being left for completion. Each needed to disappear into the interior of the house for instructions, which required some scampering back and forth to receive questions and convey answers.

A 'smart-arse' response was perhaps going to be inevitable in the context of doubt and in the range of accommodation covered — individual dwellings, dwellings above shops, hostels, blocks of flats, share houses and pubs.

This was the interaction in one local pub (now apartments — surprised?).

Collector enters bar, approaches man in charge, ensures that he is the licensee. Tells him about CPH and proffers the necessary forms. Licensee refuses to accept forms. Collector gives the information provided in training, emphasising the compulsory nature of the census.

Licensee: Well, no-one will be here on that night. We're all going to the country for the weekend.

Collector (rather lamely): Wherever you are, on that night you, and anyone in your household, are required to be noted in the census.

So what's the point of the Census?

There are numerous users of this particular census. The obvious one is the government itself. Information about population is not just provided as total numbers. These facts are vital for planning by all levels of government and other forces in the economy: commerce, industry (especially home-building) and professional groups like health care and medicine.

The work of social researchers is usually of benefit to a broad range of society, and is greatly enhanced by sound population data.

Let's hope that the ABS will be funded well enough to undertake the next CPH on time, and also let's hope that the hysteria of the past is totally dissipated. The anxiety about invasion of privacy has no foundation, then or now. But we can all benefit from sound data about ourselves en masse.

What will you do for the Good Friday Appeal?

Adam Falloon

On the 18 of April, while many are gearing up for the Easter break, thousands of volunteers around Victoria will be working hard to collect money for Victoria's biggest fundraising event, the Good Friday Appeal.

Since its inception, the appeal has raised a massive \$258 million for the hospital. The amount donated grows each year and in 2013 the appeal generated a record-breaking \$16.4 million dollars.

For those of you that don't already know, the Good Friday Appeal is a charity fundraiser for the Royal Children's Hospital, the primary specialist paediatric hospital located on the border of West Melbourne and Parkville.

The hospital treats approximately 280,000 children annually.

The Good Friday Appeal was started in 1931 when a group of sportsmen and journalists organised a sporting carnival for charity and nominated The Royal Children's Hospital as its beneficiary.

Donations from the appeal are managed by The Royal Children's Hospital Foundation and

are put toward purchasing medical equipment, research and scholarships for the hospital. Almost half of the funds the foundation receives are generated by The Good Friday Appeal alone.

The event is centred on an 18-hour telethon hosted by Channel 7, in which viewers call in and donate while enjoying fun, family entertainment.

Alongside the telethon, a number of enthusiastic and ambitious people: individuals, community groups and organisations such as schools and businesses also register and host their own events. These events range in scope from classic ideas from garage sales to grand-scale events like the annual Cadbury Easter Egg Hunt and Family Picnic in Werribee, which sells out every year.

Last year, an organisation specialising in group fitness, going by the name 'The Heavy Haulers', held an exercising event in the Westfield Shopping Centre carpark in which they encouraged participants to push and pull tyres to get fit. The 'Haul for a Cause' was a day-long spectacle in which they raised \$50,000 for the hospital (nearly three times their proposed goal).

Meanwhile in Carnegie, the Rosstown Hotel



The phone room at the Good Friday Appeal

Photo: J. Behave

held a Parma Day for a world-record attempt at the most parmas sold, with a hundred per cent of sales donated to the Good Friday Appeal. Together with donations collected throughout the year they raised just over \$30,000.

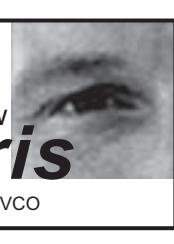
From tin-rattlers, to corporate sponsors, Good Friday is a day in which thousands put hard work into securing another year's funding for the hospital.

The Good Friday Appeal team does a

great job of making it easy and rewarding for people to get involved and contribute to the fundraising. People interested in lending a helping hand can hop online and visit www.goodfridayappeal.com.au.

What better way is there to rally people together than for a charitable cause? The possibilities are only limited by your imagination, so go wild people!

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CLEARANCE STORE

Postcolonialism in North Melbourne

Michael Roche

There is a colonial-seeming building on Curzon Street that was once a pub at a time when there was a pub on every corner. The building is called the Institute of Postcolonial Studies, and contemplates all things postcolonial.

The Institute has been based in North Melbourne since its inception in 1996, when it was established by Director Phillip Darby and Michael Dutton, a Chinese scholar now based in England.

On a sweltering afternoon during Melbourne's recent heat wave, Phillip takes me on a tour through the renovated drinking house, which dates back to the 1860s.

The old stable that housed the pub's horses is now a plush seminar room: airy, and graced with an abundance of natural light. The entire building resembles a modern-day art gallery, all white walls without cornices and skirting boards, rather than an old hotel.

Phillip explains the architect hired for the renovation used postcolonial theory to move the building from past to present. He refers to how the central thoroughfare acts as a link between the historical front and a very contemporary space out the back. This border between past and present is seen in the building and occupies the minds of its many inhabitants.

So the question has to be asked: What is postcolonial theory?

"There is no definition for it" says Phillip. "There are different understandings, which change over time. People have enough space to put their own stamp on it."

That might sound rather vague but some certainty emerges when thinking about the times we live in now.

"What we know is that colonialism has not been and finished," says Phillip. "It is around us still. In some ways we're more colonial than ever before."

Australia's history is steeped in colonialism. The British took foreign control over a land they described as *terra nullius*, belonging to no one. But over two hundred years later Australia's indigenous population has fought back.

"There have been remarkable changes," says Phillip. This change is seen in the vibrancy of aboriginal culture, art and community. Of course there are still problems, many of which are historically based. Indeed it is this tension between the past and the present which is at the heart of postcolonialism.



Postcolonial institute seminar

Photo: Phillip Darby

Phillip came to an interest in the subject after being radicalised some time ago by his students. He taught International Relations for over 45 years after studying at Oxford, where he completed a D. Phil. on British Defence Policy East of the Suez.

Over time he became more interested in International Relations from the perspective of the colonised and felt increasingly restricted by the conservative discourse of the subject he was teaching.

All aspects of foreign influence and control, in terms of politics, the rule of law, culture, ethnicity, environment, gender and sexuality are of interest to postcolonial theory.

By the 1990s Phillip and other academics saw the need for an alternative outlet of critical thought as the tertiary sector grew closer to the interests of business and government.

"In a way we were trying to establish a small progressive university," says Phillip. The institute is achieving this goal, if its publications and seminars are any measure.

The international journal *Postcolonial Studies* is published by the institute four times a year.

Over the last couple of years there have been seminars on mental illness and prisons, reflections on genocide in Rwanda, on everyday life in Zimbabwe and even Venezuelan politics.

Some events are held in local venues such as the Uniting Church in North Melbourne, where last year a packed audience listened to speakers discuss the postcolonial implications of Australia's asylum seeker policy in relation to Papua New Guinea and Nauru.

The Institute of Postcolonial Studies is located at 78-80 Curzon Street North Melbourne. All its seminars are open to the general public. New members and volunteers are welcome. You can contact The Institute of Postcolonial Studies on 9329 6381 or visit the web site www.ipcs.org.au

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Easter, a season of hope for something generous and good

John H Smith

Easter was once a Northern Hemisphere Spring festival. After the long dark winter the sun would appear, bringing light and life to all. The snow would melt allowing rabbits to appear from hibernation, birds would start nesting and flowers would begin to bloom, living signs that the natural cycle had taken its course, and a new beginning was under way.

Across many cultures traditions evolved to mark the advent of spring and celebrate the emergence of new life in the world. Rabbits, eggs and flowers were among the many things that have had a part in them.

When the Christian faith took hold in Europe, the older spring ceremonies were replaced by the Easter ceremonies of the church.

The new rites often incorporated the older aspects and gave them a fresh interpretation. The focus moved beyond the effect of seasonal change on the earth to a more transcendent theme. It was grounded in the impact of a person, Jesus of Nazareth, who embodied the creative, life-giving power that humans have referred to as God. Paradoxically this openness made him more fully human. Humanity was the resource that inspired Jesus to live a life that embraced the poor and the outcast in his community, and brought liberation in place of oppression.

The life Jesus lived put him at odds with the people of power in his time. The different forms of religious leaders opposed him, and he was suspect amongst the rulers and politicians. He was put to death, but the controversy surrounding him did not end there. His disillusioned followers were transformed by an experience through which they came to believe that in him, something had been offered to the world that changed everything. Jesus had risen from the dead.

The impact of this belief was and is still greeted with scepticism. We will never be able to solve the questions surrounding it.

But what it means is that faith was no longer concentrated on the return of the seasons. Faith came to stand for trust in the possibility that, despite injustice, suffering and death, hope for something generous and good remains, based on what came to light in Jesus.

This inspiration was one element that enabled others, not necessarily of Christian faith, Nelson Mandela and Mahatma Ghandi for example, to see through their present circumstances to a bigger view of life, and to work to repair the injustices that confronted their people.

Easter is about love given, and love returned that gives a basis for hope in the life of the world, the rich resources for living, and negotiating the complexities of life. Think about it. Oh, and do have a happy Easter!

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Gary Bohmer: the people's pharmacist

Jennifer Cook and Lorraine Siska

After almost 20 years serving our community with expertise, dedication and flair, Gary Bohmer has decided to retire, despite protestations from his loyal and satisfied clients.

Since August 1994, North and West Melbourne residents have benefited immensely from Gary's extensive experience in country and city pharmacy and retail practices. As well as being an astute businessman with considerable entrepreneurial flair — he recently developed the adjoining medical practice in Errol Street — Gary also played an important community role in the North and West Melbourne Precinct Association, as a member and sometime president.

During his long association with our community, Gary has witnessed many changes in the area, both economic and demographic. For the first five years there were retail vacancies in Errol Street and environs, and business was tough compared to the bustling, vibrant cafe-culture centre it is today. Young families have moved into the area and the market for baby products is booming.

Gary has shown great resilience, coping with personal tragedy with the death of his wife, Pamela, from breast cancer in January 2001 after supporting her during her long illness. Rearing five children at the same time as establishing his North Melbourne business was no mean feat.

Despite these challenges, Gary dealt efficiently and sympathetically with the health and emotional problems of our community

members, establishing instant rapport and quickly gaining their trust. He built a sterling reputation as an excellent diagnostician. Gary's ebullient and energetic personality seemed to fill the pharmacy space with bonhomie and goodwill.

He knew his customers by name, enjoying repartee and sharing life experiences as well as pharmaceutical knowledge with his clientele, many of whom became firm friends. He is a wonderful communicator with an ability to make people feel comfortable straightaway. His great sense of humour, sensitivity and a genuine interest in people made him extremely popular.

Gary came to love the area and its community spirit and relished dealing with people from all walks of life, cultures and "the whole economic spectrum". He said life in North Melbourne was "never dull and boring". Moreover, Gary's choice of personnel enhanced his business and showed his ability to judge character.

Staff members described him as "a fun boss", "enjoyable to work with", "a hands-on person" and "devoted to customer service". One colleague considered him "enigmatic" — an indication of the complexity of this larger-than-life character.

His staff were intrigued by his colourful turn of phrase, one colleague even typing up pages of 'Gary speak' or 'hits' as a record for posterity. Oft-repeated pronouncements such as "We're firing on all cylinders", "I'm not just a pretty face" and "You've come to the right place" inspired confidence. Solutions abounded. "I've got just the right thing", "These are the real McCoy" and "I've got the

strongest ones you can get over the counter", he assured anxious clients.

Other expressions, such as "working like a headless chook" and "no rest for the wicked, less for the righteous", revealed a strong work ethic. "Can we get some work done around here?" he would cajole his staff.

Gary had an uncanny ability to know at a glance what was happening in his shop, which allowed him to prompt the assistants to provide excellent service. Reprobates attempting to shoplift also came under his scrutiny.

Staff members recalled Gary chasing a pair of thieves one day and his embarrassment when the trousers of the miscreant almost in his grasp suddenly descended. Perhaps concerned about public misinterpretation of his actions, our intrepid chemist immediately turned his attention to the accomplice running in the other direction, gave chase and caught him.

Encouraged by his offspring, Gary is looking forward to some 'Gary time', researching his Germanic family history, indulging in his favourite leisure pursuit of fly fishing, both salt and freshwater, with a group of fellow enthusiasts, as well as devoting more quality time to his family. One colleague cheekily suggested he might also benefit from further computer training to improve his "two thumbs" technique.

We wish Gary well in his hard-earned retirement after a very hectic and stressful career.

Errol Street will not be the same without you, Gary, friend and advisor to so many. We will miss your beaming smile, your twinkling eyes and your cheerful repartee.



Gary Bohmer's winning smile

Photo: courtesy Doris Frank

Although his successor, Drew Wood, has big shoes to fill, we assure him of the goodwill of the North and West Melbourne community as he stamps his own personality on his newly acquired pharmacy business.

Jennifer Cook and Lorraine Siska are local residents and longstanding friends of Gary Bohmer (they actually received a farewell peck on the cheek). They gratefully acknowledge input from the man himself and pharmacy staff. Further details were drawn from Katrina Kincaide-Sharkey's article 'Pharmacist's four esses: Safety, Security, Style and Substance' published in the December 2009 edition of the News.

HISTORY

Moving around: stories of a North Melbourne family

Mary Kehoe

The Hotham History Project launched its 12th publication in grand style on 14 December last year when over 100 members and friends gathered in St Michael's Hall to hear the Hon Richard Wynne launch *Moving around: Stories of a North Melbourne family 1902–64*.

Moving Around, by Rae Nicholls and Lorna Hannan, is the story of Rae's family from

her grandparents' arrival in North Melbourne in 1902 until 1964, when Rae's father, the youngest of 13 children, moved out of the area.

Rae's story of her family's life in North Melbourne in the early decades of the 20th century struck a chord with many readers. Some comments:

"It's a wonderful record of the struggle shared by so many families in that era and the inventive ways they used to overcome disadvantage.

... Congratulations, Rae, on capturing

the essence of those years, painting a vivid picture of the physical environment in North Melbourne and bringing together in an interesting story the many experiences of you and your family."

Moving around can be purchased at the North Melbourne Library or directly through the Hotham History Project website for \$20. See www.hothamhistory.org.au, or contact Rae Nicholls on 9816 9720 or HHP secretary Mary Kehoe on 9329 5814.



Photo: Harry Nicholls

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HISTORY

Running, Skipping and Standing Still

Lorna Hannan

Early in the history of Hotham, later to be the North Melbourne of today, children on their way from school were warned that if they did not hurry home to their mothers, they would in all likelihood be attacked by the bunyip, or perhaps bunyips, who lived on the swamp.

This highlights how the study of school history should not simply focus on the formal aspects of schooling, but also, for instance, the history of time spent at play.

In the 1950s, when Mathew Hogan was head master at the Errol Street Primary School, an American scholar called Dr Dorothy Howard, spent time there observing children's play.

Dr Howard's work revealed the richness of that world of running, skipping, jumping, singing and the oodles of ball games, in which boys and girls would sort out complicated sets of rules, some of them seemingly invented on the spot and agreed to.

People still remember the yearly gift from the North Melbourne Football Club of new footies for the boys, delivered to the school by Horrie McEwan, the butcher from Happy Valley.

As the seasons of hoppy, skippy and marbles came and went each year at the Errol Street Primary School, games of Hoppo-bumpo and Saddle-my-nag (which might nowadays seem too vigorous) were still allowed. Another game, British Bulldog, involving one against the mob, was banned for a time as too rough and then seemed to disappear.

At the Errol Street State School, long lines of girls would be waiting for their 'go' to run in and out of the turns of a very long skipping rope while the whole group chanted a rhyme:

Mary Mac
Dressed in black
Silver buttons
Down her back
She likes coffee
I like tea
She likes sitting
On her grandmother's knee.

For readers who are surprised by the last line, there is an explanation. The deputy principal of the High School at the time, Ailsa O Connor, together with several members of its staff, had trained the skippers to change the original racist last line to 'grandmother'. Did it have an effect on the skippers? We do not know.

For many games, counting out rhymes determined the order of the players or who would

be 'he'. One of the school's favourite rhymes will be widely recognised:

One potato
Two potato
Three potato
Four
Five potato
Six potato
Seven potato
More

The Errol Street State School, during the 1950s and 1960s, had a period of big changes as streets of single fronted timber houses were demolished to make room for Housing Commission estates and many people moved on or were moved out. During this period, the Errol Street State School dwindled in numbers and its building and grounds were shared with the newly established Flemington High School.

Some families, newly arrived from Europe, continued for a long time to come up to the Murphy Street school gate at lunchtime with a hot meal for their children. There was a story that one grandmother used to arrive carrying a chair for her grandchild to sit on and until he was out of Prep, she actually fed him. Several people have the story but none of them could name the child so perhaps it is apocryphal.

There were certainly kids who did not care for the lunches packed for them. So they did a

swap and that's how they learned to like 'foreign' foods.

Some of the children who, in 1874, marched behind their principal Mr Mattingley from the old site near the corner of Queensberry and Errol Streets to the brand new building that would be their school, would still recognise some parts of the brick building that is the oldest part of the school today.

Some of Mr Mattingley's pupils would come to enlist during World War 1 and were therefore commemorated in the memorial drinking fountain in the school grounds.

Some of them, mostly girls, would not finish school or even stay until the compulsory leaving age. These girls' families would apply for them to leave school early to stay at home and help their mothers. A few months later, some of them would be working in factories and bringing in a wage that would help the family. Others, among them boys, would apply to leave from the age of 12 on and immediately go to work to help support their families.

It is well that we remember them and also acknowledge in what ways times have changed.

Lorna Hannan is the Chair of the Hotham Hill History Project

POLITICS & ENVIRONMENT

Where have all the flowers gone?

Jennifer Waters

In the 14 years Deb and Russell have been running their nursery it has become an important part of the North Melbourne and Kensington community.

They have been growing plants organically from seed to maturity and have created the only inner city plant nursery. It is a few kilometers from the CBD and is not only a working place but also one of peace and tranquility in a built up environment.

This place is not a lifestyle center where you can buy plants to suit your décor. No food miles are involved in the growing of the vegetables and herbs because their plants are all grown on the spot and have not gone through a commercial process.

Deb says there is a distressing trend where plants are seen as disposable. A tree can be bought and due to neglect it dies or doesn't suit the lifestyle and is thrown away. Thus plants become casualties, and "urban collateral damage."

Deb's partner, Rus, is concerned with the disappearance of plant species. Now that many large retail centers have nurseries, they are able to control the plants that are promoted and bought. The variety of plants is reducing because these shopping centers cater to the lowest common denominator and gardens are becoming boring due to ignorance about plant species. Rus feels that the art of gardening requires knowledge and patience and is being replaced by instant gratification.

"You can buy a garden but you can't create one", Deb explains, at Kensington Nursery, they have worked to promote a philosophy of

gardening, rather than one of decorating with plants.

However, in June this year it will cease operations to make way for the East-West Freeway extension and many residents will mourn its passing.

Deb says a bit of her soul will be destroyed when the bulldozers arrive. They have been part of a lovely community. Part of their community involvement was to work with 3 local schools setting up an edible gardening project and created an educational garden at the nursery.

With the loss of the Kensington Garden Centre traffic may move quickly along concrete and steel freeways but the downside is a small part of the inner city's human character will be lost. The question is who will want to live here as more community amenities and local businesses are scheduled for destruction?



Lush and green Kensington plant nursery, Stubbs Street and Macauley Road, Kensington
Photo: Robert Wiggett

We invite and urge readers to send their concerns about the East-West Freeway to the News for publication. This is a community matter and the community needs to be involved.



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Recycling those autumn leaves

Phoebe La Gerche-Wijsman

If your garden has been as fried as mine has, from the hot weather we've had, you will be wondering 'what on earth do I do in the garden!'

Firstly, if you have been able to show some restraint, you will have left all the burnt foliage on your heat stressed plants to protect them, in case of a resurgence of the heat.

Secondly, you will have been keeping the water up to them.

Other than that, there isn't much else you can do. My tomatoes have been a disaster, due to a mix of the searing sun and high temperatures. Tomatoes and their relatives such as eggplants don't set fruit when temperatures go over 30, but there is hope that I will get a late crop in autumn.

Autumn for me is all about leaves, lots of leaves!

Apart from the plane trees that line most of our streets, all leaves should be added to your garden beds. Leaves are a great source of mulch as well as packed full of nutrients for your soil and as such, your plants.

So apart from trimming off all the leaves and burnt foliage in the garden, autumn is the prime time to do a bit of pruning.

Prune and keep your rosemary and lavender clippings, they can be used in the kitchen and dried to deodorise your cupboards. When pruning these two slightly temperamental plants (they can just drop dead), make sure not to cut too far down into the woody, leafless part of the plant as they tend not to resprout on old wood.

Try adding a little autumn colour to your garden by buying a small tree with bright autumn colour. It's a great time to go to a nursery and be guaranteed to get the right colour.

My favourite is the Japanese maple, acer palmatum, with foliage of yellows, oranges and reds; they do very well in pots too.

The crepe myrtle, lagerstroemia, is another all-rounder with great foliage, bark and flowers.

My autumn plantings are a mix of plants that struggled through the heat, such as my tomatoes and a second crop of mixed lettuces, radishes, celeriac and parsnips.

I will also be throwing some seed of coriander and parsley around. Parsley is delicious and useful in cooking, as well as being a great weed suppressant.

As the weather cools down, autumn is also the time to feed your plants and pick and plant your spring bulbs.

So the things to do and plant for autumn;

- Tomato (try a late crop), Beetroot, Leeks, Garlic, Broadbeans, Snow peas, Sugar snap peas, Celeriac, Parsnips and Potatoes
- Herbs such as Parsley, Chives, Coriander, Rocket and Mint
- Pick and plant your spring bulbs. Daffodils, Jonquils, Fressias, Hyacinths, Bluebells.
- Buy your tulips, but remember to store them in the crisper section of your fridge for at least 6 weeks to give them a false northern hemisphere winter
- Mulch your garden with the autumn leaves. Be aware of Plane tree leaves, they are used in our streets due to their ability to absorb pollution and the leaves never break down!



Photo: M. Jastremski

TRAVEL & FOOD

Gateway to the Bellarine

Kashka Lantis

Where would you expect to see a Sphinx? Crazy as it sounds Geelong is home to a hotel where you can see a stylised 15 metre imitation of this iconic statue.

Not your cup of tea? Well Geelong has many other wonderful sights making it the ideal destination for a day trip or short break. Geelong is situated on the beautiful

waterfront of Corio Bay and is the gateway to the popular Bellarine Peninsula. In the early days of the settlement its main industry was wool production and as a result it had a large thriving port.

The completion of a railway line from Melbourne in 1857 heralded the beginning of a holiday love affair with Geelong which has continued to this day. Generations of Victorians have flocked to swim in the art deco sea bath, take a walk along the promenade, ride an antique horse on the carousel or relish

a delicious seafood lunch in one of the many waterfront restaurants.

For those interested in history a visit to the National Wool Museum in the centre of town is a good place to start. The City Council also produces an excellent self-guided tour booklet called Art and Culture Walking Trails.

A distinct Geelong landmark, the famous Bollard Trail stretches along the sea front. Over one hundred bollards or wooden statues provide a quirky way for visitors to get to know some of the historical characters who

have shaped the area. Made from reclaimed wooden pylons they were sculptured and then painstakingly hand painted by the late Melbourne artist, Jan Mitchell.

Aside from a wealth of historical, cultural and fine dining options Geelong's waterfront provides a wonderful playground for boating, fishing and swimming enthusiasts. There are maritime museums, lighthouses, marinas, boat trips and a calendar of events, including the well-loved annual Festival of Sails, held over the Australia Day weekend.

With all it has to offer and its stunning location Geelong would seem to be an idyllic place to live however it probably hasn't felt that way over the last year. 2013 certainly lived up to its unlucky connotations as the community was dealt some rather significant blows.

Last year Target retrenched 260 staff as part of a major restructure.

In recent months the Ford Motor company have announced job losses from June this year culminating in their closure in 2016 or possibly earlier.

Meanwhile Shell is trying to off load its refinery and Alcoa may also shut their failing smelter.

It is frustrating and distressing to see the impact these events have on a community and we can often feel rather powerless in the face of big business.

There is however something we can all do to support and encourage our close neighbours. Whether you take a day trip or stay for a few days add Geelong to your 'must visit soon list'.

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Geelong Bollard of Lifesavers

Photo: Kashka Lantis

“We’ll be home by Christmas!”

A memorial to local lads - David Fiddes and his friends - from the Great War (1914-1918)

Jennifer Waters

David Fiddes was a young man of his time. He was born during the last decade of the 19th century and died on the battlefields of Ypres on 21 October 1917. He was eager to enlist, and fight a war in a different hemisphere on the other side of the world.

Like his friends, Harold Harrison, Len Warren, Fred Laurie, Reg Kelly and Wallie Foster and cousins John Jamieson and Corporal G Reid, David Fiddes thought it would be a great adventure and they’d all be home by Christmas.

However, like David Fiddes, none of these

Pozieres on the 25th June 1916.

Allied Command regarded soldiers as fodder and used basic tactics consisting of front-on bayonet attack by row after row of troops. The nature of trench warfare resulted in the slaughter of millions of young men and the war became one of attrition. As so many soldiers were killed daily, it was believed that the side with the most men would win.

In his book, *To The Last Ridge*, William Downing describes fighting at Fleurbaix in July 1916 that was typical throughout the war: “The bullets skimmed low, from knee to groin, riddling the tumbling bodies before they touched the ground. Still the line kept on. Hundreds were mown down in the flicker of an eyelid,

mechanized war in history and replaced traditional warfare with the beginnings of modern combat methods and technology. No war before it had access to varied and effective technology that was able to achieve slaughter on a mass scale. Innovations were the machine gun, fighter planes, poisonous gases manufactured on an industrial scale, tanks, u-boats, aerial bombing, submarines and enormous armies of amateur soldiers.

This war was conducted in the air, on land and in the water. More than 65 million men from 30 countries fought and nearly 10 million died. The Allies lost 6 million men and the



loved young men” who

was “of a quiet and reserved disposition, but always a true friend”. By the time war was declared he had completed his motor body-building course at the Working Men’s College and like many other young men at the time, had everything to look forward to.

David was born in Collingwood in 1894, and grew up in Gower Street, Kensington. He attended the local Methodist Church and Kensington State School and was an enthusiastic member of the Boy’s Brigade and the Army Cadets. He enlisted on the 22 February 1916 and was 22 years and 3 months old.

He was killed during the First Battle of Passchendaele or the Third Battle of Ypres while on fatigue duty carrying sand and concrete over a ridge.

Why Ypres? Ypres was in the path of Germany’s planned sweep across Belgium and into France and its invasion of neutral Belgium brought the British Empire into the war.

The German army surrounded Ypres on three sides, bombarding it throughout much of the war. To counterattack, British, French, and allied forces made costly advances into the German lines on the surrounding hills. From 21 July to 6 November 1917, the Third Battle of Ypres — often known as Passchendaele — occurred.

At Ypres, chlorine gas was used for the first time on 22 April 1915 against Canadian, British, and French soldiers. Mustard gas was used for the first time in the autumn of 1917.

For several months during 1917, David Fiddes had been at the Passmore Edwards Hospital, London recovering from trench feet and returned to his unit in France on the 31 August. It was reported that he had always suffered from feet problems and as a result, was a ‘bad marcher’.

Passchendaele was the most costly battle in terms of human suffering and involved ANZAC, Canadian, British and French forces. They recaptured the Passchendaele Ridge east of the city at a high cost of lives. After months of fighting, this battle resulted in nearly half a million casualties to both sides, and only a few miles of ground won by the Allies. During the course of the war the town was all but obliterated by the artillery fire.

The Battle of Passchendaele lasted 3 months and the Allies lost 325,000 soldiers and Germany lost 260,000 soldiers.



Our boys. David Fiddes is forth from left, kneeling with a bandaged finger.

Photo: original photographer unknown

young men lived to tell their stories and instead are buried in the war cemeteries of Europe near the battlefields where they fell.

On 28 June 1914, Archduke Franz Ferdinand of Austria, heir presumptive to the Austro-Hungarian throne, and his wife, Sophie, Duchess of Hohenberg, were shot dead in Sarajevo. This event lit the fuse that ignited World War I — “the war to end all wars”.

In terms of numbers, the Central Powers (the Austro-Hungarian, and Ottoman Empires, Bulgaria and Germany) mobilized 22 million men and the Allies (Britain and the Commonwealth, France, Russia, Italy and the USA (1917) more than 40 million. Lord Kitchener’s call to fight for empire was heard in far-away Australia. Volunteers signed up from Essendon, Kensington, Moonee Ponds, Ascot Vale, Flemington, Newmarket and joined the 58th Battalion. Within weeks, the first Australian Imperial Force left for Gallipoli, a remote place on a peninsula in Turkey adjacent to a strip of water called the Dardanelles unknown to most recruits.

David Fiddes’ cousin, John Jamieson of the 8th Battalion was killed at Gallipoli on the 25 May 1915.

As a response to the Allies belief the war would be won on the Western Front the ANZAC troops were evacuated from Gallipoli to France on the eve of the British offensive in the River Somme region around Pozieres.

By November the Somme offensive had claimed 600,000 British and 680,000 German lives. The Australians took back the ruined town of Pozieres at the cost of 5,000 lives.

Another cousin of David Fiddes, George Reid, also of the 58th Battalion, was killed at

like great rows of teeth from a comb, but still the line went on, thinning and stretching. Fifty-six remained of a full thousand. It was over in five minutes.”

Eventually, heavy artillery, grenades and poison gas was used from the cover of trenches, concrete bunkers and barbed-wire fences. The British used tanks in 1916 as a way to breach the trenches and by 1917 both sides were using planes to locate and bomb enemy locations.

This war symbolized the end of one epoch and the beginning of another. It was the first

Central Powers lost 4 million. There were over 35 million civilian and soldier casualties, over 15 million died and 20 million were wounded.

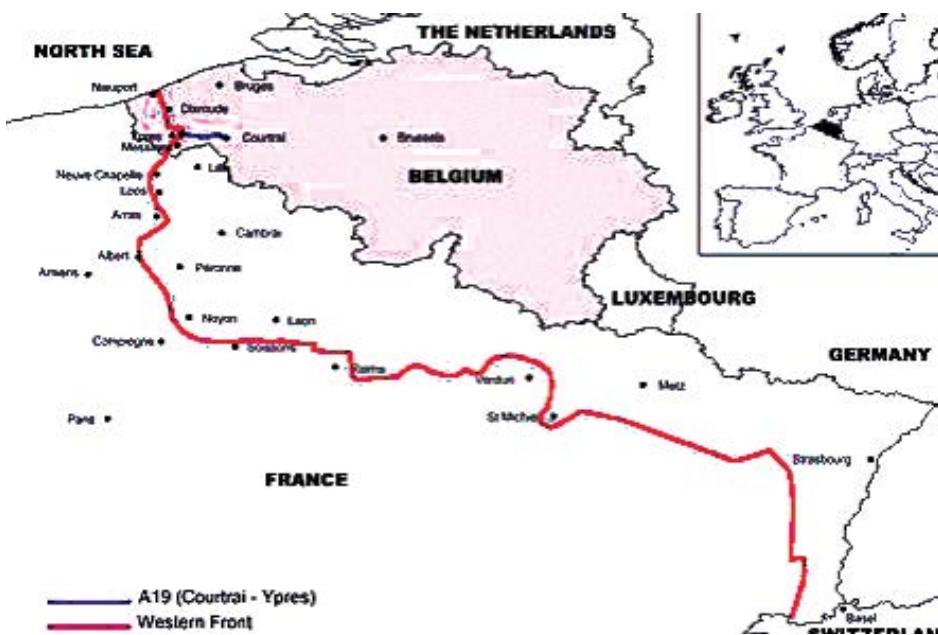
About two-thirds of military deaths were in battle, unlike the conflicts that took place in the 19th century when the majority of deaths were due to disease. Improvements in medicine as well as the increased lethality of military weaponry were both factors in this development.

The Kensington Methodist Gazette, 1 December 1917, describes David Fiddes as “one of our most highly respected and dearly



Australian soldiers at Passchendaele/Ypres

Photo: original photographer unknown



Map of the Western Front, The Great War 1914-1918

Advancing side by side the Anzacs forces formed the center of the attack known as the Battle of Menin Road. The battle proved a success, although a costly one as the Australians suffered approximately 5,000 casualties.

On 26 September the 4th and 5th Divisions, which had been attached to the 1st Anzac Corps for fighting around Polygon Wood, carried out a successful attack in which they managed to capture both the wood and parts of the village of Zonnebeke. Polygon Wood was a forest on the axis of the Australian advance. Shelling had reduced the wood to little more than stumps and broken timber.

One month later on the 21 October, David Fiddes was killed at Zonnebeke and buried at Menin Road Cemetery.

A fellow soldier reported his death: "I was with David Fiddes and a man called Langworthy in a party of ten going over a ridge on the 21st October on the Ypres sector when

a shell fell close to us and after the explosion I saw Fiddes and Langworthy lying across the duckboards both very badly wounded... It was officially reported later on that Fiddes had D/W." *AIF 58 — Records of the Australian Red Cross Society Wounded and Missing Enquiry Bureau, 1914-18 War IDRL/0428. Reported at Boulogne. The Australia War Memorial Canberra.*

The Great War, as it became known, dragged on until the end of 1918. In the drizzle at 5am on November 11, German delegates entered a railway carriage in the Compiegne Forest, France and signed the armistice. At 11am that day, fighting stopped on all battlefields.

Australia suffered the highest casualty rate of any nation in the war. From a country of five million, 416,809 men enlisted of whom more than 324,000 served overseas. Of those, 61,700 died and 155,000 were wounded.

More than 48,000 Australians were killed on

TIMELINE OF THE GREAT WAR

1914

June 28 – Austro-Hungarian Archduke Franz Ferdinand & his wife Sophie assassinated.
July 28 – Austro-Hungary declares war on Serbia.
August 4 – Germany invades Belgium; Britain declares war on Germany.
September 8 – German advance halted on the Marne.

1915

April 25 – Allied troops land at Gallipoli.
July 1 – Allies advance at the Battle of the Somme.
August 27 – Italy declares war on Germany.
August – September – Germany drives Russia from Poland.
November – Evacuation from Gallipoli begins.

1916

February – Germany instigates Battle of Verdun.
May 31 – Naval battle of Jutland between Royal Navy and German fleet ends inconclusively.
July – November – First Battle of the Somme

1917

February 1 – Germany begins unrestricted submarine warfare.
March – April – German retreat on Western Front to Siegfried Line (Arras-Soissons).
April 6 – The US declares war on Germany.
November 10 – Germany stops the Allies in Third Ypres offensive (Battle of Passchendaele).
December – British take Jerusalem.
December 15 – Russia signs an armistice with Germany.

1918

March 21 – Germany starts the first of its final offensives along the Somme.
August 8 – Allies break the German line at Amiens.
September – The Allies begin the final offensive on the Western Front.
October 30 – Turkey signs the armistice.
November 11 – Germany signs the armistice; the Great War is over.



Photo: Robert Wigget

Memoirs from the homefront WWII and the Malaya Emergency



Lois Lloyd Park was born in 1920. On the afternoon of 1 September 1939, she was hav-

ing her bottom teeth removed in her bedroom due to a bad case of pyorrhea. Her mother and boyfriend were in the next room and told her afterwards that war had been declared.

Lois started work at 14 in a paper bag factory in North Melbourne. Her parents had six children during the Great Depression and there wasn't much work or money around. A man might get two days work a week but that wasn't enough to raise a family. "We wore our clothes until they fell off our backs," Lois said.

At 21 Lois married Roy. He had been conscripted and after training did guard duty at Queenscliff. She also wanted to make a contribution to the war effort so she worked as a tram conductress. Eventually, Roy joined the Australian Army and went to New Guinea for three years.

While the men were away during the war, Lois felt grown up for the first time. "I saw how people lived — women went into hotels, drank and smoked," she said. "I experienced

everything, you had to join in."

Lois noticed that women developed during the war. "Things changed, the war made us come out of ourselves."

Every day somebody she knew was killed, wounded or went missing. "We put up with the restrictions at home," she said, "because the boys were putting up with a lot more over there."

After the war, Lois joined the Ladies Committee of the RSL. During the 1950s they made sure soldiers' children were looked after and they visited nursing homes, hospitals and asylums.

"If we wanted to raise money for our local branch we put on a social or raffle but all that has changed now". Lois was a delegate for Kensington/Flemington to ANZAC House and Area Officer for 15 years.

"I think the ANZAC tradition should be continued," Lois said. "It was an important sacrifice the country made and should not be forgotten."



Certificate for work with RSL Photo: P. Alsen

Tom Murphy:

The Malayan Emergency was a conflict between communist guerrillas and British Commonwealth forces. The guerrillas, most of whom were Malayan Chinese, attempted to overthrow the British colonial administration. On 18 June 1948, the British declared a State of Emergency after guerrillas assassinated three European plantation managers in the northern state of Perak.

Tom Murphy joined the Australian Army by mistake. At the age of 17 and a half he was working as a bellhop at Lennon's Hotel, Broad Beach (where Jupiter Casino is now situated) and he thought the armed forces offered better career opportunities. Also, he wanted the kind of active life he'd read about

during the Korean War.

He intended to join the Australian Navy but through a mistake ended up in the Army and, as he was underage, his parents had to sign his enlistment papers. After basic training he joined the First Battalion (2nd RAR) and was in Malaya for two years and 54 days.

He was stationed on the Thai Malaya border with the dog squad and trackers, and paratroopers doing ambush drops. It wasn't all that exciting but he loved the life and learnt about survival.

Tom made good friends, many who didn't return. He said he'd prefer it if politicians took all the time they needed to solve problems by talking things through, rather than sending soldiers to fight, kill and be killed.



Tom Murphy

Photo: Rob Wiggett

An egg and a bun go hand in hand

Kashka Lantis

No sooner have we eaten the last of the Christmas cake when we are reminded that Easter is just around the corner. In January I noticed chocolate eggs appearing on supermarket shelves. Seeing these, along with the obligatory hot cross buns got me thinking about how both became associated with Easter.

Chocolate eggs are a modern tradition, but the connection between eggs and Easter goes back a long way.

Many symbols of Easter actually pre-date Christianity, they used by ancient cultures to represent birth and renewal. In the northern hemisphere the spring equinox signals the beginning of nature's rebirth after the long dark winter and so eggs were used to symbolise this change in the seasons.

Sham El-Nessim, the Egyptian spring festival, has been celebrated for centuries and foods eaten at this time include boiled eggs with coloured shells.

In Chinese culture a baby's first month is celebrated through handing out red dyed eggs symbolising happiness and renewal of life.

In a number of countries eggs are used at

weddings to bless the couple with a fertile and harmonious marriage.

As Christianity spread, the egg was used to represent the resurrection of Christ. They may have also become associated with Easter as a treat following Lent. Traditionally eggs were one of the foods forbidden during the period of fasting. History points to the early Christians of Mesopotamia as using red coloured eggs to represent the blood of Christ.

Colouring and decorating eggs is still an Easter tradition along with hiding them for children to find as treasures. Egg rolling is another popular entertainment which may have started as a symbol of the rolling away of the rock from Christ's tomb.

Chocolate eggs were first documented appearing in France in the early 19th century. They were made of solid dark chocolate which was grainy and very bitter, not the most enjoyable treat.

In the end it was the Cadbury chocolate company that produced a smoother better tasting confectionery and in 1875 they released their first line of Easter eggs. Made of dark chocolate these were hollow and filled with sugared almonds. Finally in 1905 Cadbury introduced milk chocolate eggs and the rest, as



Photo: Kashka Lantis

they say, is history.

Hot cross buns go hand in hand with eggs at Easter. Their origins also date back to ancient times when cakes and breads were used as offerings to pagan gods. Ēostre was a goddess worshipped by the Anglo-Saxons during their spring festival and at this time they may have eaten small cakes decorated with a cross. Along with the Greeks, they marked these cakes to signify the four quarters of the moon.

A close forerunner of today's hot cross bun may date back to the 12th century. The story goes that an Anglican monk placed a cross on sweet buns which he gave to the poor on Good Friday.

Some historical records however indicate that placing a cross on bread was a common practice used to ward off evil spirits. So to pick an exact time for the creation of the hot cross bun may be rather misleading.

There are numerous European traditions

using bread during Easter and of course a version of bread is used for Holy Communion. There is Kulich, sweet bread that is blessed and eaten before breakfast in eastern European countries.

There is also an Italian treat of decorated bread wrapped around hard-boiled eggs, it is known as pupa cu l'ova, and makes a very festive centrepiece for the Easter table.

The range of Easter foods enjoyed around the world is extensive and these days even the hot cross bun is available in an ever widening range of flavours. You can take your pick from mocha, dried cranberry, white chocolate and orange to name but a few.

Give me the traditional spiced currant and raisin laden variety any day. Toasted with lots of butter, enjoyed with a good cup of coffee and followed by a chocolate egg, this is possibly the best breakfast of the year.

The humble biscuit

Kashka Lantis

From humble beginnings in ancient times to the wide variety available today, biscuits have become one of our favourite treats. Anyone who enjoys baking has probably created their own unique flavour, changes to the basic recipe are endless.

One of the earliest recipes was made with a grain and water paste and cooked on hot stones by Neolithic farmers around 10,000 years ago.

Later, the Romans learned to cut up the baked product, fried it until crisp and served it with honey and pepper. Hence the term 'biscuit' from the Latin *bis coccus* meaning 'twice baked'.

The ongoing refinement of biscuits took two directions; one resulted in a very practical food, the other in the creation of sweet indulgences.

Plain hard biscuits may have been one of the first convenience foods because they were very portable and had a long storage life. These hardtack or ship's biscuits were part of a sailor's staple diet for centuries.

In the Middle East, cooks began lightening the mixture with eggs and fats and sweetening it with honey and fruits. Eventually sugar was introduced and the biscuit became a widely-enjoyed indulgence.

Up until the 1800s, most biscuits were made in home kitchens but with the advent of compressed yeast, production on a commercial scale became possible. From the 1870s there were thriving biscuit factories in North and West Melbourne's Anderson and Laurens streets, one building still stands, the T B Guest & Co. Steam Biscuit factories.

One of the first biscuits to be associated with Australia is the Anzac. Possibly their origin goes back to the rations provided to soldiers during World War I. Another story suggests they were baked and sent by Australian women to their loved ones in the trenches.

Anzac biscuits were named after the Australian and New Zealand Army Corps. These Anzac Tiles or Wafers were like the hard tack issued to sailors. It was not until the 1920s that recipes for a sweet version started to appear in Australian cookbooks.

Today Anzac biscuits are a delicious mix of oats, coconut and golden syrup. The great thing about these delicious treats is that, unlike hot cross buns, they are available for our enjoyment all year round.

Thanks to our Neolithic ancestors we have a small and delectable treat that can be easily carried and devoured morning, noon and night — the biscuit.

Anzac Biscuit Recipe

Ingredients

125g butter, chopped coarsely
2 tbsp golden syrup
3/4 teaspoon bicarb soda
1 tbsp water
1 cup (90g) rolled oats
1 cup (90g) desiccated coconut
1 cup (150g) plain flour
1/3 cup (165g) brown sugar

Method

Preheat oven to 160°C or 140°C fan-forced. Place the rolled oats, desiccated coconut, plain flour and brown sugar in a large bowl. Stir together. In a separate bowl combine bicarb soda and water. Combine butter and golden syrup in a saucepan heating very gently until butter and syrup melt. Remove from the heat and add the bicarbonate of soda and water mix. Pour this warm mixture into the dry ingredients, stir well. Roll mixture into balls. Place about 4cm apart on baking paper lined trays and flatten slightly.

Bake in preheated oven 12–15 minutes or until golden brown. Remove from oven and cool on baking trays; transfer to a wire rack to finish cooling. Makes approximately 30 biscuits.

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The protective properties of seasonal produce

Yvette Vigor

Before globalisation, there was no need to consider what food was in season — there was no other option except to eat seasonally. We would eat cucumber in summer to cool us down and then there would be nourishing root vegetables in winter.

With the advent of advanced cooling and heating technologies, global travel and transport, are we losing touch with the seasons?

Fresh seasonal produce has a higher nutritional content because it's picked when ripe. Conversely, out-of-season produce is harvested early and doesn't ripen naturally. Therefore, it doesn't develop its full nutritional content and flavour.

Ironically, the concern for a healthy diet is one of the driving factors for globalisation of the fruit and vegetable trade, with improved handling, transportation and greenhouses making it possible.

Out-of-season produce requires artificial intervention to prolong its shelf life:

- Fungicides — the produce is sprayed with fungicides to prevent mould growth.
- Cold storage makes the produce deteriorate at a slower rate.
- Controlled atmosphere storage lowers the

level of oxygen to slow down the rate of deterioration.

- Irradiation is used on herbs, spices, herbal infusions, tomatoes, capsicums and some tropical fruits, which involves passing the produce through a radiation field to kill bacteria and pests.
- 1-Methylcyclopropene is used to inhibit the release of naturally occurring ethylene, which helps ripen the produce and develop its flavour. Commonly used on bananas, apples, tomatoes, avocados and kiwifruits.
- Artificial environments impersonate the appropriate temperature and create nutrient deficiencies, produce is heavily sprayed due to bugs getting in.

From a Traditional Chinese Medicine (TCM) perspective, seasons have a profound cyclical effect on human growth and wellbeing. In TCM, autumn is a season of transition. It is the time to clear the excess heat from the summer months and start to warm the body for the cold winter months. Eating seasonal produce helps protect our bodies from these seasonal illnesses and disorders.

Preparing food according to the seasons is also important. TCM practitioners advise baking and sautéing in autumn as it helps thicken the blood for the cooler months. Some foods that build up our blood in preparation for winter are figs, pears, spinach, pumpkin and



Organic food stand at Flemington Farmers Market

Photo: Aaron Wolf

beetroot.

Eating seasonally is not only healthier; it is more sustainable due to the energy required to store and transport the produce from the paddock to your plate.

It is time we all became informed consumers and questioned what is in season, where our food has come from and what it underwent to arrive here looking fresh.

Talk to your local grocers and avoid supermarkets, which store produce for months and source their produce from all over the globe.

If you can't afford to eat organic, visit the organic section of the market simply to check

what produce is in season.

The closest farmers market to the North and West Melbourne area is the Flemington Farmers Market, open Sunday 9.00am to 1.00pm. See www.flemingtonfarmersmarket.com.au/

Or better yet, try growing your own seasonal produce!

For a list of seasonal produce for autumn see: www.seasonalfoodguide.com/melbourne-victoria-seasonal-fresh-produce-guide-fruits-vegetables-in-season-availability-australia.html www.qvm.com.au/seasonal-produce/

Warm Autumn Salad

Yvette Vigor

This dish is made with some of my favourite seasonal veggies: pumpkin, brussels sprouts and pomegranate seeds. The colourful meal works well for lunch or served with lamb cutlets for dinner. After trying this warm and tasty autumn recipe, you will never view brussels sprouts the same again.

400g pumpkin, peeled and cut into 2cm cubes
300g brussels sprouts, trimmed and cut into half
1 sweet red onion, peeled and chopped
1 clove garlic, peeled and chopped
3 tbsp olive oil
Goats cheese
1 tbsp honey
1 tbsp balsamic vinegar
1/2 tsp allspice
Salt and pepper
Pomegranate seeds

Directions

1. Preheat oven to 200°C
2. Chop vegetables. Remember to cut the ends off the brussels sprouts, remove 1-2 outer layers and then slice them vertically in half.
3. Prepare the dressing by combining honey, balsamic vinegar, olive oil and allspice.
4. Spread the brussels sprouts, pumpkin, garlic and red onion evenly onto a baking dish and coat with the dressing.
5. Roast for 25min — or when golden brown.
6. Combine vegetables with the dressing and sprinkle with pomegranate seeds and crumbled goats feta.
7. Optional: sprinkle with nuts that drop on the orchard floor in autumn (eg. walnuts, almonds, pecans).
8. As apples are at their freshest best in autumn, enjoy an Apple and fig crumble for dessert.

Serves 4



Photo: Yvette Vigor

Note: Seeing that brussels sprouts don't come into season until April, you could try this recipe first with zucchini.

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In the Swim: the history of the North Melbourne pool

Carole Lander

Built in 1909 as the North Melbourne Baths, the pool sits daintily at the intersection of Macaulay Road and Arden Street, nestled among industrial buildings and sports fields. It is now officially part of the North Melbourne Recreation Centre.

Memoirs from early users fondly recall long days spent at the pool during Melbourne's hot summers. Not much has changed. In the heatwave week of 13–17 January this year, a total of 8300 people went to the centre to cool off.

For the first 30 years, swimming was segregated and the men had the lion's share. Females were only allowed 10 hours over two days of the week. Similarly in ancient Greece it was the men who were devoted bathers. They loved to go to the gymnasium and work up a sweat, followed by a communal bath.

Later, the Romans developed the art of languorous bathing and invented taps and aqueducts that made it all possible. To them, the baths were more than a place to get clean; they provided a social life as well. People from all classes of society used them, but only the men.

In Europe during the Middle Ages the spread of plague made people consider more closely their attitude to hygiene but they went in the opposite direction — plugging their pores rather than cleansing them with water.

In the 1500s the English towns of Bath and Buxton gained popularity as spas when royalty visited to cure their gout. Coastal towns claimed that the really curative waters were those of the sea and Brighton became the most fashionable resort in the world.

By the early 1900s bathrooms were appearing in the homes of the wealthy and here in Australia, public swimming pools were being proposed in many towns and cities.

At the opening of the North Melbourne Baths, the premier, Mr Murray, urged the necessity of children knowing how to swim. "Swimming should be made a compulsory subject in state schools," he said in his address.

Swimming lessons don't feature in all the memoirs and often bathers just enjoyed playing in the water to keep cool. For those who did learn, there was a Herald Certificate to strive for. In 1950, Yvonne Lord was taught to swim by her father and proudly came third in the Under 11 Freestyle, which was won by Dawn Fraser.

Also in the 1950s, Anthona Wall remembers that the water was freezing and the weather often cold when she went for swimming lessons with St Michael's School. "I was frightened of deep water. I never could swim the length but eventually I could swim the



Photo: Carole Lander

width of the pool. I never got in at the deep end," she said.

In the 1960s Siobhan Hannan recalls that "there were no swimming lanes or lessons, none of the stuff pools have these days." And by the 1980s the pool was showing all the signs of age and was leaking. It closed in 1991 and might have stayed that way if local people had not organised a campaign for a new one, which opened in 1996.

Well, there are certainly plenty of swimming facilities there today. Pools for infants and toddlers are shaded and safe. The 25-metre, eight-lane baths provides ample opportunities for swimmers of all capabilities and lessons are available for all ages. The grass verges are tastefully landscaped and shaded, making this one of Melbourne's most attractive pools. To cap this off, the change-rooms had a recent makeover and are a joy to use.

The Victorian school curriculum stipulates physical aquatic activity and all the North Melbourne schools visit this local pool for lessons. Organisations like Austswim focus on survival in swimming lessons. Australians are obsessed with staying safe around water, but there is another dimension to swimming

— fitness.

No other workout burns calories, boosts metabolism, and firms every muscle in the body (without putting stress on joints) better than a swimming workout. Fitness trainers point out that people who are keen to lose weight can burn around 500 calories an hour in an easy swim, while a vigorous effort can get rid of almost 700.

Because water is nearly 800 times denser than air, each kick, push and pull is like a mini resistance workout for the entire body — especially core, hips, arms, shoulders and glutes. So in addition to blasting calories as we swim, we build lean muscle, which ignites our metabolism so that we burn more calories.

Swimming is kind to the body. Water neutralises gravity, so we become virtually weightless when immersed, giving our joints a rest. People suffering with arthritis are often advised to go to a pool and the North Melbourne Baths offer low impact water aerobics classes.

The ABC Health and Wellbeing website (www.abc.net.au/health/healthyliving/fitness/exerciseguide/stories/2007/06/05/1943162.htm) is a good source of information on this topic. It

lists cardio-respiratory fitness and flexibility as further benefits gained from swimming.

The North Melbourne Pool will close for winter on 30 April but there is still time to get on down and start your fitness program. And if you get hooked, you can continue at the covered public pools in the vicinity — Kensington or the City Baths.

FAST FACTS

Opening hours:

October and April:

6.00 am to 9.00 am

4.00 pm to 7.00 pm

November to March:

6.00 am to 8.00 pm Monday to Friday

8.00 am to 7.00 pm weekends

Full details about programs, classes and facilities: www.melbourne.vic.gov.au/nmrc/Pages/default.aspx

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MS Mega Swim at North Melbourne Pool

Nancy Lane

The MS Mega Swim, which takes place at swimming pools around the country, enables MS Australia to support services for people living with multiple sclerosis. More than 21,000 Australians are afflicted with MS, a disease that attacks the central nervous system and causes a wide range of symptoms including fatigue, numbness in the arms and legs, dizziness and vision loss.

From 10am on 22 February to 10am on 23 February, the centre held a major event, its second annual MS 24-hour Mega Swim.

This year the North Melbourne MS Mega Swim involved about 200 swimmers in 11 teams, up from last year's 90 swimmers in 6 teams. Various recreation facilities, as well as football clubs and swim clubs, fielded teams.

Teams competed both in number of laps swum and amount of money raised, though at the North Melbourne event, emphasis was on having a good time and supporting a worthy cause, rather than on serious racing.

Each team had up to 15 members and had to have one swimmer in the water at all times over the 24-hour period. Most people would swim three or four half-hour time slots and

then take turns swimming and counting laps.

In 2013 the swim raised approximately \$20,000, but this year by 'close of swim', competitors had raised \$43,282 — more than double that raised last year — with more donations expected over the coming weeks. There were also several local North Melbourne businesses that sponsored the Mega Swim by providing in-kind support.

The atmosphere at the swim was friendly and convivial. Competitors were aged between 2 and 77 years old. Beginner swimmers used floats and fins, and intermediate swimmers often shared their time slot with a friend. In some cases, whole families would trade off doing laps. Supporters sported team colours, wore silk flower leis and blew bubbles. Sponsors provided breakfast, as well as bananas for snacks.

Even those swimmers who took the 'graveyard shift' swim slots had smiles on their faces. Vicki, who took to the pool in early morning, said that "with the beautiful blue pool lights on, I found swimming at that time really tranquil."

To supplement fundraising for the Mega Swim, the Centre held a one-hour collective burpee challenge (aerobic squat thrust exercise competition). Last year there were just a few



The 2014 24 MS Mega Swim was a fantastic success!

Photo: Jonathon Tabenskey

competitors who completed 850 burpees in an hour, but with so many more competitors, the total this year was 13,068.

The North Melbourne Recreation Centre hosts a wide range of events at the pool — from movie nights and inflatables for families, to Swim-and-Spin competitions for fitness

fanatics.

More information about the MS Mega Swim can be found at www.megaswim.com.

Nancy Lane teaches introductory health classes at The Centre: Connecting Community in North and West Melbourne.

How old are you in 'yoga years'?

Author

It is the Holy Grail of Modern Life, the never-ending quest for the elusive fountain of youth $\frac{3}{4}$ will be find a potion, procedure or diet that will keep us looking and feeling young forever?

Three yoga gurus between the ages of 80 and 100, Sri K. Pattabhi Jois, Krishnamacharya and B. K. S. Iyengar, felt it was possible to stay youthful by practicing yoga. They still developed wrinkles and still sagged, but there was a youthfulness and vigour about them that belied their age.

The accepted view of the aging process has been one of stiffening, rigidity and closing down. Without proper exercise, the body contracts and we lose height, strength and flexibility. As a result, our natural free range of motion is restricted so daily activities become difficult and in some cases impossible.

Yoga can keep you young where it counts, on the 'inside' but also on the 'outside'. When you're young on the inside, your

organs, joints, nervous system and outlook is also youthful. For the 'outside', yoga can help you maintain your body's flexibility as well as your flexibility of thought and open-mindedness when you get older.

Yoga works to diminish the aging process by moving each joint in the body through its full range of motion: stretching, strengthening and balancing each part of your body.

Most popular forms of weight bearing exercises work to contract muscles and tighten the musculoskeletal system. This adds to the stiffness that normally settles into the body with the passage of time. Unfortunately,

in our youth-oriented culture, which is obsessed with thinness, we tighten the muscles to make the body look firmer.

One of the best yoga asana (poses) for reversing the aging process is the headstand, or 'Shirshasana', also known as the "King of Poses". Headstands are practiced in most styles of yoga. Amongst other things, it is claimed that headstands are practiced to strengthen the immune system, improve brain function, support the digestive system and promote calmness.

In fact, mastering headstands $\frac{3}{4}$ and being able to hold the pose for hours per day

$\frac{3}{4}$ is said to halt the aging process altogether, and induce enlightenment as B.K.S. Iyengar says in his well-known book, Light on Yoga.

However, the headstand is a powerful posture, one that needs to be worked into slowly, and with proper guidance. Unless you did extensive gymnastics when you were younger, and are used to being upside down, it's not a posture to try at home by yourself.

In yoga, age is measured not in chronological years but with the saying, "you're only as young as your spine."

If you really want to know how 'old' you are $\frac{3}{4}$ don't look at your birthdate or the number of grey hairs or wrinkles you have $\frac{3}{4}$ check how bendy your spine is.

Look forward to growing older, because with every passing year, your bodies can get more fluid, more open, and even stronger.

Chris & Janine opened The Yoga Place North Melbourne in November 2013. A large New York style studio offering Vinyasa, Yin and Beginner's yoga for all levels. [www.theyogaplace.com.au](http://theyogaplace.com.au) for more information.



Graphic: wikipedia commons

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Year 12 survival guide

Carole Lander



Illustration by Ava McMaster

"My teachers told us not to focus on the ATAR but it was always in the back of my mind. In

the end, if you choose to work hard you can achieve your goal."

Wise words from Alessandra Tonkich, who graduated from St Aloysius College last year with an ATAR of 84.95 and now studies speech pathology at the Australian Catholic University. She has the following advice for students beginning Year 12 this year: "Stay on top of your schoolwork because if you fall behind it's stressful."

Teachers and educators know that students who are organised — for example, by using their diaries and calendars — are more likely to do well in coursework and examinations.

Another recent graduate, Simmon Tran from Simonds College, advises students against cramming at the last minute, "because when you get into the test or exam, most of it goes out of your head." The most important thing, though, is for students to choose subjects that they like because they are more likely to do well in them.

Simmon was aware of that and chose wisely, achieving an ATAR of 90.4 after studying English, Mathematical Methods (rather than Specialist Mathematics), Chemistry, Physics, Economics and Psychology. To lighten his workload, he took the Psychology course in Year 11. Simmon is now enrolled in a Bachelor of Environments at the University of

Melbourne.

Everyone acknowledges that the final year of school can be challenging, so making sure that studies are enjoyable is a good start. Nevertheless, Simmon found the beginning of the year overwhelming until he settled into a routine.

Alessandra has always loved singing and dancing so she studied Music and Dance in VCE, as well as Physical Education, Italian, English and Health and Human Development. Even so, by the middle of the year she was getting tired and needed motivation.

School psychologists will always recommend a balance of schoolwork and social life but it is up to the students themselves to manage this. Often there is part-time work to be fitted into the busy schedule too. Alessandra gave up her dance classes outside school, which was a wise move.

To make that break from study, some will choose co-curricular activities. Alessandra was the performing arts captain at her school and although this took a lot of time she relished the opportunity to interact with younger students. She found time for socialising too and celebrated her 18th birthday party during the year.

Simmon was a house captain and when he needed to relax from study he went to the gym

or for a run. He has some good advice about the use of social media: after an hour or two of study, check the internet but don't waste time on it.

Getting enough sleep is very important throughout the year as well as maintaining good relationships with family and friends. Don't forget that teachers are always there to support students. Both Alessandra and Simmon have high praise for the staff at St Aloysius and Simonds College.

Careers counsellor Mandy Ellwood has some very straightforward advice for VCE students: be there in class; do what you are asked to do; do it to the best of your ability.

Finally, she says, "It doesn't matter how low an ATAR you achieve, you can still get into a course. Follow the rules about changing preferences with VTAC and talk to your careers teacher."

Carole Lander worked in public affairs at the Victorian Curriculum and Assessment Authority (VCAA) until recently. Each year they produce a booklet called 'Where to Now? Guide to the VCE, VCL and Apprenticeships'. Copies are sent to all Victorian schools in May/June. It is available online at [www.vcaa.vic.edu.au/pages/vce/publications/WheretoNow/default.aspx](http://vcaa.vic.edu.au/pages/vce/publications/WheretoNow/default.aspx)

Friday night fun at the Twilight Fete

Robyn Phelan

North Melbourne Primary School fete is coming, and Grade 2 student, Gabe Elliot, wants to tell us all about it.

"I loved the last fete.

"Hmm, the best rides?

"Dinosaur Bouncy Castle was very fun, with all the blow-up toy dinosaurs. You could ride on them, you could climb up a rock climbing thingy and then slide down the HUGE slide.

"Oh and the Big Sack Race Slide ride. And the line to get on was humungous because it was really fun. And it took a long time to get to the top, it was sooo high. So many people wanted to go on it. I got to go a few times and I chose the left-hand slide because it was fast. Yes, this was extremely fun.

"The twirly-whirly Tea Cup ride was a bit boring for me because I was in Grade Prep

then. If it was going 50 kilometres an hour I would go on it! Maybe it's just good for babies to go on to give their parents a break.

"Hmmm, my favourite game? The Sponge Toss was REALLY good. You could throw sponges. I threw one at my dad and then I got to put my head in the hole myself and sponges were thrown at me. I liked to slap them in the face!

"There were lucky dips and shops near the library. I really liked the Dr Who forest toy that I bought. It was a bit smelly but it was the character Cyberman from one of the episodes.

"I hope the slide is there this year, yes there should definitely be a slide and I also remember seeing this ride, the superhero ride ... I hope that it is there this year. It went twirl, whirl, blah, blur. I didn't go on that one, it looked kind of like my head would really get pretty sick. I don't really want to go on that one ... that's for the kids.

"Well, I reckon this year's fete is going to be a good one."



Graphic design: Shannon Lamden

A vacation to remember

Claudio Palmeri

So what happens when you spend a day with your elderly grandparents, whose only modern electronic device is a television? You learn where you came from and begin to understand where you are going.

A day without modern technologies turned out to be one of the most memorable days of my holiday. After visiting my grandfather, I came away with a new appreciation for my grandparents and wonderful stories to pass down to the next generation and I learnt lessons that couldn't be found in a book or on the internet.

Many years ago a community was made up of family members who lived close to each other. Stories of many generations before them were retold with a modern twist to make the young people understand what was right and wrong.

My grandfather says that "kids have always been kids", they challenged the rules and always asked why, but they listened because they learnt respect for what the older and wiser generation had to say. He believed the young people played an important role in the community, in questioning why it had changed.

I would advise anyone lucky enough to have grandparents to enjoy every moment with them; no game or movie will ever teach you the life skills they can.

For those who no longer have grandparents, there are plenty of elderly people in the community waiting for someone to talk to. The City of Melbourne offers a 'Friendly Visiting Program', which provides social support and companionship to older people.

Remember, the secret is to listen and learn. A very wise man said to me: "Tell me where you have been and what you have learnt, and I will tell you who you are and where you are going." My grandfather wanted me to understand the value that the elderly add to this modern community.

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Melbourne NOW - an overview of NGV's major exhibition

Carole Lander

Tony Ellwood, the new director of the National Gallery of Victoria (NGV) is very proud of his first major exhibition *Melbourne Now*. It runs until 23 March and is well worth a visit if you haven't yet had the chance to go.

Ellwood has brought together a wide range of artists, architects and designers to show off this city. He has ensured that most creative disciplines are on display and it is, as he says, 'an exhibition that speaks to a wide audience'.

Allow plenty of time because the works are spread across both galleries (International on St Kilda Road and Ian Potter on Federation Square) and also spill out into Hosier Lane (across Flinders Street) where a collective of artists redesigned the walls during the opening weeks of the exhibition last November.

The entrances to both of the galleries boast impressive statements. Behind the famous water wall at NGV International, a set of brightly coloured panels by McBride Charles Ryan creates a space where 'anything can happen'. Depending on when you visit you could see a fashion parade, a workshop of some kind or be invited to make a creative artwork.

Over at Fed Square, the NGV Ian Potter's entrance features an installation by The Hotham Street Ladies, a recreation of scenes from their lives as students in a share-house, using predominantly icing sugar. This sense of fun, with its almost irreverent tone, prevails throughout many of the exhibits.

The list of artists is very long and only a few can be mentioned here. Patrick Pound's *Museum of Air* is a huge and eclectic collection of memorabilia where each piece refers to air or wind in some way.

Mark Hilton has created a vast sculptural work that spells out the words 'don't worry'. A phrase that usually reassures, this work suggests that there is plenty to worry about. Look closely at the letters to see some highly disturbing tableaux in the detail of the sculpture.

There is an impressive display of contemporary jewellery in NGV International and Meredith Turnbull's workshop invites participants to make their own necklaces – the type of community event that has become popular in galleries



At home with the Hotham Street Ladies, 2013

The Hotham Street Ladies est. 2007, photo provided by Melbourne NOW

all over the world. In fact, opportunities for audience participation occur quite frequently around the two venues in *Melbourne Now*.

In the gardens at the back of NGV International, visitors can learn about composting from Urban Commons's elevated planters, and local designers are taking up residence in a caravan where they are happy to talk about their work if you drop by.

Major architectural firms have work on display alongside the city's boutique artists.

At a recent Melbourne Conversation (organised by the City of Melbourne for the general public) a panel of speakers responded to *Melbourne Now*. Rob Adams (Director City Design at the City of Melbourne) who has been a key figure in the modern transformation of our city, was delighted to see so many children at

the exhibition and commented on the high number of activities designed for them.

Emily Floyd (sculptor, printer and lecturer in design) said that Ellwood's vision for the NGV heralds a new era with the sense of everyone coming together. The number of local artists whose work has been included is indeed impressive.

Ian MacDougall from ARM Architecture commented that this surge in design and innovation is something we knew was happening in Melbourne but never before has it been displayed in such a manner. He recalled how artists were brought in to revitalise Manhattan in the 1960s.

Not every company or individual can be included of course, and possibly some artforms are absent, but overall this is a very impressive collection of work that should definitely be seen.

FAST FACTS

The Hotham Street Ladies are Cassandra Chilton, Molly O'Shaugnessy, Sarah Parkes, Caroline Price and Lyndal Walker.

Materials for this installation included royal and buttercream icing, modelling paste, confectionary, furniture, plinths, pot plants, colour DVD, television, light fittings, heater, icing, video, chandelier, lampshade, fireplace, furniture, television, crockery, cutlery, glassware, fabric



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From meat merchants to artists abode: the history and creation of Arts House

Jennifer Choat

At the heart of North Melbourne, on the corners of Queensberry and Errol Streets, is a local cultural hub known as the Arts House.

Operating from the iconic North Melbourne Town Hall (NMTH) and heritage-listed Meat Market, Arts House provides creative spaces for the community and local artists.

The buildings, steeped in history, exemplify the growth and development of the City of Melbourne.

In 1876, the town of Hotham (as North Melbourne was formally known), opened the doors of the current town hall.

Architect George Johnson designed the building and went on to construct six additional town halls in Collingwood, Fitzroy, Northcote, Maryborough, Daylesford and Kilmore. He was commissioned again to design the Meat Market in 1880, completing the traders' centre in Hotham.

Interestingly, all but one of Johnson's town halls, as well as his meat market, now operate as theatres; a fitting tribute to the architect who was known for his love of performance and the arts.

Over the years that followed the NMTH had been used to house community services programs and personnel, including a community arts centre in the rear warehouse, but was largely left moribund and vacant.

It wasn't until 1996, after decades of neglect, that the building was considered for development and repair.

The council, with an arts project in mind, had extensive consultation with Melbourne's artistic community regarding the lack of a local arts presence.

The discussions confirmed that artists were finding it increasingly hard to secure places to work in the city, particularly where new work could be shown, and that centres with arts activities tend to enhance their surrounding neighbourhoods.

From this research came the decision to refurbish the old NMTH with the vision of creating a North Melbourne arts precinct.

It took several years and \$3.4 million to completely refurbish the facilities and create a venue well-equipped with flexible performance spaces for community use, along with multiple rooms to house arts organisations.

By May 1998, the NMTH officially reopened as a dedicated cultural facility under the title of Arts House.

Also at this time, Team Leader Sue Beal was appointed to her position and remembers the



The North Melbourne Metropolitan Meat Market and Hotel, on the corner of Courtney and Blackwood Streets

Photo: Jennifer Choat

early challenges with the venue.

"The community and the artists voiced their concerns to the council as the artists in residence couldn't afford to keep up with the rent," Beal explains, "so they asked for government funding, not just for the use of the space, but also to give them a bit of money to contribute to their work."

This was the beginning of their creative development grants, such as the CultureLAB program designed to assist artists in producing their work onsite.

"We seek cutting edge, experimental, risk-taking art," Creative Producer Angharad Wynne-Jones describes. To achieve this, a team of producers actively source new works.

"We're always out on the sniff for talented, fabulous artists both here and interstate and indeed internationally," says Wynne-Jones.

As the talent gathered, so too did the need for more creative space.

In 2005 the management of the Meat Market was taken over by Arts House, providing the establishment with a fresh venue for creatives to develop their performance work.

A seemingly usual site for performance art, the Meat Market once hosted its own form of

theatre by way of daily market life.

In a 1982 interview, courtesy of Arts House, one director recalled "the crescendo of sound inside the building. The rattle and clatter of the lorries on the cobbled floor, the cries of the lumpers calling the weights to the booking clerks, the bargaining between salesmen and customers and not infrequently a violent argument ending in a fight."

Until 1874 meat wholesaling in the area took place at the City Meat Market, now the Queen Victoria Market. Rent prices and questionable conditions drove the meat traders to form their own market place on the corner of Courtney and Blackwood Streets, operating from this site until the 1970s.

The State rescued the building from demolition with a last minute heritage listing, allowing it to have a second life, and becoming the North Melbourne Craft Centre until the late 1990s.

From the 1990s, The Meat Market took several years of conservation planning and heritage-approved renovations.

Of particular value during this time, was the design of a moveable 'floating stage', allowing for a smooth performance surface to be laid

over the old blue cobblestone floor that paved the market area.

The last decade has seen major developments in the Arts House proactive support programs and suite of facilities.

Aside from the two annual seasons of curated installations and performances, festivals now play a major role in the company's creative repertoire, Dance Massive, Next Wave and the Melbourne Fringe Festival are but a few of such collaborations.

This month the Festival of Live Art (FOLA) will be taking centre stage, projecting performances in unexpected forms.

"Go with the idea that you're having an adventure," Wynne-Jones remarks, "and expect something playful."

Between the two buildings there are approximately 40 tenants, some organisations others collectives or individual visual artists, writers and musicians, all utilizing the office spaces and faculties for their respective projects.

One of the greatest successes of Arts House is that it has become a thriving social centre, bringing together artists and audiences, in a place where ideas can be exchanged and magic can happen.



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Between the Covers

Chris Saliba



Sculptor's Daughter

by Tove Jansson

(Sort Of Books. RRP: \$24.99)

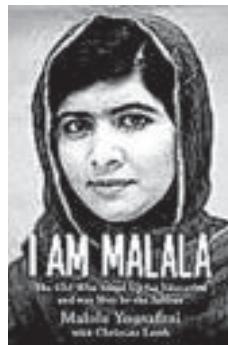
Artist, illustrator and novelist, Tove Jansson is more known for her *Moomin* stories than her adult fiction.

Sculptor's Daughter, first published in 1968 and long out of print for English readers (Jansson wrote in Swedish), is her first collection of shorter fiction for adults. (It should be noted that several of these stories were included in the Jansson compilation *A Winter Book*.)

The stories presented here are dream-like autobiographical sketches. Her artist parents are at the centre of this fictional memoir, but so is the creative spirit of the young Tove. If you've read the *Moomin* stories, the links to Moomin Valley are quite clear: there are strange transformations, mysterious appearances, and mercurial shades of dark and light.

There is a captivating hallucinatory quality to *Sculptor's Daughter* that makes you not sure if you're coming or going. Tove Jansson's world is a surreal one, but one that is also sincere and heartfelt.

I Am Malala



by Malala Yousafzai, with Christina Lamb (W & N Non Fiction. RRP: \$32.99)

The story of Malala Yousafzai is surely one of the most incredible of modern times. In October of 2012, a Taliban gunman shot her in the face while she was travelling to school. Her parents had bravely supported her outspoken views on education for girls. The Swat Valley in Pakistan at this time was a dangerous place to be so vocal, but Malala's parents felt that the Taliban would never target a child. They did.

Almost a year later, Malala Yousafzai has written her story. *I Am Malala* presents a bracing mix of Pakistani history, the politics of terrorism and a young girl's struggle to fulfill her aspirations: education and a career in politics.

Credit for this gripping book must also go to Malala's father, Ziauddin Yousafzai, who supported his daughter in a culture that hinders rather than celebrates female achievement, and to Middle East Journalist Christina Lamb, for helping render Malala's story accessible, and providing such journalistic rigour.

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

What's On in North and West Melbourne

Jennifer Choat

Galleries

Gallerysmith

170-174 Abbotsford St, North Melbourne
www.gallerysmith.com.au

Exhibitions: *50 Shades of Brown* group exhibition by Mike Chavez, Bundit Puangthong and Regan Tamanui & *Alter* by Simone Eisler, March 20 – April 26. Opening night 21 March, 6–8pm. Free entry.

Langford120

120 Langford Street, North Melbourne
www.langford120.com.au

Exhibitions: *Reinterpreting Landscape: Paintings and Drawings* by Paul Laspagis & *Illustrated and other books* collected works, March 22 – April 29, 2–4pm. Free entry.

Comedy

The Comic's Lounge

26 Errol Street, North Melbourne
www.thecomicslounge.com.au

Mad Mondays with John Burgos & Doug Chappel: every Monday in March, 8pm.

New Comedians Night: every Tuesday in March, 8pm.

Pro Standup Nights:

Bruno Lucia: Wednesday 5 – Saturday 8 March, 8pm.

Nick Cody: Wednesday 12 – Saturday 15 March, 8pm.

Monty Franklin: Wednesday 19 – Saturday 22 March, 8pm.

Entry: \$15 Monday – Thursdays, \$30 Friday & Saturdays.

Markets

The Lithuanian Club

44 Errol Street, North Melbourne

www.northmelbournemarket.com

North Melbourne Market: A project of Thread Den. Handmade and locally designed, vintage or fair-trade crafts, with outstanding Melbourne fashion labels right alongside delicious homemade food. March 16, 10am–3pm. Free entry.

Queen Victoria Market

Corner of Victoria St and Elizabeth St, Melbourne 3000

The Night Market: Hosted at the Queen Victoria Market grounds this night market offers an array of global street food, vintage fashion, eclectic wares, wine bars, live music and more. 5–10pm every Wednesday night until March 26.

Theatre & Performance Art

Arts House

North Melbourne Town Hall, Meat Market and Warehouse

www.artshouse.com.au

Festival of Live Art (FOLA): Spread over four days at Arts House, North Melbourne Town Hall, Meat Market and Warehouse and a number of other venues, the festival has over 20 events to choose from (most of which are free), FOLA offers performances, experiences and happenings that defy convention. Open 14 – 30 March, visit fola.com.au for further details.

The Lepidopters: A Space Opera: Science

fiction meets cross-arts mavericks, Slave Pianos, joining with the 40-member Astra Choir, Yogyakarta art/punk music collective Punkasila, Indonesian singer/dancer Rachel Saraswati with virtuoso pianist Michael Kieran Harvey. Arts House, North Melbourne Town Hall. 12 April at 3pm & 7.30pm, 13 April at 5pm. Tickets range from \$25-\$15.

Next Wave Festival: Emerging artists from Australia and the world converge at Arts House responding to the theme 'New Grand Narrative', the three resolutely ambitious and beautifully bold contemporary performance works staged at the Meat Market theatre from 16 April – 11 May. Tickets on sale 28 March.

Events

North Melbourne Library

66 Errol Street, North Melbourne

www.melbourne.vic.gov.au/MelbourneLibraryService

Harmony and Diversity Day: North Melbourne Library will host an afternoon tea and family storytime to celebrate diversity day. 21 March, 2pm. Free entry.

The Electron Workshop

31 Arden Street, North Melbourne

www.electronworkshop.com.au

Sci-fi 24 Hour Movie Marathon: Relax in canvas deck chairs with snacks and a fully licensed bar at hand as the event kicks off with 1968 classic *Planet of the Apes* and works through hits *Mad Max* and *The Terminator* along with modern instalments *Mr Nobody* and *Monsters*.

Ticket price \$66. Open 8–9 March, 9am.

Music Reviews

Lucien Forbes

If you have ghosts, by Ghost B.C

A lot has changed in the world of Metal since the 1980s panic associated with the threat of young peoples' minds being led astray by Alice Cooper. It's hard to take Ghost BC seriously these days.

Ghost BC, hailing from a region where black metal is actually controversial, are about as threatening as the dorky kids telling you how much they "love priest" in the documentary Heavy Metal Parking Lot (mandatory youtube). It's hard to take them seriously.

Despite the lead singer never being seen outside of 'sinister' mock papal garb and hooded

band members referring to themselves as nameless ghouls, these guys are the sound track of dungeons and dragons. It's big, dumb, geeky and kinda fun in a way that you wouldn't want the world to know in fear of reprisal. But these guys are obviously in on the joke, the five-track EP includes ABBA and Depeche Mode covers.

I happened to be walking downtown recently when they were touring Melbourne. The fan base was exactly as you would expect: white, male, slightly balding and about as dangerous as navel lint. It's only a matter of time before their marketing team figures out that they can sell lunchboxes and action figures.



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(03)9658 9700

Meat Market
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DOCKLANDS PROGRAMS

Photoshop and Your Photography

Time: Thursday 1pm – 3pm
Cost: \$125 / \$55 concession*
Venue: 80 Harbour Esp, Docklands

Art, Craft, Create

Time: Thursday 1pm – 3pm
Cost: \$85 / \$55 concession*
Venue: 80 Harbour Esp, Docklands

Art Warriors (Preschool – Grade 4)

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

Pilates:

Absolute Beginner

Time: Thursday 5.30 – 6.30pm

Intermediate

Time: Thursday 6.30 – 7.30pm

Cost: \$185 / \$135 concession*

Venue: 80 Harbour Esp, Docklands

Feldenkrais

Time: Thursday 6.30 – 7.30pm
Cost: \$75
Venue: 80 Harbour Esp, Docklands

Beginners Singing **NEW**

Time: Thursday 7pm – 9pm
Membership: \$140 / \$90 concession*
Venue: 80 Harbour Esp, Docklands

Introduction to Health Studies

Time: Thursday 7pm – 9pm
Cost: \$125 / \$105 concession*
Venue: 80 Harbour Esp, Docklands

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)

March–April: Mornington Market, Malmsbury and Taradale, Op shop tour, and Dandenong Ranges
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)
Time: Wednesday 3.30 – 5.30pm
Transition (Grade 6)
Time: Monday 3.30 – 5.30pm
Secondary (Grades 7–12)
Time: 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 AND SKILLS DEVELOPMENT

Food Handling

Time: Wednesday 9am – 4pm
Cost: \$125 / \$105 concession*
Date: 16 April
Venue: 58 Errol St, North Melbourne

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: 21 July to 27 October
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 and 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 and 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

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

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

Time: Thursday 5.30 – 6.30pm

Beginner Plus

Time: Thursday 7.30 – 8.30pm

Intermediate

Time: Thursday 6.30 – 7.30pm

General Class (Mixed Levels)

Times: Tuesday 6pm – 7pm

Thursday 6.30 – 7.30pm

Cost: \$185 / \$135 concession*

Venue: 5 Blackwood St, North Melb, and 80 Harbour Esp, Docklands

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)

Times: Monday 3.45 – 5.15pm

Tuesday 3.45 – 5.15pm

Cost: \$125 / \$105 concession*