

# Vicar's focus is on a broad social mission

Josh Rule

In the lead up to Easter, Dorothy Lee, the locum vicar at St Mary's Anglican Church in Queensberry Street, is inviting the community to join her and the congregation during next month's Easter celebrations.

Her vision extends beyond worship and into climate change and social justice.

"I hope the community drops in on some of our things and talks to us about refugees and climate change. I hope we can develop greater dialogue with different groups in the community," Dorothy says.

She hopes everyone can observe Easter, from Holy Thursday's washing of the disciples' feet to Good Friday's focus on the crucifixion and a solemn service on Saturday night.

"We light a charcoal fire outside, light the Easter candle, process in darkness then pass the flame from one candle to another to show light coming out of darkness," Dorothy says.

For Christians, Easter Sunday is a celebration of renewal. "It's a joyful day, showing that death does not have the final word. It's God and life that has the final word."

At a more down-to-earth level, Dorothy is supporting three of her congregants who in committee will select a new vicar who will then be approved by the bishop.

An appointment could be made by May but the challenge is finding the right person for the role. Until then, Dorothy will remain the locum vicar.

She brings an impressive CV to her stand-in role. A distinguished New Testament scholar and Anglican priest in the Melbourne diocese, she was awarded an Order of Australia in last year's Australia Day honours.

Much as Dorothy enjoys leading worship, her abiding love is teaching. "My main role has been lecturing in theology, the last 17 years at Trinity College's theological school. Teaching New Testament is my passion."

She has brought a teaching element into parish life. "We have a good



Rev. Dorothy Lee, locum vicar at St Mary's Anglican Church.

teaching program here, run by a parishioner. After services, someone gives a talk on climate change, a book of the Bible or a current issue."

A recent session focused on Bishop Budde, who bravely directly addressed Trump in a post-inauguration service, urging him to show mercy and compassion to the vulnerable and marginalised. Just minutes later, a petulant Trump dismissively said: "It wasn't a very good service,"

Dorothy has nailed her colours to the Budde mast. "We're going to listen to her sermon, pray for the church and pray for her as she's already had death threats. She's a prophetic figure, in the sense of Biblical prophets who dared to face up to power and name the truth," she says.

For Dorothy, this is the church's mission. She cites Martin Luther King, Nelson Mandela and other prophetic historical voices who have challenged oppressive regimes. "That's what the church should be doing, and we need to stand behind it," she says.

Dorothy says that the congregation-led St Mary's is active on social justice issues.

"We have a strong stance on welcoming refugees because we believe that Jesus would have done the same. He welcomed the needy and desperate, so that's our commitment."

St Mary's climate action group hosts public education events. "This is God's creation and Jesus loved it, and therefore we feel obliged to address climate change."

Dorothy stresses that her church respects tradition, but is also philosophically progressive.

"We're liberal in that we're gay friendly and we strongly support the ordination of women."

Josh Rule writes regularly for the News.



Simonds College's production of Frankenstein delighted audiences.

# Simonds' new take on an old tale

Ryan Bentley

Simonds College recently staged its third theatrical production since 2022 – an innovative reimagining of *Frankenstein*.

It's a fresh take on Mary Shelley's 1818 classic tale in which gifted scientist Victor Frankenstein creates what he hopes will be a perfect being, only for it to emerge as a hideous creature that is rejected by Victor and all mankind and then seeks revenge through murder and terror.

This adaptation turns it into a story of an artificial intelligence designer who is able to resurrect the dead. Instead of returning as a grotesque monster, the being returns as 'The Intelligence', which is released onto Melbourne's streets.

The performance raised profound questions about identity, belonging and the ethical limits of technology.

It enthralled audiences with its compelling narrative and thought-provoking themes.

At heart, it invited the audience to empathise with characters that, despite their dubious actions, are driven by a deep desire for a second chance at life.

The performance left the audience reflecting on a profound question: can such actions ever be justified, or will those who take them always be seen as monsters?

The adaptation, written and directed by Ryan Bentley and supported by Year 11 student Ewan Howe as assistant director, featured a cast of 15 students who spent six months bringing the play to life.

Key roles were played by talented student actors, including Killian Redfern (Victor Frankenstein), Heath Lehane (Daniel de Lacey), Nghia Dao ('The Intelligence') and Ethan Dingle (Elliot

Frankenstein, Victor's younger brother).

For many students, including student Aurelia Ygarza (Year 8), it was their first taste of theatre.

Stage manager Nhi Vuong was especially impressed by the performance. "It was one of the most polished and organised productions I've been involved in," she said.

The production delighted audiences and maintained Simonds College's reputation for fine theatrical performances.

We are now looking ahead to the next production, *Spamalot: The Musical*, scheduled for August.

Featuring the humour and songs of Monty Python, this comedic retelling of King Arthur's legendary quest for the Holy Grail promises to be spectacular.

Ryan Bentley is arts faculty leader at Simonds Catholic College.

# Changes on the way for the News

From the next issue, *North & West Melbourne News* will be produced by a new team.

The goal remains to reflect and celebrate the communities of North & West Melbourne by sharing local stories throughout the whole community. The new team will have its own method of how to achieve this. You may start to notice some changes that we hope will retain our loyal readers while also attracting new ones.





## Thanks, John & Rashi

Maurice Gaul

The News is disappointed to be saying "Thanks and goodbye" to two of the paper's best friends.

**John Smith** contributed to the News regularly for the last 12 years. He began contributing before finishing his ministry at the local Uniting Church and in retirement continued with getting the good News out by writing nearly 50 stories.

John's commitment to social justice was writ large as he covered the activities of refugees and reported on many community identities. He also submitted highly informative reports on the activities and academic forums of our local think tank, the Institute of Postcolonial Studies.

**Rashi Jain** walked in off the street in early 2021 and

soon became one of the News' most valued and reliable contributors. Her debut story, on her local boxing club and her exploits in the ring, made it clear to the editor that she should not be taken lightly!

This first contribution was followed by many entertaining and readable stories on many local people and local matters. Rashi also served the paper faithfully as distribution coordinator, ensuring that our volunteer deliverers got the paper to the letterboxes of all residents in our village.

Unfortunately, in life nothing goes on forever. Both the News and its many readers are in debt to these two faithful and capable servants of the paper. John and Rashi were also great friends to this outgoing editor, and both were delightful and reliable coffee companions.

As announced in the December News, I am also a

departure. My time of six years and a bit in the editor's chair has been a joy and a privilege.

I leave the paper on a high. I believe the News has become the social glue of this community, especially so during those dark and now distant lockdown days.

I am delighted that the News has always been effectively independent, fully self funding and that all our people have been volunteers. A fine trifecta.

Thanks especially to all our writers, endlessly patient and generous. It is they who have made the News such a light, bright and entertaining read.

In return, the News has given many of them a first taste of journalism, and it is a thrill to see many progressing to paid work and their own writing projects.

*Maurice Gaul is the outgoing editor of the News.*

Alex Binos' English class at NMLL.



## New arrivals lifted up with lessons in language and life

Najat Musso

Two North Melbourne organisations are having a positive impact on our community.

North Melbourne Language and Learning and the River Nile Learning Centre both provide education and support for people from culturally and linguistically diverse (CALD) backgrounds.

Both offer programs that develop individuals' language skills, enhance their self-confidence and build a sense of inclusion.

### North Melbourne Language and Learning

For 36 years, North Melbourne Language and Learning (NMLL) in Alfred Street has been a place of opportunity for CALD residents, helping them to improve their English and to access local services.

NMLL caters for students from 26 language backgrounds and fosters a space where learning is not only about language but also connection and inclusion.

Learning English can be a challenge for new arrivals as they deal with isolation and cultural adjustment while balancing study with family or work.

NMLL prepares them for employment, further education and participation in the community.

Beyond the classroom, NMLL's community development program promotes cultural

celebrations and local events and helps students build strong community ties.

NMLL teacher Alex Binos praises the importance of the centre's volunteers.

NMLL student Anosha benefits from her language classes. "We all gain the confidence to speak English at our medical or Centrelink appointments," she says.

Fellow student Ling says the classes have given her a sense of community. "We go on excursions and do activities, and we all feel cared for."

### River Nile Learning Centre

For 19 years, River Nile Learning Centre (RNLC) in Capel Street has supported CALD women by offering free education and life skills programs.

For RNLC's many students from diverse backgrounds, learning English is just one step in their journey towards social independence.

Students take classes in digital literacy, financial literacy, parenting and essential work skills. They also participate in swimming and driving lessons, excursions and health workshops to help them navigate daily life.

Many of them face wider challenges as they struggle with isolation, cultural adjustment and balancing family-study responsibilities.

The centre's community services team provides one-on-one support to help students overcome these

obstacles, while volunteers act as mentors and help in the classroom.

Nimo has been an RNLC student for four years. "Here I can talk and socialise with other African women who come from countries like Eritrea, Somalia, Sudan. It's a lot of fun, it feels like home," she says.

Support offered by RNLC helps Nimo in all aspects of her life.

"I learn English after I drop my daughter at school. I get lots of help from the food bank and the support worker and I've made lots of friends," she says.

### More than just learning

These two centres do more than merely teach English. They allow their students to find friendship, social support and a sense of belonging.

Lina sums up the benefits of being an RNLC student. "In my three years here, I've gained lots of confidence.

I used to be scared to go outside," she admits.

Lina's is a striking success story. "I did five driving sessions here, and they employed me as a digital mentor. I ended up getting my licence."

*Najat Musso is a community outreach worker at the Neighbourhood Centre.*



RNLC student Lina.

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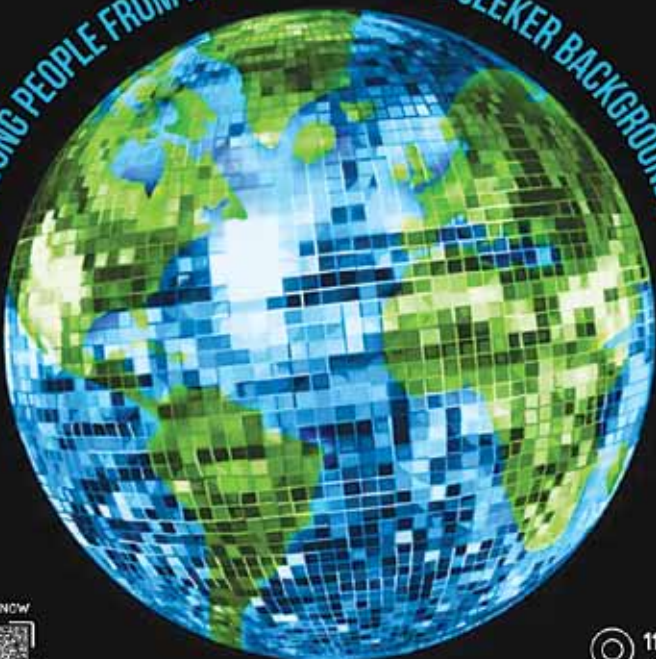
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## Join in Harvest festival celebration

Local families are invited to a Harvest Festival at St Mary's Anglican Church in Queensberry Street, North Melbourne on Sunday 3 May. Celebrate the autumn harvest at a thanksgiving service at 10 am, followed by a delicious Harvest Feast morning tea, with fun games and activities.

**Home-grown produce, preserves, flowers and Mother's Day gifts will be sold at stalls.**

**All welcome. Put the date in your diary now.**





The Neighbourhood Centre's afternoon teas offer men a congenial place to gather.

# Time for a cuppa and a chat

Rashi Jain

Boys and young men are often admonished to “be a man, don’t cry; just move on” and “be the man of the house; you have to provide”.

Less often are males asked “Are you doing OK?”, “What’s troubling you?” or encouraged to share their feelings.

The Errol Street Neighbourhood Centre is giving men an opportunity to communicate and feel included with its North Melbourne men’s afternoon tea program.

“We provide an environment for men to tell their stories, speak up about what may be bothering them, and link with relevant local services,” the program’s facilitator, Osman Idris Osman, says.

“Men are prone to developing mental health problems by not being able to share their feelings.

“Our sessions address financial literacy, job readiness and general life skills, but without a prescriptive agenda. Participants can discuss anything without the fear of being judged,” Osman says.

Regular participant Mark Fabby enjoys the sessions’ social aspects. “I do as much as I can to meet and connect with people,” he says.

“Young people relate easily via digital networks, but it’s harder for people my age to connect online. This program gives me the social connection that is vital,” Mark says.

“In a big city like Melbourne, the program reminds me of my roots in regional South Australia. It’s a city

version of men’s sheds where men can meet and talk.”

He is acutely aware of men’s inability to deal with the societal pressure placed on them.

“Men are meant to be a protector and be both stern and friendly at the same time. While men tend to be problem solvers, they are expected to be uncomplaining. This program has a humane centre that lifts those who feel down so they feel cared for,” Mark says.

For Mark and others, the afternoon teas offer friendship. “We just chat and we don’t stop. They have to kick us out,” he grins.

Mark says he has a deep connection to this area. A local since 1983, he loves its culture and heritage architecture. “It’s diverse, progressive and still has a provincial feel.”

Mark enjoys developing creative skills such as painting. “Art is a collection of energy, of earth, of who we are and how we interact,” he says.

All men over 25 are welcome to attend. “We’re planning to expand the program with more activities and participants, so stay tuned!” Osman says.

Rashi Jain writes regularly for the News.

## Want to know more?

The men’s afternoon tea group meets on Thursday afternoons at the Neighbourhood Centre over tea and cakes. Drop in and register at the centre (58 Errol Street) or complete an online registration form.

# An invitation to join in Eid celebrations

Najat Mussa

Eid is a special time for Muslims around the world. It marks the end of a spiritual journey and brings a chance for new beginnings. In Australia, Eid is a way to build understanding and bring people from different backgrounds together.

One of the most important parts of Eid is healing and forgiveness. Families use this time to reconnect and to find joy after tough times. For many migrants, Eid can feel bittersweet as they miss loved ones back home, even as they create new traditions here.

For local community member Halima Ahmed, Eid is a special time. “Eid reminds me to stay hopeful, even when I’m far from my family. I get to see all my family who live in Australia in one day, and everyone is happy and looking their best,” she says.

Events like open mosque days, shared meals and interfaith dinners help bring Muslim and non-Muslim communities closer, creating opportunities to learn about each other.

Creativity plays a big part in Eid celebrations. Henna art, cultural performances and storytelling are ways for people to express their joy and heritage. These activities bring colour and excitement to the celebrations while showing others the beauty of Muslim culture.

Many communities make extra efforts to reach out to lonely people such as the elderly, international students or those in remote areas. Care packages, outreach programs and live-streamed prayers are all strategies to make everyone feel part of the celebration.

For community member and young mum Sundus Mohamed, Eid is a time for her children “They look forward to it and they love the gifts and money on Eid day. For me, I love being with my community and family. I love Eid mornings and the Eid prayer,” she says.

Technology is changing how people celebrate Eid. Live-streamed prayers, virtual greetings and online events help to connect families and friends, even if they’re physically far apart.

At its heart, Eid is about gratitude and giving back. The tradition of donating to charity (zakat or sadaqah) helps those in need, while the

focus on forgiveness strengthens relationships.

As we celebrate Eid, it’s a reminder of the power of kindness, generosity and unity.

Najat Mussa is a community outreach worker at the Neighbourhood Centre.

## Want to know more?

Join the North Melbourne Multicultural Eid Festival on Saturday 5 April. See page 11. There is also an Eid morning prayer at Flagstaff Gardens every Eid organised by the Islamic Council of Victoria.



Writer Najat Mussa with her family at a North Melbourne Eid Al Adha festival last June.



This recent addition to the Eades Park dog run made two-legged visitors smile and added to the fun for their four-legged companions. Dogs like our model, Miss Ellie Donut, can borrow a ball or other toy, then return it for others to enjoy in their turn.

# Community Comment

Sara Pinkowski asked four likely locals to name their favourite haunt for a relaxing cool drink



**Kendrick, Architect, North Melbourne**

After a long hard week, I really like a long Friday business lunch at Amiconi in Victoria Street. Strictly business, of course!



**Steph, Pilates teacher, North Melbourne**

I teach there so I’m biased, but it’s definitely CorePlus in Queensberry Street. The hot classes are perfect as the weather cools.



**Alex, Aviation mechanic, West Melbourne**

Easy! I love to sit in the laneway at the Townie for an evening coldie. Great to watch Errol Street and the world go by.



**Brian, Actor, North Melbourne**

The only place to go for a much-needed after-work drink is the Limerick Castle in Errol Street. It’s a great old-style knockabout suburban pub.



# Where in the world did she go?

Rosie Greenfield

Where in the world is Susie Kelly, director extraordinaire of our Sing NoW community choir?

Susie is nowhere to be seen in our Christmas photo – perhaps because she was out the front taking the shot.

You need to have your skates on to keep up with Susie. Her music and family take her to all sorts of places.

Perhaps her travels over summer contributed to the music we have been making in term one at Sing NoW.

Our repertoire for 2025 ranges across many genres. A twelfth century plainsong (church liturgical chant); a Japanese children's song; the percussive harmonies of singer and songwriter Stephen Taberner's work; a song linked to vampires and werewolves; and the groove of 1960s' soul music are just some of the treats on our song list.

Where does Susie's choice of songs come from? I suspect they have been sparked by her travels through Europe. Maybe her visits to medieval churches in the south of England gave us the plainsong, *O Eucharisti*, a laudatory ode to Saint Eucharisti.



Sing NoW choir at their 2024 Christmas performance at Miller Street Reserve.

Or perhaps Susie's wandering inspired her to lead us into current times with the recently released *Die with a Smile* by American singer-songwriters Lady Gaga and Bruno Mars. I'm guessing it was on high rotation on Susie's long plane flight, but can't say for sure if she was in the pointy end of the plane.

I suspect Susie's travels may have inspired the inclusion of *Hotaru Koi* (Come Firefly), a Japanese children's song, and perhaps even *Stuck in the Middle*, a song by South Korean girl group Babymonster.

Perhaps those medieval churches Susie visited might have prompted *A Thousand Years*, recorded by American singer and songwriter Christina Perri for the film, *The Twilight Saga: Breaking Dawn – Part 1*, based on vampires and werewolves.

Susie also has us working on a bit of soul music with *It's Alright*, inspired by Jon Baptiste and the movie *Soul* with words and music by Curtis Mayfield.

All these songs provide challenges, both musically and imaginatively. Stephen Taberner's version of *Higher Ground* will be nothing like the Stevie

Wonder version. The choice of the song, *Dancing through Life*, is surely Susie confirming her life philosophy and her love of the musical.

With Susie's great teaching and encouragement, these songs can all be learned and enjoyed. Want to join us? Are you up for the challenge?

Come along to a rehearsal and see how we build up a song. Sometimes we start on page 3 or the back page or the chorus and build up the parts to bring it all together. It is a fabulous learning process and requires only a preparedness to have a go!

Reading music is not required and we are supported with practice tracks for each part. We sing in three parts, a high, middle and low section, and there are no auditions required. Come and join in!

Rosie Greenfield is a member of Sing NoW choir.

### Want to know more?

Sing NoW choir rehearses at 7.00 pm on Thursdays during school terms at Sokol, 497 Queensberry Street, just near the Town Hall building.

# Allen's ATAR dream comes true

Laura Misale

Allen Trang had set his alarm for 6.45 am on the mid-December morning as he and all Victorian Year 12 students were anxiously waiting to receive their Year 12 exam results.

When Allen, dux of West Melbourne's Simonds College, hit the computer on his desk, he was ecstatic to see he had scored a spectacular ATAR (tertiary admissions ranking) of 99.80, placing him in the top 0.2 per cent of students in the state.

Allen reveals that he had actually dreamt the previous night, in a very fitful sleep, of his stunning result. "I had a dream I got 99, but wasn't sure about the last digits. I was exhausted from being unable to sleep and when

I saw 99.80, it was just surreal," he says.

Allen's subjects were English, Maths Methods, Chemistry, Physics, Japanese and Biology. He received a perfect score of 50 in Chemistry, 50 in Biology (which he had completed while in Year 11) and 49 in physics.

"I was slightly annoyed that I didn't get three perfect scores," Allen smiles, his tongue firmly in his cheek.

He will take his place at Monash university this year, the first Simonds graduate to study medicine.

"I'm interested in human anatomy. I was thinking about medicine as early as Grade 3. In Year 9, I told my parents I had settled on medicine. They knew I could push myself and they had faith in me," he says.

Allen's parents came to Australia from

Vietnam, his mother in 1990 and his father in 2004, to provide a better life for their family. The first person in the family to study medicine, Allen hopes to work in cardiology or hepatology.

He says he did endless practice tests as exam preparation. "The most effective use of practice exams is to make errors and to learn from them."

As a high academic achiever, Allen can offer useful advice to Year 12 students. "You can only know the textbook well if you know yourself well first. You have to take the time to reflect."

Year 12 was a lot of work and stress, but Allen loved it. "I made many connections with my classmates and I became close to my teachers, all amazing people."



Allen Trang is heading for medical studies at Monash University.

Allen reveals an unexpected spin-off from his outstanding ATAR ranking. "My siblings didn't get such a high

ATAR, so yeah, I guess I get bragging rights over them!"

Laura Misale writes regularly for the News.

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# Learning on the rise at St Michael’s Primary

Fiona Dunne

Early in the school year, St Michael’s Primary celebrated the official opening of the school’s new Vertical Learning Space. This innovative facility, with its flexible open-plan design and modern resources, is already transforming students’ learning and creativity with its potential for collaborative learning. On opening day, students, teachers and families gathered as principal Denise Hussey, supported by student leaders Estelle Rocca McMahon and Amy Van Rensburg, cut the ribbon. Denise sees the new facility as a significant milestone for the school. “It represents our commitment to fostering a dynamic and inclusive learning environment. We are grateful for the support of the state government in making this vision a reality,” she said. After the opening, students seized the opportunity to explore their new learning areas, collaborative workstations and interactive technology hubs. They immediately engaged in hands-on activities that showcased the versatility of the space. Jasmine (Grade 5/6) is excited to be taking classes in the new learning space. “It’s amazing! I love how we can move around and work with different groups,” she said.

While Isabella (Grade 1/2) is just starting out on her own long educational journey, she is equally delighted with her new rooms. “It makes learning so much more fun,” she said. School leader Estelle Rocca McMahon (Grade 6) summed up the feelings of her classmates. “We can now learn in ways we never have before. We can work together, be creative and can use new technology to learn better,” she said. Fellow school leader Amy Van Rensburg (Grade 6) echoed those sentiments. “We feel so lucky to have this space. It’s going to help us all learn,” she said. Deputy principal Angela Flint described the educational benefits of the new learning environment. “A space that supports collaboration and creativity is so important. It allows students to take ownership of their learning and to think outside the box,” she said. Principal Denise said the opening of the Vertical Learning Space marked a new chapter for St Michael’s Primary and all its students. “This is just the beginning. We can’t wait to see what our students achieve in this incredible space.”

*Fiona Dunne is community engagement leader at St Michael’s.*



Grade 6 students Amy and Estelle flank Denise Hussey (principal), Fr Nicholas Pearce (parish priest) and Sr Mary Louis (former principal).

## A colourful addition to the streetscape

Many people paint their houses. For some, it’s an internal touch-up to freshen their living space. For others, it’s an external paint-job to brighten its appearance in the street. For one property in North Melbourne’s Provost Street, house painting has taken on a whole new meaning. A once bland brick exterior has been turned into an imaginative riot of colour and swirling patterns.



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# Active Gail in her Prime stays fighting fit for life

David McRae

Gail Rockman has lived in Dryburgh Street for nearly 50 years and, at almost 90, lives independently and confidently.

She can't remember when she was last sick. She puts that down to 45 minutes of organised exercise each weekday.

"You don't have to be a gym junkie to exercise and make yourself feel better," she says.

Gail first went to a gym when she lived in Sassafras in Melbourne's outer east. As a child, she and her sister used to walk four kilometres up the hill to Olinda, work through their exercise program and then run home. Nearly 80 years later, she's still at it.

Gail is a member of the Prime program at the North Melbourne Recreation Centre in Arden Street. The program caters for 'Active Adults', people over 60 who want to build their fitness and strength.

Circuits supervised by trained instructors focus on improving flexibility, balance, core stability and upper- and lower-body strength.

Gail recently attended a Prime party, one of the group's regular get-togethers. The function was a celebration of Gail's company and of how much it means to the 50 or so regular participants.

Gail's role as a lodestar for the crowd who had gathered was acknowledged, but in the context of recognising the crucial importance of social contact to long-term health. "I find the people who go so interesting," she says.

"I don't know whether it's because they exercise or whether they're smart enough to know the importance of exercise, but I do know they're a lot of fun."

*David McRae is a local resident, a keen blogger and an occasional contributor to the News.*



Gail Rockman with writer David McRae at a recent Prime 'Active Adults' party.



Sarah Allen and Parul Sen with art prints available in their Errol Street pop-up shop.

## Local artists pop up again in our midst

Nancy Lane

A big welcome back to Sarah Allen and Parul Sen, who have just opened their shop again at 54 Errol Street. Sarah creates art focusing on the natural world, while Parul depicts iconic local cafes and buildings.

Many North and West Melbourne residents will remember them from their previous three-month pop-up tenancy, from July to October 2023 (News spring 2023, p. 7). This time they have the shop until the end of 2025, thanks to Creative Spaces, which manages this facility for the City of Melbourne.

Last year, both women continued to keep busy.

Parul felt that staying in North Melbourne and continuing to build connections with the local community was the right decision for her, and she set up a pop-up shop at 400 Victoria Street for a year.

She also participated in several markets, including the Big Design Market at the Exhibition Building in Carlton, and she's planning to do that again this year. Her biggest stockist is Matcha Inc. in Guildford Lane in

the Melbourne CBD, and she has also been busy with commissions.

Meanwhile, Sarah had the Tiny Shop in Travancore. She completed her largest mural to date in South Kingsville (Hobsons Bay) and had a large printed mural installed in the children's section of the Melbourne City Library.

Her third children's book, *Ingenious Insects*, was published in June, which resulted in numerous primary school and library author visits and art workshops, especially during Book Week.

When the opportunity came up again for the shop on Errol Street, the pair jumped at it. "We decided that together we are stronger," Sarah says. "Yes, we are really excited to team up again," Parul adds.

They have plenty of plans for this year. Because they have set aside private areas at the back of the shop where each can work, they are planning to make the shop their studio as well, to create new artworks.

"When I create an art piece, I'm sharing my story – my experience of a place. It's deeply fulfilling when

the community connects with it, too," Parul says.

The pair also plans to release new products to add to their existing range of prints, books, posters, greeting cards, postcards and calendars. They want to collaborate with local businesses as well, and they are starting to run art workshops.

"We are excited to have the space to hold workshops again. We will offer a variety of experiences, where people can make art and explore their own creativity in collage, paint and digital painting," Sarah says.

*Nancy Lane writes regularly for the News.*

### Want to know more?

To keep up with workshops and other events, follow Sarah and Parul on Instagram at <https://www.instagram.com/sarah.and.parul/>. Even better, drop by the shop during opening hours: Wed 10-1, Thurs and Fri 10-5, Sat 10-2 and Sun 10-1. They each also have their own websites, Instagram and Facebook accounts – search for Parul at [pinkwattle art](#) and Sarah at [sarahallen](#).

## ELLEN SANDELL

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GREENS**



# Welcome to a new companion

We've always had dogs, more often than not two at a time. Our last two – Finn, a Finnish Lapphund, and Toby, a rescue Jack Russell cross – both 16, died just as summer was starting.

A friend arranged for Jenny Esplin, an artist who specialises in pastel portraits of dogs, to do pictures of both the dogs.

The house seemed desolate without them and as soon as we lost them, we started to look for a new one. We wanted a small, cheerful dog, easy to handle and not too young, and one that would get on peaceably with chooks.

We were fortunate to find a wonderful replacement at the Lost Dogs Home in Gracie Street in the form of a 10-year-old Jack Russell cross terrier. On the home's website, he was called Sir Billy Bob Brown. We have settled for calling him just Billy.

He loves us and we love him. He's perfect in most ways, except that he has never before met chooks.

At his first off-leash encounter with Rosie, our little black bantam, he gave chase and dislodged a mouthful of feathers. I grabbed him quickly. He hasn't tried again, but some careful training may need to take place.

Meanwhile, in high summer, bursts of high heat between sudden downpours of heavy rain resulted in a blowsy, overgrown wildness throughout the garden. It included a jungly patchwork of bright colours.

Great heads of fabulous lilliums burst into flower in late December, followed by sprays of spectacular delphiniums,

## GARDEN GLORIES Marion Poynter



in various shades of blue and purple, which towered over clumps of white shasta daisies, bright orange coprosmas, blue salvias and salmon alstroemerias.

A scarecrow, home made for our garden opening last November,

guarded the oncoming summer crops in the vegie patch. Over the season rhubarb, beans, tomatoes, raspberries, basil, parsley, lettuces and zucchini provided pickings for weeks on end.

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



Marion's new Jack Russell cross, Billy, left, with paintings of the much missed Finnish Lapphund, Finn, and Jack Russell cross, Toby.



Marion with her home-made scarecrow guarding the summer harvest.



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Life hasn't gone the way it was meant to. I'm 56 in June. I've had many jobs but never owned a house. I've not had anything like a relationship, a partner or husband. All I really want is a place to plant trees and to sit and watch them grow. A place where I can burn metal and make it rusty. A paddock in which I could have sculptures of dead classic cars that no longer want to run. But none of this is likely for a while.

★★★

I did a survey on the awful topic of male-on-female murders. I conducted the survey on 200 people while travelling on three different trains. Two out of three respondents agreed with me that protest against such violence is not working. Think of the awful reality where a so-called 'great guy' demands sex as his right, even if it involves murder. My possible solutions include public castration of perpetrators and may not be widely accepted. Any better ideas?

★★★

In late 2022, I had a heart attack and a stent put in. My beloved assistance dog, Nunga, slept with me on the fifth floor in the RMH ICU heart ward. It was delightful. Nurses would hear there was a dog in the ward and would visit or take him out for a walk. A month later, I had to kill him (I'm not a fan of that 'euthanasia' word) because his arthritis had worsened. I have regretted it greatly every single day since.

## VERY IMPRESSIVE

★★★

Two years ago, I found a wee lump in my mouth but was told "It's nothing". Within two months, it was cancer. It may have been there for more than 30 years. I had 35 doses of radiation and chemo-nastiness. Today, lucky young people can get a vaccine. I'm disgustingly envious because they'll not have the same shit and side effects I've been having. They call it radiation therapy because if they accurately called it radiation torture, no-one would turn up for their appointment.

★★★

I got lost in Warrnambool recently. I've been working on one of my dolls – infant-sized, without hands, feet or head. The doll was wearing a red cotton jumper with a stegosaurus on the front, two buttons on the left of the neck. I've been working on it for the Festival Of The Curious and Weird to be held at Flemington Showgrounds. The bad news is that I arrived in good time at the railway station to catch the train home only to discover my doll had been misplaced.

★★★



Someone asked me about my favourite activity. There are many. I love sewing (totally self taught) with my personal sense of fashion. I study fashion trends, so I can go against them completely. I love being amongst trees, especially when nude, and going to the Nova cinema every Monday. I like creating art, reading a good book and gardening. I enjoy sculpture of found objects and eating cake, especially if combined with sex. Plus there's eating pizza and cycling, although neighbours have trashed both my bikes.

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

## 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 March in the 1880s.**

**Bolt found some cheers in her frequent beers (1887)**

Nicola Bolt was charged with embezzlement from her employer after being found gambling and spending freely on beer. She asked the magistrate to be lenient with her as she had never been in trouble before. However, prosecutors tabled a list of her previous convictions, resulting in the Bench imposing two months' enforced teetotalism.

**Two cunning Foxes caught out on a sandy breach (1888)**

James Fox and his brother David were charged with removing sand along Flemington Road. James claimed they had received council permission, but this was denied. David claimed that no sand had been removed, only rubbish. The Bench frowned on the defendants' evidence and imposed a fine for 10 shillings on each.

**Sullivan sullies her good name and is booted from court (1888)**

Jane Sullivan was charged with larceny after a shop proprietor on Errol Street discovered an expensive pair of boots hidden under her shawl. Sullivan claimed she was only inspecting them but was imprisoned for one month with hard labour. She told the court: "That's too hard for a little mistake."

**Holley's folly in the foul case of reeking cauli (1888)**

Inspector Magnus testified that Edward Holley had allowed offensive fluid to flow from his premises into the street. Inspector Dalton visited the shop and found foul-smelling fluid from pickled cauliflower flowing down the drain. Holley pleaded guilty and was fined 10 shillings with costs.

**Black goes off the rails as he swears black and blue (1887)**

Michael Black faced court after an incident at North Melbourne train station. Constable Doyle had told Black to go home after he had used indecent language. Instead, Black ran onto the train track and then assaulted a porter. A chastened Black admitted to the Bench that he "had had a drop".

**The Salvos get lagged for frightening Catt's nag (1886)**

Richard Catt was charged with lacking proper control over his horse and cart in Queensberry Street. It seemed his horse was alarmed by the noise and blue lights of the Salvation Army and bolted down Errol Street, injuring several people. The bench ruled the Army was at fault and dismissed the case.

*Michelle Brett writes regularly for the News.*

## Something to share?

Do you have a skill, talent or expertise to share?  
Would you like to start a club or discussion group?  
The Neighbourhood Centre could be just the place to get started. Call in or drop us a line at [admin@centre.org.au](mailto:admin@centre.org.au)

# Dubiously orange fish is talk of the town

"That fish has been dyed," Sebastian said.

"How do you mean?" Claire said, leaning on the cold, curved glass of the display cabinet.

"Soaked in dye. To make the colour orange, bright orange."

"Even here? At the market?"

"I think so," Seb said. "I think so."

"Well, I'm going to buy it anyway," Claire said.

Once again, she pressed her hand on the cold glass of the fishmonger's cabinet. She waited for the woman serving to finish wrapping the order in front of her. The crackle of the white paper expertly folded, secured with a piece of Scotch tape.

"Two pieces of the salmon, please," Claire said.

The woman serving had dark hair, tied back. She was efficient, fast. There was a man behind her cutting fish into fillets. They wore aprons.

"Twenty-one dollars," the woman said, wrapping Claire's fish now. Again, neatly folded into a parcel. "Cash or card?"

## A PLACE TO CALL HOME Matthew Hooper

"Card," Claire said, bagging the parcel, pressing her card against the machine firmly. The card flexed. "Shall we go up to fruit and veg?" she enquired of Seb.

"Sure," he said. "And maybe a coffee from that place on Elizabeth Street."

Seb put his arm around Claire.

"Not here," she said.

"Oh, for God's sake," Seb said. They moved apart.

"Let's just go up to the fruit and veg section," Claire said.

"Ok," said Seb, slightly wounded, shaken that she would not let him put his arm around her.

Bright neon light bore down on them. The concrete floor threw up cold air. Perhaps it was the refrigeration of the fish and meat – piles and piles of it behind cold glass. It was surely this that made the covered walkway chilly.

Out the sliding doors it was a sunny day.

"I'm going to the organic section," Claire said.

"I'll meet you there," Seb said. "It's too expensive for me up there."

"Whatever," said Claire, thinking about the specials she would find and how it wasn't that expensive to eat food without chemicals all over it.

"You can wash fruit and stuff in soapy water," Seb said, anticipating Claire's logic.

"I know," she said. "I know."

*Matthew Hooper writes regularly for the News about his experience in local share houses. His novel, A Cold Season, was published by Transit Lounge in November.*

# Two sides of saving kids from socials

While grabbing a coffee on Errol Street the other day, I overheard a group of parents discussing the government's plan to ban under-16s from social media. It got me thinking about the pros and cons of that plan.

The federal government's proposal to introduce a mandatory minimum age of 16 for social media accounts has sparked a bit of a debate.

While some view this as a necessary step to protect young people, others argue that it raises concerns about digital rights, enforcement and unintended consequences.

One of the strongest arguments in favour of the restriction is the potential to mitigate the negative effects of social media on mental health.

By delaying access, proponents argue that young people may be shielded from harmful content and addictive platform designs.

Supporters also point out that age-based restrictions exist for other potentially harmful activities, such as alcohol and gambling, and that social media should be no different.

However enforcing such a restriction is tricky.

Unlike buying alcohol, where ID can be briefly checked and not stored, proving age online without compromising privacy is far more complex.

## SAFETY IN CYBERSPACE Nebojsa Pajkic

Critics argue that this could lead to government-mandated digital IDs, a measure which many would strongly oppose due to privacy concerns.

If platforms are required to collect and store official identification, this will make them attractive targets for digital criminals (also known as threat actors).

Some also argue that banning social media for under-16s could push young people towards circumventing those controls by using riskier technologies or alternative platforms with fewer safeguards.

Just as underage drinking still happens despite legal restrictions, a strict ban may not eliminate the problem but rather could make it harder to protect young users.

Another concern is the broader implications for freedom of expression and access to information.

Social media is not just a source of entertainment but it also plays a vital role in

education, activism and social connection.

Restricting access could adversely impact teenagers who use these platforms to engage with their communities, learn new skills or participate in discussions on issues that affect them, just to name a few benefits.

Ultimately the debate highlights the delicate balance between protection and personal freedoms.

While the risks of social media for young users are real, so too are the risks of heavy-handed regulation.

A more effective approach may lie in strengthening platform safety measures, improving digital literacy education, and providing parents and guardians with tools to more effectively monitor and control children's online experiences, rather than implementing an outright restriction.

Got a cybersecurity question? Write to [nebojs4@gmail.com](mailto:nebojs4@gmail.com) and you may be featured in a future issue.

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





Last year's Christmas lunch at West Melbourne Baptist Church and Community Centre.

# Christmas cheer shared

Marcus Chick

On Christmas Day, the West Melbourne Baptist Church and Community Centre hosted 75 attendees at our annual Christmas lunch. The lunch is an offshoot of our monthly community dinner program (first Sunday of the month from 5.30 pm). These Christmas lunches began at the request of some of our community members and have been held for the past three years. Our December attendees came from many national and cultural backgrounds and enjoyed a meal that borrowed from many cultures and cuisines. The food ranged

from traditional Australian roast meat, vegetables and pudding to Afghan biryani and pilau, Cambodian fried rice and Syrian pickles. Our enthusiastic activities committee also put on a range of entertainment including a Christmas-themed quiz and traditional Christmas carols. Phung Hoang is Vietnamese and said she loved the lunch. "I'm a Buddhist but it was just wonderful being a part of the Christmas lunch and having a chance to learn about Australian Christmas culture," she said. While Christmas is a joyful time for many, for others it can be a struggle or even a sad time

if enduring financial stress or loneliness. Our lunch offered a shared meal in a relaxed and friendly setting, and many attendees commented on the welcoming and friendly atmosphere. One man who had faced many challenges in life and who usually celebrated Christmas alone, summed up the day poignantly. "It was the best Christmas that I've had in 15 years," he said. The next nine months will fly by and we'll definitely put on another traditional Christmas lunch!

Marcus Chick is office manager at the West Melbourne Baptist Church and Community Centre.

# Rotary lends a helping hand

Neville Page

The North Melbourne Rotary Club is active in many local community activities. We are also keen to be involved in worthy international projects. The club supports poor Cambodian families that live in rural areas around the major tourism hub of Siem Reap, the gateway to the famous temples of Angkor. We provide funds to the Cambodia Rural Students Trust (CRST), initially set up by a Melbourne Rotarian to provide educational pathways for the children of impoverished rural families. CRST arranges secondary education for children and also provides an opportunity to go to the capital Phnom Penh for

tertiary study. They can receive accommodation support and meal allowances and, in return, undertake a range of community-building projects. Our Rotary club is currently supporting the Thunh family – 41-year-old Hab and her seven children, ranging from three to 18. Funds we send to CRST enable the family to receive fresh food from local markets with ongoing checks on their welfare and the children's school attendance. In December, my wife and fellow Rotarian, Judy, and I and two grandchildren, Ruby (15) and Ness (12), were delighted to be hosted by CRST in Siem Reap. While there, we were thrilled to have an opportunity to visit the Thunh family. It was fitting that we gave

each member of the family a symbolic gift. Each received a T-shirt with a different Australian design, and the school-aged children were excited to get exercise books, colouring pencils and Aussie-themed badges. For us, it was a sharp reality check to see all eight family members living in a one-room house without electricity. However, all were so happy and positive with their lives, and the children were enjoying going to school. Only later did we find out that their tiny home had been built in a day by a CRST working bee with help from members of Ivanhoe Rotary Club.

Neville Page is a past president of North Melbourne Rotary Club.



Mrs Hab Thunh (fourth from left) with six of her seven children, and Neville and Judy Page and their grandchildren, Ness and Ruby.





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# New ideas on recycling

Very Impressive

It's time to look at the council recycling scheme.

The labelling of so many items has become confusing and annoying. For example, I saw one bottle with a 10 cent-return. The catch was it was only claimable if sold in South Bloodied Australia, and I'm so jealous that I wasn't able to do it.

I used to love collecting empty bottles to get a few pennies way back when I was a kid in my native New Zealand.

Now, here in Melbourne, I was seeing so many bottles, cans and tetra cartons going to waste every day.

On the front page of the September News, we had Neighbourhood Centre volunteer Michael with the article saying that 60 per cent of kerbside bins are contaminated. Since I started collecting, I reckon the contamination rate is closer to 80 per cent.

It drives me mad when I see rubbish and recycling bins right next to each other, because they both end up full of garbage and recyclable items.

The only bins I see in Melbourne that are not regularly contaminated are those at railway stations – Flinders Street, Southern Cross and the City Loops.

And that is only because they are see through, for anti-terrorist purposes, so people feel guilty about putting their crap or recyclables into the wrong bin.

A few facts. When the recycling is

being sorted, if more than a certain percentage of, say, milk bottles, have their lids on, then the entire load will go into landfill. Having the lid on is an indication that the bottle has not been washed. Who wants to be in a workplace where thousands of unwashed bottles or those that have been sitting in the sun for hours or days are crushed. That's tons of waste per person.

Totally understandable that, on this not-washing issue, China suddenly said, "Nah f--- it, we are not friends anymore with Australian garbage."

Another gripe of mine is the many inappropriate things in recycling bins (for example, aerosol products or the wrong plastics). My theory is that if something is made from plastic then it should be recyclable, or it should be illegal to manufacture it.

I regularly have to pull car batteries out of the tenants' bins on my property. If Australia was to recycle properly, we could easily lead the world in sustainable development. But, there is more money involved in doing it incorrectly than in doing it right.

Then there are car tyres. We should have better laws on building Earthship homes. They are a great idea and a sustainable solution for car tyres.

They also create their own air conditioning, grow produce and create a healthier atmosphere for children.

Very Impressive writes regularly for the News.



Andrew Lawes with Estuary Yoga Space's 'employee of the month', Aria.

# Yoga, art and the joy of a dog

David López Reyes

Estuary Yoga Space, at 754 Queensberry Street, offers a sanctuary for those seeking balance, movement and mindfulness.

Founded in 2017 by Andrew and Lucy Lawes, the studio has grown into a vibrant community space offering classes including Vinyasa yoga, Yin yoga, Pilates flows, and Zenthai Shiatsu bodywork. It also provides a yoga teacher-training program, equipping students with the skills to guide others in their yoga journey.

Andrew explains that Estuary Yoga was born of a desire to make a positive change in the community, while also allowing him to break free from a nine-to-five corporate job. "Estuary gave Lucy and me a chance to create something we could feel really good about doing each day," he says.

Andrew and Lucy knew North Melbourne well, having lived here after their arrival from New Zealand, and felt it was the perfect place to bring their vision to life.

Estuary Yoga moved to its current location from a smaller studio, also in Queensberry Street. Andrew transformed the new space, knocking down walls, building doors and crafting furniture to create a welcoming environment.

"It was the old TPG head office, just a big open-plan space and it gave me the scope to do whatever I wanted," he says.

Lucy's artistic talent brightened the space with distinctive artwork. "The painting here, with these rippling stripes and things along the wall, that's Lucy. She's a woman of many talents and an amazing artist," Andrew says.

He sees yoga as a way to connect mind and body, much more than a mere physical exercise. "Yoga is a wonderfully versatile blend of doing something that's not only great for your body but also great for your mental wellbeing," he explains.

This philosophy extends to the classes, where thoughtful themes help students carry mindfulness beyond the mat. "Yoga isn't just about the hour on the mat. The real magic is when you start to find little moments of yoga in your daily life," Andrew says.

He believes yoga should be accessible to everyone and ensures the studio fosters an inclusive atmosphere where students of all levels feel comfortable. "We love to cater for anyone, any age, any

experience; whatever's going on in your life, you can find joy on a yoga mat," Andrew says.

Beyond yoga, the studio has another warming presence. Aria, their gentle greyhound, has been with them since they opened. "We developed an in-house 'employee of the month' award. However, every month, Aria wins," Andrew laughs.

Aria, now 12, no longer greets every guest at the door, but remains a calming presence in the studio. Andrew says dogs have a "wonderful joy about them". "They're just happy to be around you, to be involved in whatever you're doing. And I think we could learn a lot from that," he says.

With carefully curated classes, a welcoming space, and strong sense of community, Estuary Yoga is more than just a yoga studio – it's a home for connection and wellbeing.

David López Reyes writes regularly for the News.

# A Street Prayer

Brendan Gleeson

(For Michael Leunig)  
We give thanks  
For those North Melbourne  
Street libraries  
Breaking the poison ivies  
Of I'm alright  
Leave me alone  
In my tangled home  
A child stops  
A harried parent  
Knows daren't  
Be the cyclops  
Who can't see  
What she sees  
A love tree



Brendan Gleeson writes regularly for the News.

## VICTORIA'S CONTAINER DEPOSIT SCHEME



Return for 10c refund



You can now exchange eligible drink containers for 10 cents. Together, we can make a positive difference to our community and our environment. The Neighbourhood Centre, 58 Errol Street, North Melbourne accepts containers Mondays 10 am – 6 pm, Tuesday 10 am–4 pm, Wednesday to Friday 10 am – 3 pm, Saturday 10 am –2 pm. Call ahead on 9328 1126 if you have more than 200 containers.

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FEDERAL MP FOR MELBOURNE

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THE GREENS





# MULTICULTURAL EID FESTIVAL



Eid, a widely celebrated occasion, symbolises unity, gratitude, and spiritual rejuvenation in the Islamic calendar. It signifies the culmination of Ramadan, a month of fasting and introspection, bringing joy as families and friends gather. Eid also embodies generosity through charitable deeds and communal feasts.

Embracing inclusivity, this festival warmly welcomes all, with a particular emphasis on supporting local migrant communities in North Melbourne, Flemington, Kensington, Ascot Vale, Carlton, and Fitzroy.

## FREE

## WHAT TO EXPECT

- Festive celebrations
- Cultural music & dance
- Traditional cuisine
- Activities for all ages
- Games & entertainment
- Amusement rides



The wider Victorian community is welcome to enjoy diverse cultural activities and savour free traditional dishes from five different nations.



**Saturday 5th April**  
1pm - 6pm  
North Melbourne  
Community Centre &  
Buncle St. Reserve

49-53 Buncle St. North  
Melbourne

Thank you to our local partners  
for making this event possible





# Accommodate locals' need for public housing

Ever since the Labor state government announced it was going to demolish all 44 public housing towers in Victoria and hand the land over to private developers, public housing residents, advocates and the Greens have been working tirelessly to stop Labor's plan to privatise our public housing land.

We need more good-quality public housing homes to house everyone on the wait list and to ease the pressure on Victoria's crippling housing crisis – not more expensive private apartments.

Dedicated public housing residents and Greens volunteers knocked on every door in our local towers last year to answer any questions residents had and to offer our support.

Overwhelmingly, we heard that people had been given almost no information about the plan and wanted answers to really basic things like where they would be relocated, whether they would be able to return, and how this plan would impact public housing in the long term.

Working with the community, the Greens and I were able to secure a parliamentary inquiry into Labor's plan. An inquiry creates a powerful opportunity for the wider community to have their say on the impact of Labor's decision, relocation plans, the future of these public housing sites and the future of public housing in Victoria.

Submissions to that inquiry are now open. Whether you live or have lived in public housing, live close to one of the towers, know someone who will be impacted, or are a public housing advocate, the Labor state government needs to hear from you. Your submission will help shape the final recommendations of the inquiry. You can make your submission at:

[www.parliament.vic.gov.au/publichousingtowers](http://www.parliament.vic.gov.au/publichousingtowers)

The Greens and I will be pushing for all public housing sites to remain in public hands and not handed to private developers, for any homes demolished to be replaced with 100 per cent

## THE LIFE OF THE PARTY Ellen Sandell



public housing, and for the Labor government to invest in building more public housing homes to meet the obvious need.

I'm organising some drop-in sessions for public housing residents so they can come along and get support with writing their submission until 31 March. If you'd like to know more about that, get in touch with my office at: [ellen.sandell@parliament.vic.gov.au](mailto:ellen.sandell@parliament.vic.gov.au)

Everyone deserves a secure and affordable place to call home. Together, we can create the meaningful change we know is needed to save public housing in Victoria.



Ellen Sandell with community members at high rise block in Alfred Street.

## the back track (Bill Hannan)

in a clearing along the back track  
the shades of old socialists gather  
sunset is staining the wattle with blood  
campfire talk rids the world of Capital  
a full moon brings equality to the bush  
and sunrise turns the gum trees to gold

the night birds have mourned their losses  
the kookaburras have laughed them off  
but that does not mean that they're strangers  
to the great worlds that might have been  
if Labor had kept wanting to take them over  
production, distribution and exchange

they yarn about the strikes and the marches  
that grew from the eight-hour day  
unions they agree must be aggressive  
if the bosses are ever to give way  
and they tell tales of the days when Labor  
was proud of the socialist objective

they remember why Joe went to war  
how they lived from their swags in the thirties  
they mull over post-war reconstruction  
the disaster of Ben and the banks  
and wonder when global capital  
will bring on its own destruction

before they go back to the track  
alone or with a mate  
they make their customary visitation  
to the grave of the unknown socialist  
who lies beneath a vast old tree  
now a white and leafless skeleton

leaning against it on a sawn trunk  
is etched the following inscription  
honour this loyal socialist son  
said to have come from Barcaldine  
blacklisted by the squatters for calling out  
the shearers in eighteen ninety-one

Pat reads the inscription out loud  
as the bushmen take off their hats  
Jack carries around the billy  
fills all their mugs with hot tea  
and silently they echo Pat's toast  
to the spirit that never will die

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

## KRYPTIC KWIZ Maurice Gaul

See page 19 for the answers.

Maurice Gaul is the outgoing editor of the News.

With a federal election on us soon, here are 30 electorates from across the country

Bean	Blair	Bruce	Cooper	Curtin	Fairfax	Farrer	Flinders
Flynn	Franklin	Hughes	Hume	Isaacs	Kingston	Kooyong	La trobe
Leichardt	Lilley	Lindsay	Macarthur	Mackellar	Maribyrnong	Mayo	Menzies
McMahon	Moncrieff	Moreton	Parkes	Petrie	Ryan		

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

- 1 I'm an old-world wooden craftsman who has barrels of fun

2 I'm the reverend who got the medics flying out to the outback

3 I'm Abe's son who got lucky when the Lord's angel winged in

4 I'm writing a Valentine's tale of three lost girls rockin' on a Rock

5 I'm an Aged family stripped by Wocka, now dressed to Nines

6 I brought a third way to British politics but got rocked by Iraq

7 I'm sounding like a cultured dish cultivating the best bacteria

8 I'm a Prussian explorer inspiring White's classic a lost Voss

9 I brought in harsh licences, sparking a bloody Ballarat uprising

10 I'm a one-time Bayside prison, now known for my tasty bugs

11 I'm Rowan's muted and disaster-prone seed of a legume

12 I'm where Monique holds court near a once elitist grass court

13 I'm a Jamaican town where crooner Harry farewelled his girl

14 I was big into wheat, on the green note that replaced the quid

15 I'm sounding like the 1970s' chant that echoed around the G
- 16 I'm the name of all the Ockers under Monty Python's Big Top

17 I'm flowing salty and fresh, and I can cause a run on the banks

18 I'm an Irishman's girl having a WW1 beach fling with a Tommy

19 I'm sounding like what Joh said would fade in bright daylight

20 I'm a Dotty sentimental rhymster on My Country's climate woes

21 I was always a Little Glad when I soared to opera's high notes

22 I'm an old sea salt who sailed right around the southern land

23 I returned in triumph to Manila to honour an egotistical promise

24 I'm a pompous Scot often called Ming, now I wing it at Monash

25 I'm a stumbling, silly-Billy PM, and I'm even sillier than ScoMo

26 I'm a philosophical Scot who opened up Australia's south-east

27 I'm a west Irish county and an abbreviated popular dressing

28 I'm a free-flowing Greenish river that turned the 1983 election

29 I'm where The Dish kept an eye on Apollo 11's moon landing

30 I'm an irascible WW1 Billy who fought my arch(bishop) enemy



General Practitioners  
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The Congregation of  
Mark the Evangelist  
Incorporating UnitingCare Hotham Mission

## Conversations on the Quarterly Essay

A discussion group on things that matter in Australian society: 4 April in Parkville

Weekly online study groups

March–April: Christ on Trial

May–June: A Public Faith

10am Sunday worship in Parkville,  
live and streamed

More information:

[www.marktheevangelist.unitingchurch.org.au](http://www.marktheevangelist.unitingchurch.org.au)



Hotham Mission has long served local young people and their families in North Melbourne and neighbouring suburbs.

The HM Board is seeking new honorary members to assist in its community work.

More information:  
[hothammission.org.au](http://hothammission.org.au)



# Skipping through a rosy life

Keely Naylor

Rose has been dubbed Skipping Girl by the many local runners, cyclists and walkers who frequently spot her in the Royal Park precinct.

"I usually cycle to work so I can stop and skip whenever I want. I've always got my rope so I'll just stop for a 'skip stop' when I feel like it," she says.

Rose skips everywhere. Sometimes, it's around Optus Oval or in one-way streets near the university or the zoo.

"When I skip, I feel like I'm flying. It's exhilarating. I love it when I get a wave or a thumbs up from passing runners and cyclists," she says.

Rose says she fell in love with skipping as a child.

"I used to skip with my neighbour on the footpath. We used to have these little competitions."

As an adult, picking up a rope in an op shop rekindled the skipping flame that had flickered. "I've had probably 15 ropes, all from op shops. I never

spend more than five dollars," she says.

"A work friend gave me my current rope. It's the best one I've ever had, even better that it's purple. I've shortened it and it's still in good condition. I used to have a ribbon on it, until I thought it looked a bit childish"

Rose likens having a skipping rope to being in a relationship. "It can start to fray because you've spun it so many times and it's difficult to go and find a new one," she says.

Skipping remains Rose's abiding passion, always accompanied by music. Noise reduction headphones allow her to immerse herself in the beat of Michael Jackson or American rappers.

"They give a rhythm that matches how I want to skip," she says.

Rose laments that local parks provide courts for basketball and netball but have no soft-base skipping pads that might encourage recreational skippers. "If councils built them,

people would come," she says.

While Rose is already an identity around Royal Park, her thoughts extend much further. "My dream is to skip around the world," she says.

She's already conquered Italy. "I've skipped in Rome, Venice, Bologna and Florence. My favourite place was skipping in front of Rome's Spanish Steps. Also in Venice, near the canals."

The wonderfully free-spirited Rose laughs as she describes her US travels and her skipping visits to New York and Washington. "I can do anything in New York, right?"

After taking the Big Apple by storm, Rose now hopes to share her passion with a local skipping group.

"We'd need music. I don't want to be talking to people and telling them how to skip. I just want them to skip with the music."

Keely Naylor writes regularly for the News.



Illustration: Ed Zhao

# Audrey skipped her way into hearts

Maurice Gaul

The famous Skipping Girl, the first animated neon sign in Victoria, has delighted generations of children as a much-loved Melbourne landmark since 1936.

'Little Audrey', as she is affectionately known, originally promoted a brand of vinegar. During the last 89 years, the sign has been removed, lost,



Audrey has graced her own stamp.

found in a damaged state, restored and moved to various sites around Richmond.

Whenever Audrey was under threat, a public outcry ensued. Comedian

Barry Humphries spearheaded a 'Restore Audrey' campaign with a typically quirky song, *Ode to the Skipping Girl*, performed by rebel folksinger Shirley Jacobs.

Audrey featured in Howard Arkley's paintings and has been the backdrop in many Australian films.

Melbourne indie pop group Skipping Girl Vinegar named themselves after the sign, saying, "We love her, she's part of Melbourne."

Audrey has become part of a wider local musical culture. She inspired pop group My Friend the Chocolate Cake to refer to her in their song, *All in the Way*.

*It's all in the way we go out night walking  
The skipping girl vinegar, skips all through the night  
She is so effortless and out of control  
And I don't want her to change, at least not for a while*

At a more formal level, the National Trust declared Audrey a Victorian heritage icon in 2007. Supported by public donations, it continues to protect her, and she is now on the state's heritage register.

Audrey's timeless image was enshrined on a 2015 Australia Post stamp, and solar panels now power her eternal skipping.

The likely original inspiration and model in Audrey's design was a 13-year-old junior artist, Irene Barron.

"She had to skip for hours so they could capture the rope's movement," her daughter Gwenda Ruby told 3AW radio in 2020, soon after Irene died, aged 99.

That a 1930s' vinegar company sought a skipping girl image is no surprise to those of us with fond

memories of playtime at primary school when the boys played footy and the girls practised skippy.

Girls twirled the shared rope while they chanted "Salt, vinegar, mustard, pepper / If I dare, I can do better" as the more talented skippers threw themselves into a frenetic, almost frightening, pepper ecstasy.

Maurice Gaul is the outgoing editor of the News..

**Want to know more?**  
A reproduction of the original Skipping Girl now jumps rope above 651 Victoria Street, Abbotsford, at Skipping Girl Place, just metres from where the original Audrey started skipping in 1936. Skip along with Audrey at [www.youtube.com/watch?v=HAW42fzIkDA](https://www.youtube.com/watch?v=HAW42fzIkDA)



# St Michael's North Melbourne

## "Where I'm Known"

Prep 2026 Enrolments now open.

Limited positions now available from Prep to Year 6 for 2025 ongoing.

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Denise Hussey - Principal

[www.smnthmelbourne.catholic.edu.au](http://www.smnthmelbourne.catholic.edu.au)





With Anzac Day on 25 April, it’s time to remember some local men and women who served in WW2.

# Saluting locals who served

Patrick Ferry

This year marks 80 years since the end of the World War 2 (1939-1945). Thousands of people from the North Melbourne and West

Melbourne community served in that conflict. From different backgrounds and walks of life, they were united in their willingness to serve Australia when it was

needed. Many of their service records have photographs that put faces to their names. This Anzac Day, we especially remember these men and women.

Patrick Ferry is a project manager in National Archives’ digitisation services team. Patrick is based at the Victorian Archives Centre, 99 Shiel Street, North Melbourne.

National Archives recently completed a five-year project to digitise 858,368 WW2 Army and RAAF service records. This was supported by \$13.3 million in funding from the Australian Government, including under the *Defend the Past Protect the Future* program. A generous donation of \$1 million from philanthropist Barbara Mason also enabled fragile negatives to be digitised and preserved for future generations. These records can now be accessed free of charge via National Archives’ website: [www.naa.gov.au/explore-collection/defence-and-war-service-records](http://www.naa.gov.au/explore-collection/defence-and-war-service-records)



Aircraftwoman Myrtle Louise Rogers, born North Melbourne 1919, enlisted into the RAAF 19 December 1941. (NAA: A9301, 90402)



Flight Lieutenant Allan Bruce Cameron, born North Melbourne 1924, enlisted into the RAAF 23 May 1938. (NAA: A9300)



Private Marjorie Hannah Calnan, born North Melbourne 1924, enlisted into the Australian Army Medical Women's Service, 8 March 1943 (NAA: B883, VFX91640)



Leading Aircraftman Kenneth Duncan Sinclair, born North Melbourne 1917, enlisted into the RAAF 26 March 1942. (NAA: A9301, 52455)



Flight Sergeant Joseph Anthony Battanta, born West Melbourne, 1924, enlisted into RAAF 8 October 1942. (NAA: A9301, 119330)

# He played a greater game

Maurice Gaul

At 32, Len Thomas was a hardened footballer when he captain-coached North Melbourne for the first six games of 1940. Thomas had made his name at South Melbourne (now Sydney), playing 187 games, twice being club champion and starring in the 1933 premiership win over Richmond. In 2011 Sydney inducted him into the Swans Hall of Fame. The 1933 grand final, in front of a then-record crowd of 69,700, was Thomas’ finest moment. He and teammates celebrated with a dinner in Melbourne Town Hall then, likely well oiled, they cheekily taunted Tiger fans by riding through Richmond in a charabanc (an open-topped motor coach). Thomas had followed his legendary father, William ‘Sonna’ Thomas, to the old Lake Oval. Sonna had played in South’s 1909 premiership win over Carlton, captured forever in the oldest surviving film of Australian football. Nostalgic footyheads can still view it on the net. Sonna encouraged both his sons, Len and Will, to grow up in an “atmosphere of sport”. “Len was good at everything – baseball, swimming and cricket – and was the better footballer of the two,” he told the *Sporting Globe* in 1940. Thomas left South after the 1938 season and moved to Hawthorn where he captain-coached the Mayblooms, as they were then known, to five wins. After several early Hawthorn wins, the *Globe* said he had given his charges “more purpose, more devil”.

While Hawthorn soon returned to their perennial doldrums, Thomas’ popularity among the players inspired a new club song. While it was unlikely to top the charts, it encapsulated that distant era’s innocence. *Come on Hawthorn, you beaut Mayblooms You look swank in brown and gold Len is here to help you trick ‘em Wear em’ down and keep in hold* Thomas departed leafy Hawthorn after a year and headed to gritty Arden Street to captain-coach North Melbourne. However, five losses in the first six games gave little joy, with a round-six, one-point loss to his old South Melbourne especially galling. In mid-1940, international news shocked Melbourne. On the first day of June, the day of North’s narrow loss to South, frightening reports arrived that more than 340,000 British and French soldiers were trapped by the Germans on the beach at Dunkirk. A hastily assembled flotilla of small fishing boats passed into legend by bringing nearly all home safely. Had all been lost as was initially feared, Great Britain may well have fallen to the Nazis. At 32, and well past his physical prime, Thomas, along with thousands of other young Australian men, felt the mother country was in danger and made a moral decision to enlist. When asked why a married man with two children, and happily employed as a customs agent, would volunteer for overseas service, Thomas’ reply was succinct. “I just had to do it”. Within two days, army doctors had assessed



Corporal Leonard Thomas, captain/coach of North Melbourne (VFL). Enlisted into Australian Imperial Force 17 June 1940. Killed in action 17 August 1943. (NAA: B883, VX21564) the champion footballer as ‘fit’. Just 13 days later, he had enlisted at Caulfield racecourse and had made a will in favour of wife Edith. In mid-1941, Thomas left for the Middle East, where he served in Palestine and Syria. A natural leader, he was promoted to sergeant. Army records reveal he was wounded and spent time in hospital. In February 1942, he received an official reprimand for what his Army file coyly states was

“conduct prejudicial to good order”. In October, having been evacuated from the Middle East, he requested a transfer to the 2/3<sup>rd</sup> Independent Coy and chose to revert to the rank of private. The 2/3<sup>rd</sup> was one of our 300-man commando units in World War 2. Men were trained to live off the land and navigate by the stars as they crept behind Japanese lines and to kill by knife, bayonet or with their bare hands. In early 1943, Thomas sailed with the 2/3<sup>rd</sup> on the *Weeroona* to New Guinea where he was promoted to corporal. He saw action, was wounded in March and evacuated to a general hospital. A commando’s life was desperately dangerous and, sadly, Len Thomas was to make the supreme sacrifice. He was one of five members of his platoon cut off and killed in a Japanese counterattack as dusk fell in the steamy jungle near Salamaua. Army records are unsentimental. His file says only KIA (killed in action) on 17 August 1943. He was just 35. The file adds that he was “reburied at Salamaua cemetery”. The file notations are confronting. They include Edith’s request to the Army, just 23 days after Thomas died, for his death certificate, which she needed for probate. A cruel addition is a 1996 letter to Thomas’ son, refusing his request for Len’s Africa Star service medal. The shameful explanation is that he had arrived in the Middle East four days too late to qualify for the medal.

Maurice Gaul has been editor of the News since the start of 2019.



Join our local service  
**Sunday 27 April, 2pm**  
Corner Hawke and Victoria streets

Guest speaker:  
Patrick Ferry from National Archives  
Flag Ceremony  
Wreath Laying  
The Last Post  
One Minute’s Sacred Silence  
Refreshments







Hotham Mission Homework Club’s Manda Liu immersed in her artwork.

# Hotham homework help

Haruka Tanaka

Hotham Mission provides education support, food relief and general support to young people and their families in North Melbourne. Twice a week, the Mission’s homework club is held at North Melbourne Community Centre in Buncle Street. Monday sessions cater for Grades 3 to 6; Wednesday sessions for Prep to Grade 2. The club provides a safe, inclusive and interactive space where trained staff and volunteers help children with their school homework while also building on their life skills. Each session focuses on literacy (via reading and writing tasks such as word and letter recognition) and numeracy (via maths worksheets and fun activities such as multiplication snakes and ladders). Not all children in each session are at the same standard, so each session offers individualised learning activities and a range of tasks. In each session we offer some snacks and treats. Fresh fruit and tasty cookies always prove popular. Homework Club coordinator Sarah Gerard keeps a close eye on the children’s progress. “We keep in close touch with parents and guardians to

ensure we can offer students the best and most appropriate support,” she says. “Parents are most appreciative of the help we provide and it is rewarding to see the children’s enthusiasm and the progress, both academically and in self confidence, they make during the year.” The students especially enjoy the range of recreational activities available. “Last year we offered science experiments, air drying clay, painting on canvas and pizza making,” volunteer teacher Manda Liu says. Manda found the most memorable of last year’s activities was when the children were shown how to use baking soda and vinegar to create their own volcanoes. She is one of many volunteers, mainly students and young professionals, who generously give their time to support the young children in their education journey. “To see a child’s trust grow is incredibly rewarding and it shows you can make a real difference to their lives,” Manda says. “Also, running around with the kids on the playground is good for the soul.”

Haruka Tanaka is a University of Melbourne graduate student who is doing a placement with Hotham Mission.

## BETWEEN THE COVERS

### Chris Saliba

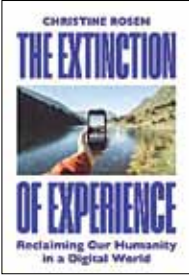


**Three Boys Gone**  
**Mark Smith**  
(Macmillan Australia. RRP: \$34.99)  
Grace Disher is employed at an all-boys Catholic school. As outdoor education teacher, she is in charge of a school excursion to Juliet Beach, a notoriously volatile coastal stretch in Victoria.



Three boys from the group – Jake, Harry and Roberto – take it upon themselves to strip off and run into the sea, for what reason no one knows. Before Grace can stop the boys, they are gone, swept out to sea. The remaining boys are instructed to keep quiet, until further notice, but immediately start sending messages to the outside world. Before Grace can properly grasp what has happened, the media have been alerted, and worse, social media has prematurely judged events. Grieving parents and an internet spiralling out of control turn the blame directly on Grace, who soon finds her own safety is at risk. *Three Boys Gone* is the debut thriller from author Mark Smith. The novel has a compellingly realistic tone and addresses key issues such as workplace misogyny, trial by social media and outdated Catholic-school social attitudes. The story quickly builds to an unexpected shock-horror climax, as Grace must evade someone intent on doing her harm. A genuine page-turner confronting urgent contemporary themes.

**The Extinction of Experience**  
**Christine Rosen**  
(Jonathan Cape. \$RRP: 36.99)  
What effect has technology had on the way we act, think and feel? Has the advent of the internet, smartphones and a new app every five minutes estranged us from reality?



American author and academic Christine Rosen calls this the mediated experience, technology intervening to sand off life’s rough edges. The uncertainty and risk of our daily interactions – such as face-to-face meetings, or random encounters in public – have been safely put behind a screen. Rosen argues that our over-reliance on technology has had a homogenising effect. Our experiences are diluted; adventure is curated for us by algorithms. Basic human skills like handwriting have diminished, leading to an erosion in our cognitive abilities. *The Extinction of Experience* is written in the style of a humanist essay, interweaving references from philosophers, scientists and poets. Rosen looks to history to show how technology has always progressed and changed us, but that the new tech culture has put these changes on steroids. More than ever the lightning pace of change seems inexorable, but how to reclaim our own humanity in a world that is increasingly artificial? A fascinating, philosophical meditation on how technology is colonising humans, and how to resist.

**Love Grows Here**  
**Amy Adele**  
(Magic Cat Publishing. RRP: \$14.99)  
At the back of an ordinary house there is an extraordinary garden, one where love grows. It is tended by an elderly woman, Mabel, while visiting animals – rabbits, foxes, birds, mice – look on in wonder.



However, one day Mabel becomes unwell and has to leave. The garden starts to die. Mabel’s husband, Stan, who is now alone, feels utterly lost. Watching all this happen, a family of mice decides to intervene. They gather all the other animals and get to work, bringing love back to the garden. They clear weeds and plant bulbs and seeds. Stan starts to notice seedlings growing and his spirits are lifted. He starts to water and tend the plants, and soon the garden is blooming again. A few weeks pass and there is another wonderful surprise. Mabel has returned, but to a garden more beautiful than she ever remembered. She asks Stan, “How did you do it all?” *Love Grows Here*, written and illustrated by Amy Adele, is a heartwarming story about the power of gardens to uplift and heal. It features an adorable cast of furry creatures and beautiful, lush garden illustrations. An inspiring children’s picture book for ages 3+.

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

# New book tracks our sense of place

Felicity Jack

The Hotham History Project will celebrate its thirtieth anniversary in March. To mark this occasion, we will be launching a new publication – *West Melbourne: A Sense of Place*. The book is an anthology of 26 chapters by 20 authors. It traces the history of the area from early Indigenous times until around the mid twentieth century. It tells the stories of ordinary, mainly working class people or tradespeople, and how they lived. It also tells the history of several migrants from southern Europe including Maltese and Italians, as well as arrivals from England, Scotland and Ireland. It also features some lovely watercolours of some of the houses in which they lived, presented to the Project by local artist Angela Williams. Two main places feature in the book. The Blue Lake (later known as the West Melbourne Swamp as it became degraded by the dumping of rubbish) was home to many poor and otherwise homeless people who

gained a livelihood by scouring the rubbish dumps and running some nefarious businesses including a gambling school. Flagstaff Hill was initially used as a burial ground but, as the number of the dead increased, a new cemetery

was built on the site of what is now the Queen Victoria Market. The hill was also used as a lookout from which the approach of shipping could be viewed. Complaints about the dumping of rubbish and the site’s use as gravel pits

finally led to the attractively laid-out Flagstaff Gardens being established, with playgrounds for children and a pond, of which several of the anthology’s contributors retain fond memories of catching yabbies. The Hotham History Project was set

up by two well-known North Melbourne identities – Lorna Hannan (a former Melbourne City Councillor and long-time social activist) and Janet McCalman (a prominent academic and writer). Its mandate was essentially to research and write about the history of North Melbourne and West Melbourne. This latest book will be the fifteenth published by the Project, which has also organised walks and talks on a variety of topics, and contributed regularly to the local newspapers.



Felicity Jack is a member of Hotham History Project.

**Want to know more?**  
New members are always welcome and can join through the Hotham History Project website: [www.hothamhistory.org.au](http://www.hothamhistory.org.au). Copies of the book will soon be available at a cost of \$39.95.



Photograph from Flagstaff Gardens (1866) looking toward William Street. Photograph: Charles Nettleton. Picture collection of SLV.



# Courses & Activities ( March '25– June '25)



**North & West Melbourne Neighbourhood Centre (NWMNC) hosts programs and activities for locals.**

**We try and offer programs that people in our community want to see happen.**

**Use the QR code 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.**

**Bookings: [nwmnc.org.au](http://nwmnc.org.au), 9328 1126, in person at NWMNC,  
58 Errol Street, North Melbourne**

**Minimum enrolments are required for courses to run.**



## 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.

Classes are relaxed and a great way to meet up with other locals. Tuesdays and Thursdays are now held in the fabulous Quaker Centre venue.

**Timetable:** Pilates classes operate on a 10-week term timetable. Term 1, 2025, ends on 4 April. Term 2 commences 22 April and concludes 4 July

**Costs:** \$21 (\$15.50 concession) per class when booking for full term or remainder of term. Casual enrolments (\$28 per session if available).

### 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**  
**Quaker Centre, 484 William Street, West Melbourne**  
**Extra school holiday classes on 8, 15 April**

### 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**  
**Quaker Centre, 484 William Street, West Melbourne**  
**Extra school holiday classes on 10, 17 April**

### Stretching and Relaxation

This class focuses on flexibility while calming down the body and the mind in a very relaxing session. Work on building the connection between the mind and body. About 45 minutes of slow movements and muscle release techniques and 15 minutes of mindful relaxation **NEW**

**Tuesdays 6.45 pm – 7.45 pm.**  
**Quaker Centre, 484 William Street, West Melbourne**  
**Starts 29 April (10 weeks). Trial your first class for free**

### 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**

## 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.

**Thursdays 7 pm–8.30 pm, (no session 10 and 17 April)**  
**Sokol Melbourne, 497 Queensberry St, North Melbourne**  
**Cost: \$18 (\$11.50 Concession) per session when booking for the term. Casual enrolment online \$25 per session, if available**

### 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 Anna Trigos.

**Mondays 5 pm – 6 pm**  
**Starting 28 April for 9 weeks (no class 9 June)**  
**NWMNC, 58 Errol Street, North Melbourne**  
**\$157.50 (\$112.50 concession)**

### Beginners' French

If you would like to begin, extend or re-kindle your Francophile tendencies, join native French teacher Louisa Malki in a relaxed and supportive environment. Over 10 weeks you will build your vocabulary, practice conversations and grasp grammatical structures while exploring French culture and tradition.

**Thursdays 4 pm – 5 pm – Basic Steps I (no experience necessary)**  
**Thursdays 5 pm – 6 pm – Basic Steps II (a little knowledge)**  
**Starting 24 April for 11 weeks**  
**NWMNC, 58 Errol Street, North Melbourne**  
**\$192.50 (\$137.50 concession)**

### Podcasting

Make your own podcast pilot! Learn about the storytelling craft, researching and synthesising information, presentation and interviewing, audio editing and podcast distribution.

**Express your interest via the QR code at the top of the page or contact NWMNC, 58 Errol Street, North Melbourne**

### French Cooking Masterclass

Three-hour masterclass that teaches you how to cook an aspect of French cuisine from a local expert. Finish the session by sitting down with your classmates to eat what you've created.

**Saturday 31 May, 10 am – 1 pm**  
**\$75 (\$65 concession)**  
**Express your interest via the QR code at the top of the page or contact NWMNC, 58 Errol Street, North Melbourne**

## 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 – 9-week term**  
**28 April to 30 June (no class 9 June)**  
**West Melbourne Baptist Community Centre**  
**4 Miller Street, West Melbourne**

**Wednesdays 10.30 am – 11.30 am – 11 week term**  
**23 April to 2 July**  
**Legion Hall, George Johnson Lane**  
**(behind North Melbourne Library)**  
**Cost: \$21 (\$15.50 concession) per session when booking for the full term or remainder of term.**

### Centre Adventures

Visit places of historical, cultural or horticultural interest and significance. Normally a full-day bus trip, Centre Adventures are a great way to get out beyond the everyday with other local seniors.

**4th Tuesday of the month – 22 April, 27 May, 24 June**  
**9.30 am – 5 pm. Departing from NWMNC**  
**58 Errol Street, North Melbourne**  
**Cost: \$65 (\$45 Concession), including lunch and morning tea.**

**Also see Seniors Morning Tea in Community Gatherings**

North & West Melbourne Neighbourhood Centre Inc  
58 Errol Street, North Melbourne, Vic 3051

Tel: (03) 9328 1126 Email: [admin@centre.org.au](mailto:admin@centre.org.au)

Office hours: Monday 10 am to 6 pm, Tuesday to Friday 10 am to 3 pm

Container Deposit Scheme opening hours: Monday 10 am to 6 pm; Tuesday 10 am to 4 pm,  
Wednesday to Friday 10 am to 3 pm, Saturday 10 am to 2 pm





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.

**First Tuesday of the month, 6 May, 3 June, 1 July**  
**NWMNC, 58 Errol Street, North Melbourne**  
**Cost: \$5**

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) 27 March, 24 April, 8 & 22 May, 5 & 19 June**  
**2.15 pm – 3.45 pm**  
**NWMNC, 58 Errol Street, North Melbourne**

Monthly Community Dinner

Delicious food (home-cooked entrees, mains and desserts) and good company.

**First Sunday of each month, 5.30 pm – 7.30 pm**  
**West Melbourne Baptist Community Centre**  
**4 Miller Street, West Melbourne**  
**\$10 (under 12s free) RSVP 0403 175 200**

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, during school term**  
**NWMNC, 58 Errol Street, North Melbourne and online**  
**Presented by Hotham Mission**  
**Bookings and enquiries: [programs@hothammission.org.au](mailto:programs@hothammission.org.au) or call (03) 9326 8245**

English Conversation Practice Morning Tea

Are you looking to improve your English speaking skills in a friendly and supportive environment? Join us for informal and interactive sessions where you can practice speaking English with fellow learners and native speakers over a cuppa.

**Thursdays, 11am – 12 pm,**  
**No session 10, 17 April**  
**NWMNC, 58 Errol St, North Melbourne; \$5**

Afternoon Tea (Mandarin speakers)

Join this group of Mandarin speakers for an informal chat over afternoon tea – a place where friendships can flourish. Tea and light refreshments will be provided. Facilitated by a Mandarin speaker. **FREE**

**Fridays, 2.00 pm – 3.00 pm,**  
**28 March, 11 April, 9 & 23 May, 6 & 20 June**  
**NWMNC, 58 Errol Street, North Melbourne**

时间：周五下午2:00-3:00（每两周一次）  
地点：埃罗尔街道58号(Errol 58)，西北墨尔本社区中心  
**免费活动**

诚邀您加入我们的下午茶，享受茶水与点心，参与趣味活动在温暖舒适的环境中，您可以用中文交谈，结交新朋友。此活动由中国人专为老年人设计，确保语言沟通无障碍。期待与您共享这段宝贵的时光！

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 North & West Melbourne Neighbourhood Centre.

Digital Skills

Computers: Digital Essentials

Make your computer work for you. Become more comfortable engaging in the digital world. This friendly course will help you maximise your productivity and minimise frustration.

**Wednesdays 10 am - 12.30 pm (from 30 April for 10 weeks)**  
**NWMNC, 58 Errol Street, 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.

**Wednesdays 1 pm – 3 pm (from 30 April for 10 weeks)**  
**NWMNC, 58 Errol St, North Melbourne**  
**\$50 (\$35 concession)**

Business Skills

Financial Literacy

From budgeting and saving to understanding credit and investments, this course equips you with practical tools to navigate the financial landscape confidently. Whether you're planning for the future, managing debt, or aiming to make informed financial decisions, this course is your roadmap to financial awareness.

**Tuesdays 6 pm – 8 pm (starting 6 May for 4 weeks)**  
**NWMNC, 58 Errol St, North Melbourne, and online**  
**\$120 (\$70 concession)**

Career Clarity and Decisions Workshop

Are you feeling stuck in your career path or uncertain how to take the next step? Whether you are just embarking on your career journey, returning to the workforce or working at executive level, this Career Clarity and Decisions Workshop will help you gain clarity about your identity, emerging labour market trends and ‘luck readiness’. With North Melbourne-based career coach and former HR executive Helena Steel.

**Saturday 17 May, 10 am – 2 pm**  
**NWMNC, 58 Errol St, North Melbourne**  
**\$65 (\$35 concession)**



For Kids and Young People

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 3.45 pm – 4.45 pm ages 4 to 8;**  
**4.45 pm – 5.45pm ages 9 to 12**  
**(starting 22 April for 11 week term)**  
**\$12 (\$10 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.

**Wednesdays 3.30 pm – 5 pm**  
**(23 April to 2 July)**  
– NWMNC, 58 Errol St, North Melbourne  
**Wednesdays 4 pm – 5.30 pm**  
**(23 April to 2 July)**  
– North Melbourne Language & Learning,  
33 Alfred St, North Melbourne  
Free for concession card holders.  
Others \$66 per term

Sing NoW! Kids Choir

This vibrant 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 ages 6–12.

**Wednesdays 4.30 pm– 5.30 pm**  
**(no sessions 9, 16 April)**  
**\$12 (\$10 concession) when booking for the term**  
**Errol's function room, 69-71 Errol Street, North Melbourne**  
**Trial your first session for free**

School Holiday Program

Games for Girls

A one-day program that gives girls a hands-on experience creating their very own game. Work together to design a prototype game in just one day - if you like art, music, games and having fun, then this is for you. Beginners to gaming/coding welcome..

**Wednesday 9 April**  
**10 am – 3 pm (30 minute lunch break)**  
**NWMNC, 58 Errol Street, North Melbourne**  
**For girls aged 9-13.**  
**No experience necessary.**  
**\$80 (\$60 concession)**

Make-A-Game Workshop

Are you interested in games? Art? Coding? Music? Then this workshop is for you! Come along to this three-day holiday workshop where the instructor teaches the magic of 2D game creation! You will come away not just with a game prototype, but with basic skills that you can take into many other areas.

**Monday 14 April – Wednesday 16 April**  
**10 am – 3 pm (30-minute lunch break)**  
**NWMNC, 58 Errol Street, North Melbourne**  
**Suits all genders aged 9-13.**  
**\$180 (\$140 concession)**  
Suitable for any level of experience. Return participants encouraged.

Creative Writing

Join our 2-day School Holiday Creative Writing Program! Enjoy fun writing activities, word games, and afternoon tea while boosting your creativity. Perfect for budding young writers! For ages 8-12 years

**Tuesday 8 April & Thursday 10 April**  
**12.30 pm – 3.30 pm**  
**58 Errol Street, North Melbourne**  
**\$55 / \$40 concession**



# Finding safety if food security makes it hard to set the table

Food security has really hit the agenda this past year. At school, I remember this term describing how a nation ensures it produces enough food to feed its population. That's a mix of agriculture and demography that is way outside my area of expertise. Now food security refers to an individual or a household having enough to eat day-to-day and week-to-week. The reports from City of Melbourne's most recent Social Indicators Survey are alarming. Across the municipality, 48 per cent of residents reported food insecurity. Some 34 per cent worried they would run out of food, 31 per cent skipped meals and 23 per cent reported running out of food. This basic right of having enough to eat should not be something that one in three people has to worry about. From what I understand, the problem is one of equity and distribution. As a nation, we produce and import more than enough food to feed us all,

## FROM THE CENTRE DIRECTOR Ariel Valent



but kinks in our food system mean it isn't getting into the mouths of every person. The cost of food is a big part of the problem. We're very lucky to live near Queen Victoria Market, where fruit and vegetables can be bought at lower prices than other places. However, whether it is at the market, at local shops or supermarkets, it is an inescapable fact that food costs significantly more than it did a year or two ago. With steep rises in the cost of

housing and in other areas, more people in our community are needing support to meet their basic living needs, with 26 per cent of City of Melbourne residents accessed food relief organisations in the past year.

### Help is available

If you, or someone you know, is battling with food security, there is no shame in reaching out for help. Complex structural economic issues are to blame, not you.

We are lucky in this area to have a number of services that attempt to meet the food needs of local residents. For example, the St Vincent De Paul Soup Van program offers free soup and other food seven nights a week from North Melbourne's Clayton Reserve. Hotham Mission can supply a bag of long-life food that can give you some basics for the week ahead. And there is a small food pantry at West Melbourne Baptist Church and Community Centre in Miller Street, West Melbourne, where residents can take what they need at a time suitable to them. If you can, add some basic non-perishable food to your supermarket basket and donate it to the pantry. You'll be helping your neighbours who are struggling.

I love that people are also taking steps to increase their food production. Anyone who has grown their own food understands the joys of harvesting and eating food that you have planted. Take a look at Marion Poynter's regular Garden Glories column in the News for inspiration. Of course, not everyone has their own garden. Cultivating Community help manage community gardens at the base of public housing towers in Alfred and Buncle streets. There are also smaller-scale street gardens popping up around our neighbourhood. If you've got a nearby patch of green or soil, talk to your neighbours about turning it into an oasis of food production.

**Want to know more ?**  
City of Melbourne's Community Food Guide gives the details of a broad range of food programs, services and resources. [www.melbourne.vic.gov.au/community-food-guide](http://www.melbourne.vic.gov.au/community-food-guide)



North & West Melbourne  
Neighbourhood Centre

## Neil Cole puts Don on display

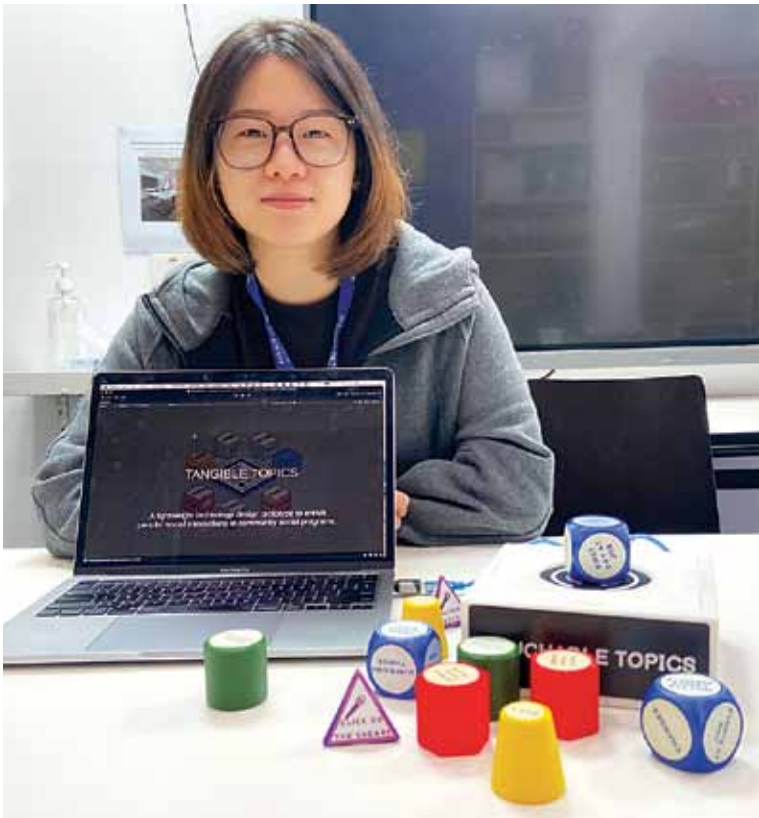
The latest play by local author Neil Cole (pictured), *An Audience With Don Dunstan*, has just opened at Chapel Off Chapel, 12 Little Chapel Street, Prahran. It will run until March 23. Tickets can be purchased in the ChapelOffChapel website: <https://chapeloffchapel.com.au/> The play is an interactive performance with drama, singing and poetry. It's a dramatic play about a dramatic man.



## Yushan builds blocks to teach tech

Cindy Huang

If you wander into the Neighbourhood Centre on Errol Street on a Thursday afternoon, you might bump into a choir enthusiastically singing a well-known Australian song. You'll also see, on the table, a colourful block placed on a box that is connected to a computer, showing a slide with lyrics. Yushan Xing is a PhD candidate who is conducting research on human-computer interaction (HCI) at the University of Melbourne. "I prepared some social prompts but did not expect a group choir!" she says. "They just sang along together very naturally, and I felt that they really enjoyed it. I could tell that from their faces," Yushan says. Her project, *Involving Community Organisations in Designing Technology to Enhance the Social Connectedness of Older Adults*, features her product, Tangible Topics, which aims to enrich the social interactions of older people. Yushan's journey into HCI is an intriguing tale. As an international student from China, she initially completed a degree in financial maths and economics in Canada, before coming to Melbourne to pursue a master's in HCI. Yushan's doctoral research took a significant turn as it delved into how older people feel about and interact with technology. She admits she didn't really feel enthusiastic about the financial field. "However, at that time I was teaching my grandparents how to use social media on iPads, and I found myself



Yushan Xing at the North & West Melbourne Neighbourhood Centre.

having to write down tips and tricks to help them memorise," she says. "This got me thinking, maybe I could create something more intuitive that would help older people better use technology in real life. That's how I ended up pursuing my doctorate." Yushan's collaboration with the Neighbourhood Centre started in 2023. With her project's participatory-design mindset, older members of the community were invited to join the co-design workshops. Valuable feedback from the elderly was incorporated into the product's design, including enabling them to interact with technology in a way that they could see and touch. This resulted in the idea of placing tangible objects of blocks on a box, where each face of the block triggered a different slide on the computer with different prompting questions.

This helped to reduce the burden of learning a new technology, and it gave participants a sense of agency and freedom. "If they want to talk about something, they can just grab a topic and then place it on the box. If they don't want to join this conversation, they can just sit in," Yushan explains. Nearly at the end of her doctoral studies, Yushan is looking forward to seeing what the future holds. "I'd really love to see Tangible Topics be more widely incorporated in social programs to help the elderly feel more socially connected," she says. "However, my goal this year is really just to finish my doctorate."

Cindy Huang is an international student and a community outreach worker at the Neighbourhood Centre.

### North Melbourne Netball Club

Are you or your child looking to get into netball or start playing sport?



North Melbourne Netball Club is looking for players aged 7+ and of any skills levels. Even if you or your child has never tried netball before, you are welcome!

Both training and games are at the State Netball and Hockey Centre in Parkville. Training is on Friday nights and the games are Saturdays

Come along and join the North Melbourne family!

Please contact Emily on 0434399504





NOTICEBOARD

HOTHAM HISTORY PROJECT

Melbourne Streets – volunteer photographers needed

The Melbourne Streets team are putting out a request for more volunteer photographers to complete the project’s aim to capture photos of all North and West Melbourne.

Photos should be of good quality as they may be seen for a very long time by many people. Consider the following:

1. Go to [www.melbournestreets.com.au/streets](http://www.melbournestreets.com.au/streets)
2. Click on the street name you plan to photograph and check to see which addresses are lacking house photos. For example, 1 Haines Street needs a photo while 2 Haines Street already has one.
3. Take a bright photo directly in front of the building when the building is not in full shade.
4. Ideally without vehicles blocking the front view of the house.
5. Similarly, without bins or rubbish in front of the house, although bins neatly tucked away on the front veranda would be acceptable.
6. For apartment conversions – such as factory, warehouse, hotel – take a photo of the overall building as it tells the story of what was there historically.
7. Send photos of one street address per email, not photos of a batch of buildings together in one email. We are after a primary image, but if there are other features of note, send close-ups of those as well.

Email photos to [hothamhistory@gmail.com](mailto:hothamhistory@gmail.com)

The Melbourne Streets Project tries to be comprehensive and collaborative. At this point we are seeking to broaden the number of people involved, and photos are given attribution. There will be a small prize for the person who takes the greatest number of published house photos that meet the above criteria overall.

Used stamps support charity

Please save your used postage stamps and drop them into The Neighbourhood 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

Kryptic Kwiz (page 12) answers

- 1 Cooper 2 Flynn (John Flynn, Flying Doctor) 3 Isaacs (Isaac, son of Abraham) 4 Lindsay (Joan Lindsay, Picnic at Hanging Rock) 5 Fairfax (Fairfax family owned the Age) 6 Blair (UK PM Tony Blair) 7 Petrie (Petri dish) 8 Leichardt (Ludwig Leichardt; Patrick White’s Voss) 9 La Trobe (Gov. Charles La Trobe; Eureka) 10 Moreton (Moreton Bay penal colony; Moreton Bay bug) 11 Bean (Rowan Atkinson’s Mr Bean) 12 Kooyong (Monique Ryan MP; Kooyong tennis) 13 Kingston (Harry Belafonte’s song Kingston Town) 14 Farrer (William Farrer, \$2 note) 15 Lilley (‘Lillee, Lillee’ – Dennis Lillee) 16 Bruce (‘Bruce’, all Aussies in Python’s Flying Circus) 17 Maribyrnong (Maribyrnong River) 18 Ryan (Ryan’s Daughter, 1970 film) 19 Curtin (Premier Joh, “Daylight saving will fade curtains”) 20 Mackellar (Dorothea Mackellar, My Country poem) 21 Moncrieff (Gladys Moncrieff, soprano) 22 Flinders (Matthew Flinders, navigator) 23 Macarthur (General D. Macarthur, “I shall return”) 24 Menzies (PM Robert Menzies, Ming Wing) 25 McMahon (PM Billy McMahon, 1971-72) 26 Hume (David Hume, philosopher; Hamilton Hume, explorer) 27 Mayo (county Mayo; mayonnaise) 28 Franklin (Franklin River, Tas) 29 Parkes (Parkes, NSW, telescope; The Dish, 2000 film) 30 Hughes (PM Billy Hughes, WW1 adversary of Archbishop Mannix)

Send contributions, letters and feedback to:

North & West Melbourne News  
North & West Melbourne Neighbourhood Centre,  
58 Errol Street, North Melbourne 3051  
Email: [editorial@centre.org.au](mailto:editorial@centre.org.au) Telephone: 9328 1126  
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Copy deadline: Friday 14 November  
Publication date: Friday 12 December

Easter Services in North and West Melbourne

St James Old Cathedral, Anglican

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

- Palm Sunday 13 April 10.00 am Holy Communion  
Good Friday 18 April 10.00 am Passion Reading with Choral Meditations sung by The Old Cathedral Voices  
Easter Sunday 20 April 10.00 am Holy Communion



St Mary Star of the Sea, Catholic

Corner Victoria and Howard streets, West Melbourne

- Stations of the Cross every Friday during Lent until 11 April 5.30 pm – 6.30 pm  
Passion (Palm) Sunday 13 April 10.00 am Sunday Morning Mass; 5.00 pm Sunday Evening Mass – palms will be distributed at each Mass  
Monday, Tuesday & Wednesday of Holy Week, 14, 15 & 16 April, 7.00 am & 12.30 pm Weekday Mass  
Tuesday 15 April 10.00 am Chrism Mass at St Patrick’s Cathedral  
Holy Thursday 17 April 7.30 pm Mass of the Lord’s Supper  
Good Friday 18 April 10.30 am Stations of the Cross; 11.15 am Seven Words of Our Lord on the Cross Sermon; 12 noon Holy Rosary; 3.00 pm Celebration of the Lord’s Passion  
Holy Saturday 19 April 8.00 pm Easter Vigil  
Easter Sunday 20 April 10.00 am Easter Mass; 12 noon Easter Mass in Lithuanian; 5.00 pm Easter Evening Mass

St Mary’s, Anglican

Corner Queensberry and Howard streets, North Melbourne

- Palm Sunday 13 April 8.00 am & 10.00 am Service; 10.30 am Palm Sunday Walk for Justice for Refugees and Peace at Parliament Gardens, East Melbourne  
Monday & Tuesday of Holy Week, 14 & 15 April, 6.00 pm Said Eucharist  
Wednesday of Holy Week, 16 April, 7.30 pm Tenebrae at Trinity College, Parkville  
Maundy Thursday 17 April 8.00 pm Sung Eucharist  
Good Friday 18 April 10.00 am Liturgy of the Passion  
Holy Saturday 19 April 8.00 pm Easter Vigil  
Easter Sunday 20 April 10.00 am Sung Eucharist (no 8.00 am service)

St Michael’s, Catholic

456 Dryburgh Street, North Melbourne

- Thursday 17 April 7.00 pm Mass of the Lord’s Supper  
Good Friday 18 April 9.00 am Stations of the Cross; 3.00 pm Commemoration of the Passion of the Lord  
Saturday 19 April 8.00 pm Easter Vigil  
Sunday 20 April 10.00 am Easter Sunday Mass

Saints Peter and Paul, Ukrainian Catholic

35 Canning Street, North Melbourne (corner Dryburgh Street)

Details not available at time of going to press

Uniting Church, Mark the Evangelist

Centre for Theology and Ministry, 29 College Crescent, Parkville.

- Passion Sunday 13 April 10.00 am: a reading of the Passion narrative (according to St Luke), with Eucharist  
Holy Week, Monday 14 to Thursday 17 April 12.30 pm service (about 20 minutes)  
Maundy Thursday 17 April 7.30 pm: a Tenebrae service around St John’s Passion (gathered only, not live-streamed)  
Good Friday 18 April 10.00 am (gathered and live-streamed)  
Saturday 19 April 8.00 pm Easter Vigil (gathered only, not live-streamed)  
Easter Day Sunday 20 April 10.00 am (gathered and live-streamed)

West Melbourne Baptist Church

4 Miller Street, West Melbourne

- Good Friday 18 April to be advised via website [www.wmbc.org.au](http://www.wmbc.org.au)  
Easter Sunday 20 April 5.30 pm Service followed by Hot Cross Buns  
Sunday 31 March 5.30 pm – 7.00 pm Easter Sunday

NWMN Advertisement Sizes & Rates

Size	Colour	Mono
Full page (24 cm wide x 34 cm high)	\$1,885.00	\$1,640.00
Half page (24 cm wide x 17 cm high or 12 cm wide x 34 cm high)	\$945.00	\$825.00
One-third page (24 cm wide x 12 cm high)	\$685.00	\$600.00
One-quarter page (24 cm wide x 8.5 cm high or 12 cm wide x 17 cm high)	\$510.00	\$435.00
One-eighth page (12 cm wide x 8.5 cm high)	\$260.00	\$220.00
One-16th page (12 cm wide x 4 cm high)	\$135.00	\$120.00
Business card (in Services Directory) (9 cm wide x 5.5 cm high)	\$120.00	\$100.00

- Prices inclusive of GST
- Book a repeat advertisement for four issues for 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](mailto:advertising@centre.org.au)



The North & West Melbourne News is a quarterly publication produced by volunteers. 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](mailto:editorial@centre.org.au). Please send photographs of suitable resolution for reproduction as graphic files with the article.

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News distribution

The News is distributed free throughout North and West Melbourne. Get in touch if you know of anyone not receiving their copy. Copies are available from the North & West Melbourne Neighbourhood Centre, North Melbourne Library and online at [www.nwmnc.org.au](http://www.nwmnc.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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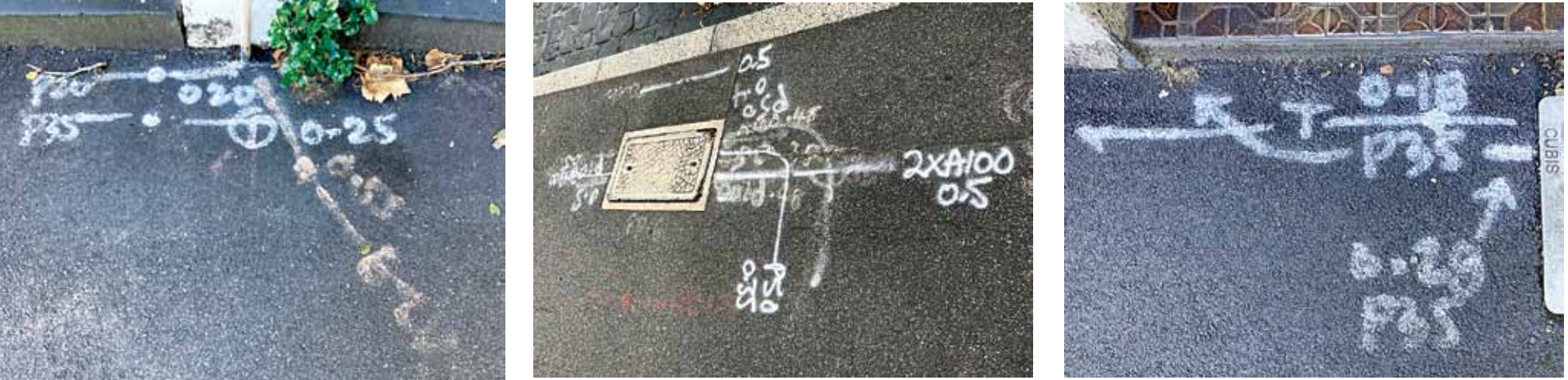


# The writing's on the road

Nancy Lane

Over the past few years, many streets in North and West Melbourne have been blocked off, torn up, revamped and resurfaced multiple times. With each new occurrence, mysterious writing appears on the roads and footpaths. Who writes it? How do they know where to write it? What does it mean? Who interprets what it says? And what actions result, or don't result, from it? Lots of questions, but I have no answers.

Nancy Lane writes regularly for the News.



**Premier Health Partners**

### Osteopath: Dr Paul O'Keefe

Living with pain can greatly affect your daily life, making it difficult to perform even the simplest tasks. Dr Paul O'Keefe uses a holistic approach to treat various musculoskeletal conditions, including headaches, neck pain, low back pain, and shoulder injuries. Paul focuses on identifying the root cause of the pain rather than just treating the symptoms. This leads to more effective and long-lasting relief!



*Taking new patients!*



8 Wominjeka Walk, West Melbourne

9329 7077

[premierhealthpartners.com.au](http://premierhealthpartners.com.au)