

Remembering Jean McKendry-Paterson (1928–2015)



Jean McKendry with Victorian Senior of the Year Award
Photo provided by Jean McKendry Neighbourhood Centre



The Slavic Women's Group are one of a number of community groups that regularly meet at the Jean McKendry Neighbourhood Centre
Photo: Jim Weatherill

North Melbourne has lost a much loved and respected senior citizen in Jean McKendry-Paterson. Many members of the local community attended the service of thanksgiving for Jean's life on 16 March. The service, at St Mary's Anglican Church, was conducted by the Reverend Dr Craig Thompson of the Uniting Church (Curzon Street), where Jean had been a member for more than 70 years.

Jean was born into a humble working-class family in January 1928. The family lived in turn in Richmond, Carlton and North Melbourne. Jean learned early in her life what it was to struggle, to make do with little, the would-be dressmaker learning just what sort of

a suit she could cut from her cloth.

Jean attended Sunday school as a young girl. Later her parents followed her to what was then the Presbyterian Church, and by the time Jean was in her mid-teens her attendance at church had become a genuine Christian commitment.

Jean was inspired by her minister, the Reverend Stephen Yarnold, who strongly encouraged

his congregation to be outward-looking and responsive to the needs of the local community. So Jean got up and acted, always

with a warm smile and a buoyant sense of humour.

In the 1940s and '50s Melbourne's inner suburbs, including our North Melbourne, were vastly different from today. Predominantly working-class, industrial and slummy, they harboured all sorts of deep-rooted social problems. Thus someone, at some time, saw the need for a North Melbourne

Progress Society, and a youthful Jean McKendry saw the need to belong to it.

In 1956 Jean founded the North

Melbourne Elderly Citizens' Club and was also a founding member of the North Melbourne Senior Citizens' Club.

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A constant problem for many elderly people, particularly those who have lost their partner, is loneliness and an absence of meaningful activity. With the provision of space for social gatherings — first in the North Melbourne Town Hall and then, in the early 1970s, in the present accommodation in Melrose Street — elderly people were able to get out of the house and meet to share their stories, their joys and their problems, engaging in meaningful activities to restore some sense of purpose to their lives.

Continued on page 3



Happy crowds inside the Jean McKendry Neighbourhood Centre

Photo: Jim Weatherill

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 37th 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.

Articles should be submitted by email to EditorialNWMN@centre.org.au. Please use minimal formatting and do not embed graphics in documents. Photographs should be sent separately as JPEGs.

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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.

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Deputy Editor: Adam Falloon

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Section Editors:

Arts & Entertainment: Jennifer Choat

Community: Position vacant

History: Michael Roche

Noticeboard: Janet Graham

Politics & Environment: Phoebe La Gerche-Wijisman

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**Call-out for Stallholders!****SPRING FLING STREET FESTIVAL**
Sunday 18 October 2015

If you would like to hold a general trade, not-for-profit or hospitality stall at North and West Melbourne's biggest street party

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or call The Centre on 03 9328 1126

Get in ASAP as stall spaces will fill up quickly!

Meat Market turns speakeasy for Errol's Angels

Pamela Every



Errol's Angels at rehearsal

Photo: courtesy Errol's Angels

During terms 1 and 2, Errol's Angels Community Choir has been practising diligently for its annual fundraising concert. This gig will have a speakeasy vibe from the Prohibition era of the 1920s.

Our headline act will be Dr Crask & His Swingin' Elixir, a seven-piece swing band, which will be supported by Errol's Angels and the Brunswick Rogues Choir.

And that's not all — there will be an opportunity to learn some swing dance moves and try them out on the dance floor. Patrons will be able to enjoy liquid refreshments at our Prohibition bar and supper.

All proceeds from the evening will be split between the Asylum Seeker Resource Centre and the Nepal earthquake appeal. Details are as follows and stay tuned locally for more information via social media and posters.

Date: Saturday 8 August

Time: 7.00pm until 11.00pm

Venue: Meat Market, 5 Blackwood Street, North Melbourne

Price: full \$25, concession \$12

**Butterfly Foundation launches Don't DIS My Appearance**

More than half a million Australians with eating disorders are currently not receiving appropriate treatment, largely due to stigma and common misconceptions associated with illnesses such as anorexia nervosa, bulimia nervosa and binge eating disorder.

Sadly, more Australians die from eating disorders each year than from any other psychiatric illness.

Butterfly Foundation CEO Christine Morgan says more than 70 per cent of Australians diagnosed with an eating disorder are not accessing treatment services.

Eating disorders are serious and complex mental illnesses. They are not a lifestyle choice, or a diet gone too far. In 2014 alone there were more than 200,000 newly developed cases of eating disorders in Australia. More than 945,000 Australians currently suffer from an eating disorder.

Without early intervention and the right treatment, eating disorders have a hugely detrimental impact, not only on sufferers, but on their families, and the wider community, too, Ms Morgan says.

In May, the Butterfly Foundation launched the inaugural Don't DIS My Appearance campaign in the hope of increasing awareness of eating disorders, while denouncing our culture of body shaming and appearance-based judgment.

The campaign also sought to raise vital funds to go towards better prevention and treatment services for people with eating disorders.

The Butterfly Foundation is dedicated to bringing about change in the prevention, treatment and support of those affected by eating disorders and negative body image. It represents all people affected.

The causes of eating disorders are complex, but negative body image and poor self-esteem are high-risk and modifiable factors for those who are vulnerable.

Anyone needing support with body image or eating disorders is encouraged to contact the Butterfly Foundation National Eating Disorders Supportline on 1800 33 4673 (1800 ED HOPE).



Journalist Tracey Spicer joined other Australian celebrities in May to support the Don't DIS My Appearance campaign

Image: Butterfly Foundation

COMMUNITY

Extended trading hours and more green space for QVM

Tomas Bailey

Few parts of Melbourne attract more visitors, both tourists and locals, than the Queen Victoria Market.

After investing in the site in 2013, the City of Melbourne then pledged \$250 million to renew the iconic market precinct, effectively guaranteeing this pledge with the \$76 million purchase of the site known as the Munro building in October last year.

Earlier this year, the City released a draft master plan for the renewal, and through March requested feedback from the public and traders. It received over 1000 responses and the results were released in April.

The draft master plan proposes a number of changes to improve the day-to-day running of the market for both traders and visitors, and also places high importance on maintaining the heritage of the Queen Vic Market.

Both traders and public respondents favoured artwork and landscaping that would celebrate the market's heritage. A number of traders also suggested acknowledging Indigenous history and culture in celebrating the site's heritage.

The present-day car park on the site of the old Melbourne cemetery will be converted into a public green space with provision for market events. The car park is to be relocated, possibly underground and away from the cemetery, by 2019.

As much of the area around the Queen Vic Market is dangerous for pedestrians and cyclists, mainly due to large intersections and roundabouts with heavy traffic, many public participants recommended improving pedestrian access to the market. The draft plan therefore focuses heavily on working to integrate the market into the city grid, with tree-lined streets and better access for cyclists

and pedestrians.

Improvements are also planned for Market Cross. This promenade through the middle of the precinct is intended to provide greater access to the entire market, and a new green space for relaxation and eating, as well as more seating in this area.

In pledging to create a more sustainable and climate-friendly market, the City of Melbourne has planned improvements across the market's infrastructure. Changes to trader storage and back-of-house areas will hopefully address clashes between the public and service workers in the bustling market. More efficient waste management and better cooling are also planned, to reduce the market's environmental footprint.

Another proposed change is new opening hours, with the possibility of running the market as a 24-hour precinct for food and services. The majority of respondents favoured a market open seven days a week from morning to night.

At a discussion group in 2013 one trader noted: "[The market] opens too early, and closes before anywhere else in the city. Tourists are constantly surprised that the market is already closing and they are just arriving."

Longer opening hours will increase the range of activities and commercial opportunities for the local community, just as the Night Market does every Wednesday during summer.

To assist in both completing and funding this plan the area between Therry and Franklin streets will be opened up to mixed development while the Mercat Cross Hotel will be retained and restored. This mixed use is touted as bringing life to the neighbourhood with new shops and cafes as well as residential and community facilities.

A thoroughfare for pedestrians and cyclists



An empty Victoria Market lights up the night

Photo: Anna Gerraty

will also pass through the middle of this block, improving accessibility.

The final draft of the plan will be presented to the council for adoption in June before detailed work on implementing the renewal

begins in July. This is slated for completion in December with construction works to begin in 2016. Those interested can view the results of the public engagement and the draft master plan on the City of Melbourne's website.

Continued from page 1



Jean encouraged the University of the Third Age to offer classes at the Melrose Street centre; she also established art classes there. One of her special projects was the annual art exhibition — not just a notable cultural feature of life in North Melbourne but also a significant fundraiser for the centre.

Jean served on numerous Melbourne City Council committees and was a consultant to the council on the special needs of the elderly. She worked closely with the Salvation Army and the Society of St Vincent de Paul in providing services to homeless people. She also coordinated a fortnightly lunch for disadvantaged people, and often happily put

her skills as a dressmaker to use, making clothes for people who could not afford to buy them.

Jean was active also in the local Abbefield Society, serving on its committee. More recently she developed programs to help people from non-English-speaking backgrounds, and more recently still she was instrumental in welcoming people from African countries into the broader community and to the Elderly Citizens' Centre in particular.

In 1992 Jean married Jim Paterson. At the age of 64 Jean's own personal happiness came to the fore. Two lovely people were happily

married; but it was not to last, for sadly Jim contracted motor neuron disease and died some 18 months later. This must have been a profound loss for Jean, and yet — testimony to her courage and devotion — the years after her tragic loss were as energetic and productive as ever before.

Jean was truly deserving of the honours bestowed on her. The centre in Melrose Street was aptly renamed the Jean McKendry Neighbourhood Centre. She was also honoured by the Victorian Government in being named Senior Citizen of the Year in 2008.

Jean was not a person who merely talked about her faith; she lived it. When she received her Senior Citizen of the Year award the first words of her acceptance speech were: "This all started with the church and I never thought I would end up here." Her altruism did not die with her, for Jean willed her body to help further the cause of medical education, advancing others even after her death.

Despite her many achievements, Jean retained a humility and commitment to all people. While politically astute and feisty in advocacy, Jean was also diplomatic in her approach to people and the numerous organisations with which she worked.

The Uniting Church Congregation of Mark the Evangelist has lost by far its longest serving member. North Melbourne has lost a loved and respected citizen. Farewell, Jean — you will be fondly remembered by the community that you loved and served for more than 60 years.

This tribute by members of the Congregation of Mark the Evangelist, North Melbourne, is based on Dr John Hood's eulogy at the service celebrating Jean's life, on 16 March.

**The Congregation of
Mark the Evangelist**
Incorporating UnitingCare Hotham Mission

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For further details: 9326 8245;

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www.marktheevangelist.unitingchurch.org.au

**UnitingCare
HOTHAM MISSION**

Hotham Mission is seeking volunteer tutors for its Homework Clubs. These after-school programs support upper-primary-aged students from the North Melbourne and Kensington communities to complete homework and improve their literacy and numeracy skills.

For more information contact the Homework Club coordinator lee.kenny@hothammission.org.au or visit the UCHM web site

www.hothammission.org.au



Centenary 1914–2014

Neville Clark

Down avenues of oak and pine —
The township's loss in honoured line —
In every suburb's marketplace,
Memorial park or hallowed space,
You'll see the plinth, or sentry lone,
The "war to end all wars" — in stone.

And there you'll read them, name on name
Of lads who won undying fame,
Replacing lives which might-have-been
With horrors never once foreseen.

A hundred years now marks the date,
The rendezvous that kept with fate —
The wasted fields with slaughter sown,
The outcome which they can't have known
When, buoyed with faith and duty bright,
They rushed to join their nation's fight
And lost their youth in battle's glare
At Quinn's, The Nek and Sari Bair.

And when from there to France they came,
Their hope undimmed, their spirit game,
Fromelles they faced, and Pozieres,
The 'Farm, the 'Court — the odds unfair —
Determined still that they'd not fail,
Those buried deep at Passchendaele.

Could they who'd fought and suffered there,
Envision how, without despair,
The Hindenburg would yield at last,
The Line roll back, the end come fast?

And if they'd known, what would they make
Of our poor grief who for their sake
Would pause a hundred years from then
To mourn their loss, that race of men
Who'd volunteered and given their all,
Their thanks — though rare — a flag-draped pall?

Would they have thought, "This heartless stone
Records the rape of flesh from bone",
And would they, if they'd had their say
While steeped in blood, warn, "Not this way"?

Could our poor tears their spirits soothe,
Assure them of the ultimate truth
That freedom lost of freedom won
Must vindicate what they have done,
That as the flickering ray of light
Reveals the stone, their souls shine bright?

Marching to the beat of a different drum

John H Smith

On Anzac Day, while crowds of onlookers gathered in Swanston Street to watch the parade march to the Shrine of Remembrance to commemorate the centenary of Gallipoli, an alternative commemoration took place.

Within earshot of the pipes and drums of war, more than 150 people gathered for an ecumenical service in St Paul's Cathedral which lamented the wholesale destruction of human life and wellbeing that 'the war to end all wars' brought to Australia and many other nations.

The service began with a psalm of lament followed by a powerful reading of Siegfried Sassoon's poem, *Aftermath*: "Have you forgotten yet? Look down and swear by the slain of the war that you'll never forget."

Following this, a series of graphic stories of suffering from Gallipoli, the Western Front and the Aboriginal Wars were read which highlighted the other side of the experience of war. These stories have been part of Australia from the beginning but are so often lost amongst the stories of heroism, mateship and the birth of the nation.

Australia's remembrance is incomplete until we recognise that many who have been to war and survived have said 'never again'. But sadly we have repeatedly found ourselves at war in contexts far from our shores. The preacher, Reverend Harry Kerr, asked: "Is this darkness part of us? Is war and conflict in

our DNA? Is change possible? Is repentance possible?"

Harry went on to speak of the suffering of Jesus Christ as the key to the vision of a new heaven and a new earth: a paradigm for the healing of nations, the coming of complete peace, which represents the end of death. With this hope in mind, the congregation engaged in prayers of confession and repentance that owned up to the Church's role in the support of war and pledged itself to the work of peacemaking.

Throughout this service, the music from a team of musicians, which included a cantor, piano, oboe and organ, led the congregation to deepen its prayer and its commitment to peace. While the cantor led the chant *Grant us peace, Lord*, the members of the congregation were invited to light tapers for peace and remembrance of those who have died or suffered as a result of war.

The tapers, lit from the flame of the Easter Candle, shone as symbols of the peace of God that overcomes death through the suffering love of Christ.

This was a satisfying, honest remembrance of Anzac Day. It was one occasion when, surrounded by the drums and pipes of war, the church chose to march to the beat of a different drum. As the commemorations of World War I continue through to 1918, perhaps it will be possible to hold similar services in the coming years and more people will translate "lest we forget" into "never again" and be inspired to work for peace on earth.

LETTER TO THE EDITOR

Dear Editor,

Congratulations on another interesting edition of *NWMN* and the inclusion of Caitlin Wood's lovely poem *Anzac Day* (p4).

Tomas Bailey should also be commended for his reminder that many Aborigines also served in the AIF and were treated shamefully on their return ('So we many remember all who served in WWI', p13). But I think he is mistaken in describing that war as not one of liberation — as the citizens of NE France and Belgium felt this liberation in 1918 quite as strongly as their descendants did in 1944, and many remember the great part the Australians played in that liberation, especially at places like Villers-Bretonneux.

Yes, it was a clash of empires but it's not as if Australia had nothing to lose if Germany had been allowed to win. With New Guinea in German hands, with the destruction of British sea power (an obvious consequence of a German victory) and with our whole isolated continent, so sparsely populated, invitingly left wide open to other imperial powers (notably Japan), Australia had as much stake in the game as the other Allied nations.

Defeat of the British Empire would have been tragic for Australia — as it turned out of course, victory was scarcely less tragic. But that's war. Avoid! But don't decry Australia's participation à la John Pilger!

Neville Clark, North Melbourne

A note from the Editor

Dear Readers

From our modest beginnings 37 years ago, the *News* has grown to become an established part of the North and West Melbourne community.

We are now pushing ahead towards an internet presence with a Facebook page for weekly updates on local events and news. If you're a local and you have news that just can't wait for the next edition, please send an email to EditorialNWMN@centre.org.au. For you locals who'd like regular, up-to-date news, please 'like' our page.

We are always on the lookout for new volunteers, too. The paper is put together

by volunteers from the community and we also rely on your support to distribute this wonderful, informative and eclectic publication. If you are able to volunteer some time to help deliver each edition, please contact the above or phone 9328 1126.

Section editor spots are also open for the Community, Travel & Food, Sport & Health and Youth & Education sections.

If you are interested in writing, editing or gathering articles for a section, or would like to get involved in any other way — please get in touch. We'd love to hear from you!



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Civility Advocate Settles Home

Katrina Kincade-Sharkey

Majestically tall, critically observant and serene, Thomas Hazell, OA, recently moved his retirement to a new Brougham Street suite. Already pushing the end of his seventh decade, Tom's regal bearing owes as much to his overt control of a pressured work environment as it does to his former vice-regal associates.

"The Hazells are an old Melbourne family — fourth or fifth generation — and Mum's were from Tasmania for at least that long," Tom says, settling into lunch at Mr Price's Foodstore while launching his family history.

"Her father in pre-Federation days was Collector of Customs, so the family travelled all over the island. But Mum hated the insularity of the place, so left when she was 20, closely followed by her mother, who was newly widowed at that time."

Tales of national settlement would have well stood the test of time during Tom's professional life. His *Who's Who* biography notes the West Melbourne native received his Order of Australia in 1999 following a stellar career as Deputy Official Secretary, Office of the Governor of Victoria, from 1986 to 1995, which immediately followed his 18 years as protocol officer for the University of Melbourne.

"In all my working life I always over-worked," grins Tom, remembering those two principal stages of the career following his BA (Hons) from Melbourne University.

"At the Office of the Governor of Victoria — with one other secretary — I was responsible for running the Governor's life ... and I served three. Going backwards, they were Richard ('Dick') McGarvie; Davis McCaughey, the Northern Irishman; and before that it was Admiral Murray, back in the 1970s — I forgot dates now," he muses, caressing Mr Price's linen napkin.

"Brian and Janette Murray were lovely people; not everyone would agree, but they were lovely to me. There aren't many people from that era that I recall to mind fondly, but Brian I do; he was a fine man who had a ghastly death in his 70s from asbestosis, contracted in a gun turret in the Pacific during World War II," he shudders.

Tom's life has been privately contained, but that comment reflects the never-ending pain of active military service: was it relieved by the influx of visiting Government House celebrities?

"Most people at the top were interesting, good people," he smiles, genuinely. "A few crooks made it in, but not many — and that was true of all political colours and persuasions. In all Government House jobs, life had to be neutral."

"The regal system is still very important today, because the Governor — like the monarch — has the right to advise, to warn and to summon people. If you look at it that way, John Kerr did the right thing, but that doesn't answer the question: should he have done it? Still, Kerr was a man who always liked to test systems." Tom frowns, evaluating our 1975 constitutional crisis.

Reclining under Gary Price's latest artworks, Tom praises pollies of old: "Arthur Calwell summed himself up with the name of his autobiography, *Be Just and Fear Not*. I don't know why, but his memory seems to have disappeared. We remember the Menzies of the world, but Calwell was a truly compassionate man — he was generous, but died a pauper, having given all his money away."

"He was also a true West Melbourne man — lived on Travencore Estate till the end ... and his daughter, Mary Elizabeth Calwell, still lives there today."

Here is one crux of Tom's life: "Justin Daniel Simmons, Archbishop of Melbourne [coadjutor from 1942, Archbishop from 1963 to 1967] and parish priest of West Melbourne

for 20 years, was a true friend of Arthur Calwell's, so Justin had Arthur made into a Papal Knight, probably in an attempt to rectify the dreadful situation that arose from the DLP schism in the Labor Party during the late 1950s and early '60s."

"I remember how proud we were when Arthur appeared in the cathedral [St Patrick's] in his robes as a Papal Knight; it was a great day!"

"I think the current situation with the lack of Christian dedication is a true reflection of the whole of society. It's displayed in the statements made by supposed leaders — their lack of true humility."

Tom looks away, flinching as several unkempt youths hitchhike down Queensberry Street. "For instance — and I'm sure Justin would not mind me telling you this — there were three or four boys in his family and the eldest, James, was the only one who stood up to their father. Unlike the others, though, he became a tramp, lived on the streets around West Melbourne, and I don't think anyone could do anything with him."

"James lived till he was about 70 and his brother gave him a glorious funeral and buried him in Carlton Cemetery at the north end."

"It shows you what a young country we still are — Justin was the first Australian-born [Catholic] Archbishop, so they rushed him through with his PhD on Thomistic Philosophy [the study of Thomas Aquinas's beliefs] at the University of Louvain in Belgium immediately before his appointment back here," Tom says, carefully introducing his recent dread: "Current society fills me with horror — we have NO leadership for the majority of pained people. Even if you abhorred Menzies, he was a leader with principles for the people; there's so little today."

Given the relatively high percentage of early Irish settlers to this land, Tom confirms that, as Australia recognised the formation of the Irish Republic, so should we celebrate its centenary. "Easter 1916 was the Irish Rebellion where the Irish Republic was proclaimed in Dublin. English troops stormed in and civil war broke out, lasting 10 years," he grates, his fury strongly evident.

"Daniel Mannix is quoted proclaiming 'England is your enemy and will always be your enemy'. Mannix was Irish, later becoming parish priest of West Melbourne — St Mary Star of the Sea — and Coadjutor Archbishop of Melbourne [1913–1917, then Archbishop 1917–1963] as well as Chaplain General of the Australian Armed Forces."

Surprisingly perhaps, St Mary's was the HQ for our anti-conscription movement, as well as the Irish Republican movement in Australia. "Daniel Mannix became an Irish Republican and one of his best friends was Eamon de Valera, the IRA leader," Tom reports. "He was just like Mannix: tall, austere, not too many smiles, but he was a glorious man."

"We have to commemorate the appalling tragedy of Ireland in the 20th century. Before the 1848 famine from two successive years' crop failure, combined with the genocide by the English, Ireland's population was eight million: today it's four million ... and Lord Russell said 'Finally this will teach them a lesson!'" Tom groans: "He was so fundamentally wrong!"

While publicly less scrutinised, Tom's work as protocol officer for the University of Melbourne meant that he excelled in public-relations practice: "The protocol officer looked after the image of the uni 'downtown', acted as a type of aide-de-camp to the Chancellor and maintained a liaison with other colleges, teaching hospitals around Melbourne, and acted as secretary to appointment committees at senior level staff appointments."

"David Derham [Sir and Melbourne University Vice-Chancellor] and I worked every Sunday afternoon and evening to keep ourselves free for our work weeks. We kicked off shoes and coats and got stuck into



Thomas Hazell, OA, in his new residence

Photo: Jim Weatherill

our bottle of whisky with Lady Derham's delicious ham sandwiches. Sundays were glorious because we got so much real work done, leaving us free to do the community consultations during the week. That's when we saw what real thinking downtown was like," he summarises, astutely. Their time was obviously precious.

Tom critically believes in the power of people: "It amuses me this women's lib movement, because back then there were many powerful women — they were almost all nuns and medicos. They knew how to get their own way for God and they were totally convinced that what they did for society was correct."

"One of them, Mother Dame Philippa Brasile — Irish, of course — had Mercy Maternity Hospital made a teaching facility, and it developed its name as one of the best maternity hospitals in the world."

"Her counterpart at St V's was the famous Sister Fabian — she was something! She knew how to handle politicians, organising St Vincent's Private with several major grants from the Bolte government."

"Then there was 'Archangels' — Mother Mary Archangels O'Connor — from the

Abbotsford Convent. She virtually single-handedly established social welfare here from the 1950s. She critically knew what welfare was happening for people everywhere else in the world and wanted it provided here."

Tom is indelibly linked to local Catholic culture and its history. His extracurricular work efforts include vice president of St Paul's Home for the Aged since 1987, Assisi Centre for the Aged of Melbourne since 1986, president of the Dante Alighieri Society Melbourne since 1978, and honourable secretary of the Melbourne Diocesan History Commission since 1974. He is also a former chairman of the Classification Permits and Acquisitions Committee, National Trust of Australia (Vic), and he was the recipient of a UN volunteer medal in 2005.

Confirming this fine gentleman's credentials are international awards of recognition by the Italian, Russian and Maltese governments, in addition to his Medal of the Order of Australia for services to multiculturalism, the arts, the Catholic Church in Melbourne and the community.

Tom Hazell is certainly one of *our* community, and we're proud of him.

Advocates for our African Australian community

Michael Roche

In May 2014, a group of local traders from Melbourne's African community joined to form the African-Australian Small Business Association (AASBA). The association was only a few days old when it confronted an issue that continues to have repercussions for the African community today.

"We got hit by a big challenge," says AASBA president Mohamed Abdulrahman. It was the decision of the four big banks in Australia to close the accounts of local remittance companies, which shook the association. These remittance companies are used by people of the African community to send money to family members back home, some of whom are amongst the poorest people on earth.

"The banks basically told them 'we are no longer going to serve you' and that was a big shock," says Mohamed. According to the four banks, money sent to relatives in Africa through local remittance companies may end up funding terrorism.

This decision leaves the local African community trying to find alternative ways to send money back home, which are often more costly and highly inconvenient.

As many African nations do not yet have a banking system, the use of remittance remains the cheapest and most effective way to send

money. In Melbourne there were approximately 20 small companies run by African Australians who would oversee remittance of money to different countries in Africa.

Usually, the money would be sent to a village store and from there it would be directed to a family member, such as an elderly grandparent. In some cases the money would even be home-delivered. This money is used to pay for essential items such as health care, rent and food.

The remittance industry is critical to the economies of poor countries. For instance, the Somali Remittance Action Group claims Australian Somalis send \$10.5 million each year to Somalia, equating to more than two-thirds of Australian government aid to that country. This money is even more significant now, given the recent budget reduced aid to Africa by 70 per cent.

"One of the challenges we faced at AASBA was that remittance companies were not working together," says Mohamed. This was understandable given that each company was sending money to a different country, such as Somalia, Ethiopia, Eritrea and Sudan. Throughout 2014, the AASBA was trying to empower the remittance companies to act collectively and present a unified position.

The AASBA has encouraged these companies to form an association to strengthen their bargaining power with banks and the Federal

Government. In October last year, the Australian Remittance and Currency Providers Association (ARCPA) was formed, which continues to lobby the Federal Government and put pressure on the banks to change their decision.

According to Mohamed, empowering the African-Australian community is the association's main objective, which happens in many different ways.

"When you empower small businesses you are creating job opportunities," says Mohamed. "A lot of drop-outs from school will be employed by African small businesses."

The AASBA aims to help young people through its work with the African Australian Multicultural Youth and Employment Services (AAMYES), an advocacy group for African youth, which provides practical help to the community. For instance, a person from the Horn of Africa who is living in Melbourne and unable to speak English often struggles to find local tradesmen. Mohamed is familiar with this issue.

"I personally was approached by people, speaking about how do we find a tradesman?" So the association has set up a directory on its website to link community members with tradespeople who speak the same language.

The AASBA is a vital resource for the local community. North Melbourne is home to a significant number of people from the Horn of Africa. In nearby Racecourse Road there are



AASBA President, Mohamed Abdulrahman

Photo: Michael Roche

African restaurants, greengrocers and hairdressers.

Through the association, these businesses are connected to a network of other African businesses in Melbourne. The AASBA helps to strengthen not just these businesses, but the local African community as a whole.

For more information about the African Australian Small Business Association go to its web site www.aasba.net

A strong turn-out this year for the Anzac Day ceremony



Many gather to lay wreaths at the North and West Melbourne War Memorial

Photo: Jim Weatherill



Anzac Day at the Australian Legion of Ex-Servicemen and Women headquarters

Photo: Jim Weatherill

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call George Zindilis on 0418 398 255



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

Residents About Integrated Development

Megan Cusack

RAID 3051 has earned a reputation as a community-focused group which works with residents, other like-minded groups and local government to advocate for planning and development that deliver social infrastructure to address the current and future needs of residents of all ages and backgrounds.

RAID was launched in 2011 in response to a proposal by Woolworths to build two residential towers, 300 apartments, a bottle shop and a large supermarket on the triangular site bordered by Canning Street, Macaulay Road and Vaughan Terrace in North Melbourne. RAID and others opposed this application but it received VCAT approval for a period of three years, expiring in May 2016.

This site is now in the midst of a second re-sale with Woolworths retaining a 20-year site lease for a supermarket and bottle shop. RAID continues to oppose this on the grounds of site overdevelopment and negative impact on traffic, parking, open space, community amenity and infrastructure.

The untold story of development

As a community we have recently been inundated with applications from developers to build in North and West Melbourne. We have been diligent in preparing objections, requesting that plans be altered on the basis of scale, overshadowing, traffic impacts and the effects on local amenity.

However, there is one aspect of new development that a community will never be compensated for, and which will never receive adequate consideration during the planning phase. This is the impact of construction. This impact can last for many years and takes its toll on the community in many ways.

Construction impacts correspond to the scale of a development, so with the recently approved applications for six to 13-plus storeys in Haines and Shiel streets, and the 59-metre-high Woolworths development, we can expect significant inconvenience to our local neighbourhood. These impacts may include:

• Loss of access due to road closures

Road closures without adequate detours, similar to the recent closure of Vaughan Terrace at Macaulay Road, have the potential to lock cars into our suburb with no way out. This will create traffic jams, adding considerable time to road travel and creating general confusion.

• Safety risks to the community

Access to the proposed developments is extremely tight, particularly in Haines Street, as these residential areas were not

designed for multistorey buildings. As a result, construction workers may ignore road rules simply to get equipment and materials into the site, thereby compromising the community's safety. This occurred recently during demolition works at 1 Shiel Street, where the workers regularly blocked the zebra crossing and traffic lanes, putting both pedestrians and motorists at risk.

• Inability to park in local streets due to construction vehicles

Construction workers park their vehicles all day in neighbouring streets and walk to building sites. The resulting loss of parking spaces will be amplified as hundreds of workers, on multiple sites, find places to park their cars.

• Increased pressure on community amenity

RAID welcomes new people to the local area to become part of our community. However, thoughtful planning is needed to ensure there is adequate infrastructure to cater for these new neighbours. North Melbourne Primary School needs particular consideration. With every new development the school has to install another portable classroom on the ever-shrinking open space available to the children. This site cannot accommodate any additional students.

Current issues

With the imminent commencement of construction at 1 Shiel Street, and applications for the Haines Street precinct to be discussed by the Future Melbourne Committee in early June, RAID encourages residents to contact City of Melbourne councillors to express their specific concerns and to ensure that the community voice is heard.

Feedback from RAID and other community members has persuaded the council to design rubber speed-humps for placement around the Haines, Dryburgh and Shiel Street roundabout to prevent speeding cars putting pedestrians at risk. This demonstrates the positive influence a community can have on planning and rectification of safety hazards.

RAID annual general meeting

On 25 March, RAID held its third annual general meeting attended by over 50 residents. Committee members elected at the AGM were: Peter Hogg (chair), Marg Leser (deputy chair), Tess Demediuk (secretary/treasurer), Lorna Hannan, Megan Cusack and Peter Topping. Annual membership remains \$1 (and the initial joining fee is also \$1).

Councillor Ken Ong attended the meeting, as did Councillor Rohan Leppert, who explained the changed focus of the North Melbourne Town Hall, which is now purely an arts venue and no longer available for community use.



Overdevelopment puts pressure on community amenity

Photo: Megan Cusack

Councillor Leppert also discussed other policy matters, including overshadowing, and provided an update on the proposed Amendment C190 changes to the Melbourne Planning Scheme to enable implementation of land-use and development controls recommended in the Arden–Macaulay Structure Plan. Refer to www.participate.melbourne.vic.gov.au.

The other speaker was Leanne Hodyl, City of Melbourne coordinator of city plans and policy, who presented on the findings from her Churchill Fellowship investigation into planning policies in New York, Vancouver, Hong Kong, Tokyo and Seoul that deliver positive social outcomes in hyper-dense, high-rise residential environments.

Leanne outlined the detrimental impact on streets and neighbourhoods of high-density growth and the importance of adequate building regulations and housing standards to achieve long-term livable outcomes.

RAID's objectives

RAID's focus remains on ensuring that developments integrate into surrounding neighbourhoods and value-add to the community through good design that mitigates impact on infrastructure. We will continue to:

- Monitor the Woolworths and Haines/Shiel Street developments
- Assess the implications of the City of Melbourne's development of a new

municipal plan and implementation of the Arden–Macaulay Structure Plan

- Monitor how the City of Melbourne deals with other large-scale developments
- Liaise with other community action groups
- Continue to work constructively with the City of Melbourne on planning and development matters.

Connect with RAID 3051

For further information about RAID, or to become a member:

Email raid3051@gmail.com.au

Access the RAID website at www.3051-integrated.com

Follow us on Facebook at www.facebook.com/pages/3051-RAID or Twitter @Raid3051

RAID 3051



A truck blocks the Haines/Shiel Street pedestrian crossing

Photo: Megan Cusack



North and West Melbourne Association

NWMA annual general meeting

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

Chair: Kevin Chamberlin

Deputy chair: (position not filled)

Secretary: Jane Poynter

Treasurer: Michael Horscroft

Assistant secretary: Janet Graham

Ordinary members: Bill Cook, Denys

Haraway and Sue Scarfe

There are still vacancies for deputy chair and up to two ordinary members. If any NWMA member wishes to join the committee, he or she can be nominated at an ordinary general meeting.

Kevin Chamberlin referred briefly to the tabled Annual Report 2014, updating it with an outline of more recent events. Discussion of these continued in the ordinary general meeting held straight after the AGM.

Two groups on which the Association is represented but which receive less coverage than the constant planning issues are the Homelessness Action Group and the Melbourne North Police Community Consultative Committee (PCCC), formerly known as the PCCC Carlton. Reports on these follow.

Homelessness Action Group

The Homelessness Action Group (HAG) was set up in 2006 to aid in the local community's understanding of issues relating to homeless people and the role of services in the North and West Melbourne area.

The City of Melbourne (CoM) has a representative member on HAG, who presented the latest CoM document, *Pathways: Homelessness Strategy 2014–17*, in October last year. Their objective is to contribute to developing sustainable pathways out of homelessness in collaboration with, among others, community organisations and homeless support services.

HAG's focal point each year has been a Community Forum to address current issues affecting communities. On 10 June 2014, a very successful forum on *Homelessness and Older People* was held in the North Melbourne Town Hall.

The main focus at this forum was the increasing number of older women experiencing homelessness through societal breakdowns such as lack of well-paid jobs, lack of savings, inadequate superannuation, divorce, family violence, expensive housing, and high rentals.

Later this year, HAG plans to hold a discussion and debate on either family violence or the ice addiction problem. This will take place in the evening to encourage the local community's attendance, which has been disappointingly low on previous occasions.

In 2013–2014 HAG was unsuccessful in obtaining funding for a project worker, which to some extent lessened the effectiveness and cohesiveness of the group. Additionally, some members have left the group due to changes in their employment and time commitments.

An invitation is extended to anyone who has an interest in being part of this group. Committee meetings are now being held quarterly, with 'working group meetings' called as necessary.

Melbourne North Police Community Consultative Committee (PCCC)

Aside from the new name, a significant ef-

fort has been made to broaden the PCCC's scope by involving local schools, churches, and trader groups. Current members range from local football clubs to Rotary, the CoM, housing estates and local MPs.

Members have input on many crime and traffic management issues, and receive regular progress reports. Each year concludes with a toy and food drive for needy locals, with goods distributed through local agencies with the assistance of the police and committee members.

With links throughout the community, the PCCC is a valuable resource that can assist in problem-solving the issues that affect all of us.

Meeting with Planning Minister Richard Wynne

Four NWMA representatives met with Mr Wynne at the end of March. The main topics raised were the new residential zones, the Arden–Macaulay and City North structure plans, proposals for E-Gate and the status of the Baptist Church development site. The group felt that the minister had given them a fair hearing.

Regarding the new residential zones, Minister Wynne said the government was not going to review them as such but would consider individual municipalities in the second half of the year.

Consultations on the new West Melbourne Structure Plan (WMSP)

There was a significant degree of cynicism among West Melbourne residents when the City of Melbourne invited us to two 'community workshops' to develop a new structure plan.

Recent experiences with both council and VCAT on planning issues in the area, as well as the fact that the 2005 WMSP was never incorporated into the Melbourne Planning Scheme, had not impressed many local people.

The sessions, each lasting two-and-a-half hours, took place on 18 April and 9 May at the St James Conference Centre in Batman Street, West Melbourne. They were well attended and included some whole-group discussions, many flexible small-group activities and even a walk, in a process managed by a professional facilitator.

Detailed input from these sessions can be viewed on the council website under 'Participate Melbourne'.

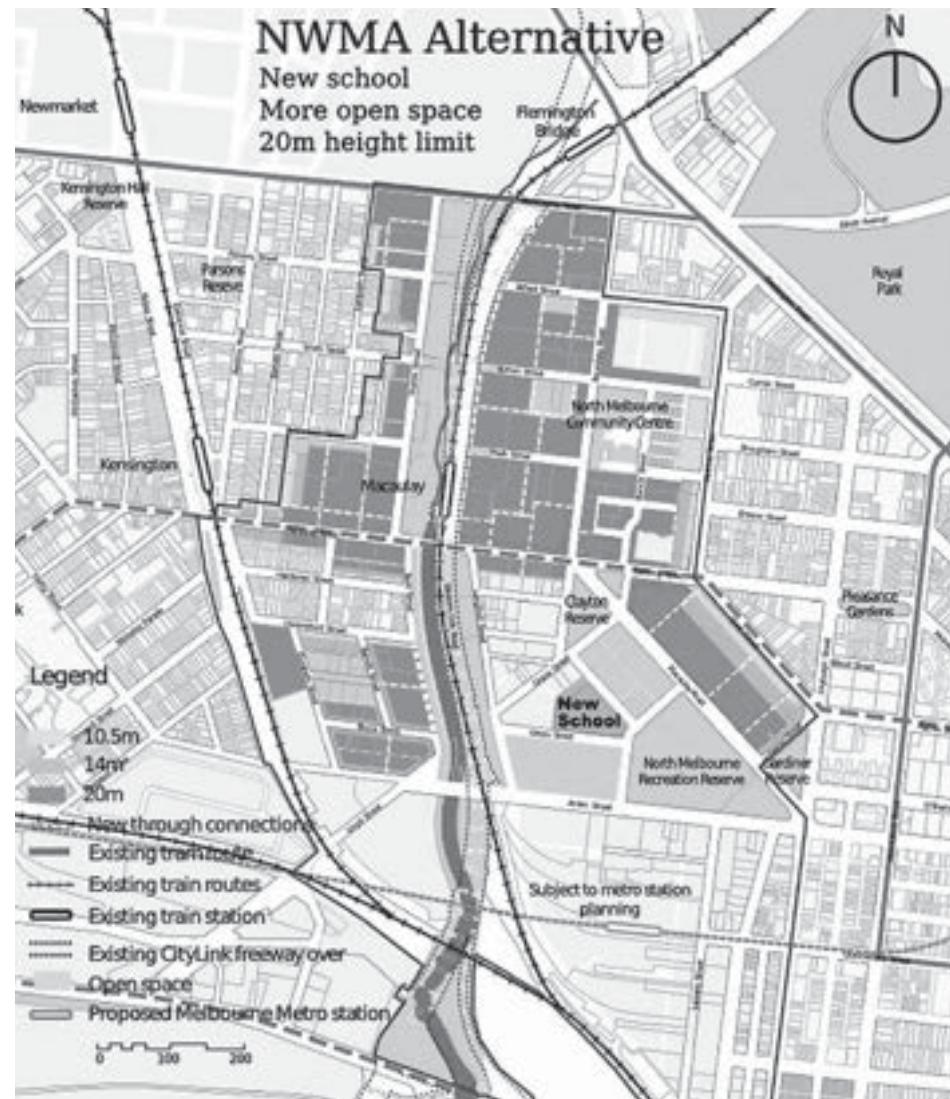
The whole WMSP process consists of three engagement stages extending to mid-2016. The area covered by the plan is bordered by Peel and William streets in the east, La Trobe Street in the south, the railway to the west and Victoria Street to the north.

Phase 1 has provided an opportunity for the community to express their views on what they like about the area, their vision, and their perception of how planning in West Melbourne has been operating.

The next phase aims to engage the community to test and review the preliminary proposals. This should happen in late 2015.

At this stage, we have no information as to what these preliminary proposals might contain and, in particular, what conditions might apply to different parts of the area, such as height, amenity and density.

We look forward to learning how well the council has listened to us and what inputs might have been made by other groups, such as developers, concerning these proposals.



Alternative Arden–Macaulay Structure Plan

Graphic: North & West Melbourne Association

Macaulay area.

It would appear that halting Arden–Macaulay again, pending clarity around this latest road project proposal, would make sense. And with the extension to Fishermans Bend recently announced, and development occurring in City North, we believe there is no pressing need for Arden–Macaulay at this time.

Baptist Church site development

Following a three-day hearing in March, the VCAT panel rejected the appeal by NWMA and others and ruled in favour of the application by The Eighth Day Baptist Community Property Ltd with only minor conditions attached.

More than 200 people had objected to this development proposal for 70-plus apartments rising to six storeys on the triangular site bounded by Curzon, King and Hawke streets, in the civic and social heart of North and West Melbourne.

Local residents are pursuing issues regarding the legitimacy of the title on the land.

109–129 Ireland Street, West Melbourne (9 Dryburgh Street)

On 14 April the CoM administration refused outright a planning application for a 14-storey mixed-use development on this site near North Melbourne Station.

Reasons for the refusal reiterated residents' objections, such as: overdevelopment of the site; height, scale and massing of the proposed building not in keeping with the character of the area; poor internal amenity; and inadequate visitor car parking, waste collection arrangements and on-site loading/unloading facilities.

The applicant has since appealed the decision and the matter will go to VCAT.

NWMA meetings and contact

Ordinary general meetings take place at 7.30pm on the third Tuesday of the month in the Dewey Common, Bastow Institute, 601 Queensberry Street, North Melbourne (enter from Union Street on the west side of the building). All are welcome.

For more information see the NWMA website, www.nwma.org.au, or email info@nwma.org.au.

HISTORY

A West Melbourne lad: Monash moves on

Bill Hannan

For many of us — certainly for me — John Monash's fame as a soldier has eclipsed his record as an engineer and administrator. Monash in fact combined army work with private engineering, and by the time Australia was involved in the First World War he already had a substantial reputation in engineering.

Having been born in West Melbourne and moved during childhood to Jerilderie, John Monash returned to Melbourne to enrol at Scotch College. His sisters went to Presbyterian Ladies College. They had the advantage that their mother was musically accomplished. By the age of five John was proficient on the piano.

He did well at Scotch, then an inner-Melbourne school on Eastern Hill. He was equal dux in 1881, took first prize with an essay on *Macbeth*, won the Mathematics Exhibition and set off for university.

Given this record, Monash's early years at the University of Melbourne were to say the least uneven. He failed his first year, perhaps because he had developed many interests and had spent a lot of time during that year reading other than course work at the Public Library. During this period he thought of becoming a journalist.

In the next year he was more studious, but was also active in student affairs, co-founder of the Melbourne University Student Union and organiser of various debates and concerts on campus.

Then came his mother's illness, which was to be fatal. His father's business was struggling again, the older of his sisters was running the household and it was his turn to earn. He suspended his studies for the time being and through a friend got work in 1886 on the construction of Princes Bridge. It was his first job and he was employed as a junior site engineer.

Princes Bridge

The bridge is named after the then Prince of Wales, who would be Australia's head of state from 1901 to 1910 as King Edward VII of England. The building of the bridge began in 1886. There was some urgency. The project had to come in on time because Melbourne was to be the venue for the 1888 International Exhibition.

This latest bridge (its predecessors were a punt, an 1845 bridge of pile-and-timber and an 1850 successor of basalt and granite) was inspired by London's Blackfriars Bridge and designed by Percy Grainger's father.

The bridge was opened on 4 October 1888. It is highly decorated with mouldings along the top and piers and wing walls of bluestone quarried in Footscray. The builder was David Munro. The municipal councils that had contributed to the costs of building are said to have had their coats of arms on the bridge, but when I last crossed the bridge I saw only repeated City of Melbourne insignia.

Once the bridge was built, Monash had earned his stripes and was next in charge of work on the Outer Circle eastern suburban railway line. This line was meant to take steam trains from Gippsland through the eastern suburbs corresponding roughly to the present city of Boroondara, but between its conception and its construction the direct route to Flinders Street was authorised and the line served only to enrich land speculators.

Among these speculators was James Munro, temperance warrior, member for North Melbourne and soon to be premier of the colony. Apparently Monash's administrative and managerial skills were racing ahead and, in three years of concentrated work, he brought the job in on time, completing it in 1891.

Though Monash's reputation grew with this success, the line itself was a white elephant. Within six years it was progressively closed. A section between Ashburton and Deepdene was reopened to take a steam passenger train nicknamed the Deepdene Dasher. Part of the line remains in the present suburban network. The rest has been either demolished or preserved in the form of the Outer Circle Trail for walkers and cyclists.

In this period Monash indulged in several romantic affairs, one almost disastrous, and married, in 1891, a young woman, Hannah Victoria Moss, with whom he had a daughter named Bertha. His marriage was as stormy as his other affairs. He completed his erratic but substantial university education in 1895 with degrees in engineering, arts and law.

The North Melbourne Battery

By this time Monash was already combining his engineering with soldiering. Having begun in the University of Melbourne company he moved to the North Melbourne Battery, whose principal task seemed to be the defence of Hobson's Bay. He became an expert on military hardware and by April 1897 was a major in command of the battery. The absence of invaders, however, left time for his engineering business.

Monash's engineering career had been set back in the Depression of the 1890s, but late in the decade the business he had formed with a friend, J.T. Noble Anderson, acquired the Victorian patent rights for Monier reinforced



Statue of General Sir John Monash in King's Domain, Melbourne. The plaque reads: General Sir John Monash, Soldier and Engineer, Commander the Australian Corps France 1918, Chairman State Electricity Commission 1921–33. 1865 – 1931

Source: Wikimedia Commons

concrete construction.

Monash had already built some bridges (including the Flemington Road one) and now he took to reinforced concrete bridges as well as concrete pipe manufacturing, this time with partners David Mitchell and John Gibson.

The bridge building went well until one (in the Bendigo area) collapsed and had to be rebuilt at the company's expense. Further trouble with contracts ruined them. Anderson left the business but over the next decade, with control over concrete patents and construction, Monash became quite wealthy.



Bill Hannan is a member of the Hotham History Project.

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

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

Kensington Town Hall
30-34 Bellair Street, Kensington VIC 3031



Docklands Hub
80 Harbour Esplanade, Docklands VIC 3008
(near the corner of Bourke Street — look for the giant rabbit)



COMMUNITY PROGRAMS

Basic Self-Defence **NEW**

Time: TBA (four sessions)
Cost: \$90 / \$55 concession*
Venue: Errol Street, North Melbourne

Centre Adventures (Day Trips)

June, July, August
Cost: \$35 / \$25 concession*
Meeting Point: 58 Errol St, North Melb
Time: Fourth Tuesday monthly
9.30am – 4pm
Meeting Point: Docklands Hub **NEW**
Time: Fourth Monday monthly
9.30am – 4pm

Discovery Walks – Art, Architecture and History Walking Group
Time: Fourth Tuesday monthly
10am – 11am
Cost: \$3 per session
Meeting Point: 58 Errol St, North Melb

Ready, Steady – Walk Docklands

Self-guided tour using QR code reader technology (assisted)
Time: Any day
Cost: \$5 refundable material deposit per session
Meeting Point: Docklands Hub

Drop-in Morning Teas

Cost: \$3 per session
Venue: 58 Errol St, North Melbourne
Time: First Tuesday monthly
10.30am – 12 noon
Venue: Kensington Town Hall **NEW**
Time: Second Tuesday monthly#
10.30am – 12 noon
Venue: Docklands Hub **NEW**
Time: Third Monday monthly#
10.30am – 12 noon

Errol's Angels Community Choir and Beginners Singing

Time: Thursday 7pm – 9pm
Membership: \$160 / \$100 concession*
Venue: Maternal & Child Health Centre, 505 Abbotsford St, North Melbourne

Volunteer Program

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

- Spring Fling, third Sunday in October annually
- Writing and editing *NWM News*
- Tutoring or teachers aide
- Office and business administration

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

FOUNDATION SKILLS

Adventure Book Club for Fathers and Sons

Grade 5 and 6 boys plus fathers
Time: Two hours monthly
Cost: \$153 per term
Venue: 58 Errol St and excursions

Core Skills for Work – ABC English for Business

Time: Wednesday 12.30 – 3.30pm or 6pm – 9pm
Cost: \$133 / \$105 concession*
Venue: 58 Errol St, North Melbourne

Financial Literacy

Time: TBA, in conjunction with Wingate Avenue Community Centre
Cost: Free for concession card holders, others \$55
Venue: 58 Errol St, North Melbourne

Global Homework Program

Primary (Grades 4 and 5)
Time: Wednesday 3.30 – 5.30pm

Secondary (Grades 7–12)

Time: Tuesday 4pm – 6pm
Cost: \$35 / \$25 concession*
Venue: North Melbourne Library
Open (Grades 4–10)
Time: Thursday 3.30 – 5pm
Cost: Free to City of Hobsons Bay residents
Venue: Hobsons Bay Altona Library

Prepare for Work: Foundation Skills

Time: Thursday 9.30am – 3pm
Cost: \$133 / \$105 concession*
Venue: 58 Errol St, North Melbourne
Time: Tuesday 9.30am – 12 noon
Cost: \$65 / \$55 concession*
Venue: Kensington Town Hall **NEW**

EMPLOYABILITY AND SKILLS DEVELOPMENT

Event Management Course

Time: Monthly and term options available
Cost: \$65 / \$55 concession*
Venue: 58 Errol St, North Melbourne

First Aid Short Courses – Asthma Management or Anaphylaxis

Management **NEW**

Time: 9am – 4pm quarterly (two sessions with pre-reading)
Cost: \$125 / \$105 concession*
Dates: 10 July, 2 October, 15 December
Venue: 58 Errol St, North Melbourne

Core Skills for Work

Time: Thursday 9.30am – 3pm
Cost: \$133 / \$105 concession*
Venue: 58 Errol St, North Melbourne
Time: Tuesday 9.30am – 12 noon
Cost: \$65 / \$55 concession*
Venue: Kensington Town Hall **NEW**

Sharing 'The Knowledge' – Taxi Driver Test Preparation **NEW**

Are you a taxi driver? Do you need to pass 'The Knowledge' test to renew your licence? We offer thorough test preparation for the following modules:

- Driver Behaviour
- General Understanding
- Knowing Your Way Around Melbourne

These preparation courses will run at various locations in inner Melbourne so there is sure to be a time and place that suits your schedule.

Dates/times: Various

Commences: 13 July onward
Cost: \$50 per module or \$100 for all three
Bookings essential: call 9376 6366 for details

Leadership and Management – Certificate IV Diploma

Time: Wednesday 6pm – 9pm (12 sessions)
Cost: \$1295 / \$375 concession*
Venue: 58 Errol St, North Melbourne, or Kensington Town Hall **NEW**

Train the Trainer **NEW**

Time: Monday 6pm – 9pm (three sessions)
Cost: \$475 / \$375 concession*
Venue: 58 Errol St, North Melbourne

Certificate IV in Training and Assessment (TAE40110)

Time: Monday 6pm – 9pm (11 sessions)
Cost: \$1595 / \$375 concession*
Venue: 58 Errol St, North Melbourne

Upgrade to TAE40110 from old BSZ40198 and TAA40104

One-day workshop
Time: Wednesday 9am – 4pm
Cost: \$475
Date: 23 September
Venue: 58 Errol St, North Melbourne

Introduction to Teachers Aide Work

Time: Wednesday 9am – 3.30pm
Cost: \$1225 / \$250 concession*
Venue: 58 Errol St, North Melbourne

Professional Barista and Food Handling Training **NEW**

Time: 9.30am – 3.30pm (four sessions)
Cost: \$125 / \$105 concession*
Venue: 58 Errol St, North Melbourne

INFORMATION, DIGITAL MEDIA AND TECHNOLOGY

Computer Skills: First Steps

Time: Monday 10am – 12 noon
Cost: \$125 / \$90 concession*
Venue: 58 Errol St, North Melbourne

Computer Skills: One Step Further

Time: Friday 10am – 12 noon
Cost: \$125 / \$90 concession*
Venue: 58 Errol St, North Melbourne

Computer Skills: INTEL Easy Steps

Time: Wednesday 1pm – 3pm
Cost: \$125 / \$105 concession*
Venue: 58 Errol St, North Melbourne

Open Door

Cost: Free to those sleeping rough
Job Seeker Skills

Time: Monday 1pm – 3pm

Basic Skills

Time: Friday 1pm – 2pm
Venue: Flagstaff Crisis Accommodation

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 (four sessions)
Cost: \$90 / \$55 concession*
Venue: 58 Errol St, North Melbourne

Photoshop and Your Photography

Time: Thursday 10am – 12 noon or 1pm – 3pm
Cost: \$133 / \$90 concession*
Venue: 58 Errol St, North Melbourne, or Kensington Town Hall **NEW** or Docklands Hub **NEW**

HEALTH AND WELLBEING

Active at Any Age

Time: First Tuesday monthly# 10am – 12 noon
Cost: \$35 / \$25 concession*
Venue: Kensington Town Hall **NEW**
Time: Second and third Tuesday monthly, 10am – 12 noon
Cost: Free/subsidised to June 2015#
Venue: North Melbourne Library
Time: Third Monday monthly 10am – 12 noon
Cost: \$35 / \$25 concession*
Venue: Docklands Hub **NEW**

Pilates:

Introduction to Pilates

Time: Thursday 5.30 – 6.30pm

Beginners Plus

Time: Thursday 5.30 – 6.30pm

General Class

Time: Tuesday 6pm – 7pm
Tuesday 7pm – 8pm
Thursday 6.30 – 7.30pm

Intermediate

Time: Thursday 7.30 – 8.30pm

Intermediate Plus

Time: Thursday 6.30 – 7.30pm

Antenatal Pilates

Time: Thursday 7.30 – 8.30pm (five sessions)
Cost: \$185 / \$135 concession*
Venue: Arts House Meat Market

ART AND CRAFT

Art and Craft: Create and Communicate

Time: Thursday 10am – 12 noon or 1pm – 3pm
Cost: \$90 / \$55 concession*
Venue: 58 Errol St, North Melbourne, or Kensington Town Hall **NEW** or Docklands Hub **NEW**

Introduction to Media and Printing

Times: Various
Cost: \$133 / \$90 concession*
Venue: 58 Errol St, North Melbourne

INC PARTNER PROGRAMS**

Certificates in General Education for Adults

Certificates in English as a Second or Additional Language

Certificate III in Children's Services

Certificates in Kitchen Operations/Hospitality

Certificate in Vocational Preparation

* subject to conditions

subject to staff-student ratios

** subject to demand

Captain Blue-Dress and the book-thirsty pirates

Frances McMillan

"Behold, it is I, Captain Blue-Dress, and my band of bloodthirsty pirates! We have come to seek our treasure! Get out of our way, you lily-livered readers!!"

The shrill scream of Captain Blue-Dress's voice echoed around the downstairs chamber of the North Melbourne Library. Children, parents and staff were taken completely by surprise and gaped in fear. A band of thieves poured in like giant red ants, ready to search every nook and cranny, every bookshelf and reading space for the treasure within.

The pirates clutched dusty sets of clever cryptic clues that guided them through the maze of shelves, stairs and reading rooms.

"Yo ho ho and a packet of gum! Reading is great and learning is fun! We'll hunt high and low and never be slow, because life is such fun

when you're in the know!" The pirates chanted as they found special picture books, glossy magazines, atlases, DVDs and CDs, and other hidden library treasures.

It looked like everything was plain sailing as the pirates notched up their loot, until, from a dark corner of the library, an angry voice rose up.

"Lookie here, me hearties, I believe the clues have been sabotaged!" thundered Captain Blue-Dress, her face red and puffed up with rage.

"Go find those mutinous traitors amongst us and make them walk the plank!"

Captain Blue-Dress's loyal pirates frantically scoured the library looking for the greedy, treacherous people who were trying to keep all the treasure for themselves. Was it the Yellow Beards? Or the Black Bands? Or maybe it was the Red Devils who were betraying them? There were five different groups and one of

them had double-crossed the others.

After looting and ransacking the library, the pirates finally discovered that the clues had accidentally fallen behind the world maps and were covered up by the magazines. This way, no one had to walk the plank, no siree! Instead, the pirates and library-goers all got together and shared their loot. With cries of delight they opened books, flipped through magazines and piled up their gold coins.

Captain Blue-Dress was very proud of her fearless band of pirates and their thorough search of the library treasures. She has the best educated pirates in the world.

The Pirate Treasure Hunt was a joint initiative of the Global Homework Program and the children's librarians of the North Melbourne Library to make children familiar with the range of learning materials and resources available to them in the library. It was a great success.



Captain Blue Dress a.k.a. children's librarian, Michelle Moore

Photo: Frances McMillan

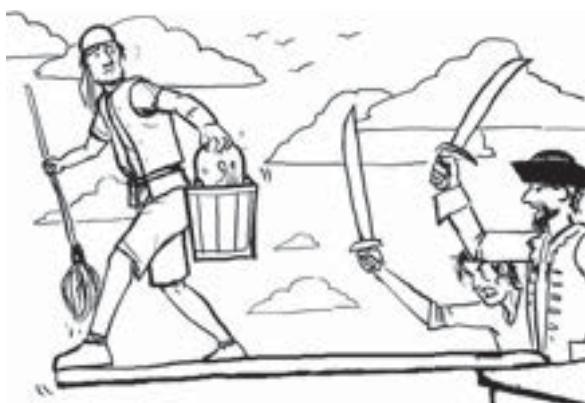


Illustration: Adam Falloon

how good he is. Anyway I was having a crappy day. I was slipping over the poo and vomit and getting yelled at. I even slipped over a skateboard and then to top it all off the captain wouldn't shut up about how good he was. So I yelled out "WOULD YOU SHUT UP!!!!"

And now I'm here walking the plank.

By Alec, Year 6

Why did the pirate walk the plank?

It all started when I was cleaning the deck. The 'newbies' were chucking up everywhere. It stank like pig dung and cabbage. I was cleaning it all up and did I get any recognition? NO!!!!!! The captain gets told 24/7

Why did the pirate walk the plank?

It all started when me hunger got the better of me. The biscuits were on the top shelf. They even had sugar in them there biscuits! I just happened to reach in an' take 'em but as soon as I took a bite the cook walked in. He grabbed me an' took me to the cap'n who yelled at me for hours. As punishment I was to walk the plank! All for them biscuits!



Illustration: Adam Falloon

By Chloe, Year 6

YOUTH & EDUCATION

Simonds students know they can design!

Ezme Webb

Last month, two West Melbourne students from Simonds Catholic College, Terry Nguyen and Jean San Juan, won the *So You Think You Can Design* competition.

The competition was hosted at the Design and Technology Teachers' Association (DATTA) conference in May.

Ten finalists from five schools gathered for the two-day design marathon. Terry Nguyen and Jean San Juan were selected after excelling in a series of design challenges in the DATTA *Week of Design* in March.

The *So You Think You Can Design* competition required each school team to create a playground of the future by first sketching their ideas.

Student concepts were developed using computer-aided design, from which prototype model playgrounds were built.

Each team was assigned a different theme. Terry and Jean's winning entry was based on the environment.

The students each won an iPad mini and were presented with a trophy for their school. The awards were presented by competition sponsor Professor Scott Thompson-Whiteside, dean of Swinburne University's School of Design.



The winning design for a future playground by Terry Nguyen and Jean San Juan from Simonds Catholic College

Photo: Ed Nikolaidis

Inner-city youth unemployment on the rise

Adam Bandt

You don't have to spend much time at the housing estate in North Melbourne before you come across someone who wants meaningful work but can't get it. The problem seems to be getting worse, especially amongst young people. I'm worried that rising youth unemployment is hitting our area hard and threatening what's good about our suburbs.

One of the things that makes Melbourne great is our diversity, with people from many different backgrounds and incomes living together as neighbours. However, for many young people, including those from refugee and migrant backgrounds, it has never been harder to get a meaningful job.

While we should be making sure everyone in Melbourne feels like they belong, we're instead seeing many young people who feel excluded, unable to find a job and forced to live below the poverty line on the dole.

On the latest figures, youth unemployment in Australia is sitting at 13.6 per cent, more than double the national average unemployment rate (which is currently 6.1 per cent). Whilst we've been lucky to avoid the spiralling levels of youth unemployment seen in other parts of the world, with countries like Spain and Greece experiencing levels well over 50 per cent last year, some groups are much worse hit than the national average.

I've heard many stories from locals who've

completed degrees in Melbourne and sent off dozens of job applications but not even received a call for an interview. However, when they change their name from 'Fatima' to 'Anne' on their CV, the phone starts ringing.

The statistics back up these experiences. People from refugee and migrant backgrounds are one-and-a-half to two times more likely to find themselves un- or under-employed. Combine that with a rising youth unemployment rate generally and it paints a worrying picture. Add to this the Abbott Government's proposal to boot young people off the dole and the funding cuts to TAFE and universities and it's a recipe for disaster.

The government hopes to wash its hands clean of the responsibility to support these young people, leaving it up to charities to provide housing, food and clothing to the young unemployed who are not lucky enough to have the support of family or friends.

As well as fighting the Abbott Government's attacks, I've been working hard to help get jobs for locals in our neighbourhoods. A few years ago, we brought together community leaders, businesses and job service agencies to tackle the issue.

We set up the Melbourne Employment Forum, an association led by the local African-Australian community, to help find jobs for locals. I'm thrilled that we have just secured funding from the Melbourne City Council for projects to help find meaningful work for locals in North and West Melbourne.

We all have an interest in making sure



Photo supplied by the Office of Adam Bandt MP

Melbourne is a neighbourhood where everyone feels they have a place. More jobs for our neighbours means everyone feels happier and prouder. There's a lot more that needs to be done, including national action to grow the clean economy and create new jobs in areas like education, health and renewable energy.

In the meantime, we're making a start locally. If you can help with a job for a local, please get in touch with my office on 9417 0759.

Adam Bandt is the Greens Federal Member for Melbourne.

Stop the war on the poor — Fair Go for Pensioners rally

Carole Lander

Will the sweeteners in the state and federal budgets help alleviate poverty and the daily struggle to survive for 2.6 million Australians of whom close to 651,000 are Victorians?

Addressing the crowd under the banner of Fair Go for Pensioners Inc (FGFP), Emma King, CEO of the Victorian Council of Social Service (VCOSS), opened a rally on the steps of the State Library of Victoria on 20 May. "Stop the war on the poor" was the battle cry of speakers representing aged pensioners, single mothers and the unemployed.

Jeff Fiedler, manager of housing for the Aged Action Group Inc (HAAG), expressed gratitude that the Andrews State Government had funded their Home at Last service for older people at risk of homelessness for another four years. But HAAG and FGFP agree that services for older people also need housing outcomes. Unfortunately the state budget did not provide funding for urgently needed expansion of new public housing stock, while the Federal Government refuses to acknowledge the current housing crisis.

Fiedler has said: "Massive investment in public housing by the State and Federal governments is urgently needed to address the huge demand for affordable housing that is needed for our ageing society. Older people are forced into an unregulated private rental market where they are ripped off and manipulated by unscrupulous landlords. Public housing rescues older people from housing poverty and provides the dignity everyone in society deserves."

Marilyn King, volunteer president of Willing Older Workers, has replied that "coming from a group who have members aged 50 and

over, we find that being long-term unemployed has led to people becoming homeless and ill."

Winter is here and utilities bills are hurting pensioners. Despite Victoria's energy concessions program, VCOSS claims that these provide less assistance to eligible households than in the past. According to its online budget snapshot: "In real terms, accounting for CPI increases and output projections for a number of households receiving concessions electricity will be 10.3% lower and gas 1.2% (Budget Paper 3, p. 258)."

FGFP ethnic community representative George Zangalis said it was highly disappointing that there had been no improvements to concession discount rates/rebates for three years.

"Utilities are central to pensioner living standards and certainly feature largest in the mass meetings I attend in the community."

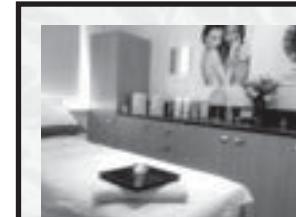
Commenting on Scott Morrison's childcare package, Kerry Davies expressed the views of the Council of Single Mothers and their Children (CSMC), who are appalled that cuts to single-income family payments mean women parenting alone, who have absorbed successive budget cuts from both sides of government, stand to lose another \$58 per week. Budget 2015's childcare package relies on this cut to vulnerable families, reducing existing childcare entitlements and increasing out-of-pocket costs for low-income parents.

This budget also cuts funding to the Australian Tax Office for enforcement of child sup-

port payments, despite Child Support Agency figures revealing more than 50 per cent of child support is neither fully paid, nor on time. The current child support debt sits well over \$1 billion.

"This is shortsighted, cruel legislation which effectively shuts more single-mother families out of the labour market and makes it easier for non-resident parents to dodge their financial responsibilities, leaving women and children in danger of greater poverty," said Davies.

FGFP president Roger Wilson appealed: "FGFP urges the Federal Government to end poverty by taxing the rich to pay their fair share."



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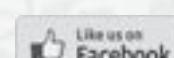
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Stephanie Alexander and SAKGP VIPs visit our school

Robyn Phelan

A major achievement for the Stephanie Alexander Kitchen Garden Program (SAKGP) was announced in the North Melbourne Primary School (NMPS) kitchen garden on Friday 13 March.

Stephanie Alexander, Ange Barry (SAKGP CEO), George Savvides (Medibank's managing director) and our school principal, Sally Karlovic, made speeches in our glorious vegetable garden. The VIPs then joined students, staff, volunteers and former SAKGP teachers Tarsh, Mel and Cathy to chat and eat wonderful, healthy food prepared and served by Sam, staff and grade 6 students.

What's so special? There are now 800 schools partnering with the Kitchen Garden National Program. Ten per cent of all Australian primary schools run this food education program. The program has recently opened up membership to any early-learning centre, primary school or secondary school in Australia.

Principal Sally Karlovic's speech was fantastic. Sally gave an overview of the eight years the program has been part of our school. She acknowledged Tarsh, who set out the first garden, with the odds against her, to grow produce for the kitchen, and Cathy, our first kitchen specialist, recalling the successful

Italian Chickens program.

Our current kitchen and garden specialists, Sam and Joanna, nurture a student-led curriculum, bringing in recipes from home countries and family favourites.

At North Melbourne Primary School the SAKGP is a part of our main curriculum; it is not an add-on. All children across the school learn to respect and enjoy the garden, and cooking is integrated across the year for all children in grades 3-6.

The kitchen also becomes a 'place of research and science' when the foundation students, or those in years 1 and 2, are studying food, nutrition or kitchen chemistry!

We have families who regularly discuss what their children bring home from the kitchen or garden, proudly saying "We grew this", "I ate this" or "I cooked this". Literacy and numeracy skills are also included and explicitly taught through the food education program.

The program has brought about a sense of engagement and interest in healthy, tasty food — an interest that spreads across the whole school.

The NMPS kitchen also welcomes volunteers. If you are the parent or carer of a child in the SAKGP this term, please join us. You just might expand your cooking repertoire!



Sally, Cath, Stephanie, Jade and Sam

Photo: Robyn Phelan

Community members are really valued at NMPS and we are always on the lookout for new volunteers in the kitchen. You don't have to be a parent — you could be a retiree, a grandparent or a local parent who no longer has children at the school, or you might even be someone studying in the education or food industry!

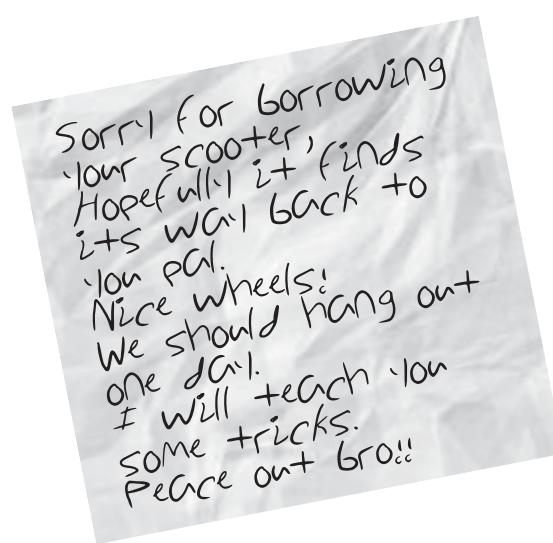
To volunteer with the kitchen, you can find the necessary Working with Children Check online at <https://online.justice.vic.gov.au/wwccu/onlineapplication.doj>

For more information, email Sam, our kitchen coordinator, on sam@northmelbourneps.vic.gov.au

The cryptic letter

Letter One:

Author unknown, handwritten. Found in March 2015 attached to a scooter in North Melbourne Primary School.



Letter Two:

Author: Fergus, Grade 5, North Melbourne Primary School. Emailed to reporter March 2015.



Firstly, thank you so much for returning my scooter. When I discovered it was stolen from the school (even though you just borrowed it) I felt a bit disappointed because the school is really safe and we all look after each other there, and when something goes missing we really start to wonder: is our school really *that* safe?

But when I found that my scooter was not only returned, but returned with a really nice sorry note, I thought that I was the luckiest person on the planet. I cried with happiness at the thought that someone thought twice about stealing a scooter, and decided to return it.

I would be delighted to learn some tricks from you on my scooter. I hope you keep your good behaviour up and think twice before stealing something.

Keep cool and ride hard bro!!!

Looks alone

Claudio Palmeri

How many times have you been told perception is everything? How many times have you looked and judged? How many times have you been wrong? Perception (according to adults) is everything.

First impressions are apparently everything, yet kids are told not to judge a book by its cover. I wanted to know who was right, which led me to devise my own social experiment.

Perception (derived from the Latin word *perceptio*) is the organisation, identification and interpretation of an object. It was with this in mind that I decided to enter the same store on different days wearing three different outfits. In this case the object was me.

I wanted to see whether people are correct in the assumption that we are judged by our appearance and if, in fact, perception is everything.

The first day of my experiment I entered the store with a beanie, a very baggy hoodie and a large backpack.

Several days later I entered the same store wearing a baggy tracksuit and my cap backwards.

On the final day of the experiment, I wore pants and a shirt.

Did perception change the way I was served and treated? In short, yes.

Unfortunately, society has placed a label on who and what is considered a respectable member of the community. I was still the same kid underneath the outfit with the same values and principles, but unfortunately not everyone was prepared to see beneath the layers of clothing.

My social experiment proved many things to me, and primarily brought about disappointment. Being judged purely on my appearance was not only frustrating but I was made to feel as if I had done or was about to do something wrong.

People need to be perceptive but not judgmental. At the end of the day, it did not matter what I wore or how I was served; what mattered to me was that I was judged by perception and perception alone.

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OPINION

City governance and election campaign donations

Ewan Ogilvy

Late in 2012, *The Age* ran with a headline 'Cash may gag council vote'. This report contended that the "Melbourne City Council could be denied a say on key building projects, with a majority of councillors unable to vote because of developer donations that bankrolled their election campaigns".

Could this really happen in the Melbourne municipality?

Back in May 2014, the City of Melbourne's Future Melbourne Committee couldn't consider the Development Contributions Plan (MPS Am C208) because of the lack of a quorum. According to the minutes, this situation arose because five members of the committee had indirect conflicts of interest through being recipients of campaign donations from a developer.

So what happened? Following the meeting, this matter was dealt with by a council officer under delegation! Here we have an important report, prepared by the council administration, that COULD NOT BE CONSIDERED by our elected officials. What an appalling situation.

Could this happen again? Should it?

Most Planning Scheme amendments can, and do, raise serious issues for developers and other stakeholders. Take the City North Planning Scheme Amendment (C196). This

major amendment proposed to:

- rezone all that area south of Grattan Street, between Peel Street (North Melbourne) and Swanston Street (Carlton), to the Capital City Zone. One of the key clauses of this zone proposed to exempt the buildings and works applications (for the as-of-right uses) from ALL the notice, decision and review rights of the *Planning Act*.

The amendment also proposed to:

- increase the (preferred) intensity of development in almost all the proposed Capital City Zone areas through amendments to the Design and Development Overlays. The proposed changes in the North Melbourne area were particularly dramatic — from a *mandatory* height limit of 14 metres to a *preferred* maximum of 24 metres.

This amendment was of significant interest to both property owners and the development industry. But did any of our city councillors declare an indirect conflict of interest when the matter went before the full council? Not according to the council record. How can this appalling situation be countenanced in a 'sophisticated' democracy?

In March this year, Ms Ellen Sandell (State Member for Melbourne) put a question to the Minister for Planning (Mr Richard Wynne) to clarify the attitude of the Labor Party to donations from the property industry. In response, Mr Wynne indicated that this was a matter for the Special Minister for State.



Development opportunities in Princess Street, North Melbourne? This is where the preferred intensity of development may go from a real maximum of 14 metres (about four storeys) to a 'preferred' maximum of 24 metres (ie six storeys-plus)! If the City North Planning Scheme Amendment is gazetted, citizens will have very constrained opportunities to object or appeal against insensitive development proposals. No such constraints are proposed for the west side of Peel Street. Why should appeal rights be limited on the east side?

Photo: Ewan Ogilvy

It is understood that the Labor Party does not intend changing the law in relation to this matter. (At the time of going to press, the Labor Party had not clarified its position.) According to Ms Sandell: "Labor must legislate to ban donations from property developers. If they do not, they are saying they

do not care about integrity in the planning process."

If the state of New South Wales can ban developer contributions to candidates for electoral office, it MUST be possible and REQUIRED in Victoria.

SPORT & HEALTH

High heels: a species of unlikely survival

Bill Adamson

As an osteopath I see all sorts of ailments, from headaches to foot pain, and an important part of treatment is to determine the cause of the injury.

Some causes are weird and wonderful (an 84-year-old with a bung hip and a new partner limps to mind) but generally it is something seemingly insignificant, a regular part of a person's life, which causes the injury.

High heels are one such item. Found in many women's wardrobes, they fill the coffers of manual therapists the world over.

But where did they come from? How did these beautiful, foot-binding, limp-inducing shoes come to be so common? I wasn't sure, so I went on an interweb-based adventure to find some answers.

Ignoring the butchers of ancient Egypt and the prostitutes of ancient Rome, the fashion of high heels that we know and love (?) was introduced to Europe from what is now considered the Middle East.

Towards the end of the 16th century the Persian army was one of the most feared and respected in the world, and one of the more garishly dressed armies in global history.

Think manicured beards, flowing robes and velvet heels, like a medieval Rainbow Serpent Festival.

Persia's greatest rivals were the Ottomans. In an inspired move for modern fashion houses, the Persians sent a group of diplomats to Europe in search of allies against their mutual enemy, the Ottoman Empire.

These diplomats were the best dressed of the lot and cruised between royal dinner parties across the continent, wowing their hosts with their grace, facial follicles and decadent footwear. Needless to say the Europeans were smitten.

This footwear was not just aesthetic. It gave horse-bound warriors better balance when standing in their stirrups and increased the leverage of a sword or bow, as well as elongating their legs and enhancing the definition of their calves.

Like today's celebrities, the aristocracy of the day drove fashion. And as more and more noblemen took to the heeled look, so too did the plebs aspire to own a pair.

But it was only men who wore heels until the 1620s. The 1620s deserve an essay unto themselves. This is when women started appropriating the fashions of men — cutting their hair short, smoking pipes and wearing high heels.

Heels proliferated. As more plebs and more women wore them, the aristocracy altered the

design to maintain a point of difference.

Then came the French Revolution: liberty, equality, fraternity! The class-based system thrown out in a welter of violence and death. In 1799 Napoleon wrested control from the few revolutionaries who had managed to keep their heads, and in a nod to the principles of the Revolution he ordained himself — in flat shoes.

And thus heels disappeared — until the mid 19th century, when they reappeared in pornography, now associated with small, feminine feet.

Once again they were on the rise in mainstream popularity, especially in the shorter-hemmed and higher-heeled 1920s. Then the Great Depression hit and ostentatious

displays of wealth were frowned upon, or the wearers were robbed, so heels were shortened and squared off.

It took the postwar 1950s movie stars, in collaboration with Christian Dior, to make them glamorous again.

And now? In 2011 *The Wall Street Journal* reported that \$38.5 billion was spent on high heels in the USA alone.

We can only imagine how much money manual therapists make from treating high-heel-related injuries.

The moral of this story: don't wear high heels every day, do calf raises to make yourself stronger for when you do wear them, and don't walk far in them.

Bill Adamson is a local osteopath.



Illustration: Adam Falloon

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Stay healthy and keep active this winter

Janine Barron and Chris Addison

Winter is here; days are shorter and colder. It is natural that our bodies want to go into hibernation.

The winter months can be a time to slow down and reserve energy, but hibernating creates a slow and sluggish metabolism and low energy levels, and then we catch that cold! We need to increase circulation within the whole body to stay healthy. Rather than hibernating as it gets colder, practise yoga to stay active and healthy this winter. Your body and mind will thank you, and you will have more energy.

The beauty of yoga is that all you need is you. We tend to use excuses like "Oh, but it's cold. I have to take a tram to the yoga studio". Let go of any judgments you have of what a yoga practice is supposed to be, because you know how to move, there's no right or wrong. Yoga helps us to stimulate our metabolism and be present in the moment.

Shoulder stand is a restorative posture. It is very effective in bringing fresh blood to the



Risa Nishiura from Tokyo: Shoulder stand

lungs, heart and thyroid, helping to empower these areas to release toxins and avoid typical winter illnesses. Also, this is a fun, childlike pose to play with!

Stay in shoulder stand for five to six long and deep breaths. Follow this by hugging the knees into the chest and then releasing them to take at least a one-minute *savasana* (relaxation lying on your back) to gain the full benefit.

Some great core-work you can do is **dolphin dive**, which is like a modified downward-facing dog. Start by holding onto the outside of the elbows and plant them on the ground. You can either interlace your fingers or straighten the arms out so they are parallel with hands



Dolphin pose

Photos: Andrew Clifforth

flat. Next, you lift your hips and back up into this modified downward-facing dog position (see photo).

As you inhale, lengthen the body towards your hands. As you exhale, push back to the modified downward-facing dog. The goal is to bring the body parallel to the ground. It is best to do around 10 of these.

So how does one move out of that comforting place of stagnation? A better answer is to ask the question, what do you like about feeling stagnant? Does the space you are in allow you to be and do everything you wish? What is it going to take to allow that space to be available to you?

Creating a rejuvenating lifestyle involves staying active. Take a deep breath, feel the earth beneath your feet, walk in nature, take a moment to look around you with eyes and heart open, take a daily yoga practice, meditate, keep your chakras balanced, eat slow-cooked, healthy food.

Meditation also keeps the mind healthy. Meditation sounds like a remote experience because of all the stimulation we're exposed to, but why not try a meditation practice? A growing amount of research shows that meditating can reduce stress, alleviate anxiety and depression, increase your attention span and deepen your compassion for others, among many other benefits.

Staying healthy in our body and our mind takes patience. Allow what you desire to come to you and, most importantly, decide to maintain your health and vitality this winter by staying active.

Janine Barron and Chris Addison own *The Yoga Place* at 203 Victoria Street, West Melbourne. The studio is open seven days a week and offers 31 yoga classes including meditation and pranayama breathing.

TRAVEL & FOOD

GAP years: not just for the young

Kashka Lantis

As I write this I am sitting by a picturesque river, watching brightly coloured fishing boats return to the town of Kampot, in Southern Cambodia.

I've left the dust and heat of Phnom Penh, which is my home at the moment, where I am teaching English. It has been well over a year since I decided to reinvent myself. While working in the travel industry I was able to see first-hand the huge impact that learning English can have on the lives of people, their families and communities. I decided years ago that one day I would try my hand at teaching my native language. I would take a break from all that I had ever known, and experience my first ever GAP year.

I didn't have the means to have a GAP year when I was in my late teens, and instead I got caught up building my career. Then suddenly I was in my 40s, companies were downsizing, and I was made redundant. Initially this sent me into a state of shock, but I realised it also presented an

opportunity to change direction.

I ended up as a tour leader in the Middle East, showing holiday-makers around some of the world's most amazing ancient sites. I remember gazing into the depths of the glorious Nile River, and wishing I could do this for the rest of my life. As it turned out, however, I ended up back in the rat race.

Now, as I sit beside this Cambodian river, I reflect on my current situation. It was just over a year ago that I packed in a great job that I loved, but couldn't realistically see myself doing in another five years' time. After I finished the job, I completed an intensive course of study called a CELTA (Certificate in English Language Teaching to Adults). The CELTA is the most recognised pre-service qualification for teaching English around the world and can break even strong-minded individuals. I am pleased to say, however, that I finished it and found myself in the market for another job. It was exciting. It was interesting. It was also rather overwhelming.

One month and many applications later, my confidence was waning. I started to worry

that my age might be going against me. When I felt this, my friends and family reminded me that I had persevered to get my qualification, and the memory of this gave me the impetus to keep applying for positions.

Finally, I was thrilled to receive an offer from the Australian Centre for Education (ACE) in Cambodia. I had visited Cambodia 10 years ago and the character of the Cambodian people left a lasting impression on me. It would be a great place to start my GAP year, a place that was familiar.

I began my contract with ACE last June, and it has been an incredible experience. I teach young learners here, whose parents are keen to give their children every opportunity in a country that is experiencing a development boom. No matter what their age is, I see hardworking and dedicated students who are polite and responsive to their teachers.

In addition to the delightful experiences with my students, I have made some wonderful Khmer friends and I know their generosity of spirit will stay in my heart no matter where I travel.

Of course it hasn't all been a bed of roses. Starting out in a new career is hugely challenging, and I sometimes wonder if I should just return to my familiar job in the travel industry. But no, I am determined to give myself at least 12 months to see if this is just going to be a GAP year, or if it is the beginning of a really wonderful new career. At this stage I am simply going to take each day as it comes, because so far it all seems to be going rather well!

Before her Cambodian adventure, Kashka Lantis was the News' Food and Travel editor.



Fishing boats on the Kampot River, Cambodia

Photo: Wikimedia Commons

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What about a holiday in Cambodia? This country has much to offer in addition to the stunning world heritage site of Angkor Wat.

Best time to explore this fascinating country is November – February which are the cooler and drier months. Worst time of the year is April – June when it is extremely hot, humid and uncomfortable. A number of airlines fly to Cambodia though not all have direct flights so a stopover in a hub city such as Kuala Lumpur or Singapore is required.

Overnight in Healesville



A pleasant, beautiful drive through the overcast back roads of Healesville

Photo: Michael Hockstein

Michael Hockstein

My girlfriend and I moved to West Melbourne a few months ago. We are both on working holiday visas and have been enjoying all the personality that Melbourne has to offer: great cafes, cool galleries (like the Dr. Seuss gallery at the Block Arcade in the CBD!), free CBD trams and the incredible graffiti have wowed us.

The two of us recently took a three-night holiday to Healesville to return to nature and enjoy some time to ourselves. We had such a good time that I want to share it with the North and West Melbourne community.

Our first room, at the Big 4 Yarra Holiday Park, was beyond our expectations. The Big 4 is located at the base of a national park, so we had nature all around us, and open fields were visible from our deck.

If you enjoy wineries, there are enough to fill a week's worth of tastings. We visited Tokar Estate, Domaine Chandon and Yering Farm. Tokar Estate is a smaller winery with an appealing restaurant. Their wines had a bold taste that I enjoyed but which my girlfriend found overpowering.

Domaine Chandon is a large winery with immaculate grounds that are spectacular even on a rainy day. It is known for its sparkling wines; in fact Domaine Chandon produce 35 per cent of Australia's sparkling wine. I highly recommend both wineries.

On our final day, we visited Yering Farm Wines. This is a cute little winery with only a small sign to draw the public in. I found this to be my favourite of the three. The wine tasting was free (the other two were only \$3 and \$5 — but still free is nice). It was an atmospheric little cabin in the middle of grapevine rows. An elegant, proper and knowledgeable wine connoisseur described the arousal of flavours on our tongue. This was a lovely place to rest and recuperate between wineries.

There are breweries and cider houses in the area too. Meletos is a cafe-style eatery, where one can order food and drinks. We ordered a paddle: I had four beers, and my girlfriend had

the four ciders on offer. It all tasted wonderful, especially while viewing their vineyard with distant silhouetted mountains backdropping the scene.

Wineries and breweries weren't even the best part of our Healesville experience. Cheese farms, chocolate factories, nature and tranquillity are all plentiful. There is a great place called Yarra Valley Dairy where you can get a free tasting of several delectable cheeses. For about \$40, we picked up two varieties of goat's cheese, a safflower cow's milk cheese, and a smoky hard cheese.

Then there is the favourite of many people, the Healesville Chocolaterie and Ice Creamery. Walk through the front doors to a 'help-yourself' selection of free chocolate: white, milk and dark! They have chocolate sweets, ice-cream, coffee, food and, amazingly, fondue shots.

Now, I am an ice-cream fiend, and their white chocolate ice-cream with dark chocolate chips was amazing. My girlfriend preferred the blueberry dark chocolate and raspberry dark

chocolate sweets, washed down with a shot of white chocolate and a latte. This was certainly a can't-miss location.

One of the best restaurants that I've ever eaten at is Innocent Bystander in Healesville. The staff were very chatty and the service was incredible. Don't leave without sampling at least one of their gorgeous pizzas. My girlfriend's favourite was their halloumi salad — it came served up as a kind of halloumi cheese steak with shaved fennel and a zaatar seasoning. The staff even gave us a free loaf of their award-winning artisan bread when we left. Last, but by no means least, is Innocent Bystander's pink Moscato, a unique, light and fruity sparkling wine that is hard to put down.

Only an hour outside Melbourne, Healesville has rolling green valleys. It has wineries, fun activities for couples and families, indoors and outdoors, relaxed and adventurous. It's an amazing weekend getaway for everyone. The weather wasn't so cooperative for us, so I recommend checking before you go.

A pocket-sized gem

Alpha Barratt

North Melbourne, an inner-city suburb positively affected by postwar migration, is home to some of Melbourne's most popular cafes, many of which are run by self-confessed caffeine addicts.

There are some impeccable cafes in the main areas of North and West Melbourne, but I decided to explore a different area and found a cafe that is less well known to our North Melbourne community. Pocket Cafe is a hidden cafe.

Nestled in a small laneway at 29 Melrose Street, Pocket Cafe matches its name perfectly — small, compact and so well hidden that you could mistake the customers seated outdoors for university students sitting outside their apartment enjoying a coffee on a study break. This isn't surprising, as the cafe is perfect for an afternoon with your favourite novel and coffee or, if you're like me, an early-afternoon study session.

When I sat down at the cafe it was later in the day and my waiter kindly explained that they had sold out of all but the bocconcini bagel. This bocconcini bagel and the coffee were undeniably cheaper than at more popular cafes, and I was able to pay by card with no eftpos minimum (which, for a student, is definitely an indicator of a cafe's excellence).

Within 10 minutes I was excitedly tucking into my meal. The grainy bagel with bocconcini, spinach, tomato and pesto was simple and worked perfectly. I downed my food and decided I needed something extra, because, although it was close to the finest bagel I've ever eaten, it wasn't overly filling.

The strawberry, chia and rhubarb pudding stood out, as I had never tried a decent chia pudding and this one was wonderfully presented. The chia 'health food' trend is slowly killing our bank accounts. The sweet-sour flavour of the rhubarb, paired with the unbelievably sweet, fresh strawberries, worked beautifully with the silky taste of the almond-milk-soaked chia seeds.

On leaving the cafe, I was glad I had taken a chance on trying something new in North Melbourne and will definitely return soon if only for the bagel. Although small, that's what makes Pocket Cafe stand out from other North Melbourne cafes — it's a pocket-sized gem.



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In conversation with Chris Beaumont

Jennifer Choat

In a small studio space tucked behind the 45downstairs gallery, away from the midday bustle on Flinders Lane, Jennifer Choat caught up with contemporary still-life artist Chris Beaumont.

You are from Melbourne — tell me about your upbringing. When did you first show an interest in art and painting?

I was good at maths and science at school and ended up doing medicine at Melbourne Uni. In second year I was doing histology and you had to do drawings of everything you saw down the microscope. I'd have these really dense graphite drawings of cell structures — that's when it clicked in my head of what drawing really was. So I started doing night classes and got all the books out on drawing that I could. That led to night classes in painting with Howard Arkley and TAFE, until I went to the VCA.

You studied a variety of things — medicine, fine art and software development. What made you continue to study?

Like a lot of artists I was supplementing my income with hospitality work, but since '95 I've been writing webpages. It means that I can work from home and in my own hours. The web is such a place of creation and it's a rectangle picture plane. The internet is for us what painting was for Leonardo in his time.

Traditional still life is an unusual focus for a contemporary artist. What made you choose this and stick with it?

By the end of third year at the VCA I discovered Spanish still-life painting. It was Juan Sánchez Cotán who had the windowpane, with an arrangement of vegetables to express his faith. It brings together a lot of things I am interested in — plus it has the black background. The unknown.

Most art schools don't teach technique anymore. Was it like that when you were at the VCA?

It was a bit half-and-half. There were some committed drawers. Peter Booth was teaching at the time and he would always do a drawing to demonstrate something to you. We did life drawing regularly, but things were pretty loose. Technique is a fashion thing — maybe in the late '70s it went out. By the time I got there in the mid-'80s it was expressionism.

Do you think it is important for an art program to have drawing training?

You can't see unless you can draw. And if you can't see, then you're really wasting your time. What we have now is problematic, because we get curators who need to do a PhD in art,

which is based in literature, not based on visual language. If you can't draw, or if you haven't spent at least a few years trying to, and haven't looked at a lot of pictures, you can't make great curatorial decisions because you can't really see what it is that you're looking at. If you haven't tried to make art, how much can you really know about it?

What was the hardest part of art school for you?

Before you go to art school and you've looked at thousands of pictures you have a vague idea of what art might be. You go to art school to get a professional idea of what art might be and your brain will change with that knowledge. That feels hard, while your brain changes. You have to rid yourself of the clichés. You'll start to see better, you'll notice things that you didn't notice before. You see the details: what people are saying or aren't saying. When you look at a painting you can see so much about a person; you're actually looking at someone's mind. That's what people love about painting, you get to see people's minds, which could have been written 500 years ago and it's all there.

Do you have any advice for young artists or students at art school?

Just draw. Look at as much art as you can. But please draw.

Do you use traditional oil-painting techniques? Do you work swiftly or prefer to study slowly?

It takes me about three months to finish a picture. Maybe six weeks if I push it. Because I work in layers ... 'Traditional' is a funny term — 'cause I don't know anybody who paints like this. So how traditional is it? My painting looks traditional, but I would say that it's not. You see that there are things in it that would never be painted traditionally.

Can you tell me about the recurring themes or narratives in your paintings — are many of them modern memento mories?

Yes, definitely. It's all about the changes of life — that everything will go. But the thing is, paintings will stay. A painting will last 500 years or so. They are sort of competing with death in a way. That's the fun of painting. I think all painters enjoy that type of thing. Surpassing death.

Who are your inspirations? Which painters do you reference in your still life?

Juan Sánchez Cotán is one. He was apparently the first still-life painter in Europe. Francisco de Zurbarán was at about the same time. He had black backgrounds with beautiful, simple objects. And then there is Goya, whose work is so modern. It's fresh and so alive! And his still-life work is nuts — he's got a turkey with its neck broken, just thrown against a wall next to a basket. You know it's about to be cooked.



Chris Beaumont in his studio at 45downstairs gallery

Photo: Jennifer Choat

Just like his soldiers. And Caravaggio, who has those same black backgrounds, and is again very modern.

How do you personally measure the success of a work?

Whether it stays interesting and whether people like it. There's a point in the picture, usually about two-thirds of the way through, when it starts breathing on its own and comes to life. That's when you know it's good.

Many artists run out of steam — what has kept you at it over the years?

I'm a very determined person. You go to art school with so many people and only a handful

of them become artists. So you have to really want it.

Artist's website: www.chrisbeaumont.com
Chris Beaumont's painting *Still Life with Salmon* is a finalist in the Bayside Acquisitive Art Prize, which can be seen at The Gallery @ BACC, corner Carpenter and Wilson streets, Brighton, until 14 June.

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Music Reviews

Paul & Maria from Heartland Records

ARTIST: MIDLAKE

TITLE: LIVE DENTON TEXAS 2013

Record Store Day 2015 offered up over 500 exclusive releases available on 18 April to help raise awareness of independent record stores worldwide. One of the more interesting titles is this offering by Texan Americana psychedelic band Midlake. What you get is a four-track 12-inch single in a gatefold cover featuring two live tracks and two radio session tracks. Nothing special, we guess, except contained within the cover is a live DVD concert featuring the band's triumphant return to their hometown of Denton, Texas, after the *Antiphon* tour.

Filmed in 2013 and shot with handheld cameras using no overdubs, this footage gives you a great insight into the band and their inspiration. Filmed at Dan's 'Silverleaf' Bar before an audience of long-time fans and family members, the band are relaxed, in their element and clearly enjoying themselves.



The majority of the 90-minute show concentrates on *The Trials of Van Occupanther*, *The Courage of Others* and the about-to-be-released *Antiphon* album, plus a couple of early EP tracks thrown in for good measure. Kicking off with 'Young Bride' and then 'We Gathered in Spring' from the *Van Occupanther* album, the band showcase their use of a wide array of instruments played to perfection. The live footage is cut with shots from the local area and backstage shots of the band and friends enjoying the occasion.

For those of you not present at their amazing show at the Corner Hotel in Melbourne last year, this is a chance to see what you are missing out on. The harmonies are reminiscent of The Byrds and CSN&Y, with other obvious influences being Bob Dylan and The Band. Standout tracks include 'Roscoe', 'The Old and The Young' and 'It's Going Down'. The closing track, 'Head Home', sees the band move through the gears into a full psychedelic wig-out.

"No need for an encore," frontman Eric Pulido tells the audience, "you are better than that, and hang around after as we will be at the bar." Not something you see much these days and it's all very believable. The movie closes with the band doing a version of 'It's Going Down' backstage in the bandroom with just an acoustic guitar to accompany them.

ARTIST: BJÖRK

TITLE: VULNICURA CD/2LP SET

Vulnicura, meaning 'cure for wounds', is Björk's ninth studio album, written and co-produced in collaboration with Venezuelan producer Arca and British electronic/ambient musician *Haxan Cloak*. The album chronicles her devastating break-up with long-term partner and father of her second child, artist Matthew Barney. Each song is carefully sequenced around the chronology of their relationship breakdown, from nine months before to 11 months after (the first six songs are time-stamped in the liner notes).

The opening track, 'Stonemilker', details the final clutches of the relationship,

confronting us with the sounds of Björk's dramatic and lush string arrangements, which are a signature element throughout the entire record. Sweeping cellos and violins combined with a backdrop of electronic drum and bass loops weave through the songs, seamlessly navigating the musical map of emotions of the first half of the album up to the break-up point in the devastating 'History of Touches'. In 'Stonemilker', Björk vocalises her confusion, doubt and the disparity of emotions, demanding clarity, questioning: "If one feels closed, how does one stay open?"

The fourth track, 'Black Lake', is the dramatic summit of *Vulnicura*. It begins slowly with an air of despair as with each painful syllable Björk dissects the wounded moments right after the break-up. With her soul "torn apart, spirit broken, drowned in sorrows" and mourning her family, the music unfurls with the intensity of the beat quickening and rising to mirror the emotions. From this point



onwards the album becomes more beat-driven, the last two tracks featuring the distinct high-pitch loop of vocals of Björk's guest and friend, Antony Hegarty. As Björk allows her wound to breathe, she focuses on continuity and not giving up, ultimately ending with the sound of hope.

Vulnicura is a raw album, rich in sincerity and sweeping sounds, which colour the imagination. The visual interpretation of music and artwork has always been an important element of all Björk's creations, and this album spares no expense. French studios M/M, long-time collaborators, designed the outstanding artwork for this album. Both the CD and two-LP editions feature an exclusive acetate print. It depicts Björk contorted, stretched over a stone with a gaping wound at her heart, her soul pouring out like molten lava, both beautiful and surreal. This is exactly what this album is, an outpouring of the most intimate emotions, a 'fine tuning of the soul'.

Between the Covers

Chris Saliba



Simon vs. the Homo Sapiens Agenda
Becky Albertalli
(Penguin. RRP: \$16.99)

Becky Albertalli is an American clinical psychologist who works with teenagers. Her debut novel is about a young gay teen's troubled coming-out.

Sixteen-year-old Simon Spier is conducting an online friendship with a mysterious young man named Blue. It's all anonymous, with Simon going by the name Jacques. The two discuss via email their problems and anxieties in being closeted teens. Suddenly, a crisis hits. When Simon doesn't log out properly from his Gmail account at the school library, a fellow student stumbles across his emails. The secret correspondence is now in the wrong hands, those of Martin Addison. He knows Simon is gay and starts to blackmail him. What follows is Simon's tortuous path to coming out to his family and friends.

A lot of fraught and messy emotional territory is covered in Becky Albertalli's sweet and endearing young-adult novel. She skilfully shows Simon going through a major event in his life and coming out a stronger person for it. This is a heart-warming story with a light at the end of the tunnel. There are bullies out there, but there is also an army of supporters ready to back you up. A delight.



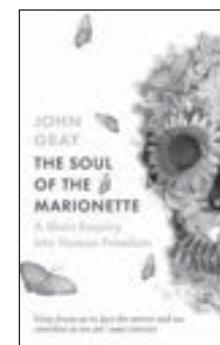
The Glass Cage: Automation and Us
Nicholas Carr
(Bodley Head. RRP: \$35)

Where is the age of ever-escalating computer automation taking us? Are we letting apps and Google algorithms do our thinking? Will robots decimate middle-class jobs in law, accounting and medicine? These are the questions that technology writer Nicholas Carr tries to answer in *The Glass Cage: Automation and Us*.

This book offers a sombre and grim assessment. The march of progress in computing power is unstoppable. This is

mainly because it's so seductive and makes life easier. But there is a cost. As we rely more on computers to think and do for us, they in turn are deskilling us. Where once we tackled a problem and learnt through experience, we now defer to computers. In the future, even doctors may be little more than data processors who tap patient symptoms into Google. Research has even shown that human reliance on GPS technology, rather than wrestling with a traditional map, may contribute to Alzheimer's disease.

Nicholas Carr's book is not anti-technology. He celebrates the use of tools, but suggests they should be used with more restraint. As it stands, he sees us entering a world where more and more of our experience and knowledge is shaped by algorithm.



The Soul of the Marionette: A Short Enquiry into Human Freedom
John Gray
(Allen Lane. RRP: \$35)

Gnosticism is the belief that the world was not created by God, but by a malign or incompetent deity. Gnostics also hold that once the world is fully understood, humans can emancipate themselves. Philosopher John Gray's new book, *The Soul of the Marionette: A Short Enquiry into Human Freedom* suggests that many of us today are Gnostics without realising it. We believe scientific knowledge will help us escape the limitations of our natural condition. In science's most ambitious scenarios, Gray says, human beings become marionettes, puppets on genetic strings.

The Soul of the Marionette is a freewheeling essay meditating on freedom and referring to writers such as Heinrich von Kleist and science-fiction writer Philip K. Dick. Gray doesn't hold back on his typical gloominess about technology and progress, suggesting the best way to free ourselves is by accepting our ignorance and simply letting meaning come and go. "A wholly examined life — if such a life were possible — might be wholly worthless," he writes, perhaps with unintended humour. Despite Gray's pessimism, this is a book full of unexpected and uncanny insights.

Chris Saliba is co-owner of North Melbourne Books, 546 Queensberry Street, and a regular contributor to the News.



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Arts House — an experimental showcase

Carole Lander

Picture a circle of 64 percussion instruments tapping out rhythms while two male dancers perform erratically or smoothly in the centre. Move closer to inspect these instruments and be amazed to find that it is pencils that are hitting the wooden floor of the North Melbourne Town Hall; they are being manipulated by small computers hidden in wooden boxes. Dancing to their beat is their creator, Alisdair Macindoe, along with choreographer Antony Hamilton.

This performance — titled *Meeting* — was surely the highlight of Dance Massive, the March festival at Arts House. Creative producer Angharad Wynne-Jones waxes lyrical about it and all the other fantastic dance shows that drew crowds from across Melbourne to our local arts hub.

“We are lucky to live in a city which has the strongest creative choreography in the country. It’s a very vibrant sector and it’s going from strength to strength,” she says.

International producers also came along with a view to raising the profile of Australian performers by taking our local artists overseas. Some of them even live in North or West Melbourne: choreographer Lucy Guerin, for example, whose work *Motion Picture* took the 1950 film noir classic *D.O.A.* as a choreographic score to explore the tensions between live performance and cinema.

Another standout event in Dance Massive was a piece called *Catalogue* presented by Rawcus. In this company most of the performers live with a disability. Given that the stage was divided into eight large boxes and the 12 performers danced or acted in one of the boxes without seeing what was happening in the others, their synchronicity was most impressive.

This very contemporary show used multimedia extensively. For example, large-scale images of the dancers’ faces filled the backs of the boxes they were in. Like theatre company Back to Back (based in Geelong but performing internationally), Rawcus is setting a high benchmark for Australian artists who have a variety of disabilities, ranging from wheelchair use to being on the autism spectrum.

One of Rawcus’s dancers, Ryan New, was spotted by artistic director Kate Sulan when he presented his final work for a Certificate I in Dance. Both Sulan and Weave Movement Group’s director, Janice Florence, offered him the opportunity to develop his natural skill in their ensemble dance companies. New also performs in his own solo show but says of ensemble work: “Everyone is different and we all get something different out of it.”

Wynne-Jones came to this country in



The Rawcus ensemble in *Catalogue* — presented as part of Dance Massive at Arts House

Photo: Sarah Walker

1998 when, as executive producer, she and Gideon Obarzanek established Chunky Move, Melbourne’s first flagship contemporary dance company. She joined Peter Sellars as associate director in the 2002 Adelaide Festival, and established an international independent production house called risingtideproductions in 2004.

After a short stint in the UK she returned to Melbourne, directing and curating the first Australian Theatre Forum in 2009, acting as general manager for Lucy Guerin Inc and producing the Marketing Summit 2010 for the Australia Council. Wynne-Jones has been on a number of boards and panels: Australia Council Hybrid, New Media and Dance Boards, Lucy Guerin Inc, Real Time, Snuff Puppets and Total Theatre (UK). Now, of course, she is proudly producing works for Arts House.

Melbourne is often considered to be well endowed with arts venues but many produce conventional work. “What is phenomenal is that we have been endorsed by the councillors to develop the reach and depth of what we do,” says Wynne-Jones. “We have a mandate around experimentation and risk.” Her staff, who are all City of Melbourne employees, agree. Arts House is distinctive in the way it showcases experimentation.

During the exciting weeks of Dance Massive, Wynne-Jones bumped into local



Antony Hamilton and Alisdair Macindoe in *Meeting* — presented in Dance Massive at Arts House

Photo: Sarah Walker

musician and educator Mairead Hannan, who expressed her delight that festivals like this are taking place in our suburb.

“Local retailers on Errol Street are happy, too, with audience members flocking in for drinks, coffees and dinners. The flow-on benefits are fantastic,” adds Wynne-Jones.

North and West Melbourne residents may not know they can always buy discounted tickets to performances. Furthermore, as part of its sustainability policy, Arts House offers ‘Green Tix for Nix’ for some shows. With this promotion, people who walk to the venue,

ride their bikes or use public transport get free entry.

Following Dance Massive was a series of sound and music works. Arts House will launch its new program in July. Some projects in the second half of the year will work with local residents. In August, Wynne-Jones will be working with a dancer/choreographer who is also a footballer and involving young people from the North Melbourne Football Club. Stay tuned for more details at www.melbourne.vic.gov.au/artshouse/.

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

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

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Join us to work together for the future of our community. We meet once a month on the third Tuesday, and everyone is welcome.

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What's On

in North & West Melbourne

Comedy

The Comic's Lounge

26 Errol Street, North Melbourne
www.thecomicslounge.com.au, 9348 9488
 June and July line-up:
 Mad Mondays with John Burgos and Doug Chappel, **every Monday**. Dinner starts 6.30pm, show starts 8pm.
 Professional Comedians New Material, 10 comedians live on stage, **16, 23, 30 June & 7, 14, 21, 28 July**
 Richmond Players Day, **26 July**. Dinner from 1pm, show starts 2pm.

Dinner and a show. Dinner at 6.30pm, show starts 8pm.

Dave Callan, **17–20 June**
 Arj Barker, **24–27 June**
 Axis of Awesome, **28 June**
 Tom Gleeson, **1–4 July**
 Nick Cody, **8 July**
 Neel Kolhatkar, **9–11 July**
 Dave Thornton, **15–18 July**
 Akmal, **22–25 July**



Galleries

Langford120

120 Langford Street, North Melbourne
www.langford120.com.au, 9328 8658
 Helen Geier, *Tree of Life*
 Jim Pavlidis, *Once Upon This Time*, **30 May – 27 June**

Jan Hogan

Group exhibition, *Grid: Matrix, Module, Myth*
4 July – 1 August, opening 2pm – 4pm
Saturday 4 July

Markets

Docklands Sunday Variety Market

Newquay Promenade, Waterfront City, Docklands
A variety market in Melbourne's newest tourist hub with art and crafts, clothes, toys, jewellery, handmade soy candles, second-hand books, sweets, liquorish coffee, artisan fresh bread and lots more.

14 & 28 June, 12 & 26 July, 9 & 23 August

Winter Night Market

The Queen Vic's Winter Night Market is back for its fourth season, featuring Melbourne's most talented artisans, artists, food vendors and entertainers.

Every Wednesday until 26 August, 5pm – 10pm

Theatre & Performance Art

Club Voltaire

14 Raglan Street, North Melbourne
 Phone 9326 9094 or book online at www.clubvoltaireonline.blogspot.com.au
Open 7pm Wednesday to Sunday



Titillation, featuring Lady Lithium, Crimson Songbird, Show Stopper, Lovely Raven and guests in a show where singers, dancers and performers with other skills come together to show off.

classes are held all around the CBD and nearby suburbs. The classes I've attended have been a lot of fun and the best part of it is that all classes are presented by members of the local community. Anyone can put together a class and submit it to www.lanewaylearning.com.

Laneway Learning started up a mere three years ago. Mark, one of the co-founders, told me a bit about the beginnings of the business. It started as a side project for Mark and three friends while he was still working towards a PhD in chemistry.

After Dr Mark successfully completed his PhD program, the group of friends dove in and worked to make Laneway Learning a full-time operation. It has now grown from one CBD venue to six across the city, and they are planning to expand to other Melbourne suburbs, even other cities or internationally. The business has run over 1000 classes across Australia.

Tickets online \$20, entry at door \$25

Friday 24 July 7.30pm, Saturday 25 July 8.30pm

Events

Library at The Dock

107 Victoria Harbour Promenade, Docklands

Introduction to MOOCs

Bookings at www.eventbrite.com.au
 Are you interested in learning about free online courses from some of the world's top universities? Then MOOCs (Massively Open Online Courses) are for you. A four-week series introducing various MOOC providers and the types of courses offered. All you need to participate is a valid email address and basic computer skills.

Free classes. Bookings essential.

Tuesday 16, 23, 30 June, 5pm – 6.30pm

Animake

Bookings at www.eventbrite.com.au
 Get some hands-on animation skills. Square Eyes Film Foundation will introduce young audiences to imaginative, original animated film and workshop experiences with screenings of *Wallace and Gromit*, *The Gruffalo* and *The Gruffalo's Child*.
Sunday 5 July, 11am – 1pm

Chinese Book Club Morning Tea

Meet other readers, have a chat and find some new Chinese books, magazines or DVDs to borrow.

First Thursday of the month, 9am – 11am

Story Lounge

Story Lounge is a storytime for adults. Hand-picked stories and poems are read aloud in a relaxed setting. Slow down and enjoy the simple pleasure of listening. Free, no bookings required and all welcome!

Mark isn't shy to admit that he has a swathe of half-finished class projects lying around the apartment: a knitted scarf, a woven basket, terrariums and origami animals. But my favourite classes don't have anything to take home — that's because I eat it all!

In my most recent class, I learned all about chocolate from a father-daughter team (Christos and Tina) who run Xocolatl Artisan Chocolates and Cafe. They explained where chocolate comes from (beans in pods that grow off trees) and then how it is all processed to become cocoa (powdered dried chocolate beans), cocoa butter (oil remaining after pressing chocolate beans), white chocolate (candy made from only the cocoa butter) or candy bars.

They shared some of their favourite high-quality chocolate with us and gave us a very generous goody bag to take home.

Next on my list is a class about DNA and proteins. Some of these classes fill up a few

Fourth Wednesday of the month, 12.30 –

1.30pm

24 June, 22 July, 26 August

Docklands History Group

Travel back in time with local historians, collectors and guest speakers. Meet other like-minded people at the monthly Docklands History Group.

Fourth Thursday of the month, 6pm – 7pm, in the Meeting Room

For more information visit www.melbourne.vic.gov.au/MelbourneLibraryService

Game of Rhones

Bookings at www.bottleshopconcepts.com/gameofrhones/buy-tickets/

Dan Sims of Bottle Shop Concepts has decided to throw another medieval-style wine tasting event, with more than 40 producers of shiraz, grenache, mourvedre, carignan, cinsault, viognier, marsanne, roussanne and other grape varietals native to the Rhone Valley in France.

Where: Arts House – Meat Market

When: Saturday 13 June, 1pm – 6pm

Price: Tickets \$50

North South Feast West: Coffee Fest

Go beyond the bean and enjoy everything you love about coffee this winter at the Immigration Museum.

Where: Immigration Museum, 400–424 Flinders Street, Melbourne

When: Sunday 14 June, 11am – 4pm

Price: Concession is free, full price \$15

Future Future — A Decade, let's Dance

Join the Arts House to celebrate its tenth birthday.

To kick off the next decade, North Melbourne Town Hall has become a playground of the future, where experiment meets groove – and where music, light, sound and performance will keep your senses wide open and your feet in motion.

Co-curated by choreographer Antony Hamilton (*Black Project, Keep Everything, MEETING*) and Australian Art Orchestra artistic director Peter Knight (collaborator, *Pin Drop, Endings*), Future Future will chart new realms with a spectrum of artists presenting short works, plus live music and beats to send you to the next millennium. While you're here, you can also check out our retrospective exhibition, Future Past.

North Melbourne Town Hall

3 July, 7pm – 11pm

Free entry

artshouse.com.au

If you would like to add a community event to our column, we'd love to hear from you! Please forward event details to EditorialNWMN@centre.org.au

Feed your curiosity with Laneway Learning

Michael Hockstein

Do you enjoy trying new things like meeting new people or learning something different? Do you have some extra time on your hands? I recently discovered a golden nugget: Laneway Learning.

Laneway Learning offers unique and sometimes quirky (yet inexpensive) taster-courses on a wide range of topics.

My first class was a course on Indian spices, presented by Deepti, whose knowledge comes from cooking for her family. Deepti taught us about mixing spices to create complex flavours; the medicinal properties of spices; the right time to add spices into the cooking process — and how to make awesome curry potatoes!

Laneway Learning's meaty 75-minute

classes are held all around the CBD and nearby suburbs. The classes I've attended have been a lot of fun and the best part of it is that all classes are presented by members of the local community. Anyone can put together a class and submit it to www.lanewaylearning.com.

Laneway Learning started up a mere three years ago. Mark, one of the co-founders, told me a bit about the beginnings of the business. It started as a side project for Mark and three friends while he was still working towards a PhD in chemistry.

After Dr Mark successfully completed his PhD program, the group of friends dove in and worked to make Laneway Learning a full-time operation. It has now grown from one CBD venue to six across the city, and they are planning to expand to other Melbourne suburbs, even other cities or internationally. The business has run over 1000 classes across Australia.

Next on my list is a class about DNA and proteins. Some of these classes fill up a few

weeks in advance, so check out the website and see what catches your fancy!



A deliciously cute fondant dragon from Maria Yebra at a fondant icing class

Photo: Maria Yebra