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James Brayshaw with a student at the Learning and Life Centre.

Photo: David Apostol

Kangaroos unveil 'The Huddle'

It was a return to the classroom for John Brumby on March 10 as the Victorian Premier visited North Melbourne's innovative Learning and Life Centre classroom.

The Huddle, as it was recently christened, opened its doors to children for the first time after the official Arden Street opening and the state leader couldn't have been more impressed with the Kangaroos' state-of-the-art learning facility.

"It's a real expression of this club's strong dedication to Victoria's multicultural community. I believe it's going to make a real difference to the lives of Victorians from so many different backgrounds," Brumby said. "North Melbourne has always been a club that is enmeshed within its local community,

a club that cares for its local community."

The classroom is interactive and features the most up-to-date technology, including Apple Mac computers which help to promote visual learning and creativity.

Students from the North Melbourne Primary School participated in group activities, heard about techniques for healthy eating, and read about the staff and players who make the club.

The Huddle's Education Programs Coordinator Mairead Hannan says it was fantastic to see the first group through the door. "It's wonderful to have a class in the Learning and Life Centre for the first time and to see them enjoying the various activities we have designed for them."

Thousands of people from all walks of life will visit the facility in 2010, with classes starting in April. "During their visits, students will learn about place, community and healthy, sustainable living," Hannan added. "We aim to increase awareness of the blend of cultures and languages around us and of the impact that humans have on the environment through how we choose to live. In doing this we hope that students feel empowered to make responsible choices in their lives. They will also have the opportunity to see how an AFL club works through the involvement of several North Melbourne players."

Rob Burton,
North Melbourne Football Club



John Brumby delivers his address.



Photo: David Apostol Kangaroos legend Denis Pagan

Photo: David Apostol

Attention Readers!

If you're a creative type and would like to share your gifts with the local community (and see your name in print), you might like to submit something to The North & West Melbourne News.

We're interested in seeing short stories, poems, cartoons or any other information that you think is worth sharing with the community of North and West Melbourne.

If you're interested, submit your work to the News at [<thenews58@gmail.com>](mailto:thenews58@gmail.com) by 11 August 2010.

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 32nd 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.

Finance

The *News* is a non-profit organisation working as a program of The Centre. It is partially funded through the City of Melbourne's funding agreement with The Centre. Other income derives from a limited quota of advertising, sponsorships, subscriptions and occasional donations.

News subscriptions

If you would like to receive the *North and West Melbourne News* by mail, the rate is \$10 for four copies sent anywhere in Australia or pro rata for part of the calendar year. The *News* is distributed free throughout North and West Melbourne. Further copies are available from The Centre and the North Melbourne Library.

Advertisement sizes and rates

60 mm W x 92 mm H \$50 plus GST
124 mm W x 92 mm H \$100 plus GST
188 mm W x 92 mm H \$150 plus GST
252 mm W x 92 mm H \$200 plus GST

A charge of 25 per cent may be added for advertisements that require designing.

Community announcements are published free of charge.

For more information phone 9329 1627 or email <nwmnews@centre.org.au>.

Please note: Advertisements now receive online exposure at <www.centre.org.au>, where the latest edition of the *North and West Melbourne News* is displayed.

Volunteers

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.

Production Coordinator: Allan Hood

Content Coordinator: Position vacant

Advertising Coordinator: Janet Graham

Section Editors:

Arts & Entertainment: Irina Fainberg

Community: Amanda Vandenberghe and Kate McDonell

History: Kate McDonell

Noticeboard: Janet Graham

Politics & Environment: Jennifer Boyce and Tom Kramer

Sport & Health: Patricia Lew

The Centre: Linden Smith

Travel & Food: Shannon Newley

Youth & Education: Position vacant

Production team: David Apostol, Janet Graham, Rene Heeps, Allan Hood, Jim Weatherill

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Rotary Club of North Melbourne



CommonwealthBank

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Telephone: 9328 1126

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(Advertisers Wednesday 4 August)
Publication date: Thursday 9 September

Copy deadline for December 2010 edition: Wednesday 10 November (Advertisers 3 November)

Publication date: Thursday 9 December

Next planning meeting: Tuesday 6 July 6.00 pm
at The Centre, 58 Errol Street, North Melbourne

New contributors welcome

Website: www.centre.org.au



Photo: Janet Graham

This is how the North Melbourne Town Hall clock looked after damage by the freak hail storm on 6 March 2010. Melbourne City Council acted quickly to restore the clock faces to their former glory, including the subtle shades of grey and beige in the 'petals'.

North Melbourne Book Group

Meets third Wednesday of every month at 7.30 pm
ALL WELCOME

16 June	<i>This Is How</i>	M.J. Hyland
21 July	<i>Remarkable Creatures</i>	Tracy Chevalier
18 August	<i>Summertime</i>	J.M. Coetzee
15 September	<i>Reunion</i>	Andrea Goldsmith
20 October	<i>The Tall Man</i>	Chloe Hooper
17 November	<i>Brooklyn</i>	Colm Toibin

Please contact Heather on 9658 9702 for more details

North Melbourne Library, 66 Errol Street, North Melbourne

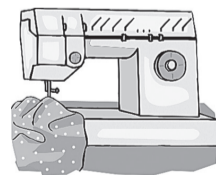
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DRESSMAKER NEEDED

I am looking for someone in the North/West Melbourne area to make up some simple clothes for me—basic skirts, pinafores and tunics, for example.

Several friends have also expressed interest in establishing such a contact.

Please call Heather on 9329 8927 if you can help.

Bellringing Festival

9 June to 14 June 2010



The historic bells of St James Old Cathedral Photo: Jim Weatherill

Ringling Program at St James Old Cathedral
Corner King and Batman streets, West Melbourne

Friday 11 June

7.00–9.30 pm general ringing

Saturday 12 June

10.00–11.00 am quarter

11.00–12.30 general ringing

Sunday 13 June

9.15–10.00 am service ringing

Monday 14 June

10.00–11.00 am quarter

11.00–12.30 general ringing

General ringing consists of short plain courses of methods rung by multiple ringers. A quarter, or quarter peal, consists of 1260 changes and usually takes 40 to 45 minutes to ring.

Bells are best heard from outside a church. A good place to listen to the bells of St James is Flagstaff Gardens.

Also sure to be of interest is a striking competition between teams of ringers scheduled at St Paul's Cathedral on Saturday 12 June from 1.30 to 3.30 pm.

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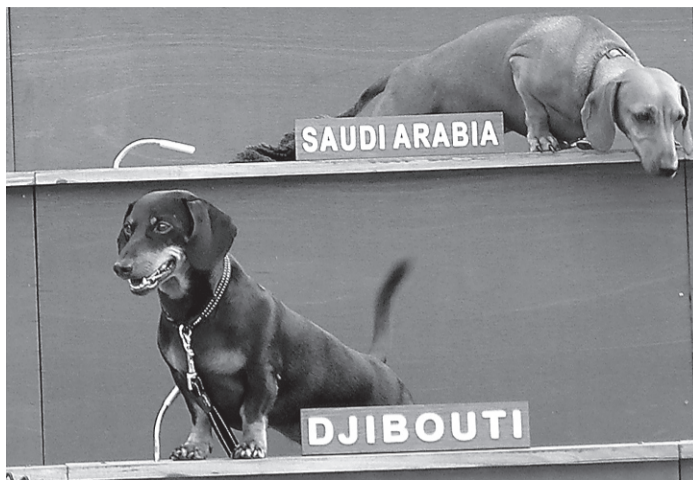
Free one-hour consultation to discuss
a tailored communications solution

Local hot dogs—UN peace delegates



Ziggy takes the stand as speaker to the Dachshund UN assembly

Photo: Janet Graham



Ziggy as the delegate for Djibouti

Photo: Janet Graham

Three local dachshunds were among 47 selected to step up to the peace plate on Saturday 15 May at the Melbourne Museum forecourt in the Carlton Gardens, as part of the Next Wave Festival.

Perth artist 29-year-old Bennett Miller was inspired by the love of his own dachshund, Otto, to make the 13-metre by 3-metre scale model of the United Nations Human Rights Council Assembly Hall in Geneva, with dachshunds as delegates.

Miller felt the nature of the dachshund was perfectly suited to the UN role and representative of many people and cultures, describing them as “diverse, proud and determined” little individuals.

The scale model had been fitted out completely with UN logos, national nameplates, microphones and detailed wood panelling. The dogs were positioned into their places with the assistance of their owners, who held them from below.

News on Errol’s Melissa and Dean Lenowry entered their beloved hound, Ziggy. A popular fixture at the Errol Street newsagency, Ziggy participated as a UN delegate with canine pals Annie and Felix.

Melissa described her love of the breed, and in particular Ziggy, the latest in a long line of dachsi pets: “We have always had dachshunds and just love the nature of the breed. Ziggy is such a part of our family. He scuffles around the shop and is well known

on the walking circuit in the Docklands, where we live. He goes about his business inspecting the local facilities with detailed and methodical precision.”

Dean also assisted organisers of the event in rustling up other dachshund owners to help reach Miller’s goal to have as many as 100 dachshunds participate.

Not without drama, the organisers told Dean and Melissa on the day that the spots had been filled and their dog would not be used. With a kind reminder that Dean was responsible for recruiting a number of other dogs for the event and that the artist had personally confirmed Ziggy’s place, the organisers reconsidered and made room for Ziggy.

An obedient dog, he was one of three who shared the role of speaker. Later, Ziggy took his place as delegate for Djibouti.

Complete with stage-dog and dog-owner mayhem, it proved to be a fun event in beautiful surrounds and in ideal autumn weather. The local dogs took up their posts among their peers, many of whom had been selected carefully by the Dachshund Club of Victoria.

The project ran over three weekends ending on Saturday 29 May.

Karyn Barrasso

Welcome Roberto

Anyone who has entered the doors of the fabulous old building at 51 Errol St will have noticed a friendly new face!

Roberto Parapouras has launched the next stage of his banking and finance career as the new Branch Manager of the Commonwealth Bank. Rob’s first role as a bank manager commenced at the start of 2010 in North Melbourne and he couldn’t be happier.

Growing up in the Western suburbs, the son of Greek and Italian parents, Rob comes with not only a rich cultural mix, but is fluent in Greek and enough in Italian to impress.

As a child, his weekends were filled with soccer at the Yarraville Soccer Club and he has represented Victoria in Junior Soccer.

Rob started in the banking and finance industry at the tender age of 19.

“I was attracted to the Banking industry while I was studying business management and I was excited by the prospect of the opportunities for career advancement and diversity of roles within the bank.” said Rob.

Rob chose the Commonwealth Bank because it is the largest bank in Australia and has such a strong brand. When he was noti-



Roberto Parapouras

Photo: Dianne Schmidtke

fied that he had secured the position at North Melbourne, he was thrilled!

“The North Melbourne branch is in a great position, it’s a large branch and the North Melbourne community is exciting to be a part of.” stated Rob.

His previous branch was in a similar shopping precinct, but he noted a distinct difference when he arrived in Errol Street.

“I was impressed by the village community feel, here. Within two days, I feel like I had met everyone in North Melbourne. It seems like everyone knows everyone, and this has been helped by attending the Breakfast Events, run by The Centre. These events provide the time at the start of the

work day to meet other people in local business, while finding out about the hidden treasures of North Melbourne.”

“I feel like it’s a country town on the edge of the City. I felt like a part of the community very quickly. One of the first things I noticed and appreciated was the cultural diversity in the area.

I do think people come here to shop and bank because there isn’t as much traffic as the city, and you can get a park! And the service here is definitely quicker than the city”, Rob stated.

The Commonwealth Bank by-line is “Determined to be Different.” One of those differences is the customer accessibility to the Branch Manager. After 13 years of banking experience, he had visions of how a Branch Manager could enhance the experience for the customers.

“One of the biggest benefits of the local branch manager is that there is someone on-site to make decisions at Branch level. The manager has the capacity to assist customers with their banking and insurance needs. We aim to make banking a more positive experience, and customers are often impressed that their local Manager serves them.”

Rob went on to say, ‘I am very fortunate because I have a strong area support team

who trust their managers to run the branches in response to the needs of the local community.’

The Commonwealth Bank provided the first prize at The Unwrap Open Mic night last year and has just provided funding to provide training and development for the North and West Melbourne News volunteer team called Delivering our Future.

Rob believes that the staff of the Branch work hard to enhance new and existing customers’ banking experience. Every person is greeted as they enter the branch, and they always go the extra mile with smile. The range of products also supports this ethos.

This branch provides a financial planner, personal lender, insurance specialist, internet banking in branch at the free internet banking kiosk. Free Financial Seminars, not just for customers, but anyone in the community. Foreign currency exchange centre, and of course, all the banking services you would expect from a bank.

How does Rob juggle his career with life? In his spare time he is in the gym, maintaining his fitness, renovating houses and has a keen interest in the property market. He loves to travel to experience different cultures, and will spend time in Fiji next year when he marries his fiancé there!

Dianne Schmidtke

DO YOU KNOW SOMEONE IN NEED?

Ozanam House, North Melbourne

Working with homeless men in Melbourne since 1953

Ozanam House provides crisis supported accommodation for homeless men over the age of 18 years with complex needs.

We aim to provide a safe, secure and supportive environment enabling residents to actively address the issues that have resulted in them becoming homeless.

If you know someone who is homeless, in crisis and needs assistance please call SVDP Housing Services on Tel: (03) 9300 2977 1800 618 468 (toll free)



St Vincent de Paul
Aged Care & Community Services

İHTİYACI OLAN BİRİSİNİ TANIYORMUSUNUZ?

Ozanam House, North Melbourne

1953 den beri Melbourne'daki evsiz erkeklere hizmet veriyoruz

Ozanam House (Ozanam Evi) gereksinimleri karmaşık olan 18 yaşından büyük evsiz barksız erkeklere zor durumda kaldıklarında bakımlı kalacak yer sağlar.

Amacımız evde yaşayanların evsiz kalmalarına neden olan sorunları aktif bir şekilde çözmelerine yardım edecek emniyetli, güvenli ve destekleyici bir ortam sağlamaktır.

Eğer bildiğiniz evsiz kalmış, zor durumda olan ve yardıma ihtiyacı olan biri varsa lütfen SVDP Ev Bulma Servisini 03-93002977 veya 1800 618 468 (ücretsiz) numaralarından arayınız.



St Vincent de Paul
Aged Care & Community Services

Yaşlıların Bakımı ve Toplumsal Yardım Hizmetleri

State volunteering peak body has relocated to West Melbourne



organisations and associations in the not-for-profit sector manned by and many purely volunteer-run, there are endless morning teas, awarding ceremonies and other events celebrating the excellent contribution of volunteers to the different communities of Victoria and the rest of Australia.

Since it was established in 1989, the week traditionally focused on recruiting volunteers. In past three years, this focus has shifted to expressing the community's gratitude to volunteers, with recruitment as a by-product of the positive news that emanates from all the week's activities.

It is 'all-hands-on-deck' at Volunteering Victoria, with staff and Board of Management Committee members out on the field to participate at events, often as speakers and presenters. This is an excellent opportunity for us to personally meet and give our thanks to volunteers from all over Victoria.

We held our own event this week and we put the spotlight on the other important part of the volunteering equation – the managers and co-ordinators of volunteers. These professionals, who may be paid staff or volunteers themselves, are the enablers of volunteers. They manage from beginning to end the process that paves the way for volunteers to be involved and they are key to the life of volunteers in organisations or projects.

Designing position descriptions; advertising volunteer vacancies; conducting interviews; recruiting; training; mentoring; thanking and

managing the exit of volunteers – these are all part of a volunteer manager or co-ordinator's tasks and more.

Volunteer managers and co-ordinators often work on their own and have to manage big numbers of diverse volunteers. Usually under-resourced and time-poor, they perform their roles valiantly and deserve kudos for being the lynchpins for supporting and nurturing volunteers.

The Minister for Community Development, The Honourable Lily D'Ambrosio MP, joined us in commending the managers and co-ordinators of volunteers for their efforts.

Also at this event, we highlighted the different volunteering networks that exist in Victoria. Volunteering Victoria supports the formation of these networks and we work to add value to network membership in a variety of ways.

These networks are composed of managers and co-ordinators of volunteers who have formed groups, mainly for peer support. They are a good source of knowledge, information, good practice and professional development for those working with volunteers. Groupings are based on geography, sector or areas of interest. They form organically and ownership emanates from the members and the communities and organisations they represent.

The networks also strengthen Volunteering Victoria. They extend our reach in Victoria through the way they are spread out geographically in metropolitan

Melbourne and rural and regional Victoria. They are great sources of information from 'down-on-the-ground' so they inform our thinking and planning. They support us in the delivery of our programs and projects as the peak body.

Finally, we launched a newly-revamped Membership Program at this event. We have a new annual fee structure and have added to the suite of benefits which are now more clearly articulated, especially in how members can avail of them.

It will be over by the time this sees publication in June but from everyone at Volunteering Victoria, we wish you a happy National Volunteer Week for 2010. Our heartfelt thanks go out to the volunteering community.

*Elouise Holmes,
Communications Manager,
Volunteering Victoria*

Volunteering Victoria is the state peak body for volunteering. We support the volunteering community through our core program areas of:

Promoting Volunteering; Knowledge and Training; Resource Development and Communication; Network Development; Policy and Advocacy.

To learn more about volunteering: our membership program; the volunteering networks; key developments in volunteering, contact us at 8327 8500

*or visit our website at:
<www.volunteeringvictoria.org.au>*

Volunteering Victoria moved to West Melbourne in September last year. Being situated at the edge of King Street, we are a stone's throw away from North Melbourne and are glad to be straddling these two areas.

As the state peak body for volunteering, our mandate covers the whole of Victoria but we also service the Melbourne CBD and its fringe areas in helping individuals prepare for voluntary work.

We are particularly pleased for this opportunity to write a regular column in The News. It is a great avenue for giving updates about us and news on the latest developments on volunteering, as they arise.

It is an auspicious time to be writing a column for The News for the first time because this is National Volunteering Week (May 12 – 16) — an important occasion for volunteer-involving organisations.

The 120,000 or so not-for-profit and community organisations in Victoria are very busy as they take time to say thank you to their volunteers. With approximately 90% of

Lynda Draper Home Altar



Cat, 2009, porcelaneous stoneware, 21x20x12cm

UNTIL JUN 12

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**317 Victoria Street
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North Melbourne Rotary news update

Planting day BBQ Sunday 23rd May

Rotary catered for over 200 people at a BBQ lunch on Sunday, 23 May at the start of the Tullamarine freeway near the orange monoliths. The event was led by Community Services coordinator John Hanley. This was a planting day notionally as "Putting Down the Roots of the Wurun" for the Wurundjeri People and the beautification of the banks of Moonee Ponds Creek which really did need some attention.

President Maggie Goodge assisted in the planting of the "Women's Tree". Obviously Bronwyn Riddell had put in some very industrious organisational hours involving many of the local service and facility organisations to take an active part on the day.

An excellent day for both gardening and a BBQ lunch saw over 138 volunteers registered who planted over 300 new plants. All those attending had Lesson from a Koori and connected with others from across the community over a great BBQ.

District 9800 supports Philippine humanitarian project

Through the District 9800 Rotary Foundation "District Designated Funds" we have provided financial support to a new Rotary International Humanitarian Project in the Philippines. In this project we have joined together with other rotary clubs and districts on a world wide basis to participate in a new alliance forged between Rotary International and the U.S. Agency for International Development.

The U.S. Agency for International Development is the U.S. government agency that provides economic development and humanitarian assistance around the world in support of the foreign policy goals of the United States. Part of these goals covers assistance in promoting health, agriculture, education and humanitarian needs. These goals are entirely compatible with the objectives of the Rotary Foundation.

This alliance is the result of discussions that were initiated between Rotary International and the USAID Agency in 2004 to explore opportunities for a potential



Zamboanga: The village will get sanitation and clean water installations.

Photo: courtesy North Melbourne Rotary

strategic partnership in those areas of mutual interest. Discussions continued through to 2008 when agreement was reached. Our guest speaker at the Perth District Conference in early May, Past District Governor, Ron Denham, Chair of Rotary International Water and Sanitation Group, is also a member of this committee. Past District Governor, Terry Barritt, who currently heads up the Water Resource Group, South Pacific Region, is the Primary International Contact for the Philippine Project.

The Alliance has agreed on implementing three projects in differing developing countries. Those three countries are the Dominican Republic, Ghana and the Philippines. They were selected on several strategic factors including need, and the proven experience by Rotarians and USAID missions in these countries.

The Philippine Alliance consists of five separate water and sanitation management projects. The whole five projects being considered will be managed as a single project. Funding is being provided on a 50/50 basis between Rotary International and USAID. All five projects will be focused on improving water management and supply systems to the Philippine communities of Davao, Dipolog, Pasig River, San Fernando and Zamboanga.

The US\$15,000 provided by D9800 through our District Discretionary Fund has been allocated to the Zamboanga City Water District Water Supply Expansion Program which has a budgeted expenditure of US\$214,000. Zamboanga City is located in the southern Philippine Province of Mindanao.

Pets are loving support

Humans flourish in the glow of an animal's love. Some of our most trying moments in life are eased by the devotion of a pet that seems to know exactly what to do. My pets have been many and varied. Several of them rescue cases from work or finding their way to me via the grapevine. But my pets have done their fair share of rescuing too. When I was working overseas and struggling to make ends meet my 50 kg mastiff Holly would lean her big heavy head over my shoulder and just hold me together. Her strength became mine. And her drool too, I might add! Silver was my first cat and would purr his love into my lap while I studied for exams late at night at secondary school. Bobby the yellow budgie would sit on my son's shoulder and gently groom his cheek calming him down after a wild day in prep. Now he has two little rats, Cuddles and Scampers, and they are the first friends he turns to when he needs a little extra loving from someone that doesn't ask questions or try to fix things for him. Pets bring us love and comfort through a range

of situations from simple companionship to support during deeply distressing times such as physical or mental illness and emotional anguish. Imagine how bereft you would feel if you were not able to see your pets at these times.

At Lort Smith we have a program that brings the joy of a loving pet into hospitals, nursing homes and rehabilitation units where the patients are far from their own pet support or have never experienced it. PALS, Pets are Loving Support, currently visits 63 facilities including the Royal Children's Hospital, the children's ward at the Northern Hospital, The Royal Talbot Rehabilitation Centre and many aged care facilities.

They are even periodically called upon to visit the Austin Hospital to assist with the management of chronic pain. Our volunteers range from a tiny 3kg Papillion to a 108kg English Mastiff called Bronx, and of course their well trained owners. They may go into patient rooms or are sometimes brought to a recreation area where all patients and staff can spend time with the volunteer and their

owner. Both staff and patients find these sessions relaxing and rewarding.

One of our dedicated volunteers, Louddle, the labradoodle, has just retired at 16 years of age. She has always had a quiet temperament and this was honed with training and dedication by her owners. She would never jump up uninvited, or lick or scratch and loved her work, making her the ideal PALS dog. Some of Louddle's most important work was done on her visits to Marina Aged Care. For the last 6 months of her life one of the residents, Annie, formed a very close bond with Louddle and looked forward to her weekly visits. Often the staff at aged care facilities report great success after these visits. Dementia patients get their memories going again. Withdrawn unresponsive patients have started to smile and talk again. In the children's wards the

volunteer team has to arrive half an hour early to allow for all the stopping and patting by staff and patients alike as they pass through the corridors.

The PALS program is expanding and we need more volunteers. If you are interested in volunteering, we'd love you to come along to one of our information sessions. We are looking for dedicated owners with healthy, well trained dogs with beautiful wagging tails.

*Dr Sasha Herbert, Deputy Head Vet,
Lort Smith Animal Hospital*

"Article reprinted with permission from Victorian Probian magazine, April 2010 edition"

*To enquire further please contact our
Manager of volunteers Wendy Lake by email
<wlake@lortsmith.com>
or by phone 9321 7288 on weekdays.*

Are you the dog for us?

- 12 months old minimum
- Vaccinations up to date
- Calm and well socialised
- Any breed for general visits
- No giant breeds for Children's visits
- Washed and groomed day prior to visit

Are you the owner for us?

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- Complete interview and assessment
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Drafting and gathering northerly design



Steve Martinuzzo, co-founder of CobaltNiche

Photo: Jim Weatherill

It's late afternoon and the winter sun is drooping on our region's cobbled laneways. Office pros rarely strut these routes, schoolkids have long scuttled home and apartment neighbours are gassing up their heating against gouging icy winds.

Dressed in toughie 'biker' outfits and all wearing safety helmets, five fit male and female 'techno wizards' emerge from one of Little Dryburgh Street North's two-storey, solid-brick warehouses. Unhinging their pushbikes from the garage wall—where they've lain strung-up all day amongst fire-hoses, air conditioners and garbage bins—these 'toughies' linger in the rain, almost furtively fingering their current helmets, considering times to come, but more later.



CobaltNiche may not yet be recognised by name, even by North Melbourne locals, but we've all seen its yield: from KeepCup, that cute, reusable coffee cup, to Yarra Trams' ergonomic green handles desperately clung to on frantic peak-hour rides to town. This operation also worked with Brimarco, a truck body builder, to win the tender to design and supply Victoria Police's new booze bus fleet. Key objectives were that the vehicles be styled like a 'rocket' in aggression and streamlining, they had to be strong, present a bold visual message against drink-driving and their economic use of internal space must provide sufficient sectioning and privacy.

But that's just the start of CobaltNiche's industrial design and engineering consultancy gold. Its influence seems to be everywhere one glances: from Australian Open Tennis seating for players and umpires to the Nylex jug range. Then there's the medically acclaimed V-Patch heart monitor, a non-invasive system for patients suffering post-operative coronary conditions; the globally focused Concave soccer boot; and the critically relevant PAD defibrillator. There's even a lockclip diving clip and a world-first motorised golf buggy with fully integrated GPS capabilities.

These designs evolve from the minds of a consultancy comprising ultra-sleek intellects inhabiting the skill-sets of engineers, graphic artists and industrial designers, these last led by two of the nation's finest, Jack Magree, MDIA BA, and Steve Martinuzzo, FDIA BA. Both aged 46, they were CobaltNiche's

joint founding directors in March 1996 after attaining their Industrial Design BAs from RMIT University in 1985.

Steve won his degree with distinction, and the guys have been performing that way ever since. "CobaltNiche takes pride in providing creative and stringently accountable design and engineering services that span the steps between initial idea and market-ready products," he stresses, launching into operational mode.

"Regarding the booze bus, for instance, our approach was much like conceptualising a traditional office workstation, with modular interior design panelling. We designed the interior and exterior concurrently, each affecting the other," he says, hunching forward, his grey-green eyes sparkling. "The front cabin section needed to taper towards the nose of the bus to match the chassis and this proved a major design challenge for us; i.e. handling the transition from the sides to the front of the bus."

His fine draftsman's hands rake a spindly beard as he remembers: a sloping windscreen provided the solution, its distinctive groove line cleverly balancing the bulky bus rear.

This back entry then delivered a cleaner line to the bus front, enabling the slanted windscreen, creating a widely acknowledged strong visual signature for the booze bus, unlike most dowdy transport wagons. Rear entry also meant the cabin remained a discreetly styled 'pod' at the vehicle's front.

"All in all the bus needed to be a safe environment for the police and the public, and not only did our designers style the exte-



rior and interior of the bus, they resolved and detailed how it should be manufactured," praises their joint managing director. "Naturally, Jack delivered his usual superb portfolio of work, and Victorians now have the comfort of knowing our road-safety booze buses are as good as the world's best."

Jack's inspiring portfolio of works includes medical devices, telecommunications, transportation and sports design, each recognised with Australian and international awards and global usage. Immediately recognisable product lines include the life-saving medical defibrillator, the booze bus and the Concave football boot. He has also

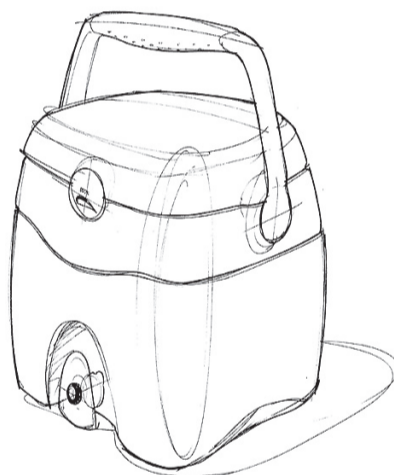
lectured at RMIT and led a major 2006 student project for mass transit solutions for Melbourne.

The prevalence of CobaltNiche work is testament to its fundamental talent and achievements, these recognised by major awards that include the Australian Design Award, the Victorian Premier's Design Mark and IKEA's 'Workstation of the Future' Design Competition, both in 2008.

A private company of some 17 (at last count) industrial and graphic designers, engineers and support staff, Steve and Jack want CobaltNiche to be part of wider social change and improvement. "I think deep down everyone does what they do in life because they want to make a difference ... to hopefully change the world for the better," Steve says, gently thumping the board table.

CobaltNiche recently undertook a group training and team building exercise to conceive a modern interpretation of Melbourne's classic W-Class tram. Produced in model form in just three weeks, their 'Melba 2011' design carefully avoids being a caricature of the original. The new tram had to feature ultimate technology, safety and comfort, just as the W-Class designers had in their day.

Melba 2011 features a single, round front lamp, an external, asymmetrical route number plaque and three sidelights. Unlike its older relative it features a low-height floor—for excellent disabled access—and large panoramic windows.



Steve fundamentally believes design as an innovative industry can have a strong and beneficial local impact. As part of his wider aspirations, he is formulating a **Creative Industries Group**, bringing together local creative companies.

"The idea is to see if there's any interest in having a loose association where we can get together maybe a couple of times a year, have some sort of business function with a speaker and give this group the opportunity to meet, chat and see what connections there are."

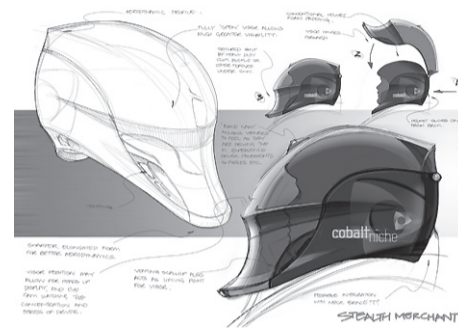
He hopes this will also help redefine the suburb and bring it new life: "There are certain areas in Melbourne that are known for this, that or the other, and I think if North Melbourne moved on from being a suburb of panelbeaters to a suburb of creative industries, that's probably not a bad thing." He notes there is distinct possibility the program may be expanded into rural and regional areas such as Ballarat, or become state-wide or national.

"In the new world, a creative industry is one of those occupations which I think is both ethical and interesting and [can] bring wealth to an area," he says, gently flexing his shoulders.

That such a successful, internationally renowned company is based right here, innocuously tucked away on a backstreet, almost yells of creative talent thriving in North and West Melbourne. Steve desperately wants local creatives to capitalise

on their market potential—and human resources—by bringing their design businesses together to share expertise, build contacts and strengthen intra-industry cooperation and accomplishment.

And so we revert to the notion of wet and soggy pushbikes now long gone from the back lane; you can bet those guys will be the 'case masters' for CobaltNiche's revolutionary Formula-1 'Stealth' helmet, a concept designed to showcase ideas for a Formula-1 motor-sport helmet as part of an initiative between DIA (Design Initiative of Australia) and Australian Grand Prix Corporation.



Unlike traditional helmets, the Stealth would have a unique front-entry fitment system. This would allow it to be placed on from behind and not over the driver's ears, so the fit is close and far more precise; a heat-mouldable foam would then further contour perfectly to the individual driver.

Deliberately curvaceous and dynamic, the helmet's form is dominated by a large clear visor and forward-leaning shape, allowing future fans to fully view drivers' facial reactions on their TV screens. While this company design is not quite resolved for immediate production, it could well be a sign of future technology with high-performance plastics and unprecedented attachments.

One of the continual difficulties Steve faces is that "designers in industry have ... a mixed reputation, so some people in manufacturing think of [us] as indulgent and irresponsible". He argues: "You have to be able to deliver a concept as a manufactured product; we have to be able to help our clients make money. It's commercial; if design wasn't commercial, it'd be art. And there's nothing wrong with art, but that's not what we do."

Creative and industrial designers receive minor recognition for the balancing act required of every project, incorporating the correct proportion of competing demands and requirements from manufacturers, designers and consumers. Steve claims each of those three categories needs to be represented in the product, but "if one of them gets their way, you will end up with a skewed product that's not successful".

Design, therefore, is about mastering the art of compromise, whilst producing a viable, usable product that can be manufactured readily and cost-effectively.

Unlike IT and biotech, industries previously lauded as pioneering and modern, Steve claims design is relevant to the consumer because it is constantly evolving and is a necessary connection between manufacturers and consumers. "The reality is design is a little bit more genuine, because it does exist, and it is usable at all levels."

In bringing together like-minded, creative businesses Steve hopes to lift the profile of industrial designers and encourage more local collaboration, thus creating a mutually advantageous community support structure.

Lauren Aull and Katrina Kincade-Sharkey



North & West Melbourne Association

Excellence Award 2009

On 28th April 2010 members and friends of the Association gathered at Rubicon in Errol Street to celebrate the presentation of the 2009 North and West Melbourne Association Excellence Award to Angela Williams. An edited version of the presentation speech appears below.

“Angela has made an outstanding contribution to this community. Her work has been admired by all who have come into contact with her, from all sides of the planning campaigns in which she has been involved.

“Angela first came to public attention when she led the movement to Save the North Melbourne Pool, a successful campaign in which she demonstrated her capacity for leadership and strategic thinking.

“From the Association’s point of view, Angela’s most outstanding contribution was her involvement in our planning activities in the late 1990s. It was here that Angela’s background as an architect came to the fore in her work in strategic and statutory planning.

“In strategic planning, she represented the Association in consultations with the Council to prepare strategic plans and amendments to the Planning Scheme, such as C20, and other plans affecting our local area. She worked constructively with other resident groups – establishing strong relationships with Sue Chambers from Carlton and Bev Kennedy from Parkville, to make a formidable team.

“In the statutory planning area, she established a strong reputation as an objector to the Council and a presenter to VCAT for applications from our area. Her models of proposed buildings and structures won respect from all sides of the debate.

“Angela is still making a contribution. On Latrobe Close, her submission to the Minister of Housing was fully researched and showed her usual flair in demonstrating deep insight into the issues, not only planning and architecture but also heritage and the environment.

“We congratulate you, Angela, for all these achievements and wish we could maintain the outstanding quality of your input in all our activities. The skill, knowledge and experience that you have developed in these

areas sets a standard for us all. We thank you for your contribution in shaping the future form of North and West Melbourne and for working for the benefit of all.”

Many of those who could not attend the dinner sent messages, including: “Angela, one of the true heroes of North Melbourne” and “Angela’s tireless work is around for us all to see in the fabric of North Melbourne”.

Previous winners of this award are:

2004 Janet Graham 2005 Ewan Ogilvy
2006 Heather Mackay 2007 Kaye Oddie
2008 Allan Martin 2009 Angela Williams

Congratulations once again, Angela, on this richly deserved recognition.

Annual General Meeting

The Association’s Annual General Meeting was held on Saturday 17th April at the City of Melbourne Bowls Club in the Flagstaff Gardens.

Members enjoyed a most interesting discussion with Professor Michael Buxton from RMIT University. Michael spoke about planning, transport and other issues that are very important to us and our community. Some key points follow:

We are in a critical period of change which will have a major impact on the future of Melbourne. There are many pressures on our city and the current options provide no clear answers.

The challenge is to move from a reactionary approach to anticipatory action to protect Melbourne’s liveability and quality of life, while also withstanding increasing pressures on built form and heritage.

High rise does not necessarily follow high density – for example, Spain achieves high density with a seven level uniform height. Closer to home, our own Johnson Street is a vibrant example: amenity has driven positive change and thriving businesses have been created within low rise form.

Change can be achieved with clear policies and government assistance. Intervention and regulation can lead to adaptive change, with government identifying the areas appropriate for greater development and addressing the associated transport implications.

North Melbourne Railway Station Redevelopment

The redevelopment has many positives, however not everyone benefits. Several hundred families and office workers living just north and east of the new station are inconvenienced each day by the closure of the former entrance to the platforms.

The new layout means at least 100 metres’ walk along exposed Railway Place, often seeing trains which might have been caught move away. For disabled passengers

travelling north and requiring assistance the former entrance was more user-friendly.

The locals are aware that the information screens on the brick administration building on the northern end of the station are operating and can recall that until last November there were myki and Metcard facilities at the old entrance.

Thus we wonder why, with all the latest technology, the 2010 version of a railway station has only one entrance. On at least two occasions since November it has been necessary to re-open the old exit barriers for safety reasons. At other times, when the new escalators have failed and platforms have been crowded, the old exit would have been helpful.

Finally, as winter approaches, we remember the wind and weather protection of the old entrance and exit as we brave the Siberian gales of the new entrance.

Should we be taking up a petition to Metro or the Department of Transport, or even our local Member of Parliament?

About the Association

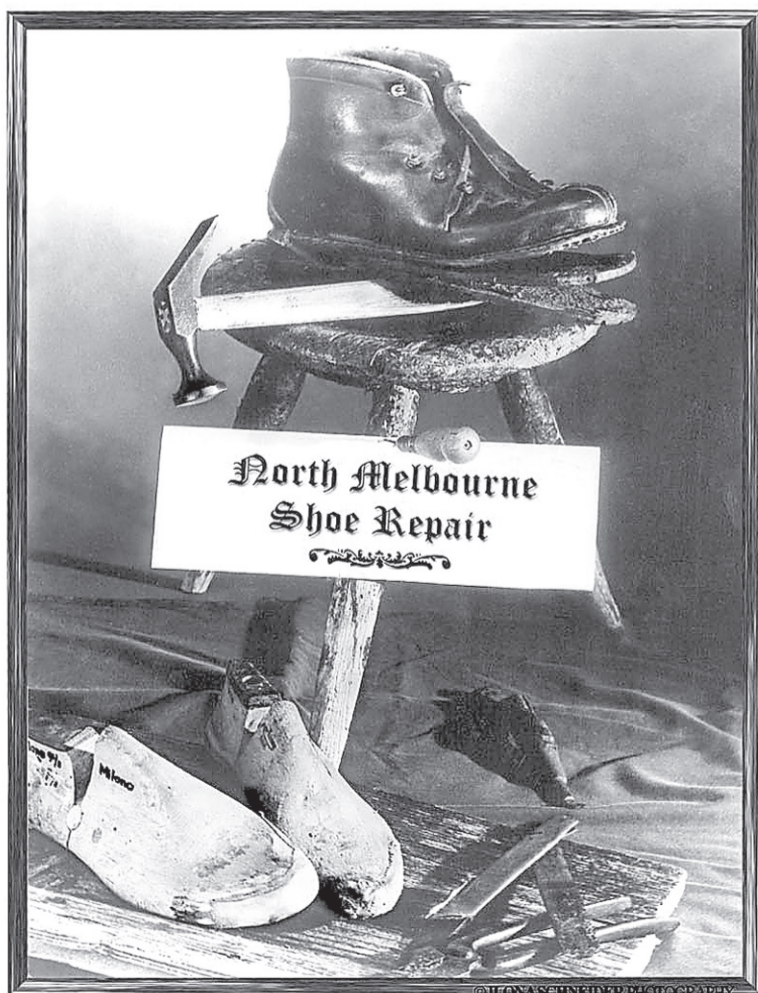
Whether you have lived here for many years or have just moved to the area, one thing you probably enjoy is the ‘liveable’ quality of the built environment. This did not happen by chance. Residents, and in particular the North & West Melbourne Association, have worked tirelessly to maintain the amenity.

Our area is home to many enterprising, energetic people with a myriad of skills. If there is anyone with architecture or drafting expertise, they could be especially helpful to the Association. Assistance is needed with:

- planning issues
- monitoring Council meeting agendas
- graffiti management
- parks and open spaces
- traffic
- environmentally sustainable development.

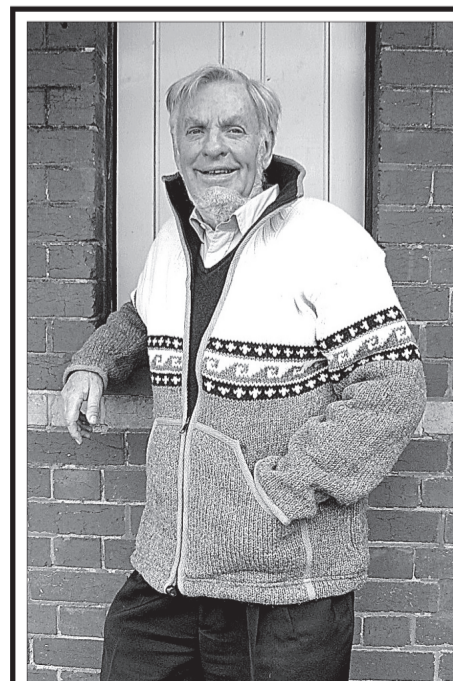
Please phone 0404 515 763 or email info@nwma.org.au if you can help. Monthly meetings are held upstairs in the North Melbourne Library commencing at 7.30pm. Upcoming meeting dates are:
Tuesday 18th May
Tuesday 15th June
Tuesday 20th July
Tuesday 17th August

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Obituary

Patrick Joseph 'Paddy' Walsh
29.5.1928 – 2.3.2010

When Patrick 'Paddy' Walsh was growing up during the 1930s Depression, he and his five siblings had to attend different masses at St Mary Star of the Sea because they needed to swap and share their good clothes.

On 10 March, the recently restored interior of St Mary's, Australia's largest parish church, was the scene of Paddy's funeral, as many of his family and friends gathered to celebrate his life and bid him farewell.

Patrick Joseph Walsh was born on 29 May 1928 to parents Ruby May and Peter Joseph Walsh. He grew up in Victoria Street, West Melbourne, and was educated at nearby St Mary's Boys School. Like many working-class families of the time, funds were limited, and Paddy and his siblings sometimes recalled playing with balls made of newspapers held together with tape.

As a teenager, Paddy played cricket for North Melbourne Districts 1st Eleven and always maintained a keen interest in sport. He was especially devoted to the North Melbourne Football Club and strongly influenced his extended family to support the 'Kangas', even securing precious grand final tickets in 1977 for his nieces and nephew to see North Melbourne's memorable win over Collingwood.

His nephew remembers "many Saturdays at 2.00 pm standing on the hill or near the broadcast box with many of my uncles and dad at Arden Street. Prior to the game we would all meet at the Limerick Castle or the Shakespeare Hotel, and return after the game, hopefully singing the theme song, or Uncle Paddy cursing



one of his favourite players, like Arnold Briedis missing a goal from 10 metres out".

Although Paddy did move out of the immediate area for some years, he returned in the early 1970s to spend the rest of his life in Elm Street, North Melbourne, with long-time companion Patricia 'Pat' Corrigan. Paddy and Pat both enjoyed a drink and a punt in the company of many friends, often at their favourite local, the Limerick Castle Hotel.

Paddy's nephew, Brendan Walsh, recalls many happy family times when it "would never take long for Uncle Paddy to sing a few tunes. His favourite was always 'What a lovely way to spend an evening' ... Uncle Paddy always encouraged Auntie Pat to get up and perform to the 'Tattooed lady', which we all found entertaining". Paddy would also attend the Australian Legion of Ex-Servicemen and Women on Sunday mornings in the small weatherboard building behind the North Melbourne Town Hall.

Those days are now gone and Paddy's good-humoured greetings, usually with a doff of his cap, will be missed by all who knew him. He was truly a gentleman of the old school. Deepest sympathy to his companion, Pat, and to his extended family.

Vale, Paddy.

Mary Kehoe

(based on Brendan Walsh's eulogy)

Tour de Kangaroo

Tour dates are October 2 to October 10

Charity motoring events are a popular feature of the calendar for a lot of organisations. First popularised by Dick Smith when he organised the first 'Bash' in 1985, they have spread around Australia and to other countries in the world. They are characterised as 'A drive in the outback with a few mates'. If you analyse that sentence, it says a lot more than the mere nine words can portray. It implies a casual trip with lots of fun and mateship while checking out the hospitality and scenery of the outback. The Tour de Kangaroo is one of those fun events.

The Tour de Kangaroo was first organised 6 years ago by VFL/AFL past president, Kangaroos past president and club great, Dr. Allen Aylett. Like a lot of similar events the Tour de Kangaroo's main purpose is to raise money for charity – in this case the new Learning & Life Centre at North Melbourne Football Club. The aim of the project is to create a unique and rewarding community/sports club relationship. In developing the Learning & Life Centre, the intention is to create a unique environment within an elite sporting club, which, apart from offering community facilities, will also provide relevant and professionally designed programs for children from all walks of life. The Centre's primary aims and objectives are of promoting education, health and sport as a means to enhancing community spirit and social cohesion.

As well as the charitable aspect, the Tour aims to be a fun and sociable event. A welcome side effect is the economic benefit and diversion from everyday life that it brings to communities in the remote areas of Australia. Specially designed 'challenges' both of driving types and non-driving types are part of the course and impromptu drinks

stops under a shady tree are a great part of the event. Meals are provided by local community organisations, generally by school P & C's, which helps the fundraising in those communities. Accommodation is where you can find it and can vary from one star to 5 million stars – especially if it's a clear night on one of our 'station stay' nights.

A great aspect of the Tour de Kangaroo is the lower cap on entrant numbers in comparison to the bigger events and the more affordable entry fee. The lower numbers means that the event can go to the smaller communities in the outback, instead of having to stay in the larger towns, and the barrier to enjoying all this is lower than, say, a Variety Club Bash. In addition, the fact that the Tour allows people to use a regular 4wd, means that you don't need to go out straight away and buy or build a special 'Bash-type' car (though the trip is more fun and challenging in a pre 1979 car).

The Tour this year is going to Bathurst for the 50th running of the 1000 km race (first run at Phillip Island in 1960). The Tour de Kangaroo is run over a week starting the Saturday after the Grand Final. It will be travelling via western Victoria, South Australia and western NSW before arriving at our Bathurst camping ground in time to watch the Top Ten shootout and the race the following day. Some of the towns and places we are visiting are The Little and Big Deserts in Victoria, The Grampians, Renmark in S.A, Silverton near Broken Hill (the home of 'Mad Max'), the opal mining town of White Cliffs and finishing with an 'Elvis' show at the Services Club in Parkes NSW. The last day on the road will start at 'The Dish' – the Radio Telescope in Parkes.

Harry Cadle

There are still a few positions left in the Tour de Kangaroo, so if you're interested, call Harry on 0418 348 085 or check out the website at:

<www.tourdekangaroo.com.au>

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ANTIBIOTICS

Almost 50 years ago antibiotics became widely available around the world and were seen as miracles of modern medicine. Unfortunately as each year passes more bacteria are becoming resistant to antibiotics.

Inappropriate use of antibiotics can increase antibiotic resistance, but you, your doctor and your pharmacist can work together in the war against resistance by using antibiotics wisely.

What is antibiotic resistance?

When antibiotics are misused, overused or underused, the bacteria causing an infection can become 'stronger'.

The ability of antibiotics to stop an infection depends on killing or halting the growth of harmful bacteria. But some bacteria resist the effects of drugs and multiply and spread.

Antibiotic resistance occurs when bacteria change in some way that reduces or eliminates the effect of the antibiotic designed to treat the infection. These changes allow the bacteria to fight or inactivate the antibiotic. Over time this has led to the development of bacteria that are resistant to most antibiotics.

Why is appropriate use of antibiotics necessary?

Overuse of antibiotics greatly increases the chance of developing antibiotic resistance.

While antibiotics should be used to treat bacterial infections, they are not

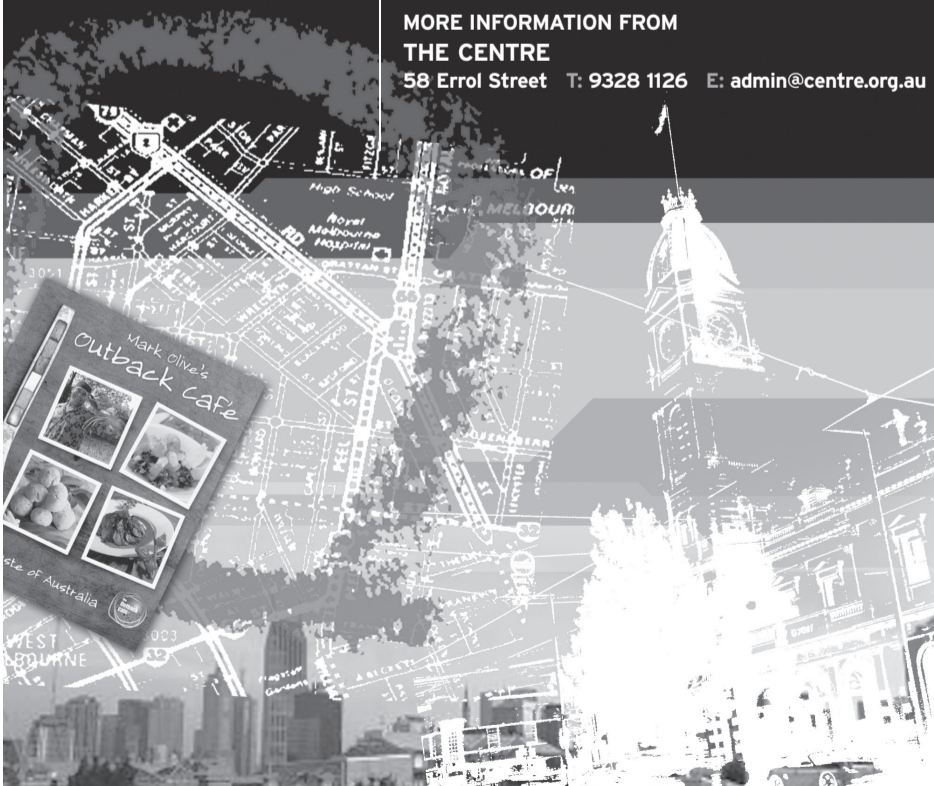


effective against viral infections such as the common cold, most sore throats, most sinus infections, most coughs, acute bronchitis and the flu.

Use antibiotics wisely

- Do not take antibiotics to fight a viral infection. They only work against bacteria.
- Never share antibiotics with family or friends. Do not use antibiotics left over from old prescriptions.
- If you are prescribed antibiotics, make sure you finish the course, even if you feel better.
- Wash your hands thoroughly and often to prevent the spread of bacteria to others.
- Make sure your immunisations and your children's immunisations are up-to-date.

Remember, antibiotic resistance can affect us all. Help reduce the spread of antibiotic resistance by working with your doctor and pharmacist to use antibiotics appropriately.



Fashion never sleeps for a radiant emerald



Jemma Gawned, Jason Grech and Harry Georgiou host Fashion Never Sleeps:

Photo: Anthony Leong

The morning of Wednesday February 24 was unusually dreary; when my alarm rang out at 6.30am I contemplated sleeping through. It was extremely fortuitous that I did indeed arise in time to join in the third instalment in the Breakfast Event Series, *Fashion Never Sleeps*.

The quarterly Breakfast Event series, hosted by The Centre and the North and West Melbourne Precinct Association (made up of local business owners) has become a very popular local event that I am very

proud to be associated with. North and West Melbourne is home to many and varied small businesses, creative and talented folk and extremely enthusiastic members of the community who work tirelessly to promote our fabulous area and support local business.

The Breakfast event was held at the Style Office of JASONGRECH. Upon entering the dramatic wooden doors of the Style Office I was entranced by the rolls of fabric, industrial sewing machines and rows of dramatic frocks surrounding the assembled crowd. I

felt rather excited and privileged to be in the Style Office of such well known and talented designers.

Sabrina's treated us to a delicious breakfast and fabulous coffee flowed from the baristas of Home Barista Institute. Chatting to old and new local friends at the Breakfast is thoroughly enjoyable! The Breakfast Series is a great opportunity to meet local business owners in a social environment, share stories of the ins and outs of running a small business and share in the enjoyment of living and working in North and West Melbourne. There is always a palpable sense that we are very lucky to be in such a close knit community that is home to so many interesting and creative people!

The highlight of the Fashion Never Sleeps Breakfast was the fashion parade. Divine models streamed up and down the stairs from the loft of the JASONGRECH Studio showcasing local fashion (we were in awe of the model's ability to manoeuvre the highest of heels and flowing fabric with such confidence and grace!).

Kids in Berlin's parade showed a selection of the many local independent designers featured in the Victoria Street store. Jennie has a wonderful collection of funky street wear and the Kids in Berlin window display has become a must see for visitors to Victoria Street. Next up was the Thread Den parade, showing a wonderful collection of 1950's inspired frocks and swimsuits. The outfits created by the ladies at Thread Den are unique, feminine and made in North Melbourne. Thread Den has led the resurgence of sewing in Melbourne, providing a wonderful space to develop your sewing skills or purchase from their extensive range of independent designers.

JASONGRECH's parade was the highlight of the breakfast, with a collection

of glamorous event dresses including the White collection. The White collection is a beautiful range of wedding dresses featuring voluminous skirts, hand beaded bodices and hand dyed trains. The parade was breathtaking and a unique opportunity to see such exclusive fashion in the friendly and warm studio. JASONGRECH was created by Melbourne's Jason Grech and Harry Georgiou in 2003 and they were very generous to welcome us with such warmth to their award winning design studio.

Kids in Berlin, Thread Den and Jason and Harry from JASONGRECH were all very generous in offering door prizes on the day. When the host Jemma Gawned announced the prize of a voucher for a JASONGRECH dress and styling session with Harry, I thought to myself 'what an amazing prize'. When Jemma drew out my name from the collection of attendees I literally went weak at the knees! What? The Royal Mail Hotel, as in our Royal Mail Hotel? What me? A new dress? A dress from JASONGRECH?! Then, to complete my morning, Rita Charalambous from Charles & Calypso (who was an attendee at the event) offered to donate a set of jewellery to accompany my new dress.

I was absolutely delighted to win, and felt incredibly lucky and overwhelmed to win such a generous prize! In mid March I had the privilege of popping into the JASONGRECH studio for a styling session with Harry. I tried on numerous beautiful dresses (don't worry Pete I didn't go near the wedding dresses!) and it was the first dress I tried that was the ultimate prize. *Radiant Emerald* is my new dress, I just adore it and am most grateful to Rita, and to Harry and Jason for their generous gift and for welcoming me to their studio.

Anna Lidgerwood

Brickworks



Doone and Jacqui hard at work.

Photo: Jim Weatherill

It is a Monday afternoon and The Centre is a working studio. A person is pushing paint around a canvas while others contemplate lumps of soft, wet clay. Voices can be heard sharing thoughts of the day, offering creative ideas and technical advice. The group is known as Brickworks.

Brickworks, a Centre run art group for adults, has been meeting for quite some time now, over several years it has seen facilitated sessions as well as self guided art making. The current group is in its second term, however some members have been coming since the very beginning.

Brickworks is held on Mondays for 2 hours and each week brings something new. Participants are encouraged to explore different mediums and challenge

self concepts. The group was fittingly named Brickworks, as the term symbolically represents the building up process art making can have on people and their communities.

Loretta from the group explains "It is about the process rather than the product. Sometimes when you see an art class you feel you should be at a certain point. But this is different. It has challenged my concept of my own interests and strengths."

Rachael adds "In terms of feeling overwhelmed at attending an art class, because I don't consider myself to have any artistic skills, I have never felt under pressure to demonstrate those skills. I felt I could start at my level."

Excitement is building in the group as participants have decided to culminate the first half of the year with an event. *Impressive Works* will be an exhibition of works created by group members both at The Centre and some in their own time.

Impressive Works will be occurring mid year with official date and location to be announced. In summary of the art making experience at The Centre, Peter says that "everyone is really supported and most of all its been a great deal of fun getting there!"

Currently Brickworks is facilitated by Nikita. Nikita Burt is a North Melbourne based Artist and Art Therapist working in several community settings. For any enquiries please contact The Centre and stay tuned for *Impressive Works* happening soon!

Nikita Burt

Global Homework Program funded

Great news for the Global Homework Program! The Centre has been granted \$40,000 for the next three years as part of the statewide homework program, funded by the education department. Bronwyn Pike, Minister for Education, Local Member of Parliament and long time supporter of all things North Melbourne has approved these funds to ensure students of North and West Melbourne continue to get the homework help they deserve.

The Global Homework Program (GHP) was developed by The Centre over six years ago. In those six years it has grown from one to four evenings per week. It has expanded from grade four to year nine at the North Melbourne Library, and this year it has grown to include years 10 to 12 at the North Melbourne Football Club. A formal partnership with the

new Learning and Life Centre has made this possible. Students come from around 12 local primary and secondary schools and a couple not so local.

Along the way the growth and consolidation of the program have been supported by short term funds from a range of sources including the School Focused Youth Service, City of Melbourne, the Western Region Refugee Education Pilot Project, and The Centre's own funds. In 2010 the North Melbourne Football Club has been the savior. However with these new funds the GHP can look forward to being a part of the statewide program and to contributing to the education department's policy and program development for the longer term. We are aiming to be better than 'best practice'.

Thea Bates, Director

Rotary supports the News

The Rotary Club of North Melbourne has become a sponsor of The News. On April 16 at one of their regular breakfast meetings, Rotary made an extraordinary contribution to the future of The News. President Maggie Godge presented The Centre with funds to the tune of \$2,000 for The News, and another \$1,000 towards The Centre Adventures Program. With \$500 per quarterly edition, this makes a significant contribution to costs of printing. It also means that Centre Adventure participants can look forward to even better community trips and even more delicious Globetrotting Lunches. Ainslee Smith, the Program Leader of the Social Inclusion Program thanked Rotary

and with some colourful illustrations of the places they'd been and the friendships made over a curry, or a fish pie! As Director of The Centre I was very pleased to explain some of the complexities of the things we do. The Centre is many things to many people, but few realize just how extensive the range of services and supports is. By way of thanks, Rotary has been offered guaranteed space in every edition of the news to promote events and ventures, past, present and in view. We always look forward to hearing about the work Rotary does, and we thank them for their consistent support.

Thea Bates, Director



Centre Programs terms 3 & 4 2010

eBay Tricks from a Woman Who Knows

Nada Borevec

Where: The Centre
Cost: \$97 or \$88 concession
T3 Mon 26 July – 16 Aug
4 sessions
7.00pm – 8.30pm
T4 Mon 25 Oct – 15 Nov
4 sessions
7.00pm – 8.30pm

This proven course has former students reveling in eBay success, and is a tried and true way to make money and save money! All you have ever wanted to know about eBay. Learn how to set up your account, avoid pitfalls, find bargains and identify products that will sell at a profit! Start your own fun and successful eBay hobby or business. As an experienced eBay 'power seller and buyer', this woman knows the easy way that eBay can work for you! Basic internet and digital photography knowledge required.

Brickworks AFI

Nikita Burt

Where: The Centre
Cost: \$4 per session concession
T3 Mon 12 July – 13 Sept
10 sessions
1.30pm – 3.30pm

Brickworks AFI is an adult art program. This term the group is working towards an exhibition of their work. Participants will learn basic event management skills whilst creating the exhibition. Brickworks provides a relaxed, informal and supportive environment in which to create and explore diverse mediums. Create individual projects in a group environment. All abilities welcome, enthusiasm encouraged! Materials provided. *This is an ACFE funded course providing foundation skills to concession card holders, migrants and refugees from non-English speaking backgrounds.*

Calligraphy

Stephen Wright

Where: The Centre
Cost: \$97 or \$88 concession,
T3 Tue 13 July – 31 Aug
8 sessions
7.30pm – 9.30pm
T4 Tue 5 Oct – 30 Nov
8 sessions
7.30pm – 9.30pm*

*No class on Melbourne Cup Day 2 Nov
"I've always wanted to write like that" Well, now you can. Even if you are a complete beginner you'll soon be beautifying your cards, envelopes, scrapbooks and more with your new found writing artistry. Advanced students are equally welcome to explore different scripts, illumination, family trees etc., or just to freshen up their skills. All this in a super friendly atmosphere. Ask for a materials list when you enrol.

Computer Basics

John Louey

Where: The Centre
Cost: \$25
(includes 5 x 2 hour sessions)
T3 Sat 31 July – 28 Aug
5 sessions
1.00pm – 3.00pm
T4 Sat 23 Oct – 20 Nov
5 sessions
1.00pm – 3.00pm

"How do I switch it on?" Over the last two decades the personal computer, or PC, has 'morphed' from the domains of commerce and science, past the home study and into the living room. Increasingly it is seen as a preferred means for communication and information distribution. This course aims to develop the understanding and intuition vital for confident PC use. It is designed for people with little or no prior PC experience. Classes are flexible and adapted to the interests of participants.

Computers — Beginners

Tutor to be confirmed

Where: North Melbourne Library,
66 Errol Street, Nth Melbourne
Cost: \$80 concession
T3 Fri 16 July – 17 Sept
10 sessions
9.30am – 12.30pm

Computers are here to help and also provide some fun in the process. Be taken through the basics of your personal computer or PC, gain confidence and understanding in the practical use and benefit of computers. Each lesson will introduce new topics to give you a taste of the common tasks computers are used for. Includes Windows operating system and navigation, word processing and document creation, the internet and email, spreadsheets and numbers, multimedia and more. Emphasis is on practical and interactive learning.

This is an ACFE funded course providing foundation skills to concession card holders, migrants and refugees from non-English speaking backgrounds.

Computers — Beginners Plus

Tutor to be confirmed

Where: North Melbourne Library,
66 Errol Street, Nth Melbourne
Cost: \$80 concession
T4 Fri 8 Oct – 17 Dec
11 sessions
9.30am – 12.30pm

This course builds on skills learnt in the beginners' course. The tutor will provide practical examples of applications for your computer skills. Introduce you to the more advanced features of Microsoft Office and overall PC management. Emphasis is on practical and interactive learning.

This is an ACFE funded course providing foundation skills to concession card holders, migrants and refugees from non-English speaking backgrounds.

Creating Inspired Kids

Davia McMillan

Where: The Centre
Cost: T3 \$80
T4 \$80
T3 Tue 13 July – 14 Sept
10 sessions
3.45pm – 5.15pm
T4 Tue 5 Oct – 14 Dec
10 sessions
3.45pm – 5.15pm*

*No class on Melbourne Cup Day 2 Nov

A creative play experience for children from grades 1 to 4. This class offers an imaginative range of artistic and creative activities to inspire and motivate children to extend and develop their own natural creative abilities. In a warm and welcoming environment, this is a great place to meet other creative kids and have some messy fun.

Children must be signed in and out by a parent or nominated guardian. They must also be collected on time at 5.15pm.

Cupcakes

Ainslee Smith

Where: The Centre
Cost: \$54
T3 Tue 27 July – 31 Aug
6 sessions
2.00pm – 3.00pm

T4 Tue 12 Oct – 23 Nov
6 sessions
2.00pm – 3.00pm*

*No class on Melbourne Cup Day 2 Nov

An interactive play-time for three and four year olds with their parents. A different activity each week will inspire play ideas at home. Our consultant, 3 year old Raph, named the group and the first week activity (according to Raph) will be decorating cupcakes! The focus will be on encouraging interactive play time between child and parent or grandparent. Places will be limited and booking with full payment will secure your place. Breastfeeding babies welcome.

Errol's Angels

Community Choir

Where: North Melbourne Library,
(Room 1) 66 Errol Street,
North Melbourne
Cost: Early Bird \$120, Full Fee \$130
Concession \$80
Payment required start of term
T3 Thu 15 Jul – 16 Sep
10 sessions
7.00pm – 9.00pm
T4 Thu 7 Oct – 9 Dec
10 sessions
7.00pm – 9.00pm

Errol's Angels is a small, independent a cappella choir based in North Melbourne, led by Musical Director Emily Hayes. Consisting of up to 30 voices, Errol's Angels sings a magical mix of multi-part songs, from Bach to Beach Boys. We perform regularly at hospitals, events and the biennial Spring Fling Street Festival. No audition is necessary, just a desire to sing and a willingness to learn.

*Details at <http://au.groups.yahoo.com/group/errolsangels/>
Contact Mark on 0438 557 664
or email mnmcp@yahoo.com.au*

Fancy Becoming a Freelancer

Amy McDonald

Where: The Centre
Cost: \$100 or \$90 concession
T4 Wed 8 Sept – 29 Sept
4 sessions
6.30pm – 8.30pm

So you think you've got good ideas, can string a sentence together and know the difference between a profile and a review? Great! Come along to the next installment of the Fancy Being a Freelancer course to hone your skills and increase your profits! Share more magazine article tips and tricks with other emerging freelance writers.

Global Homework

Program-GHP

Celeste O'Keefe

The Global Homework Program runs homework Clubs four nights a week in partnership between The Centre, the North Melbourne Football Club (Learning & Life Centre), and the North Melbourne Library. A free homework tutoring program for students in years 4 –12, with a strong focus on numeracy and literacy, this program aligns with school curriculum, VELS, VCE, VCAL, VET, ESL and IB. The GHP can provide interpreters for students from backgrounds where English is not their first language, and encourages students from refugee and CALD backgrounds to attend.

Homework has never been such fun!

Please contact The Centre on 9328 1126 to register child/student or for further information.

Homework Club: Grades 4–6

Where: North Melbourne Library,
(Room 1) 66 Errol Street,
North Melbourne
Cost: Free
T3 Wed 14 July – 15 Sept
10 sessions
4.00pm – 6.00pm
T4 Wed 6 Oct – 24 Nov
8 sessions
4.00pm – 6.00pm

This program is a free homework tutoring program for children in grades 4 to 6 in the North and West Melbourne area. A team of supervised and trained volunteers will offer individual support and tutoring. Children must be signed in and out by a parent or guardian.

Just turn up with your homework.

Homework Club — Transitional Grade 6 to Year 9

Where: North Melbourne Library,
(Room 1) 66 Errol Street,
North Melbourne
Cost: Free
T3 Tue 13 July – 14 Sept
10 sessions
4.00pm – 6.00pm
T4 Tue 5 Oct – 23 Nov
7 sessions
4.00pm – 6.00pm*

A transitional program for children to support their move from primary to secondary school. A team of supervised and trained volunteers will offer support and tutoring. New volunteer tutors are encouraged to apply—see The Centre's Volunteer Program.

*No class on Melbourne Cup Day 2 Nov

Homework Club — Years 10–12 Mondays & Thursdays! **New location!**

Where: Life & Learning Centre,
North Melbourne Football
Club, Arden Street,
North Melbourne
Cost: Free
T3 Mon 12 July – 13 Sept
10 sessions
4.00pm – 6.00pm
Thu 15 July – 16 Sept
10 sessions
4.00pm – 6.00pm
T4 Mon 4 Oct – 22 Nov
8 sessions
4.00pm – 6.00pm
Thu 7 Oct – 25 Nov
8 sessions
4.00pm – 6.00pm

Now you don't have to miss out on Homework Club when you go into VCE or IB! Homework students in years 10 to 12 have access to tutors matched to their subject learning needs, wherever possible.

New volunteer tutors are encouraged to apply. See The Centre's Volunteer Program.

Little Aid — Baby and Child First Aid Training

Michelle Fiddian

Where: The Centre
Cost: \$55 concession
T3 Thu 5 Aug
1 session
6.30pm – 9.30pm
T4 Thu 28 Oct
1 session
9.30am – 2.30pm

Babies and children fall ill or have accidents every day. Little Aid has created an easy solution to learning, turning what is usually an expensive and long course into relaxed sessions especially for parents, grandparents and babysitters. No medical jargon, just essential first aid in simple, easy-to-understand terms from an experienced trainer. Practise CPR and treatment for choking, learn how to stay calm, treat a fever, control bleeding, treat a burn and recognise a head injury. Have the confidence to help your baby or child when they need you most. Little Aid provides a goodie-bag with notepad, pen, information brochures and a wall chart, as well as a certificate of attendance.

North Melbourne Sustainability Street Sustainable Living Workshops.

Dates to be advised. See website below.

North Melbourne Sustainability Street will run the following practical workshops to help local residents make their homes more sustainable:

- Seasonal food production for small spaces in Spring
- Shopping with a conscience — workshop & supermarket tour
- Waste and recycling

For more information, please email <info@northmelbourness.com>

To receive advanced notification of events, sign up to our mailing list at: <www.northmelbourness.com>

Picture Framing — Introduction

Diana Francavilla

Where: The Centre
 Cost: \$149 includes lunch, tea and coffee
 T3 Wed 28 July
 1 session
 9.30am – 4.00pm
 T4 Wed 27 Oct
 1 session
 9.30am – 4.00pm

This course is designed for anyone who would like to start doing their own framing and is suitable for the absolute novice through to the intermediate framer. There are many short cuts and tricks of the trade that are invaluable. You will learn how to lay out and measure up your artwork to prepare the frame and mount. Also learn how to select and join your own frame and to give it a professional finish.

All tools and materials will be provided.

How is Your Child's Nervous System Developing?

Dr Lisa Smycz

Where: Errol Street Chiropractic, 222 Errol Street, North Melbourne
 Cost: \$30 family or \$15 individual
 T3 Wed 21 July
 1 session
 7.00pm – 8.00pm
 T4 Wed 20 Oct
 1 session
 7.00pm – 8.00pm

Dr Lisa Smycz is a local chiropractor who would like to share her knowledge of children's developing nervous systems with parents. A nervous system develops rapidly in babies and toddlers and, if appropriate milestones are not met, learning and behavioural problems may arise during later childhood or adulthood. From newborns to teenagers, Dr Smycz will teach you what to look for, and how you can help your child develop to his or her potential.

The Centre's Volunteer Program

Linden Smith

The Centre's Volunteer Program offers something for everybody. We have roles that everyone can enjoy and find rewarding. Have you volunteered before? Maybe you should give it a go! Volunteering is a great way to meet people in your area, do something for your community, gain new skills or do something out of the ordinary. This year The Centre has a wide array of opportunities for everyone from volunteering in Spring Fling 2010, to tutoring, writing and editing, for our newspaper, helping out at the North Melbourne Football Club Learning and Life Centre or much more. *If you are interested, please contact Linden at The Centre on 9328 1126 for more info.*

Yoga — Beginners*

Shyamala Benakovic

Where: The Meat Market Conference Room, 5 Blackwood Street, North Melbourne
 Cost: T3: \$130 or \$117 Concession
 T4: \$143 or \$130 Concession
 T3 Wed 14 July – 15 Sept
 10 sessions
 7.45pm – 9.00pm
 T4 Wed 6 Oct – 15 Dec
 11 sessions
 7.45pm – 9.00pm

A beginners' course that incorporates all aspects of Yoga — asanas (postures), breath work, meditation, relaxation & self-inquiry. Particularly suitable for those who want to learn the basic principles and philosophy of Yoga, the course will start with basic postures and breath work incorporated into gentle flowing sequences, and move on to a more dynamic practice which will open and strengthen the body and mind. The course will equip students with knowledge of yoga techniques that enhance general health and wellbeing.

**Please do not eat a large meal within 2-3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.*

Yoga — General*

Shyamala Benakovic

Where: The Meat Market Conference Room, 5 Blackwood Street, North Melbourne
 Cost: T3: \$130 or \$117 Concession
 T4: \$143 or \$130 Concession
 T3 Mon 12 July – 13 Sept
 10 sessions
 6.15pm – 7.30pm
 T4 Mon 4 Oct – 13 Dec
 11 sessions
 6.15pm – 7.30pm

This yoga class is suitable for all levels from beginners to advanced. Hatha Yoga is a classical style of yoga that incorporates asanas (postures), pranayama (breath); meditation and relaxation will be taught in these classes. The yoga class will incorporate a flowing practice which co-ordinates movement with the breath. This flowing practice known as Vinyasa is aimed at enabling students to find their own way in yoga. The method invites transformation of the body and mind by bringing awareness to how our actions are linked, moving from one to the next; using one breath at a time.

**Please do not eat a large meal within 2-3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.*

Yoga — Intermediate*

Shyamala Benakovic

Where: The Meat Market Conference Room, 5 Blackwood Street, North Melbourne
 Cost: T3: \$130 or \$117 concession
 T4: \$143 or \$130 concession
 T3 Wed 14 July – 15 Sept
 10 sessions
 6.15pm – 7.30pm
 T4 Wed 6 Oct – 15 Dec
 11 sessions
 6.15pm – 7.30pm

A course for students who have completed at least two terms of the beginners' course, or have at least one year of yoga practice experience. The course will go into the deeper & more subtle aspects of yoga. Moving from a clear understanding of the physical aspects of yoga to an exploration of pranayama, meditation and relaxation practices that will enable students to delve into their true nature.

**Please do not eat a large meal within 2-3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.*

Yoga With a Difference*

Shyamala Benakovic

Where: The Meat Market Conference Room, 5 Blackwood Street, North Melbourne
 Cost: T3: \$130 or \$117 Concession
 T4: \$143 or \$130 Concession
 T3 Mon 12 July – 13 Sept
 10 sessions
 7.45pm – 9.00pm
 T4 Mon 4 Oct – 13 Dec
 11 sessions
 7.45pm – 9.00pm

A course that teaches you to build a personal home practice using an holistic approach to develop the physical, mental and spiritual self within us. These classes are suitable for beginners and experienced students. Taught through discussions, all elements of yoga will be studied; poses, counter poses, breathing, meditation, relaxation and philosophy. This will enable students to develop a practice tailored to their own specific needs based on current state of health, age, occupation and lifestyle. Classes will be conducted in a light-hearted manner to allow students to have fun, explore and develop a complete practice for themselves based on the traditional principles of yoga.

**Please do not eat a large meal within 2-3 hours of your yoga practice. Light snacks are ideal to maintain your energy. This yoga class is not suitable for pregnant women.*

Globe Trotting Lunches

Where: The Centre
 Cost: \$15 per lunch
 T3 Wed 28 July, 25 Aug, 29 Sept
 12.30pm – 2.30pm
 T4 Wed 27 Oct, 24 Nov
 2.30pm – 2.30pm

A gastronomic taste sensation awaits you when you come on in for our delicious Globe Trotting Lunches. All the food is prepared and cooked at The Centre by Ainslee Smith. On our gastronomic cultural journey we will experience a range of tastes, sounds, sights and smells, whilst enjoying a fabulous three-course meal. We would love to share our journey with you. **Let's go!**

Bookings with payment required one week before lunch.

Centre Adventure Program

Ainslee Smith

All adventures leave from The Centre.

Adventure #1— 'Everything Vintage' Op Shop Tour

Cost: \$20
 T3 Mon 19th July
 9.30am – 3.30pm

Your intrepid tour leader, Ainslee will transport you back to a bygone era. You will visit op shops galore and enjoy a light lunch while you show off your bargains.

Payment with booking essential to guarantee your seat.

Adventure #2— Melbourne Mystery Tour

Cost: \$25
 T3 Mon 2 August
 9.30am – 3.30pm

Now why would we spoil all the fun in telling you now what this adventure will be all about? Just know that casual clothing and comfortable footwear is essential and of course there will be food and fun.

The rest is a surprise.

Payment with booking essential to guarantee your seat. Be brave!

Adventure #3 — Sovereign Hill Adventure

Cost: \$25
 T4 Mon 6 Sept
 9.30am – 5.00pm

Step back in time to the Gold Rush era, begin panning for gold. Explore the glorious history of Sovereign Hill, a replica of an old gold-mining town, where you can tour the underground mines, ride a stagecoach and prospect for alluvial gold! Enjoy the sights and sounds of the 1850's the clip-clop of horses on Main Street, the sight of soldiers marching by and the occasional joyous shout of a miner in the throes of striking it rich.

The rest is history!

Payment with booking essential to guarantee your seat.

Adventure #4 — Daylesford

Cost: \$25
 T4 Tue 5 October
 9.30am – 4.00pm.

Come along and enjoy a relaxing day in Victoria's spa country Daylesford, I Located 80 minutes from Melbourne. Experience wonderful scenery en-route, enjoy the pretty village of Daylesford, visit the Chocolate Mill, Macaroni Factory, Lavandula Farm. You will have a most enjoyable adventure!

Payment with booking essential to guarantee your seat.

Adventure #5 — Laverton Market

Cost: \$15
 T3 Sat 9 Oct
 8.30am – 1.30pm

Our next Adventure for the year starts with a half-day bus trip to Melbourne's most popular bargain destination, trash and treasure at the Laverton Market. Receive a free shopping bag with morning tea provided. There will be something for everyone. Come along and let's get shopping. Please wear suitable footwear and clothing for the day's weather! *Bookings with payment required one week before scheduled date.*



Adventure #6 — Queenscliffe Adventure

Cost: \$25
 T3 Mon 8 Nov
 9.30am – 4.30pm

Queenscliff is a historic seaside village 100 km from Melbourne on the sandy shores of Port Phillip Bay. It is renowned for its Steam Train, its Fort, its cafes and of course its fish 'n' chips. Gift shops, op-shops, antiques and wildlife all promise a wonderful day out! *Payment with booking essential to guarantee your seat.*

Download an enrolment form today!

Visit <www.centre.org.au> and click on enrolment forms.

Breakfast Event Series

The Centre proudly works in partnership with the North and West Melbourne Precinct Association to support local business with a series of Breakfast Events. These events offer a great opportunity to meet people who live, work or play locally, whilst sampling the diversity of local fare. Businesses, community organisations and government bodies all come together to share information, create opportunities for working together, and learn about the amazing things and people that are the essence of this amazing place.

The Breakfast Event is the perfect opportunity to network and promote your own business or organisation before your busy workday begins.

Breakfast # 5

Experience the Indigenous Culinary Delights of Celebrity Chef Mark Olive
 Wednesday 8 September 2010
 7.00am – 9.00am

Hosted by Black Olive Catering
 480 Victoria Street, North Melbourne
Tickets available at The Centre 9328 1126

Tickets always sell out, so book soon

Spring Fling Street Festival 2010

Sunday 24 October 12 noon – 5.00pm

Local Circus Spectacular!

Errol Street, North Melbourne
Go to <www.springfling.org.au>

YOUTH EVENTS HOLIDAY PROGRAM

The North Melbourne Football Club "Huddle" in conjunction with Kensington-Flemington Junior Sports Club, The Centre, YMCA, Dousta Galla and VicRoads, are holding Youth Events during the Term 2 Holidays.

- Come along and join in 1, 2 or all of the following events held at the North Melbourne Football Club
- Saturday 26th June – AusKick Clinic with sports testing held by Sports Without Borders (time yet to be confirmed)
 - Monday 28th June – Students in Yrs 10–12 Homework Program/Soccer World Cup/ Pizza afternoon 4pm–6pm
 - Thursday 1st July–Students in Yrs 10–12 Homework Program/Soccer World Cup/ Pizza afternoon 4pm–6pm
 - Monday 5th July – Students in Yrs 10–12 Homework Program/Soccer World Cup/ Pizza afternoon 4pm–6pm
 - Thursday 8th July – Keys Please Program 2pm – 4pm
- Students in Yrs 10–12 Homework Program/ Soccer World Cup/Pizza afternoon 4pm–6pm

For information or to enrol contact Celeste O'Keefe at The Centre on 9328 1126

THE CENTRE

The Centre forms new partnership with APIDS



Pacific Island Women with Disabilities—Fiji, March 2010

Photo: courtesy APIDS

On April 6 The Centre's Director Thea Bates and Australia Pacific Islands Disability Support (APIDS) Company Secretary Robyn James signed a partnership agreement.

APIDS was established as a non-profit company in 2005 to assist disabled people's organisations to contribute towards the alleviation of poverty for people with disabilities in Pacific Island countries.

APIDS is made up of volunteers with experience in disability issues. It supports disabled peoples' organisations (i.e. organisations run by and for people with disabilities) to meet the objectives they have prioritised for themselves.

APIDS and The Centre agreed to cooperate with each other in the following ways:

Sharing information about issues relevant to people with disabilities in the Pacific Islands

Sharing ideas about ways to improve the knowledge and physical resources of people with disabilities

Sharing ideas about ways to promote integration of people with disabilities into society

Jointly identifying activities that will improve the quality of life for current and future generations

Jointly seeking external funding to support the work of Pacific disabled people's organisations

Educating the Australian community on issues related to people with disabilities in the Pacific Islands.

*Robyn James,
Secretary APIDS*

Find out more about APIDS at
<www.apids.org>

Partnership agreement signed

The Centre's community now extends to the Pacific! On 6 April this year a Partnership Agreement between The Centre and APIDS – Australia Pacific Islands Disability Support was signed. Robyn James, Secretary for APIDS, and Thea Bates, Director of The Centre put their signature to a document that confirms the mutual support and benefits of such an alliance.

Established as a non-profit company, or peak body, in 2005 APIDS assists organisations which are set up by people with disabilities in Pacific Island countries. APIDS aims to contribute towards the alleviation of poverty that so many people with disabilities experience, particularly because there are very few services, if any. These organisations made up of volunteers, set their own objectives, and contribute to the bigger picture.

The management committee of APIDS includes people with experiences of disability from many countries, and Australian is probably best placed to offer a community

of support. This includes direct volunteering to help member organisations grow, raising funds from Australian and international sources, advocacy on behalf of the disability organisations to the Australian government, and simple things like access to meeting space and facilities. That is where The Centre's support began; that and a decision last year for staff to donate personal funds to APIDS rather than buying each other Christmas presents.

The benefits to The Centre include information and knowledge sharing, expanding our community capacity building mandate, increasing our ability to respond to disability issues and organisations, and better understanding about disabled people's issues and organisations outside Australia.

We are proud to have formed this partnership and look forward to working more closely with APIDS in the next year. Possibilities are endless.

Thea Bates, Director

Volunteer award for The Centre

The Centre has been allocated \$4350 under the Victorian Volunteer Small Grants program for a proposed Welcome Package for Volunteers project. The Minister for Community Development Lily D'Ambrosio MP made this announcement on Monday, 10 May at the start of National Volunteer Week.

Whilst it is a relatively small amount, these grants make a big difference to organisations like The Centre who rely on volunteers to make their communities tick.

This grants program supports the important contribution volunteers make to maintaining active and welcoming communities. As volunteers are the glue that binds this community centre together we are extremely pleased they are recognised.

COMMUNITY

Big morning tea at NMLL

North Melbourne Language & Learning hosted the Big Morning Tea on Tuesday, 11 May at the North Melbourne Community Centre to celebrate National Volunteer Week and Neighbourhood House Week.

Traditional scones with jam and cream and home-baked gingerbread sat happily next to delicious Ethiopian cakes, Eritrean flat bread, Somali biscuits, Vietnamese sticky rice rolls, Chinese Sweets and Peruvian rice pudding. It was a spread that would have made Matt Preston wonder why he wasn't invited to North Melbourne Language & Learning's (NMLL) Big Morning Tea.

NMLL is a community based, not-for-profit organisation that has been serving the Culturally and Linguistically Diverse communities of North Melbourne for 21 years. The organisation teaches English and life skills to adult migrants. An important focus is on connecting the students to the local area and the broader Melbourne community through excursions and forums. So far this semester the students have visited Dousta Galla Health Services, gone on an exciting boat trip along the Yarra River and then picnicked at Herring Island, attended forums on Safe Train Travel, the Importance of Reading to Children and Rubella, delivered by the Deafness Foundation.

The Big Morning Tea was a fantastic opportunity for the students and staff of NMLL to say a big thank you to their wonderful team of volunteers. Volunteers have been helping in the following ways at NMLL: In the ESL classroom, giving administrative support, at lunchtime recreation activities such as Knit-a-Square Knitting Group and Harmony Garden Gardening Group. The volunteers have also processed hundreds of books that were donated to the Baby Book Borrow (BBB) program. The



All smiles at NMLL Big Morning Tea

Photo: courtesy NMLL

BBB program has established a library and will hold information sessions that aim to inform parents of the importance of reading to babies, toddlers and young children and nurturing a love of reading.

If you have two hours to spare during the week please contact the Community Development Worker at NMLL, Natalie Warren, to discuss volunteering opportunities.

Natalie Warren

Contact Details:

North Melbourne Language & Learning
Temporary location due to renovation:
North Melbourne Community Centre
49-53 Buncle St, North Melbourne
<nwarren@nell.org.au>
Bus: 9326 7447 Mob: 0428 120 660

*The Constitution of
North Melbourne Language
and Learning*

**will be on public display from
24 May to 14 June 2010**

**9.00 am to 4.00 pm Monday to Thursday and
9.00 am to 1.00 pm on Fridays**

**at the North Melbourne Community Centre
49-53 Buncle Street, North Melbourne 3051**

Creating jobs for a more sustainable future

Last month I had the pleasure of joining the Premier and the Minister for Environment and Climate Change to announce the Victorian Government's \$175 million *Jobs for the Future Economy Action Plan*. The Plan outlines Victoria's next steps to develop sustainable industries for the future, secure jobs and foster new skills.

Climate change creates immense challenges but it also creates great opportunities. The 18-point plan sets out how we will take advantage of these new areas of opportunity as we reduce carbon emissions and tackle climate change. We are investing in sustainable industries and using our State's strength in innovation to develop new technologies and jobs that will not only benefit the environment but will also see our economy continue to grow.

Jobs for the Future Economy will provide significant new opportunities for Victorians including:

- \$5 million for up to 10 solar hubs, which deliver community-based solar power and provide job opportunities for the more than 500 accredited installers. Applications will be open to Victorian communities for grants between \$250,000 and \$1 million to establish renewable energy hubs; and

- \$10 million for new water efficiency measures for households creating opportunities for thousands of registered plumbers. Actions will:

- deliver 5,000 additional rebates for rain water tanks
- deliver 12,000 additional rebates for dual flush toilets
- bring the total low-flow shower heads exchanged to 500,000.

Victoria has led the way in responding to climate change. We were the first state to introduce a mandatory renewable energy

target and led the way with the Five Star standard for new homes. This new plan builds on our record of success in science and innovation to tackle climate change and help create new jobs.

Other key initiatives within the *Jobs for the Future Economy* include:

- Jobs in Construction – \$60 million will be provided to improve the energy and water efficiency of the State's hospitals, schools and government buildings under the Greener Government Buildings program;

- Promoting Innovation – \$12 million will be provided to support seven new research and industry partnership projects to develop new renewable energy, water, construction and manufacturing technologies which will help make Victoria a productive and sustainable state. This will leverage total investment of more than \$40 million and support 56 high skill green jobs; and

- Developing Sustainable Industries - \$7.4 million funding boost for green industries in regional Victoria, including \$3.4 million in matched funding through the Green Regional Industry Investment Program, to attract new green industries to regional areas and \$4 million to expand the successful Regional Industry Water and Energy Efficiency to reduce the carbon footprint of regional industries.

Jobs for the Future Economy is a fine example of how the Brumby Government is taking action to ensure Victoria's economic, environmental and social development for the long term. The plan will secure thousands of jobs and put Victoria on a path to a sustainable and prosperous future.

Bronwyn Pike MP

*Member for Melbourne
Minister for Education, Skills and
Workforce Participation*

A not-for-profit you'd be cruel not to know about



Photo: David Apostol

Creamy Natural, Solace Beige, French Ivory, Sunset Flamingo ... at first glance you might think one's referring to artistic tapestry, and in a sense I am. Overwhelmed by endless choices of make-up foundation colours, one is perplexed by their minor subtleties. Marketing minions' buzz words battle for my demographic, but what could possibly be the tangible difference between 'mineral', 'mattifying' and 'perfecting'? Egad!

Having lately followed the idea of ethical shopping, my better judgement shifted to a rather more socially responsible choice: make-up free of animal testing. Wow! This cut the options to a mere three bottles from the former plethora of promised prettiness, but why? With technological advancement, why were animals still subject to abjectly cruel test regimes just for our cosmetic superficiality? And how were we to know which products—if any—were more ethical than others? Introducing ... Choose Cruelty Free.

Choose Cruelty Free (CCF) strives to inform consumers of cruelty-free products and brands. Founded in 1992, CCF is one of North Melbourne's very own not-for-profit jewels. Operated entirely by volunteers, it provides consumers with an ethical guide to shopping by offering a free accreditation service to cosmetic and skin-care companies. When accredited, businesses' products and services are highlighted as having been derived from or comprising 'cruelty-free' ingredients.

Director/office manager Elizabeth Jackson has been devoted to her cause for 16 years and believes animal cruelty ought to be a thing of the past. "Beauty without cruelty is what we are all about," she says. "There are lots of alternatives, yet cosmetic companies [choose] the least expensive methods of testing, which usually involve cruelty to animals." Animal testing for cosmetic purposes has supposedly decreased since the late 1980s, however cosmetic giants still use unethical techniques to produce products, she argues.

"When major cosmetic companies stop testing [on animals] the whole world will know about it," says Elizabeth.

CCF is currently campaigning to enforce a national ban on the sale of all animal-tested cosmetics. While fundamental changes from the cosmetic industry are imperative to such movements, it is essential for consumers also to make the switch. "It is so important that you choose products which you can be sure have not been tested on animals," says Elizabeth. But how can we really be sure?

Hundreds of cosmetic companies are now using more ethical approaches in research and manufacture. CCF offers a portal in which these companies can be recognised by consumers for their good practice and products.

All successful companies and brand names operating under the cruelty-free ethos are listed in its Preferred Products List (PPL). Each year some 30,000 copies of this booklet are distributed nationally to promote social responsibility amongst Australian consumers. It is also available worldwide.

Approved companies are also advertised on CCF's website and have the right to display the widely recognised 'not tested on animals' rabbit logo on their products.

Athina Koutouleas

To obtain a copy of the list or apply for your free business appraisal visit <www.choosecrueltyfree.org.au>.

YOUTH & EDUCATION

Opal

a short story by Bronte Vipond



Bronte Vipond is a student at St Aloysius College and her story 'Opal' won the the 1000 word competition

Photo: courtesy St Aloysius College

The heat shimmered over the plain and dust billowed behind my old truck. Running away was never something I'd condoned, let alone pictured myself doing. But what else was there? Red plains of sand surrounded me and my practically conked out Holden, and the Stuart Highway stretched on like a huge roll of duct tape (like the strip keeping my passenger seat together). The air was humid, hard to breathe, and the open window wasn't helping in the slightest. I brushed back my stupid brown-blond hair and pushed my sunglasses further up my nose.

Behind me was everything. Home, family, friends... ahead? God only knew and that scared me more than I'd admit to anyone. Well, anyone except...

"Opal?!" her voice had cracked that morning like ice in the Antarctic. We'd watched a big film about it at Imax once, and the sound had my ears ringing for days. "What Melody?" she hated her full name, preferring Mel above all others, and I, as her best friend of seventeen years, was perfectly entitled to call her whatever I wanted just to tick her off.

She huffed stray strands of black hair off her face. "I don't understand how you can be so calm. Your George was making out with Clarissa! Aren't you pissed?"

"No." I'd lied. The first one of the day. Mum was next; "Why are you bringing in that washing? You don't need that shirt until Monday, don't you?" I'd looked into the blue-green eyes identical to mine and forced a grin.

"I'm just getting it now before I forget. You know what I'm like..."

"Of course I do, Opal Eyes." My stomach churned as my truck, rusted to perfection, jolted on the road. I felt horrible at the thought of leaving my mother alone in our little underground house in Coober Pedy, but what could I do? What could I do...

"What could I do, Opal?" his words beseeched me, singlet a stark white against the sand above his place. George had been my magic, my own kind of... eraser, or drug, blocking out memories of a past with a father that hurt to the core.

"I never meant to hurt you."

"Then why'd you do it at all?" I challenged him with my eyes, grey t-shirt sticking to my back with sweat, car keys singing my name in the pocket of my shorts. He stood his ground, surprisingly.

"Opal, please..."

When he said my name like that, it made everything go away. It wouldn't go away, though. Like everyone else, he'd let me down. He'd broken his promise, just like my Dad before him. I wouldn't let myself be broken like that again. I was eighteen, an adult, and capable of deciding what I could and couldn't take.

"Fine." I shrugged so easily. "Meet me at the creek tonight." Third and final lie; my final words to George.

I didn't feel as bad as I thought I would about that. The creek had always been our place; even when we were in year seven and didn't really hang out much, we were happy to share the space. He'd fish and set traps for yabbies, and I'd swim or read under one of the scraggly trees. One day he'd actually asked me what I was reading, and we were both surprised to find we'd not only read but liked the same book. George wasn't just my first boyfriend; he was my first friend who was a boy. I suppose that's why it hurt so much, to have him go behind my back with Clarissa, whose hair was the colour of the sand that surrounded everything here.

Trusting him had been hard, after Dad left. "I'll always be here, Opal Eyes." Yeah, right George, though he'd said it with meaning.

I let go of a breath I hadn't realised I was holding. The sun glared down, as if it remembered setting last night when I slung a duffel bag, and my bag with my wallet and phone in the back of my truck (or ute, for want of an Aussie term) and screeched out of town. I hadn't looked back; the dust kicked up by the wheels left nothing to be seen. A clean cut.

I'd been driving since then, and wasn't tired enough to stop. A little part of me yelled it was because I was about to turn around, go home and go back to being Ordinary Opal. My hands clenched the wheel; no, I wouldn't go back to that. Melody had helped me (well, dragged me kicking and screaming) out of my shell. By this time last year I wasn't afraid to laugh out loud anymore; I wasn't shy around new people, and I met any and all of the boys' taunts head on.

I'd started living, and it had rubbed off on Mum too. She'd finally served Dad divorce papers, even though he was long done before I was five, redecorated our place, and joined a book club.

One day she'd pulled me aside and pressed my forehead to her cheek in a hug; "Opal, be who you are and reach your dreams; you shine brighter than any diamond in the rough" she whispered. Melody had texted something along the same lines after graduation.

'It's nice 2 c the Opal I luv bn loved by evry1 else. Well done babe! cya xoxo :D'

Even George, who had proved me wrong, said something like that yesterday morning: "I count myself lucky to have a hold on you; a spirit like yours, girl, it doesn't wait for anyone."

The road ahead shone in the afternoon light, stretching to the horizon where terracotta sand met powder blue sky. I might not have known what waited at the end of that dusty road, but I knew who I was.

I wasn't running away from Ordinary Opal. I was just continuing in my quest to show everyone else (yeah, even you George) how extraordinary she could be.

THE END

We extend an invitation to join us for breakfast

Call Maggie Godge on 0419 116 471



North Melbourne Rotary Club

Meet at the Radisson on Flagstaff Gardens Hotel
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(Melway map 2F B1)

Fridays @ 7.30am for 7.45

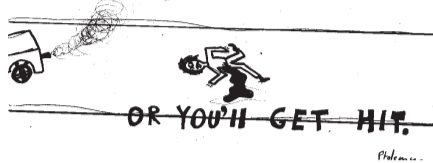
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School traffic hazards

VicRoads reports that more than 250 casualties occur outside schools each year. One child per day, on some days two children, are injured as they walk to or from school. Unfortunately, students in North Melbourne have become part of this alarming statistic.

WALK WITH CARE.



Our youngest road users are our most vulnerable. It should be simple to stay safe when walking to and from school — but it's not. With the range of initiatives in place to keep our kids safe, they still 'run the gauntlet', even when they are at traffic lights and crossings, which should offer safe passage for kids and adults.

The most critical times to be aware of children are at school starting and dismissal times. Everyone is in a hurry at drop off and pick up times. Drivers may be distracted. Children are impulsive, unpredictable and inexperienced road users, so drivers need to be exceptionally careful and aware of the road environment when driving near a school. Children need to learn that crossing with lights or at school crossings does not make them invincible from distracted, careless, selfish or incompetent drivers.

What you can do as a parent:

Children learn from real life situations where they experience traffic first hand. Make sure you are a good role model because your children will learn from your behavior.

Children and parents might have a false sense of security when approaching a crossing with either lights or flags. Young children can act impulsively, forgetting their 'stop, look, listen and check again' routine. Drivers or cyclists might be momentarily distracted or misjudge their speed or distance.

- Hold your young child's hand when walking near traffic — on the street, in car parks or anywhere they may be at risk. Show your child how to cross the road safely:
- Cross the road at marked crossings — even if it means a longer walk.
- Use supervised crossings in the area, always obeying the directions of the supervisor.
- Consciously stop at the footpath and not on the road or in the gutter.
- Look in all directions for approaching traffic, talking to the child about what you are doing and why.

- Look and listen for cyclists, cars, motor-bikes, trucks, buses, trams.
- Think about whether or not it is safe to cross the road before stepping out onto it.
- Warn children not to cross between parked cars because children are too small for drivers to notice them.
- If you are waiting to pick children up across the road from the school, do not motion them to run across the road to the car. Insist that they walk to a designated safe crossing to cross safely.
- Ensure children leave and enter the car on the footpath side only — never allow students to exit from the car into the street or traffic lane.

What the child should do:

Children are inexperienced, easily distracted and sometimes impulsive, so they need to be constantly reminded and reinforced of good road safety habits.

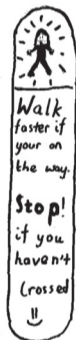
As students get older, they should be encouraged to be more independent and confident in using road crossings safely. They need to be constantly reminded by parents and teachers of safe road behaviours.

- Allow plenty of time to get to school. It is better to be safe than late. Safety is a priority.
- Be aware of safe routes to school and use them.

FLASHING LIGHTS!

If the red light is flashing and you are halfway walk faster.

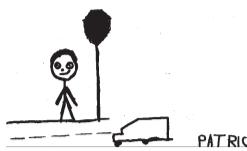
If you haven't started stop and wait for the next turn.



Jennifer

- Look in all directions before crossing any road — no matter how quiet it seems.
- Be aware of intersections and watch for turning or reversing cars.
- Cross at the flagged or supervised crossings. Most drivers will be aware of the school environment and should drive more carefully in these areas.
- Stand back one step from the edge of the footpath while waiting to cross.
- Make sure all traffic is stopped before crossing.
- When crossing at any crossing, stay within the crossing lines.
- Continue to watch traffic whilst crossing the road.

LOOK BEFORE YOU CROSS
your life depends on it!



- Use pedestrian crossing lights. Press the button. Wait for traffic to stop, check that it is safe and walk on the 'walk' signal.
- Crossing lights tell you when it's your turn to cross (not that it is safe to cross). Be aware of traffic and decide if it is safe to cross — don't trust the green 'walk' signal.
- When the light turns green. Check that the cars have stopped before crossing: look, make sure drivers have seen you.
- Increase awareness when the weather is bad — allow extra time for cars to stop.
- Be visible in bad weather — wear bright-colored clothing.
- Always walk, never run, across the street. Walk straight across, not diagonally, the shortest route across a street is the safest.
- Never step into the street between parked cars. Motorists won't be expecting it and might not see you step onto the road.

What you can do as a motorist:

- Remind yourself that your car is a lethal weapon — you must be alert and cautious when you drive.
- Be aware of and obey the rules and speed limits around schools and school crossings.
- Show extra caution and be more vigilant around school zones.
- Drive a little more slowly in school zones at school times.
- Be aware of children walking to and from school.
- If children are waiting to cross, at lights or at crossings, stop and allow them to cross safely.
- Ensure the car stops at the safety line before the crossing.
- When using an intersection where children are trying to cross, make eye contact with the children to determine what they are going to do next.

- Before turning at traffic lights check for children waiting to cross.
- When passing parked vehicles in school zones, check for children who may dart out into the street.

What we can do as a community:

- Arrange to pick up children at a designated spot away from the school to reduce traffic congestion within the school area.
- If you need to use a car, car pool with neighbours to reduce the number of cars within the school zone at drop off and pick up times.
- Ensure children use school crossings or designated crossing points to get to the school gate or to reach a waiting car.
- Model using crossings correctly — wait, look, walk within the lines.
- Never double park or obstruct a traffic lane to load or unload children.
- Do not double park, to prevent children from walking between cars.
- Drop children at least 20 metres away from a school crossing in operation, to allow visibility of students waiting to cross.
- Park at least 20 metres of any operational crossing to drop kids off.
- Check for children before backing out of parking spaces.

To increase student safety when coming to or leaving school, North Melbourne Primary School is working with Melbourne City Council. Traffic and pedestrian safety will be managed more effectively with new measures in place to remind motorists of their obligations when driving in school zones. North Melbourne Primary School is working with the Council to establish 40km/h speed limits at school times in Curzon Street, where the latest incident occurred.

Safety rules about parking, picking up and dropping off around the school will be enforced by a team of inspectors allocated to the school zone during pick up and drop off periods. Warnings and fines will be issued to people who put the children at risk.

Sadly, for the accident victims and their families, we have already had more than our fair share of accident statistics around North Melbourne Primary School. School road safety is a whole-of-community problem that requires whole-of-community co-operation, vigilance and action.

Helen Stearman,
North Melbourne Primary School

book reviews

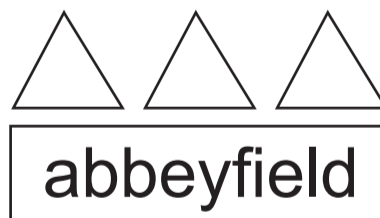
Hero Type – Barry Lyga

This is an excellent book about standing up for what you believe in, even in the face of a small town who don't understand, and about the real meaning of being a hero. Kevin goes from being a hero who saved a girl's life, to a zero when he takes a 'support the troops' bumper sticker off his car. Despite his explanations that the bumper sticker itself does nothing to actually 'support' the troops, Kevin gets caught up in a debate about free speech versus blind patriotism. The best aspect of this novel is that Kevin is not promoting any particular political view, but simply trying to defend free speech and encourage his classmates to think for themselves.

Will Grayson, Will Grayson – John Green and David Levithan

The authors of *Looking for Alaska* and *Nick and Norah's Infinite Playlist* combine their genius at last, in this novel about friendship, falling in love, and the most stupendous gay musical ever. Two different Will Graysons meet randomly one night in Chicago, causing their lives and friends to collide. The first Will needs to find the courage to ask out cute punk girl Jane, while the other Will needs to find a way to open up to his friends. Enter 'Tiny' Cooper, larger than life star football player and author of the musical 'Tiny Dancer: the Tiny Cooper Story'. Tiny may just be able to help both Wills, making them realise that they don't always need to be self-sufficient, all while orchestrating the most fabulous musical of all time.

Kate McDonell



Housing for Older People

Supported Accommodation North Melbourne

The Abbeyfield Society is a non-profit organisation which provides supported accommodation for older men and women with limited income in a number of locations in Victoria.

The North Melbourne House is conveniently located close to public transport, hospitals and other facilities. It provides a small number of bed-sitting rooms all with en-suite facilities. All meals are provided.

Abbeyfield is the perfect answer for older people who want to remain independent but who wish for increased wellbeing through support, companionship and security. Abbeyfield gives older people an alternative to living alone and to facing an uncertain housing market.

For enquiries and applications please call The Abbeyfield Society (North West Melbourne) Inc on **9329 9220**

NW
NORTH & WEST MELBOURNE NEWS

Ads 9328 1126

The silent clocktower

None was surprised when the North Melbourne Town Hall and Municipal Buildings were listed in the heritage register. They are among Melbourne's greatest buildings. But many must have been surprised that it had taken so long - it happened only a couple of months ago. This odd oversight suggests there is something amiss with the process of heritage listing. Whatever the reason, justice has at last been done.

Recently the buildings have had yet another facelift. In appearance, they are as near to their original conception as a town hall without a town can be. In function, council offices, court house and living quarters have gone, but the hall, the post office, the library and the Errol Street shops are still the same as planned over 120 years ago.

The listed buildings were created between 1875 and 1886. The first was the Town Hall, designed by the architect George Raymond Johnson. This was built on the same site as a preceding town hall designed by John Flanagan. Flanagan's hall was just twelve years old when it was demolished. Nothing much is known about Flanagan's building - there are no plans, engravings, sketches or photos of it - but it was apparently quite modest. It was better than meeting in someone's shop or house but it was not up to the image Hotham Council had of itself. It was indeed compared unfavourably to the Bank of Victoria (now the NAB) diagonally opposite. Hotham council felt that its somewhat unruly immigrant population needed an august symbol of civic order.

Johnson's successful tender, like many of its kind then and now was tainted by scandal. He had unduly influenced councilors before



The Hotham History Project Inc is a group of residents and friends of North and West Melbourne who are interested in exploring the history of this fascinating old part of Melbourne.

Committee meetings and activities are held on the fourth Tuesday of the month at the North Melbourne Library. Occasional historical walks and other events are also conducted on Saturday afternoons.

See <www.hothamhistory.org.au> for our events and publications.

they judged the tenders, it was alleged, but nothing came of it. David Parry was engaged as builder, but died before the building was finished. A foundation stone, of which there is no trace, was laid and the building went ahead with its hall, offices, post office, courthouse and clock tower. Such was the expense of this grand building that it opened in June 1876 with its clock face blank and its bell tower empty.

The bells chimed the Edinburgh peal for the first time on Christmas day 1878 and the clock summoned children to school, workers to labour and travelers to the trains from May 1879.

George Johnson was also asked also to design the library, mechanics institute and shops next to the Post Office along Errol Street. This time there was no controversy, but there is yet another missing foundation stone. A photo of the laying exists but no specific stone. We must assume that, as with the Town Hall stone, nothing was engraved on it. The stones might be visible in the blue-

Hotham History events 2010

Talk—7.30 pm Tuesday 27 July, North Melbourne Library
The Lost Dogs' Home
The campaign to establish a Lost Dogs' Home in Melbourne started in 1910, culminating in the opening of the Home on its North Melbourne site in February 1913. The Managing Director, Dr Graeme Smith, will talk about the crucial role the Lost Dogs' Home plays in caring for the abandoned animals of Melbourne.
Event—August
Burke & Wills 150th anniversary
The Victorian Exploring Expedition to cross the continent from Melbourne to the Gulf of Carpentaria, led by Robert O'Hara Burke, left from Royal Park on 20 August 1860. The Hotham History Project hopes to be part of the celebrations to mark this important event.

Please check our website closer to the time for more details:
<www.hothamhistory.org.au>

Talk—7.30pm Tuesday 26 October, North Melbourne Library
Female immigration
Guest speaker Dr Liz Rushen will talk about her book, *Single & Free: Female Migration to Australia 1833-1837* and about the lives of some of the women she researched. One of her subjects was Jane Maloney. She was the mother of Dr William Maloney, who represented this area for many decades in both State and Federal government.

Lorraine Siska will also talk about her detailed research on Jane Maloney, who lived and owned property in Roden Street, West Melbourne.

stone foundations but they cannot be identified. To atone for this lack of recognition of George Johnson's work, the Hotham History Project managed to have the lane between the post office and the shops named George Johnson Lane.

The library and shops were built in two stages between 1883 and 1887. Since the municipality changed its name from Hotham to North Melbourne in 1887 the buildings bear the names of both Hotham, in stone, and North Melbourne in iron. A library had been planned in the town hall building but the room was too small. There was also a mechanics institute added but it does not seem to have hosted much more than billiards. Building shops with public money was not really above board, but the council got away with it.

To many old residents of North Melbourne the clock symbolized their town. They felt uneasy, one said, if they could not see it from their house. Fortunately for estate agents, it is visible from most parts of the suburb. Today passers-by perhaps identify the municipal area not only with the clock, now silent, but also with the ornate fountain near the corner of Errol and Queensberry Streets. No one drinks from a public water fountain in these days of bottled water and the injunction to keep the pavement dry was hard to obey, so its taps are not serviced. When it was first donated to the town by Mayor Thomas Henderson the fountain stood where the Vespasian now offers public relief, and gave the space outside the Town Hall entrance the air of a town square. The insistent demands of traffic and parking caused it to be moved to the pavement.

The effect of adding a line of 'municipal' buildings to the town hall was to establish an ineradicable character for Errol Street. There have been some awful modern buildings put up in Errol Street, but none have been able to detract from the noble Victorian character that the municipal complex confers on Errol Street, watched over by its stylish tower.

Bill Hannan

To celebrate the heritage listing of the Town Hall and its complex, the Hotham History Project is selling copies of Bill's book 'Pride of Hotham. A tale of North Melbourne and a red-headed architect' at a reduced cost. The book tells more of the story. To arrange purchase, contact us through our website or ring 9328 3211



There is no foundation stone so the lane between the Post Office and the library was recently named in honour of George Johnson, architect of the Town Hall and the adjacent municipal buildings

Photo: Lorna Hannan

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SPORT & HEALTH

NMRC Senior Domestic Men's Basketball Final

On Tuesday evenings the multi-purpose, state of the art North Melbourne Recreation Centre stadium is home to the NMRC Senior Domestic Men's basketball competition. The stadium opened on 1 December 2009 with the first competitions commencing early 2010. Men's Basketball was the first to kick off with 10 teams signing up for the first season of competition.

The competition was fierce with 10 teams vying for the title of premiers of the first ever season of competition at the brand new state of the art centre, but there could only be one winner. Many work place colleagues banded together to be active and involved in the first season of competition at North Melbourne including team entries from North Melbourne Football Club, Fox FM and The Town Hall Hotel staff.

With only one forfeit for the entire 12 week season the stadium was a buzz of excitement and physical activity on Tuesday evenings from February 4 when competition commenced. Dominating early in the season the Mazda Roo's sat comfortably on the top of the ladder coming into the finals. The evening of Tuesday

April 27 rolled around with the Mazda Roo's and Brew 22 ready to face off in the Grand Final for the Senior Domestic Men's Competition.

Scoring a massive 42 points, the Mazda Roo's rose to the occasion and claimed the title of premiers defeating boys from Brew 22 in a valiant effort scoring 20 points to claim the runners up position. The trophy presentation to the premiers and runners up of the first season of NMRC Basketball was conducted after the game with Warrick Giddey (club NBL assistant coach and retired Tigers playing legend) congratulating players and presenting them with their trophies — a great opportunity for players to meet a basketball legend and get some tips and feedback on the game.

With the success of the Tuesday evening men's autumn season, we were inundated with registrations for the winter 2010 season with a total of 13 teams registering in under 24 hours. This competition is underway with 8 teams re-registering in time and hoping the warm up from the autumn season will put them in a great position to claim victory in the winter. The winter competition has seen five fresh new



North Melbourne Recreation Centre Senior Domestic Men's Basketball finalists.

Photo: Briony Williamson

teams excited to have made the cut and up for the challenge of Senior Domestic Men's basketball at the North Melbourne Recreation Centre.

It's not just men's basketball on offer though! A brand new competition is ready

to start up on Friday evenings for interested mixed teams. So if you're up for the challenge of mixed basketball, contact the North Melbourne Recreation Centre to register your team!

Briony Williamson

Pilates

Pilates is often associated with 'the core,' and rightly so. It is similar to Yoga in that it helps you to become more flexible. Similar to Yoga, you have to be able to hold poses for a period of time however it's fair to say that Pilates is definitely more challenging and works the muscles at a much higher level.

It is all about controlling the core and breathing. All the exercises are based on using the core muscles and enhancing certain breathing techniques. In many of the exercises, a lot of strength and determination is required to hold and repeat sequences.

Balance and repetition plays an important role in many of the exercises and often the teacher will make sure that all areas of the body are used throughout the session. There will be exercises to strengthen the back, abdominal exercises, arms will be worked and of course the legs.

Basic Pilates can also involve using equipment in some exercises to enhance the workout. These include such things as: a Pilates mat, a Pilates ball and resistance bands.

The Pilates mat is usually thicker than a Yoga mat. This is because many exercises

are more physically demanding than Yoga and a thicker mat provides more cushioning and support.

Depending on the size of the Pilates ball, it can be used for core support or used for strengthening the arms and legs. The resistance bands are used for the same purpose of toning your arms and legs by adding resistance.

Pilates isn't easy at first but after a few lessons, you will find that it will become a bit easier and you will also have the added benefit of feeling as though you have achieved something. The slightly tender muscles felt the day after is usually a good indication of this.

Many people do Pilates because it is very good for your posture, it can alleviate and help rehabilitate back problems and it is also a well disciplined exercise to practice.

Patricia Lew

To find out more about Pilates and to find a course offered near you, visit: http://www.naturaltherapypages.com.au/exercise_fitness/Pilates

An apple a day...

Packed full of antioxidants, vitamins B, C, iron, magnesium, potassium and natural sugar, apples have plenty of health benefits and as cliché as this sounds, an apple a day keeps the doctor away.

Here are some things that apples can do for us that you may or may not have known already.

Prevention of Cancer

Apples have lots of antioxidants including one particular one called, quercetin. How does quercetin help? Well, this antioxidant in particular can help to prevent cell changes that are responsible for cancer.

Bone protection

Apples are known for enhancing and promoting bone protection. The Boron found in apples helps to strengthen bones and a flavonoid called, phloridzin which is only found in apples, is known to increase the overall bone density in a person. This is particularly useful for those with osteoporosis.

Being a gentle diuretic, apples are also good at helping to eliminate uric acid, making them very good at helping those who suffer from rheumatism and gout.

Apples lower cholesterol

The pectin, which is a soluble fiber in

apples, lowers the bad cholesterol, LDL. It has been mentioned that people who eat two apples per day can potentially lower their cholesterol by as much as 16 percent. The fiber can also help to reduce the risk of stroke and heart disease.

Fiber is high in Apples

As mentioned earlier, apples are a great source of fiber, making them very 'gut friendly.' They are also excellent for helping those with diabetes and for helping with weight management.

Wrinkles and Hair Growth

Yes it's true. There is scientific proof that apples help to slow down age-related problems, preventing wrinkles and promoting hair growth.

So as you can see, the health benefits of apples are definitely worthwhile. They help prevent cancer, are great for long term bone protection, they lower your cholesterol, are high in fiber and also reduce wrinkles as well as promoting hair growth.

Instead of reaching for that tempting chocolate bar, perhaps go for the healthy alternative and munch on an apple instead if you're after a good snack.

Patricia Lew

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who has joined

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Towering achievement for local firm

Beaving away within an unassuming low-rise building at the end of Shiel Street, North Melbourne is a team of innovative office fit-out and timber veneer panelling specialists.

Quadric Group Pty Ltd's profile was raised substantially late last year when the glamorous new Melbourne Convention Centre opened on South Wharf overlooking the Yarra River and forming an impressive complex with the Melbourne Exhibition Centre. Quadric's contribution to the multi-award winning centre was an integral part of the 5000-seat plenary hall.

"We were responsible for a 'design and construct'-type project for the timber panelling to the plenary hall," says Quadric director and estimating manager Ed Frost, describing the role the company played in bringing to life joint-venture architects Woods Bagot and NH Architecture's building design.

The local company's brief was to develop the architects' design to ensure that the products could be made viably and locally. Ed and his team came up with a completely new concept and the panelling was constructed at Quadric's Tullamarine factory.

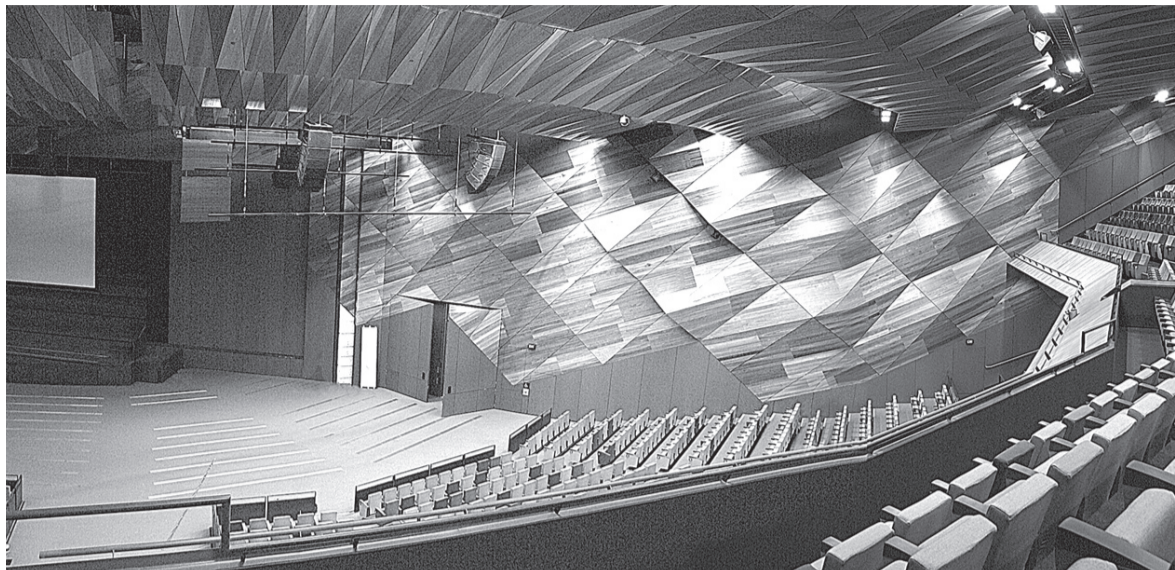
"This consisted of two main elements: the ceiling panels and the wall panelling, which consist of a series of triangular shapes linked together to form a series of larger six-sided shapes," he explains.

The design for the ceiling was especially challenging as conventional solid panels would have been too heavy to lift into place. Quadric resolved the conundrum by attaching a thin layer of plywood to a pressed-metal substrate. With the aid of computer-guided machinery, they were able to construct the many varying shapes and keep the weight of each panel to a minimum.

"We hired the tallest scissor lifts in Australia for the installation," Ed recalls. "Each panel was hoisted upside down, some 10 to 13 metres from the base floor level."

The spectacular effect results from the arrangement of six-sided inverted pyramids with flat triangular shapes linking them. "The pyramids are arranged in rows that follow the curvature of the building. Each row is sloped from front to back to approximately follow the tiered seating to achieve the best possible acoustics for the space," Ed continues.

Acoustics were also a major consideration with the wall panelling. The wall panels are flat and a similar hexagonal shape, also constructed from a number of triangles, but in this case the veneer is adhered to fibreboard.



Quadric Group's timber panelling graces the plenary hall in the new Melbourne Convention Centre

Photo: courtesy Quadric Group Pty Ltd

In some locations pyramids replace the flat panels; this break-up of the flat surface improves the acoustics and also reflects the design of the ceiling panels.

"In other instances these pyramids within the wall are deeper to accommodate side-wall stage lighting for when the plenary hall is divided into smaller spaces." The hall can be split into three self-contained, acoustically separate theatres, making it extremely versatile for event planning.

The Melbourne Convention and Exhibition Centre (MCEC) was the 2009 winner of the Urban Development Institute of Australia Environmental Excellence Award. The sixth environmental award to go to the MCEC, it recognises the building's 6-Star Green Star status, a rating described as 'World Leadership' and said to be the only such rating achieved by a convention centre anywhere in the world.

The ecologically sustainable features that the MCEC incorporated to merit the 6-Star rating include solar hot-water systems; energy-efficient light fittings combined with an abundance of natural light through the expansive glass facade; radiant slab heating and cooling in the foyer; a blackwater treatment plant (treated water is used to flush toilets); and the use of paints and carpets low in volatile organic compounds to enhance air quality.

Another essential factor is the use of plantation timber rather than timber from non-renewable sources. Quadric not only complied with this requirement by using FSC (Forest Stewardship Council) timber but also reduced the amount of wood needed by shaving the sheets to a thickness of approximately one millimetre.

According to an MCEC brochure, it took only 56 *Eucalyptus maculata*, or spotted gum, trees to produce 8500 square metres of veneer panelling. This includes the 'pine-apple' wall—constructed by another company—that embellishes the entry-level foyer, which has room for 8400 people.

Quadric Group's connection with North Melbourne goes back many years. Formed in 1974, the company moved to 509-511 Queensberry Street 10 years later. This historic bluestone building is the former Lalla Rookh Hotel, North Melbourne's first pub constructed during the gold rush. Now sited next door to the North Melbourne Town

Hall, Ed Frost says the hotel was originally "across the other side and up the street in the next block".

When Quadric bought the property it was a "derelict warehouse". The group restored it and converted it to office accommodation, occupying it until 1989. After a spell in Flemington and elsewhere, Quadric moved into 1 Shiel Street in 2005.

We look forward to seeing the next inspired creation to emerge from this quiet achiever's drawing board. The MCEC plenary hall will be a hard act to follow.

Janet Graham

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Other People's Children: Adoption in Australia

Presently, families are paid a cash bonus of \$5185 following the birth or adoption of a child. But when procreation has a cash incentive, why would people go through the at times arduous and expensive process of adoption? Where does that leave needy children both here and overseas?

Other People's Children provides multiple perspectives on the history, development and current issues surrounding Australian adoption (and its close relative, guardianship). The book is broken down into fifteen mini-sections with topics covering inter-country, customary indigenous, domestic, gay and lesbian, and celebrity adoption. Many of the 17 contributors are writing from direct experience which makes this an intense read.

One cannot help reading these accounts without reflecting on their ideas about the role of children in life. With current estimates of 145 million orphans in the world, should there be a sense of obligation on the part of developed nations? Statistics show a decline in inter-country and domestic adoption in Australia. Why is this?

One would have to deduct that the baby bonus scheme has contributed in some way. The Federal Government introduced the scheme in 2002 as a way of 'recognis[ing]

the extra costs incurred at the time of a new birth or adoption'. The scheme was also meant to increase Australia's fertility rate. With the Australian population up by roughly two million over the last eight years, the baby bonus has contributed, along with migration, to this rapid growth. Yet this also means that fewer children in Australia and other countries in need of permanent homes are getting them.

The adoption of overseas children is not as strong an issue in Australia as in countries such as the United States. Australia joined the Hague Convention on the Protection of Children and Co-operation in Respect of Inter-country Adoption in the late 1990s, and the number of children being adopted and brought here fell dramatically. As a result, the focus shifted from overseas adoption to adoption within Australia.

At the same time, however, fewer Australian children are available for adoption now than ever before. Two sections in this book go into shocking detail regarding the Indigenous stolen generation and the white stolen generation. The impact of the stolen generations continues to affect families today. In order to prevent further harm, state governments have changed the way

adoption takes place and have come to favour 'guardianship'.

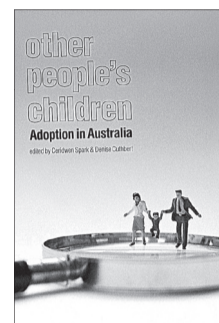
One of the results of this is that in Victoria, the only children available for adoption are infants—and not many of them. 'On average, over the last four or five years, about 20 infants have been placed for adoption each year.' Instead, the state of Victoria encourages permanent care, or guardianship, as a means of providing homes to children. The State Government's Children, Youth and Families website explains that permanent care is 'a legal arrangement in which the child lives permanently with a family that becomes responsible for his or her custody and guardianship [while retaining contact with their birth family, if appropriate]. Carers make a permanent commitment to the child placed in their care.' There are far more children in need of guardianship than adoption.

While adoption is a complex issue often not in the limelight, it is a societal issue that does affect our country. It could be argued that a country's attitude to adoption and guardianship is an indicator of its moral health; at the very least, it should perhaps make us wonder why we pay people to have children when there are children aplenty in need of a loving home. Other People's

Children provides a balanced perspective on the plethora of issues that adoption and guardianship often involve.

The point of all this, of course, is that the best interests of the child must be paramount. The editors of this book challenge, 'We hope that the essays in this collection serve as an important reminder of the need to critically reflect on the needs and interests of children in adoption, and to ensure that these needs are given consideration above those of adoptive parents, other parties to the adoption including birth parents and, in the Australian context, the government authorities which regulate and oversee adoption.'

Jennifer Boyce



To purchase a copy of Other People's Children: Adoption in Australia, contact: Australian Scholarly Publishing (North Melbourne) at <www.scholarly.info> or on 9329 6963

LaTrobe Close update

LaTrobe Close, the northern two-thirds of the block bounded by Chetwynd, Courtney and Howard Streets, was built as housing for staff of Royal Melbourne Hospital in the late 1970s and early 1980s. It was bought by the Department of Housing in the late 1990s and has provided social housing since that time. The open area and derelict warehouse on the site were intended to become a child care facility and the open area has been used by the local residents as a park for years.

Late last year the Department of Housing put a proposal to Melbourne City Council to develop the site using 'Nation Building' funding. The proposed development was for 220 units. Stage one had 121 units and was 100 per cent social housing. This stage included a 7 storey (24 metre) tower, the demolition of two buildings with heritage

value and the loss of currently accessible open space. Stage two, achieved by demolishing the existing social housing and selling the land to private developers, was 100 per cent private and contained 99 units.

The Nation Building legislation removed the right for third party objections and overrode the local planning authority so council did not have the ability to refuse the development. They did, however, pass a motion requesting that the maximum height be reduced to 14 metre, that publically accessible open space be retained and a 30 per cent reduction in the number of units.

On the same night as the council meeting Minister Pike, MLA for Melbourne, held a well attended meeting at her electoral office. This was the only public meeting on the issue and was more information than consultation.

A meeting was held at the Minister for Housing's office with the architects, planners and ministerial staff available for questioning by local residents in the week before Christmas. An opportunity to provide comments was made available with a deadline of 15 January. Four months later, people who contributed comments have not had those comments acknowledged, nor were they alerted to the fact that new plans had been drawn up or told that these plans had been submitted to council for comment.

The new plans are an improvement but still fail to meet some major concerns. The tower is now 14 metre and the heritage buildings are retained. However, no Heritage Report has been undertaken for a project bookended by two heritage buildings: St Mary's Anglican Church and the Meat Market.

The list of unmet concerns is long. Parking and traffic management, waste management, real open space, the lack of social and other services, poor accessibility, sale of public land to private developers, removal of established native vegetation and the lost opportunity to provide much needed services to the local community. The design does not

take into consideration neighbourhood character and fails to meet a number of standard requirements including accessibility, social integration guidelines, and traffic and waste management.

In short, the new plans meet the very basic requirements of height and heritage guidelines but fail to address many and more complex concerns. In a suburb that already has nearly four times the average number of public and social housing tenants but less resources than similar and surrounding suburbs (community health facilities, uncrowded schools, aged care), the proposal to build very dense and second rate housing and justify it with the social housing label is appalling. A home is not just a roof over your head; it is a place to feel safe and welcomed. The LaTrobe Close proposal for a large number of small units with minimal shared spaces is simply accommodation, not homes.

Doone Clifton

The plans of the development and much more information covering a variety of issues too complex to cover here are available to download from <www.savelatrobclose.org> and <www.nwma.org.au>.

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SUSTAINABILITY ST. IT'S A VILLAGE OUT THERE

Not sure how to go about it or want to meet like-minded neighbours?

North Melbourne Sustainability Street is a loose collection of residents of North and West Melbourne with the aim of living in a sustainable way. We meet monthly, run about three workshops a year and have established a community garden. We always welcome new members, and you can be involved in as many or as few of the activities as you want. If you have expertise that you want to share, we are always ready to learn.

North Melbourne Sustainability Street will be running several workshops over the next few months. These workshops will focus on topics including seasonal food production, ethical shopping, and waste and recycling.

WANT TO DO YOUR BIT TOWARDS A SUSTAINABLE FUTURE?

To receive advance notification of these workshops, you can subscribe to our newsletter as follows:

- Send an email to: <info@northmelbourness.com> asking to be added to our mailing list

- Create an account on our website (under log in). Please make sure you tick the box next to 'Subscribe to the newsletter'.

Alternatively, you can call Gabrielle Stannus, Convenor of North Melbourne Sustainability Street, on 9329 2801.

Here's cheers to 50 years

While most restaurants struggle to make it through their first 12 months, one West Melbourne restaurant has long surpassed this milestone, and is celebrating turning 'the big five-oh'.

First opened on January 6 1961, by the Amiconi family, with a focus of serving affordable, traditional, Italian food with a level of service, the restaurant catered to the 'bohemian' population of North Melbourne at the time.

When the family decided it was time to retire and sell in 1982, Michael Cardamone took on the task of guiding the restaurant from its early adult years in to mid-life, while maintaining the original ethos laid down by the Amiconi family. "It's about making people feel as if they are coming into our home as an invited guest." Cardamone said.

And as the restaurant has grown, so too have the customers. "We have tra-

dition and a reputation that spans 50 years and many generations. We have the first generation that came to us as university students and are now doctors and lawyers and now they are bringing their kids. We have 21 and 22 year olds coming in, who's grand-dads used to come here," he said.

A while the basic recipes from all of those years ago are still in existence and the aim is the same, Cardamone along with his business partners Joe Musso and Vince Alfonso, are taking Amiconi forward and embracing their patrons love of cooking by offering Italian cooking classes.

The classes, held once a month, cater for any level of cooking experience and teach the basics of traditional Italian cooking. Although the menu for each class is ever-changing and can include chicken, fish, veal, pasta, bread and a variety of sauces, each

lesson showcases an entree, main meal and dessert.

The classes cost \$150 and include the lesson, a three or four course meal cooked by Amiconi chefs, wines from the Yarra Valley and a \$50 voucher to eat at Amiconi at a later date.

But budding cooks should sign up as soon as possible as there are over 400 people registered for the class, with each class taking 20 students.

Classes are conducted from 10am, one Sunday a month (which is determined at the beginning of each month depending on functions).

Shannon Newley

Address: 359 Victoria Street, West Melbourne
Phone: 9328 3710
Opening Hours:
Lunch: Monday – Friday, 12pm – 3pm
Dinner: Monday – Saturday 6pm – late



Michael Cardamone at Amiconi

Photo: Shannon Newley

Toast of the town



Eve Renaud-Roy whips up a coffee at Toast
 Photo: Shannon Newley

Toast Caffe
 13 Errol Street, North Melbourne
 Phone: 9329 9322

While Cafe Krifi's time in North Melbourne has come and gone, its exit paved the way for Errol Street's newest addition, Toast Caffe.

Complete with a recent fit-out, fresh menu and new ownership - brother and sister team, Frank and Connie Nesci, Toast aims to offer up another breakfast and lunch alternative.

While North Melbourne embraces the much-loved shabby-chic decor of many of our cafes, Toast Caffe is furnished with the standard square table and matching chair stylings of a modern cafe.

The staff are all polite and attentive without being over-the-top and in your face. Tables are cleared quickly, my order taken promptly and even though I am here during a fairly busy lunch trade, my food arrives in no time at all.

The menu offers up a little something for everyone. The display cabinet shows a vast array of foccacia and wrap options well priced

at between the \$7 and \$9 mark, for a bite on the run. The menu abounds with variety but there is an obvious Italian theme throughout with plenty of pastas and risottos, as well as fish, soup and steaks for a lengthier sit down lunch. In fact, the menu is so extensive, one feels like they could eat here everyday for a year and still not have tried everything. Even the specials board provides good range with soup, steak, pasta and fish.

While the Porterhouse steak with avo mash and buttered beans (\$19) looks particularly appetizing, I opt for calamari, chips and salad (\$14). There is no way anyone is walking away from this meal hungry with a liberal serve of fried calamari lying over a very generous serve of chunky fries and the side salad with all of the usual suspects; mes-culin, tomato, cucumber, red onion and a light dressing.

Personally, I could easily forgo some of the chips for a little more salad, and while I generally avoid asking for menu changes, I get the feeling that at Toast, they wouldn't mind the request. Over-cooked and rubbery calamari has been the down-fall of many eateries but fortunately here, all but a couple of slightly chewier pieces are perfectly cooked to melt in your mouth.

A broad selection of tarts, slices, cakes and puddings will appease any sweet tooth including those looking for gluten and dairy-free options.

Toast is using Vivo Coffee, a relatively new company and it does the job and pumps them out pretty quickly for people grabbing a coffee on the run.

With an opening time of 7am, there is also breakfast menu on offer. But if you are not an early riser, don't worry because Toast boasts one of my all time favourite offerings — the all day breakfast, and much like the lunch menu, it is sizable.


Beverages are also in broad supply with everything from you teas and coffees, to fresh fruit and vegetable juices, soft drinks and a beer or wine — perfect for a long Friday lunch.

So Toast isn't bringing anything innovative or unconventional to North Melbourne's cafe scene, but that's not the aim. It's not pretending to be anything other than what it is, a quality cafe that caters to varying budgets and tastes with top notch food and good service.

And that being the case, Toast is certainly serving it's purpose — and doing it well.

Shannon Newley

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Eat cheap feasts

The recently released *Cheap Eats 2010* has once again confirmed North and West Melbourne as a foodies haven with an abundance of dining out options for all tastes and budgets.

With a whopping 14 mentions in total, the North and West Melbourne News would like to congratulate the following; the White Lotus, Brisc, Cafe Plum, Fandango, Grigons & Orr, The Hot Poppy, Oskar, Red Monkey Bar & Tapas, Toodouri and the Town Hall Hotel. The Court House warrants a special mention after being awarded the 'Best Posh Eat' in Melbourne. DiBella Roasting Warehouse and Auction Rooms garnered praise for their coffee and Prudence got a shout out in the 'Best Bars' section.

For detailed reviews of Victoria's best meals under \$30, pick up a copy of *Cheap Eats 2010* from News On Errol, 52 Errol Street North Melbourne for \$24.95

Shannon Newley

Winning Winter Weekends

It's the time of year when track-pants are pulled from the bottom drawer and ugg boots slipped back on. But as the winter chill sets in, don't be afraid to stray from your home comforts, there are a myriad of wonderful weekend getaways waiting to be discovered around Victoria.

Gourmet Getaway

Daylesford is a jewel in regional Victoria's gastronomic crown and it's evident why, the town is surrounded by farm fresh produce.

Chef and restaurateur, Alla Wolf-Tasker, noticed this over 20 years ago. She was a locavore long before it became cool.

Locovores, people who prefer local and regional food, are the newest type of foodie and they thrive in Daylesford. Wolf-Tasker's luxury hotel, award-winning restaurant and spa, the Lake House, sits on the shores of lake Daylesford — just 90 minutes drive from Melbourne — and has been implementing 'farm to plate' cooking since it opened in 1984. Aside from staying at the Lake House and dining at the restaurant, there are a multitude of activities to keep any food enthusiast amused.

Daylesford Primary School plays host to a farmers market on the first Saturday of every month. See a sustainable farm in action at Fernleigh Organic Farm. Roam the lavender field and farmyard at Lavandula Swiss Italian farm or play a game of pétanque (a form of bools) then eat at the farm's restaurant La Trattoria, where produce is sourced directly from their garden. Admission is only \$3.50 for adults and \$1 for school-aged children, and even 'Fido' is welcome as long as he is leashed.

Enjoy wood-fired organic sourdough bread at the Red Beard Bakery in Trentham. Visit Daylesford Organics farm and try one of their



Lap up luxury at the Lake House

Photo: courtesy of Tourism Victoria

40 varieties of organic apples, fresh hazelnuts or take home some freerange eggs.

Country Victoria's first chocolate store, Sweet Decadence at Locantro, will surely entice you with their Caramel Macadamia Slices, and linger there for a lush breakfast. Pack your stomach (and car boot) to the brim with a visit to Clifty's Emporium. A one-stop-shop for local and organic produce — you're bound to find some gourmet treats for family and friends, or to gorge on during the drive home.

The Lake House: Lake Daylesford, King Street, Daylesford. (03) 5348 3329

Fernleigh Organic Farm: 1070 Daylesford-Trentham Rd, Bullarto. (03) 5348 5682

Lavandula Swiss Italian Farm & La Trattoria: 350 Hepburn-Newstead Road, Shepherds Flat via Daylesford. (03) 5476 4393

Red Beard Bakery: 38A High Street, Trentham. (03) 5424 1002

Daylesford Organics: 19 Foxs Lane, Muskvale. 0411 040 412

Sweet Decadence at Locantro: 87 Vincent Street, Daylesford. (03) 5348 3202.

Clifty's Emporium: 28 Raglan St, Daylesford. (03) 5348 3279

Green-thumb Getaway

To appease that garden lover in the family take a drive along the Mornington Peninsula Freeway to Dromana and unearth Heronswood — an historic property surrounded by two hectares of formal garden.

There are five separate vegetable gardens at Heronswood featuring flowers, fruits and herbs. The three gardeners who tend to the land never use sprays, and natural compost and mulches are the preferred method of fertilisation. Heronswood house sits majestically on the land, built in 1866 in Gothic Revival style it lends the appearance of a castle to the sizeable gardens.

Heronswood is also home to the Diggers Club, Australia's largest garden club. They regularly host workshops and teaching sessions on the grounds. An event worth booking is their Winter Feast on 16 July which will include a garden tour, drinks and canapés followed by meals made with the best of the gar-

den's autumn harvest. The meal will include six courses, matched with wines.

When visiting the grounds a meal at the onsite café Fork to Fork is a must. With the garden-fresh produce at its doorstep, chefs can be seen walking in and out in pursuit of fresh vegetables for each meal.

If the gardens alone aren't enough to satiate your green desire, take a hike. Head to the Mornington Peninsula National Park and walk the 6km Bushrangers Bay Trail. Pass by banksia trees, be amongst abundant bird life, and take in the views of the wild coastline.

Rejuvenate your tired muscles at the Peninsula Hot Springs, the first natural hot springs and day spa centre in Victoria. After an afternoon of bathing in their mineral rich thermal pools, and massage treatments at their spa you'll feel ready for the week ahead.

A ten minute drive from Dromana is Arthurs Superb Views Bed & Breakfast, the name speaks for itself - the breathtaking views from Arthurs Seat will lull you into a mind-cleansing sleep.

Heronswood: 105 Latrobe Parade, Dromana (03) 5984 7318

Bushrangers Bay Trail: Starts at Cape Schanck Lighthouse

Peninsula Hot Springs: Springs Lane, Rye, Mornington Peninsula (03) 5950 8777

Arthurs Superb Views Bed & Breakfast:

10 Nestle Court, Arthurs Seat (03) 5981 8400



Explore the heavenly Heronswood Garden

Photo: courtesy of Tourism Victoria

Luxurious Getaway

You charge in and out of the Melbourne CBD for work every day, but do you ever take the time to discover it? Turntables and LPs, locally sourced furnishings and quirky Miranda July pillowcases are what you can expect from the Lost & Found Hotel Room on Little Collins Street. Just don't expect to land yourself a reservation without a little effort. A Tourism Victoria initiative, the hotel room has recently popped up in an existing hotel in the CBD and will be there until the end of August. Tourism Victoria press representative, Christina Atherton says subscribers to the Lost & Found Melbourne tourism guide can apply online to stay at the hotel room free of charge. The catch? You must have an established creative profile; this could mean an active presence on Twitter, outward creative involvement in your community or a smashing blog — anything to set you apart from "the norm".

If you don't get chosen to stay at the Lost & Found hotel room, there's always Hotel Lindrum. Located on Flinders Street, everything the CBD has to offer is at your doorstep. Eat breakfast on Degrafs Street or wander up Flinders Lane to have a bite at Cumulus Inc. You've charged your batteries, now it's time to explore Melbourne's CBD. Book a Melbourne Hidden Secrets Tour, which in conjunction with the Melbourne Writers Festival this August, will guide you through some of the city's favoured bookstores and illustrate where locally and nationally renowned writers gathered inspiration for characters and plotlines 'Melbourne by the Book' walk.

Next take in some of Melbourne's arcades, how often do you stop in at the 19th century Block Arcade and appreciate the design? Take tea at the Hopetoun Tea Rooms. If you're tired

Family Getaway

The township of Marysville was destroyed by the 'Black Saturday' bushfires of February 2009, but over the past year those remaining in the community have banded together to rebuild their winter-based tourism industry. There a myriad of activities in Marysville suitable for an affordable family getaway this winter.

So instead of hightailing it to Mt. Hotham with the family this winter, have a ski on Lake Mountain. The Tower Motel is a comfortable spot where the family can settle in for the weekend. Located in the heart of Marysville, it's a great launching pad for the activities that await.

Get some snow in your boots. Drive up to Lake Mountain for a day of snow skiing, tobogganing or for beginners some skiing lessons. You can hire your skiing equipment at one of the three stores in town; Cross



Slide side by side at Lake Mountain Resort

Photo: courtesy of Lake Mountain Resort



Find yourself in the Melbourne CBD

Photo: courtesy of www.wearelostandfound.com.au

of relics, hightail it to the GPO Melbourne and dig-in to some of the city's finest shopping. After a day on your feet head to Von Haus, this eclectic watering hole also has a daily updated dinner menu. If you're in the mood for something with a little more swagger go to the Melbourne Supper Club, watch the sunset over the Parliament House through the Club's grand, round window.

Lost & Found Hotel Room: <www.wearelostandfound.com.au>

Hotel Lindrum: 26 Flinders Street, Melbourne CBD (03) 9668 1111

Cumulus Inc.: 45 Flinders Lane, Melbourne CBD (03) 9650 1445

Melbourne Hidden Secrets Tours: <www.hiddensecretstours.com>

The Block Arcade: 282 Collins Street, Melbourne CBD

The Hopetoun Tea Rooms: 282 Collins Street, Melbourne CBD (03) 9650 2777

GPO Melbourne: 350 Bourke Street, Melbourne CBD

Von Haus: 1A Crossley Street, Melbourne CBD (03) 9662 2756

The Melbourne Supper Club: First Floor/161 Spring Street, Melbourne CBD (03) 9654 6300

Country Ski Hire, Lake Mountain Ski Hire or Marysville Ski Centre. The mountain scenery is pristine when compared to other Australian ski fields.

Throw a line in with the kids at the Buxton Trout and Salmon Farm, where trout have been farmed for over 50 years in a water supply originating from the Lake Mountain snowfields. Cook your catch on one of their supplied barbeques, or try a selection of smoked fish from their onsite smokehouse.

Before American confectionary invaded our supermarket shelves; toffee, coconut ice, boiled lollies and butterscotch were the standard sweets. In the vein of Willy Wonka and the Chocolate Factory show your children the ways of the past at Uncle Fred & Aunty Val's Lolly Shop & Produce Store. You'll be excited by the array of old favourites.

The Tower Motel: 33 Murchison Street, Marysville (03) 5963 3225

Cross Country Ski Hire Marysville: 43 Murchison Street, Marysville (03) 5963 3322

Lake Mountain Ski Hire: 25 Murchison Street, Marysville (03) 5963 3444

Marysville Ski Centre: 27 Murchison Street, Marysville (03) 5963 3455

Buxton Trout and Salmon Farm: 2118 Maroondah Highway, Buxton (03) 5774 7370

Uncle Fred & Aunty Val's Lolly Shop & Produce Store: 8 Murchison Street, Marysville (03) 5963 3644