

40 years

NW MN

NORTH & WEST MELBOURNE NEWS

ISSUE 182 SPRING 2018

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

/// WWW.SPRINGFLINGSTREETFESTIVAL.ORG.AU /// @SPRINGFLINGSTREETFEST /// #SPRINGFLINGFEST ///



City West Water™



PRODUCED BY THE CENTRE: CONNECTING COMMUNITY IN NORTH & WEST MELBOURNE INC.

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 41st year of production. Readers' contributions and letters 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 and advertisements considered unsuitable or when space is limited.

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

Finance

The *News* is a non-profit organisation working as a program of The Centre. Funding is by way of a limited quota of advertising, sponsorships, subscriptions and occasional donations.

News subscriptions

If you would like to receive the *North and West Melbourne News* by mail, the rate is \$20 for four copies sent anywhere in Australia or pro rata for part of the calendar year. The *News* is distributed free throughout North and West Melbourne. Further copies are available from The Centre and the North Melbourne Library.

Advertisement sizes and rates

60 mm W x 92 mm H	\$84 incl GST
124 mm W x 92 mm H	\$168 incl GST
188 mm W x 92 mm H	\$252 incl GST
252 mm W x 92 mm H	\$336 incl GST

A charge of 25 per cent may be added for advertisements that require designing. For more information phone 9328 1126 or email Advertising.NWMN@outlook.com. Community announcements are published free of charge.

Volunteers

The *News* welcomes new volunteers. If you have skills in writing, drawing, photography, archiving, subediting and proofreading, computer technology, social media or design and layout, please consider joining the team.

Publisher: Ragn Hannah

Content Coordinator: Position vacant

Advertising Coordinator: Janet Graham

Distribution Coordinator: Dan Tutaras

Section Editors:

Arts & Entertainment: Elliott Binks

Community: Amelia Jarrett and Camella Macpherson

Education & Technology: Dan Tutaras and Ian Truong

History: Samantha Wilson

Noticeboard: Janet Graham

Politics & Environment: Catherine McLeod

Sport & Health: Gautam Aggarwal

The Centre: Janet Graham

Travel & Food: Shamira Natanagara

Production team: Janet Graham, Dan Tutaras and Jim Weatherill. Peter Alsen provided professional assistance with layout.

Printed by Express Print
5 Jones Road, Morwell 3844
Circulation 7000

Please deliver contributions, letters and feedback to:

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

Copy deadline for Summer 2018–2019 edition:

Thursday 8 November

Advertisers: Thursday 1 November

Publication date: Friday 7 December

North and West Melbourne News is available online at The Centre's website: www.centre.org.au

NEWS DISTRIBUTORS NEEDED!

If you enjoy receiving a copy of the *News* delivered to your home every quarter, you might like to think about joining the team of volunteers who make sure the paper finds its way into almost every letterbox in North and West Melbourne.

Please email Distribution Coordinator Dan Tutaras at nwmnews@centre.org.au if you are able to assist

**Volunteering opportunity!****Content Coordinator (Editor)**

North and West Melbourne News (NWMN) is a quarterly community newspaper that has enjoyed 40 years of continuous publication. The newspaper is wholly produced by volunteers, and we need your help to expand and keep the paper growing.

We are currently looking for a Content Coordinator (Editor) to oversee the running of this valuable community resource for the foreseeable future. The role includes the following responsibilities:

- managing the overall running of the 20-page (approx) quarterly newspaper
- liaising with section editors, layout coordinator and distribution coordinator to follow up on stories to be published and delivery to residents and businesses
- organising and running meetings on the second Monday of most months, with possible additional meetings as required.

This role requires a minimum 12-month commitment (or four quarterly editions) and will involve at least 20 hours per month of volunteering. Volunteering at NWMN is a great way to gain experience and be involved in the community.

If you are interested in this volunteer position, please express your interest by email to nwmnews@centre.org.au or phone The Centre on 9328 1126 during office hours.

Applications close Friday 26 October 2018.

Victorian state election**Victorian Electoral Commission****Calling on young Victorians: work at the upcoming state election, 24 November 2018**

Nearly 25,000 people across Victoria will help run this year's state election. In 2016, 47 per cent of our election officials were aged over 55, so we are encouraging more young people to sign up for election employment.

The VEC values diversity. We encourage people who reflect the diversity of the Victorian community to register for work.

The Victorian Electoral Commission invites 18–25-year-olds to register their interest in working for us during this and other elections. Working for the VEC is a great opportunity for students and young people to contribute to our democracy and get some seasonal work every couple of years.

Register your interest in working for us now at www.vec.vic.gov.au/employment

Victorian Seniors Festival — October 2018

Free public transport 7–14 October for Victorian Seniors Card holders. Pick up a brochure (pink cover) or check out the 2500-plus events across Melbourne and regional Victoria in the online calendar at www.seniorsonline.vic.gov.au

Annual General Meeting of The Centre

You are invited to the Annual General Meeting of The Centre: Connecting Community in North & West Melbourne Inc to be held on Monday 24 September 2018 at the Australian Legion of Ex-Servicemen and Women, 16 Little Errol Street, North Melbourne.

New members are welcome.

Time: 6.30pm — please join us for refreshments afterwards.

RSVP: admin@centre.org.au or 9328 1126

IMPORTANT STREET FESTIVAL NOTICE**Road Closure Notification**

Sunday 21 October 2018 2.00am – 11.30pm

On Sunday 21 October the following streets will be closed or affected by the Spring Fling Street Festival between the hours of 2.00am and 11.30pm:

- Errol Street closed to all traffic between King Street and Purcell Street
- Raglan Street, Trafalgar Place, Webbs Lane, Little Errol Street, George Johnson Lane and Little Curzon Street closed to all traffic
- Queensberry Street closed between Errol Street and Curzon Street and at Leveson Street
- Access to Errol Place affected by Errol Street closure
- Car park beside King and Victoria Street Reserve not available for parking from 12.00 noon Saturday 20 October as it will be used for festival activities

Residents and traders located in the affected streets will have restricted access until 9.00am on Sunday 21 October, at which time the precinct will be shut down to all cars.

Access will reopen to traders and residents within the precinct after 11.30pm or when it is safe for this to occur.

Tram Route 57, Flinders Street Station to West Maribyrnong, will divert via Flemington Road along Route 59 between Abbotsford Street and Queen Victoria Market. Buses will replace trams between Stop 7 Queen Victoria Market and Stop 19 Abbotsford Street interchange. The bus will divert around the festival and stop at kerbside bus stops near existing safety zone stops.

For further enquiries about the traffic management plan please contact The Centre on 9328 1126 or visit www.springflingstreetfestival.org.au

We apologise for any inconvenience caused by the 41st annual Spring Fling Street Festival and look forward to celebrating our vibrant community together.

News from North Melbourne Library**School Holiday Program****Crafty crafternoon at North Melbourne Library**

Put your crafting skills to the test with an afternoon of pure crafty goodness. What will you create?

Ages 5-plus. Free, no bookings required

Thursday 4 October, 2.30pm to 4.30pm

Room booking requests at North Melbourne Library

The process to book the Hotham Room at North Melbourne Library has changed. All booking requests are to be made online via the www.melbourne.vic.gov.au/libraries webpage.

North Melbourne Book Group titles for rest of 2018

Book Group meets third Monday of every month at 6.00pm

15 October	<i>Exit West</i>	Mohsin Hamid
19 November	<i>Taboo</i>	Kim Scott
17 December	Favourite book this year / favourite Book Group book this year	

All welcome — no bookings required

Contact the library on 9658 9700 for enquiries

North Melbourne Library, 66 Errol Street, North Melbourne

An invitation from the Kensington Association Meet the Candidates Community Session

This traditional Kensington gathering gives all candidates for the seat of Melbourne a chance to have a say and answer questions from the floor. The sitting Greens MP, Ellen Sandell, and the endorsed Labor candidate and ex-MP, Jennifer Kanis, are confirmed speakers.

Thursday 1 November, 7.00pm

Kensington Town Hall, 30–34 Bellair Street

COMMUNITY

Local women celebrate their community

Anne Burgi

The 16th North & West Melbourne Women's Dinner was held on Thursday 9 August at The North Melbourne Hotel in Victoria Street.

The first dinner, in 2003, was organised by three local women — Mary Nicholson, Sue Allnutt and Kay Oke — simply because it seemed like a good idea at the time. Over the years it has blossomed to become an annual celebration for women who "live, work or play in North or West Melbourne".

This year's dinner again reached its full capacity of 100 women. Those who have lived in the area for a very long time, whose connection is work or social, or who are new arrivals to the area, all mingled together.

The vibrant atmosphere was maintained throughout the evening. It started with people chatting when they arrived and ended with chair-hopping as people got to know others, with a fabulous three-course meal in between. The opportunity to catch up with old friends, make new ones and introduce new people to

our caring, active, generous community is always appreciated.

One of the fun parts of the evening is always the prize draw. This year seven happy ladies each went home with a prize valued at more than twice the price of their dinner ticket. The prizes were donated by the local community. A big thank-you to City North Physiotherapy Clinic, Chris Bohan Jewellery & Interior Design, Ellen Sandell MP, Ilana Kinesiology & Yoga and The North Melbourne Hotel/Bouzy Rouge for providing this year's prizes.

The only disappointment of the evening was receiving the news that this event was the very last night of trading for The North Melbourne Hotel, which has been the venue for the dinner for the past two years and once again did a fabulous job.

The dinner is not affiliated with any single organisation and is designed simply to cover costs. It is overseen by a small group of locals: Tanya Smith, Deanne Hocking, Glenys Crawford and Alison Parkes.

Look out for the dinner again next year. It is held at the end of July or beginning of August every year to add some sunshine to wintertime.



Organisers of the North & West Melbourne Women's Dinner (left to right): Alison Parkes, Glenys Crawford, Tanya Smith and Deanne Hocking

Photo: courtesy Tanya Smith

Residents About Integrated Development

Gary Bateman

Residents matter!

RAID 3051 continues to be focused on working with residents, local government and other community groups to advocate for better integrated physical planning and development in our neighbourhood.

The five main areas that inform RAID's focus were confirmed at our AGM in March as:

1. monitoring the Woolworths development;
2. assessing the implications of developments on the Municipal Strategic Statement (MSS) and the Arden–Macaulay Structure Plan (AMSP);
3. monitoring how the City of Melbourne is dealing with other large-scale developments;
4. liaising with other community action groups; and
5. continuing to work constructively with the City of Melbourne on planning and development matters.

RAID is a non-partisan incorporated local organisation that is committed to open, transparent governance.

C190 (Part 2) — a win for the community!

The Planning Minister has ignored the recommendation of the planning panel that considered Amendment C190 Part 2 (Shiel Street Residential Interface Controls) and has instead applied Melbourne City Council's version of the Shiel Street built-form controls.

As reported in recent editions, RAID made a submission to the C190 (Part 2) panel hearing in February this year in support of Melbourne City Council's adopted height controls for the Shiel Street residential interface, which RAID believes will enable a much more appropriate scale transition to the low-rise 19th-century streetscape than the previous panel-recommended controls.

Melbourne City Council's evidence clearly demonstrated that the panel's controls would in fact encourage a 'podium-tower' form of development in Shiel Street, more associated with built form in Melbourne's CBD.

We thank Councillor Rohan Leppert and Melbourne City Council for their ongoing commitment to this built-form outcome along the south side of Shiel Street.

Traffic planning for Shiel, Canning and Melrose streets

A site meeting is scheduled to be held with staff from Melbourne City Council's Traffic Engineering Services during September to review the likely traffic and parking impacts on nearby residential streets resulting from the current development at 111 Canning Street (Woolworths site) and how best to plan for ameliorating those impacts.

This development, which includes 10- and 16-level residential towers, a large supermarket and an array of commercial premises, is well underway, with stage 1 construction proposed to be completed by the end of the year. However, stages 1 and 2 have been under construction together, so a review of likely traffic impacts and their management has become critical.

Liquor licence

RAID is monitoring the recently advertised liquor licence application for the Woolworths site and has raised the matters of the liquor store's location and hours of operation with the City of Melbourne, the Victorian Commission for Gambling and Liquor Regulation and Hickory (the developers of 'Arden Gardens').

RAID 3051

Arden Vision released

RAID made a submission to the Victorian Planning Authority (VPA) in 2016 regarding the *Draft Arden Vision and Framework*. The final *Arden Vision* has now been released, which will help to guide development around the new North Melbourne station and inform the structure-planning process for the precinct. Arden will be divided into three new sub-precincts: Arden North, Arden Central and Lannons Street.

The artist's impression of the future Arden precinct conveys an intensively developed built-form character throughout. The open-space network will be critical to its successful implementation, including ample provision of new open space and upgrade of the existing open space, especially Moonee Ponds Creek.

RAID believes that the detailed planning phase should take full advantage of the council's Urban Forest Strategy, and any future schools should provide for the flexible needs of the local community. We will continue to keep a watchful eye on the Arden precinct during the structure-planning process. Access further information at www.vpa.vic.gov.au/project/arden or email arden@vpa.vic.gov.au.

Connect to RAID @ 3051

For further information about RAID, or to become a member and receive our email updates or to offer your assistance: Email rajd3051@gmail.com Write to PO Box 2077, Hotham Hill 3051 Visit our website www.3051-integrated.com Follow us on Facebook by searching RAID @ 3051

WOOD PHARMACY – NORTH MELBOURNE

67 Errol Street, North Melbourne 3051 • Ph: 9328 1960 • Fax: 9328 1531
(Next to Errol's Cafe and opposite the Library)



NEW!

Wavertree & London

Message Soaps for special occasions
Xmas Candles — three NEW Fragrances

Save with our competitive prices

OPENING HOURS: Mon to Fri 8.30am to 6.30pm,
Sat 9am to 2pm, Sun 10am to 2pm — closed on public holidays

Barry John Slocombe

11 August 1940 – 28 June 2018

Michael J. Halls

Barry Slocombe completed his national service during the period of compulsory call-up (1951–1959) introduced when Australia became involved in the Korean War. He was one of the last able to register for the air force.

He later joined the Australian Legion of Ex-Servicemen and Women with continuous membership for more than 50 years. He was president of the North and West Melbourne sub-branch at the time of his passing. Barry was an active member of the Flemington Kensington RSL and the former Carlton 39'ers.

A very private man, even Barry's family and friends declare that few knew him well. Having lived for many years in Ascot Vale, he was relocated to Werribee due to the redevelopment of the public housing estate only shortly before his death. This stressful relocation isolated him from his neighbours and friends and placed pressure on his ability to get to the Legion clubrooms as easily as he was accustomed.

Barry's loyalty to the Legion was never questioned; he did things without asking for help or assistance. His self-reliance was one of his defining characteristics, as was his support of the North Melbourne community.

He was a staunch friend of the local retired railway workers association that often used to meet at the Legion's clubrooms, and also of The Centre: Connecting Community in North & West Melbourne Inc. His generosity extended to making regular donations to the Victorian Eye and Ear Hospital.

One of the women members of the Legion recalled meeting Barry when they both attended Fitzroy Primary School and took their holy communion at the age of seven at St Patrick's in Melbourne.

Quiet, well-liked and humble, Barry had worked as a coach driver for many years. He enjoyed his nickname 'Barry the Bus'. His passion for driving continued, with long solo car trips, the annual Legion bus day-trip and monthly road trips with Graham, Rob and Waxy.

Those day trips with the boys had only one rule: lunch at a venue that served Carlton Draught, because Barry insisted that no craft beers were drinkable. One mate recalls a trip to Blackwood when Barry marched straight into the pub dining area and asked: "Do you serve Carlton Draught?" Given the affirmative, he announced to his comrades: "We can stay." He also liked to get away and spend time on his own, saying, "I'm my own man".

In later years Barry developed diabetes and stopped drinking alcohol.

His cousin, Pastor Joan Hall, recounted in her eulogy memories of the part he played in her life and that of the family. He paid a visit to the family in Dunolly outside Maryborough in 2017 and was invited to join them for Christmas. Barry arrived on Christmas Eve, to everyone's surprise, but he turned up again the next day with his presents.

Barry had a passion for and deep knowledge of history, particularly Australian military history. His masterful deadpan humour and support for North and West Melbourne will be missed.



Barry Slocombe (left) officiating with Michael Halls at an Anzac Day ceremony

Photo: Janet Graham

VERY IMPRESSIVE

Our birthday this year was difficult, the first without Nana Magnificent, and I hope that I will not have another like it.

I now have only one grandmother. For a while I had three of them, which is really odd at times when I consider friends who have never had any.

A film I partially saw on the plane home showed me the magnificence of a New Zealand lady who I had not previously heard of. *No Ordinary Sheila*. Sheila Natusch was her married name. Born 1926, Invercargill. Wrote over 30 books, poet, great naturalist and illustrator. Died 10 August 2017.

Two of her books that I've requested my — and your — wonderful North Melbourne Library to buy: *A Pocketful of Pebbles* and *Rocks*.

I had to stop watching the film because her resilience and 'get go' reminded me of Nana, which was making me cry. Which was then causing painful popping in my ears.

29 June 2018

Corey Worthington, Party Boy Stupid, has come back to media as a potential Ninja Warrior with lots of tattoos and no yellow sunnies. Saw Antares Iron Art Garden on *Gardening Australia*. Anyone heading that way? Looks like somewhere Yarndi and I would really enjoy.

Imagine it, I was inspired to write a letter to *Herald Sun*'s editor:

Hello there 'Herald of Sun',

I'm inspired to write a wee note to those who are whingeing about the nasty plastic bag ban. I've not taken one from any supermarket in almost 30 years now, since Collingwood, on Golden Bay on New Zealand's west coast, banned them entirely. It's easy to do. I've even a tattoo "death before convenience": a skull with a shopping bag between its teeth.

I'd rather get hit by a bus than take a bag that could potentially kill a magnificent whale or sea turtle.

And another word to those who are whingeing about now having to pay for your bags: you've always been paying for them. Clearly, you're delusional if you think Woolworths, Coles, Target et al have been wasting millions on giving them away to you for free. Clearly, you've been living in a fairy world where a reality TV star runs the world. Oh bugger, it wasn't a nightmare.

Yours, Very Greer Impressive

30 June 2018

Car hits house in Ascot Vale Road, Ascot Vale, yesterday. Another one does it today in Reservoir.

Yesterday's car-attacked house was a Victorian brick home that I've always admired. The owner only inherited it from his grandmother a couple of months ago, damage so severe it



may well need to be demolished.

Today's crash in Reservoir was only an ugly brick house, not that I'd want to be at all disparaging of Reservoir and its architecture. The houses must be angry for them to keep jumping into traffic and grabbing the cars. Maybe they're taking lessons from those nasty trees which keep jumping into roads and causing many of those single-car accidents.

Science fiction isn't fiction. A Victorian university-designed camera launched into space on Elon Musk's SpaceX Rocket. The camera detects pollution and changes in the environment.

An invention that could be an example of Wim Wenders' film *Until the End of the World* coming true, where the film ends with our leading lady, Solveig Dommartin, viewing the Great Barrier Reef from the International Space Station.

Under the Sea. The title for my solo art show I'm having at the Collingwood Gallery in Smith Street in August. Reflections on a world of humanity's waste and often astounding indifference to the survival of the most amazing environments we claim to own and care for.

2 July 2018

It's been a week of missing people and things. Greatly I'm missing the wonderful Liz Jackson already, and like many in Melbourne, we will be missing Eurydice Dixon. What I also feel I'm missing is the respect for women that many of my fellow men just don't have. Including those who did damage to her still-growing unofficial memorial in Princes Park.

Book recommendation from my wondrous friend Dayglo's husband, Mr V.

I am currently reading a crime novel by Australian writer Alan Carter, called *Marlborough Man*, which is based around Havelock in New Zealand. Read it and loved it greatly, made me

terribly homesick for Marlborough.

How odd, something I had not noticed. I'm a huge fan of the SBS program *The Good Fight*, but had not noticed that my favourite leading lady, Christine Baranski, is Leonard's mother from *The Big Bang Theory*. Seeing her now on *The Graham Norton Show*.

5 July 2018

The useless idiot, now known as Andy Nolch, who vandalised the Eurydice Dixon memorial has apologised but claims he regrets nothing. Personally, I don't think I shall ever be apologising for calling him a useless idiot, which is of course my polite version of speaking about those I consider to be useless idiots.

30 July 2018

Helen Round, why do I not have your number anymore? You're looking truly excellent. As soon as I saw an injured eastern grey roo in a Channel 9 news-break my thoughts turned to you.

Then seeing the news and, surprise, surprise, it is you. Roo jumps into house, gets locked in loo and is rehabilitated by you. How truly excellently amazing you are.

1 August 2018

Federation Square. It couldn't really be said that I'm a true fan of the place, although there are aspects of it that I enjoy. The National Trust of Australia's Victorian branch wants to submit it for heritage approval, which it's hopefully going to get. Anything that stops an Apple store 'lobstrosity' (a word by Stephen King for a creation of great ugliness) landing upon it I am certainly in agreement with. Any measure that prevents the removal of the information centre, which I use often and am a huge fan of, is a good thing.

2 August 2018

It's 12.57am and I've just been blown away by an article in yesterday's VICE News re-run. Golf balls, an aspect of oceanic plastic garbage I've never even considered. The USA produces 240 million golf balls per year; many of the world's golf courses are on ocean or waterfront property. Golf balls are made up of plastics and rubber, products that wear down into micro-particles. Can I paraphrase Charlton Heston in *Westworld*? Humans are golf balls!

Here's some good news: Australian house prices are falling at their fastest rate in six years.

Australian Competition and Consumer Commission seeks \$10 million fine from Heinz Foods for misleading conduct. They claim 99 per cent fruit in products which happen to contain 66 per cent sugar. Maybe it's only a case of coordinated inauthentic behaviour.

Yours, Very Greer Impressive

ELLEN SANDELL

STATE MP FOR MELBOURNE

Hi, I'm Ellen – I'd love to hear your ideas and concerns.

(03) 9328 4637

office@ellensandell.com

Mail & Office: 146 Peel Street, North Melbourne VIC 3051



Authorised by E. Sandell, 146 Peel St, North Melbourne VIC 3051
Funded from Parliament's Electorate Office & Communications Budget.

Time for more trains and trams, not toll-roads

**Ellen Sandell,
State Member for Melbourne**

Everyone in the inner city knows the daily struggle of getting on a train or tram during peak hour.

It pulls up, you see everyone packed in like sardines, and you check the time, working out whether you've got to try and squeeze your way on or whether you can take the gamble that waiting for the next one won't make you late.

It's an uncomfortable (and often sweaty) feeling. But it's becoming more and more common.

Unfortunately, successive Victorian governments have been too content to sell off more of our city to profit-driven developers instead of properly planning our city. Nowhere is this more obvious than in our groaning public transport system.

Without proper planning and improvement of our public infrastructure, like our trains and trams, what we love about Melbourne will be lost. Making sure our train and tram network is clean, safe, reliable and also accessible is a top priority for me.

Melbourne Metro 1 will bring new stations to North Melbourne and Parkville, but we could add an east-west interchange at Parkville by building Melbourne Metro 2, and we must plan for that now, not in another 10 years.

We also need more trams to fix overcrowding, tram priority at traffic lights and on roads, and to build accessible stops on all routes. And we should investigate an inner-city east-west tram route — connecting North Melbourne to Fitzroy, perhaps along Victoria Street — which could help us get where we need to without having to go in and out of the CBD every time.

I was disappointed that the government's 2018 Budget included no new money for low-floor trams or to build more accessible stops in the area. However, the government did manage to set aside billions for freeways and toll-roads, deepening our reliance on cars for generations to come and funneling more traffic into our inner suburbs, especially North and West Melbourne.

My vision for Melbourne is a city where getting around on public transport is easy, fast and not stressful. Experts tell us the best way to bust congestion and pollution is to prioritise



Ellen Sandell MP

Photo: Office of Ellen Sandell MP

improvements to our public transport, not by using public money to build more private roads like the West Gate Tunnel toll-road.

I will continue working with the community for public transport improvements, upgrades to

our train lines, more trams and more accessible tram stops.

As always, I'd love to hear your thoughts and ideas, so please email me at office@ellensandell.com.

Tight race likely for November state election

Conall Batch

The 2018 Victorian state election, slated for 24 November, is set to be closely fought between incumbent Premier Daniel Andrews and Leader of the Opposition Matthew Guy.

Polls over the past months have shown a slim but consistent lead for the Andrews Labor Party, although the Coalition under Guy has higher voter approval ratings on a number of issues.

As a result, Labor is likely to lose some of the seats it picked up in 2014, while still maintaining its majority in the Victorian Parliament. As the end of the parliamentary period draws near, proposed changes to upper-house electoral rules that would affect the election look increasingly unlikely.

Two key talking points that have already begun to dominate the campaign are law and order and population growth.

A majority of older voters rate crime as their primary concern, despite the crime rate falling in Victoria over the past year, and the Victoria Police Commissioner denying that the state

is an unsafe place to live. Matthew Guy has claimed that gang crime is a significant issue, and the Liberals have highlighted this by distributing campaign materials targeting youth crime and vilifying young members of African migrant groups in particular.

Guy claims that the Andrews Government has not supported Victoria Police sufficiently and has argued this is the main cause of law-breaking throughout Melbourne. The Andrews Government has pledged increased funding for police and protective services officers to prevent and reduce crime.

The second prominent campaign issue — population growth — has been fought more fiercely between Labor and the Greens. Melbourne's rapid growth in resident numbers has put huge pressure on public infrastructure, with increased congestion on roads, overflowing public transport services, and a lack of affordable housing, which has contributed to a homelessness crisis.

The major candidates have made competing promises on these issues, with Labor's \$40 billion infrastructure pipeline including new and upgraded roads, rail, schools and energy infrastructure, and level crossing removals, all

with majority public ownership.

The Andrews Government also passed a package addressing housing affordability, targeting empty investment properties and strengthening tenants' rights on rent increases, pet ownership and property alterations — as home ownership drops and rental demand increases.

Labor has proposed multiple policies in order to compete in the electorate of Melbourne, which the Greens' Ellen Sandell won from Labor MP Jennifer Kanis in 2014. Due to concern about the pace and quality of development, and the prevalence of disruptive short-stay rentals, the government recently passed legislation imposing penalties where such rentals repeatedly cause damage or disruption to neighbours. Sandell has been lobbying for such changes since her first year of office.

Kanis, who has won preselection to run as the Labor candidate for Melbourne in the upcoming election, is hoping to regain the seat by targeting the lack of leverage that Sandell has in the Victorian Parliament as a minor party member in a majority government parliament.

Some polls, however, have the Greens holding Melbourne and picking up more seats, potentially holding the balance of power and the key to forming a minority government.

Another measure intended to woo Greens and Labor voters is Labor's announcement of government subsidies and no-interest loans for solar panel installation in Victorian owner-occupier residences. The Greens have proposed multiple policies, including a 0.015 per cent quarterly tax on the Big Four and Macquarie Bank, and reform of the pokies industry.

Labor's diminished standing in the polls is partly a result of decreased voter confidence in its law-and-order credentials, and partly because of low personal trustworthiness ratings for Andrews. Labor has been involved in an ongoing electoral funding scandal since Victorian Ombudsman Deborah Glass found in March that 21 Labor MPs had improperly approved a total of \$388,000 in wages for electorate officers who were used to campaign for Labor.

Although Labor repaid the money and Glass did not recommend criminal proceedings, Victoria Police announced it was conducting a criminal investigation into the misuse of election funds. Pursuing the issue in Parliament,



Photo: Arnaud Jaegers

Matthew Guy moved a symbolic vote of no confidence in the government, which was defeated 49–33. Labor, Greens and independents all voted against the motion.

The government called for investigation into Liberal MPs for similar conduct during the last election. This scandal may hurt Labor come November, particularly in marginal inner-city seats where the challenge from the Greens is strongest. Ellen Sandell and her party have been vocal critics of both major parties on corruption, calling for a parliamentary integrity commissioner and criticising bipartisan resistance to the initiative.

The Liberals have vowed to reform education in Victoria. According to their School Education Values Statement released earlier this year, a majority government led by Guy would initiate a so-called back-to-basics approach to education, potentially cutting out the streams of sustainability, Indigenous history and Asian engagement content.

A Coalition government in Victoria would also emphasise 'Western values' in primary and secondary teaching. Guy is a proponent of axing the anti-bullying Safe Schools program, of which Andrews has been a staunch supporter. Labor has committed to continuing its school-building program and maintaining the current curriculum.

Voting will take place on Saturday 24 November, with postal ballot applications open from 31 October. For more information on the election, including registering to vote and checking your registration, you can visit the Victorian Electoral Commission website at www.vec.vic.gov.au/ or telephone 13 18 32.



**NORTH MELBOURNE
OSTEOPATHY**

Are you suffering from muscle or joint aches and pains?

At North Melbourne Osteopathy we use the latest evidence-based practice to assess, diagnose and treat your condition. We also put together a plan to help you return to the things you enjoy.

Osteopathic treatment options include joint mobilisation and manipulation, massage, prescribed exercise programs and acupuncture/dry needling. We can also refer you for relevant scans if required (i.e. X-ray, CT scan, MRI, ultrasound, etc).

To make a booking: P 9328 1151 or online northmelbosteopathy.com.au

452 Victoria Street, North Melbourne, Vic 3051
northmelbosteopathy@gmail.com

Moonee Ponds Creek: a space to celebrate

John Widmer

About 40 million years ago, volcanoes began erupting in the west of Victoria. This ancient geological event was to set up the processes that created our little Moonee Ponds Creek.

In more recent geological times, the creek has seen many changes. After the sea level rose and receded, members of the Kulin nation collected food on its banks. The wet, fertile ground provided the starchy staple food of the yam daisy.

The first European settlers removed the creek's swampy ponds. For a time, the drained marsh at the junction of the creek and the Yarra River housed the homeless and destitute.

The densely settled suburb of Kensington, home to industry and housing, began to reform the landscape. The swampy curve of the creek at Parsons Street disappeared behind the levy bank.

Despite the impact settlers and modern-day infrastructure have had on the creek, it remains a home for wildlife. Butcherbirds, black swans, white ibis, white-faced herons, ducks of varying species and even pebblebonk frogs have made the creek their territory. They live under the viaduct, oblivious to the noise of the rushing traffic above.

Residents of Bent and Hardiman streets in Kensington have begun to enjoy the lower tidal reach of the creek. In this section, fresh water and salt water mix, and the native animal life reflects the slight tidal rise and fall of Port Phillip. Melbourne City Council has built a

small access-path onto the grassy flats. In the evening, the eerie light of the toll-road does not worry the two swans that are sure to move towards the bank as you pass.

Above the small waterfall near Macaulay Station, the water is not salty. The noisy white ibis forage in the muddy twists of the creek. Not much of the original vegetation exists but the ancient hopbush has reclaimed the artificial walls of the creek. Eucalyptus grow forlornly as they resist the occasional floods.

If you live near Stubbs Street, Kensington, it is not as easy to approach the creek, as here it meanders below a thick swathe of reeds. Across the water in North Melbourne, cyclists use the Moonee Ponds Creek Trail to push their way north and south along the eastern side of the watercourse.

Here the western side of the creek is behind locked gates and the high fences of the Stubbs Street estate. Approaching the Racecourse Road junction, you may glimpse a flash of a feathered wing. The heron lives here. If you are lucky, you might hear frogs.

If humans ever leave Melbourne, the creek's other residents will remain.

If we live along its banks, now is the time to examine our waterway in greater detail. The Friends of Moonee Ponds Creek have fulfilled this advocacy role since 1989. Chaired by Kelvin Thomson, the Friends meet to share concerns and plan action for the entire length of the 35-kilometre catchment. The North and West Melbourne Association is a member of this group and actively expresses its ongoing concerns for our three-kilometre section as it joins the Yarra.



An Australian white ibis at the Moonee Ponds Creek

Photo: Paula Jones

The Victorian Government will develop a suburb surrounding the new metro station near the Arden Street Oval. In the final release of the *Arden Vision* planning document, it is stated that: "The Victorian Government is committed to revitalising the Moonee Ponds creek and strengthening its role as a dynamic corridor." Fifteen thousand new residents are slated to move into the area that was once largely flood-prone wetlands.

The population of North and West Melbourne will double in the area adjacent to the creek. The North and West Melbourne Association participated in the consultation process prior to the publication of the final *Arden Vision* document.

In 2005, an important creek renewal project

took place a little farther north in the Pacific. Cheonggyecheon Stream, in downtown Seoul, South Korea, was remodelled and reopened to the public. There, the municipal government removed the freeway viaduct and installed walking paths on both sides of the waterway. It has turned the centre of Seoul into an urban walkway.

The success of this renewal project may help us in how we can think of our little creek. Once thought to be a drain or a corridor for a road, a creek like ours deserves support.

The increased population density of our suburb requires us to rethink spaces provided by the little creek. Is it just a wasteland, a forgotten waterway? In our view, the birds that live along the creek have something to tell us.

What issues are going to be important for voters in November?

Charlie Phillips and Catherine McLeod

Charlie and Catherine went to Errol Street and North Melbourne Station to ask residents what issues will be most important to them when voting in the Victorian state election on 24 November.

The majority of people approached answered that they were unsure or uninterested, possibly reflecting a broader trend of disillusionment and disengagement with politics — which is occurring not only in Victoria but around the world.

There were, however, several respondents who expressed their opinions. All have some business or other connection with the North and West Melbourne area, though not all of them live locally.

Their responses were as follows:



Jesse – Sunbury

Drugs. I don't really know. I guess drug legalisation and reform. I'm not here for very long so I don't care who runs the place; it doesn't really affect my life that much. I couldn't give two f**ks to be honest.

Photos: Catherine McLeod

Eric – North Melbourne

There need to be improvements in public transport. Another issue would be individual choice regarding euthanasia: increased individual rights when it comes to deciding something like this. I could go on and give you a list of other things, but those are the top two for me, I think.



Dennis – Pakenham, works in North Melbourne

Transport, both public transport and for private vehicles. The cost of living, especially power. Like with the new initiative where the government is giving away solar panels. I paid for the solar panels on my house and now the person next door is going to get them for free. It should be people in public housing who are getting solar panels, because then the government is investing public money into public projects. Also they're the people by definition who might not be able to afford solar.

Mia – Brunswick

Crime. Moving away from mandatory sentencing and being tough on crime and things. Also the environment and education. I'm not sure what else.

Christina – North Melbourne

Education. My kids go to the local primary school and I think the schools are becoming overcrowded. So we need a couple more schools in the area.



Peter – North Melbourne

Firstly, the environment, particularly emissions reductions in the production of power. I would then say housing affordability. And taxation, particularly that the big corporations are paying little to no tax and individuals, the middle class, are paying virtually all of it. I think there needs to be more funding for universities. Also, heritage building preservation in the city. And another environmental issue would be better preservation.

Andrew – West Footscray

Crime. I think that Victoria has become quite an unsafe place to live recently. Also cost of living and things like that. But I would say crime is the most important issue.



Skills ReConnect
your pathway to a brighter future

SKILLS RECONNECT PROGRAM

is a government initiative, funded through the Department of Education & Training and aimed at helping you as an early school leaver or long-term unemployed person between the ages of 17 and 64.

We will help you to identify and work through any personal challenges and then support you towards obtaining the relevant skills required to gain employment through training and education.

For more information please contact
03 9689 3437 or email
skillsreconnect@wcig.org.au

HISTORY

The history of a West Melbourne streetscape

Stephen Hatcher

Between 1853 and 1920, 1–11 Hawke Street, on the corner of King Street, had a number of small timber dwellings.

After World War I, a Melbourne chemist, Samuel John Marshall, tapped into improvements in mechanisation and purchased 1–11 Hawke Street to build a medicine manufacturing facility. The building was designed by architect James A. Wood, the designer of University High School. Specifications included first-grade materials, such as two internal jarrah staircases, with all interior surfaces to be white limewash.

It was built by Abel Peters in 1920 at a cost of £2400 and included a chemical laboratory on the ground floor, as well as administrative offices and a showroom upstairs. Samuel John Marshall formulated and manufactured Rayes Balsam cough syrup for over 30 years.

In 1925 half of the building was sublet to Cellular Clothing Company. In 1939 these tenants relocated to a larger purpose-built factory at 40 Milton Street, West Melbourne.



Photo of Noel P. Hunt building in centre taken by Lyle Fowler circa 1963 and held by the State Library of Victoria. This picture has been superimposed onto a recent photograph.

Blended image and 2018 photo by Stephen Hatcher

In 1940, 1–11 Hawke Street was sold to Noel P. Hunt Pty Ltd, an engineering and manufacturing company that offered custom-made machines, including fabric inspection and rolling equipment. They were also commissioned by Melbourne City Council to supply and in-

stall traffic lights at busy CBD intersections.

Noel P. Hunt is credited with introducing reticulated air conditioning into Victoria in 1937.

In 1974 the building was purchased by Italian immigrants Alfonso and Anna Benincasa, who imported Italian textiles and were known

for their fine Italian leather shoes. The building is currently occupied by Goldsmiths Lawyers.

A more detailed history of this and other local streets can be read on Hotham History Project's newest initiative, www.melbournestreets.com.au.

A bull in a china shop

Jason Ralphs

North Melbourne, having the privilege of being located in between the stock-yards and Melbourne's ports, was often the scene of migrating livestock in the 19th and early 20th centuries.

Curzon Street was a particularly busy passage for farm animals as a direct path to the wharfs — part of the reason the area was considered extremely dangerous and filthy. The usual Friday migration of bulls was a frequent complaint, and there are stories of Curzon Street being packed, kerb to kerb, by the animals.

On 8 February 1934, 1.00am, Errol Street was quiet and peaceful. It was dark, and the only light on the street was located in the windows of the Fitzgerald Department Store. A light had been placed near the ground-floor windows of a china shop, illuminating a beautiful hanging red carpet.

It was at this time that a bull escaped from its herd, which was being led to a slaughterhouse in South Melbourne. It charged onto Errol Street, and as it glimpsed the red carpet in the window it was clear that disaster was only seconds away.

The bull, enraged by the carpet, crashed

through the shopfront window, where its fine porcelain was on display. It plodded through the store, recklessly shaking the tables, which showcased fragile pieces of kitchenware. Suddenly, it leapt out through another window, this time above the crockery display.

Local police who were present "could not prevent him from fulfilling his destiny", according to *The Herald* the next day. The bull then rejoined the herd, and would be sentenced to death for its rowdy behaviour. It met its end at the slaughterhouse in South Melbourne. As for the china shop, despite a couple of broken windows, nothing else was damaged by the bovine break-in.

Newspapers at the time would headline the story alluding to the old phrase 'a bull in a china shop'. It seems that incidents of bull attacks were oddly common in the 1930s. In Calcutta, a bull was said to have invaded a china shop in 1939; and in London, 1933, a bull trampled into a china shop that the Queen was visiting.

With each of these incidents being headlined as literal 'bull in a china shop' stories, it does raise an important question: just how frequent were these events in the past? Have we become too complacent from *not* having farm animals rampage through our stores? Unfortunately, this wasn't the first time animals got up to mischief in North Melbourne.



With further stories to come, such as the Arden Street elephant, it certainly would not be the last.

About the author: Jason Ralphs is a tour guide with an interest in North Melbourne's dark history.



Family Medical Centre

9329 7077

491–495 King Street
West Melbourne

www.premierhealthpartners.com.au



**Premier Health
Partners**

Caring, experienced General Practitioners



Dr Alan Underwood



Dr Jane Habib

Introducing Dan White, our award-winning Myotherapist. Using the latest diagnostic techniques Dan treats a range of conditions.

Effective pain relief
from an Osteopath



Dr Paul O'Keefe
(Osteopath)

Targeting soft tissue
to reduce pain



Dan White
(Myotherapist)

Roll up for the Spring Fling Street Festival!

Tatiana Echeverri

The Spring Fling Street Festival celebrates its 41st anniversary this year, shining a light on the history and diversity of communities across North and West Melbourne.

Errol Street and parts of Queensberry Street will be closed to traffic for the event, allowing visitors to wander freely in the main streets and take in the sights and sounds of our much-loved urban festival.

Join us on Sunday 21 October, between 10.00am and 6.00pm.

You will get to feel the multicultural vibes of inner-suburban Melbourne, with over 130 stalls offering a variety of cuisines,

vintage clothing, homewares and important community information, while enjoying performances by numerous local entertainers. Again we have a StARTers Market, where budding artists, designers, photographers and makers display their craft. This is a unique initiative that supports emerging artists.

There will also be two stages featuring everything from rock 'n' roll music to the famous Spring Fling Dog Show, ensuring there's something for everyone for most of the day. What better way to chill out on a Sunday than with some good music in the sunshine?

In addition to the exciting entertainment, the festival features the best of Melbourne's food trucks, local cafes and bars, specialty retailers and arts activities.

Spring Fling prides itself on being a

free, interactive and all-inclusive event that connects the many people of North and West Melbourne and lets them share and celebrate their historic precinct with visitors from other suburbs, who get to see how much the area has to offer 365 days a year.

The Spring Fling Street Festival is produced by The Centre: Connecting Community in North & West Melbourne Inc with support from the local community. The Centre is a neighbourhood house, community centre and adult learning centre all in one. As a small not-for-profit organisation focused on community welfare, it acknowledges the participation and generosity of volunteers in working with it to achieve many shared goals.

The Centre's purpose is to provide an environment in which community members

are able to develop responses to their own needs. As such, we are especially committed to delivering a vibrant and multicultural festival program with the invaluable support of our dedicated volunteers.

By bringing people together in the streets, we are able not only to transform North and West Melbourne into a creative, bustling and much-loved community street party, but also to encourage people to embrace all cultures.

Website: www.springflingstreetfestival.org.au/
 Facebook: www.facebook.com/springflingstreetfest/
 Instagram: www.instagram.com/springflingfestival/



CITY OF MELBOURNE

City of Melbourne

The City of Melbourne, a long-time friend and supporter of the Spring Fling Street Festival, will strengthen this tie with its renewed commitment to being the festival's Public Partner in 2018.

Sitting within the City of Melbourne's boundaries, where so many excellent events take place, and benefiting greatly from its support, The Centre: Connecting Community in North & West Melbourne Inc is able to deliver inclusive and interactive programs that target all members of the community.

The Spring Fling's programming furthers the City of Melbourne's objectives and council's plan, with The Centre focusing on long-term goals for our community.

The Centre, through the work it does within the North and West Melbourne community, and especially through the Spring Fling, actively participates in making our precinct a city for people, a creative city, a prosperous city, a

knowledge city, a connected city, a deliberate city, a city planning for growth, a city with an Aboriginal focus and a city that cares for its environment.

The Spring Fling Street Festival is particularly fortunate in having maintained strong relationships with many council services in the local area. A few doors down from The Centre's premises are the North Melbourne Library and the Arts House.

Some of The Centre's most popular classes are held at the Meat Market, an Arts House venue and a wonderful historic facility.

This year we welcome back a number of City of Melbourne services, which will occupy a large area within the festival site. Look out, too, for City of Melbourne banners and special guests showcasing our creative and diverse North and West Melbourne community.

Follow what's happening in our city by visiting www.thatsmelbourne.com.au/social

Alexkarbon Real Estate

Alexkarbon Real Estate's office is at 122 Errol Street. Founded by Alex Puglia, Zac Karvoun and Charles Bongiovanni, the Alexkarbon team takes a fresh, dynamic and personal approach when it comes to real estate.

Drawing on more than 50 years of combined experience, and with the agency's boutique size, the partners can ensure that every client feels welcome, listened to and appreciated. Their commitment, not only to their clients but also to their community, makes Alexkarbon one of the best real estate businesses around.

As part of this commitment, they have been ongoing friends and sponsors of the Spring Fling Street Festival. Celebrating its 41st year



in 2018, Spring Fling will once again partner with Alexkarbon in delivering this much-loved community event.

You will find the Alexkarbon team at their marquee near the Alexkarbon Community Stage. They'll be there to answer all your questions, real estate or otherwise. Check out the activity that they will be running while you're there!

Find out more about Alexkarbon Real Estate on their website, www.alexkarbon.com.au, or follow them on social media at www.facebook.com/Alexkarbon-Real-Estate

North & West Melbourne Precinct Association

The North & West Melbourne Precinct Association (NWMPA), which consists of local business owners and traders, aims to provide support and leadership for the growing number of businesses in the area and to foster relationships between them and local residents.

The Precinct Association assists in presenting and representing issues within the local area and keeps member businesses informed about council communications, strategic planning, local area trends and business development opportunities.

By promoting the businesses and their objectives to the broader community, the NWMPA aims to create a positive and forward-looking image of our community. In addition, it strives to improve the everyday lifestyle and security of everyone who lives and works in North and West Melbourne.

The Precinct Association also makes a significant contribution to the community by supporting local initiatives like the annual Spring Fling Street Festival. As a Major Sponsor, the NWMPA over the years has enabled the festival to develop into a bigger and better event with improved infrastructure and a greater number of local organisations taking part.



At the Spring Fling you will see a number of members running interactive activities. Be sure to visit them, get some useful information and take advantage of the variety of offers provided by our traders.

Comprehensive Medical Care By Experienced GPs

Dr. Ed Vergara Dr. Magda Wojtasik Dr. Alastair Stark Dr. Kirsten Henderson Dr. Graham Jacobs Dr. Madhavi Thotadur Dr. Paul Grinzi

Children's Health Mental Health Asthma Travel Medicine

Women's Health Sexual Health Fertility Immunisations

Men's Health Addiction Medicine Skin Checks Chronic Disease

NEW PATIENTS WELCOME

SAME DAY APPOINTMENTS AVAILABLE

FREE ONSITE PARKING

Address: 243 Flemington Road, North Melbourne, VIC. 3051

BOOK ONLINE via royalparkmedical.com.au or via facebook.com/royalparkmedical

(03) 8301 5500

Monday to Friday: 8.30 am - 6.00 pm

Saturday: 8.30am - 12.30pm

See what's planned for Spring Fling 2018!

Market and community stalls

A fantastic range of new and returning stallholders will be setting up shop along Errol Street and Queensberry Street at this year's Spring Fling, offering homemade treasures, jewellery, crafts and clothing. There will be charity and information stalls and special offers from local businesses.

Spring Fling Dog Show

The popular Spring Fling Dog Show is back again in 2018! Bring your canine friend to the Family Fields area at the north end of Errol Street, where you'll find plenty of activities to keep the children entertained in addition to the Dog Show. Registrations open at 10.00am at the Alexkarbon Community Stage and the Dog Show starts at 1.00pm.

Talented local performers

There are plenty of great places to stop at on your way through the festival site, with two stages and roving performers providing a variety of entertainment. Expect Melbourne's best independent musicians, DJs, local multicultural groups, school choirs, dance schools, yoga demonstrations and more. There will be something to appeal to everyone!

Suitcase Rummage

The hugely popular Suitcase Rummage is back in 2018 for its fourth year, taking over Raglan Street with all manner of unique goodies bursting out of suitcases to tempt you. Expect to find trash and treasure alongside arts and crafts and get ready to swap or haggle for something special that takes your fancy.

Food trucks and local trader specials

Make sure you bring a healthy appetite to Spring Fling this year, because there'll be a range of delicious street food on offer, and our famed local restaurants and cafes will be open to satiate your hunger as well. Try something new or perhaps a favourite dish served a little differently.

StARTers Market

This exciting initiative showcases and supports Melbourne's many talented artists and creatives. We offer stall spaces specifically to emerging artists, designers, photographers and makers who have had minimal previous exposure and are looking to get their talents recognised. Exhibitors are chosen based on their creativity, diversity and focus on sustainable practices. Engage with the artists and check out their work against a backdrop of colour and music.



Historias latinoamericanas en exhibición

Trini Abascal

Latin Stories Australia (LSA) is a not-for-profit whose mission is to create awareness of the Latin American contribution to Australia's social capital and diversity.

LSA was started by two Mexicans as a hobby four years ago. It began as a blog that published a story by a Latin American migrant every month about their personal journey and their insights into how to succeed in Australia. We now also organise and participate in different events around Australia that promote culture and/or assist with social or public welfare. One such event is Building Bridges.

Latin Stories Australia decided to join forces with independent curator Dr Antonio

González and artist Yunuen Pérez to launch an exhibition titled *From Latin American Stories to Victorian History: Building Bridges*. This photographic exhibition will highlight the social, economic and cultural contributions of the Latin American community in Victoria.

The Spanish Language Fiesta, an event run by The Centre in North Melbourne's lanes every April, was invited to take part in the exhibition in the festivals category.

From Latin American Stories to Victorian History: Building Bridges seeks to celebrate the wonderful impact of the Latin American community on Victoria's rich history and ensure an ongoing legacy for the next generation.

The expected benefits of the exhibition are strengthened relationships and cooperation between the different Latin American commu-

nities, heightened awareness of the social and economic contributions of Latin Americans to Victoria, and increased community pride.

To develop the exhibition we asked members of the Latin American community to share their stories with us. Participants told us what they do every day to make Victoria a great place. In addition, we identified key moments in the past when the Latin American community had an influence on Victoria's history.

The exhibition will run from 15 November to 25 November at No Vacancy Gallery in the QV building, Melbourne. Make sure you add it to your calendar!

For enquiries please contact Latin Stories Australia at latinstoriesaustralia@gmail.com

Building Bridges gratefully acknowledges the support of the Victorian Government and



Public Record Office Victoria in making this project possible.

Building Bridges also acknowledges the support and commitment of partners including Social Pinpoint and SBS Radio in the realisation of the project.

Music lessons for adults and children of all ages

School of LIVING MUSIC
Drop-In Choir
The choir for everybody

First Wednesday of each month
7:30pm – 9:00pm \$20

livingmusic.com.au
53 Little Baillie St. North Melbourne
03 9329 0503 or 0408 170 769
info@livingmusic.com.au



The Centre Courses Term 4, 2018

www.centre.org.au
admin@centre.org.au

Office Hours:

Monday 10.00am to 6.00pm
Tuesday to Friday 10.00am to 3.00pm
Classes follow school term dates
unless otherwise stated



The Centre
58 Errol Street, North Melbourne VIC 3051
Tel: (03) 9328 1126

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

The 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)



ART AND CRAFT

Art Therapy
Time: Tuesday 1pm – 3pm
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

Photoshop and Your Photography
Time: Tuesday 10am – 12 noon
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

COMMUNITY PROGRAMS

Centre Adventures (Day Field Trips)
Time: Fourth Tuesday monthly
9am – 5pm
Cost: \$41 / \$31 concession* #
Meet at: 58 Errol St, North Melbourne

Drop-in Morning Teas
Cost: \$4 per session
Time: First Tuesday monthly
10am – 12 noon
Venue: 58 Errol St, North Melbourne

Errol's Angels Community Choir and Beginners Singing
Time: Thursday 7pm – 9pm
Membership: \$173 / \$106 concession* per term
Venue: Maternal & Child Health Centre, 505 Abbotsford St, North Melbourne

Spanish Language
Time: Tuesday 6.30pm – 8pm (five-week program)
Cost: \$173 / \$106 concession*
Venue: 58 Errol St, North Melbourne

Volunteer and Internship Program
We have a wide range of structured learning opportunities for everyone, for example:

- Spring Fling Festival, third Sunday in October annually
- Spanish Language Fiesta, second Saturday in April
- Writing and editing *NWM News*
- News distribution
- Tutoring or teacher's aide
- Office and business administration
- Venue and facilities management
- Community development work
- Business promotion and development
- Other events

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

EMPLOYABILITY AND SKILLS DEVELOPMENT

Asthma Management or Anaphylaxis Management or First Aid or Food Handling

Time: 9am – 4pm quarterly (two sessions with pre-reading)
Cost: \$155, \$108 Food Handling
Dates: Once each term subject to demand
Venue: 58 Errol St, North Melbourne

Conservation and Land Management – Certificate II

Time: Wednesday 9.30am – 3.30pm
Cost: \$1232 / \$555 concession* plus \$650 additional cost for field trip
Venue: 58 Errol St, North Melbourne

Core Skills for Work – Vocational Preparation

Time: Monday 10am – 12 noon
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

Education Support: Teacher's Aide or Certificate III

Time: Wednesday 9am – 3.30pm
Cost: \$1552 / \$727 concession*
Venue: 58 Errol St, North Melbourne

Event Management

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

Venue and Facilities Management

Time: On-the-job training
Cost: \$65 / \$55 concession* or free internship
Venue: 58 Errol St, North Melbourne

Journalism, Media and Printing

Time: Monday 1pm – 3pm
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

Retail Operations NEW

Time: Friday 9.30am – 3.30pm (five sessions)
Cost: \$65 / \$55 concession*

Train the Trainer

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

FOUNDATION SKILLS

Career Planning and Advice
Time: By appointment
Cost: \$99 / \$55 concession*
Venue: 58 Errol St, North Melbourne

Home Away From Homework Club

Primary (Grades 4–6)
Time: Wednesday 3.30pm – 5pm

Secondary (Grades 7–12)
Time: Tuesday 3.30pm – 5pm

Cost: \$37 / \$27 concession*
Venue: North Melbourne Library

Open (Grades 4–10)

Time: Thursday 3.30pm – 5pm
Cost: Free to City of Hobsons Bay residents
Venue: Altona North Community Library

Management Studies: Business Communications or Compliance Frameworks or Understanding Workplace Documents and Processes

Time: Wednesday 12.30pm – 3.30pm or 6pm – 9pm
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

Financial Literacy

Time: Monday 1pm – 3pm
Cost: Free for those sleeping rough, others \$55
Venue: 58 Errol St, North Melbourne

Job Seeker Skills

Time: Monday 1pm – 3pm
Cost: Free for those sleeping rough
Venue: 58 Errol St, North Melbourne

Basic Skills

Time: Friday 1pm – 2pm
Cost: Free for those sleeping rough
Venue: 58 Errol St, North Melbourne

Return to Study and Study Support

Time: Friday 1pm – 3pm
Cost: \$99 / \$55 concession*
Venue: 58 Errol St, North Melbourne

Self-Development Short Courses: Human Resources for Small Business Quality Customer Service

Time: Wednesday 6pm – 9pm (two sessions)
Cost: \$99 / \$55 concession*
Venue: 58 Errol St, North Melbourne

HEALTH AND WELLBEING

Active at Any Age

Time: Second and third Tuesday monthly # 10am – 12 noon
Cost: \$41 / \$31 concession*
Venue: North Melbourne Library

Pilates:

Venues: ¹The Meat Market,

Blackwood Street, or

²The Legion, Little Errol Street (behind The Centre)
Cost: Pilates and Exercise for Older Adults programs:
\$190 / \$139 concession*

Beginners

Time: Thursday 5.30pm – 6.30pm¹

Exercise for Older Adults

Time: Wednesday 10.15am – 11.15am²

Time: Friday 12.15pm – 1.15pm²

General Classes for any level

Time: Tuesday 5.30pm – 6.30pm¹
Tuesday 6.30pm – 7.30pm¹
Wednesday 9.15am – 10.15am²

Intermediate

Time: Thursday 7.30pm – 8.30pm¹

Intermediate Plus

Time: Thursday 6.30pm – 7.30pm¹

INFORMATION, DIGITAL MEDIA AND TECHNOLOGY

Information, Digital Media and Technology

Time: Monday 10am – 12 noon
Wednesday 10am – 12 noon / 1pm – 3pm / 6.30pm – 8.30pm #
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

Computer Skills: INTEL® Easy Steps

Time: Wednesday 1pm – 3pm
Cost: \$137 / \$108 concession*
Venue: 58 Errol St, North Melbourne

Drop-in One to One Sessions

One-on-one training arranged with instructor
Time: By appointment, bring your own device(s)
Cost: First four hours \$108 and thereafter \$56 per session
Venue: 58 Errol St, North Melbourne

Introduction to Technology

Bring your own iPad, iPhone, smartphone or laptop to class to learn.

Time: Wednesday 10am – 12 noon / 6.30pm – 8.30pm # (four sessions in group setting)

Cost: \$108 / \$56 concession*

Venue: 58 Errol St, North Melbourne

* subject to conditions

subject to staff-student ratios

CONTACT THE OFFICE FOR DETAILS ON:

Spoken and Written English Courses
Discovery Walks – Art, Architecture and History Walking Group
Ready, Steady – Walk Docklands
Basic Self-Defence
Volunteering



General Practice,
Specialists and
Allied Health Centre

Services Provided: Women's Health, Men's Health, Immunisations, Pathology, Health Assessments, Wound Management, Chronic Disease Management Plans
Allied Health Services: Osteopath and Clinical Psychologist

OPENING HOURS: Monday to Friday 9am to 5.30pm
Saturday 9am to 1pm

Level 1, 65–67 Errol Street, North Melbourne 3051 (above the Pharmacy)

03 9329 7011

Now you can book your appointments ONLINE!
Key "Errol Street Medical Centre" into your search engine

BULK-BILLING FOR CONCESSION CARD HOLDERS

EDUCATION & TECHNOLOGY

Home Away From Homework Club's quiet achievers

Frances McMillan

It is with pride and satisfaction that we acknowledge some recent quiet achievements of students and tutors in Home Away From Homework Club. We never take for granted the progress made by the students we support nor underestimate the high calibre of tutors who give their time to encourage and guide the students through their learning so they can reach their potential.

Defence Aviation Scholarship

One of our senior students, who prefers to remain anonymous, was chosen by his commanding officer as the recipient of a Defence Aviation Scholarship, which will provide him with aviation experience, skills, theory knowledge and flying hours. All aviation manuals will be provided when he takes up the scholarship in the next school holidays.

Currently there is a shortage of pilots in Australia and consequently the scholarship

will continue until the cadet achieves his first pilot's licence.

In our young cadet's words: "To be a pilot has been my ambition since childhood. I have been in Australia for five years and I really appreciate the Defence Aviation Scholarship and training. Who knows, I might be piloting a flight for you one day."

Alfred Nicholas Fellowship

This University of Melbourne fellowship has been awarded to Felipe Martelli Soares de Silva, a regular Wednesday night tutor at the Homework Club.

"I'm a Brazilian biologist and graduated from the University of São Paulo," Felipe tells us. "Around four years ago, during my Master's degree, I was at a Genetics Conference in Brazil and was lucky enough to meet the person who would become my PhD supervisor, Professor Philip Batterham. When I finished my Master's I then applied for a PhD scholarship at the University of Melbourne and was granted a Victoria Latin America Doctoral Scholarship.

"In the past two-and-a-half years I've been investigating how pesticides kill insects. We use thousands of tons of these chemicals every year without actually understanding how they work. Such knowledge is absolutely important because we are now facing an ecological crisis that is probably caused by the widespread use of these chemicals: the crash of insect populations all over the world, such as butterflies and honeybees.

"I've recently been granted the prestigious Alfred Nicholas Fellowship for the year of 2018 by the School of BioSciences at the University of Melbourne, which will support my trip to Houston, USA, where I'll spend the next six months or so expanding my PhD investigation at the Baylor College of Medicine.

"Between my PhD research and other activities, I volunteer at the Home Away From Homework Club at the North Melbourne Library, a place where I can relax and connect with amazing students and tutors from the most diverse backgrounds."

2018 BBC International Radio Playwriting Competition

Home Away From Homework Club tutor Rosemary Johns has had a play shortlisted from nearly 1500 scripts entered in this prestigious competition.

"I am so excited my radio play about the epic story of Kate Kelly — *Fire in the Head* — has made it onto the shortlist for the 2018 BBC International Radio Playwriting Competition. I'm the last one on the list," Rosemary says.

The 16 shortlisted plays will be considered for two main prizes, for playwrights with either English as their first language or English as a second language. Both winners' plays will be broadcast on the BBC World Service.

Good luck, Rosemary!

Home Away From Homework Club is run by The Centre, with a dedicated team of volunteer tutors helping students with their homework every week during the school term.

Everyone has a story the world needs to hear

Nikki Blanch

Stories without Borders (SWB) is a community project in North Melbourne that has been bringing culturally diverse communities of people together over the last five months to share stories about culture, traditions and how we live.

Run by North Melbourne Language & Learning (NMLL), situated at the base of the North Melbourne public housing estate in Alfred Street, this project has been funded by the Victorian Multicultural Commission, its main aim being to foster social cohesion using the medium of storytelling as a tool for connection.

One of the challenges we encountered when starting this project was that our community had a concept of storytelling as being the performance of a scripted story. "But I don't have any stories to tell" was a common response to the invitation to join the project.

Five months in, and I'm happy to say that everyone has realised they do have a story to tell, that in fact our lives are shaped by stories, and it is the primary way we communicate with each other.

SWB has been guided by the principle that stories help us connect across cultures and generations. "Stories affirm who we are ... and nothing does a greater affirmation than when we connect through stories. It can cross the

barriers of time, past, present and future, and allow us to experience the similarities between ourselves and through others, real and imagined." (Andrew Stanton, 'The clues to a great story', TED Talk)

As the storytelling sessions have evolved, the project has built upon a keystone of intergenerational learning by engaging young people to be a part of the storytelling sessions. There is currently a passionate group working with Sista Zai Zanda, who is excited to facilitate the Youth Engagement aspect of the project.

Sista Zai has experience running storytelling workshops with young people in Africa, Denmark and Australia. She is working alongside project filmmaker David Adams, to mentor the group in both storytelling and filmmaking skills, effectively creating a film crew for the project.

The SWB film crew have been attending storytelling sessions to interview their elders during the sessions and to document the process. This places the stories in their hands, to ensure that the community get to tell their stories, in their way.

Some of the stories that have emerged in recent weeks have been about traditional remedies for colds and flu. There were some surprising similarities across different cultures. For example, in Ethiopia and parts of India, black cumin seeds are used to soothe a sore throat, by making a paste of crushed seeds



Sista Zai sharing a story

Photo: Manatosh Chakma

mixed with honey.

In Ethiopia, the leaves of eucalyptus trees have been commonly used to ease congestion, the leaves crushed and simmered in water overnight. Traditional foods were an excellent topic of conversation. As with music, the shared experience and enjoyment transcends language barriers.

Over the coming months, Sista Zai will be running storytelling and spoken-word workshops as a side project with the young people, facilitating a process of exploration and finding one's own unique voice and stories. You

can follow the NMLL Facebook page to see updates and future events related to *Stories without Borders*.

Of particular note is the upcoming Living Traditions Festival scheduled for Friday 2 November at NMLL. This will be a cross-cultural celebration of the stories, dance and food traditions alive in North Melbourne, with a special film screening to showcase some of these stories!

Nikki Blanch is a community development project officer at North Melbourne Language & Learning.

Our 5 Rs: Reduce, Reuse, Recycle, Refuse and...

Jaimi Darwell

This term our Year 2 students at North Melbourne Primary School became Waste Warriors!

Our students have been learning to protect the environment and look after our planet. We have been researching ways to become environmentally friendly citizens.

Students have been collecting rubbish at school and in the local community, writing business letters to the council requesting more recycling stations, sending postcards to family members to encourage them to reduce and reuse, and researching the devastating impact of global pollution.

They have audited the quantity of different

kinds of rubbish found in our local area, and have become very concerned with the amount of plastic waste.

The current 'hot topic' of free plastic bags at supermarkets gave our War on Waste Literacy unit a worthy and creative problem to solve. The students designed and created their own reusable bags!

They designed their own logo, which represented the key learning from our Literacy unit. They incorporated their knowledge of the five Rs (Reduce, Reuse, Recycle, Refuse and Rethink). The students used a range of powerful images as well as some meaningful words to get their messages across.

We are very proud of our reusable bags and can't wait to use them!



Year 2 Waste Warriors at North Melbourne Primary School proudly display their non-plastic, hand-designed shopping bags

Photo: Jaimi Darwell

Australia's first computer lasts the distance

Ian Truong

This November will mark the 69th birthday of one of Australia's most significant achievements in technology. A surviving example of scientific application and development!

What weighs tonnes, has thousands of components, consumes 30,000 watts per hour to run (also comes with a peculiar hum and a mechanical smell on warm days) and became functional in the late 1940s? It was also able to play music and it attracted the attention of young folk at the time, but it is not the ice-cream van. The idea was conceived during World War II but it is not a weapon.

A good guesser with a wild imagination might come up with a computer, and he or she would be right. Named CSIRAC (pronounced 'sigh-rack'), which stands for Commonwealth Scientific and Industrial Research Organisation Automatic Computer, it is now housed at Scienceworks in Spotswood. Built in 1949, CSIRAC was Australia's first digital computer and only the fourth in the world.

How many of us are fortunate enough to have a vivid recollection of life in 1949? This was a time when Australia had no television, international telephone calls could not be made locally, steam-engine locomotives were the norm, and colour photographs of Melbourne were rare. The limitation and unpopularity of technology back then certainly put the birth of CSIRAC into perspective.

Trevor Pearcey and Maston Beard were the pioneers of computer engineering in Australia and were responsible for the building of CSIRAC from scratch. Every piece used in the construction of the machine was manufactured

in Australia. If the Australian Chamber of Commerce and Industry had been founded by then, CSIRAC would have proudly borne an Australian Made logo.

When referring to the first computers, historical accounts focus mainly on those built during World War II, with their code-breaking programs and the electrical sophistication and complex calculations required to create radar signals.

Notable are the British Colossus and Konrad Zuse's Z3 (destroyed in an air raid on Berlin), the world's first programmable electronic digital computers, and the German Lorenz cipher machines, whose Enigma code was broken by Alan Turing and his team at Bletchley Park using the Colossus set of computers.

From the time it started operating until its retirement in 1964, CSIRAC always ran intensively on a wide range of projects. Unlike the earlier war-oriented computers, CSIRAC was used mainly by scientists for research purposes rather than on classified and restricted cases. Demand for this computer was so high that people would have to wait for weeks to gain access.

CSIRAC's service was vast; it conducted programming studies and computation and engineering projects from private companies as well as government departments. Its bulky appearance and its distinctive hum caught the attention of local scientists, academics, students and music lovers.

In 1951, Australians heard the first piece of music ever performed mechanically — by CSIRAC. Although the sound was crude and uninspiring musically, as one might imagine, this stands as a milestone in our understanding of the machine's capabilities and paved the way for new kinds of musical composition.



CSIRAC, Australia's oldest computer, is on display at Scienceworks

Photo: Ian Truong

In the rock 'n' roll era of Chuck Berry and Elvis Presley, CSIRAC was also cranking out classical melodies like 'The Girl with the Flaxen Hair', 'The Bonnie Banks o' Loch Lomond' and the 'Colonel Bogey March'. It should have been renamed CSIRock.

Until its relocation to Melbourne in the mid-1950s, CSIRAC had been planned to handle computer games and other more complex tasks such as weather forecasting. Expectations were high but technology at that time was limited; the early computers had very small memories.

Nevertheless, the existence of CSIRAC was a highlight, standing out against a backdrop of significant world events including the Korean War, the Communist Party ban, atomic bomb testing and the ascendancy of oil as the main source of fuel.

In terms of technology development, CSIRAC stole the show, but that show came

to an end in 1964. On 24 November that year CSIRAC executed its final program. Back then, Australia, with a humble population of about 8 million people, joined the Americans, British and Germans in the race to build new and improved computers.

Today, that iconic computer is still here, open to the public, to bear silent witness to another advance in its country's technology. Australia is now leading the race in building a quantum computer — a computer the same size as a single component in CSIRAC's huge body, which produces no humming sound, emits less heat and consumes less energy, yet will benefit the community as much as CSIRAC once did.

CSIRAC is now on permanent display in Think Ahead at Scienceworks, 2 Booker Street, Spotswood 3015.

Everybody's Business comes to fruition

Juliana Lobo

The winter edition of NWMN featured an article about the work of North Melbourne Language & Learning Inc (NMLL) in creating pathways to employment. The most recent initiative is Everybody's Business, NMLL's two-year pilot program that assists local women from diverse backgrounds to create their own unique microbusiness.

Juliana Lobo is the project coordinator and in this article she provides more detail about this very successful project.

Many migrants living in Australia are right now looking for income-generating options and thinking about starting their own business. Refugees and asylum seekers face significant barriers to labour market participation. As a result, many refugee-background women and men are seeking to start a business, creating their own job to support themselves and their families.

ABS data estimate that one-third of small businesses in Australia are owned by migrants. The data also show that refugees and asylum seekers are the most entrepreneurial amongst all migrants in Australia (source: ABS media release 4.9.15) despite a number of disadvantages. These include: limited access to finance; for many a lack of formal education; a mismatch between skill and opportunity; a lack of social connections and networks; and, for many, limited language skills.

There is a growing body of evidence that demonstrates entrepreneurship enables migrants and refugees to be innovative and create solutions relevant to their life circumstances. Their businesses are often embedded in their family and community life and have great potential to contribute to society by creating new jobs and supporting their community.

Everybody's Business taps into this well of skill, talent, experience and aspiration and offers training guidance and assistance for these community members to become entrepreneurs in Australia. The opportunity presented by Everybody's Business has a strong and positive impact on their confidence and sense of participation in society.

Everybody's Business started 18 months ago as a pilot program responding to a need expressed by women living in the North Melbourne public housing estates. The program is already demonstrating successful outcomes.

In total 20 women have finished the course, 40 per cent have started their own business and another 30 per cent are a few months away from launching their new business. Fifteen per cent decided to pursue further skills and experience, or to find paid work to save money for investing in their business idea in the future.

Case studies and contact details of the operating businesses will be available shortly on the NMLL website at www.nmll.org.au/microbusiness-project/. Business details are also available on NMLL's Facebook page.

In the meantime here is a sample of four of the most popular businesses.

- Verena runs Donde Mama, which provides delicious Colombian street food. The filled arepas are a specialty and the ideal party food. Contact her via dondemamaAU@gmail.com, or visit the website www.dondemamaau.com
- Mitselal runs Zafu Foods, which provides a variety of Ethiopian food including meat and vegetarian dishes served with injera bread. Contact her at zafufoods@gmail.com or on 0420 205 859.
- Moon runs Happy Moon Catering, which offers a variety of Chinese foods including delicious sushi. Contact her at happymoon1965@gmail.com or on 0421 111 784, or go to Happy Moon Catering

page on Facebook.

- Hodon Cleaning Services — local, reliable and affordable cleaning. Contact Hodon at hodonmohamed@hotmail.com or on 0413 030 519, or go to Hodon Cleaning Services page on Facebook.

Business cards are available from NMLL reception at ground floor, 33 Alfred Street, North Melbourne.

Applications for the third Everybody's Business course are now open to men and women. The course starts in October and will support students in developing a business plan and understanding how to overcome the key challenges of starting a business in Australia.

Students also learn about managing a work/life balance, marketing, identifying compet-

itors, networking, finding business opportunities and navigating the legal requirements. Classes will take place at NMLL on Wednesday evenings and all day on several Saturdays.

For more information regarding dates, eligibility and course details, please contact Marie or Manatosh at NMLL on 9326 7447 or by emailing them at enquiries@nmll.org.au. Alternatively, refer to the course brochures available at most local libraries, The Centre in Errol Street and NMLL.

If you are interested in supporting the program or want to learn more about it, call Juliana Lobo on Thursday or Friday at NMLL on 9326 7447 or email her at microbusiness@nmll.org.au



Inner City Garden Maintenance

A comprehensive service for all your gardening and backyard needs

We cover all aspects of gardening from once-off makeovers to ongoing maintenance tailored to your budget.

We've got your backyard odd-jobs covered, from oiling your deck, cleaning your gutters, to pressure cleaning your patio. Ask us if you have any other specific requirements.

- Fully insured
- Kensington-based
- Pensioner discount
- Green waste removal

Contact us today on 0404 954 043

innercitygardenmaintenance.com.au

A reflection on Spring Fling over the years

Over the past 40 years, the *North and West Melbourne News* (formerly *North Melbourne News*) has featured many stories about the community's annual street festival, known today as Spring Fling.

From its humble beginnings as the North Melbourne Community Fair back in 1977, Spring Fling has taken various forms. It began with stalls promoting local groups and charities to the community at the North Melbourne Town Hall and later gradually expanded to become the buzzing street festival in Errol, Queensberry and Victoria streets that we all know and enjoy every spring season.

In 1977, 30 participants gathered in the North Melbourne Town Hall and paraded along Errol Street with banners. Through the 1980s

the event grew to include stalls selling food, books, plants, and trash and treasure. There was a special grand ball in 1981. Live performances commenced in 1987, and by 1990 the festival had moved from the town hall to under the verandas of Errol Street.

Significantly, in 1991 Errol Street was closed to traffic for the first time. This provided an opportunity for many local businesses to become involved, and

saw the number of festival attendees grow to around 8000 people through the late 1990s.

Since then, Spring Fling has expanded to incorporate neighbouring streets and lanes and it now attracts about 15,000 people on the third

Sunday of October every year.

None of this would have been possible without the festival's organisers over the past 40 years. Since The Centre: Connecting Community in North & West

Melbourne took over management of the Spring Fling, event coordinators have included Louise Augustinus, Julia Gyomber, Lisa Tran, Emma McCashney, Michael Walker and, this year, Tatiana Echeverri and Tom Seddon.

Just as important are the volunteers who help run the event. They are an integral part of the festival, contributing enormously to its success, while also experiencing the togetherness and community spirit that Spring Fling brings to the residents of North and West Melbourne.

This community celebration has been running every year for the past 40 years. With the 41st Spring Fling Street Festival not too far away, we have reproduced a collection of photographs showcasing its history.



Children at the 1980 fair

Photo: Guy Lamothe



Cover of NMN September 2001 edition



Errol Street was the hub of the 2008 festival Photo: Jim Weatherill

HISTORY

Crime on the Docks — a look at the Victoria Police Archive

Samantha Wilson

Amber Evangelista, an archivist from Victoria Police Museum, gave a fascinating talk on crime in the Docklands as part of the Night School, Library at The Dock series, on Wednesday 15 August.

Delving into a specific period of time, the 1850s until the 1950s, Evangelista gave a pocket history of the area's development, from early shipping port to explosive den of vice and crime, quite a leap from the planned and highly developed area that it is today.

Population booms usually go hand-in-hand with periods of great prosperity, often resulting in unprepared infrastructure and support networks for the vulnerable and needy. Melbourne was in that state during the gold rush, with thousands of hopefuls in transit through the city's port. At times the transient tent city of those preparing to try their luck in the goldfields reached half a million people.

Then, as now, there were several ways to read crime rates. Some blamed the bustling docks for the rise in prostitution, illegal drug use and alcohol-related crimes in Melbourne, and characterised the individuals moving through this place of arrival as harbingers of vice.

Evangelista pointed out a different interpretation of the high crime rate at the time. She highlighted the role of local business owners who added to the crime statistics by taking advantage of their well-established positions in the city. With all the contacts they had built up, locals homed in on, and took advantage of, the hordes of cashed-up hopefuls heading to the goldfields to seek their fortune.

As a port, drug crime was a major issue, and a large amount of imports came through the area. Opium and cocaine were the main drugs

that were smuggled. The well-established Chinese community were concerned about the use and abuse of opium in particular.

Having originally travelled from China for the gold rushes, Detective Fook Shing was recruited to foster a connection between the community and Victoria Police, serving for over 20 years, until his retirement from ill health in the 1880s. A well-respected member of the community, Detective Shing pursued and policed many members of the criminal class.

Crime often landed on North and West Melbourne's doorstep from the rise in unpredictable employment in dock work. Towards the turn of the century, Evangelista described the smaller crime spree of 'The Saints', a duo barely of age who robbed the warehouses of North and West Melbourne, scrambling over rooftops and leaving cheeky notes (and rude drawings) in their wake.

There was also the murder of a taxi driver who serviced the Chinese community out of North Melbourne and the CBD. The main target of the hit was his passenger, a gambler who had been showing off his winnings a little too carelessly, and the pair were robbed and killed in the taxi on Flinders Street, near the docks.

Finally, Evangelista touched on the great rivalry between Freddie the Frog and John Gilligan in the 1940s, a battle between two standover men that ended with a single murder, in front of 30 witnesses who, apparently, didn't see a thing.

It was great to get a glimpse into Victoria Police Museum's archives — it generated much interest and a sold-out auditorium. Let's hope there are more events like it in the future.

Night School: Crime on the Docks was organised as a free event by the Melbourne Library Service, with Amber Evangelista of Victoria Police Museum speaking.

Spelling out the history of a gaol (jail?)

Cindy Huang

The Old Melbourne Gaol is a well-known part of Melbourne. Yet how many of us have ever wondered about the origins of its spelling?

According to the Online Etymology Dictionary, 'gaol' comes from the Middle English *gayol*, which originated from the Old French *gaiole*, which was derived from the Latin word *caveola* (meaning 'little cage') — a spelling that looks nothing like the modern-day word.

In fact, 'gaol' used to have two versions of the spelling, both of which derived from French. From the Latin diminutive *caveola*, Old French had two derivations — in Northern French as *gaiole* and in Parisian French as *jaiole*. Middle English then absorbed both spellings, leaving *gayol* and *jaiole* in the English lexicon. People pronounced *jaiole* as we say 'jail' today, while *gayol* was pronounced with a hard 'g'.

Much later, the words 'gaol' and 'jail' coexisted harmoniously for a period of time, before finally engaging in an inevitable battle to eliminate the other's place in Modern English.

Eventually, the spoken word triumphed over stuffy legal conservatism, with 'gaol' being pronounced with a soft 'g'. The 'gaol' spelling was favoured in the legal and political world, and thus spread to the British colonies, where it became entrenched. In Australia, a natural consequence was that the Melbourne Gaol, constructed in 1839, bore that name.

Until that time there was no gaol in Victoria — law-breakers were incarcerated in smaller, wooden lock-ups. Escapes were easy and frequent, and rearresting offenders proved to be difficult. This led to the government's constructing Melbourne's first permanent gaol, which proved to be (slightly) more secure.

With the beginning of the gold rush, the crime rate, along with escapes, was rising again. There was not enough space to accommodate all the prisoners, and police resources were stretched. In 1851, two of Melbourne's 40 police officers even resigned to go to the goldfields to try their luck!

Although the government intended to develop the prison system, all the labourers needed for construction work had left Melbourne for the goldfields. Progress was slow. Ships from Britain continued to transport convicts to Australia, and floating prisons were constructed to accommodate the ever-expanding population of criminals.

During the late 19th century, as land values in the city increased, prisoners were gradually transferred to other prisons outside town. The gaol eventually closed in 1924, before being converted into a museum, styled Old Melbourne Gaol, and it now allows tourists to have a glimpse into its rich history.

The Australian Government style guide finally allowed the use of 'jail' in the late 1970s, with the retired word remaining on historic gaols around the country. Nowadays, though, you are less likely to use either word for a place of correction.

What price purity?

Katrina Kincade-Sharkey

This lady's a true healer of communication and learning difficulties, as well as our local force against a topic unfamiliar to most civilised Westerners — female genital mutilation (FGM).

Paula Ferrari, BSpPath BEd CPSP VIT, wears her prime speech pathology and teaching credentials almost as an aside, those leading career refs only useful when directed alongside her profound passion to eradicate FGM.

Displaying her (well-hidden) 47 years quite firmly within a lean 175-centimetre frame under a tossed mane of long, curly, pale-brown hair, she giggles: "One of my crowning achievements as an adult is straightening this fringe!"

The lady's passions are well tempered. Now conducting her speech pathology consultancies from business premises on Spencer Street, West Melbourne, Ferrari has bid farewell to "running private practices since '96 out of my home, wherever I've lived".

Her new office is comfortably quiet, with a verdant Chinese red sapum rustling against spotless courtyard windows. "It's just a couple of blocks from home, but a million mental miles from managing a practice out of a small terrace complete with my family, including three young children — twin girls aged 10 and a seven-year-old boy.

"My children are precious, but there's SO much of them," she says, the giggle returning. "There's been no family rejection, just a critical need to display effective business management and separate my work from my private life."

That work involves assessment and treatment of communication and swallowing difficulties in both children and adults, as well as providing evidence-based training for educators, and data-driven individual, group and classroom-based therapy for children with specific speech, language and literacy needs.

Professional practice educator at Australian Catholic University, Ferrari also supervises speech pathology students to assess clients, provide therapy and programming, while supporting language groups within a community-based centre that services CALD (communication and learning difficulties) families.

That's a heavy workload.

There's no doubt her speech pathology intuitively provides effective emotional support to clients of all ages, but the new premises' calm space may allow her the time and academic consciousness to resume research and drafting of her PhD thesis on Twins' Language Devel-

opment. That major project passed into abeyance while she had her children and simultaneously worked more than full-time continuing her practice.

And it's completely understandable that she might miss formal academia: her honours and awards include joining the Dean's List of Honours Students at ACU, recipient of an Australian Postgraduate Award, a Postgraduate Research Grant and recognition for Excellence in Child Protection and Female Advocacy.

But her current passion puts those acknowledged skills to work in the dirty real world. Ferrari is still incredulous that local human beings can allow, condone, even perform an estimated number of 200,000 FGM cases in the name of their religious or cultural beliefs.

"This inhumane, immoral, destructive practice predominantly occurs in African, Middle Eastern and Asian societies, but because of widespread immigration it's now global," she says, expressive hands tightly clenched.

"It's human rights abuse, it's child abuse, so it's everybody's business, and United Nations research has shown it occurs here in Australia, although we keep *no* figures about the incidence here at home," she says, her voice grating.

"Some cases are cultural, some are religious, but all are wrong!"

Ferrari became aware of the practice during her student days: "These girls explained that their communities import people to do the cutting. They also have untrained locals doing it and there are even reports of local doctors performing the procedure.

"There is nothing good for the girl. That is why FGM is also called child abuse," she says, remembering her observation of local incidents' resulting trauma during her university days. "I had had no training on this during studies, but there were girls in my classes who'd experienced it, and it was an everlasting, horrendous experience."

This female advocate established No FGM Australia in 2013 with three protocols: *Protect Girls, Empower Survivors and Do No Harm*. "Those first two are our mission statement, but then we must ensure we do no further harm to the girls through our activities.

"Survivors really appreciate someone acknowledging their experience and their continuing pain. This is inhumane, it's torture, yet people still don't prioritise women's sexual health," she says, acknowledging the massive task she has adopted.

"No FGM Australia has three directors — one each in Adelaide, Sydney and Melbourne — then a small core group in most states and volunteers all over, so there's regular phone

calls and emails for activities.

"We have many dozens of cases documented here," she says, calling up details of strictly private files on her Mac portable, "Melbourne examples where both teenagers and children aged as young as 12 months are being ruined by these destructive practices.

"These children — these girls, who have no voice because they're female — are taken away 'on holiday to a special place' where their genitals are mutilated, their clitoris removed and their sexuality, their femininity, indeed their true physical essence is destroyed ... and oh so painfully, because there's no way the results of this procedure can be done comfortably.

"It is true torture!"

FGM is also known as female circumcision and female genital cutting (FGC). "No FGM Australia uses the letters FGM as it's a medical term which describes the impact and severity to the girls," she explains.

"Although FGM has been practised for many centuries, it is now considered violence and a form of torture. FGM has no benefits, only harm, and its effects last a lifetime.

"There was a case in New South Wales in 2013 — prosecution of a nurse, the mother and the community's sheik, who told his congregation not to tell anyone. The police had to conduct intense investigations and then convince the child to witness against her parents.

"This is the ultimate disempowerment of women!

"UN prevalence data shows there are 200 million women in the world who are probable cases of genital mutilation. It's done to female children of all ages, from a nine-month-old baby in Sydney a few years ago, to a current Queensland case of two sisters aged nine and 12," she says, her voice sharpening.

"We have a 24-hour hotline — 1800 522 707 — answered by trained volunteers who offer counselling referrals and medical support.

"We've applied for grants, but people are scared of highlighting FGM because doing so would be prejudicial against the races that practise it. This is fear of creating or exacerbating racism," she argues. "Girls who've had this procedure can go into shock from the pain post-surgery, they can bleed to death, or they can die from infection."

She damns the profusion of local cases; offering relief of those females' trauma, Ferrari's professional pride is well justified: "Speech pathology is the essence of who we are; it's life consciousness."

"We're human because we communicate and if we can't communicate we can't reach our potential — and that's our human right.



Paula Ferrari in her quiet Spencer Street office

Photo: Jim Weatherill

"As a teacher I know how literacy is taught in schools, but sometimes children don't learn the basic skills and need extra help. There are other systems: I use synthetic phonics to give children the tools to manipulate the sounds they need to learn to read and write. Often they're expected to read and write complex patterns they're not ready for."

"It's so much simpler to start them with a restricted number of sounds they can build up," she notes, explaining her work at La Trobe University as a clinical educator for speech pathology students to help children in primary grades 3 to 6 who can neither read nor write.

"Once a year La Trobe Uni's Human Communication Sciences faculty runs a PAL — phonological awareness for literacy — clinic, which teaches kids to segment words, the building blocks for literacy, often missing from their education," says this prime communicator, who helps clients from myriad racial groups — especially females — express their concerns.

Through both her speech pathology practice and activism to stop FGM, Ferrari's sunny talk probably delivers relief to those survivors. Achieving resolution is still her battle.

No FGM Australia can be contacted by telephoning 0427 058 564, emailing paula@nofgmoz.com or via the website www.nofgmoz.com.

ADAM BANDT MP
FEDERAL MEMBER FOR MELBOURNE

STANDING UP FOR WHAT MATTERS.

GF1 296 Brunswick St, Fitzroy VIC 3065.

☎ (03) 9417 0759 ✉ adam.bandt.mp@aph.gov.au

adambandt.com

@Adam.Bandt.MP @AdamBandt



Authorised by D. Lawson, 296 Brunswick St, Fitzroy VIC 3065

Local research stars

Katrina Kincade-Sharkey

Medical research collaborations across Australia are internationally credited, especially within our haematological community targeting blood cancers.

Clinical Translational Fellow at the Walter and Eliza Hall Institute of Medical Research (WEHI) and consultant haematologist at Royal Melbourne Hospital (RMH) and Peter MacCallum Cancer Centre (PMCC), Dr Ashley Ng, MBBS(Hons) BMedSci FRACP FRCPA PhD, has packed the odd 20 career workloads into his 44 years.

Dubbed 'Dr Ash' by colleagues and patients alike, this senior research fellow's investigations check how genes regulate blood cell development and what effect that has on leukemias, currently focusing on acute leukemias.

Settling into WEHI's staff dining room overlooking University High's sports ovals and RMH Private, 'Dr Ash' Ng is internationally credited with leading research that discovered which genes on chromosome 21 contribute to leukemia in people with Down syndrome. His team found that having an extra copy of the ERG gene triggers blood cell change that can drive leukemic development.

"We now have cancer models here in the lab, as well as human samples from patients here and at Peter Mac and RMH, along with collaborators at The Alfred and Royal Children's hospitals.

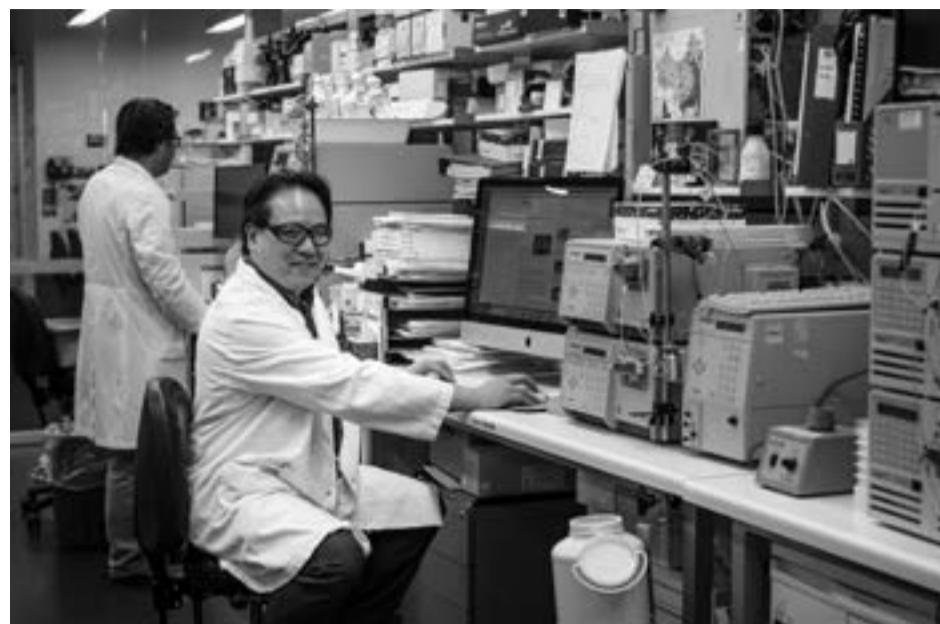
"Excitingly, our models now allow us to investigate the genetics of leukemia and the effect of any gene changes on its development," he says, leaning forward. "We can see how this disease is sustained and how it responds to treatment ... generally, how it behaves."

Understanding the physiology of patient response to varying blood concerns and the specific chemical behaviours of acute leukemia, lymphoma, myeloma and myeloproliferative diseases allows compilation of pharmaceutical — or chemotherapy — treatments.

"Without that treatment, all acute leukemias are terminal," Dr Ash explains. "One of my major jobs is to look after patients with acute leukemia, but I see all types of haematological problems."

'Seeing all types' is hardly surprising, given the number of in-patients and outpatients Dr Ash treats across three different campuses. Factoring in the massively increased incidence of blood cancers resulting from increased aging, environmental pollutants and vastly improved diagnoses, oncologists' workloads are enormous.

"In WEHI's acute ward I see 20 to 30 patients at any time, supervise the more junior doctors, work with nursing staff, pharmacists and allied health professionals like social workers, dietitians and physiotherapists," he



Leading haematologist Dr Ashley Ng

says, his deep brown eyes gleaming. "We really rely on dealing with other doctors — guys from many specialties — to manage our patients well."

Managing his patients well has been Dr Ng's motivational crux since his winning passage through the University of Melbourne's School of Medicine, after admission on scholarship from his Malaysian home in Penang.

And just to prove there really are happily-ever-after love stories during intense academia, Dr Ash met and married his mate, endocrinologist Dr Caroline Jung, who now consults at St Vincent's Hospital, as well as mothering the couple's two lads, aged 11 and seven.

Having stepped aside for 12 months during his medical degree to focus on — and achieve with honours — a Bachelor of Medical Science degree, this personable haematologist graduated top of his year, or First with Honours, in 1998.

"That year of research halfway through the medical degree was when I got the bug, I guess," he quips, and Melbourne's medical research community couldn't be happier.

In 2014 WEHI announced its researchers had solved the puzzle of how an essential blood-making hormone stimulates production of the blood's clotting cells, known as platelets. Complete with his smiling photograph, WEHI's promotional materials celebrated Dr Ashley Ng's study that provided a comprehensive model of thrombopoietin's control of platelet production, as well as insights into the biology and mechanism behind specific myeloproliferative disorders.

The discovery identified how bone marrow cells could become over-stimulated and produce too many platelets. In blood diseases, too many platelets can lead to clogging of the

Photo: Jim Weatherill

blood vessels, causing clots, heart attacks or strokes.

Colleagues at WEHI, Peter Mac and RMH agree Dr Ng's directly-led scientific contributions have helped shape the field in understanding basic growth of the blood cells and other blood elements formed in the bone marrow. His thesis argued: "All haematopoiesis, both red and white cells, develops from a single stem cell in the bone marrow — all cellular blood components are derived from haematopoietic stem cells."

Having completed dual fellowships in haematology and haematopathology accredited by the Royal Australasian College of Physicians and the Royal College of Pathologists of Australasia respectively, Dr Ash has exceptional prerequisite experience in the diagnosis and management of acute leukemia, as well as other malignant and benign blood disorders.

Principal investigator for RMH/PMCC's joint ALLG APML5 study, he takes pride in his thorough understanding of the design and conduct of clinical trials, particularly their human ethics requirements.

Having now published 32 peer-reviewed primary research articles, 17 over the past five years, he has contributed to top-level scientific journals. These include *Immunity*, *Genes & Development*, *Blood*, *Proceedings of the National Academy of Sciences* and *Oncology*, with his work being cited in others' papers more than 900 times.

Those include references by the British Committee for Standards in Haematology Guidelines, the UK Myeloma Forum and the Infectious Diseases Working Party (AGIHO) of the German Society of Haematology and Oncology (DGHO), crediting his work's positive impact on patient outcomes.

Ron Carter

23 August 1932 – 19 August 2018

Bill Liddy

North Melbourne lost one of its true identities and characters with the passing in August of legendary sports journalist Ron Carter.

Ron was a North Melbourne boy who grew up at 80 Courtney Street and was educated at North Melbourne Primary and University High schools.

John Dugdale, Jock O'Brien and I had been friends with Ron since 1949 when he was captain and wicketkeeper of the North Melbourne Church of England Boys Cricket Team. We played on Saturday mornings in Royal Park right opposite the infamous Camp Pell and the zoo.

Ron worked for *The Argus* and then *The Age* from around 1950 until his retirement in 1998. By then he was chief football writer for *The Age*.

Ron covered every Olympic Games as a sports journalist from 1952 to 1996, paying his own way to the Games in Helsinki in 1952. The main sports he reported on were athletics and cycling, however he covered many other sports as well.

By being in the right place at the right time (at Munich Airport) in 1972, Ron was able to give a 'ball by ball' phone description to his editor at *The Age* of what was happening at the moment when the Palestinian terrorist group Black September attacked and took 11 members of the Israeli Olympic team hostage. His story appeared as the main feature on the front page of *The Age* the next day — a rare feat for a sports journalist.

We at The Centre, through our then director, Michael Halls, recognised Ron's family a few years ago when we dedicated our Anzac Day service, held at the North and West Melbourne Cenotaph, to his father, Charles Carter. Charles rode his horse Tim at the world's last great cavalry battle, the Battle of Beersheba, in 1917.

Charles later came back from the war and ran his small sweet shop in Courtney Street, opposite the Errol Street school, for many years. Although Ron was not well enough to attend the ceremony, he was represented by his daughter and grandchildren.

Ron was a proud and unabashed supporter of the North Melbourne Football Club. While stationed at *The Age* when its offices were in Spencer Street, he made many trips to the club's committee room after football training or to the social club after late-night work for his regular convivial refreshment top-up.

Vale, Ron Carter, my dear friend.



City North
PHYSIOTHERAPY CLINIC

59 Errol Street
North Melbourne

Open Monday to Saturday



9328 3733

- Physiotherapy
- Massage
- Pilates



OPTOMETRIST



Andrew Harris
BSc(Optom), FVCO

Hours

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

Contact Lens Practitioner

56 Errol Street - North Melbourne - phone 9329 9372



Near universal prognosis

Katrina Kincade-Sharkey

Dementia will overtake heart disease by 2050 as the leading cause of death for Australians, with an estimated one million cases clogging this nation's already stressed health services.

Therefore each and every one of us will have — at least — several friends, colleagues or loved ones overtaken by this annihilating condition within 30 years.

Dementia is a chronic and progressive deterioration of behaviour and higher intellectual function due to organic brain disease. Normally a condition of old age, it is now occurring in young and middle-aged people.

Medical diagnoses of dementia extend from witnessing patients' initial forgetfulness and deterioration of their cognitive and intellectual comprehension to eventual closing down of all bodily and mental functions.

And there seems little socio-economic choice between cases. In Western society, we're all potential victims, so North Melbourne equals South Yarra and Footscray equals Malvern in terms of patient incidence.

Medicare Australia already has several hundred thousand dementia sufferers registered with health services throughout the nation, a number continually increasing due to our extended lifespan, personal reluctance to attack forgetfulness and increasingly sedentary lifestyle.

"The most common causes of dementia are Alzheimer's disease and frontotemporal dementia, or Pick's disease," says Colin L. Masters AO, Laureate Professor of Dementia Research and head of the Neurodegeneration Division of The Florey Institute, University of Melbourne.



Professor Colin L. Masters AO

This professor wears a long ribbon of academic credentials — BMedSc(Hons), MBBS, MD, Hon.DLitt *W.Aust*, FRCPath, FRCPA, FFSc, FAA, FTSE and FAHMS — and utilises his career's achievements at the Royal Parade facility in Melbourne's medical precinct.

"Then we can add conditions like multi-infarct dementia, which results from the destruction of brain tissue by a series of small strokes. It is important to distinguish these organic conditions from psychological disorders that can cause similar symptoms, such as depression," he says, noting an increasing number of average people are displaying dementia's initial symptoms in everyday life.

Perhaps that's why current Royal Melbourne, Royal Women's and other metro general hospital outpatients regularly watch fellow visitors exhibit dementia symptoms in their waiting rooms.

The worst personal case scenario may be our life partner succumbing to the debilitating,

dehumanising and utterly isolating symptoms of dementia.

We'll be forced to watch these close people, these loved ones, while they lose their ability to think, to clearly consider what they say or do, to ingest their food or drink, to toilet, to care for themselves — or anyone else. We'll watch them forget what to say or do to survive in society.

Dementia can be terrifyingly aggressive, according to Professor Peter R. Schofield, FAHMS PhD DSc, Neuroscience Research Australia (NeuRA) Foundation's chief executive officer. "Allow me to be clear: dementia is a terminal disease," he says.

"It's the tsunami that our nation is not ready for.

"Let me give you but one example. I hadn't met Bob Rushton before he visited NeuRA, but I wish I had. He had served Australia with pride in the army. He had arranged complex medical evacuation of critically ill people from around the world. He loved camping, his mates and our great outdoors.

"Bob was the salt of the earth.

"Most of all, Bob loved his family — his wife, Lisa; his daughters, Stephanie, Amy and Poppy; and then later, his two grandsons," the controlled, medically astute professor remembers, his tone softening.

"The day he visited our research centre — aged only 48 — it was clear that all of this was being rapidly stolen from him.

"In 2016, Bob died of dementia. He was 53," says the professor, whose eternal hope for research success at NeuRA's Sydney Brain Bank has the support of medical investigators throughout Australia and around the world. Their concurrent research means we may pioneer a cure for this devastating, dehumanising disease.

"Years earlier, Bob granted us the incredible opportunity to learn more about dementia by agreeing to donate his brain. His precious gift will contribute to research now and for decades to come," Professor Schofield says, gratefully.

"Some days you meet families and are immediately reminded your research work is urgent. Defeating dementia takes time, but — thanks to funding support from public and private sources — NeuRA's Professor Kaarin Anstey is at the forefront of research into dementia prevention.

"Her research has clearly shown that it is our everyday lifestyle decisions that have a dramatic effect on our dementia risk.

"For example, did you know that a diet including fish two or three times each week has been linked to reduced risk of dementia? Did you know that four or five social engagements a week has been shown to reduce our risk?

"Did you know that depression, diabetes and obesity in middle age increases your risk? Each of these is a critical lifestyle message we have to circulate so humanity has an easier, healthier aging," warns the professor.

NeuRA is circulating its list of 10 Healthy Habits to reduce the risk of dementia. These are:

1. Get physical

Using your muscles also helps your mind, with regular exercise clearly associated with a reduction in cognitive impairment.

2. Improve your diet

The Mediterranean-style diet that emphasises fruits, vegetables, fish, nuts, unsaturated oils (olive) and plant sources of proteins has been shown to reduce cognitive impairment and dementia.

3. Be mentally stimulated

Activities that stimulate the brain create new connections between nerve cells and may even help the brain generate cells, building up a protective reserve against future cell loss.

4. Lower blood pressure

Use lifestyle modification to keep your pressure as low as possible, as high blood pressure in middle age increases your risk of cognitive decline.

5. Lower blood sugar

Diabetes is an important risk factor for dementia, which can be helped by correct eating, regular exercise and staying lean.

6. Manage your cholesterol

High levels of LDL, or 'bad' cholesterol, are associated with an increased risk of dementia. Diet, exercise, weight control and avoiding tobacco will improve your cholesterol levels.

7. Avoid tobacco

Avoid tobacco in ALL forms.

8. Moderate alcohol

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two standard drinks per day.

9. Care for your emotions

People who are anxious, depressed, sleep-deprived or exhausted tend to score poorly on cognitive function tests.

10. Be socially connected

Strong social ties have been associated with a lower risk of dementia.



Professor Peter R. Schofield

Photos: courtesy Florey Institute of Neuroscience and Mental Health

belonged regardless of the challenges that lay ahead.

"It was a powerful reminder of how afraid he could still be.

"During those dark days many people simply stayed away. The hundreds of people who came to his funeral showed he was loved, but perhaps not feeling comfortable visiting or wanting to be a burden to me, we didn't have hundreds of visitors.

"Please, if you're reading this and someone you know has dementia, take the lead to visit them ... it's very important to do so.

"We lost Bob in February 2016. Even now, it is with tremendous guilt that I reluctantly acknowledge it was for the best.

"But what is for the best is for it never to happen.

"Bob leaves behind three beautiful daughters and two gorgeous grandsons. The best way to describe how Stephanie, aged in her 20s, feels is cheated, cheated that she's lost her dad and her two boys have lost their grandad.

"Amy, just 16, has had to grow up fast. She says birthdays, Father's Day, buying her first car and perhaps being walked down the aisle is when she'll miss him the most. She seems so much older than 16 ... probably because she's lived through things only few girls her age have.

"Poppy, just 11, breaks my heart. She's really only ever known her daddy to be sick; she feels so left out at seeing other kids with their dads.

"She says it's unfair and she's so right.

"For me, Bob was the man I'd chosen to build a life with — and now he's gone. Life goes on, but it's very different. I'm reminded every day of him in lots of little things, but you know what reminds me the most of him? The girls' eyelashes — so long and dark, just like their daddy's.

"Our first Christmas without him was very difficult, but we have hope.

"We hope research advancements will be made so that one day families will not have to go through what we have. We were so pleased to be able to donate Bob's brain to the Sydney Brain Bank at NeuRA, as we know his legacy will live on in research that will one day stop this awful disease in its tracks.

"Thank you for reading. Remember, don't stop visiting people with dementia and please give what you can to support research into dementia and other diseases of the brain and nervous system."

Much more than a bowls club — a community!

Lynne Macdonald

The City of Melbourne Bowls Club (CoMBC), located in the beautiful Flagstaff Gardens, off Dudley Street, West Melbourne, near the Queen Victoria Market, is an iconic community facility.

Dating from 1866, it boasts a modern, architecturally designed clubhouse with a stunning function room. Whilst most members come from nearby suburbs, many city workers and residents from outlying suburbs have also joined CoMBC. It is a very progressive and harmonious club, enjoying a diversity of members.

The club offers many attractions, such as social and competitive bowling, as well as the opportunity to meet new people and have a few drinks within the Flagstaff Gardens. It is well served by trams and trains and the club has a strong commitment to contribute to the livability and wellbeing of central Melbourne and supports a number of local charities.

The club will again have a stall and interactive lawn-bowls activity at the Spring Fling Street Festival on Sunday 21 October. Pop in and visit and the volunteers will answer any questions you have about the club.

From September to March, the club pro-

vides free coaching sessions for both new and experienced bowlers every Monday and Thursday between 4.30 and 6.30pm. There are five accredited coaches. You can take advantage of three months' free use of bowls available from the Bowls Library before you make a commitment to the game.

CoMBC has three teams participating in the Saturday Summer Pennant, with bowlers ranging from beginners to very experienced. Additionally, a more relaxed competition takes place during the day on Tuesday and on Wednesday evenings. Something for everyone!

The social committee organises regular not-for-profit activities throughout the year including a Trivia Night, Birthday Party, Oktoberfest, Christmas Lunch and watching the New Year's Eve fireworks in Flagstaff Gardens. During the summer season, members can enjoy a members' meal for only \$7.50.

The club also provides a light meal or barbecue, free of charge, after the Saturday Pennant games. Bowlers and supporters who partake of this also enjoy the traditional, hilarious 'Calling of the Card'.

Whether you have a passing interest in taking up lawn bowls for the first time or are an experienced bowler, we warmly invite you to join in the very social Mazda Cup. This will be held on four Tuesdays in March 2019 from



Photo: Jeff's Digital Photography

6.30pm onwards and includes a meal. Check out our website, www.citybowls.com, early next year for full details.

For further information contact

bowlscommittee@citybowls.net
secretary@citybowls.net

Lynne Macdonald is a board member of the City of Melbourne Bowls Club.

ARTS & ENTERTAINMENT

June's Jett launch success

Elliott Binks

Local author June McIntosh celebrated the release of her *Jasper Jett* children's novels with a special launch event at Mr Price's Food Store last month.

Running from 1.00 to 4.00pm, the event coincided with North Melbourne's 95–58 win over Gold Coast Suns down at Etihad Stadium. June admits to having nerves about the turnout, faced with such competition, but her worries were soon vanquished with 80 guests packing out the venue.

"By 2 o'clock," she tells me, "you couldn't move. It was amazing."

Mr Price put on a spread of finger food, while June's husband, a keyboard teacher, provided musical accompaniment on the venue's grand piano. Local actor Richard Piper, a neighbour of June's mother, was also present as guest speaker.

Richard recalls the event fondly: "It was a truly great afternoon, and a genuine celebra-

tion of the achievements of a writer of whom we, as locals, are very proud.

"I think it's extraordinary that June McIntosh, after a lifetime as a teacher, has reinvented herself as a writer of young adult fiction and has produced these two truly Australian novels, filled with adventure, intrigue and compassion."

Though June has no other launch events scheduled, she plans to host a number of writers' groups in Melbourne and the surrounding area.

"I'm doing a few sessions up at the Marysville Information Centre," she says, "and hopefully organising a few around Melbourne as well — and visiting schools. I'm in the Authors in Schools program so I'm going to start visiting schools and talking to kids about narrative writing."

June's books, *Jasper Jett & the Breach of the Sixth Crystal* and *Jasper Jett & the Sceptre of Selenite*, will be reviewed in the summer issue of the *News*.



June welcomes guests to Mr Price's Food Store

Photo: David Watson

Melrose Art Exhibition

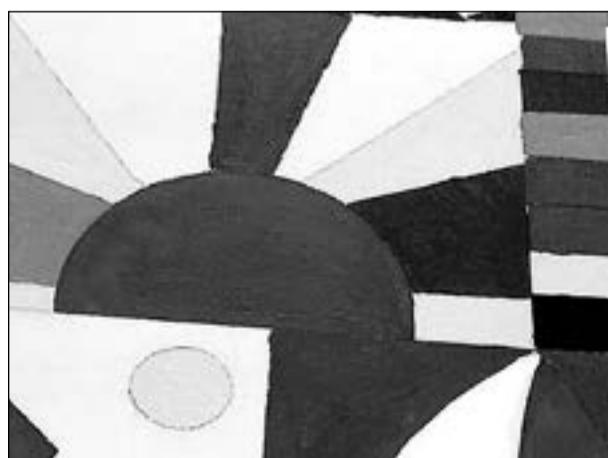
North and West Melbourne Senior Citizens Club

The Melrose Art Exhibition will be held from Friday 26 October to Sunday 28 October, open from 10.00am to 4.00pm each day.

There will be paintings in various media for sale, as well as hand-painted silk scarves and cards and other handmade items.

Come and meet the artists and talk to them about their work.

Kensington Town Hall
30–34 Bellair Street, Kensington



Detail from a painting by Juan Carlos

PAULA FERRARI



Certified Practising Speech Pathologist

Assessment and therapy for communication and swallowing difficulties
Children and Adults

1/617 Spencer Street
West Melbourne
(behind Valiant Hire)

Phone: 0427 058 564
Email: paula@paulaferrari.com.au
By appointment

Oldies strike back with Spikeback

Elliott Binks

Age wasn't enough to deter Howard Birnstihl, 73, from setting up his own publishing company. Nor could a broken leg and a stroke prevent him from treading the ground usually reserved for younger generations.

After meeting with an old school friend in West Melbourne last year, the idea for their company, Spikeback Books, was born.

"We got together at the start of 2017," Howard recalls. "And we were aiming to get our books out by late 2017, say September or October. I broke my leg in August, had the stroke in September — perfect timing."

"There I was in hospital, with my leg and my stroke, dealing with printers in China. So it was a nightmare, but we got there."

Spikeback Books is no ordinary publishing company. Based locally in West Melbourne, it caters exclusively for the so-called greyhair generation by encouraging senior authors in their writing pursuits.

That in itself is a bucking of the trend in the wider publishing industry, which is heavily geared towards younger writers. Recent research by Macquarie University found that almost two-thirds of Australian authors are under the age of 60. Fewer than 14 per cent are over 70.

"I'm just like any other ageing writer where there's just no chance of being published," says Howard. "So I came to the conclusion that I would have to publish myself."

Not that the establishment of Spikeback was merely a vehicle through which Howard could fulfil his own publishing aspirations. The

company has a growing roster of six authors providing an eclectic mix of books.

Titles already available include works of fiction, photography, illustration and poetry, some of which are reviewed in this issue of the *News*. On top of that, there are half a dozen more in the pipeline.

Howard himself sees the company as more of a cooperative than a conventional book publisher. He and his fellow greyhairs stockpile their research, encompassing topics like e-books, design, typesetting, layout and printing on demand, and then use that information to help and advise others.

"The fantastic thing I'm finding — and it's the way it should work, of course, with a co-op — everybody I contact, or who contacts me asking for advice, they actually give me information and I'm able to add to my stockpile."

The positives for greyhairs are obvious, but Howard believes the co-op's benefits extend beyond his own generation.

"It's giving the oldies that chance to express themselves," he says, "and giving the rest of society a chance to be aware, to understand and realise, to experience, to appreciate what there is in that stockpile."

There's a clear emphasis at Spikeback on passion over profit — an outlook that Howard has stuck by through his many ventures in a wide-ranging career. As a teacher turned photographer turned publisher turned writer, he's worn a number of hats in his time.

And it's that vast experience that makes Howard, Spikeback, and indeed the entire greyhair generation, such a valuable commodity.

"You've got a world full of oldies and the amount of experience they've got is just mind-boggling. And in older cultures, of course, that



Howard (centre) with Spikeback partners Alan Pearson and Tony London, pictured here in 1965

Photo: Howard Birnstihl

old experience was incredibly important and valuable.

"And that's what the grey power thing is doing, to wake the world up to say: 'Look, you've got this unbelievable resource here. Use it.'"

For this greyhair generation, there's still plenty of ground to be made up. A quick google of the term produces more results for hair dye solutions than it does cultural movements for oldies. But Howard nonetheless feels that we're already seeing a change in attitudes compared with those of years gone by.

"When I was young, old people were old people. They dressed differently. They didn't

do anything because they weren't expected to. Now, there's no such thing, in a way, as old people.

"Don't let the world tell you you're old. If you've got something to do, do it."

As if Howard's work didn't speak for itself, he leaves me with some further words of advice.

"The thing to do is just get off your bum and do something. And once you start doing something you get lost in it. You know, you get carried away."

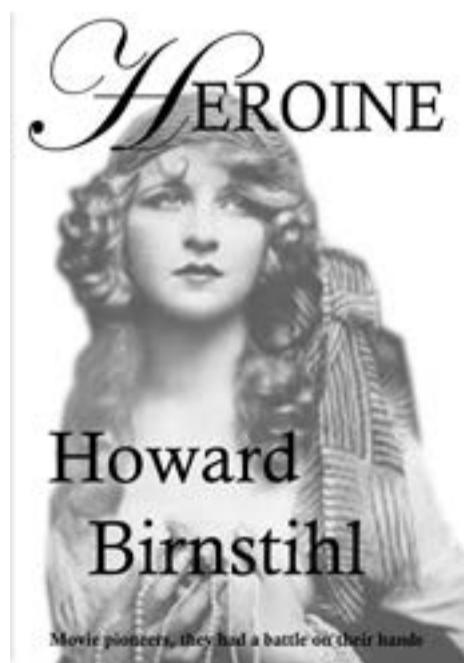
Which is a message that everybody — irrespective of age or hair colour — could take a thing or two from.

Striking local themes in Spikeback releases

Elliott Binks

Heroine

Howard Birnstihl
(Spikeback Books)



Heroine, Howard Birnstihl's second novel following 2017's *The Colour of Film Noir*, may leave you wondering why he waited until his 70s to try his hand at writing fiction. His humour, his conversational tone and, of course, his love and knowledge of film shine through in this very Australian story.

Though a work of imagination, *Heroine* is firmly rooted in the history of this country's film industry. Its vivid cast of characters cross

paths with various real-world figures, including movie pioneer Raymond Longford and underworld gangster Squizzy Taylor.

That cast of characters is led by young movie enthusiast Martin Devereaux, who wonders if he'll ever get his head around the movie industry. Eventually he makes progress, but at some cost, ticking off a number of Melbourne movie bigwigs.

Howard's wandering prose then takes us on a journey across the south-east of Australia and into the world of filmmaking. With a sense of longing and a tinge of lament, the book remembers the halcyon days of the mid-1910s — Australian cinema's boom period — whilst also ruining the efforts of the government-of-the-time in stifling the burgeoning industry.

As informative as it is entertaining, and with plenty a twist and turn, *Heroine* will reel in both movie buffs and fiction fans of all ages.

The Train to Nowhere

Robyn Collins
(Spikeback Books)

Sixteen-year-old Jack Watson and his friends are on their way to compete in the Smartest Student in Australia competition. But their trip gets off to an unusual start when Jack wakes up to find his watch has stopped. Not only that, so too has everybody else's — and at the exact same time.

The oddities don't end there. Jack and his mates notice that all their assigned tutors look almost identical, as if they were off an assembly line. And when they later arrive at their destination and are welcomed by their host, Sir Hubert Peabody, something still feels off.



A pacy read, Robyn Collins's *Train to Nowhere* will take its young readers on quite an adventure as a diabolical plot is uncovered.

Kids will likely find each of the characters relatable in their own ways. Jack, a cricketing prodigy, often wishes he was more appreciative of his dad. Ben, witty as he is, is struggling to deal with his parents' divorce. And Mieko doesn't know how she's ever going to tell her own parents she wants to ditch her scholarship to study art full-time.

Friendship, family and a futuristic twist are front and centre here, as Jack and company discover more than they bargained for about both human nature and, perhaps most importantly, themselves.

Benito's Treasure

Alan Pearson
(Spikeback Books)

Legend has it that Benito Bonito, a 19th-century pirate who plundered the Americas, buried parts of his treasure in a cave right here in Victoria. It's a colourful enough story in and of itself, but one that cartoonist Alan Pearson injects even more life into with his 29-page collection of illustrations.

Alan's sketches and accompanying maps explore a rumoured version of events in which Benito and his bloodthirsty crew venture south into uncharted waters. Reaching Bass Strait, Wilsons Promontory and eventually the Franklin River, they seek refuge but find they are ultimately unable to escape their murderous ways.



Alan has previously produced and illustrated a series of books about the people and places of his local area, and *Benito's Treasure* is the latest of his creations to showcase a love of both art and local lore.

Though primarily aimed at children, there's enough mystery and intrigue here to capture the imaginations of young and old alike.

Time for tea?

Felicity Jack

How many of us take time out to have our favourite coffee — whether it is flat white, latte, macchiato or espresso? Some people travel from distant suburbs to North Melbourne's acclaimed Auction Rooms, where they may have to queue for a while to order their heart's desire.

Tea, often thought of as a 'humble cuppa', is a different matter. Until now, the availability of quality teas in Australia has been limited. While their distinctive packaging and unusual blends lend a certain mystique to some of the more 'upmarket' teas, there is often little difference in quality from the usual supermarket packets.

But things are changing. A new tea studio has recently opened across the road from Auction Rooms. Say hello to KUURA, the brain-child of Ayden Graham, who is a self-confessed tea tragic. He has been interested in tea since the age of 15 when he spent time in Japan as an exchange student. Since then, he has researched the growing and brewing of tea and has developed a good reputation for his knowledge and the high quality of his wares.

Ayden sources his teas exclusively from the Yunnan province of South-West China, home to what Ayden regards as the most delicious and delectable kind of tea, known as *pu'er*. In fact, this area, with neighbouring areas in Myanmar, Vietnam and Laos, is where tea

growing began, and it has since spread to other parts of the world.

Trees in Yunnan are sometimes between 100 and 300 years old and have often belonged to the same family for several generations. These old trees can grow between two and four metres tall, unlike those in the newer tea plantations where tea bushes are grown for ease of picking, often with machines. Some of the elderly grandmothers in the area, even in their 80s, nimbly climb the trees to pick the leaves.

The soil in Yunnan is rich, red in colour, and very fertile. It is also one of the areas with the greatest biodiversity in the world. For instance, the locals can identify around 800 different species of wild mushrooms growing in the area.

Despite being the regional centre of the Yunnan province, the town of Xishuangbanna has an extensive tea-growing area, and getting around can be difficult, requiring motorbike travel to less accessible mountain districts. Ayden has been travelling to the area for about three years, exploring and checking out the different offerings. He deals in the two types of *pu'er* tea, raw and ripe, as well as more familiar black tea and white tea.

The type of tea depends on the way in which it is processed. For instance, white tea undergoes minimal processing, simply being dried in the sun, whereas ripe *pu'er* is made by piling the leaves, often tons of them, wetting them and covering them with a tarpaulin, and then fermenting them for around two months.



A glimpse inside KUURA, the exciting new tea shop in Errol Street

Photo: Ayden Graham

Raw pu'er is prized for its ability to age over time.

The teas are all compressed into 'cakes', making them easy to store and cutting down shipping footprints dramatically. You simply break off a chunk and brew away as normal. There are parallels with the wine industry: the most highly valued tea comes from older trees, with taste also depending on how long the leaves have been stored.

Ayden has been selling teas online, and they are bought by connoisseurs from all over the world as well as within Australia. His new shop opens knowledge of tea production to a much wider audience and attracts tourists as

well as local people who are intrigued by the intricacies of brewing and drinking tea.

At KUURA, you can taste various tea blends and purchase high-quality tea, cups and containers for making and serving an exceptional brew. Ayden welcomes visitors to his studio, where you can learn about the different vessels, *gaiwans* and pitchers that are on display as well as the beautiful teacups and teapots. The kettle is at the ready for cooking up a delicious brew, and tasting is free.

KUURA is at 104 Errol Street, North Melbourne. Visit www.kuura.co for more information or browse their Instagram page @kuura.co to take a peek at their tea collection.

The Inconvenience Store leads the way

Imogen Anne Bower

The Inconvenience Store in Thornbury opened last July and is the first in Victoria to offer rescued food from supermarkets.

This is a step in the right direction as publicity grows around Australia's deficiency in recycling or reusing the gigantic amounts of food waste we produce as a country, brilliantly exposed in the ABC series *War on Waste*.

The sustainability strategist of food rescue group OzHarvest, Annika Stott, told *Huffington Post* that approximately \$20 billion worth of food in Australia goes to landfill every year, and this includes losses occurring at all stages of the food supply chain. However, tellingly, half of this \$20 billion worth of food is lost at a household level.

Without doubt, the supermarkets that throw

out truckloads of fresh produce, bread and packaged goods daily are some of the biggest culprits in this phenomenon. Food waste has disastrous effects upon the environment. The thrown-away surpluses are a waste of all the land, water, technology and transport involved in the food supply chain, and they also emit horrendous amounts of methane.

When ranking global food wastage against the top greenhouse-gas (GHG) emitting nations, the Food and Agriculture Organization of the United Nations found that, if it were a country, it would be the world's third highest emitter of GHG, behind only China and the USA.

Yet more insidious is the influence that supermarkets have over consumer habits and how this is causing waste at an individual level — which is why The Inconvenience Store is such a timely pioneer. Not only does it save perfectly edible food, sourced from ALDI and the Preston Market, from going to landfill, but it also offers a much less wasteful and more

community-minded shopping experience.

As part of the Lentil as Anything restaurant, The Inconvenience Store runs on the 'pay-as-you-feel' policy. This gives those who are in need better access to fresh produce, as food waste is as much a humanitarian crisis as it is an environmental one.

For others with the financial means, this policy encourages them to think more about the price and worth of food as opposed to consuming mindlessly. Disposable incomes have seen this habit escalate, but also responsible are large supermarkets with marketing tricks designed to make customers buy more than they need.

"Everything is about convenience and ease," owner Astrid Ryan told *The Age*. "People are disengaged with where their food is coming from."

Indeed, beyond the colourfully painted doors of the aptly named store, there is none of the overwhelming selection one finds in Coles or Woolworths, given that stocks fluctuate depending on what is available from supermarket surpluses. In addition, customers are only allowed a maximum of 6 kilograms of each item

to ensure that there is enough for everybody.

The City of Melbourne is also working to tackle the food waste issue at both an individual and a commercial level. It has partnered with the State Government to create the Love Food Hate Waste program, which offers helpful tips on how to avoid food wastage altogether, highlighting both the financial and environmental incentives.

At the Kensington Town Hall, the City of Melbourne has opened its first communal composting hub to manage the unavoidable organic food scraps that are produced by all households, restaurants and cafes. The compost produced is being used to grow food in the Newmarket Saleyards communal garden nearby.

It is wonderful to see such community initiatives working together to combat our wasteful ways. We hope the City of Melbourne will soon be able to provide similar composting facilities for North and West Melbourne residents and restaurant owners.

The Inconvenience Store is located at 562–564 High Street, Thornbury, and anyone is welcome to visit!



A selection of vegetables available at The Inconvenience Store, collected in partnership with non-profit organisation SecondBite

Photo: Imogen Anne Bower

Wherever you want to go...
We have great value deals to get you on your way



Travel
CONNECTIONS

Phone 03 9326 5535

email sales@travelconnections.com.au

or call in and see us at 32 Errol Street, North Melbourne



ATAS
Travel accessories



helloworld
BUSINESS TRAVEL

Springtime on the Mornington Peninsula

Shamira Natanagara

"I'm from the Mornington Peninsula — it's really pretty," a classmate told us, her face brightening up.

That's a given. Everyone knows that.

"But I hate it during the summer," she added. "The population can go from around 300 to 1000."

Well, luckily for me, I have a week's break in spring.

Located to the south of Melbourne, the Mornington Peninsula is Victoria's classy yet adventurous nature getaway. The region begins just below Frankston South and Pearcedale and extends all the way to Portsea. Famous tourist destinations include hot springs, water sports, culinary venues and wineries — plenty of must-visits for a summer holiday.

When planning a visit to the peninsula during early spring, though, keep in mind that you might need to pay a bit more attention to certain details.

My friends and I had planned this trip a little over a month prior. Looking back, somehow the early spring wind didn't come to mind. We just thought it would be nice to take a break from the hectic city ambience even for just two days — and we were right. We did get a chance to relax, despite a few unexpected events.

We left the city at 10.00am on a Saturday, taking the quickest route through the inner-city suburbs. As expected, the atmosphere became more and more serene as we got closer to the peninsula. The drive wasn't long; it took approximately 20 minutes from the Melbourne CBD to the Mornington Peninsula.

I could tell we had arrived the moment I saw the astonishing sea, painted in gradations of blue.

"Hey, you can open the windows if you want," the friend who was driving told the rest of us.

So we rolled down a couple of windows. On our left were greens and suburban houses, lined up neatly, evidently built for small families, and on the right were the cliff and the sea. The wind was crazy but it didn't make us shut the windows. We could still feel the reassuring sting of the sun's rays. From afar,

the clear blue sky and water looked like they had merged together, as if there was no line separating them.

Our first stop was The Milbri in Point Nepean Road, Rosebud. The Milbri could have been on Melbourne's top-10 brunch list had it been in the CBD. But the picture was different here. Instead of groups of young adults, enjoying their food and coffee while taking pictures for the 'gram, only two families were in this restaurant, enjoying a casual lunch, when we walked in.

Several of us ordered the smashed avo. Its tasty, savoury flavour didn't disappoint, and it was certainly enough to fill our stomachs while we tackled the next item on the agenda: kayaking.

"They decided to cancel kayaking due to the weather."

The friend who spoke to the attendant to confirm our booking came back with this disappointing news. I guess that's the risk you take when you visit a summer destination in spring. That left a gap on our itinerary, so we decided to just hang around the beach for a little while. We didn't stay long, though, as the merciless wind was blowing from all directions, but the company of my friends, joking around at the beach, lifted my mood.

Our next destination was Sunny Ridge Strawberry Farm. Well, it was next on the list, until we found out that it would be closing in half an hour. Having thought the weather was the only thing that could fail us, I have to admit that this time it was entirely our fault for not checking the opening hours. Without further ado, we set off for the next doable destination on our agenda: Cape Schanck.

Cape Schanck has neither opening hours nor weather hazard. Though it's a popular tourist destination, its beauty is hidden in the hills on the southern tip of the Mornington Peninsula. You wouldn't be the biggest fan of Cape Schanck if you hate long walks. It takes around 15 minutes on foot from the top of the hill down to Cape Schanck's rocky beach.

It was worth the trek, however, and even a self-proclaimed couch potato like me would definitely recommend to anyone with a healthy heart to keep going to the end of Cape Schanck's wooden boardwalk, which is surrounded by wild bushes, vivid green grass



The breathtaking Cape Schanck

Photo: Shamira Natanagara

and rocks.

When you get to the beach you will find all the serenity you could ever wish for: the salty smell of sea, the sound of waves crashing into rocks, the cool breeze, a hint of sunlight just to brighten up the mood — the kind of setting you might imagine during stressful days at school or work. But do bear in mind that you will have to share this peacefulness with other tourists, mostly couples and families, which some might find irksome.

After returning via the boardwalk and a cardio workout courtesy of the climb back to the top of Cape Schanck where our rental cars were parked, we drove past some strawberry fields and headed for the Mornington Peninsula Brewery for some refreshments.

I'm more of a cocktail person, so I asked the bartender for some beer recommendations that would suit my sweet tooth.

"Our IPA and Pale Ale are the bestsellers. Also, this one — it's not on the menu — this one's Hop Culture. It's similar to IPA but it's fruitier and crispier," she said, giving me three shot glasses for free tasting.

Hop Culture definitely pleased my tastebuds. It wasn't bitter and it wasn't frothy,

two common qualities of beer that I dislike. Rather, it was slightly sweet and crisp. If you don't like your beer sweet, Mornington Peninsula Brewery offers brown and lager-style beers that have more of the bitter taste that many people prefer. Once we'd ordered our drinks, we slouched into a couple of cosy sofas, holding tightly onto our beers.

What a day! Failing to visit two destinations because of minor problems that some quick research before we left home could have avoided, was quite a letdown. With better planning we could have tried out more of the peninsula's touristy offerings.

"Don't they sell pizza?" my friend suddenly asked.

His thought was way better than mine, which had got stuck on regretting avoidable mistakes. Our tired faces lit up and we immediately ordered two pans of cheese pizza (it was 10/10, by the way).

Great beer, great pizza and great company. What more could one ask for? I could have wished to turn back time and take more care planning this trip. But right now, I'm not complaining. The Mornington Peninsula has been good to us.

Coffee for a cause: CafeSmart 2018

Shamira Natanagara

On 3 August this year, StreetSmart, an Australian organisation dedicated to supporting local homelessness services, brought back CafeSmart, an annual fundraising program that unites local communities and their favourite cafes, encouraging people to get their daily caffeine fix and help fund homelessness services at the same time.

The way it works is quite simple. Participating cafes and coffee roasters from all over Australia donated \$1 for every coffee sold on 3 August, with the money raised being donated to various homelessness services. Last year's CafeSmart raised a whopping \$285,500 and helped fund 156 homelessness projects across the country.

CafeSmart 2018 had a goal of raising \$300,000, aiming to surpass last year's total by nearly \$20,000. "It takes us quite a few months to collect in the donations," StreetSmart founder and CEO Adam Robinson told the *News*. "We are probably on track for over \$200,000."

Robinson also said that 805 cafes and 50 coffee roasters had participated in this year's CafeSmart, which is an increase from last year's 763 participants, as reported by *Broadsheet*. West Melbourne's Apollo Cafe took part in this year's campaign, as well as North

Melbourne's famous Auction Rooms and The Smith, a BeanTo coffee shop located at the Lort Smith Animal Hospital in Villiers Street.

"We absolutely love and applaud the cause," Chris Roest of Auction Rooms told the *News*. "There was a definite positive response from all customers as shown by the donation box contributions."

If you missed out on this year's CafeSmart, be sure to mark your calendars because the campaign will return for its 11th year in 2019. Applications for CafeSmart 2019 have opened, and cafes and coffee roasters interested in joining can contact Sharna at sharna@streetsmartaustralia.org.

In the meantime, look forward to StreetSmart's next campaign for this year, DineSmart, which will run from 21 November to 31 December. DineSmart has a similar concept to CafeSmart, although instead of cafes and coffee roasters, restaurants will be participating. So far, over 80 restaurants in Victoria have been confirmed, including Agraba Lebanese Mezze and Errol's, both located in Errol Street.

You can also support StreetSmart by donating through their website at StreetSmartAustralia.org/donate, and be sure to follow their Instagram @StreetSmartAust for up-to-date information on future programs.



Auction Rooms promoting CafeSmart 2018 (Leon Holdsworth in photo) Photo: Inge Duister