

Taking a dip into our pool's history

Laura Misale

After her usual 1,500-metre morning swim in the North Melbourne Recreation Centre's pool, Kerry Mullan received a surprise when she walked into the change rooms. "There were three or four women with no clothes on and talking about opera. I thought, how random is this," Kerry laughs. "There's something unusual about the pool. We come together for this hour and then we go back into our own lives and we don't know what we all do."

Katrine Green, also a regular at the centre's pool, has a similar view. "Swimming is a very solitary sport and I just feel you don't know whom you swim with," she says.

Kerry, head of languages at RMIT, and Katrine, a psychologist, became good friends through swimming at North Melbourne's much loved pool. Then one day Kerry showed some books to Katrine about swimming pools.

"I found these books and I thought, why don't we write one," Kerry says.

The women's project of writing the history of the pool has begun. "It's about celebrating swimming, but particularly the sense of community at the pool," Kerry says.

They plan to fill the book with contributions from North Melbourne pool users of all ages, backgrounds and swim strokes.

"We're only there at a particular time of day, so we're interested in contributions from people who are there at different times," Kerry says.

"We have about 16 contributions so far but the more we have the better. All contributions will be gratefully accepted. We'd also be happy to interview people if they themselves don't want to write."

Kerry and Katrine know that there is something unique about the community at the North Melbourne pool. Maybe it's the leisurely 25-metre length or maybe it's the excitement as the pool prepares to open in September after a six-month winter hiatus.

"There's something special about closing day around May. There's a feeling of melancholy on that day, and



Kerry Mullan is coordinating a project on the history of the North Melbourne pool.

then I start counting down the days until there's just a few weeks before it reopens," Kerry says.

"Then on the first day of October, when it opens, I say 'Happy New Year' to everyone, and it's like all is right with the world again," she says.

Katrine says there has been much local interest in their pool history project. "It's only when we spread the word about the book that people came out of the woodwork and we started to learn more about them. There's a lot of talented people that come to the pool."

The sense of community is widely shared among all who enjoy the pool.

"I know the men have their own sense of community because my husband swims there. There's a lot of jokes between the guys," Kerry says.

"One of the showers at the end is known as 'John's shower'. If he is around, no-one else is allowed to use it."

Laura Misale writes regularly for the News.

Want to know more?

Kerry Mullan and Katrine Green are hoping to find more North Melbourne pool stories. If you have a story to share, would like to assist with publishing or would like further information, contact Kerry on kerrymullan@gmail.com.

The Rising Sun lit up St Michael's



ABOVE LEFT: Junko Azukawa demonstrating Sumi-e art and Shodo calligraphy. ABOVE RIGHT: Students Audrey, Violeta and Zac. BELOW: Parent helpers Aileen and Reggie serving up oodles of noodles.



Angela Flint

In July St Michael's Primary School held a much anticipated Japan Day that featured a range of Japanese-themed activities.

Students have been learning Japanese since 2016, and this day was an opportunity to celebrate and explore elements of Japanese culture that are not covered in weekly language lessons.

The day was planned in conjunction with EZ Japanese, which provides support and resources for schools and other groups that promote the learning and teaching of the Japanese language.

EZ Japanese's Kiyomi Calwell ran taiko drumming workshops for all our students, and Junko Azukawa demonstrated Sumi-e ink-and-brush art and Shodo calligraphy to the whole school.

One highlight of the day was a yakisoba (Japanese stir-fried noodles) barbecue lunch. Other activities included cherry blossom art, origami and a whole-school game of Jan Ken Pon (Japanese rock-paper-scissors).

The children were excited with the wide range of activities offered. "The drumming was the best because I was listening and it was so much fun," Gabriela Shumye, Grade 3, said.

It was no surprise that the tasty lunch proved a hit.

"The yakisoba was the best bit for me. It was well cooked and had lots of flavour," Oslo Moscicki, Grade 4, said.

Our Japanese teacher, Pippa Murray, was thrilled that we were finally able to offer our Japan Day.

"We had planned our first Japan Day in 2020, but it couldn't go ahead because of COVID, and after that it was postponed again and again," she said.

Pippa was elated with the day's success.

"It was so exciting for it to finally happen, and the help from the parents in preparing the yakisoba barbecue made it a great community event," she said.

"I have already started planning for next year's Japan Day."

Angela Flint is deputy principal at St Michael's.





Sing NoW choristers spell out their feelings on the Voice

Choir in full voice for the Voice

Rosie Greenfield

What a start we had to the winter term for our Sing NoW community choir!

At a recent practice session, we had an almost full attendance. So good to see a great turn-up and we sang at full bore, enjoying the rich tapestry of our voices.

We had returned after a long break and many of our choristers shared stories of their overseas travels and their visits to many exotic places.

Some had taken in the second Ashes test at Lord's. Some had completed the grand lap of Australia. Others had gone to Far North Queensland or even further afield, to North Africa and Europe.

It seemed that music had been part of all these travels. We heard reports of the pipes of dockside Tunis and the Barmy Army chanting away at the cricket. There was also the organ in Prague's St Salvator Church, the choral music at Pilau de Musica in Spain, the Romany band on the Danube and family singalongs in Singapore.

That's enough for now. I don't want to cause too much travel envy. Now, with all of that travel behind us, we are refreshed, relaxed and inspired to work towards our own musical performances during spring and into the Christmas period.

Some of these performances will be smaller gigs for the choir and extended families and some will be for the wider community. One of these will be at the Queensberry Cup billycart derby in October.

Singing together is one of the great joys of community and there is nothing better than to perform, both for ourselves and others. Elton John, when interviewed after his last performance at the Glastonbury Festival, said, "Just the noise you make, and the camaraderie. It is the most life-affirming experience, singing in a choir."

A fair way back, in our autumn term, we took up the challenge of learning *From Little Things Big Things Grow* for Reconciliation Week. That was a three-week learn.

More recently, our winter term started with a new challenge. We had to learn the song *Statement from the Heart*, written by Suze Pratte, in just two weeks and be ready to perform the song to video in the second week.

Suze had written the gentle melody with its catchy words in response to the power and inspiration of the Uluru Statement from the Heart.

She then sent out a call for as many community groups as possible to video themselves singing the song as a way of showing widespread support for a Yes vote.

We were up for the challenge and, superbly led as usual by choir leader Susie Kelly, we did it! We sing a wide range of styles and Susie's arrangements are suited to our voices combining and making a wonderful sound possible.

We'd love you to join us and make our sound swell!

Rosie Greenfield is a member of Sing NoW.

Want to know more?

Contact us through The Centre, 58 Errol Street. Or join us at rehearsals Thursday evenings from 7.00 to 8.30 pm at Sokol, 497 Queensberry Street, during school terms. All are welcome.



Rob and Kay Oke OAM will be saying YES to the referendum.

Let's all say YES on 14 Oct

Rob Oke

Kay and I participated in the 1967 referendum, which thankfully passed with much community enthusiasm.

It allowed Aboriginal and Torres Strait Islander people to be counted in the census and provided for the Commonwealth to make laws with respect to them. We were hoping that similar bipartisan support would be shown for the Voice referendum. So far the debate has been divisive and support underwhelming.

The constitutional amendments were respectfully requested by the Aboriginal and Torres Strait community after four years of extensive discussions that culminated at Uluru in the Statement from the Heart.

The passing of the coming referendum would do two simple things. The first is symbolic: to give formal recognition that Aboriginal and Torres Strait Islander people are the original inhabitants of Australia. The second is practical: to create a structure for Aboriginal and Torres Strait Islander people to provide authoritative advice to government on issues that affect them.

Both are modest and sensible proposals and it is sad and embarrassing that they don't have universal support. Hopefully, the majority of Australians and at least four states will vote YES! on 14 October.

Rob and Kay Oke are local residents who were actively involved in First Nations matters in the late 1960s. Their story was told in Georgie Preston's feature in the June News.

The Centre endorses a YES vote in the Voice referendum.
YES posters and booklets are available from 58 Errol Street
If you are unsure how to vote and would like to learn more, join a casual conversation at The Centre. Call 9328 1126 to find out more.

The Centre Annual General Meeting Notification

The 47th Annual General Meeting of The Centre: Connecting Community in North and West Melbourne will be held shortly.

Monday 25 September 2023

Commencing at 6:30 pm.

North Melbourne Arts House

Supper Room,

521 Queensberry Street, North Melbourne.

Refreshments will be provided.

All members of The Centre are welcome.

Attendance by Zoom is possible.

The meeting will receive the Annual Report and

financial statements for 2022-23 as well as special business including nominating a member for life membership and changing the name of the organisation.

The Annual Report is printed on pages 20-23.

Use the QR code to RSVP.

Nominations to join the Committee are now open.

Contact Ariel Valent on

arielv@centre.org.au or

9328 1126 for more details.



The referendum is an important moment for all Australians.

It is an opportunity for unity. Your vote matters.

Learn more: melbourne.vic.gov.au/voice

Authorised by Sally Capp in Melbourne
on behalf of Melbourne City Council



African culture on show at Vic market

Cindy Huang

Melbourne's annual African Festival ran over a July weekend in two sheds of the Queen Victoria Market.

It featured a brilliant celebration of African food, music and dancing, with many stalls selling various goods showcasing African culture.

Dorcas Maphakela was the festival's host. The founder of Oz African TV, which shares positive news and stories about Africans and locals of African heritage, Dorcas introduced the speakers and performers.

"I am a migrant from South Africa. I watch TV here through my children's eyes. I don't feel represented. My background is in TV so I want to be part of the solution," she said.

One of the many dancers at the festival was David Smile. Of French and African heritage, he trained in France and, having settled in Australia, he now teaches a variety of Latin dances in his own group, David Smile Dance.

Outlook Communications was one of many sponsors that supported the festival. Managing director Jack Jones said he was delighted to assist the event. "We aim to make the festival bigger, attract more people and build

community connections."

Audiences at the festival enjoyed many attractions on offer. Partners HJ and Zev said it was the first event of this nature that they had attended. "It's fantastic. The festival celebrates different cultures and has great energy," HJ said.

The many food outlets dotted around the market's spacious C and D sheds were well patronised. The Jambo Food stall, with its tempting Kenyan barbecue tang, proved a real hit.

Faiza is the founder of Jambo Food, whose African – or more specifically Kenyan-style – barbecue uses a paste made from marinating and mixing chicken and fish before stir-frying or air-frying.

Faiza has a Kenyan background and this was her second African festival. For her, Jambo food has an irresistibly nostalgic appeal.

"It's easy to make and it reminds me of home and brings up good memories. Also, Kenyan products and Kenya are underrepresented in Australia, and I wanted to do something about that."

The vibrant two-day festival offered much more than the tantalising tastes of African food and the hypnotic resonance of African music.



One outlet, the socially sustainable and Kensington-based AfroCreative Corner, offered jewellery and clothing from Ghana in western Africa.

AfroCreative founder Dominique Rada explained her motivation. "I want to share stories that bring the community together, not just to sell products. I want customers to walk away with more knowledge about the Ghanaian culture. And part of our profit goes back to Africa to fund schooling for kids."

"Our products support local Ghanaian designers and small families who produce the hand-made clothing. They all use Ghanaian fabrics and aim to preserve an old-fashioned, individualised tailoring."

For Dominique, the clothing she sells has a deeper meaning. "The patterns on the T-shirts are traditional symbols, meaning 'Nothing is created without God'. We need to give thankfulness to the higher being. This is a philosophy about life and Ghanaian values," she said.

Dominique also supports SisterWorks, a social enterprise focusing on improving the confidence, wellbeing, sense of belonging and economic outlook for refugees, asylum seekers and migrants.

Don't miss next year's African Festival!

Cindy Huang is a community outreach worker at The Centre.



There was action aplenty at the African Festival in July. Photographs: Cindy Huang and Marg Huxtable

Community Comment

Natasha Hortis asked four locals to reveal the worst fashion faux pas they have ever made



Bonnie, journalist, West Melbourne

My worst fashion mistake was wearing bright green tracksuit pants, a bright pink jacket and a yellow jumper with the worst piggytails in my hair.



Anton, student, North Melbourne

I once wore a bright spandex and nylon orange rashie for a week for sun protection. That forgettable choice wasn't my finest fashion moment.



Maeve, receptionist, North Melbourne

I wore skinny jeans for most of my childhood. So embarrassing when I think back on those days. I just wish I'd discovered wide-leg jeans sooner.



Ethan, retail worker, West Melbourne

In Year 8 I was invited to an all-Green event and to be a bit edgy and different, I decided to wear all blue. At least everything was a different shade of blue.

Top marks all around

Laurence Angwin

The Centre's Homework Club is now in its third decade and firing on all cylinders.

In the past 12 months, students have enjoyed various extra-curricula activities: STEM, pottery, art, fire safety talk by firefighters and personal safety information from police.

Our senior students have had civics activities relating to the upcoming referendum.

The groups are always evolving to ensure activities are relevant and stimulating for the students.

We have 17 volunteer tutors who assist every week of school term. There are always vacancies for volunteer tutors and for new students. Newcomers are always welcome.

The Homework Club is free. Generous sponsors mean the groups can continue to run and provide healthy food to the students.

Students appreciate the assistance they receive in small groups from the tutors. The healthy snacks are always a highlight.

Laurence Angwin is coordinator of the Homework Club.

The Centre's Homework Club has four groups:

Years 3-6 (The Centre): Wed 3.00-5.30 pm

Years 3-6 (Docklands): Thurs 3.30-5.00 pm

Years 3-9 (NMLL): Wed 3.45-5.15 pm

Years 7-10 (NM Library): Wed 3.30-5.00 pm



Clockwise from top: The NMLL homework club group with tutors James and Kevin. Zack on computer keyboard, Kouji on cello and Teru on saxophone. Docklands students with art teacher Dani at afternoon tea. Chloe and Akuch with tutor Susan enjoying pottery class.



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Limerick Castle rises from the ashes

Maurice Gaul

The Limerick Castle Hotel is an institution of old North Melbourne. Licensed in 1863, soon after the gold-rush, it has occupied the corner of Errol and Arden streets for 160 years.

In July, locals noticed the doors had closed. While many feared the pub might have shut for good, the closure was only temporary.

Late on a cold Friday night, a fire broke out in the kitchen area. Smoke drifted upstairs and set off fire alarms in the accommodation area, alerting boarders and hotel staff.

Within minutes, five fire engines arrived to extinguish the blaze. Police stopped traffic as Council representatives and a building surveyor assessed the damage.

Publicans Mick Mustafa and Sam Emini recall the drama. "It was just like a film set for an action movie," Mick said.

With the fire quickly under control, the immediate concern was for the 11 long-time boarders living in upstairs rooms typical of old-style suburban pubs built to offer accommodation.

The welfare of the residents, mainly older men, some working in construction, others on various pensions, was the publicans' first concern. All men were soon placed in hotels and at friends' places.

Many locals know little about the boarders who live upstairs at the Castle. News readers may recall Laura Misale's story (summer 2020) on the passing of Graham ('Macca') McKenzie, one of the pub's many characters.

While the downstairs front

bar was unaffected by the fire, it closed briefly before reopening in late July.

Tony Leonard, 3AW's AFL caller and a former Coodabeen Champion, caught the pub's essence in a 2018 review, describing it as "a much-loved local...a good ol' boozier... an oasis to the outside world."

The knockabout Leonard described the Castle as a "living museum" of old-style suburban pubs. He wrote: "It has been cryogenically frozen as has its colourful clientele. Seen 'em 10 years ago, 20

years ago, and they are still there."

The front bar retains a raffish charm. Faded pictures of sports teams adorn the walls, meat trays are raffled off and the screen endlessly shows dog races.

Near the front door a meticulously kept whiteboard tracks the footy tips of 44 contestants, including tipsters with such colourful names as Kosta, Bear, Jazz and Slime.

Some weeks after the fire, the hotel's co-owner Bernie Sheehy met with Mick and Sam to deal with post-fire insurance issues and the building orders that had been imposed.

The publicans expect the new kitchen to open soon. "Then our boarders will be able to return and we'll be back to normal," Mick said.

He added that while the kitchen is closed, hungry patrons are being catered for by a foodvan parked in Arden Street. "We have the best burgers in the world just outside our door."

Sam is looking forward to the new kitchen firing up. "We'll soon be serving our usual old-school pub grub," he said.

Maurice Gaul is editor of the News.



Publicans Mick Mustafa and Sam Emini raise a glass in the bar of the Limerick Castle. Cheers!

Mark the Evangelist moves to new home

Craig Thompson

In mid-July, the congregation of Mark the Evangelist (North Melbourne Uniting Church) held its final worship service on its historic property in Curzon Street.

This event marked the end of an association with that site, which had begun in 1855.

Since then unknown numbers of worship services, baptisms, weddings, funerals and other community activities have been celebrated there.

Mark the Evangelist was the fruit of an amalgamation with College Church (Parkville) in 1996, which followed the move of an earlier congregation to Curzon Street from Brougham Street in 1987. And now we move again!

The congregation is moving because, after a long period of deliberation, the Curzon Street site has been sold, effective early last month.

While the sale has saddened many in the congregation and community, it makes possible new things for the

congregation, which is now released to focus on its life of worship and service.

Mark the Evangelist looks forward to continuing its community service work in North Melbourne.

The proceeds from the sale will be used in part to sustain its ecumenically supported Hotham Mission's work in food security, educational support and asylum seeker support.

While Hotham Mission will remain in North Melbourne, the congregation itself has moved its Sunday worship to the Uniting Church's Centre for Theology and Ministry in Parkville – a fitting location as it is where the College Church congregation began in 1891.

We look forward to linking to student communities in the university precinct, with the Parkville community and with other ecumenical partners there, while continuing to maintain our connections in North Melbourne.

Craig Thompson is congregational minister with Mark the Evangelist.

Nelson Alexander

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Barbara champions local action

Felicity Jack

Recently caught up with North Melbourne local Barbara Champion who had received the Order of Australia in the King's Birthday awards.

Barbara's medal recognised her promotion of more imaginative playground areas for children. She has a history of service to the community, including several years working in local government and volunteering on boards in the fields of the arts and welfare services.

Barbara moved to North Melbourne in 1975 as a teacher at Boundary Road Primary School. She had previously taught disadvantaged migrant children in inner-city London and she believes that this was a major learning experience in her development as a teacher.

She believes that play is central to children's learning, which she says was a central element of her teacher training at Frankston Teachers' College in the 1960s.

It was this belief that led to her being appointed as executive director of Play Australia, a position she held from 1998 until her retirement last December.

Barbara believes living in North Melbourne is special. She feels that the suburb is quite different to other inner-city suburbs such as Carlton and Fitzroy and this is due to a lack of pretension and an understanding of the needs of the underprivileged.

She also suggests that the number of strong women who have instigated community change in the suburb



Barbara Champion OAM has a long history of community service.

has been an influence on its development.

She specifically identified Kay Oke as a person who, when she saw a need, took action and persuaded others to join in.

Barbara cited the North Melbourne Fair and the Women's Dinner that Kay helped organise for a number of years.

Incidentally, Kay was also one of the early supporters of the *News*, which first published in December 1978. Barbara said that Kay had been a great influence on her life, and she also mentioned many other women including Lorna Hannan and the late Ruth Crow.

Hotham History Project



Until recently, North Melbourne has not enjoyed the 'café culture' of some other inner-city suburbs to the same extent, although this is changing. Indeed, Barbara believes that the ethos of North Melbourne is subtly changing.

She is angry that the children from the public housing estate are currently prevented from attending the Errol Street Primary School, in spite of there now being a new campus at North Melbourne Primary. These children are zoned by the Department of Education to attend primary school in Flemington.

Barbara said that Boundary Road Primary School was built in the 1970s to accommodate children living in the flats, given that they weren't really wanted at Errol Street Primary. Now, all these years later, a significant number of North Melbourne families are still denied access to what is the only government primary school in the suburb.

Barbara felt that it was time to retire once she reached a certain age and she has no regrets. She has taken up a role of ambassador for the organisation Kinship Carers Victoria, which provides out-of-home care for a large number of children and young people.

Barbara plans to catch up with friends throughout Australia whom she has been unable to visit due to her busy work schedule. She is also planning more overseas travel.

Felicity Jack is a member of Hotham History Project.



Enemies of Grooviness Eat Sh!t by Betty Grumble. Photograph: Joseph Myers

Arts House presents a creative kaleidoscope

Lucy Crossett

From September to December, Arts House's program is full of new perspectives, multiple lives and the forces that shape us.

Across dance, theatre, music, installations and artistic interventions, the Arts House Season 2 program invites you to reflect and revel in experiences both unique and universal.

From extreme encounters with nature to reckoning with mortality, there are manifestos and memoirs, provocations and parties.

Together, these works are charged by questions of autonomy, consent and our ability to reclaim power

from forces beyond our control. Individually, each is a full-hearted inquiry into living with care, curiosity and awe.

With equal measures of sincerity and frivolity, often at once, Season 2 creates space to explore boundaries, be there for one another and show up as ourselves.

Lucy Crossett is audience engagement coordinator at Arts House.

Want to know more?

Arts House Season 2 program continues from September to December.

Explore the full Arts House program at artshouse.com.au

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Misha makes many lives brighter

Fernanda Cury

Misha and I have spent a lot of time together this year – at work, out walking, playing games and exploring the neighbourhood. Watching her develop from a curious 10-week-old pup into a confident and gentle one-year-old has been a special journey. After almost 20 years without a canine companion, my interest was sparked when I discovered the Seeing Eye Dogs Australia training centre close to where I live in Kensington. I signed up to be a volunteer puppy carer. Last November, I was matched with Misha. My work as a Pilates teacher and masseuse meant I could introduce Misha to a wide variety of new environments. Everywhere we went we were welcomed: my favourite cafe, the yoga studio I go to, the hospital and the aged care facility where I visited a friend. Misha really brightened the way.

I had been a bit concerned about being able to prioritise my clients without neglecting Misha, but it didn't take long for her to win everybody's hearts. Every class had a warm feeling of a team effort to help this little charmer learn the necessary skills to progress to a working Seeing Eye Dog (SED). If I left Misha at home, the first question everyone asked when I got to a class was, "Where's Misha?". It felt that I wasn't fully 'there' without her. The success of our time together relied on the support I received from the puppy development team. Being able to advocate for SEDs and tell people about the program was very rewarding. Although my lifestyle provided lots of different interactions for Misha, anyone can participate in this beautiful program. It is just the most fantastic experience to be part of a community where volunteers come from all walks of life and share a common journey.

Misha has now left me to go into the formal training program. I miss her, but I am also very excited for her future, guiding the way for someone who is blind or has low vision. It takes a whole community to raise a SED. Thank you to everyone who has been on this journey with Misha and me.

Fernanda Cury is a massage therapist and Pilates teacher, including leading classes for The Centre.

Want to know more?
Seeing Eye Dogs Australia is looking for puppy carers. Whether you live in an apartment or a house, work full time or are retired, have kids at home or it's just you, Seeing Eye Dogs would love to hear from you. Food, equipment and vet expenses are all covered by the organisation. Visit: sed.visionaustralia.org/puppy-caring or attend an information session: visionaustralia.org/puppy-caring/information-session



Fernanda and Misha at work.

Pop-in to the pop-up shop to share a creative space

Nancy Lane

Local artists Sarah Allen and Parul Sen have joined forces to create a new pop-up shop and workshop space at 54 Errol Street. Sarah, an author-illustrator of children's books, creates art focused on the natural world, while Parul depicts iconic cafes and buildings that are Melbourne landmarks. Both had experience selling their artwork and products through markets and online, but they were keen to try a brick-and-mortar shop. They applied through Creative Spaces, which manages the venue for the City of Melbourne. They appreciate the support from Creative Spaces and the positive response from the local community. "So many people have dropped in to welcome us, and the North Melbourne Library has already booked me for reading at a story time", Sarah says. This is the first time the two have had a dedicated workshop space. "We want to find out what resonates with people, what they like, what they connect with," they explain.

They run one-off workshops for children and adults who want to explore their creativity in a fun, hands-on, no pressure environment, and are planning a school holiday program in September. "We've found that parents enjoy attending workshops with their children. It's something they can experience together," Parul notes. Although the two artists had heard about each other, they met only a year ago at a market where Sarah was a stallholder and Parul a visitor. They introduced themselves, caught up for a coffee and haven't looked back. Parul grew up in Jaipur, India, where she completed a fine arts degree

and worked as a graphic designer and wedding designer. She came to Melbourne 15 years ago, but initially didn't produce any art because Australia didn't inspire her. About six years ago, however, she started noticing all the beautiful old Melbourne buildings. "That's how my journey as an artist in Australia started. Although I love traditional painting, I didn't have room in my house, so I started painting digitally using my iPad. "First, I painted cafes, then iconic pubs. Now I also do house 'portraits' on commission. I have become prolific because I can carry my studio in a bag," Parul jokes. Parul's business name is Pink Wattle. It came from combining her two loves: Jaipur, known as the 'pink city' for the colour of its buildings, and Australia's iconic spring flower. Sarah was raised in Melbourne, but worked in a range of creative jobs around the world. "I was living in Laos and approaching 40 when a voice inside me said, 'I just want to draw.'" She started taking illustration courses online, which continued after

her return to Australia. "This finally gave me the confidence to share my art with other people," she says. Sarah is fascinated by Australia's unique fauna, which she recreates using collage techniques or digitally. *Busy Beaks*, her first children's book as both author and illustrator, was published by Affirm Press in 2020. *Jumping Joeys* followed. She will complete her third book – title to be decided – here on Errol Street. By chance, both Sarah and Parul live in Flemington, and they love catching the 57 tram to the Errol Street shop. Their studio is on the ground floor, along with their prints, cards and books available for purchase.

Nancy Lane writes regularly for the News.

Want to know more?
Visit the shop. It's open until 4 October. Workshops can be booked online at sarah-parul.eventbrite.com or at the shop. "Whenever our sign is out the front, everyone is most welcome to drop in."



Parul Sen and Sarah Allen in front of their pop-up shop on Errol Street.

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243-251 Flemington Rd, North Melbourne VIC 3051

I’ve become fascinated by The Great Pyramid. It has over two million stone blocks and its height (in metres) is similar to the distance between earth and sun (in millions of kilometres). There is a mathematical purity in it, and its internals align with the North Star and the star Sirius. Other measures link the pyramid to the four compass points, the earth and the oceans. Inside, electronic devices cease to function. More than 100,000 Egyptian labourers worked on it for 20 years.

★ ★ ★

Here’s a thought on the electric rental scooter thing, I know I’ve mentioned this previously but Melbourne should definitely be more like Paris, the city of light, culture and style. We should ban them as an unsightly blight upon the landscape. As I walk along our local footpaths, I go out of my way to move the stupid things into even more stupid positions on footpaths. You’ve just got to

VERY IMPRESSIVE

do something creative with them instead of just complaining.

★ ★ ★

Does anyone else get as annoyed as I do with the courier companies that claim to be trying to deliver your goods? They send a text that your parcel is arriving today. I hang out waiting for it to arrive, then maybe an hour later I get another text: “We couldn’t deliver so you must pick it up from National Storage.” Apparently so many people are buying so much stuff online that Australia Post no longer wants to provide delivery service.

★ ★ ★

I’ve been showing my latest art works at the North Melbourne Library. Most reveal my latest obsession: small items of circular basket weaving made from



raffia and sewing thread. I’ve recently taken them to be on display at Incubator Gallery on Smith Street, Fitzroy. They also call themselves Outre Gallery, and their website says they “specialise in new contemporary, international pop and underground art. We dig art that crosses over with design, pop and counterculture”.

★ ★ ★

Back in the 1950s, advertising said ‘Plastic Is FANTASTIC’. But we now know that it most certainly is not. We have found plastics in the stomachs of Antarctic krill and Arctic whales. We even have plastic amongst the space garbage circling the earth. We have created so much plastic pollution that we could easily (if time travel exists) send it back in time to wipe out all the dinosaurs. In my art I have been including plastic garbage for quite a few years now.

★ ★ ★

I was recently at Footscray Savers. I sat down, exhausted, waiting for something to happen. A man had been following me around, thinking I had picked up his phone in the toilets at another shopping centre. I didn’t. He had followed me here on two trains and his angry intensity was disconcerting.

Very Impressive shares his views on life in each issue of the News.

North once had old style shopping and two mighty locos

My first visit to the North Melbourne shopping strips was in the early 1950s.

As a child, I was fascinated by the parking chaos in Errol Street. Drivers unable to find a legal park simply double parked before dashing into a shop, picking up what was needed, then racing back and driving off. The street seemed so wide, and other motorists, even the trams, were more patient than they are today.

Once a week, I would travel by train with my mother to North Melbourne to visit her widower father. Mum would shop in Errol Street and make separate visits to the grocer, the fruit shop and the butcher for some basic items to take to Grandad.

There were no supermarkets – this American idea came later and made shopping more efficient but less personal. There were certainly no trendy coffee shops. Mum loved her Tuckfield’s Tynee

TOBIN’S TALES
Gavan Tobin

Tips tea and I collected the Australian bird cards inside the packets.

She may have also gone into Kendall’s, who boasted they were ‘children’s shoe specialists’, to buy me a new pair of shoes.

Grandad was a retired train driver and the suburb housed many Victorian Railways (now VicRail) employees. Train drivers built the Loco Hall in Victoria Street, West Melbourne. I was told that both my grandparents joined in the excitement on the day it opened in 1914.

Part of the hall had a movie theatre. Grandad wanted Mum to bring my sister and me on a Saturday visit so we could attend the afternoon matinee, an

exciting outing in those pre-television days. Sadly, this never eventuated as his health declined.

He was a railway union official for many years and very proud of the Loco Hall. He died in the early ’50s, and was so well respected that local federal member Arthur Calwell was a pall bearer at his funeral in the grand old St Mary Star of the Star at 33 Howard Street, West Melbourne.

In one of our last visits, probably in the summer of 1952, we were heading home to Malvern quite late and I saw the old steam-powered Spirit of Progress come roaring through North Melbourne station

on its evening trip up to Albury. The legendary Spirit, faced with a gradual incline up the line, must have been travelling at the maximum speed allowed on city rails. I was awe-struck by the billowing smoke, the thundering noise, the spinning wheels and the connecting rods. What a sight it was! I remember it vividly, these many decades later. By the end of the decade, the mighty Spirit had been broken up for scrap and television had killed off movies at the Loco. However, the building is still standing and is now looked after by the Greek community. On top of the façade, a scale model-railway locomotive stands, a fitting nod to the old days.

Gavan Tobin writes regularly about his memories of North Melbourne long ago.

Steps to stay safe online, either at work or at home

A News reader wrote recently asking for advice on how to stay cyber-safe while working from home. I thought this was a great question given many people now regularly work from home, and this trend looks likely to continue.

Remote work presents many advantages, including improved work-life balance, improved health and wellbeing, and diminished environmental impact.

However, alongside its advantages, remote work also introduces cybersecurity risks due to our reliance on home networks and personal devices for remote work activities.

This expanded digital terrain is referred to as an increased “attack surface”, offering cybercriminals more entryways and avenues to exploit.

Just as a burglar might find it easier to break into a house with multiple entrances rather than a single point of entry, cybercriminals might similarly find it easier to break into your employer’s network when presented with both

SAFETY IN CYBERSPACE
Nebojsa Pajkic

a home and a professional network, compared to just the latter which is typically more secure.

This is a concern that affects both employers and employees. Employers have to consider how to support their employees to work uninterrupted in a secure manner, while employees need to ensure that they don’t jeopardise their employer’s cybersecurity measures.

However, the lines between personal and professional technology have blurred, leading to instances where compromised personal devices inadvertently serve as gateways for cyber attacks into corporate networks.

In terms of practical steps that everyone can take, the simplest thing you can do is to change your passwords regularly,

including the password on your home Wi-Fi network, and ensure that your work passwords are different to your personal ones.

You can use mnemonics, familiar places or lines from favourite books, movies or songs to create strong passwords. For example, turn “May the Force be with you” into “M@Yt4BwU!”.

Another tip is to enable Multi-Factor Authentication (MFA) where available. This basically means you need to provide another secret, in addition to your password, to gain access to data or systems. It usually comes in the form of a 6-digit code that is sent to your mobile phone once you’ve entered your password.

Finally, you should always keep your

devices up to date with the latest security updates, operating systems and antivirus software.

From the employer’s perspective, they may ask their employees to use a Virtual Private Network (VPN), to ensure data exchanged between employer and employee remains confidential. They may also ask employees to attend cybersecurity training sessions, install additional software, follow specific protocols for working from home or implement other security measures.

While working from home comes with many advantages, we must take steps to address cybersecurity risks and ensure that we can continue to work in a safe and protected way.

Got a cybersecurity question? Write to nebojs4@gmail.com and you may be featured in the next issue.

Nebojsa Pajkic is a local resident and an information security professional. He shares his cybersecurity knowledge in the News.

Writer links our homes and souls

Georgie Preston

North Melbourne local Kate Ryan is a widely published and respected writer of adult fiction and non-fiction, as well as children's picture books. Kate's work has appeared in numerous publications including *Meanjin*, *Kill Your Darlings* and *The Griffith Review*. With a background in editing, she also works on manuscript assessment and as a mentor for other writers.

"I moved away from editing because I wasn't so keen on the fine detail part. Mentoring and manuscript assessment is more about the bigger structure and the big ideas. I really like that. It's good for my own writing to be working alongside other writers," she says.

Kate's debut novel, *The Golden Book*, was published in 2021. Her second novel, *House*, is currently in the publishing process. In it, she explores the ways in which houses hold the memories, histories and emotions of the people who live in them.

Kate's interest in Jungian psychotherapy and psychology led her to study Jung's view of dreams, in which the house is a metaphor for the self. The idea prompted questions for Kate about the real houses we live in and our interactions with them.

"It was written mostly during lockdown, so I was interested in what happens when everyone is trapped in their houses. How do you break free of that? It's only in the mind," she says.

House has two halves, with each focusing on the point of view of their main characters, Stella and Marcus.

"I did this amazing workshop with playwright Jenny Kemp, and she draws a lot on the unconscious. That's when the idea came about for the character Marcus, an architect," Kate says.

Over time, she realised the story was going to be about the breakdown of a very long relationship lived in one house. This led to Stella being introduced.

Stream-of-consciousness writing is a crucial part of Kate's daily writing routine. "I do it every morning looking out my window onto the street from my terrace house," she says.

Kate is working on her next project: a novel called *Dawn*. Set over the course of a year, it encounters three interconnected characters and their relationships with this liminal time of day.

"The idea is that you're going to see them every day, at dawn, for a whole year. They've all got their own reasons for waking up early," Kate says.

"There's an old man whose wife has died; a young woman who has a

premature baby; and a middle-aged woman who has recovered from cancer. Living so close to the hospital, it's always on my mind."

Dawn will intersect with the work of the artist Clarice Beckett, famous for her subtle, misty dusk-and-dawn landscapes painted from her Beaumaris home.

Having studied art history at university, Kate has always been interested in visual art. "If I ever get stuck, looking at art will get me through."

Georgie Preston writes regularly for the News.



Author Kate Ryan at home.

Swim with dolphins and let yoga be your calming

Keely Naylor

Yoga studio Tofu for Dolphins, at 470 Victoria Street, is neatly tucked in amongst a nest of restaurants and clothing shops.

Owner Cass Edwards believes her studio's distinctive name is not the only striking feature about her business. "We're a yoga studio for people who don't fit inside the 'Lululemon clad, 20-something yoga cliché'," she says.

In the world of retail real estate, leases can quickly become expensive. So, when the building almost directly across the road from Cass's hairdressing business, Wildilocks, became available, she jumped at the opportunity.

Cass says she was keen to launch a yoga studio.

"I taught yoga training, so I felt confident enough to actually open a studio. Then people in my class were saying, 'Hey, you're good at this!' So I felt that I could do it," she says.

The idea didn't come from nowhere. Cass has been practising yoga for decades and undertook training to become a yoga teacher before the new business opened its doors.

Cass' love for yoga began in secondary school. She never enjoyed team sports or any sort of competitive sport. "I thought yoga was so much more fun than all that sports stuff like chasing around after balls and running around the oval," she says.

"Yoga is something I feel quite comfortable doing," Cass says. And she wants to make those who use the studio feel that same sense of comfort.



Tofu for Dolphins owner Cass Edwards.

And what of the studio's intriguing name, Tofu for Dolphins?

The name comes from a quote in the popular British sitcom *Black Books*, in which a central character, Fran, falls back on her old habits when she overcommits to a new radically 'healthy' lifestyle.

The story behind the studio's name matches Cass's aim for the studio.

"The idea was to not beat yourself up, just to be more accepting of the reality that we have good days and bad days – and to not feel under any kind of pressure around it," she says.

Since opening the studio in 2016, Cass has stepped back from teaching and is now undertaking a more administrative role.

The studio has three regular teachers and offers three very different classes. There is an 'on-demand' Mum's and Bub's yoga class; a term-based hatha practice (a mixture of flexibility and strength training); and a currently paused 'full moon' practice.

The studio features a space cosy enough for individual self-practice or intimate group training while also being large enough for a class of 12.

Unlike the church halls that yoga teachers have often been stuck with, Cass's studio comes fully equipped with mats, music and without being restricted by seats and tables.

Cass passionately embraces all that yoga can offer. "It calms your mind. In the world we live in now, there is so much distraction," she says.

"Yoga is a lovely way to take yourself to somewhere else where you can just have a break from the reality of life."

Keely Naylor is a new News contributor.



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New NWMA committee elected at AGM

The North and West Melbourne Association (NWMA) held its Annual General Meeting via Zoom at the end of July.

With a view to succession planning, we welcomed some new members to the committee, who will be assisted in the transition by longer-serving personnel. The elected committee comprises: Simon Mitchell-Wong, chair; Kevin Chamberlin, secretary; Jacqueline Stevenson, treasurer; Janet Graham, assistant secretary; and committee members Peter Gerrand, Mary Masters and Dylan O'Donnell.

One of the committee's first tasks will be to look at introducing a new membership category to allow delegates from owners corporations to represent their communities. This strategy recognises the changing, and younger, demographic of North and West Melbourne, where many residents are renters or owner-occupiers living in units in large buildings.

We anticipate that the Association will benefit greatly from a more diverse participation.

The NWMA continues to be in

a sound financial position. It was agreed that membership fees for 2023 would be waived again, with the intention that fees be reinstated for the 2024 calendar year.

Kevin Chamberlin, the retiring long-term chair, commended committee members and others who had represented the Association in various

ways, especially as representatives in the Metro Tunnel Project and West Gate Tunnel Project community reference and liaison groups, the Melbourne North Police Community Consultative Committee and Friends of Moonee Ponds Creek. He thanked everyone for their unstinting support.

The new chair, Simon Mitchell-Wong,



The new shared path next to the Dynon Road bridge is taking shape.

thanked Kevin for his service and commitment over many years.

Metro Tunnel Project

The new Arden station and the rail tunnels are progressing rapidly, with completion due in 2025, a year ahead of schedule. The project reached an exciting milestone in late July when trains entered the tunnels from the South Yarra end for dynamic testing for the first time. Rigorous testing will ensure that the complex physical and technological infrastructure all works perfectly.

West Gate Tunnel Project (WGTP)

This massive project has always been more problematic for our area and has been delayed by a number of issues along its length. The NWMA has reached an impasse on persuading the West Gate Tunnel Authority to install noise barriers on the controversial Wurundjeri Way Extension.

The Department of Transport's stance is that they will retrofit sound barriers if the traffic noise exceeds required limits along Railway Place after the road becomes operational. The extra traffic expected to pour into West and North Melbourne has not been addressed either.



One promising outcome from the WGTP is the new shared path set to replace the dangerous footpath on the Dynon Road bridge. This is finally under construction, two years behind schedule, as part of the Dynon Road bridge widening.

Let's hope the traffic mayhem caused by the Dynon Road closure over the last few months will have been worth it from the point of view of pedestrians and cyclists.

NWMA membership

To become a NWMA member and improve our neighbourhood, email treasurer@nwma.org.au.

A clear view of the changing face of Errol Street

John H. Smith

Popular North Melbourne optometrist Andrew Harris loves the area. "I'm so lucky to have landed here in North Melbourne. I feel I have an affinity with the locals," he says.

Andrew arrived in the 1990s from Croydon, via the University of Melbourne.

"North Melbourne then was a bit like a country town," he says.

"Since then, real estate prices have soared. Errol Street has changed a lot as long-standing businesses, such as the old hardware shop and Janet Llewellyn's framing shop, have all gone."

Andrew grew up in then-countrified Croydon, where he enjoyed walking to school and riding his bike in the bush with sister Susan and friends.

"Nothing bad ever happened. We just had to be home by dinner time," he says.

Andrew attended Croydon Primary and he recalls the Grade 3 teacher

lining up the class according to their status, from 'smartest' to 'dumbest'.

He recalls feeling sympathy for the kids waiting to be chosen. "I was lucky as I was never at either end. But I felt awful for the others."

Andrew did his secondary years at Luther College. "It was a supportive school with a good music program. I studied the piano," he says.

"The high point of my musical career was playing Chopin's Nocturne in the Concert Hall."

He chose optometry for family reasons (his father was an optometrist) and after becoming short-sighted himself.

"I was good at maths and wanted to be a physics teacher, but the subject and I did not get on," he says ruefully.

He initially studied arts then music before enrolling in optometry. His first practices were in Gippsland and North Melbourne, and he worked part-time in the Royal Melbourne's outpatients clinic.

"I saw every kind of optometry, and

I learned a lot quickly because the specialists I worked with were fairly blunt," he says.

As Andrew's North Melbourne

practice grew, he became involved in politics, chairing the National Optometrists Association for seven years.



"I met every health minister from Tony Abbot to Peter Dutton, including Tanya Plibersek and Nicola Roxon. Some were nicer than others," he grins.

"The only thing I can remember Peter Dutton doing was introducing a Medicare number for the removal of a foreign body!" he laughs.

Andrew has been a keen windsurfer since childhood. While he can now get to the Bay from home, his favourite spot is Waratah Bay, near Wilsons Prom.

In 2016, he met his partner, Jacquie. Two years ago, son Reimi arrived and has brought them much happiness.

Andrew says Reimi has changed his life. "He has made me think about things differently."

John H. Smith writes regularly for the News.

LEFT: Andrew Harris has seen many changes to the Errol Street shopping strip.

ELLEN SANDELL

GREENS STATE MP FOR MELBOURNE

Hi, I'm Ellen, your local state MP.
I'm here to help. Don't hesitate to get in touch.

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146 Peel Street
North Melbourne VIC 3051

Authorised by E. Sandell, 146 Peel St, North Melbourne.



Brendan’s poems evoke the sadness of loss and wonder of finding

Stephen Regan

Poetry readings don’t usually pull in a big crowd, but it was standing room only when local writer Brendan Gleeson gave a reading of his work on a Friday in late July at Janet Clarke Hall (JCH), University of Melbourne.

Brendan explained how he had come to write a book of poems titled *Records of the Loss Property Department of Gardiner Reserve*. Walking home through his local park, he had glimpsed a pair of children’s shoes left on a rock.

He imagined that they might be the shoes of his daughter, now grown up and living in Germany, and a poem began to take shape in his mind.

Over the next months, Brendan noticed a variety of objects abandoned in Gardiner Reserve and in the nearby streets, including shirts, hats, bags, balls, and even a frying pan.

These objects moved him to write a series of short, reflective poems about the complicated experience of loss, rather than just ‘lost property’.

book includes a colourful assortment of photographs from the reserve.

Many of the poems were tinged with the sadness that we often associate with abandoned objects, but he also brought out the sense of strangeness and wonder attached to these odd leftovers from someone else’s life.

There was comedy, too, as Brendan explained his delight in inventing ‘The Loss Property Department’ with its own business plan and team of officers and delegates.

Audience members laughed aloud as he read a series of poems in the form of spoof correspondence, including *Field Report from the Loss Assessment Officer*, which deals with an abandoned milk crate, affectionately addressed in the poem as ‘Mister crate’.

The evening closed with a lively discussion about poetry and place. A very happy audience concluded that Brendan’s reading had been a highly successful and enjoyable occasion.

This was a public event, organised by JCH principal, Dr Eleanor



Brendan Gleeson reading his poetry at Janet Clarke Hall.

Spencer-Regan, who is enthusiastic about opening up the college to the local residents of North Melbourne, Parkville and Carlton.

Janet, Lady Clarke, the benefactor after whom the college is named, was a famous patron of the arts in Melbourne in the late nineteenth

century and these days the college enjoys a lively program of cultural events. Notable alumni include the writers Helen Garner, Alice Pung, and Anna Goldsworthy.

Stephen Regan is professor emeritus, Durham University (UK) and a research associate, University of Melbourne.

Want to know more?

If North Melbourne residents would like to be added to JCH’s mailing list to hear about future arts and culture events in the College, please email events@jch.unimelb.edu.au

Good for you, community & planet

Wholefoods Unwrapped Collective (WUC) is a small business providing ethically sourced and waste-free foods, and it is coming to North Melbourne.

Gabrielle Pestinger started WUC from her porch in Coburg in 2018 before expanding into a Brunswick shopfront. “The amount of plastic involved in a regular shopping trip infuriated me, and I knew there must be a better way.”

With 300 regular customers at its Brunswick site, Gabrielle calculated 14.5 tonnes of waste was diverted from landfill each year. Customers order only what they need and weekly orders are collected in sturdy crates and returnable containers.

WUC is coming to North Melbourne thanks to a partnership with The Centre and a Social Enterprise grant from City of Melbourne.

“We are going to start with fortnightly orders to be picked up from The Centre on Errol Street on

Thursday afternoons” Gabrielle says. Customers will be able to place an online order, choosing from more than 400 reasonably priced vegetarian items including baked goods, tofu, legumes, fruit and vegetables, dairy and even home-cooked meals.

Every product is sourced directly from the farm or from local micro-entrepreneurs. “We only stock products that meet our stringent ethical standards for biodiversity, waste management and respect for human and animal rights.”

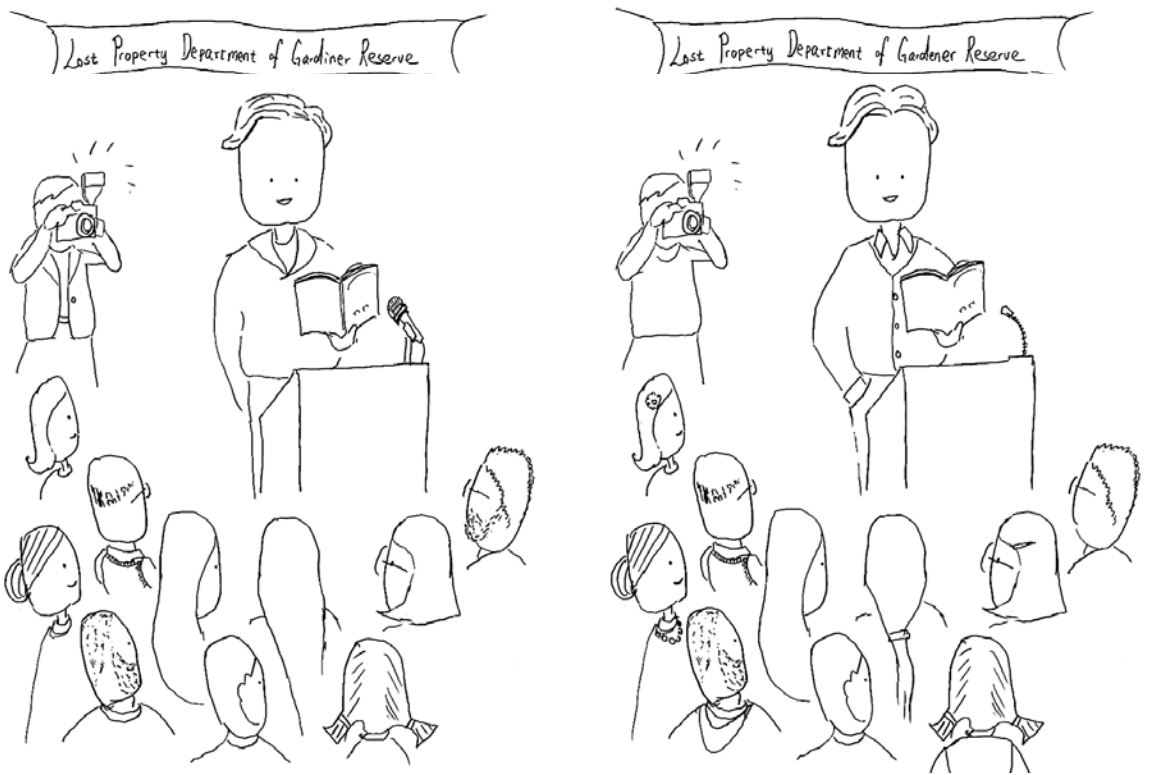
Half the orders will be regular paying customers; the other half will support people struggling with food insecurity.

Want to know more?

If you are interested in participating contact Ariel Valent at The Centre, 9328 1126, or register for the WUC North Melbourne Info Session: Thursday 21 September, 5pm; The Centre, 58 Errol St. North Melbourne. Bookings advised. 9328 1126. First pick up date 5 October.

Spot the Difference

News illustrator Ed Zhao has set readers a challenge. These illustrations may look the same, but there are 16 differences. Track them down and colour in the drawing. (Answers: page 27)





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Rich history of Victoria, a real queen of our streets

Stephen Hatcher

Some readers will know that Victoria Street was named after Queen Victoria. Many things, including the 'Victorian Age', were also named for her. But did you know her nickname was Drina, short for Alexandrina?

Victoria Street was known as Simpson's Road for a short time before its renaming in 1850. The colony of Victoria became a state when it formally severed ties with an overbearing NSW governor and bureaucratic overlords in Sydney.

Victoria Street became a dividing boundary, separating Melbourne from surrounding suburbs and former municipal councils.

The street starts in Richmond by the Yarra River and ends at Munster Terrace (the suburb is both North Melbourne and West Melbourne) near the iconic Western Mill flour silos.

In 1850 architect John Gill won second prize for designing the Melbourne Benevolent Asylum.

Hundreds of people drive over the Victoria Street section each day between Abbotsford and Curzon streets where part of the asylum once stood. Mary Kehoe's book, *The Melbourne Benevolent Asylum: Hotham's Premier Building* tells more.

The first recorded birth in the street, as published in the *Argus*, was a daughter born in 1856 to Mrs William Robertson at 67 Victoria Street.

E.E. Muir & Son operated a seeds business at 127 Victoria Street while

RIGHT UP OUR STREET Stephen Hatcher

undertaker Alfred Allison worked at No. 217-221.

A later governor of Victoria (1997-2000), Sir James Gobbo, grew up at 274 Victoria Street, a building designed by famed architect William Pitt.

Brothers James and Robert Black ran a confectionery business at 294 Victoria Street, where young Macpherson Robertson served his confectionery apprenticeship, then rose to foreman before going further with his own MacRobertson Confectionery Company.

In 2022 Robin Vowels gave a talk about a former resident, iron foundry owner and Council mayor, who built 442 Victoria Street, which still stands and is classified by the National Trust.

456 Victoria Street was once known as the Hotham Ladies College where little Amy Rose Longland received a certificate of merit in 1883.

521 Victoria Street once featured a spectacular two-storey Victorian home built for the family of Alexander and Sarah Jane Boyd. Sadly, the home and four neighbouring dwellings were demolished and replaced by a factory.

Its current owner plans to erect a seven-storey block of 26 flats on land that once housed five Victorian-era family homes.

580 Victoria Street, once home to the United Friendly Societies' Dispensary, was officially opened by

former state Labor Party president, Mr Prendergast.

Thankfully, the majestic hotel at 700 Victoria Street and always known as Mulcahy's, designed by Sydney Smith, Ogg and Serpell in 1929, survived the developer's wrecking ball.

While no longer a pub, it has been refurbished, subdivided and

converted internally to an apartment building.

Stephen Hatcher writes regularly for the News about local street names.

Want to know more?
Discover more about Victoria Street at www.melbournestreets.com.au/victoria-street.



A busy time in the garden preparing for spring

Marion Poynter

Winter, despite being the cold, dormant season, is a particularly bountiful and busy time in our garden.

At the very beginning of this winter, the olives on our enormous Kalamata olive tree ripened. In past years the grandchildren have come and helped pick them, and often I have pickled them. This can be a rather tedious process. This year I decided that I would like to use them for making olive oil. I managed to get my godson to come. Risking life and limb, he climbed up high to reach them.

The date for processing at the nearest local venue had passed, and we were forced to drive to Geelong to have them turned into oil. We only got one bottle of oil from our 7 kg of

GARDEN GLORIES Marion Poynter



olives, but it tasted very special!

As winter advanced, the fruit on our blood orange ripened, the Seville oranges turned colour, and there were increasing numbers of limes and lemons. I made my first batch for the season of our favourite Seville orange marmalade.

All through the cold season we have been able to make use of the various greens growing there. In late July, I made a tasty accompaniment to a comforting slow-cooked beef

casserole, of mashed potatoes and braised winter greens freshly picked from our veggie patch – bok choy, Warrigal greens, kale, silver beet, perpetual spinach, rocket and sorrel.

In early winter, a number of highly fragrant flowers started appearing, their glorious perfumes scenting the air delightfully. The first to emerge were the sweet smelling pale yellowy flowers of the Wintersweet shrub, followed soon by violets, jonquils (yellow and white), daphne (white and pink), then great sprays of

jasmine started to cover the fences in a thick blanket.

A bouquet I made from fresh flowers I'd picked from the garden in mid-winter included the sweet smells of daphne, jasmine, and jonquils mixed with a late rose and cobeas (cup and saucer vine), euphorbias, alstroemerias and dusty miller.

In mid-winter I discovered a hoard of eggs in the hen-house. The hens had stopped laying in autumn, but now with the weather milder than usual for winter, they had started again. A pleasant surprise.

With the changing season, new birds visited our garden. Noisy sulphur-crested cockatoos screeched loudly as they pounced upon the pine nuts in the pencil pines on our west border. Then magpies, not seen much at other times, started to come looking

for scraps. They were surprisingly unafraid of us humans.

Winter didn't allow much time for sitting around. Many important jobs needed to be undertaken over the season's three months. There was a sense of urgency to get them all done before spring.

Owing to the large numbers of fruit trees in our backyard, pruning – to ensure maximum production of fruit in the months ahead – was a major project. Then the roses, and the vines, needed pruning too.

Other pressing tasks included the never-ending weeding, plus mulching and feeding, and planting spring and summer flowers and vegetables, including broad beans and beetroot.

I'm looking forward to spring.

Marion Poynter is a North Melbourne local – and a very keen gardener.



FROM LEFT: A basket of just-picked olives. Wintersweet in flower. A jug of violets. A winter's posy. A friendly magpie.

FROM THE ARCHIVES
Michelle Brett

The North Melbourne Advertiser was distributed in the North Melbourne area from 1873 to 1894. Some of the most intriguing articles involved the criminal cases heard in the North Melbourne Court. Here are some of the stories that ran in early September in the 1880s.

Bridget's goat chases Jane's kids and gets on her goat (1886)

Bridget Molly was prosecuted by the Inspector of Nuisances for allowing her goat to be at large. Jane Reid, a Queensberry Street neighbour, had complained when the goat started eating the flowers she had planted in her garden before threatening to butt her frightened children. She was fined five shillings.

Mary gets up to hanky panky with a stone inside a hanky (1887)

Elizabeth Furlan charged Mary King with assault. Furlan alleged King had struck her to the face with a stone wrapped in a handkerchief. King responded that Furlan had written an insulting letter to her landlord. After hearing evidence from a witness about the violent attack, the bench fined King 20 shillings.

Residents in glassed houses attacked by stones thrown (1887)

Catherine Hall was charged with using obscene language and throwing stones at the windows of

homes in Errol Street. The evidence showed that the prisoner had indeed taken too much drink and had used the vulgar language that had been complained of. Hall was fined 10 shillings on each charge.

Ayles goes off the rails and fails to clear her name (1888)

Mary Ayles was charge with damaging the property of Walter Ewin after a family dispute. The bench decided that Ewin was not blameless as he had treated the woman provocatively and had needlessly pursued her with a warrant. The defendant was fined 1 shilling with 5 shillings damages.

Kipple's triple tippie sends her from drink to clink (1888)

Sarah Kipple, a woman addicted to drink, was charged with breaking five panes of glass at the Arden Street home of Thomas Dean. When the bench queried her wanton behaviour, Kipple said she had just consumed three bottles of beer. She was fined 20 shillings with the option of a month behind bars.

A pox on both houses, both John's and sister Kate's (1888)

John Parsons, a smallpox patient, was charged with transmitting infected clothing and his sister, Kate Parsons, with exposing the items of clothing. Before being taken to the sanitarium, John had given Kate a box containing clothing to be kept at home until his release. The case against John was dismissed.

Michelle Brett writes regularly for the News.

Fairer future for farms and food

John H. Smith

Melinda Hinkson, the director of the Institute of Postcolonial Studies at 78 Curzon Street, was writer in residence at the Mildura Writers Festival in July.

Melinda's keynote address, 'Farming Futures: views from the Millewa-Mallee', was developed from ongoing discussions with farmers and fruit growers in the region.

Her topic linked neatly with the leadership of the festival's patron, renowned Mildura chef and restaurateur Stefano de Pieri, and with the IPCS' commitment to investigate the future of food.

Melinda began by reading *Asparagus Bones*, a poem by renowned Australian poet Les Murray, which celebrates a journey he and Stefano made to collect a box of asparagus from a farm for a writers festival banquet

Melinda explained that asparagus has been grown in Mildura since the 1920s. "However, three years ago, the farmer whose cool room offered up the celebrated ingredient put a bulldozer through his 300 acres of asparagus plants," she said.

Melinda said the farmer had followed all the recommended trends in agri-farming. "He had diversified his crops, and transformed his farm into a business.

"However, when Mexico and California brought asparagus onto the market at a price Australian growers



Melinda Hinkson, the director of the Institute of Postcolonial Studies.

could not compete with, the farmer's production collapsed," she said.

Melinda noted how rapid transformation had taken place in food production. "That became a clarion call to people across the city-country divide to grapple with the impact this has on livelihood, community health and wellbeing," she said.

The consequence of neoliberal economics and large scaled agri-farming techniques has been the swallowing up of smaller farms, changed marketing and diminished rural communities.

Food-growing populations have

been put under stress, just as the European displacement of Australia's traditional owners ruptured the organic relationship they had with the land.

Melinda described Mildura's food bowl as "hermetically sealed".

"This is because foreign markets have contracted to buy its food, which is then harvested, packed and spirited away, destined for distribution centres and supermarkets or shipped overseas," she explained.

She added that products that do end up in Mildura arrive on supermarket shelves priced competitively to outsell any remnant of fruit and veg that might be found at local roadside stands.

Many of Mildura's suburbs feature all sorts of fast-food outlets. "Many people don't have the option of purchasing fresh fruit and vegetables," Melinda said.

A 2018 health and wellbeing survey in Mildura reported levels of obesity and identified a lack of vegetables in the diet of more than half the population, a pattern that points to stark social inequalities.

Melinda pointed out that farmers' responses to the challenges of our times enable us to learn about more than just the crisis of our food system.

"We also glimpse a set of arrangements that entangle us all, through colonisation by investment capital."

John H. Smith writes regularly for the News.



WE GET THE BEST OUT OF OUR BOYS

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FROM 2023

Simonds Catholic College is a small school with big opportunities in the heart of the city. Our teachers are **experts in teaching the way boys learn best**. We are committed to small class sizes to ensure your son will receive the attention he requires to achieve his personal best.

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FOLLOW THE LIFE OF THE SCHOOL



Following our acquisition of a multi storey building on Chetwynd St and the completion of refurbishment of existing areas, we are thrilled to announce that **SIMONDS CATHOLIC COLLEGE** has become **ONE SCHOOL ON ONE CAMPUS**. By 2023 all students across Year 7-12 will be based at our West Melbourne site.



Limited places are currently available in 2023 for some year levels. Contact the school directly to begin the enrolment process.

THE CENTRE PRESENTS



QUEENSBERRY CUP

Celebrating North and West Melbourne

Queensberry Cup is a celebration of North & West Melbourne. Held for the first time in 2022, Queensberry Cup is back this year bigger, better and faster!

Not just a billycart race, Queensberry Cup is a street festival with something for everyone. A dog show, music from across the globe, The Courthouse Bar, fun activities for kids, community dancers, tasty food and pop-up performances.

Corner of Errol Street
& Queensberry Street

1:00pm–7:30pm **FREE**

SATURDAY
21 | OCT | 2023

BILLYCART CHALLENGE

Up to fifty billycart daredevils will race down Errol Street on contraptions of their own design.

Enter yourself or your team for a shot at glory and prizes including \$1,000 to spend at local shops.

Entries open now until filled!

Register here



Billicarts and drivers must adhere to the rules.
Read the rules before you start building your cart.

Categories:

| | | | |
|------------------|-----------------------------------|------------|---------------------|
| 7–12 year old | 1st Prize—\$200 gift card | \$15 entry | Heats start: 1:00pm |
| 13–17 year old | 1st Prize—\$300 gift card | \$25 entry | Heats start: 1:45pm |
| Open | 1st Prize—\$1,000 gift card | \$40 entry | Heats start: 2:30pm |
| Finals | | | Races start: 4:00pm |
| Most creative | 1st Prize—\$250 gift card | | |
| Corporate winner | \$1,500 local advertising package | | |

Each first place racer also receives an engraved trophy.
Plus consolation prizes for second and third in each category.
Gift cards can be redeemed at 35 local businesses.



MAKING BILLYCARTS

Designing and making a billycart can be super-simple or (if you want) very complex. Free workshops and maker sessions for billycart builders. Advance bookings essential using the QR code above.

Billicart Design

with automotive engineer Chris Peile from Smarter Choice Auto
16 September, 10am
North Melbourne Library
66 Errol Street, North Melbourne

Maker Sessions

Advice, tools and materials available
Every Tuesday and Thursday, 10am–3pm
Plus Saturday 7 & 14 October, 10am–3pm
Peter Mac Mens Shed
3 Bedford Place, North Melbourne

Advanced Maker Sessions

Saturday 7 & 14 October, 10am–3pm
Smarter Choice Auto
300 Macaulay Rd, North Melbourne
Pre-scrutineering available on 14 October

FOR THE AUDIENCE

Watch from the sidelines as the racers zoom and wind their way down Errol St. Cheer on your friends and neighbours as gravity takes hold. Get yourself a premium view by buying one of our Raceday Packages including food and drink.

Scan here to buy Raceday Packages



PRESENTED BY



THANKS TO OUR SPONSORS





QUEENSBERRY STREET STAGE

| | |
|--------|---|
| 1:00pm | Africa Star Dance & Drumming — High energy drum-along West African cultural experience. |
| 1:30pm | Welcome to Country — Wurundjeri welcome and smoking ceremony. |
| 2:00pm | The Famous Village Dog Show — A fun, light-hearted competition. Bring your dog! (no cats). Great prizes. |
| 2:30pm | Rose Paez — Six-piece Colombian band playing vibrant cumbia and jazzy originals. |
| 3:15pm | Vietnamese Dance and Song |
| 3:30pm | Jungle City Projects — Authentic Jamaican Dancehall and Hip-Hop dance. |
| 4:15pm | Sing NoW! Community Choir — Queensberry Street’s own choral sensation. |
| 4:30pm | Chinese Dance |
| 4:45pm | NMPS Parents Band — Two mums and two dads play a selection of cool, indie rock covers. |
| 5:15pm | Queensberry Cup Awards Presentation |
| 5:30pm | Jason Coleman’s Ministry of Dance — Stunning choreography from North Melbourne’s own dance academy. |
| 5:45pm | Gusto Gusto — A flamboyant seven-piece play raucous, happy foot-stomping music. |
| 6:45pm | Immy Owusu — Asanti highlife music from Ghana is fused with Australian Surf Coast rock-n-roll. A feel-good post-race soundtrack to bring a splendid day to a groovy conclusion. |

TRACKSIDE

KIDS ZONE

1pm to 4pm
The grassy Errol St. median strip is the place for local pop up performances between races. Catch mini-sets from The Zahoos, Homebrew Verandah Singers and more.

1pm to 5pm
Lancashire Lane is a kids’ own games alleyway. Cool craft, awesome art activities and a brain-bending book bonanza!

WORLD KITCHEN

FOOD AND DRINK

1pm to 6pm
The World Kitchen explores food from all corners of the globe with cooking demonstrations that pay homage to home cooks. Eretrian cuisine, Vietnamese delicacies, bowls on a budget and more.

North Melbourne’s newest old pub The Courthouse Hotel are running the Queensberry Corner bar. Hungry tummies will have myriad options from Middle Eastern to Mexican.

- PLUS
- Arts House Costuming and Photo Booth
 - COVID vaccinations on-site
 - Community showcase
 - Tufting

For more information visit:
queensberrycup.org.au
Follow us on social media to stay up to date with the latest news and updates
 @queensberrycup

ROSE
PAEZ

NMPS
PARENTS
BAND

GUSTO
GUSTO

IMMY
OWUSU

GET INVOLVED

Scan here to apply to be a volunteer

If you yearn to dance and perform on the day, join our groove crew!

Volunteers: we need race marshals and general helpers both pre-festival and on the day. Hang out with a fun group of people and help make this year’s Queensberry Cup a big success.

Special thanks to the festival team:

Yulay Perez, Ariel Valent, Khalid Farah, Reecha Kumari, Dan Truong, Peter Wright, Ben O’Connor, Luisa Silva, Philip Pavlidis, Claudia Ortega, Kevin Shi, Zhiqi Xu, Zara Winter, Craig Barry.

Support for community court

Australian Muslim Social Services Agency (AMSSA) is a mosque and Islamic community social services agency at 91-101 Boundary Road, North Melbourne.

AMSSA does really important work in the local community. You might remember that, during the hard lockdown in public housing, they ran an incredible pop-up support service for residents who needed food and other essential items.

AMSSA now has a plan to build an indoor basketball court and community facility out the back of the existing community centre and mosque. This would provide a great space for the public housing community to come together, play

THE LIFE OF THE PARTY Ellen Sandell



sports and host events.

However, the property developers that surround them have objected to this plan every step of the way. They're trying to bully them to sell up – probably so that the developers can buy the site and make huge profits. They're even taking AMSSA to the Supreme Court!

I went to AMSSA recently with the federal member for Melbourne, Adam Bandt, and presented them with a

basketball as a sign of our support for their important community work.

They're standing strong against the developers, and we're standing with them. Some things – like community – are worth more than profit.

Want to know more?

If there is ever anything I can help you with, please get in touch:
office@ellensandell.com



Ellen Sandell MP, AMSSA board member Adam Saleh, AMSSA chairman and president Abdi Rashid, and Adam Bandt MP.

the flower (Bill Hannan)

North Melbourne

the flower

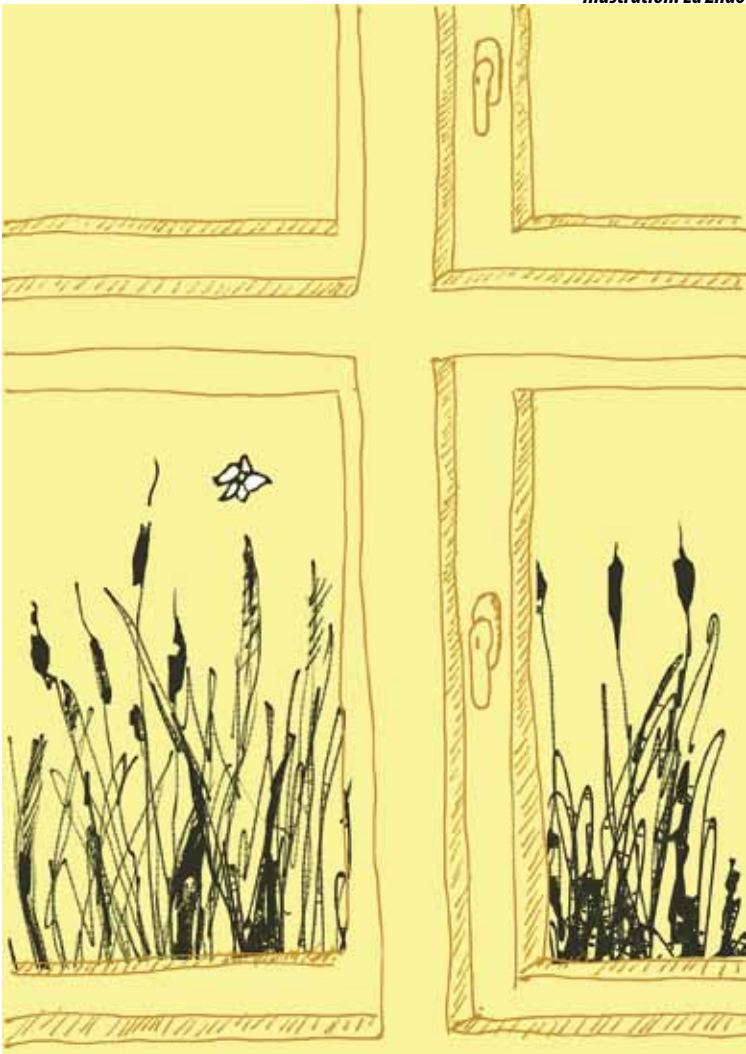
a white flower fallen from its vine
is dangling on a cobweb
circling slowly in the breeze
ready to drop to the ground
not a bad metaphor for life

next time I look through the window
it has fallen among the reeds below
I go out to ask it how it feels
but it has folded into a ragged patch
of white among the spikes

there is no way to talk to it
anyway you can't talk to flowers
they've come to the end of life
their hope has turned to fatal beauty
their purity renounces regret

so it turns out that the flower
is not a great metaphor for life
certainly we too hang by a thread
and fall shapeless into the reeds
but not in a last blooming of beauty

Illustration: Ed Zhao



Bill Hannan is a long-time local resident and a legendary figure in Victorian state education. the flower is one of 50 of his poems in Bill, a Collection of Writings, edited by David McRae.



Brianna with 'Pop', her happy new owner.

Brianna pops into Pop's life to bring laughter and love

Zelda Balsamo

Lort Smith Animal Hospital has many wonderful stories of healing sick and injured animals.

One of them is the story of Brianna – abandoned at just two, skeletal and heavily pregnant – who was surrendered to our donor-funded Campbellfield Adoption Centre in March last year.

The Centre's manager, Mandy Doolan, recalled her first impressions of Brianna. "She was very neglected and malnourished when she arrived," she said.

Warm and safe in one of the new cat-condos, the little cat went into labour within hours of arriving at Lort Smith. Four kittens soon emerged, mewling, shaky-legged but healthy.

When they were strong enough to travel, Brianna and her kittens went into foster care in the home of one of our volunteers.

Our volunteer foster care program is supported by donors, whose generosity pays for food, medicine, litter and toys while shelter animals are in their care.

After the kittens were weaned and Brianna began to gain weight, the feline family came back to Campbellfield in preparation for adoption.

Before that could happen, Brianna's journey took a difficult turn. She became sick with a dangerous condition called intussusception. "This is when part of the intestine folds into the section next to it. If it doesn't get treated, it can be fatal," Mandy said.

Brianna was rushed to Lort Smith's hospital in Villiers Street, North Melbourne, where the surgical team saved her life. Hers was a long recovery requiring months of medical care, love and pats, but finally the little

cat and her babies were able to find their new homes.

Brianna's story had the happiest outcome of all. Tara contacted Lort Smith looking for a special cat for her grandad, whose wife had recently moved into fulltime care. For Brianna and Tara's grandad, it was love at first sight.

"Brianna has given Pop the company and love he needed. He now has something to look forward to, someone to care for and love, and honestly she couldn't be any more perfect for him," Tara said.

The once-terrified and malnourished cat is now a different girl. "She is such a character with a huge personality, and makes Pop laugh a lot," Tara says.

"He honestly doesn't stop talking about her and all the funny things she does. At night she touches his face with her nose, and she wakes him up the same way every morning."

Zelda Balsamo is digital marketing officer at Lort Smith.

In mid-August, Lort Smith opened the first half of its newly redeveloped animal hospital in North Melbourne.

Established in 1936 as the Lort Smith Lyle Hospital, the site has undergone significant changes to better serve Melbourne's growing pet population.

The new facilities at North Melbourne have been designed to make visits to the vet more comfortable and efficient for both pets and their owners. As well as convenient parking, we offer modern facilities, efficient service and a wellbeing focus.

Booking your pet in for an appointment today by calling (03) 9328 3021 or via lortsmith.com/vet-services/our-services/general-practice/.



Marlena Lopez loves being a vet and improving the welfare of animals.

Vet offers help to novice pet parents

Suzie Luddon asked North Melbourne resident and American-born vet Marlena Lopez some hard questions about her life.

Tell me about growing up in the United States.

I grew up in a small town, Big Bear Lake in California. Big Bear is on top of a mountain range and was named after the grizzly bears that populated the area. Growing up surrounded by nature ignited my love and respect for animals and the environment.

What brought you to Australia?

I moved to Australia for love, after meeting an Australian while

travelling, and to pursue a veterinary medicine degree. I'm now an Australian citizen and have been here for more than eight years.

What do you enjoy about living in North Melbourne?

I've been a North Melbourne resident since I arrived in Australia. Initially, I came here because it was close to uni but I found North Melbourne so welcoming that I've stayed here. I have made this vibrant neighbourhood my home.

What are the best things about being a vet?

Becoming a vet was my lifelong dream. My mum says that, as soon as I could talk, I would say I wanted to be an 'animal doctor' when I grew up. Later, I was inspired by my local vet. I love being a vet, improving the welfare of animals and, in turn, their human companions. I partner with clients to form diagnostic and treatment plans for their pets.

What is Veterinary Adventures?

In vet school, I created my social page, @veterinary_adventures, and it became popular on social media. Now as a vet with 70,000 social media followers, I use my platform to raise awareness on charitable organisations, to offer insight on vets' daily activities, and to provide pet owner education to empower owners to provide the best care for their animal companions.

Below: Marlena has developed a set of informative cards for new pet parents.

Tell me about your recent project to help pet owners.

As a vet, I believe in empowering pet owners with the knowledge and resources to provide the best care for their companion animals. To that end, I've recently developed a set of informative cards titled 'Coaching Cards for New Cat Parents' and 'Coaching Cards for New Dog Parents'.

These decks are valuable resources for new pet owners, covering many topics essential to their pet's wellbeing.

Each deck has 50 illustrated cards full of practical information.

For cats, they cover the right food selection, behavioural concerns (like furniture scratching), interpreting cat body language, and knowing when a vet visit is needed.

Similarly, for dogs, the cards cover choosing the perfect breed to suit one's lifestyle, home dental care, managing separation anxiety. And much more.

How can people get your cards?

The decks are available at stores across Australia, including Booktopia, Dymocks, Readings, QBD Books, Thames & Hudson, Farrells Bookshop, Amazon, and more.

Suzie Luddon writes regularly for the News.

Want to know more?

Check these sites:
www.instagram.com/veterinary_adventures/
www.veterinaryadventures.com/

KRYPTIC KWIZ Maurice Gaul

See page 27 for the answers.

Maurice Gaul is editor of the News.

Here are 30 characters from Shakespeare's plays

| | | | | | |
|----------|------------|----------|-----------|----------|----------|
| Abraham | Antonio | Arthur | Beatrice | Berkeley | Blanche |
| Burgundy | Canterbury | Charmian | Cleopatra | Norfolk | Gobbo |
| Gough | Hamlet | Hastings | Herald | Juno | Leonardo |
| Leonine | Mariana | Maria | Mariner | Menelaus | Milan |
| Miranda | Montague | Puck | Travers | Ulysses | Viola |

Can you link the names to these clues? (They're either cryptic, obscure or simply silly.)

- 1 I'm regal but my end came when I didn't clasp the asp

2 I'm a widely used anagram of the Gallic "There you are!"

3 I'm an Aussie novelist, a hawkish lover with a French name

4 I'm an old salt, compelled to tell my tale to every passer-by

5 I'm an English princess, the first-born of HRH Randy Andy

6 I'm both a nice dry red and a deep reddish-brown colour

7 I'm a saint whose flower would be the yellow rose of Texas

8 I'm a messenger who was once a Melbourne newspaper

9 I'm a Canadian beach recalled for a tough 1944 June day

10 I'm part of a tuneful trio, once blowing softly in the wind

11 I'm a suburban street with an infamously low-rise bridge

12 I'm a prince, a great Dane, and I'm smaller than a village

13 I'm a California uni, a 1960s' epicentre for student protest

14 I'm a big-mouth mouthpiece with my big foot in two camps

15 I'm a blooming long Dublin journey few have ever finished
- 16 I'm an English king who held my royal court round a table

17 I'm an island where convicts once pined for their freedom

18 I'm an artistic genius and my name is hidden inside a code

19 I'm deeply entrenched, a place where deepest waters flow

20 I'm a battlefield where William did a fair bit of conquering

21 I'm harshly treated, belted around in brutal on-ice contests

22 I'm the oldest sister of three Yorkshire female authors

23 I'm an Australian writer, George's writing mate on Hydra

24 I'm a high-fashion centre where you can enjoy a last supper

25 I'm thankful to an angel who held my hand and saved my son

26 I'm full of hubris and pride and I draw a line in the jungle

27 I'm a Sydney suburb and I once said "Oh, brave new world"

28 I'm where the pilgrims headed in spring in a famous Tale

29 I'm actually Edward but I'm revered by my middle name

30 I'm a spartan mate of a beauty who launched many ships



ADAM BANDT MP

FEDERAL MEMBER FOR MELBOURNE

FOR THE MANY, NOT THE FEW.

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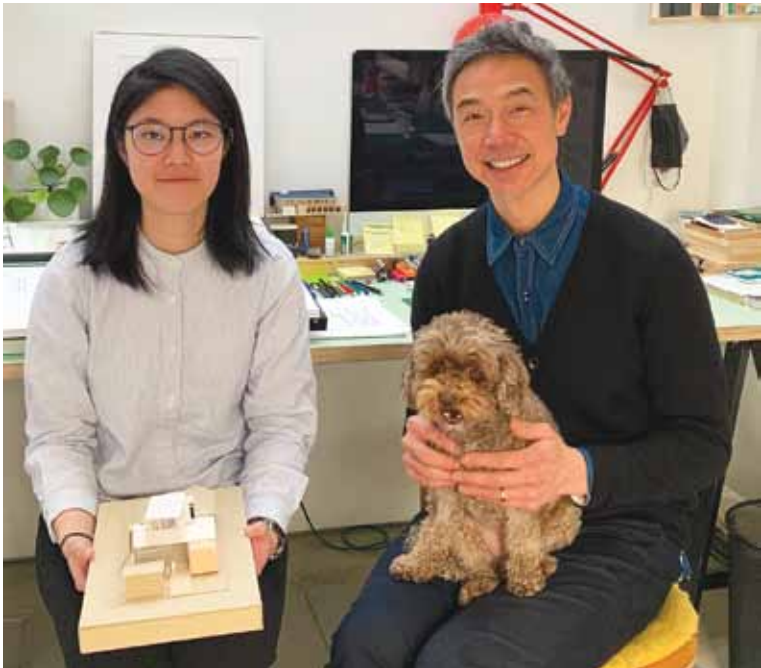
Illustrator Ed Zhao wanders round the west

- | | | |
|------------------------------|------------------------------|--------------------------|
| (M) moon mart café | (H) hunters & disciples café | (F) fuumi fuumi café |
| (K) misty pot Korean grill | (B) butcher shop café | (T) la taj restaurant |
| (S) Sassy Italian restaurant | (A) aPollo café | (m) myth café |
| (V) viewing platform | (E) embassy café | (R) royal standard hotel |
| | (A) aldi supermarket | (P) the drunken poet pub |



There are many great places in West Melbourne. Visit them all. It's a'maze'ing!





Architect Ray Cheung with intern Anthea and dog Chilli.

Architects take a fresh look at our streetscape

Rashi Jain

If you have walked past a distinctive black house on Canning Street and wondered who created this beauty, you will be intrigued to know that it is a brainchild of North Melbourne-based architects Ray Cheung and Elisabet Krisna.

Ray's family migrated to Australia from Indonesia in 1970 when he was in his early teens. They began a new life by setting up a fruit and vegetable store at the Queen Victoria Market.

"I used to get up at four every morning to help my dad at the market until it was time for me to head to University High. I think this routine instilled discipline in me from an early age in life. It has paid off very well since then," Ray says.

It was during Year 10 art classes when he realised a talent for drawing. "I thought carrying a T-square ruler would make me look really cool," he grins.

After school, Ray pursued different paths towards architecture, starting with a degree in graphic design at Swinburne University before completing an architectural drafting course at Holmesglen TAFE.

"I started my career with perspective drawings, which are essentially three-dimensional representation. My brother used to tease me for staying up all night and drawing. I couldn't stop," he says.

Ray landed his big break in 1992 when part of the architectural team for the construction of Crown Casino. "There was a lot of brainpower in the room with over 200 skilled architects in one big place and with the same vision."

Other major projects in which he has been involved include Docklands Stadium (now Etihad), Federation Square and Southern Cross station.

"My dad had bought a house in West Melbourne when we arrived from Indonesia, and I later moved to North Melbourne with my family and I've never left the area. I know all about its history and culture," he says.

Ray and wife Elisabet Krisna renovated a single-storey terrace in Molesworth Street for their family.

"Our neighbours loved what we did to our house and asked if we could renovate their house as well," he says.

This sparked the start of Krisna and Cheung Architecture (KCA). The couple took the risk of starting their own part-time practice and admit the early days were a struggle.

"There were months when business was dry for us as houses were still getting built. So I began teaching architecture at RMIT and later at the University of Melbourne," Ray says.

"Eventually one of our clients opened her house for post-renovation viewing. This really spread the word and we started receiving many enquiries from North Melbourne locals."

One of KCA's iconic projects has been the 'Lemon Tree House' in Parkville. Ray and Krisna's clever planning turned a lemon tree into the house's epicentre, visible from all four bedrooms.

"We now have clients who come back to us after many years for a second round of renovations. We hope to continue doing good work and make simple changes to their families' homes," Ray says.

He now mainly manages the business with an intern, Anthea Lui. Both prefer the traditional way of making design models by hand rather than 3D printing. Many of their projects are in North Melbourne and neighbouring suburbs.

"We like to pay attention to how we can make a house more comfortable for their owners. Key to our design strategy are simple factors like bringing more sun into the house in winter or making it cooler during summer," Ray says.

Krisna and Cheung Architecture plan from the ground up with a focus on designing residential renovations before documenting and modelling the design.

Rashi Jain writes regularly for the News.

Want to know more?

KCA Studio is at 29 Erskine Street. Find out more about the business on their website: www.krisnacheungarchitects.com.au.

BETWEEN THE COVERS

Chris Saliba



Restless Dolly Maunder

Kate Grenville
Text Publishing, RRP: \$45

Born in the early 1880s in rural New South Wales, Sarah Catherine (Dolly) Maunder was never going to have many career options. In those days when women married, their fate depended on the quality of their husbands.



Dolly wants to teach, one of the few pathways to independence for a woman, but her stern, cheerless father forbids it. Instead, Dolly marries Bert Russell, a friend of the family from childhood. It's a loveless match, even though Bert is handsome and a decent enough chap.

The couple have three children, but Dolly isn't really suited to motherhood. And she loathes farming. She spurs Bert to set up various businesses – shops and pubs – that turn into roaring successes. Despite Dolly having all the get-go to take risks and get ahead, being a woman means she has no money in her own name.

Celebrated Australian author Kate Grenville has turned the life of her grandmother into a novelised account of what it is to be a woman in late 19th and early 20th century Australia. It's a tough life, with hard-won successes and much heartbreak.

A gritty portrait of early Australia, with subtly woven-in feminist themes.

Everything You Need to Know About the Voice

Megan Davis & George Williams
New South Publishing, RRP: \$27.99

Constitutional experts Megan Davis (a Cobble Cobble woman from south-west Queensland) and George Williams AO have produced an easy-to-read history of the Indigenous struggle for recognition in Australia's founding document, with useful timelines and appendices.



Starting with an explanation of how the constitution came to be, the book then moves onto the 1967 referendum, which proposed changes that would allow Aboriginal and Torres Strait Islander peoples to be counted as part of the population and provided the Commonwealth with the power to make laws for them.

This referendum was carried with an overwhelming majority and the authors dissect the reasons for its success and the misunderstandings as to what was being proposed.

The rest of the book describes the democratic process that led to the Uluru Statement from the Heart and some of its key goals – Voice, Treaty and Truth-Telling. Davis and Williams put the Voice referendum in historical perspective, highlighting its challenges and clearing away the fog of misinformation.

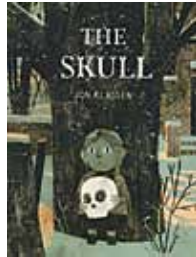
This vital contribution to the upcoming referendum will help citizens make an informed decision.

The Skull

Jon Klassen
Walker Books, RRP: \$32.99

A young girl named Otilla runs away and travels through a forest she grew up in. She comes across a big old house and in the window above the front door she notices a skull looking at her.

Surprisingly, the skull talks and allows Otilla into the house, although she will have to pick him up and carry him so he doesn't roll about. Inside the house it's beautiful, with a grand fireplace room and a garden room, featuring a pear tree. There's also a dungeon and a tower.



The skull tells Otilla about a headless skeleton that roams around at night, and that they are to beware. When the skeleton does come, it angrily demands the skull. Otilla flees, protectively carrying the skull under her arm. She climbs the stairs to the tower, and as she is trying to escape, the skeleton comes in for an unpleasant surprise.

Author and illustrator Jon Klassen came across the idea for this wonderfully macabre story while giving a presentation at a library in Alaska, reading it in a book of folktales. Despite being a ghoulish, Gothic tale, it's also sweet and endearing. A story about an unlikely friendship, beautifully presented in this chapter book for young readers. Ages 6-9.

Chris Saliba is co-owner of North Melbourne Books, 546 Queensberry Street. He writes regular reviews for the News.

Gifting a goat helps Afghan kids

Mary-Anne Hess

West Melbourne residents Laila and Sayed Maqsoodi are recent asylum seeker and refugee arrivals from Afghanistan.

They have been centrally involved in the West Melbourne Baptist Community Centre initiating a small humanitarian response to alleviate the poverty of families living in villages on the outskirts of the Afghani capital Kabul and other outlying provinces.

The centre's 'community to community' project involves raising funds for the purchase of chickens and goats to be made available to families in Afghanistan that are experiencing multiple disadvantages.

A goat costs \$A100, a baby goat \$A50 and a pair of chickens \$A20 (including relevant immunisations). The provision of goats and chickens enables income generation for the recipients through the production of consumables.

So far, the eight goats donated have produced 17 kids, and the 30 donated chickens have produced 150 chicks.

Our funds are raised through

intercultural community dinners and through individual donations. We are hoping our local community will continue to support this worthy project.

Mary-Anne Hess is interim community centre manager at the West Melbourne Baptist Community Centre.

Want to know more?

For more information or to make a donation, contact the West Melbourne Baptist Community Centre on 8394 7139 or email hello@wmbc.org.au



An Afghani boy whose family is benefiting from the West Melbourne Baptist Community Centre's project.

the centre

connecting community in
north & west melbourne inc.

DIRECTOR'S REPORT Ariel Valent



Busy and diverse year of activities

The past 12 months have been both dynamic and successful for The Centre. We finally had a clear year, free from COVID interruptions.

The biggest program for the year was Queensberry Cup, held on Queensberry and Errol streets in October 2022. Taking the place of the retired Spring Fling, Queensberry Cup was a billycart race and street festival that captured the imagination of both locals and visitors.

With 30 billycart entrants, 50 volunteers and an audience of 5 000, Queensberry Cup was a gift from the North & West Melbourne communities to itself. It was a post-COVID party that everyone from the Deputy Lord Mayor to Peter Mac Men's Shed got involved with.

Our other events in Spanish Language Fiesta, Vasant, Diwali, ANZAC Day and others all provided opportunities for the community to connect and mark important occasions, either in celebration or commemoration.

This year also marked the last year of our Docklands Neighbourhood House program. Through weekly programs like play sessions or social fishing, through special events like the Sports Day and Cirque Culinaire and through hundreds of personal interactions, support and referrals at the Neighbourhood House, Jason Butcher, Dhanya Nair and volunteers provided the Docklands community with a place for community connection and empowerment.

Despite a strong community-driven campaign and support from all quarters of Docklands organisations, City of Melbourne chose not to fund Docklands Neighbourhood House beyond June, effectively shutting it down in its previous form. The Centre remains supportive of the Docklands community in its ambitions for increased social connection and neighbourhood development.

Long-standing program Home Away From Homework Club saw rapid expansion through our partnership with North Melbourne Language and Learning. A new partnership with Ozanam House saw The Centre deliver digital literacy training to more than 30 people experiencing homelessness. Other new programs include courses in Spanish and Event Management.

Our groundbreaking WorkOut program with returning prisoners came to an end after 12 impressive years. Community Development in North Melbourne in the last year focused on addressing the needs of key cohorts identified in the recent Community Needs Analysis, including economically disadvantaged people and culturally and linguistically diverse people. Unfortunately, we noticed more and more people struggling to make ends meet and we tried to ease the burden by helping with programs such as the Power Saving Bonus.

North & West Melbourne News has had a stellar year with four superb issues and taking out the Best Victorian Newspaper Award, Sing NoW! Community Choir finally got some performance opportunities and the Viva La Seniors program went from strength to strength.

The year saw a number of staffing developments. The Centre bade farewell to Jorge Jorquera and welcomed Khalid Farah to the Community Development Co-ordinator role. We were sorry to see Furdus Suliman go at the end of her contract, but were delighted to welcome Kashifa Aslam to the Community Outreach Co-ordinator role.

The Centre is powered by its volunteers and I would like to thank every volunteer journalist, tutor, newspaper deliverer, event assistant, program helper, Board member and front desk volunteer.

The Centre remains committed to working with our local community to provide the support and opportunities needed for community enrichment and to address disadvantage. We look forward to making this journey with you.

CHAIRS' REPORT Karl Hessian & Kay Oke



Centre focuses on connections

This has been the post lockdown year with the challenge to agencies to re- evaluate community needs. We are impressed with how well The Centre has been able to adapt and create a series of programs suitable for this time and also establish connections with a wide range of services in North and West Melbourne.

Funding for the neighbourhood house in Docklands was discontinued by the City of Melbourne. It was disappointing to have to finish the innovative programs The Centre managed in Docklands. However it means that The Centre will now be focusing entirely on North and West Melbourne.

The inaugural Queensberry Cup was an important event. It marked the coming out of the lockdown era and provided a community celebration. The 2023 Queensberry Cup should be even bigger.

The North & West Melbourne News has been very successful and won the award for best community newspaper in Victoria. Congratulations to the amazing team of Maurice, Anne and Janet for continuing to produce such a high class paper – now 200 issues strong in its 44th year.

We would like to thank the management team, staff and volunteers who have contributed to making The Centre work. Special thanks to Ariel for keeping it all together and continuing to focus on current as well as future possibilities.

There will be a turnover of Board members at the 2023 Annual General Meeting. Thanks to Bill Liddy who left earlier in the year after 15 years as a Board member and to Trang Tran who joined us.

Karl Hessian stepped down as Chair in June and long-time board member Kay Oke took over the position then. We thank all the departing Board members and look forward to welcoming a new energy to the Board for 2023-24.

Volunteers for Board positions or for helping deliver our wide range of programs are always warmly welcomed. The Centre relies on its volunteers and we thank everyone who has contributed over the last 12 months.

We look forward to an exciting year ahead.

Karl Hessian – Chair until June 2023
Kay Oke – current Chair



The inaugural Queensberry Cup was a big hit with both competitors and onlookers.

Centre staff and key contractors

- Director:** Ariel Valent
- CFO / CIO:** Craig Barry
- Community Development Co-ordinator:** Jorge Jorquera (until February); Khalid Farah (from March)
- Community Events Co-ordinator:** Yulay Perez
- Community Education Co-ordinator:** Jorge Jorquera
- Community Development Officer:** Jason Butcher
- Community Outreach Co-ordinator:** Furdus Suliman (until November) Kashifa Aslam (from January)
- Community Outreach Workers:** Dhanya Nair, Cindy Huang
- Team Leader – Homework Club:** Laurence Angwin
- Session Supervisors – Homework Club:** Peter Robert, Ayla Dempsey

- WorkOut Program Co-ordinator:** Frances McMillan
- Digital Tutors:** Louise Cindric, Arya Chandrikadevi
- Pilates and OAE:** Fernanda Cury, Alice Wilcox, Bethany Rayner
- Community Choir Tutor:** Susie Kelly
- Art Tutors:** Shyamasree Bose, Rebekah Symons
- Editor – N&WM News:** Maurice Gaul
- Production Manager – N&WM News:** Anne Burgi
- Distribution Co-ordinator – N&WM News:** Rashi Jain
- Advertising Co-Ordinator – N&WM News:** Janet Graham
- Cleaner:** Mitsalal (Zafu) Gebrekidan
- Student Placements:** Brigitta Metaxas, Katherine Moss, Kane Thompson, Catherine Vender, Matt Penfold

Centre Board members

- Karl Hessian (Chair until June 2023)
- Kay Oke (Secretary until June; Chair from July)
- Lorna Hannan (Deputy Chair)
- Gary Dowling (Treasurer)
- Kathleen McPherson (Secretary from July)
- Ben O'Connor
- Kate Ritchie
- Tom Seddon
- Bill Liddy (until February)
- Trang Tran (from March)

Report to the community 2022/23

COMMUNITY DEVELOPMENT

The Community Development Portfolio plays a pivotal role in connecting with the local community, fostering partnerships, and delivering essential programs and projects to meet the community’s aspirations and needs. This year we strengthened our team by hiring North Melbourne resident Khalid Farah as the dedicated Community Development Coordinator (CDC) and Cindy Huang as the International Student Community Outreach Worker, improving inclusivity and cultural sensitivity in our initiatives.

Our focus during this year was on developing tailored programs and projects that addressed the diverse and evolving needs of the community. The newly appointed CDC developed two new plans. Building on the 2021-22 Community Needs Analysis, the Community Development plan sees culturally and linguistically diverse and economically disadvantaged residents involved in shaping the development of our programs to foster a sense of ownership and meaningful connections. The Volunteer plan aims to enhance our volunteer recruitment, training, and retention processes, ensuring that our volunteers have a meaningful impact on the community and are provided with growth opportunities within the organisation.

Partnerships

Partnerships played a critical role in amplifying the impact of our initiatives during 2022-23. Queensberry Cup helped us initiate many new community partnerships, including with Peter Mac Men’s Shed, International Women’s Peace Group, Lort Smith Animal Hospital, Somali Women’s Development Association, North Melbourne Rotary and many others. We also partnered with Ozanam House on the Men’s Afternoon Tea and participated in the North Melbourne Primary School fete. Our partnership with Melbourne Polytechnic provided valuable Community Service student placements at The Centre. Partnerships with Hotham History Project, Wholefoods Unwrapped Collective, Western Public Health Unit and others will bear fruit in 2023-24.

Viva La Seniors

The Centre has a proud legacy of offering programs for older adults in the community to connect and stay engaged.



Local seniors enjoyed a ‘clay play’ day as part of the Viva La Seniors program.

Centre Adventures are monthly day-long trips to places of historical, cultural or environmental interest. This year we asked participants about their preferred destinations, and trips to Puffing Billy, the Geelong ferry and Ballarat Botanical Gardens were among the highlights. Seniors look forward to these trips, which always include morning tea and lunch, as it an ideal setting for friendships to form and strengthen. Seniors gather on the first Tuesday of each month for morning tea to share stories, support each other through challenges and chat about anything from forthcoming holiday plans to world politics. Older Adults Exercise is a long-standing program where seniors gather to address strength, balance and body awareness with a trained physiotherapist. The popular program also allows for social connections to form. In April, a second program was offered at the West Melbourne Baptist Community Centre. Yushan Xing, a PhD student from the University of Melbourne collaborated with The Centre to understand how digital technology can support new kinds of social programs for older people. From March, Yushan conducted site visits, observations of social programs, interviews with staff, and co-design workshops. Her preliminary findings suggest that rather than drastically overhauling existing social programs, technology should be integrated into them in a subtle way as a means of fostering incidental

social connections among program participants.

North Melbourne Agencies Collective

From February 2023, Director Ariel Valent became convener of North Melbourne Agencies Collective (NAC), a network of 100 people serving the needs of the North Melbourne community. The group developed Terms of Reference focused on connection and collaboration. Themed topics with guest presenters were held on pathways to employment, housing and volunteering.

Social, Recreational and Creative

Sing NoW! Community Choir enjoyed its first COVID-free year and rehearsed weekly at Sokol Melbourne under the expert guidance of Susie Kelly. After a long break, choir members reveled in a number of performance opportunities. Notably the choir was the first performance at Queensberry Cup, performed some Christmas repertoire at The Centre’s end of year event and even got to perform at Susie’s birthday party on the other side of the Maribyrnong River. Commencing in 2021, the fortnightly **Men’s Afternoon Tea** attracts both regular and casual attendees, including residents from Ozanam House. The facilitated discussion is always wide-ranging, sometimes provoking and often

entertaining. Coffee, tea and pastries are the lubricants of choice for social connections and personal development. **Out and About Community Walks** gave newcomers and long-term residents alike an opportunity to explore their neighbourhood. West Melbourne was a focus of walks in late 2022, including explorations of criminal underbelly history and ill-fated historical plans to expand Queen Victoria Market. **Music Club** continued on a monthly basis with small gatherings of local people listening to, and talking about, music with meaning to them. Regular attendee Rob Matthews has shared his collection of classically oriented CDs with generosity. In late 2022, local resident Jennifer Waters ran a **Life Writing** program for women from diverse cultural backgrounds. Dedicated participants created a powerful piece of writing from their own experience.

Community Support & Advocacy

Every week, The Centre assists people who walk through the door, phone us or contact us through social media. Sometimes it’s serious, like needing housing or legal support and sometimes it’s not, like looking for activity groups or asking for directions. Whatever it is, we do what we can to provide direct support or referrals to appropriate services. Beyond the drop-in function, we participate in a number of initiatives. Cost of living was an underlying theme this year. We saw more and more people struggling with the basic necessities of life with rents, inflation and interests rates all rising sharply. At Christmas time, The Centre distributed 40 boxes of food to community members in need. We also distributed Queen Victoria Market vouchers to those doing it particularly tough. The Centre staff and volunteers helped 88 people claim a \$250 **Power Saving Bonus**, across two rounds. We also helped a community member write a submission to the Senate Enquiry on cost of living. For the coming year we aim to design initiatives that effectively cater to the unique and evolving needs and aspirations of the local community. Furthermore, we also aim to work towards creating a cohesive relationship between our various programs, including our adult education courses, to offer a comprehensive and integrated support system for the community.

COMMUNITY EDUCATION

The Centre’s education programs provide wide-ranging opportunities for community members to progress, whether that is towards getting a job, gaining life skills or keeping healthy.

WorkOut

WorkOut is a long-standing partnership with Department of Corrections. Residents at the West Melbourne Judy Lazarus Transition Centre undertake a six-week program to help them adjust to life and work after a prison sentence. This year, 42 residents enrolled and 38 of those men completed the program taking away a job search folio and strong computer skills. The curriculum was refreshed to take account of post-COVID workplace realities and issues and new developments in technology. “By the end of the course I had a complete resume and portfolio describing my strengths, skills and employment history. It has given me

much greater insight into what I can offer an employer.” (Name withheld) As this program ends after 12 years, sincere thanks to all who have contributed to the positive reintegration experience of the residents of JLTC, especially Frances McMillan and Louise Cindric.

Home Away From Homework Club

The Home Away From Homework Club continued creating educational and social impact into its third decade. We were pleased to open the new Docklands Club in March 2023. The other three clubs in North Melbourne have had successful years. The club run at North Melbourne Language & Learning has thrived and grown to over 20 students, including some younger primary school students. With 61 students and an average of 16 tutors, a satisfying 1:4 tutor to student ratio was maintained. New innovations in the past year

include STEM activities, art therapy and visits from fire and police services.

Other Adult Education

The Centre’s long-running **Pilates** program helps participants increase body awareness, posture and strength. Fernanda and Alice led seven weekly classes across the year, in March moving to the inviting atmosphere of the Quaker Centre in William St. West Melbourne. For many years The Centre has helped people advance their **digital skills**, whether on PCs or mobile devices. The Digital Essentials program was delivered for the general public four times, and following a trial, three times for the community of Ozanam House, which caters for people experiencing homelessness. Even though The Centre has delivered the Spanish Language Fiesta for seven years, it has not offered any courses in **Spanish**. That

changed in 2023 when Colombian Katherine Taborda offered beginners classes. The Centre developed a pre-accredited course in **Event Management** that ran in February 2023. Most of the participants were able to apply their skills in helping run the Vasant Festival in Docklands and/or Spanish Language Fiesta in North Melbourne (see reports elsewhere).

Other Children’s Education

Shyamasree Bose hosted **Rainbow Art** classes on Tuesdays throughout the school terms, giving children opportunities to explore a number of media under expert guidance. In 2023 The Centre created a new **School Holiday Program**, crafting fun and educational experiences to cater to various interests and age groups. In January and June, three-day coding programs filled our classroom with enthusiastic young teens.

COMMUNITY EVENTS

Queensberry Cup

After two consecutive years of COVID interruptions, The Centre made the difficult decision to retire the long-standing Spring Fling. Instead, a dedicated team of mostly volunteers created a new event. The first Queensberry Cup, held on 22 October 2022 in Errol and Queensberry Streets, was a spectacular community celebration.

The billycart challenge and street festival attracted 5,000 people of different ages and backgrounds to enjoy a fun day, full of activities and entertainment. However, more important than that was the sense of community created, both prior to and at the event.

The billycart race was the centrepiece. In the weeks and months leading up to the event, teams of local people were dedicated to designing and crafting their racing machines. Melbourne North Service Centre provided design expertise and the Peter Mac Men's Shed opened its doors and provided material, skills and advice to mostly novice billycart builders.

Thirty entrants across four categories raced down Queensberry Street, with the standout racer being 10-year-old Oliver Furlong who took out the open age category. Deputy Lord Mayor Nicholas Reece presented Ollie and his family with the inaugural Queensberry Cup as well as the other age category prizes.

The Errol St Music Stage featured a wide range of professional musicians and dancers, starting with award-winning kids band The Mudcakes and finishing with 10-piece Ethio-funk band Black Jesus Experience.

The Village Festival's *Cirque Culinaire* brought together food, performance and community, exploring Vietnamese, Somali, Palestinian and Cypriot cuisines and cultures.

The smaller Community Stage outside North Melbourne Library featured local performers including the Sing Now! Community choir and Vietnamese and Chinese groups which presented authentic traditional dances with beautiful costumes.

The Spring Fling Dog Show tradition was kept alive in the Queensberry Cup and was a standout – both hilarious and competitive. There was also a showcase of local community organisations, interactive activities for kids, and food and drink to purchase.

Behind the scenes event manager Yulay Perez tackled myriad challenges from sourcing 500 haybales to tramstop closures.

The Queensberry Cup was the biggest contributor to the 2022-23 financial deficit, but worth it for the community spirit it engendered. In 2023 and beyond, we will look to contain costs and generate more financial support.

Thanks to all the racers, performers, facilitators, community organisations, 50 volunteers, sponsors and supporters, and of course the festival-goers who made this inaugural event a big success. See you on 21 October 2023.

Spanish Language Fiesta

The eighth annual Spanish Language Fiesta was held on 25 March 2023. With the festival outgrowing its original laneway home, the 2023 event was held in Leveson St. The new location allowed for a more diverse range of activities and greater comfort, but with attendances slightly down on the previous year, some attendees missed the laneway atmosphere.

Attendees from across Melbourne had the opportunity to participate in various cultural activities. New elements included cooking from Venezuelan *Plate of Origin* contestant Aly Utrera, the creation and destruction of a piñata, local band Bete Noire performing Federico García Lorca texts set to music and Candombe, the intoxicating Uruguayan Carnival.

Attendees enjoyed live entertainment, Spanish

classes, storytelling in Spanish, and delicious food and drinks. Spanish Language Fiesta fostered a sense of belonging, integration and sense of identity for people from Spanish and Latin American backgrounds. This was seen both in the cultural exchange between Hispanic and other cultures and in the passing on of traditions to younger generations.

About 1,800 people attended this year's event, with an even split between locals and visitors, and between Spanish and non-Spanish speakers.

The Spanish Language Fiesta is a great representation of our neighbourhood: strong and engaged communities that love getting together to celebrate the vibrant mix of cultures that converge in Melbourne.

NAIDOC Week

In recognition of National Aboriginal and Islanders Day Observance Committee, we partnered with Yarn Strong Sista who at the time was our neighbour at 54 Errol St. Taungurung woman Annette Sax spent a day out the front of The Centre, engaging with locals and visitors in storytelling and weaving activities.

Annual General Meeting

More than 20 members of The Centre gathered at Sokol Melbourne on Queensberry St on September 26 to hear reports of the previous

year's activities. This year's meeting was notable for being the first in-person AGM since COVID, the last with long-term Chair, Karl Hessian and for its musicality. Kate Schmidli and Mira Devraj with accompanist Alistair Smith gave stellar performances.

North & West Melbourne Flag Raising

Following a lockdown inspired flag design competition, the official North & West Melbourne flag was unfurled and raised at an event on 27 August. The winning flag was designed by local resident Pat Connolly and recognises the Aboriginal heritage, natural environment, industrial and sporting history of our neighbourhoods.

Vexillologists of Melbourne University founder and competition judge Tristan Layton addressed the audience. Attendees adjourned to The Centre for tea and a cake with the flag design printed on top.

End of Year Celebration

This event, on 15 December 2022 at the West Melbourne Baptist Community Centre, attracted 100 people. Somehow, the fire alarm went off in the event set-up, but once the fire truck had departed, the activities went ahead with great success. There was free ice cream and hot dogs, a Christmas art bazaar and a performance of the Sing NoW! Community Choir.

City of Melbourne Councillor Dr Olivia Ball presented the award for Victoria's best community newspaper to the *North & West Melbourne News* team.

ANZAC Day

Michael Halls, former director of The Centre, was guest speaker at the annual ANZAC Day commemoration, presented in partnership with the Australian Legion of Ex-Servicemen and Women. The solemn occasion was held at the Cenotaph on the border of North and West Melbourne, and featured a bugle performance by Allan Hessey, Legion secretary Trevor Evans reading the Ode, flag raising and laying of wreaths.



The free ice creams at the End of Year Celebration were a popular choice. Photograph: Tanja Milbourne

News keeps the community in touch with the neighbourhood

The *North & West Melbourne News* is more than a quarterly newspaper. Rather, it's the social glue that connects our vibrant local community.

The *News* creates a sense of village and of connectedness by reporting on local events and activities and by highlighting locals who are doing interesting things.

In the past year, four issues captured the fullness of our village's rich tapestry – social, cultural, artistic and educational. In June 2023, the 200th issue of the all-volunteer *News* was published.

Each quarter, our loyal distributors deliver the paper to thousands of home and unit letterboxes in North Melbourne and West Melbourne.

Each recipient then has a moment of decision. Will I bin it? Or will I read it and see what's going on in my neighbourhood?

We're delighted that the community has embraced the *News* and find it bright and joyful, full of compelling and sparkling stories bursting with human interest.

Our success is due to our 20-plus wonderful volunteer writers. While some

are locals, others young journalism students, all give generously of their time and talents.

The *News* also runs reports from many local organisations that share updates of their group's activities, ensuring we are the genuine voice of this community.

Key coordinating roles oversee a stunning, eye-catching design (Anne Burgi), healthy advertising revenue, making us self funding (Janet Graham) and efficient distribution (Rashi Jain).

Occasionally, praise arrives unsolicited. Local resident Brendan Gleeson, now on leave as professor of urban policy studies at the University of Melbourne, wrote: *The paper is a wonder. Intelligent, warm, expansive and diverse.*

Wider recognition came late last year from the Community Newspaper Association of Victoria, with the *News* named as best community newspaper in the state. Very gratifying!

We were also named runner-up in two other awards: best community content and best design and layout.

– Maurice Gaul *News* editor

DOCKLANDS

The past year has been a roller-coaster for Docklands Neighbourhood House (DNH), full of the joy of working with the community yet ending in sorrow.

In July, DNH and a local volunteer started one of its most popular programs: the Social Fishing Club. The program drew children and families from Docklands Primary School, new arrivals, international students, and established residents every Wednesday afternoon. In 2023 the program expanded to weekend sessions and a monthly barbecue.

DNH welcomed Dhanya Nair as Community Facilitator in August. We also brought together members of the local Indian community to form the Cultural Celebrations Working Group, which co-produced Navaratri (October 2022) and Vasant (February 2023), with wonderful performances by residents of all ages, children's activities and dance workshops.

During Vasant, Library at the Dock staff held a bilingual children's story time and DNH led a children's workshop on making coloured powder for Holi.

DNH partnered with Docklands Representative Group to host Repair Café sessions, which in 2023 grew to include the Library at the Dock Makerspace. From December, we partnered with Docklands Toy Library to host weekly Afternoon Play Sessions for young families. We partnered with Sarascare on Diwali and with Docklands Chamber of Commerce, Docklands Sports Clubs, and The District Docklands to host an end-of-year Sports Day and barbecue for more than 200.

As a new Neighbourhood House, DNH lacked many of the foundational supports established houses benefit from. Long-term funding has been an elusive goal. City of Melbourne and Development

Victoria provided six months of funding to June 2023. However, City of Melbourne management advised they would not seek to include DNH in its funding mix after that date.

With the support and assistance of Centre staff, volunteers and management, DNH began an advocacy campaign to prove community support and convince Council to amend its decision. It included 14 letters of support from key stakeholder agencies, philanthropic trusts and State and Federal government representatives, a petition with more than 550 signatures, and 34 public submissions on the City of Melbourne draft 2023-24 budget, all calling for the continued funding of DNH. Despite this overwhelming endorsement, City of Melbourne remained unmoved, and DNH as we knew it, was forced to cease operations at the end of June 2023.

Report to the community 2022/23

VOLUNTEERS

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| FRONT DESK Alan Cooke Karen Kirsopp Kathleen McPherson Maryrose Kiomall Millie Jansen Trinh Nguyen Zara Winter | | | | | NEWS Maurice Gaul (editor) Anne Burgi (production) Janet Graham (advertising) Rashi Jain (distribution) Ed Zhao (illustrator) Jim Weatherill (photographer) Suzie Luddon (proofreader) <i>Writers:</i> Anna Huynh Annette McQuarrie Ben Shapero Ed Zhao Flora Sciarra Gavan Tobin Geoff Pound Georgie Preston Hannah Parsons John Smith Katianna Grosser Laura Misale Lizzy Footner Marion Poynter | | | | | Maurice Gaul Michelle Brett Nancy Lane Nebojsa Pajkic Nicole Pereira Rashi Jain Stephen Hatcher Suzie Luddon Very Impressive Zoe Sheridan <i>News Delivery:</i> Alexandra Kent Claire Yeoh Dawn Doherty Elise Cara Ellen O'Brien Fouad Merai Geoff Pound Harold Fischer Harriet Lancaster Hawo Mohamoud Janet Graham John Smith Josh Rule Kay Oke Kim Sheridan Laura Misale Lizzy Footner Maurice Gaul Michelle Brett Nancy Lane | | | | | Nancy Nankervis Nicole Pereira Nigel Pereira Rajiv Saxena Rashi Jain Rosemary Tonkin Stephen Hatcher Tom Seddon Uma Dingemans Wayne Killingsworth DOCKLANDS Adithee Rawal Chancal Verma Dhanya Nair Isuan Wright Jennifer Priyadharsini Margaret Howden Melissa Villate Payal Thakkar Prathima Narasimha Raju Reecha Kumari Renaef Fanigan Robert Howden Shimi Kannoly Shweta Patil Sneha Madinur Uma Poomalai Violeta Kitanovska EVENTS Andrea Isla Andri Marin | | | | | Angel Andres Rey Anne Burgi Anthony Ayla Dempsey Benjamin Evans Bianca Villani Cathy Oke Cesar Flores Charley Oke Cheryl House Chris Cane Cristina Mejia Delice Kronk Diana Lopez Elsy Garcia Elvira Cifaratti Emma Doste Gladys Cristina Mejia Gustavo Quintero Hamad Alm Harold Murillo Heli Enrique Sanmartin Osuna Jason Butcher Jenny Riaño Jeremy Joel Goh Jorge Jorquera Jose Mendoza Justin Ome Kashifa Aslam | | | | | Kathleen McPherson Kay Oke Laura Romero Laurence Angwin Leidy Sanchez Lily Lina Viviana Ariza Luis Venegas Matt Penfold Nataly Arevalo Nidhi Anand Patrick Wright Peter Wright Reecha Kumari Rodra Castro Sam Berry Santiago Rubio Shan Mou Sushma Reddy Susie Kelly Tien Tran Trevor Johnston Trinh Nguyen Wayne Killingsworth Wendy Langmore Yushan Xing HOME WORK CLUB Amitesh Jinka Athena Koutsovasilis Danielle Maugeri Dawn Doherty | | | | | More than 150 volunteers contributed to the success of The Centre's programs in the past year. Whether it is driving the bus for Centre Adventures or greeting people as they come into the Errol Street shopfront, writing articles for the <i>North & West Melbourne News</i> or delivering it into people's mailboxes, helping at events or being a Homework Club tutor, we simply could not function without the strong support of our volunteer community. Front desk receptionist, administration wizard, Homework Club tutor and singer at the photocopier Trinh Nguyen (pictured) was celebrated as our 2023 Super Volunteer. | | | | |  | | | | | Dhanya Nair Dubravka Martin Hanson Grace Richardson Jeffrey Weitzel Julian Blake Klonis Dimitrios James Lincan Chen Mai Nguyen Maryam Alhouti Peiqi Shi Peter Robert Rachel Nam Sathya Narayana Srikanth Steven Muncaster Su Su San Susan Mountford Theo Landon Trinh Nguyen | | | | | Uma Dingemans Venkatraman Koluthumani Waverley Louangxay OTHERS Bruce McKenzie David Steel Emily Smith Gina Reyneke Isabelle Khor Jonathan Sulte Megan Fitzgerald Natalie Chan-Lei Ned Nicolson Richard Barry Scott Mathieson Supretha Viknesh Balaji Yirong Lin | | | | |
|--|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|---|--|--|--|--|

TREASURER'S REPORT

The year ended 30 June 2023 has been another year of growth for The Centre. Income grew by 20.46%, or almost \$125,000, which means The Centre's total income now exceeds \$725,000. This comes on top of income growth of 23.8% the previous Financial Year (FY). This growth was almost entirely due to an increase in grant funding of just over \$100,000.

The Centre's core funding provided by City of Melbourne, the Department of Families Fairness and Housing, and Department of Education increased by a modest \$17,685 as a result of additional revenue from Department of Education for training delivery. The remainder of the increase was largely due to support from Development Victoria and City of Melbourne for the operation of the Docklands Neighbourhood House.

Unfortunately, funding for Docklands Neighbourhood House ceased on 30 June 2023 and no further funding has been secured to continue its normal operation beyond this date. Without funding, The Centre's involvement with the operation of Docklands Neighbourhood House has effectively ceased. This means that

The Centre – Summary Financial Data

| | 2022/23 | 2021/22 | 2020/21 | 2019/20 | 2018/19 | 2017/18 | 2016/17 | 2015/16 |
|----------------------------|-----------------|----------------|----------------|----------------|-----------------|-----------------|----------------|----------------|
| | \$ | \$ | \$ | \$ | \$ | \$ | \$ | \$ |
| Income | 725,766 | 602,475 | 486,359 | 556,079 | 518,988 | 497,509 | 518,152 | 522,839 |
| Expenditure | 812,742 | 581,274 | 434,165 | 504,317 | 564,688 | 536,880 | 507,697 | 472,605 |
| Surplus / (Deficit) | (86,976) | 21,201 | 52,194 | 51,762 | (45,700) | (39,371) | 10,455 | 50,234 |
| Assets | 254,984 | 331,647 | 309,350 | 205,938 | 157,640 | 199,082 | 262,112 | 271,805 |
| Liabilities | 154,804 | 144,491 | 143,395 | 92,177 | 95,641 | 91,383 | 115,043 | 135,191 |
| Net Assets / Equity | 100,180 | 187,156 | 165,955 | 113,761 | 61,999 | 107,699 | 147,069 | 136,614 |

The Centre can expect to experience a reduction in total grant revenue in FY 2023/24. After growing by more than \$26,000 in 2021/22, income from fees and charges declined slightly in 2022/23 to \$83,496. This is still about \$47,000 under pre COVID levels but is expected to increase in 2023/24.

Off the back of The Centre's three years of healthy surpluses and increased revenues, FY 2022/23 resulted in a significant increase in program activity and events. In addition to operating The Centre and Docklands

Neighbourhood House and the activities associated with both, The Centre delivered five significant community events over the course of the year. As a result, total expenditure for FY 2022/23 increased to \$812,742 from FY 2021/22 expenditure of \$581,274.

The events included the Queensberry Cup, Spanish Language Fiesta in North Melbourne and Holi, Vasant and Navratri in Docklands. The total loss across the five events was \$61,102 which accounts for the greater majority of FY 2022/23 overall deficit.

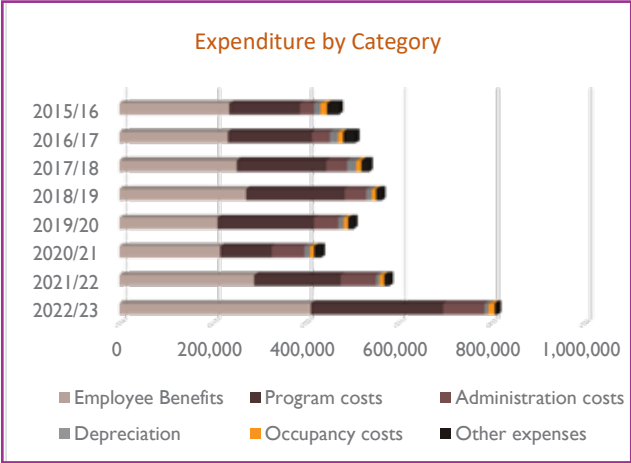
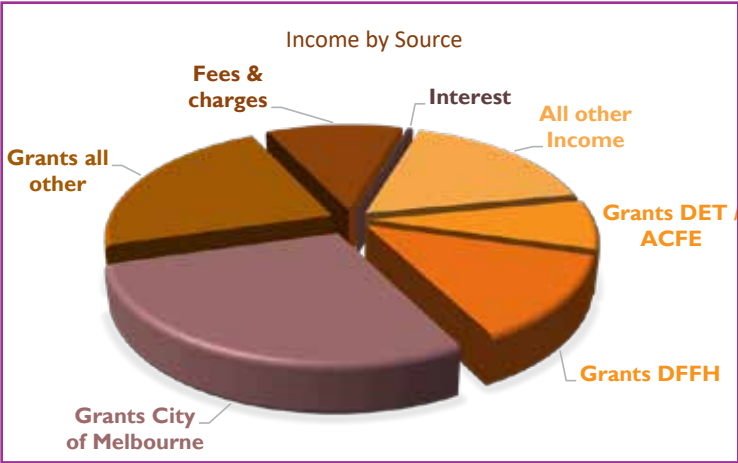
The Centre's direct program expenditure grew by more than \$98,000 to \$284,756, and an increase in staffing to support this activity led to staff costs growing by about \$122,000. With the ceasing of operation of Docklands Neighbourhood House, we expect that both program costs and staff costs will decline in FY 2023/24.

The Centre finished the year reporting an overall deficit of \$86,976, effectively returning a significant amount of the surpluses accumulated over the previous three years to the community. Despite this deficit, The Centre remains in a sound financial position with net assets totalling just over \$100,000.

With cash and liquid assets totalling nearly \$238,000 at 30 June this year, the Centre's Board has no concerns with regard to The Centre's solvency.

The full set of audited financial statements is available on our website. Finally, my thanks to the Chair and the Board for their assistance and diligent oversight, and to CFO Craig Barry and Director Ariel Valent for ensuring exemplary financial management throughout the course of the year.

Gary Dowling PSM
Treasurer



The Centre Courses & Activities (Sep-Dec '23)

The Centre: Connecting Community in North & West Melbourne hosts programs and activities for locals. Some are brand new, others have been running for decades! We try and offer programs that people in our community want to see happen. Use the following link to register your interest for forthcoming programs and share your ideas about what you think we should offer. Or if you are interested in a course but the time doesn't suit, let us know. Maybe you even want to offer something yourself.

<https://forms.office.com/r/nqyCDTTt5S>

Bookings: www.centre.org.au, 9328 1126, in person at The Centre, 58 Errol Street, North Melbourne



Health & Wellbeing

Pilates

Pilates aims to improve your awareness of how to use your body correctly and strengthen your postural muscles to allow you to support your spine. Pilates classes are graded so it is possible to find the level that suits your ability, experience or limitations. Exercises can be adjusted to suit all ages. Graded classes are taught by Brazilian-trained physiotherapist Fernanda Cury and local physiotherapist Alice Wilcox. Classes are relaxed and a great way to meet up with other locals. Online options also available. Tuesdays and Thursdays now in fabulous Quaker Centre venue.

General/Intro to Pilates

A class that caters for all levels of experience.
Wednesdays 9.15 am-10.15 am
Legion Hall, George Johnson Lane (behind North Melbourne Library)

Beginners

The basics are still covered but some knowledge is assumed. Over the term the exercises will progress to more challenging options as you build strength and flexibility.
Thursdays 5.30 pm-6.30 pm
Quaker Centre, 484 William Street, West Melbourne

Intermediate

This class provides the next step up with more challenging exercises. Strengthen your postural muscles and exercise in a manner that is safe for all your joints.
Tuesdays 5.30 pm-6.30 pm
Extra holiday classes 19 & 26 September
Thursdays 8 pm-9 pm
Quaker Centre, 484 William Street, West Melbourne

Intermediate Plus

Our hardest class is suitable for people with a good level of body awareness and strength. Designed to improve your trunk strength and provide a really stable base for your other sports or daily activities.
Thursdays 6.45 pm-7.45 pm
Extra holiday classes 21 & 28 September
Quaker Centre, 484 William Street, West Melbourne

Timetable: Pilates classes operate according to the school term timetable. Term 3 concludes 15 September. Term 4 commences 2 October and runs for 10 weeks. Extra holiday classes as marked.
No classes Tuesday 7 November.
Costs: \$21 (\$15.50 concession) per class when booking for full term or remainder of term. Casual enrolments (\$28 per class).

We don't want cost to be a barrier to participation. Those with the means are encouraged to pay a bit more so that others can also participate. If you would like to take advantage of our flexible pricing policy, contact The Centre.

For Seniors

Older Adults Exercise

A general strengthening class for those 60+. Includes low impact aerobics, balance and strengthening exercises, using exercise band resistance for all parts of the body. Suitable for people of all abilities.
Mondays 11 am – 12 noon (except 20 & 27 September)
West Melbourne Baptist Community Centre
4 Miller St, West Melbourne

Wednesdays 10.30 am -11.30 am (except 22 & 29 September)
Legion Hall, George Johnson Lane (behind North Melbourne Library)
Cost: \$21 (\$15.50 concession) per class when booking for the term.

Centre Adventures

Visit historical, cultural or horticultural places of interest and significance. Normally a full-day bus trip, Centre Adventures are a great way to get out beyond the everyday. \$60 (\$45 Concession), including lunch and morning tea.
24 October – Mont de Lancey Historic Homestead
28 November – Williamstown Scenic Tramboat
9.30 am – 5 pm Departing from The Centre, 58 Errol St, North Melbourne

Community Gatherings

Seniors Morning Tea

Join this group of multicultural seniors for an informal chat over morning tea – a place where friendships can flourish. Sometimes with a guest speaker. \$5 per session.
First Tuesday each month 10 am – 11.30 am (ongoing)
The Centre, 58 Errol St, North Melbourne

North Melbourne Men's Afternoon Tea

A casual get-together for some food and a chat with other men from the neighbourhood. New people encouraged. **FREE**
Thursdays (fortnightly), 3.30 pm – 5 pm.
The Centre, 58 Errol St. North Melbourne

Community Walks

Each month join a special guest with in-depth knowledge about a particular area or aspect of North & West Melbourne. Visit those pockets not on your radar or learn about the hidden history of those places you walk past every day. **FREE**
Last Saturday of the month 10 am -11 am (not December). Bookings essential
Leaving from The Centre, 58 Errol St, North Melbourne

WomEmpower

WomEmpower is a group for young women to gather for games, activities, chats and fun each week! Includes guest speakers, craft sessions, language exchange and cooking classes. For young women 15 to 25.
Wednesdays, 5.30 pm – 7.30 pm, 11 October – 13 December
The Centre, 58 Errol St, North Melbourne and online.
Presented by Hotham Mission
Bookings and enquiries: programs@hothammission.org.au or call (03) 9326 8245

Creative Pursuits

Sing NoW! Community Choir

Join music director Susie Kelly in this inclusive community choir for adults of all ages. The choir sings music from across the world and spanning many decades. No previous experience required. Special performance 14 September (see page 6)
Thursdays 7 pm-8.30 pm (not 21 or 28 September)
Sokol Melbourne, 497 Queensberry St, North Melbourne
Cost: \$18 (\$11.50 Concession) per session when booking for the term.
Casual enrolment online \$25 per class if available

Music Club

Bring your current favourite music track. Share what you love about it and expand your musical knowledge by listening to others. Every genre is welcome. BYO dinner and drinks if you want. **FREE**
Monthly on last Tuesday of the month 6 pm-7.30 pm (not December)
The Centre, 58 Errol St, North Melbourne
Also see Podcasting and Visual Storytelling in Skills for Work & Life

For Kids

Ideas Factory

Where do ideas come from? And where do they go? Learn how to practice being creative and then bring this creativity to life. Creative designer James Klonis will lead a fun digital exploration of game coding, music, comic books and art. For young people aged 9 to 15.
Mondays, 4pm – 5pm 9 October to 11 December
The Centre, 58 Errol St. North Melbourne
\$165 (\$110 concession)

Rainbow Art Class

Experienced art teacher Shyamasree Bose will guide children in a colourful exploration of drawing and painting, using watercolour, acrylic, oil pastels, mixed media and pencils. Suitable for creative kids aged 4 to 12.
Tuesdays 4 pm-5 pm (except 26 September)
The Centre, 58 Errol St, North Melbourne
\$120 (\$100 concession) (\$15 casual if available)

Home Away From Homework Club

Friendly and inclusive, students come to complete their homework (or our extra material) with the assistance of tutors. There are also games, and a nutritious snack and drink provided. For children in Grades 3 to Year 9. **FREE**
Wednesdays 3.30 pm-5 pm (during school term)
– The Centre, 58 Errol St, North Melbourne
Wednesdays 4.00 pm-5.30 pm (during school term)
– North Melbourne Language & Learning, 33 Alfred St, North Melbourne
Thursdays 3.30 pm-5 pm (during school term)
– Library@TheDock, 107 Victoria Harbour Promenade, Docklands

Sing NoW! Kids Choir

This new choir engages children with the joyful learning of pitch, rhythm, harmony and musical expression, with regular performance opportunities. The choir will explore a wide range of music to help foster a life-long love of music appreciation and involvement. With local singer and educator Jenna Stamp. For children aged 6 to 12.
Thursdays, 4pm – 5pm
5 October to 7 December
\$120 (\$100 concession)
Free trial sessions 18 & 20 September. See page 26.
Sokol Melbourne, 497 Queensberry St. North Melbourne

The Philosophy Club

The Philosophy Club is an award-winning educational enterprise dedicated to fostering critical and creative thinking. We help young people to think collaboratively, engage with big questions and explore stimulating ideas. Our workshops present intriguing stories, custom-made films, thought experiments and inventions. This series will cover topics such as luck, artificial intelligence, algorithmic ethics, human rights and free will. An extraordinary opportunity for enquiring minds that often wonder ‘why?’, and never settle for ‘just because!’ Suits ages 12 to 16.
Sundays, 10:30am – 12:30pm 12 November to 17 December
\$250 (\$225 concession)
Trial session September 28. See page 26.
The Centre, 58 Errol St. North Melbourne

SCHOOL HOLIDAY PROGRAM
– See page 26

Skills for Work & Life

Computers: Digital Essentials

Make your computer work for you. COVID showed how important it is to engage in the digital world. This friendly course will help you maximise your productivity and minimise frustration. With new tutor James Klonis
Wednesdays 10 am-12.30 pm (starting 4 October for 10 weeks)
The Centre, 58 Errol St, North Melbourne
Cost: \$65 (\$50 Concession)

Making Your Phone Work For You

Who said phones were made for calling people every now and then? Modern ‘smartphones’ are mobile computers, and used for all matter of activities. This course covers setting up your phone, choosing apps, using the cloud and phone security. With new tutor James Klonis
Wednesdays 1 pm – 3 pm (starting 1 November for six weeks)
The Centre, 58 Errol St, North Melbourne
\$35 (\$25 concession)

Financial Literacy

This course will help you set financial priorities and develop a budget. Understand what’s going on in the current economic climate in Australia and how this impacts your everyday life. Instructor Leah Huynh, who holds a Graduate Diploma in Applied Finance and Investment, believes having control of your finances has immeasurable positive influence on mental health, relationships, work and life in general.
Saturdays 11, 18, 25 November, 10 am – 1 pm
The Centre, 58 Errol St. North Melbourne
\$90 (\$50 concession)

Podcasting

Make your own podcast pilot! Learn about the storytelling craft, researching and synthesising information, presentation and interviewing, audio editing and podcast distribution.
Saturday 14 & Sunday 15 October, 10 am – 1 pm, plus online activities
The Centre, 58 Errol St. North Melbourne & local podcasting studio
\$60 (\$35 concession)

Visual Storytelling

Embark on a transformative journey into the world of storytelling. Whether you’re an aspiring writer, filmmaker, or someone who simply loves the art of storytelling, this course will equip you with the essential skills to craft, film and present narratives that captivate and resonate. Presented by local filmmaker and community development specialist Khalid Farah.
Saturdays 11, 18 & 25 November 2pm – 5pm
The Centre, 58 Errol St. North Melbourne
\$90 (\$50 concession)

Event Management

Learn what goes into designing, developing and implementing an event, such as a local community festival. The course covers topics including event concept and design, community development principles, marketing & sponsorship, event staging and logistics, financial management, risk, health and safety, staffing and volunteers, and event evaluation. You will be learning skills hands-on, as part of the event teams organising the North Melbourne Queensberry Cup Festival in October 2023.
Saturday 7 & Sunday 8 October, 10 am – 2 pm, plus online activities
Culminating in Queensberry Cup on 21 October.
The Centre, 58 Errol St, North Melbourne
\$70 (\$50 concession)

Beginners’ French

Only one language could be the language of both diplomacy and love: French! If you would like to begin, extend or re-kindle your Francophile tendencies, join native French speaker Phoebe Damour in a relaxed and supportive environment. Over ten weeks you will build your vocabulary, practice conversations and grasp grammatical structures while exploring French culture and tradition.
Friday 4pm – Basic Steps II (a little knowledge)
Friday 5pm – Basic Steps I (no experience necessary)
Starting 6 October for 10 weeks
The Centre, 58 Errol St. North Melbourne
\$175 (\$115 concession)

Spanish for Fun

Learn the language spoken by more than 500 million people across the Americas and Spain: Español A small and friendly conversation-based class that will prepare you for travelling. With Colombian-born Katherine Taborda.
Tuesdays 5.15 pm: Basic Steps I (no experience necessary)
6.15 pm: Basic Steps II (a little knowledge)
Starting 3 October for 10 weeks; no class 7 November
The Centre, 58 Errol St, North Melbourne
\$175 (\$115 concession)

Reach out to us for help

A disturbing report, *State of the Nation: Social Connections in Australia*, has just landed in my in-box. I was dismayed, but unfortunately not surprised, with the headline findings. Almost one in three Australians feels lonely and one in six Australians is experiencing severe loneliness.

These statistics are fairly consistent across states, rural and metropolitan areas and across the sexes.

Contrary to widespread opinion, it is actually younger people in their late teens and early twenties who suffer more from loneliness than those older than 65.

It's important to note that loneliness does not simply equate to physical isolation. Of people living alone, 40 per cent sometimes experience loneliness compared to 30 per cent of those living with others.

The report's author, Dr Michelle Lim, is from Ending Loneliness Together, a national network of organisations that address the growing problem of loneliness.

In the report I just received, Lim explains that loneliness is "a distressing feeling we get when we feel disconnected from other people, and desire more (or more satisfying) social relationships". It is possible to have this experience, even when surrounded by others.

Lim found that we all experience loneliness, but some of us are more vulnerable than others, including carers, people living in poverty, those with chronic disease and those with poor mental health.

As a neighbourhood house, The Centre has a team committed to

FROM THE CENTRE DIRECTOR
Ariel Valent



providing opportunities for people to connect with others. Reading Lim's report makes me proud of the work that we do, but it also highlights to me how much more there is to be done.

The Centre has several groups that facilitate social connection and foster a sense of belonging. Regular morning and afternoon teas are great opportunities to meet and get to know others from the neighbourhood. Our monthly Adventure bus trips, the Sing NoW! community choir, Spanish classes and our monthly music club give ways to connect around a common interest.

We've been delighted to see more young international students coming through our doors. One is Peiqi, an architecture student, who still finds time to volunteer with our homework

club and to use his design skills to help create the event map for the Queensberry Cup.

Often our challenge is knowing who in our community needs more social relationships. Lim's report identified that loneliness is highly stigmatised.



With one in four people believing those who are lonely are less worthy and only two in five thinking that their community respects people who feel lonely, it's not surprising that some people hide their feelings of loneliness.

Of course, you can always contact The Centre, where everyone is welcome. You don't have to be experiencing loneliness to get involved with The Centre. Instead, you might just end up helping someone who is.

Want to know more?

To read the report, visit <https://apo.org.au/sites/default/files/resource-files/2023-08/apo-nid323797.pdf>. For anyone feeling lonely, Ending Loneliness Together has a handy guide: <https://endingloneliness.com.au/wp-content/uploads/2020/12/Ending-Loneliness-Together-2021-What-to-do-if-you-feel-lonely.pdf>

If you need help right now, call Beyond Blue on 1300 22 46 36 or Lifeline on 13 11 14.





Shop the Precinct



Support our local businesses by gifting the ultimate gift card.

School Holiday Program

The Centre is hosting a diverse range of awesome activities to keep young minds and hands engaged during the September school holidays.

Sing NoW! Kids Choir

Sing, play and explore a wide range of music, build some serious musical skills and see how fun group singing can be! With local singer and educator Jenna Stamp. This is a great opportunity to try out the new choir which is scheduled for afterschool on Thursdays during Term 4. For children 6 to 12.
Free – Come to either or both sessions
Monday 18 and Wednesday 20 September
11 am – 12 noon
Sokol Melbourne, 497 Queensberry Street North Melbourne

Make A Game Workshop

Is your child interested in coding? Making art and games? If so, then this three-day bootcamp is perfect for them! Instructor James Klonis covers 2D game creation, art and code – and shares how he makes a living from what he loves to do. At the end of three days, participants will have their very own prototype original game, ready for Melbourne International Games Week. Basic familiarity with laptops assumed, but no coding experience necessary. Return students welcome. Suits ages 8 to 15.
Monday 25, Tuesday 26 & Wednesday 27 September
11 am – 3.30 pm
The Centre, 58 Errol Street, North Melbourne
\$130 (\$95 concession)

Rainbow Art Class

Artist and specialist teacher Shyamasree Bose leads a fun hour of creative power. Participants will get to paint on canvas, with impressive results guaranteed. Suits ages 6 to 12.
Tuesday 19 September
3pm – 4pm
The Centre, 58 Errol Street, North Melbourne
\$16.50 (\$11 concession)

Mask Making

This workshop aims to connect children to their curiosity and imagination. Using just card and paper, children will get to make their very own masks with Colombian artist Katherine Taborda. For children aged 5 to 12.
Thursday 21 September 2023
10:30 am – 12 noon
The Centre, 58 Errol Street, North Melbourne
\$16.50 (\$11 Concession)

The Philosophy Club: Eternal Life

Would you like to live forever? Is death inevitable? What if we could reverse ageing? From the award-winning educational enterprise The Philosophy Club, dedicated to fostering critical and creative thinking. Explore new perspectives through intriguing stories and custom-made films. Appeals to those who often wonder 'why?', and never settle for 'just because'! For young people aged 12-15. A great way to trial The Philosophy Club 6-week program running Sundays in Term 4.
Thursday 28 September
10.30 am – 12.30 pm
\$10 (\$7 Concession)
The Centre, 58 Errol Street, North Melbourne

All sessions require bookings. Please book at The Centre, 58 Errol Street, North Melbourne, phone 9328 1126 or online at www.centre.org.au

NOTICEBOARD

IMPORTANT STREET FESTIVAL NOTIFICATION

Road Closure Notification

Saturday 21 October 2023 4am – 10pm

On Saturday 21 October the following streets will be closed or affected by the Queensberry Cup between 4 am and 10 pm:

Expected Disruptions:

- Closing east side of Errol Street from George Johnson Lane to Arden St.
- Closing west side of Errol close from Queensberry St to Arden St
- South side of Queensberry St from Errol St to Leveson St.
- North side of Queensberry St from 558 to Leveson St.
- The above closure allows the route 57 tram continue in both directions
- Lancashire Lane and Haddows Lane
- Purcell, Bendigo, Glass, Byron and Scotia Streets, will be closed where they intersect with Errol St but will remain open for local traffic from Leveson and Curzon St.

Route 57 Tram disruption: The route will run unaffected through North Melbourne on the regular Saturday timetable. The city bound tram stop on corner of Queensberry and Errol Street will be closed from first tram to 10 pm.

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

Access will be reopened to traders and residents within the precinct after 10.00 pm or when it is safe to do so.

For further enquiries about the traffic management of this event contact: The Centre on 9328 1126 or the City of Melbourne Tina Rizza, Coordinator Event Operations, Experience Melbourne 9658 9456 or 0468 567 719

Used stamps support charity

Please save your used postage stamps and drop them into The Centre at 58 Errol Street, North Melbourne. When picked up they are sorted and sold to collectors. The money raised goes to charity.

Take care not to tear through the perforation as that damage makes the stamps unsaleable. Leave a few centimetres around the edges when cutting the stamps off the envelopes.

– Marian Mooney

Clarification

In an article in the winter (June) News, local resident Mark Hards was referred to as Mark Hands. The error was made in editing.

Kryptic Kwiz (page 17) answers

1. Cleopatra 2. Viola (Voila!) 3. Blanche (d'Alpuget) 4. Marriner (Ancient Mariner, S. T. Coleridge) 5. Beatrice 6. Burgundy 7. Antonio (San Antonio, Texas) 8. Herald (Melbourne Herald) 9. Juno (Juno Beach, D Day, 1944) 10. Travers (Mary Allin Travers, Peter Paul & Mary) 11. Montague (Montague St, South Melbourne) 12. Hamlet (Prince Hamlet of Denmark) 13. Berkeley 14. Gobbo (Nicola Gobbo) 15. Ulysses (Leopold Bloom in Joyce's Ulysses) 16. Arthur (Arthur and the Round Table) 17. Norfolk (Norfolk Island penal colony, Norfolk pine) 18. Leonardo (Da Vinci Code) 19. Mariana (Mariana Trench, western Pacific) 20. Hastings (William the Conqueror, 1066 Battle of Hastings) 21. Puck 22. Maria (Maria Bronte) 23. Charmian (Charmian Clift, wife of George Johnston) 24. Milan 25. Abraham (Abraham, father of Isaac) 26. Leonine (lionlike) 27. Miranda (Miranda in The Tempest) 28. Canterbury (Chaucer's Canterbury Tales) 29. Gough (Edward Gough Whitlam) 30. Menelaus (King of Sparta, husband of Helen of Troy)

Send contributions, letters and feedback to:

North & West Melbourne News
The Centre, 58 Errol Street, North Melbourne 3051
Email: editorial@centre.org.au Telephone: 9328 1126

Summer 2023

Copy deadline: Friday 3 November
Publication: Friday 1 December

RECYCLE, RECYCLE, RECYCLE

Did you know North Melbourne Library now offers a recycle bin for you to drop off your old mobile phones, batteries, cables, chargers, game controllers, tablets, laptops, flash drives and hard drives?

WHAT A GREAT SERVICE!

North Melbourne Library
66 Errol Street

Spot the Difference (page 11) answers



Volunteer information transcribers wanted

Volunteers are being sought to transcribe names from Sands & McDougall directories for selected streets in North and West Melbourne. This is a home-based, at-your-own-pace task that will appeal to careful typists who know how to use a spreadsheet and have a passion for local history. Please register your interest at melbournestreets1@gmail.com

NWMN advertisement sizes and rates for 2023

| Size | Colour | Mono |
|--|------------|------------|
| Full page (24 cm wide x 34 cm high) | \$1,795.00 | \$1,560.00 |
| Half page (24 cm wide x 17 cm high or 12 cm wide x 34 cm high) | \$900.00 | \$785.00 |
| One-third page (24 cm wide x 12 cm high) | \$650.00 | \$575.00 |
| One-quarter page (24 cm wide x 8.5 cm high or 12 cm wide x 17 cm high) | \$485.00 | \$415.00 |
| One-eighth page (12 cm wide x 8.5 cm high) | \$245.00 | \$210.00 |
| One-16th page (12 cm wide x 4 cm high) | \$130.00 | \$115.00 |
| Business card (in Services Directory) (9 cm wide x 5.5 cm high) | \$115.00 | \$95.00 |

- Prices inclusive of GST
- Book four consecutive issues to receive a 20% discount, total amount payable at time of booking.
- Prices are for supplied artwork (high-resolution PDF). Layout services are available — talk to us about how we can help.
- The News reserves the right to reject advertising bookings that are outside the standards for a community-based publication.
- For information and bookings, email: advertising@centre.org.au



The North & West Melbourne News is a quarterly publication produced by volunteers predominantly from North and West Melbourne. Readers' contributions and letters are welcomed. Where relevant the News may seek alternative opinions in the interests of balance. Contributors' opinions are their own and the News takes no responsibility for them. We reserve the right to edit or omit articles considered unsuitable or when space is limited. Send articles by email to editorial@centre.org.au. Please send photographs of suitable resolution for reproduction as graphic files with the article.

Finance

The News is a program of The Centre: Connecting Community in North & West Melbourne Inc, a registered charity. Costs of producing the News are met through advertising, sponsorships, subscriptions and donations. Donations of more than \$20 are tax deductible through the ANHCA Public Fund for DGR.

News distribution

The News is distributed free throughout North & West Melbourne. Get in touch if you know of anyone not receiving their copy. Copies are available from The Centre, North Melbourne Library and online at www.centre.org.au. Subscriptions are \$20 per year (four issues) sent to anywhere in Australia.

Volunteers

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

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Production: Anne Burgi

Advertising: Janet Graham

Distribution: Rashi Jain

Proofreader: Suzie Luddon

Illustrator: Ed Zhao

Photographer: Jim Weatherill

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5 Jones Road, Morwell 3844





Plants in pots grow joy in our streets

Inspired by the City of Melbourne's Roundtable of plants in pots on Errol Street (see autumn 2023 News), Nancy Lane started looking for other local gardens in pots. Many North and West Melbourne residents have little or no space for conventional gardens, but this hasn't stopped them from enjoying greenery, blossoms and herbs. Their pots have found homes on front verandahs, walls, footpaths, fences, laneways, nature strips and window ledges.

Nancy Lane writes regularly for the News

