

Trek Medic from North Melbourne to Nepal



Dr Hong Wu (right) and Dr Allan Au, president of Trek Medic

Photo: Jim Weatherill

Katrina Kincade-Sharkey

TEN thousand brutal deaths and at least as many long-term injuries are the agonising physical measure of devastation from Nepal's earthquakes last April and May.

Another measure — that third-world nation's paltry aid allowance — was one sack of rice and one blanket per family, yet no tents for shelter from coming monsoons and no tools or materials to rebuild homes.

Then there was the total lack of long-term medical and psychological aid as Nepal has no rehabilitation facilities for traumatised bodies or minds.

These disaster images rarely vary for medics: sheared bodies, ruptured souls — little changes, bar specific case diagnoses, map coordinates and accessibility.

Royal Melbourne Hospital gastroenterologist Tianhong (Hong) Wu, 28, has developed an acute disaster CV following her crucial treatment of quake survivors. Already on site for a Trek Medic fundraising trip to Mount

Everest and medical camp in the Annapurna region, then a planned slower-paced scouting trip to Terai on 25 April changed everything.

Dubbed Gorkha from its epicentre's region, the 25 April quake's injury toll is now more than 23,000, its massive magnitude of 7.9MW deeming it meteorologically violent. Total construction and landscape damage was US\$5 billion, which is about 25 per cent of Nepal's GDP. There was also substantial damage in regions of India, China and Bangladesh.

The Gorkha quake was followed by another centred in Dolakha on 26 April, while the main aftershock was a major 7.3MW rupture near Everest's base camp on 12 May that took 66 lives and injured another 1000 people.

"A whirlwind of events was happening every day, every hour, every few minutes," Dr Wu — "call me Hong" — reports, listing images confronting even for medical pros who repair shattered bodies daily.

"I see beautiful girls with spinal cord injury resulting in permanent disability, and so many people with fractured, even severed limbs, all of which will need prostheses, none of which ex-

ists in Nepal. There's no rehab there." She looks away, averting her glorious, lava-brown eyes.

Somehow, road trauma or violent assault around Melbourne seem less catastrophic with leading local treatment and rehab facilities, yet those advantages are foreign concepts during third-world disasters.

A keen traveller, Hong dedicated 12 months to medical volunteering, research and travel, 2015's three months in Nepal following four weeks there in 2014. Her Melbourne Uni medical degree followed pathogenesis and immunotherapy research studies investigating coeliac disease in a DQ2 transgenic mouse model. Those immunotherapy disciplines were severely stressed during Nepal's crisis.

"I was on the ground there by day three and even then there were many cases of PTSD (post-traumatic stress disorder)," she reports, detailing superb efficiency: "My initial plan to volunteer as a doctor wherever I could, somehow turned into leading a WHO (World Health Organisation) and Ministry of Health-registered Foreign Medical Team in one of the worst-affected districts, into scouting totally unfamiliar

areas, into 100 messages, phone calls and emails each day while coordinating reinforcement Trek Medic teams from Australia.

"Then there was critical collaboration with Nepalese organisations and medical teams, where it turned into meeting some of the most amazing and resilient people I will ever know, into making friends for life, into receiving help and hospitality from strangers, into sleeping in a friend's front yard under the starry sky with his whole family and neighbourhood, into camping in the Australian Embassy, into sitting on the back of motorcycles, military trucks, utes, local buses and minibuses, into getting used to cold showers, *dal bhat* and camping mats.

"We heard of many cases of major depression as soon as we began work, with PTSD very common. Bar alcohol, there's no other form of personal support, no counselling or psychological help anywhere in Nepal," she frowns. So this credited young doctor used her time and skills for victims' survival and recovery.

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NOTICEBOARD



The *North and West Melbourne News* is a quarterly publication produced by volunteers from North and West Melbourne and the inner city. It is now in its 37th year of production. Readers' contributions are welcomed. Where relevant the *News* may seek alternative opinions in the interests of balance. Contributors' opinions are their own, however, and the *News* takes no responsibility for them. We reserve the right to edit or omit articles considered unsuitable or when space is limited.

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

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

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Thank you, Raph and Adam!

The team at the *North and West Melbourne News* would like to express our gratitude to Raphaelle Race for her time as editor. For two years Raphaelle worked tirelessly to keep the paper running, assisted in part by deputy editor Adam Falloon.

It was their efforts along with the those of our team of dedicated volunteers that ensured the *News* continued to be printed and delivered to your door.

Raph and Adam have both finished their tenure at the *News* and we would like to thank them for maintaining its excellent standard. Their efforts are greatly appreciated and we wish them all the best in their futures. Thank you, Raph and Adam.

Our News distribution team for 2015

The local community owes a debt of gratitude to the stalwart band of distributors who deliver the *News* to letterboxes four times a year, come rain, hail or heatwave. We warmly thank the following people for their commitment and would welcome anyone who wished to join their ranks.

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Correction

The article on page 3 of the September 2015 edition of the *News*, 'John Monash: a man of war and peace', wrongly implied that Melbourne Rotary was the sole funder of the statue of John Monash recently installed at Monash University. We would like to acknowledge that a large number of organisations and individuals, many of them former students, donated to this project and we apologise for any offence caused by this omission.

Kids' Summer Reading Club: Lost Worlds

Collect incentives like magic pens, tattoos and erasers on the way to handing in your reading record at North Melbourne Library!

Quick reaction saves the day

Stephen Hatcher

On Saturday 24 October at about 7.00pm, some West Melbourne residents noticed smoke billowing up behind the terraces off Curzon and Hawke streets.

We immediately made our way over to see if we could be of any assistance or call the fire brigade but thankfully another quick-thinking local resident had already made a call. The fire appeared to be running along a fence at the back of a group of houses leading down Glencoe Place and Miller Place.

Fortunately two fire-engines arrived at the scene in the nick of time to douse the flames before the situation got out of hand. As far as we could tell, the fire caused no major damage to any homes.

Credit must go to the quick-thinking neighbour, who wasted no time in phoning the fire brigade, and credit should also go to the firefighters, who did an excellent job of extinguishing the flames in the shortest possible time.

Christmas Services in North and West Melbourne



St Alban's, Anglican

55 Melrose Street, North Melbourne

Friday 25 December 10.00am Christmas Service

St James Old Cathedral, Anglican

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

Sunday 20 December 10.00am Nine Lessons and Carols

Thursday 24 December 11.00pm Christmas Eve Holy Communion

Friday 25 December 10.00am Christmas Day Holy Communion

All services include *The Old Cathedral Voices*

St Mary Star of the Sea, Catholic

Corner Victoria & Howard streets, West Melbourne

Thursday 24 December (Christmas Eve) 6.30pm Christmas Vigil Mass; 11.30pm Carols followed by Solemn Midnight Mass

Friday 25 December 10.30am Mass of Christmas Day;

12.00 noon Mass (Lithuanian)

Saturday 26 December 11.00am Mass (English); 6.30pm Vigil Mass

Sunday 27 December (Feast of the Holy Family) 10.30am Mass (English)

Friday 1 January (Solemnity of Mary, Mother of God) 12.30pm Mass

Sunday 3 January (Solemnity of the Epiphany) 10.30am Mass (English); 12.00 noon Mass (Lithuanian)

Sunday 10 January (Feast of the Baptism of the Lord) 10.30am Mass (English); 12.00 noon Mass (Lithuanian)

St Mary's, Anglican

Corner Queensberry & Howard streets, North Melbourne

Sunday 13 December 3.00pm Advent Light Up: special event for children and families ending with Eucharist and blessing in the Mary Chapel

Sunday 20 December 7.00pm Carol Service

Thursday 24 December (Christmas Eve) 4.00pm Kids' Christmas; 11.30pm Midnight Mass

Friday 25 December (Christmas Day) 9.00am Sung Eucharist

St Michael's, Catholic

456 Dryburgh Street, North Melbourne

Thursday 24 December (Christmas Eve) 6.30pm Mass

Friday 25 December (Christmas Day) 9.00am Mass

Saints Peter and Paul, Ukrainian Catholic

35 Canning Street, North Melbourne (corner Canning & Dryburgh streets)

Wednesday 6 January, Christmas Eve (Fast), 5.00pm Great Compline

Thursday 7 January, Nativity of our Lord and Saviour Jesus Christ, 8.00am & 10.00am Divine Liturgy

Friday 8 January, Synaxis of Blessed Virgin Mary, 10.00am & 7.00pm Divine Liturgy

Saturday 9 January, Feast of St Stephen, 10.00am & 7.00pm Divine Liturgy

Uniting Church, Mark the Evangelist

51 Curzon Street, North Melbourne

The congregation meets in the church hall, 4 Elm Street

Sunday 20 December 10.00am Advent Carol Service

Friday 25 December (Christmas Day) 9.30am Service with Eucharist

Normal service times 27 December and throughout January



Prompt action by West Melbourne residents and the fire brigade brought the flames under control
 Photo: Stephen Hatcher

COMMUNITY

The Wishing Tree Garden at Spring Fling

Frances McMillan

This year the Global Homework Program decided to create a Wishing Tree Garden for Spring Fling where people could write their wishes, and hopes for the future, to create a colourful spectacle.

Taking its inspiration from the Japanese Tanabata tradition of hanging wishes written on beautiful decorations onto bamboo trees, we expanded on the idea and included a garden when we discovered so many cultures have similar traditions.

From Cloutie Wells in Scotland, the L'Arbre a Clous in Belgium, to the Jaya Sri Maha Bodi Holy Tree in Sri Lanka, the wishing tree is a cross-cultural affair.

Volunteer tutors from the program sat in the sun on that glorious day helping folks write their wishes on a vibrant array of papers and

decorations and hang them up with tiny pegs. Children were excited to put their wishes into words and their faith into the outcomes!

Soon we had trees awash with colour and hope.

One of our dedicated volunteers who helped coordinate our project has analysed the wishes. In all there were 71 wishes hung on the trees. Some were written in the author's language of origin.

It was delightful to see that children had simple wishes. Wishes for a pet, or for a small toy. Some people wished for love and happiness while some others wished to make a difference, and to secure a safe and peaceful world.

Respect, contentment and honesty were among the other themes. From this we have a lovely profile of the wishes and dreams of the colourful people who visited Spring Fling 2015.



The Wishing Tree

Photo: Frances McMillan

Errol's Angels at Spring Fling Festival

Pamela Every

Errol's Angels, the North and West Melbourne community choir, was again part of October's Spring Fling Festival, which is celebrating its 38th year. The choir performed a lively and eclectic set on the Sound Forest Stage ranging from The Beatles' 'Here comes the Sun', and the swingin' 'Java Jive' through to a South African classic, 'Shoshaloza'. The outdoor performance was enjoyed by the audience in perfect spring weather.

Errols Angels gave a performance at Brunswick Uniting Church, 212–214 Sydney Road, on Sunday 29 November. They were joined by the Soufflé Sisters and the Rogues Choir and provided an afternoon of uplifting music in support of St. Therese's Refugee and Asylum Seekers and Refugee Support Group.

To conclude the year of singing, Errol's Angels will be Christmas carolling along Errol Street on Thursday 10 December from 7.30pm commencing outside The Centre, 58 Errol Street.

New Errol's Angels members are always welcome. All you need is an enthusiasm for singing. The choir meets Thursday evenings from 7.00pm to 9.00pm during school terms at the Maternal & Child Health Centre, 505 Abbotsford Street, North Melbourne. For further information visit www.errolsangels.com or contact The Centre on 9328 1126.



Errol's Angels singing on the Sound Forest Stage at Spring Fling

Photo: Jim Weatherill

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Men and mountains of North Melbourne

Bill Hannan

Visitors to the North Melbourne Town Hall clock tower during the Spring Fling had a wonderful view of North Melbourne.

The town hall is on the southern edge of the town and its clock tower is perhaps still its highest point. A broad valley runs down from the town hall and rises on its northern side to Royal Park and at its western end to Hotham Hill, distinguished by the Ukrainian Cathedral and St Michael's Church and backed by the high-rises variously known as Hotham Heights or 'the flats'.

The town hall, the hill and Hotham Heights all bear the name of Sir Charles Hotham, lieutenant governor of the colony when the town of Hotham was established. The hill, however, probably refers more to the locality as a district of the town than to Sir Charles himself.

Sir Charles's name had greater heights awaiting it in the form of the alpine peak Mount Hotham. His name also lives on in a federal electorate, a couple of hotels and a number of streets, none in North Melbourne.

Mount Hotham is certainly the biggest mountain named after a North Melbourne connection, but it is not the only one. Visitors inspecting the clock mechanism at the Spring Fling will have seen a plaque crediting Robert Ellery as the designer of the clock.

Ellery did not live in North Melbourne — as colonial astronomer from 1853 to 1895 he was based briefly in Williamstown and later at the observatory in the Domain, which worked in with the observatory on Flagstaff Hill. Even so, North Melbourne owed much more to him than the design of our famous clock.

When he designed the clock, in 1878, Ellery was in effect the sole keeper of the right time in Victoria. The world did not begin to standardise on Greenwich time until 1884. Before then Ellery's observatory took readings from the sun and telegraphed the time to whoever wanted it. North Melbourne used Ellery's time until standard time came in.

As well as being the arbiter of time Ellery was also the chronicler and forecaster of weather. His rainfall and temperature charts were published in the daily papers from the 1870s.

Though trained only as a doctor, Ellery was a remarkable all-round scientist. For his land survey work his name was conferred on Mount Ellery, which is in East Gippsland, 11 kilometres south of Goongerah and within the Errinundra National Park. For his international scientific work, Mount Ellery in Antarctica was named after him in 1886.

Diagonally opposite the town hall tower is a bank, built in 1874 as the Bank of Victoria. Beside the bank is Mattingley Lane, named

after Elizabeth Mattingley, founder of one of Hotham's first national schools, in Errol Street, near the town hall. Elizabeth was the mother of Albert, who for many years was head teacher at Errol Street School.

One of her grandsons, Arthur, was schooled at Errol Street and Scotch College (then in East Melbourne) and went to work in the Customs Department. Before long he became noted for his ornithology and photography. He was a founder of the Gould League of Bird Lovers of

Victoria and of the Victorian Advisory Council of Flora and Fauna. His bird photography is highly prized.

Arthur Mattingley was a keen advocate for national parks and a founder of the great Wyperfeld National Park in Victoria's Mallee country. For this he was honoured by having the highest point in the relatively flat Wyperfeld named Mount Mattingley.

The Hotham History Project is well known for its walks and guided tours, but a tour of the

mountains that recall Hotham, even the three in Victoria, may be too ambitious.

Thank you to the Arts House and its staff who arranged for the clock tower to be open during the Spring Fling Festival.

Bill Hannan is a local resident and member of the Hotham History Project. He contributes articles regularly to the North and West Melbourne News.



The town hall clock tower provides an excellent view of the surrounding hills Photo: Charlotte Aldenhoven

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North and West Melbourne Association

Spring Fling Festival 2015

The North and West Melbourne Association (NWMA) would like to congratulate Emma McCashney and the hard-working team at The Centre on putting together such a great community festival this year. The fine weather, entertainment and myriad stalls drew plenty of visitors to Errol Street and surrounds.

At the Association's stall, in front of the library, we ran a survey about possible improvements to the Errol Street precinct, which included topics of pedestrian safety, enhancing the environment with street trees and the addition of public toilets. Architect Jack Lewis had drawn a plan illustrating some of these ideas and this was displayed with photographs of Errol Street today and an aerial shot.

The survey was a hit with festival-goers and by day's end we had collected more than 230 survey forms. More were later distributed to local traders to ensure a representative range of responses. While a detailed analysis remains to be done, noteworthy were a number of comments about upgrading the 57 tram to cater for disabled users and eliminating the squeal as the tram turns the corners.

We also conducted a straw poll with four main topics. By far the most popular was 'trees and landscaping', but 'public toilets' gained ground as the day progressed!

Development proposal for 9 Dryburgh Street, West Melbourne — VCAT decision

Following a three-day appeal hearing in August, VCAT issued its decision on 19 October, refusing the application for a 14-storey building and determining that a 10-storey alternative would be acceptable, with conditions. The applicant, CBUS Property West Melbourne, later notified the parties that it would be submitting a revised proposal.

While the City of Melbourne and other objectors, including NWMA, would have preferred a lower building more in keeping with the six-storey maximum of other nearby developments, several of which are now under construction, the decision does represent a substantial improvement. We believe the many, often contradictory, planning documents that may be taken into consideration are not helpful and provide no certainty around development in this part of West Melbourne.

In its new plans CBUS must retain the originally proposed facades and the basic design, which the VCAT members judged to be of excellent quality. The number of car spaces also has to be retained even though the new proposal will have fewer apartments.

Demolition of house at 187–189 Stanley Street, West Melbourne

Heritage counted for little in Stanley Street when the City of Melbourne allowed the demolition of this large, D-graded Victorian house without prior public notice to the community.

NWMA members cannot understand why the property was not covered by a heritage overlay, or how its demolition was apparently authorised by a private building surveyor rather than by the council. This heritage two-storey house was omitted from the overlay notwithstanding that all properties immediately to its west and down to the junction with Railway Place were included.

This section of Stanley Street is a rare example of an area where a sizable streetscape has survived the industrial onslaught intact. The demolished house and the remaining two next to it illustrated the mix of more affluent structures with the humbler houses that were once widely dispersed throughout West Melbourne. The integrity of this reference to the suburb's working-class origins is irreparably diminished.

City North and Arden–Macaulay structure plans — from bad to worse

City North and Arden–Macaulay are structure plans for greatly increased density and intensity of development for our area that the City of Melbourne (CoM), the State Government and the Melbourne Planning Authority have been pushing through the planning scheme amendment process over the last three to five years.

Their effects on North and West Melbourne are now becoming obvious to all.

City North

One example of the effect of City North is the 'wall' forming along Flemington Road. Between Villiers and Harcourt streets there are two new dominating 13–14-storey buildings, which are nearly double the height of the relatively recent, adjacent eight-storey buildings — a height limit the NWMA argued

was already quite high and should have been retained.

Only five or so years ago, two-storey graded Victorian terrace houses and the Redback Brewery stood in that short stretch of Flemington Road. Change can be rapid.

City North was gazetted by the Planning Minister in October, which essentially means it has gained final approval and is now officially part of the Melbourne Planning Scheme. There were no further changes made.

The NWMA was involved in the City North process from the outset — a process we didn't view as truly consultative — and generally our position was for lower, less intense, mid-rise development along with provision of commensurate community and civic infrastructure. As part of a broader set of concerns for our area, we made the following comments and recommendations regarding City North directly to the minister:

- Height limits should be made mandatory, as originally proposed, and not discretionary.
- City North provides too much scope for development without commensurate open space and civic and community infrastructure.
- The removal of third-party appeal rights should not be supported; instead, these should be reinstated and, if necessary, the zoning should not be changed to Capital City Zone.

Unfortunately, none of these suggestions was heeded. We will soon see the Flemington Road 'wall' extending, as several further permits are already in place with building likely to start shortly.

Arden–Macaulay

In the case of Arden–Macaulay, most people are now aware of the cheek-by-jowl, 13-storey developments approved along Haines Street — another 'wall' — which will overshadow and dominate Gardiner Reserve. As pointed out in previous articles, the NWMA was particularly critical of the excessive development the proposed height limits would bring, and argued from the outset for a mid-rise, 20-metre, five-to-six-storey height limit.

Then, of course, there is the Woolworths development, approved in large part because of, not despite, Arden–Macaulay. A 20-metre, six-storey development, such as RAID's alternative proposal, would have been concordant with the local community's vision and expectation for this area.

Arden–Macaulay is now nearing the final stages. At the Planning Panels Victoria hearing in July we reiterated our views and vision, presenting the NWMA Alternative Arden–Macaulay Structure Plan. We pointed out, backed by analysis, that the population target of an extra 20,000 or so people could be easily achieved with lower heights that delivered a better built form or, in everyday terms, a better place to live.

We again stressed the inadequacy of planning for and provision of open space and com-



A 'wall' of developments is forming along Flemington Road *Photo: Geoff Leach*

munity and civic facilities, including schools.

The panel has written its report and made it available to the public. We are still digesting its 100-odd pages, but some key points are that the panel:

- has not supported reduced height limits, about which it said nothing specifically
- has supported the 'hybrid' mandatory height limits, which have a base height plus a 30 per cent discretion
- agrees the Moonee Ponds Creek is degraded and insufficient as open space
- has castigated CoM for including VicTrack land along Moonee Ponds Creek as open space, saying that CoM should have known the land would have to be bought in accordance with long-established planning practice — there is no 'pool' of government land that can simply be reallocated from one branch of government to another.

The last point in particular leaves Arden–Macaulay in a worse position, given the open space provision was already inadequate for a near doubling of the population. We doubt that CoM will, or even can, prioritise buying the VicTrack land — especially now that the cost has increased markedly because of the rezoning!

CoM will consider the panel's report and will probably put it on the Future Melbourne (Planning) Committee agenda next February.

Finally, we remind readers that much of North and West Melbourne's appeal survives because of past efforts, heroic in some cases. We remain committed to the Association's core values, although the challenges have multiplied since its formation in 1967. As always, we seek and encourage new members, or rekindled interest from old members.

Contacting the NWMA

Ordinary general meetings take place at 7.30pm on the third Tuesday of the month at the Bastow Institute, 601 Queensberry Street (enter from Union Street). Visit the website at www.nwma.org.au or email info@nwma.org.au for more information.

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The NWMA Errol Street precinct improvement survey at Spring Fling *Photo: Janet Graham*

New towers but no new parks or schools

Marg Leser

Multiple high-density multistorey buildings with one- and two-bedroom flats have been approved for North Melbourne, but no new parks, new schools, additional child care or more community spaces.

RAID (Residents About Integrated Development @ 3051 Inc) recognises that North Melbourne is changing and supports residential developments, but these need to be of good design and on a scale appropriate to the area's existing streetscape and heritage. New dwellings need to be of varying sizes to provide a diversity of housing options.

The vast majority of new flats will have one or two bedrooms. There will be very few three-bedroom apartments. Over 400 apartments are to be built in the area surrounding Gardiner Reserve with an additional 300 approved as part of the Woolworths development.

Gardiner Reserve is the only public playground in this area. RAID has been lobbying the City of Melbourne to increase the size of Gardiner Reserve by reconfiguring the roads at the Dryburgh, Haines and Shiel streets roundabout.

About RAID

RAID's focus is to represent the views of the local community in informing integrated, long-term and sustained planning for urban renewal in North Melbourne and in particular to address inappropriate development proposed for the suburb. We are concerned at the number of new medium-to-high-density developments that do not have the social infrastructure to cater for the increasing population.

RAID was formed in 2011 when Woolworths first proposed to construct a 16- and 10-storey tower development comprising 304 flats and a car park with over 600 spaces to service a supermarket, packaged liquor outlet and other retail shops.

The City of Melbourne and residents opposed this as a site overdevelopment with consequent traffic management issues but Woolworths gained VCAT approval. Woolworths put the site up for sale and a SOLD sign was posted in early November this year. However, this site re-sale includes a 20-year lease to Woolworths to operate a supermarket and bottle shop.

RAID is concerned about the size of this development, the trading hours of the supermarket and bottle shop, and the parking and traffic management issues associated with such a large housing and commercial development in an already congested residential area.



Local residents show their concern over a local pedestrian crossing

Photo: Megan Cusack

Traffic management and safety

RAID continues to lobby the City of Melbourne to address current traffic conditions in North Melbourne, which present significant risks to the safety and wellbeing of our community.

One such risk is the existing configuration of the roundabout joining Haines, Shiel and Dryburgh streets, where drivers blatantly ignore the pedestrian crossing and its signs, speeding through in an effort to avoid stopping. This poses a constant risk to pedestrians, both young and old, with many local residents sharing stories of 'near misses' that are beyond scary.

Given the multiple site developments planned or approved along Haines and Shiel streets and Macaulay Road, the danger will increase with the introduction of heavy trucks and workers' vehicles during the construction period. Once the new apartments are completed, there will be hundreds of additional vehicles accessing these new complexes and also parking in local roads.

Over the last two years RAID has brought this issue to the council's attention and agrees that two speed humps should be installed at the Dryburgh, Shiel and Haines streets roundabout in the near future. These measures, however, do not adequately address the safety issue, nor do they take into account the increased traffic volume.

RAID members will soon be circulating a petition around the community to encourage more urgent action by the council. In the meantime we urge community members to

inform the City of Melbourne every time they witness unsafe driver behaviour at the Haines, Shiel and Dryburgh intersection by phoning 9658 9658 or emailing using the online form at www.melbourne.vic.gov.au/AboutCouncil/ContactUs/

We will lobby the City of Melbourne to review new traffic flows and introduce new traffic management and parking measures for construction vehicles and to mitigate the impact of cars and bicycles belonging to new residents and their visitors.

Arden-Macaulay

In recent months RAID has made many submissions on planning matters to the City of Melbourne, VCAT and the Amendment C190 panel in respect to the Arden-Macaulay precinct.

We presented on the need for height controls and on the overshadowing caused by tall buildings and their impact on air flow. RAID believes the standard for access to sunlight in public open spaces should be based on minimums of three hours of direct sunlight at the June solstice and five hours at the March and September equinoxes.

The C190 panel report has just been released and is available from the City of Melbourne. Resident input is vital before the council presents its response to the Minister for Planning on Amendment C190 and a revised Arden-Macaulay Structure Plan.

RAID updates and objectives

RAID updates members regularly. We will

continue to focus on the following five main areas:

- Monitor the Woolworths and Haines and Shiel streets developments
- Monitor the City of Melbourne's approach to other large-scale developments
- Assess the implications of the City of Melbourne's development of a new municipal plan and continuing work on the Arden-Macaulay Structure Plan
- Liaise with other community action groups
- Continue to work constructively with the City of Melbourne on planning and development matters.

Want to help?

RAID's resources are stretched and we really do need more residents to share their skills with us. We would appreciate any help from the community with activities such as observing at council meetings or VCAT hearings and submission writing. Please contact us at raid3051@gmail.com if you are able to assist.

Connect with RAID @ 3051

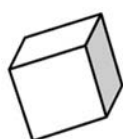
For further information about RAID, or to become a member and receive our e-newsletter, email raid3051@gmail.com. Access the RAID website at www.3051-integrated.com. Follow us on Facebook at www.facebook.com/pages/3051-RAID

Marg Leser is deputy chair of RAID.



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FREE PICK-UP & DELIVERY IN NORTH & WEST MELBOURNE AREA

**Trek Medic from North Melbourne to Nepal
Continued from Front Page**

Australia had two medical teams in Nepal, both from RMH. “Our team was initially five, then it upped to 11,” Hong explains, crediting the aid work of Professor Fary Khan. The Professor of Rehabilitative Medicine at RMH’s Royal Park Campus in Parkville joined Hong to lead major treks into the Himalayan alps with Trek Medic trauma aid.

Hong’s Trek Medic team, in collaboration with the Nepal Kidney Foundation, were recognised by WHO and Nepal Health Emergency Operation Centre (HEOC). They used a 15-bed disused hospital facility with minimal electricity and lighting to treat an average of 250 patients every five days, or 50 each day. And these weren’t just common colds: usual presentations were respiratory infections, faster-intestinal infections (Hong’s specialty), wounds, cellulitis, psychosomatic difficulties and trauma, along with chronic cases of headaches, gastritis, GORD, OA and chronic back pain.

“The most serious cases included open fractures of the foot complicated by wound infection and early gas gangrene, likely rhabdomyolysis, open ulnar fractures, spinal fracture with possible cord compression, and lumbar nerve root injury, all of which required referral to a higher centre post-stabilisation of the patient.

“Other clinical fractures that may require surgical management were stabilised with plaster back slabs, then referred to higher centres for X-ray. Two cases of possible TB were also detected, and a large number of people also presented with diarrhoea they caught after the quake. Three of those developed bloody diarrhoea, fever, hypertension and tachycardia, and required fluid resuscitation and IV antibiotics. The likely source of that was contaminated water due to the large number of dead livestock and rubbish in nearby villages not contained.

“We were one of the last foreign medical teams to leave Nepal,” explains Hong, who operated on site from 28 April to 30 May, mainly centred in the Rasuwa district in the Langtang Valley five-and-a-half hours’ mountain drive north-east of capital Katmandu, one helluva drive.

“And that road to Katmandu was the last accessible route after the earthquake. There was horrendous damage to all villages, yet no aid because no access.”

Dr Hong says her trip became a conglomeration of the magnificence of the Himalayas, the upbeat and caring nature of locals, the devastation of the earthquakes, the sadness and suffering of the people, fear of the unknown, confusion in the chaos and the urge to help as much as possible. Yet she says the greatest hurdles were not meteorological or medical: “The hardest? Bureaucracy, by far!

“The international airport was controlled for the first week by the Indian Army, who were evacuating Indian citizens only. Then private

choppers were evacuating tourists, so the Nepalese were second-class citizens in their own catastrophe!

“The first week completely ignored the locals, but after major lobbying (Hong takes no credit, but you can bet she was involved) the Nepalese Government provided a chopper to bring in the Canadian and Hong Kong Red Cross, who provided full field hospital capabilities.

“After another week the road to Dungeche was cleared and aid came in.

“Time is life in these situations and the first 72 hours is critical for survival, so all those delays were really felt by our team,” she says, gritting her teeth.

“Later observations recorded several hundred youngsters living in a tin hut on the outskirts of a local town. Most were orphaned from the quake, they had scabies and many, many injuries.

“We opened the clinic at 8.00am seven days per week, sometimes finishing late evening, then writing reports and other critical management tasks, [because] lack of coordination usually breeds chaos,” Hong cringes.

Those frustrations relieved for now, the RMH gastroenterologist is also a relief doctor for regional NSW, before returning to Nepal in 2017. “We’ll do free Trek Medic village clinics again,” she tells, hunching forward. “Arthritis and musculo-skeletal pains from wear and tear in the fields, irritated eyes and cataracts from UV light and kitchen smoke, gastritis from erratic diet and alcohol ... the list is endless.

“Then the usual presentations with lung degeneration, infections, diseases and miscarriages ... There’s so much need for us there,” she says, donning her diagnostician’s cap.

“Shortly before coming home in October we discovered a gastro outbreak in this place where displaced people were congregating. There were 500 residents and 30 new cases each day. Just like with the earthquakes, there’s a variety of conditions and variety of patients old and young,” says Trekkie Hong. Those bureaucrats don’t stand a chance with this dedicated soul.

Hong enacted both medical and social care in Nepal, having adopted a small child’s life and education expenses.



Dr Hong treating a patient

Photo: Jim Weatherill

Trek Medic

Founded in 2011 and based in Melbourne, Trek Medic is a non-profit team of volunteer doctors, nurses and allied health professionals. They grouped together to help provide basic health care, education and emergency aid to under-privileged communities worldwide.

Following a trial expedition to Nepal in 2011, they have returned since on average twice per year, their ongoing work critically required for a nation traumatically compromised by territorial disasters, minimal medi-

cal provision and no rehabilitation facilities.

Nepal’s population of nearly 30 million sees one third living below the poverty line and one quarter earning less than US\$1 per day. Children aged under five are 10 times more likely to die than if they were born in Australia, while adults aged between 15 and 60 are five times more likely to die than if living here.

The top three causes of death in Nepal are pneumonia, diarrhoea and measles, all preventable diseases associated with poor living conditions and lack of access to sanitation and basic health care.

In 2012 Trek Medic had three teams of three to eight members each return to remote Nepalese villages with little access to health care. Those medicos’ campaign has now extended, with teams treating patients throughout Africa’s Kenya.

Donations are not yet tax deductible, but gratefully received and 100 per cent utilised for top professional health care.

Name: TrekMedic
Bank: CBA
BSB: 063 103
Acc.No. 10380436

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NORTH AND WEST MELBOURNE ASSOCIATION INC.

Whether you have lived or worked here for many years or have just moved to the area, one thing you probably enjoy is the liveable quality of the built environment. The North and West Melbourne Association has worked for more than 30 years to maintain the amenity and enhance the wellbeing of residents, workers and visitors. We are a group of people who live or work in North and West Melbourne, a community that is very much a part of the inner-city life of Melbourne. We represent our members by canvassing their views, concerns and proposals on issues of community interest to local, state and federal government. Join us to work together for the future of our community. We meet once a month on the third Tuesday, and everyone is welcome.

- www.nwma.org.au
- info@nwma.org.au
- [@nwmeib](https://twitter.com/nwmeib)
- [NorthAndWestMelbourneAssociation](https://www.facebook.com/NorthAndWestMelbourneAssociation)
- PO Box 102 North Melbourne 3051



Church group meets to feed homeless

Allison Mouret

Every Saturday, volunteers for local North Melbourne group Many Rooms meet at the North Melbourne Community Centre to feed the homeless and disadvantaged.

"We started with a group of five people six years ago, it took us a while to get up and running, but we've been going on ever since," says group founder Jim Davison.

"We are all committed to do something to serve the people of Melbourne."

Homelessness is a growing problem in Melbourne, and the crisis accommodation system is "not quite adequate to keep people out of homelessness", says Mr Davison.

"It can give them a roof over their head for a period, but it's not going to solve their long-term accommodation issues."

"There are access issues and affordability issues, issues of what causes homelessness, the precipitating factors, and then there's issues about how people remain homeless and can't get out of it."

The Melbourne City Council does acknowledge the problem of homelessness and the need for groups like Many Rooms, and on its website has a page dedicated to this issue, saying homelessness "requires a whole of community response".

"The City of Melbourne aims to contribute to developing sustainable pathways out of homelessness, but we cannot do it alone," says the council on their social support webpage.

Many Rooms works with the City Council to reserve the space each week, and has been supported since its start by the Melbourne City Council.

"We pitched it to the City of Melbourne and they said great, let's do it, and with them we identified this space," says Mr Davison.

The space, located at the North Melbourne Community Centre, lets members sit down and relax for the entire morning and afternoon while volunteers prepare and serve meals.

"It's got all we need, a kitchen space, a dining space, and people can hang out and it's a place that they can spend a bit of time on a Saturday," says Mr Davison.

The city of Melbourne provides the space, but volunteers' work is unpaid.

"People don't come here unless they really feel a motivation to be involved," says Mr Davison.

Volunteers are trained to recognise and understand the diversity of the community they are serving.

"About a quarter of people who come are homeless, which means that they're either on the streets or in boarding house accommodation or some sort of crisis accommodation,"



'Macca', a North Melbourne identity

Photo: Jim Weatherill

Mr Davison continues.

"We also get a lot of people from the public housing community, from non-English-speaking backgrounds as well."

"We recruit our volunteers from a very diverse base, who have language skills to accommodate non-English speakers."

Volunteers face challenges when working with the disadvantaged, especially those with mental illnesses and those in crisis situations.

"Some people come from fairly regular backgrounds and may have mental health issues or a major catastrophe in their life, where their wheels have fallen off and they have to head to the streets," says Mr Davison.

"We've got a lot of people who have problems with chronic homelessness, so they might get sorted out for a period and then head back to the street."

"It blocks off a lot of options for people. We provide good healthy food and good social interaction."

The group encourages volunteers to get to

know the people they help.

Volunteer Victoria started volunteering over two years ago and says the interaction she has with members is "meaningful, the kind of stuff that makes your heart smile".

"More of the moments that have impacted me personally have been one-on-one conversations with participants."

"What's different here is the effort the volunteers put in, particularly given the numbers we serve, and the fact that we cook the food from scratch," Victoria says.

Volunteers will often spend all morning and afternoon preparing meals, cleaning, setting up tables, and interacting with the homeless.

"There's a lot of love put into the preparation of our food and the service that we give," says Victoria.

The people being served come not just for a meal, but also for social contact and to feel a sense of community belonging.

"Many Rooms volunteers enjoy the company of their friends and the people they serve,"

says volunteer Steven Duncan.

"Rather than go to the footy on Saturdays and spend money they don't have, they come here to catch up with their friends and have a meal for free," says Steven.


"We get to know people and know them by name," Mr Davidson adds.

The personal relationships formed at Many Rooms encourage members of the homeless community to come back each week.

"The homeless and disadvantaged we serve come here also for social contact and the community aspect," says Mr Davison.

The City of Melbourne Council's homelessness webpage says that they support groups like Many Rooms and are "in consultation with a broad range of our partners and key stakeholders" to help fight homelessness.

For information on how to volunteer for Many Rooms, visit the group's website at www.manyrooms.org.au/wp/




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POLITICS & ENVIRONMENT

City council commits on climate change

Paul Campobasso

In late September a petition found its way to Melbourne City Council's offices, reflecting the passionate voices of 31,000 local constituents.

However, this petition was different to most others. Rather than being critical or in opposition to a specific policy, as is often the nature of petitions, this one was instead massively positive, having been arranged by the Climate Council to showcase public support for local government's approach on climate change.

Since the 1990s climate change has been a hot topic in Australia and over the years it's only become increasingly heated, as arguments for and against the science often reach boiling point.

Though some of our political leaders in Canberra maintain an icy stance towards action on climate change, the local council, on the other hand, has evidently warmed to the idea of reducing greenhouse gas emissions.

In September, for example, City of Melbourne became one of the first Australian cities (the other being Sydney) to comply with the *Compact of Mayors*.

This global coalition currently sees 254 city mayors from around the world unite to

take collaborative and meaningful action in reducing the greenhouse gases responsible for causing erratic and detrimental weather patterns.

"You don't get to be the most liveable city in the world without a strong focus on sustainability and prosperity," Lord Mayor Robert Doyle said in an October media release. "The City of Melbourne is committed to achieving Zero Net (Greenhouse Gas) Emissions by 2020, and has a target to source 25 per cent of the municipality's electricity from renewables by 2018."

To achieve its ambitious goal Melbourne City Council has a number of initiatives in full swing, aimed at greening-up areas in and around the CBD — including North and West Melbourne.

Arguably the biggest and most recent initiative involves a \$30 million upgrade of public lighting, which has been funded by the Federal Government and will be rolled out in collaboration with the Clean Energy Finance Corporation, which seeks to increase investment in clean technologies.

Announced in mid-October, this program aims to upgrade more than 16,000 public streetlights to energy-efficient LED globes, while also installing 300kW solar panels on council and community facilities.

The council is hoping that these upgraded

streetlights will consume less than half the energy they're currently using, saving the City of Melbourne \$1.1 million a year and reducing greenhouse gas emissions by 110,000 tonnes over the next decade. According to the Lord Mayor, this is equivalent to "taking almost 2800 cars off Melbourne roads for a year or planting more than 13,300 trees".

Also in October, Melbourne City Council announced a new partnership with The University of Melbourne, to establish 'The City of Melbourne Chair in Resilient Cities'. According to an official statement from the council, this joint project aims to "strengthen Melbourne's resilience in the face of sustainability challenges including global warming".

These initiatives join existing programs within the council's environmental portfolio for reducing City of Melbourne's greenhouse gas emissions, while also adapting the city to some of the effects of climate change, including flooding and heatwaves. The council's other programs include climate-neutral water-saving schemes, solar panel rebate programs and green roof and wall initiatives.

The council has demonstrated some leadership in green building design as well, with its 2006 construction of Council House 2, or CH2, a six-star Green Star energy and

water efficient office building.

While environmentally-minded Melbourne residents can take some comfort that their council has taken a leading role in climate change action, it's hard to say whether these programs are strong or far-reaching enough to turn the City of Melbourne into the sustainability hub it envisions.

This is especially the case when considering that Melbourne presently produces around 6 million tonnes of greenhouse gas each year, signifying a difficult slog to a climate-neutral future by the set date of 2020.



Photo: sourced from Wikimedia

Victoria takes a stance on domestic violence

Stephanie Filaktakis

The Victorian Local Government Multicultural Issues Network (VLGMIN) is proposing initiatives, including prevention, intervention and response approaches to combat violence against women in multicultural communities, after the 1.3 per cent rise in domestic violence in Victoria this year.

A conference was recently held at Victoria University Convention Centre to address some of these continuing issues.

Brimbank City Council administrator Jane Nathan said that domestic violence occurs in all communities, but some more than others.

"Domestic violence is simply about power and in order to change this, we need to provide an integrated community approach, change in attitude and collaboration of gender equity," she said.

The Victorian Minister for Women and the

Prevention of Family Violence, the Hon Fiona Richardson, said that Indigenous women, as well as women from rural localities, women aged under 45 years and pregnant women, are all at risk of violence.

"Women are at risk and the result is from poorly tailored responses," she said.

"One-size-fits-all is not an appropriate approach and this is because gender equality and family violence is misunderstood and there are many social and cultural challenges," Ms Richardson said.

The Victorian Local Government Multicultural Issues Network facilitator, Maria Dimopoulos, said that prevention could be done by preventing the problem in the first place.

"By directing policy and strategies and changing the underlying causes and behaviour will only result in counteracting domestic violence," she said.

During 2014–2015, 68,000 women were victims of family violence and it costs the

economy approximately \$13 million.

The Multicultural Centre for Women's Health's senior research and policy advisor, Dr Regina Quiazon, said that only a balance of legal responses and change of attitudes towards domestic violence would counteract ongoing violence.

"Our justice system is doing all it can but violence against women begins with sexist attitudes and unequal power, and while we continue to see women less equal to men, disrespect and violence against women will continue to happen," she said.

The conference was held by the VLGMIN at Victoria University Convention Centre, 460 Ballarat Road, Sunshine.

Speakers included:

- Minister for Women and the Prevention of Family Violence, Hon Fiona Richardson
- VLGMIN chairperson Eugenia Grammatikakis

- Municipal Association of Victoria (MAV) policy advisor Kellie Nagle
- InTouch CEO Maya Avdibegovic
- Regina Quiazon, Multicultural Centre for Women's Health
- MAV president Bill McArthur
- Teresa Dowd, from Our Watch
- Jane Torney, Monash City Council
- Whittlesea CALD Community Family Violence Project's Claire Varley and Elizabeth Meade
- Monet Bucud, Geelong CALD Family Violence Project
- Dr Crystal Bruton, City of Greater Dandenong
- Robin Gregory, Meredith Budge and Shivani Sharma from Cohealth

For more information contact the VLGMIN or the Multicultural Centre for Women's Health at www.mcwh.com.au

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The Centre Courses Term 1, 2016

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



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

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

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

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



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



COMMUNITY PROGRAMS

Basic Self-Defence

Time: Tuesday (four sessions)
 5pm – 6pm Children & Youths
 6pm – 7pm Adults
 Cost: \$90 / \$55 concession*
 Venue: Errol Street, North Melbourne

Centre Adventures (Day Trips)

Cost: \$35 / \$25 concession*
 Meeting Point: 58 Errol St, North Melb

Discovery Walks – Art, Architecture and History Walking Group

Time: Fourth Tuesday monthly
 10am – 11am
 Cost: \$3 per session
 Meeting Point: 58 Errol St, North Melb

Ready, Steady – Walk Docklands

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

Drop-in Morning Teas

Cost: \$3 per session
 Time: First Tuesday monthly
 10.30am – 12 noon
 Venue: 58 Errol St, North Melbourne

Errol's Angels Community Choir and Beginners Singing

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

Volunteering

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

- Spring Fling, third Sunday in October annually
 - Writing and editing *NWM News*
 - Tutoring or teacher's aide
 - Office and business administration
- Time: Must enter into a regular commitment
 Venue: 58 Errol St, North Melbourne

FOUNDATION SKILLS

Adventure Book Club for Fathers and Sons

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

Career Planning and Advice **NEW**

Time: Monday 10am – 12 noon
 Cost: \$90 / \$55 concession*
 Venue: 58 Errol St, North Melbourne

Global Homework Program

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

Secondary (Grades 7–12)
 Time: Tuesday 4pm – 6pm

Cost: \$35 / \$25 concession*
 Venue: North Melbourne Library

Open (Grades 4–10)

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

Management Studies: Business Communications or Compliance Frameworks **NEW**

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

Prepare for Work: Foundation Skills

Time: Thursday 9.30am – 3pm
 Cost: \$133 / \$105 concession*

Financial Literacy

Time: Monday 1pm – 3pm
 Cost: Free for concession card holders, others \$55
 Venue: 58 Errol St, North Melbourne

Job Seeker Skills

Time: Monday 1pm – 3pm
 Cost: Free to those sleeping rough
 Venue: Flagstaff Crisis Accommodation

Basic Skills

Time: Friday 1pm – 2pm
 Cost: Free to those sleeping rough
 Venue: Flagstaff Crisis Accommodation

Return to Study and Study Support **NEW**

Time: Tuesday 1pm – 3pm
 Cost: \$90 / \$55 concession*
 Meeting Point: 58 Errol St, North Melb

Self-development Short Courses: **NEW**

Legal Fundamentals: Aged Care Law or Contract Law

Social Media for Marketing

Setting up a Small Business Online

Understanding Workplace Documents and Processes

Writers' Workshop (creative writing and editing)

Time: Wednesday 6pm – 9pm (two sessions)

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

EMPLOYABILITY AND SKILLS DEVELOPMENT

Asthma Management or Anaphylaxis Management

Time: 9am – 4pm quarterly (two sessions with pre-reading)
 Cost: \$125 / \$105 concession*
 Dates: 8 April, 4 July
 Venue: 58 Errol St, North Melbourne

Conservation and Land Management – Certificate II **NEW**

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

Core Skills for Work – Vocational Preparation

Time: Monday 10am – 12 noon
 Cost: \$133 / \$105 concession*
 Venue: 58 Errol St, North Melbourne

Education Support (Teacher's Aide)

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

Event Management

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

Journalism, Media and Printing

Time: Monday 1pm – 3pm
 Cost: \$133 / \$90 concession*
 Venue: 58 Errol St, North Melbourne

Leadership and Management – Certificate IV and Diploma

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

Professional Barista Training

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

Training and Assessment – Certificate IV

Time: Monday 6pm – 9pm (11 sessions)
 Cost: \$1595 / \$375 concession*

Train the Trainer

Time: Monday 6pm – 9pm (three sessions)
 Cost: \$475 / \$375 concession*

Upgrade to TAE40110 from old BSZ40198 and TAA40104

One-day workshop
 Date: 6 April
 Time: Wednesday 9am – 4pm
 Cost: \$475
 Venue: 58 Errol St, North Melbourne

INFORMATION, DIGITAL MEDIA AND TECHNOLOGY

Information, Digital Media and Technology: First Steps

Time: Monday 10am – 12 noon

One Step Further

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

Computer Skills: INTEL® Easy Steps

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

Drop-in One to One Sessions

One-on-one training arranged with instructor
 Time: By appointment, bring your

own device(s)
 Cost: First session \$90 and thereafter \$55
 Venue: 58 Errol St, North Melbourne

Introduction to Technology

Bring your own iPad or iPhone or laptop to class to learn.
 Time: Wednesday 10am – 12 noon (four sessions in group setting)
 Cost: \$90 / \$55 concession*
 Venue: 58 Errol St, North Melbourne

HEALTH AND WELLBEING

Active and Healthy

Time: First, second and third Tuesday monthly#
 10am – 12 noon
 Cost: \$35 / \$25 concession*
 Venue: North Melbourne Library

Allied Health Assistance – Certificate IV **NEW**

Time: Tuesday 9.30am – 4pm (16 sessions)
 Cost: \$1295 / \$375 concession*
 Venue: 58 Errol St, North Melbourne

Food Handling or First Aid

Time: 9am – 4pm quarterly (two sessions with pre-reading)
 Cost: \$125 / \$105 concession*
 Dates: 8 April, 4 July
 Venue: 58 Errol St, North Melbourne

Pilates:

Beginners

Time: Thursday 5.30 – 6.30pm

General Class

Time: Tuesday 5.30 – 6.30pm
 Tuesday 6.30 – 7.30pm
 Tuesday 7.30 – 8.30pm

Intermediate

Time: Thursday 7.30 – 8.30pm

Intermediate Plus

Time: Thursday 6.30 – 7.30pm

Antenatal Pilates

Time: Subject to demand (five sessions)

Pilates – Men's Health **NEW**

Time: Subject to demand
 Cost: \$185 / \$135 concession*
 Venue: The Meat Market

ART AND CRAFT

Art and Craft: Create and Communicate

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

Performance and Theatre **NEW**

In 2016 The Centre will be developing a performance piece allowing people to speak out about issues that concern them in our community.
 Times and dates will be negotiated with interested participants.
 Cost: \$90 / \$55 concession*

Photoshop and Your Photography

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

INC PARTNER PROGRAMS**

Certificates in General Education for Adults
 Certificates in English as a Second or Additional Language
 Certificates in Kitchen Operations/Hospitality

* subject to conditions

subject to staff–student ratios

** subject to demand

Leaving the tertiary nest: an honest account



Students enjoying time outside the classroom

Photo: sourced from Wikimedia

Sarah Pinikahana

How does four years seem like a lifetime ago now? Just four years, the number seems so small in comparison to how much I've grown since walking into university what seems like so long ago.

Now as a fourth year, the corridors finally seem to make sense. Four years of walking into the university's big ornate buildings passing by antique photographs showcasing the school's history and never really giving a thought to the hordes of students who came before. Never thinking about the lives and stories that have filled the halls and lecture theatres for years past.

Four years, and I am not going to lie, I'm probably not going to miss it. No, I'm not going to gush over memories that can't be made anymore, because the truth is, law school was a massive drainer.

Finishing law school reminds me of sitting in my last biology tutoring class in high school and all of the girls, and a few of the more tender boys, tearing up at the finality of it all. Most of us were friends and our tutor was a nice guy, but it was hardly the end of the world. I remember sitting there all class wondering if the sadness would hit me before I left and then witnessing this river of emotion and thinking to myself, "is nobody a little happy this is over?"

So call me heartless, but rose-tinted glasses don't tend to get in the way when it comes to academia for me. Maybe this is because academia has always been a bit of a struggle for me, maybe it's that I can't easily forget feelings of lament or hardship, or maybe it's just that I actually like going outside instead of simply staring outside through a second-storey library

window. Whatever it is, if I had the choice over, I'd probably not have gone into law.

But I am a hopeless optimist, so I always try to find a message or reason for things, even if there doesn't need to be one.

Recently I came to the conclusion that while I will not miss the thrilling teachings of the founding fathers and why they thought it'd be okay to exclude entire races from the Constitution, what I do already miss, however, is my old state of mind.

Before the career planning and the midnight reflections of "why am I even doing this anymore?" took over. I miss when a good group of people, a nice tune and a slightly too cheap

bottle of wine was the remedy to my blues.

I miss actually thinking my boss couldn't tell how wretched I felt at work after a night out, and I miss the unimportance of everything that seemed to matter back then.

Maybe that's what university has become, maybe it's what it always was: a stop-gap between adolescence and everything you want from your future. A sort of intermission, where there's plenty of alcohol and more than a few bad decisions but also a lot of learning.

So I guess what I'm trying to say is, if any of you soon-to-be graduates or just university students in general are reading this, know that the clichéd "you'll miss it when it's over" is

probably only true for some.

University is not easy, but it is also not the worst thing in the world. I wish I had all the answers and that I could tell you that everything was going to work out and that the struggle will be worth it, but I can't know that. Unfortunately, they didn't teach me that.

I can only tell you that I'm still figuring it out too, and I might be full of it, but my hope is that everything is connected and everything matters. While I don't know how things will pan out for you, I hope when you reflect, you figure out a way to join all of your own dots and that it makes a lot more sense than law school ever did for me.



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As one door closes another opens

Jenny Prahbu

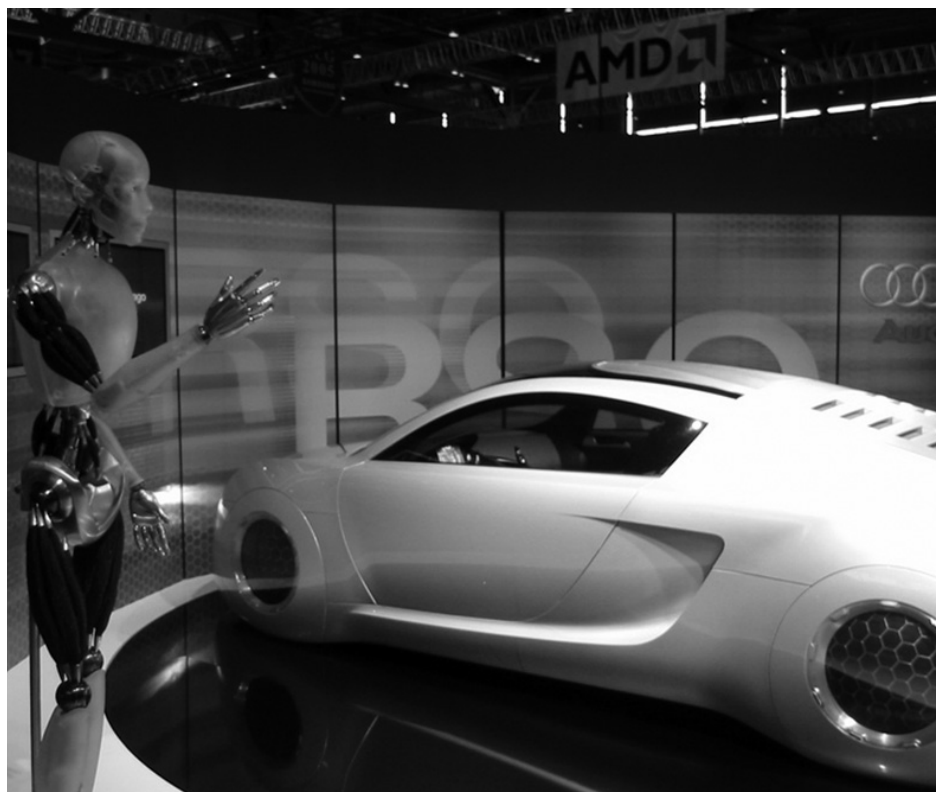
Several times a week we hear on the news that car manufacturers are closing their Australian factories but retaining their design studio employees. Mining jobs are going along with many of the 'old' or traditional businesses. We also hear about the dreadful rise in youth unemployment, especially in our battling northern and western suburbs.

It is a reality that most of the easy options — out of school into a short TAFE course and into work — are fast disappearing, with more and more competition for fewer and fewer jobs. This is due, in part, to new or 'disruptive' technologies.

For example, mobile phones and the internet already enable people to share their accommodation, their skills, their goods, their transport and more with other people. This reduces the need for hotels, taxis and the need to buy goods first hand and, in turn, reduces the reliance on the large and often multinational businesses that support them.

Technology is reducing the need for mining by re-using waste metal while at the same time enabling mining to be largely robotised and made cheaper. Rio Tinto has been a pioneer in Australia.

A variety of 'e-medicine' technologies available via your mobile phone already greatly reduce the need to visit clinics or be hospitalised. Constant new developments in various fields could lead to even more shake-ups in the



Additive manufacturing offers new employment opportunities

Photo: sourced from Wikimedia

job market.

A Melbourne-based private company, Anatomics Pty Ltd, has 3D printed the world's first partial ribcage and sternum from titanium, which has then been implanted in a Spanish patient, half a world away.

In Geelong, listed company Quickstep Hold-

ings in the Deakin University campus already supplies composite parts to Lockheed Martin for fighter planes, and is expanding into composite parts for automobiles.

3D printers and training in their uses is now available in many universities and also some schools as well as via private businesses

that offer instruction across Melbourne. This enables people to create new businesses for a small initial cost for the printer (and ongoing costs for materials) and produces an inexpensive supply of everything from bikinis and T-shirts, plastic takeaway boxes and toothbrushes, to bionic ears and other human spare parts!

When the printing press was first developed, its ability to deliver information to the public was revolutionary. Additive manufacturing has the potential to be as revolutionary to the modern world as the printing press was in the past.

With traditional jobs disappearing and business models constantly evolving and adapting the future can seem a scary place. Yet the opportunities offered by new technologies can often offset their supposedly negative effects.

Like the technologies that seem to threaten our very existence, we too need to adapt to survive. These days you can jump online to earn a degree in just about anything you can imagine. You can network with diverse communities and discuss passion projects and potential business ideas. You can 3D print specialty components of artisanal quality and distribute them using source coding.

With car manufacturers closing their doors and mining magnates wallowing in the bust phase of a boom-and-bust economy, it might be time Australia and Australians invested in the future. While a brave new world of additive manufacturing may seem beset with obstacles, it is also a world full of opportunities.

Finding your future at careers night

Maddi Collis, Year 10

Contemplating your future can be daunting. There is such a diverse range of careers to consider, yet many students don't know what they want to do.

To help students deal with this question, Frances, the Global Homework Program coordinator, arranged a careers session, to give students in the program the opportunity to understand that there are many pathways to success in life, through hearing some sound advice and inspiring stories from a few individuals who were kind enough to volunteer their time to speak to us.

Daniel Grech (career advisor at Apprenticeships Matter) spoke about how studies and school may not be ideal for everyone. Dan explained an alternative option involving education through apprenticeships, where anyone can learn a valuable trade such as plumbing, carpentry or hairdressing.

Lieutenant Colonel Greg McMillan talked about how he began his career as an electrician and then became a helicopter pilot and was given the opportunity to complete a masters degree. The Australian Defence Forces offered him many opportunities to try something new or different within his career and he found taking those opportunities thoroughly surprising and rewarding.

Jacinta Mulvaney, one of our tutors, spoke about her current studies in speech pathology. One of her goals is to become a registered Australian speech pathologist and so she is currently working hard at university to earn those qualifications and looking into a future of assisting people with their speech.

Liz Snowden, another tutor, spoke about her university studies in structural engineering, which sounded pretty fascinating. As part of her studies Liz is currently designing a bridge and needs to calculate the amount of soil needed for the site as well as the most effective bulldozer for the job.

Another great tutor, also named Liz, talked about her studies in neuroscience, scanning

brains and eyes, and her experiences as a student and as a scientist. I have had many great discussions with Liz around science-related topics. Having scientists as tutors has been very helpful in the past to work through schoolwork and exam preparation.

Angela Moylan (career counsellor from University High School) also chatted with us about the importance of career counselling and how she assists students at Uni High.

The careers night was extremely informative and I hope it helped the other students think more about their future careers, what they can do and where to get assistance if they need it. I certainly learned a lot from it.

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SPORT & HEALTH

Melbourne United living up to their name

Lachlan Marr

Melbourne's own NBL basketball team Melbourne United have had an explosive start to the NBL season beginning the year by defeating every other team in the competition in quick succession. Melbourne United opened the season with nine straight wins.

They sit firmly atop the standings with an unbelievable winning record. After their amazing start Melbourne finally suffered their first defeat this season at the hands of the Cairns Taipans on November 20. Had Melbourne United won it would have been their tenth straight victory.

Already though they seem a lock for the playoffs and are by far and away the favourites to win the championship.

The secret to their success is no secret at all; in fact it's in their name. Melbourne United have been able to win is because they have been united.

When one of Australia's oldest basketball teams, the Melbourne Tigers, announced that they would be changing their name to Melbourne United it was met with some controversy.

Yet now it all makes sense. United really is the best word to describe the Melbourne club's team orientated, assist heavy, pass first style of play.

Former NBL legend and NBA champion Andrew Gaze has been blown away by the team this year commenting "They've got a really strong formula right now, and it's going to take some doing for them to lose."

The united approach permeates through all aspects of the organisation with players and coaching staff all preaching a team-first mentality.

Some of this attitude certainly stems from head coach Dean Demopolous, a man who doesn't believe in the concept of the extra pass saying instead "I don't want my players to think they're doing anything extra by passing the ball to an open man, it's the proper pass."

Demopolous comes to the club from the NBA where he has worked as a lead assistant coach for the Seattle Supersonics, the Portland Trail Blazers and the Los Angeles Clippers.

With the success Demopolous has found so far many are praising his basketball acumen but the coach is quick to point out that none of this would be possible without the team he has, saying "It comes down to the players, they're responsible for performing."

There was already hype surround Melbourne United's line-up particularly after they're stellar form in the NBL preseason. But the performances being put out by players in the regular season are really something special.

There's Chris Goulding, the Australian shooting sensation who Demopolous describes as an 'assassin.' After a sojourn in the Spanish league, Liga ACB, Goulding has returned to the NBL playing some of the best basketball of his young career.

Goulding's shot from three is something to be seen and fits perfectly into the pace and space offense favoured by coach Demopolous.

New additions Stephen Holt and Hakkim Warrick both join Melbourne United from the NBA. Holt played this year in the NBA summer league alongside the Cleveland Cavaliers and Warrick comes with over ten years experience on various teams.

The young guard still yet to see regular NBA competition but hungry to prove he deserves a shot and the veteran journeyman with years of basketball knowledge and experience have both been amazing additions to Melbourne's roster.

While South Sudanese born Centre, Majok Majok has been bringing energy to the front-court ripping down rebounds and fuelling fast

breaks. Plus outstanding players like Daniel Kickert and Todd Blanchfield are making plays and draining their fair share of threes.

Along with this the team boasts a deep bench that can hold their own against fierce competition. Even rival Sydney Kings coach Damian Cotter had to admit after a devastating loss "I think Melbourne's the best right now."

With the finals still months away there is plenty more games to play. Yet with a strong start, a formidable line-up and an astute coaching staff this team look like they could go all the way.

Melbourne United are living up to their name and the hype with each win bringing them closer to their ultimate goal of a championship. With the team in such fine form the city has got the message and near sell out crowds are regularly attending games. Melbourne has united behind their team.

To see Melbourne United in action check out their website www.melbourneutd.com.au or if you want to shoot some hoops yourself why not contact the North Melbourne Recreation Centre <http://www.melbourne.vic.gov.au/nmrc/>.



Chris Goulding, Melbourne United's star shooting guard



Melbourne United are stringing together a lot of wins by playing as a team

Photos: Melissa Sudero

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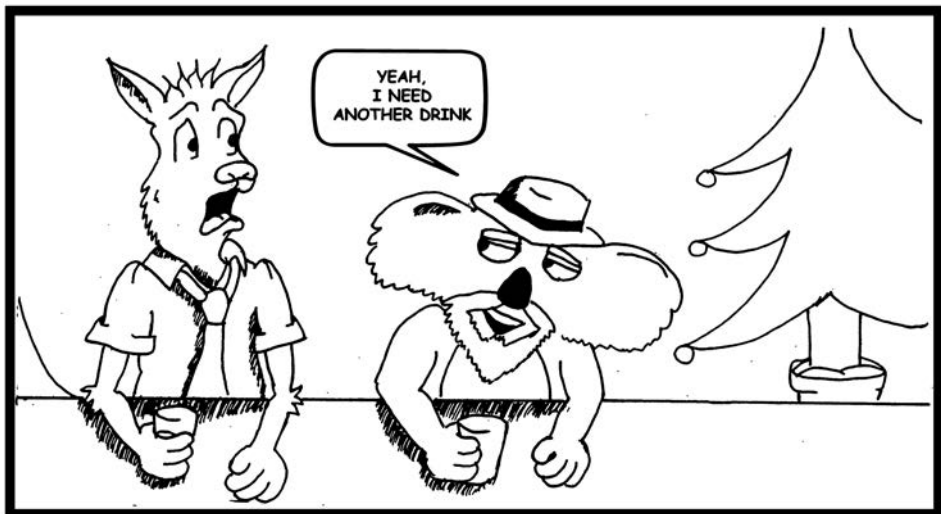
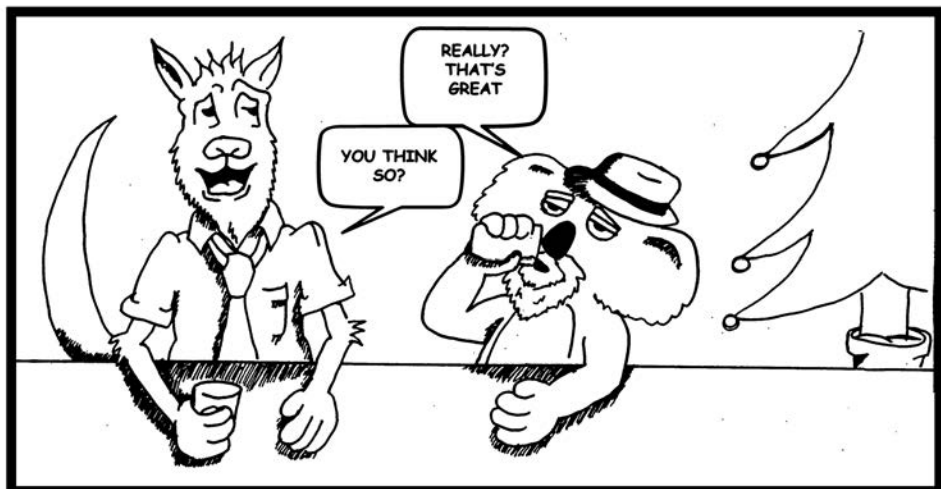
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Clickbaitable health

Bill Adamson

As the new health writer for the *North and West Melbourne News* I sat down with the editor to discuss what I wanted to do over the next four publications.

My main goal was to provide a relevant, well-researched and not sensationalist reporting of health issues.

As I was sat over my computer last week thinking of how I could frame this conversation I was a bit stumped, but then something amazing happened.

An article titled 'Bacon causes cancer' popped up on a newsite I follow, and then on another and then another and soon it was everywhere.

It had grabbed the public consciousness and no newsite wanted to be left behind.

I was excited as this was the very issue I was struggling to explain clearly.

Health messaging in this modern digital age is challenging.

Newspapers and websites need traffic through their websites to make them sustainable. But simple, accurate health information isn't all that exciting.

The more sensationalist the headline the more likely the average person is to click through to the website concerned.

The 'Bacon causes cancer', 'Bacon the new smoking' headline was based on a review of 800 epidemiological studies conducted by the World Health Organisation (WHO).

And there was some great information to be gleaned from the review. Essentially processed meats such as bacon increase the risk of bowel cancer twofold.

But eating bacon infrequently will only very marginally increase your risk. It is far more relevant to those who consume processed meats more than five times a week.

As part of this review the WHO placed processed meats in the same category as asbestos and tobacco, in that they are known carcinogens.

But they are not of the same potency. A lifetime of smoking increases your risk of lung

cancer by a factor of 50, bacon by a factor of two.

And this is where the issue of health messaging lies. Good studies are produced.

Journos under pressure to create click-baitable headlines cherry-pick bits out of lengthy studies and reports.

We the public see yet another thing that we consume, use, live with, that is sure to kill us.

So what do we do? Ignore it, joke about it, keep living our lives exactly the same way.

Sensationalising a subject, sensationalising the content of a study, gets greater clicks, but it also decreases the relevancy to the reader. We become immune to the actual message of the study because of the way it is delivered.

And so the purpose of this article and the ones to come is to demythologise health. To give basic, simple health advice that is relevant, and to convince people that they should be careful when reading things online.

Because in science terms health is relatively simple.

Eat your veggies, don't eat too many foods that are processed, and get as many colours on your plate as you possibly can.

Exercise a bit, and in an enjoyable way, with variety. Try whatever fad comes through. If you enjoy it do it. But don't think that it is the only thing you or others should do.

And with exercise don't just do loaded stuff, don't just do stretchy stuff. Mix it up, move with variety. And don't discount vigorous house-cleaning, gardening, horizontal dancing with your partner, or someone else's partner.

Be mindful. Don't cram your mind with information all the time. Social media is great, but refreshing Facebook for the 17th time is not going to reveal some spectacular new thing. If your feed is anything like mine, it'll probably reveal another new baby.

But more of that next time. Until then, be careful of reading too much online rubbish, it'll probably cause you cancer...

Bill Adamson is an osteopath at Errol St Osteo and also a director on the board of Osteopathy Australia.



Healthcare in the digital age can be hard to compute

Photo: sourced from Wikimedia

TRAVEL & FOOD

Katie's Crab Shack

Meegan Waugh

What do you do if you have a family from Maryland and Louisiana, your great-aunt's cookbooks, a bunch of family recipes and a passion for seafood? If you're Katie Marron, you open Miss Katie's Crab Shack.

Located on Johnston Street in Fitzroy (look out for the neon crab sign), Miss Katie's Crab Shack serves up Maryland-style crab boils and other American goodies from the back room of the Rochester Hotel.

Miss Katie herself cooked for the likes of MoVida before opening the original Crab Shack in the Public Bar, North Melbourne, in August 2013. After outgrowing that venue, the team moved to the Rochester Hotel in Fitzroy in April this year, where the brick walls and

candlelight create a cosy atmosphere perfect for comfort food and Australian seafood is the star of the show.

We kicked off with a serving of the moreish Southern classic, fried green tomatoes (\$12). These were served with goat's cheese, coriander and hot sauce with a decent kick of spice. For main, I couldn't go past the house specialty, the 'build your own' crab boil (starting at \$25), a beautifully cooked blue swimmer crab with corn, potatoes and kranisky sausage, to which you can add your own selection of clams, prawns and oysters. Smother it all in garlic butter and dig in.

Crab isn't the easiest meal to eat. You'll be supplied with all the tools you need, including plastic bibs, wooden mallets and crabcrackers. Katie runs her business with a sea/paddock-to-plate mentality, working with trusted suppliers who use sustainable fishing methods and striving to use only Australian produce.



Some of the delicious dishes from Katie's Crab Shack

Photos: Meegan Waugh

Mörk Cacao Artisans

Michael Hockstein

There is a place along Errol Street, a little north of the central 'plaza' of cafes, stores and restaurants. A provocative place, luring you into indulgence.

Recently I succumbed to desire and entered, and my tongue, stomach and mind have thanked me for it.

At Mörk Cacao Artisans they deliver an experience in chocolate sweets and, more prominently, in hot chocolate drinks.

They serve traditional hot chocolates made from high-quality cacao. The type of hot chocolate drink you associate quite readily with that particularly comforting feeling of a warm drink on a cool day.

However, although the traditional hot chocolates offer a certain allure, when enjoying yourself at Mörk, you cannot leave without tempting your senses with one of their signature hot chocolates. Mörk's adaptations of the traditional hot chocolate are so unusual and interesting, you'll find yourself in need of time to choose between the vast array of drinks on offer.

While I stood staring at the options I was

approached by a friendly waitress who asked: "What would you like?"

I finally decided on the Campfire Hot Chocolate.

A few minutes later the waitress returned with a smooth wooden slab with three items set to make you salivate.

The first thing your eyes set upon is the upside-down glass filled with swirling smoke. Alongside this visual display is a toasted brown marshmallow on a skewer. Finally your delectable hot chocolate is served in a curvy spouted jug waiting to be poured, sipped, swished, swashed and swallowed.

Mörk doesn't have wi-fi and isn't a place to go to enjoy a cup of coffee. In fact they don't even sell coffee; it's all about the chocolate!

Mörk Cacao Artisans is a place to go for a chocolate experience. The décor is modern and inviting, the staff prompt, friendly and helpful. When you first sit down you are provided with a refreshing sparkling water to start your experience. When your drink arrives, you are given the joy of pouring the chocolate from the spouted jug yourself.

The chocolate is delicious and the sweets and desserts are equally amazing. Mörk is a cafe for chocolate lovers.

Cafe 99

Alpha Barratt

A little spot for the local North Melbourne community to enjoy a myriad selection of tasty delights is Cafe 99. Located in the Victorian Archives Centre on Shiel Street and owned by local Tony Tiganis, it's the perfect place to go for a simple coffee and a quick pastry.

Cafe 99 isn't one of those large, open-spaced cafes packed with noisy customers where you are charged \$25 for breakfast — rather it is a return to the basics, somewhere that shows that basic can still be so good.

Tony Tiganis's 25-30 years of experience in the food industry prepared him well to achieve his dream of owning a little cafe for customers to stop off and refuel.

Places such as Caterina's Cucina e Bar (Queen Street), Mietta's restaurant (Collins Street) and the dining room in North Melbourne's Town Hall Hotel are just some of a host of places where Tiganis has worked.

It is therefore no wonder that Cafe 99 delivers well-thought-out and well-prepared food. Soon after he left the Town Hall Hotel, the

Victorian Archives Centre opened and Tiganis excitedly approached them with his plan to establish a small cafe.

Tiganis, who is from a Mediterranean background, has worked in a number of European restaurants and this influence is unmistakable at Cafe 99.

The menu is inspired by Tiganis's family background and also draws on the databank of delicacies he's cooked in his 30 years working in hospitality.

His most popular dishes are the cheesecakes, orange cakes, Portuguese tarts and — my personal favourite — the savoury three-cheese muffin, which consists of feta, halloumi and mozzarella and melts delightfully in your mouth.

A gem in the heart of the North Melbourne community, Cafe 99 is going strong despite possible competition from larger cafes opening once the Woolworths is established.

When asked about the cafe's future, Tiganis replies that it "will be here for a long time" and that the Archives Centre will always need somewhere for people to discuss ideas and drink good coffee or, as Tiganis puts it, somewhere to "refresh the weary traveller".



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ARTS & ENTERTAINMENT

Musicians' unions are making a noise

Allison Mouret

Australian musicians' unions are speaking out about the difficulties of pursuing a career in music in Australia, revealing that little is being done to support fair wages and a liveable income for local live music acts.

"If you want to make a liveable wage playing music in this country, forget about it," says Terry Noone, federal secretary of the Musicians' Union of Australia (MUA).

The difficulty of balancing local music with international touring acts, and economic pressure from rising rent costs of live music venues, is a major concern to musicians' unions.

"A lot of venues don't pay guarantees to musicians anymore," says Helen Marcou, spokesperson for Save Live Australian Music (SLAM).

"They lease out their band rooms, and there's not always a straightforward employer/employee relationship."

"It's a fragile and faulty system of operation," she adds.

"It's all about the economics ... venues are running a business that exploits musicians, and it has been happening for far too many years," says Mr Noone.

Musicians who play frequently are also faced with potential health problems, and have very limited options for health care when compared with insurance for equipment.

"If you're belting out music in a small ven-

ue, and you've got a very high sound pressure, you've got a potential health problem. Which no one wants to talk about," says Mr Noone.

Noise also adds to the problem of regulating live music venues.

"You've got multiple jurisdictions. If you're talking about noise, you'd have the environmental protection agency that would have something to say, and their specifications are often unworkable," he adds.

"Then you would have the local council, which has an overarching plan of amenity and so forth, and if a venue was licensed, which most of them are, you'd have the liquor licensing venue having a say as well."

Musicians' unions are encouraging audiences and music lovers to support local bands instead of larger international touring acts.

"It's now possible for an international niche band to land here, play enough relatively small venues to make dough, then go home, and that has an impact on the local scene," says Mr Noone.

"As people interested in musicians, we understand that it's vital for Australian musicians to work with the best from overseas."

"By the same token, when they're coming in here and operating in the bread-and-butter area of the Australian music scene, that's a problem," he adds.

The MUA has faced accusations of misconduct from Fair Work Australia in the past. But Mr. Noone says they have the best of intentions for musicians.

"We are looking out for them and will come



Local musicians performing in North Melbourne

Photo: Jim Weatherill

to their aid whenever they need us," he says.

As the music festival season starts up in Melbourne, Ms Marcou is encouraging audiences to also seek out smaller venues catering to local acts.

"There's a proliferation of small solo shows

... a whole new underground of live music, and really experimental music," she says.

"I find that really exciting. It encourages more participation from both audience and performer."

Architecture for art's sake

Very Impressive

Space is important. The ways in which a space is used or not used help to inform the viewer of the precise purpose of a building just the same as a work of art.

Recently I was in attendance at a number of exhibition openings at art galleries in North Melbourne. While the works themselves were interesting in their own right, what I found myself most fascinated by was the space.

An exhibition at Gallery Voltaire, 14 Raglan Street, included photographic works by Carmen Caruana and Steve Sheddick.

Several photos of light cracking through clouds were on display. Cumulatively when looking around the room at images ripped from the heavens the exhibition took on a dreamlike quality as if one was walking through clouds.

The immersive effect was no doubt aided by the beautiful space in which the exhibition took place.

Nestled into the single-lane street alongside modern apartments and offices crafted out of historic warehouses, 14 Raglan Street is one of North Melbourne's few remaining examples of commercial Art Deco architecture.

With many of North Melbourne's Art Deco buildings already gone and the few that remain hardly protected from the auctioneer's hammer, the spaces we do have seem all the more important.

At an exhibition of local artists held at the Jean McKendry Neighbourhood Centre the issue of space came up again.

With several local artists showcasing their works, the exhibition was generally a success and the artists were grateful to the Jean McKendry Neighbourhood Centre for giving them somewhere to display their works.

Yet a more conventional gallery space might have helped the exhibition really come to life.

North Melbourne is an historic suburb with several fantastic examples of various different architectural forms. While many of these buildings are protected in some way the prohibitively high property prices mean these buildings still fall prey to developers and hoteliers.

Of course, development in its own right isn't necessarily negative. However, with so few of North Melbourne's Art Deco buildings remaining and a limited number of gallery spaces accessible to the suburb's emerging artists, an opportunity seems to exist.

Art Deco structures are, not surprisingly, great spaces for exhibiting art. Some clever urban planning might appease artists and architecture enthusiasts alike.

If an arrangement could be made whereby North Melbourne's existing Art Deco buildings were not only protected but allowed to become functioning arts spaces, it could be of great benefit to the community.

Such an arrangement would help to revitalise some of our historic buildings that now lie in disrepair, while also creating space for the existing arts community.

With space at a premium in this busy inner-city suburb it seems unlikely that such a dream will come to fruition. Yet part of the reason I moved to North Melbourne is that it helps me to dream.

A thriving arts community, a beautiful setting of historic buildings from every era of North Melbourne's past, these are some of the reasons that I live here.

Good art and good architecture have more than just space in common. Both are created by dreamers.



One of North Melbourne's few remaining pieces of Art Deco architecture

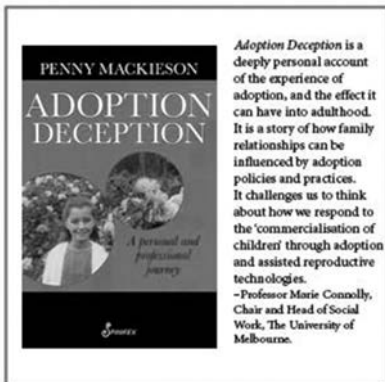
Photo: Charlotte Aldenhoven

Book Reviews

Katrina Kincade-Sharkey

Penny Mackieson is an inner-Melbourne social worker and author who was adopted as a newborn. Despite growing-up with loving 'new' parents, she nevertheless experienced a lifetime's adoption confrontations. Using her masters degree from Melbourne University, she now works primarily with traumatised children in the family services sector.

Mackieson's personal and professional journey is told in the just-released *Adoption Deception*. The book explores what it is like to be adopted, to have one's identity changed and to never feel quite at home in your new family, despite their love.



This outstanding volume then examines her professional path to social worker, to being faced with the profound challenges and consequences of others' adoptions every day of her working life.

Mackieson specialised in inter-country adoption for over a decade. Her current argument for permanent care arrangements rather than adoption for vulnerable children unable to be raised by their biological parents is delivered in an atmosphere of cruel exploitation, profound identity loss and the priority given to adults' wishes over children's rights.

Just released by **Spinifex Press** at a recommended retail price of \$27.95 and in eBook at \$17.95, *Adoption Deception* is a deeply personal account challenging our response to the 'commercialisation of children' through adoption and assisted reproduction technologies. Buy it ASAP: this is a classic.

Celebrating the circulation of individual expression, Susan Hawthorne's *Bibliodiversity: A Manifesto for Independent Publishing* examines continuing threats to free speech.

As adjunct professor in the writing program at James Cook University and publisher at Spinifex Press in Queensberry Street, Hawthorne's career researching, editing and publishing a definitive spectrum of works confirms her expertise.

Bibliodiversity is the production of local and marginal knowledge outside the mainstream; its producers inhabit the margins socially, politically and often geographically and linguistically, therefore challenging the ideas of the 'entitled' is central to its publishing concept.

Hawthorne defines her bibliodiversity as a complex self-sustaining system of story-telling, writing, publishing and other kinds of production of orature (Homer's *The Odyssey* and *The Iliad* for example, as well as Australian Aboriginal song cycles such as *Djangawul*) and literature.

Throughout the ages writers and producers are comparable to the inhabitants of an eco-system, bibliodiversity contributing to a thriving life of culture and a healthy social system.

Hawthorne believes 21st century promises of 'digital' salvation are dreams: "Are rock-bottom-priced eBooks the way to go? Is this the first age of mass self-publishing? Does anyone need editors? And what role can independent publishers play in a marketing-driven global economy?"

"Independent publishers do not pump out new titles in a factory-style process. Chances

are most of the people in the production are underpaid and under-resourced, but somehow they manage to produce the books anyway," she argues.

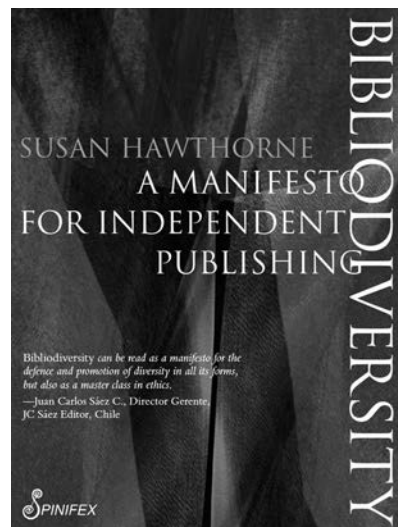
The essence of this thesis is that global corporatised publishing fails to encourage the quirky, the original, the risky or the inventive — those books that will become staples for the next generation by their new and relevant messages.

To paraphrase Hawthorne, this failure results from corporatised publishing's capital identity, the fact that it's all about numbers, about sameness, about following a formula based on the latest mega-success: "Is it a J.K. Rowling look-alike story, a new erotic twist of 'seventy shades', or a twilight zone filled with zombie characters who walk like red-coated wooden soldiers?"

She contends big publishing and big book-selling with their big marketing assets will weed out anything different, flatten it, make it a one-size-fits-all cultural product. A line of books like a line of lingerie ...

Therefore, in megacorp publishing's assessment, books that take off slowly but have long lives — the books that change social norms — are far less likely to be published.

Yet Hawthorne is the eternal optimist, having no doubt that global corporatisation will not kill independent publishing: "Like the fungi that grows in a circle around the roots of old trees — rising, falling, regenerating, creating necessary micro-organisms which sustain the soil — small and independent publishers



will go on publishing risky, innovative and long-lasting books out of passion for literature."

Small Press Network Australia's general manager, Mary Masters, agrees: "This publication should be mandatory reading for anyone within the publishing industry."

Live Music Review

Charlotte Aldenhoven

Over eight years ago, Rocket Science were a well-loved Melbourne rock band who played idiosyncratic Garage and Punk in Melbourne's greatest live music venues. Emerging from the Great Britain Hotel in Richmond during the mid-1990s, they played gigs all over the country and even toured the UK with Britpop superstars Supergrass, who described them as "the best bloody band [they had] seen in ages".

The band had their fair share of hindrances, however, including when, in 2004, lead singer Roman Tucker fell unconscious down a flight of stairs that put him in an induced coma for 10 days. He awoke with post-traumatic amnesia that left him unable to remember his own

activity with high energy and gusto, tearing into some more psychedelic but still garage-y punk instrumental tracks and featuring some of the wildest organ playing that I have ever heard.

Lead singer Roman Tucker took every opportunity to prove his rock and roll prowess by launching himself off the stage and crowd-surfing his way to the bursting centre of the mosh-pit. The experience was both excellent and hilarious as the crowd had to pick the revved-up frontman up off the ground and get him back on stage more than a few times.

You could definitely feel the excitement in the air as the band was cheered and applauded into performing an encore and even after the



name, the name of his band, as well as their most recently recorded album *Eternal Holiday*. Despite the setback Tucker recovered remarkably quickly and the band went on to tour again in Tokyo and Australia.

Rocket Science continued to record albums and tour the world but disbanded in late 2008, leaving us with memories of their addictive energy. However, over the past year or so, Rocket Science have re-emerged from their seeming hibernation to stun Melbourne audiences with their unique sonic styles once again.

The band re-formed firstly for a benefit concert for Mick Blood of Lime Spiders at The Tote Hotel, Collingwood, and performed at the Leaps and Bounds Festival in July 2015. I attended the band's first headline show since their return to the Melbourne scene at The Gasometer Hotel in Collingwood on Saturday 7 November.

The band looked happy and excited as they launched into the set with their crazy energy and super-tight band chemistry and played some newly written tracks from a possible upcoming fifth record. The audience responded fairly enthusiastically, although, in typical Melburnian style, it took until Rocket Science dropped an old hit, 'Being Followed', before anyone started actually dancing and getting into the music.

You could see the band's anticipation for the audience's response and they reacted to the pos-

show people were calling out. "I had no idea they were even back together!" I heard one surprised and excited audience member exclaim.

It was as though the crowd had experienced something they hadn't seen or heard of in quite some time.

It looks like after a six-year-long hiatus and probably a well-deserved break, Rocket Science have emerged with the same boundless energy and uncompromising creative sounds that they were renowned for back in 2008.



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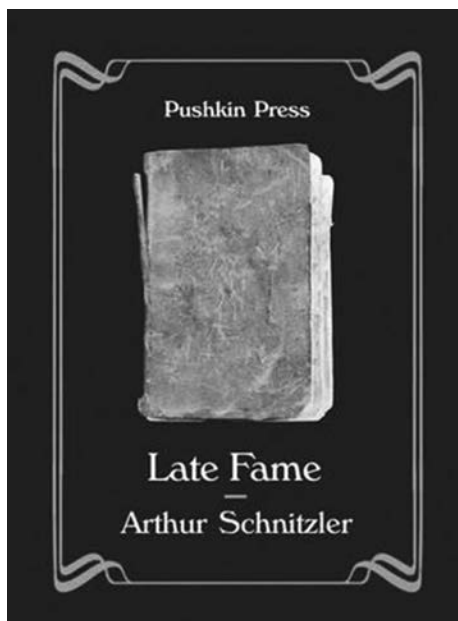
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Between the Covers

Chris Saliba

Late Fame

Arthur Schnitzler
(Pushkin Press. RRP: \$27.99)



Herr Eduard Saxberger is an elderly German civil servant. In his youth he had enjoyed some fame for his slim volume of poems the *Wanderings*, but that is all behind him now. Imagine his surprise when one evening he arrives home to find a youthful literary admirer. Wolfgang Meier is the leader of a Viennese literary clique called the 'Enthusiasm' society. He has recently discovered the long-forgotten the *Wanderings*. In a fervour of adulation, Meier and his society of impetuous young writers decide to adopt Saxberger as one of their own.

At first the old civil servant is charmed, but soon the novelty loses its sparkle. In a series of comic misunderstandings, it becomes increasingly clear that the young writers and the old poet are not on the same page. They don't really understand each other at all and much of their friendship has been a comedy of errors.

Arthur Schnitzler (1862–1931) wrote this beautifully controlled novella in the mid-1890s. Some 120 years later it is now published for the first time. With elegance and simplicity, he has written a gently comic story that shows how time eventually erodes our youthful illusions, giving way to the more prosaic yet dependable pleasures of age.

Reckoning

Magda Szubanski
(Text. RRP: \$49.99)



Magda Szubanski has been entertaining Australians for decades as a performer of brilliantly observed sketch comedy. Many of her characters, such as Sharon Strzelecki from *Kath*

and *Kim*, have become cultural icons. To read *Reckoning*, her literary debut, is to discover someone unrecognisable from the public persona. It's a book full of inner conflicts, often as moody as a Bergman film.

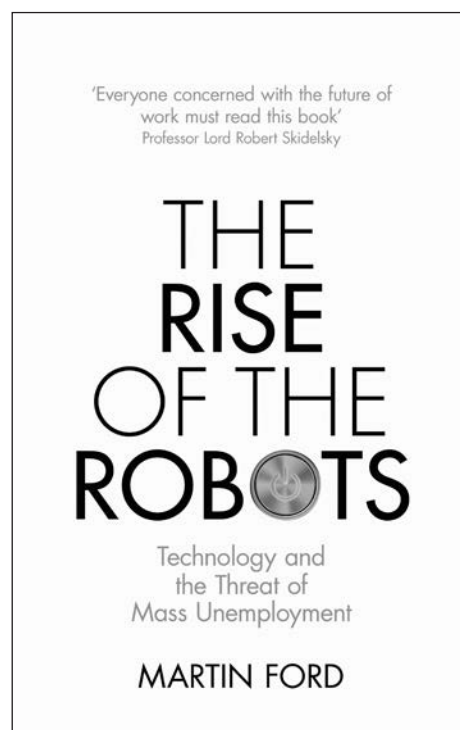
One of the defining traumas examined in *Reckoning* is the author's relationship with her father. In 1943 Zbigniew Szubanski joined a Polish execution squad. He was only 19 years old. For many years Magda agonised over the morality of her father's wartime activities. He killed Nazis, but was he still one of the good guys? She also wondered what she would have done in his circumstances. Would she be brave enough to stand up and do what's right?

The other issue Szubanski deals with is her gay sexuality, painfully kept secret for much of her life. These parts of *Reckoning* accurately describe what it was like to grow up closeted in the late 1970s and early 1980s, just as gay rights were emerging.

Reckoning is an unexpected gem. Brilliantly written, with many a memorable turn of phrase, Magda Szubanski has skilfully mixed the personal and political into something unforgettable.

The Rise of the Robots

Martin Ford
(Oneworld. RRP: \$29.99)



Martin Ford is a Silicon Valley software developer and author. *The Rise of the Robots* examines how advances in robotics and automation will have a massive impact on future employment. His basic thesis, which he argues with great care, is that automation is certain to displace large amounts of human labour. The economic rule of thumb, that new technologies destroy jobs but also create them in equal measure, seems unlikely to hold, according to Ford.

He cites as examples large tech companies like Google and Facebook that have huge valuations, but minimal employees. To add to the gloominess, Ford says education will only offer diminishing returns as technology becomes smarter. Many people when they do find work will only be working on algorithms to make their own jobs obsolete.

One solution to this looming crisis, writes Ford, is to have a guaranteed minimum wage for everyone who is made unemployable, although he admits this proposal is full of potential problems. This is an extremely depressing book, persuasively argued. The perfect endgame of capitalism, where machines will do all or most of our work, turns out to be a nightmare where a small elite wield enormous economic power and the rest of us barely subsist.

Music Reviews

Paul & Maria from Heartland Records

MOGWAI Central Belters – A Mogwai Retrospective, 6LP Box Set / 3CD Set

"If someone said that Mogwai are the stars, I would not object. If the stars had a sound, it would sound like this."

Central Belters is the latest release by Glasgow five-piece band Mogwai. The name refers to the central belt of Scotland where the band originated.

It all began in their parents' living room on 26 June 1995. Stuart Braithwaite (guitar, vocals), Dominic Aitchison (bass guitar) and Martin Bulloch (drums) set up for their first rehearsal and this was the beginning of Mogwai. They were soon joined by John Cummings (guitar, vocals), and later Barry Burns (guitar, piano, synthesiser, vocals). These members both happened to be in the audience for Mogwai's first-ever gig.

When Cummings became a member, he noted that Mogwai were unlike other bands he'd been in: "They seemed to be taking it seriously but not to the point of 'we're going to be famous'." Mogwai's determination was to simply make a record, and make it really good. That they did, releasing their debut *Young Team* in 1997.

The band received a lot of attention during post-rock's late 1990s heyday, their mix of stunning sweeping soundscapes and dynamic heavy riffs putting them in the highest rank of post-rock instrumental music. However the categorisation of 'post-rock' was not some-



thing the band ever liked to identify with; they felt it "over-analysed things".

'Yes! I Am A Long Way From Home', the very first song on Mogwai's debut album, declares: "Music is bigger than words and wider than pictures ..."

This seems to be the best way to describe Mogwai's approach to making music over the past 20-years. They don't take themselves too seriously and this filters through their light-hearted puns, references and in-jokes in song titles. Their unpretentious nature is maintained by their desire to simply make music for themselves that reflects who they really are.

The retrospective compilation album *Central Belters* is a testament to the development and achievement the 20 year journey has brought Mogwai and affirms the wisdom that was present from the very beginning.

Over the course of 35 tracks spanning three CDs or six LPs, Mogwai present a broad chronological sweep through their eight studio albums, as well as a couple of EPs and a soundtrack. The last disc goes deeper and delves into the more obscure material. The collection is an all-encompassing representation of the band's output, and their evolution. The accompanying booklet which comes with the collection is a visual archive of their history including tickets/posters/photos and set lists.

Despite it being a retrospective, the journey isn't over. Mogwai have been as creative and prolific as ever and we should expect them to belt out many more in 20 years' time for the sequel.

Artist – David Bowie Five Years 1969–1973 Deluxe LP Box Set

After 50 years in the industry, releasing 26 studio albums, starring in movies and theatre

productions, David Bowie is, if you will excuse the pun, still in fashion.

For anyone who checked out the recent exhibition at ACMI it is clear Bowie is still popular with fans of all ages.

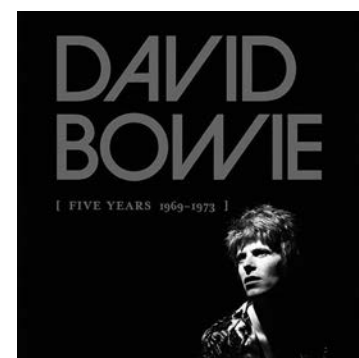
Starting his recording career in 1964 under his own name, David Jones, he released a couple of seven-inch singles before changing his surname to the more iconic Bowie (taken from Jim Bowie, one of the heroes of the Battle of The Alamo in Texas, who also had a knife named after him).

This box set contains the first six studio albums all faithfully remastered on 180g Audio-ophile vinyl and housed in their original artwork. *Space Oddity*, his second album released in 1969, still has the folk feel of his first self-titled album from 1967 (not included in this box for some reason).

The next offering, *The Man Who Sold The World*, released in the UK in 1971, sees Bowie collaborating with Mick Ronson and moving towards the image and sound he would be known for in the 1970's. Apparently, though, the cover art featuring David in drag lying on a chaise longue proved too much for his American company and they changed the artwork to a strange un-Bowie-like cartoon cover.

Next up and also released in 1971 was *Hunky Dory*, containing two hit singles, 'Changes' and 'Life On Mars'. Once again these featured androgynous artwork and to the horror of the record company no album or artist titles on the front. However this didn't seem to harm sales and turned out to be clever marketing, lending an aura of mystery to the glam rock artist.

1972 saw the release of *Ziggy Stardust and the Spiders from Mars*, the album that broke him worldwide. It includes the hit singles



'Starman' and 'Suffragette City' and an eerie and interesting album cover taken in the backstreets of Soho, London.

After the rise and fall of the Ziggy character Bowie released his first album as a bona fide rock star in 1973. 'Aladdin Sane' spawned 'Jean Genie', one of his most memorable singles written about his new friend and partner in crime, Iggy Pop. The album received mixed reviews from the critics but the fans loved it — great songs and eye-catching artwork once again.

The final studio album in the box is *Pin Ups*, also released in 1973. It features 12 cover versions of songs that influenced Bowie including tracks originally recorded by Pink Floyd, The Pretty Things, The Kinks and The Yardbirds. Despite the album not being a new Bowie album as such it was still well received and reached number 1 in the UK charts. As had become expected at this point, the album also contained classic artwork with a Vogue magazine shot of Bowie with supermodel Twiggy.

Also included in the box are two double LPs featuring live concerts from 1972 and 1973 plus two LPs of rare and unreleased tracks and a beautifully produced book containing many rare and unseen photographs from this early period of his career. The book includes recording essays from Bowie producers Tony Visconti and Ken Scott as well as a foreword from Kinks frontman Ray Davies.

UPCOMING EVENTS

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MARKETS

Blender Lane Artists' Market | Take a walk through Blender Lane's quirky and colourful market stalls showcasing a variety of art, illustration, design, textile and jewellery | at 110 Franklin street | Wednesdays 5-10pm 11 November – 24 February

Merry Go Market | A Family event focusing on fun activities for our mini marketeers | At Vic Markets | 9am-4pm Sundays in December

Summer Night Markets | The Queen Vic's summer night market is back! Specialty shopping from artisanal designers and food from around the world. | At Vic Markets | Wednesdays 5-10pm until 30 March

COMEDY

Pommy Johnson | Pommy has developed a reputation as a live wire stand-up comedian via extensive touring | at Comic's Lounge | 1 December – 5 December

Mick Molloy | One of Australia's most recognized comedians. An actor, writer and producer | at Comic's Lounge | 9 December – 12 December

Wild Woggy Xmas | For the 14th straight year A Very Woggy Xmas Comedy Gala comes to the Comic's Lounge for 4 big nights | at Comic's Lounge | dinner from 6:30pm! Show starts at 8:30pm | 17 December – 20 December

Monty Franklin | Monty is an Australian born comedian now living in LA | at Comic's Lounge | 21 December – 23 December

Lawrence Mooney | Best known as the irreverent host of his own hilarious show Dirty Laundry Live | at Comic's Lounge | 13 January – 16 January

Public Bar Comedy | at Public Bar | from 4pm Sundays

EXHIBITIONS

The Docks | Melbourne's Cultural Underground of the 90s | At the Library at the Docks | 13 November – 28 February
This interactive exhibition visits the days of raves, dance parties and all that made Docklands a cultural destination in the 1990s.

The Mad Minute | Rubicon Fundraiser Exhibition | Choose an awesome artwork in under a minute! | At Rubicon ARI | Event Night 16 December 6-9pm Exhibition dates 16-19 December
Buy a \$100 ticket in exchange for an awesome artwork chosen by you! Free for anyone to attend, tickets are for those participating in the Mad Minute art draw.

Future Past | Ten Years of Arts House | at Arts House | Finishes December 18
Catch this exhibition before it closes as this season celebrates ten years of Arts House!

Wilma Tabacco | Cycladic - at Langford 120 Art Gallery | November 21 – December 19

FESTIVALS

Chinese New Year | Celebrate the New Year the Chinese way with a dragon parade, colourful banners, lanterns and animals | at Little Bourke Street | 10am – 10pm | 14 February

Lonsdale street Greek Festival | Celebrating all things Greek at Melbourne's biggest Greek street party bringing a weekend of Greek culture, food and entertainment to the city's iconic Greek precinct | at Lonsdale street | 27 – 28 February

Sustainable Living Festival | Raising awareness and providing tools for change by showcasing leading solutions to the ecological and social challenges we face | at Fed Square | 6-28 February

THEATRE

Summertime Party!

The Arts House is proud of our diverse community – our artists, our audiences, our friends and our neighbours – so dress up in your finest and let's have some footloose fun together! – come and hang out at Arts House one last time as the days get longer | at the Arts House | 6pm – late | Sat 5 December

MUSIC

One Night Wonders Judith Rodriguez | Going Down Swinging's final One Night Wonder for 2015 features Judith Rodriguez. Stalwart of Australian poetry Judith Rodriguez will take the microphone for a headline set just a few weeks shy of her 80th birthday | at Melbourne Lithuanian Club | 730pm - 1030pm | 3 December

Disclosure | at Festival Hall | 6 January

Foals | at Festival Hall | 7 January

The 1975 | at Festival Hall | 20 January

Boy & Bear | at Festival Hall | 23 January

James Bay | at Festival Hall | 3 February

COMMUNITY EVENTS

Christmas Storytime at the North Melbourne Library | Music and stories, craft and magic! | at the North Melbourne Library | 1030am - 12pm | 12 December

Playstation gaming at Melbourne Library Service | We have consoles and a huge range of games | available at Library at the Dock, North Melbourne Library and City Library

Santa Circus Spectacular | Wonderland fun park will transform into a santa circus spectacular where the whole family can have their favourite Christmas treats | at Wonderland Fun Park, Docklands | 20 November - 24 December

Carols By Candlelight | A Melbourne Institution. You're invited to celebrate the magic of christmas with song | at Sidney Myer Music Bowl | 24 December

