

Fixing boots and shoes is no load of old cobblers

Katrina Kincade-Sharkey

Huge savings in money, time and frustration: that's the marketing claim of a new boot and shoe repair business just opened opposite Queen Vic Market at 256 Victoria Street, North Melbourne.

John Coburn, 46, and Luke Cuskelly, 29, worked together for two years on Errol Street before opening The Cobblers Last during Christmas week last year. "John and I would never have opened this place if we'd not had our heart in it," says Luke, carefully welt-stitching a new leather sole.

"Welts are commonly found on well-crafted shoes, such as RM Williams or Loakes, so the shoes can withstand men's usual level of hard wear," John explains, before detailing the partners' work histories. "I've been in the trade 30 years this August, having done a four-year apprenticeship in Wellington, New Zealand.

"With youthful itchy feet I then hit the trail to London, where I worked repairing predominantly glorious English leather shoes for four years," he says, fondly caressing a kid leather sample. "But backpacking around the world, I'd had destination Melbourne firmly in my mind. Some of my family were here so I decided to settle, which was easy 'cause I love this town!"

This experienced cobbler had worked on Errol Street a couple of times since 2002. "But the last time I was teamed up with Luke and we decided to set up together," he says, before showing us through their new premises.

Luke takes up the tale: "Here in Victoria Street, about 100 metres west of Elizabeth Street (just before O'Connell Street), we've renovated a basic old dump to capture the identity of an ancient cobbler's premises.

"We basically scrubbed its life away," he jokes, while they both wring their hands at the memory. "We stripped it back, scrubbed the life away from its ceiling, walls and floors ... there was so much concrete dust ... Then we sealed and painted it, before using recycled shipping pallets from our leather supplier and other parts provided by a builder mate for our workbenches and counter.

"We wanted to make our place look like an old-school shop with a modern twist — and we have; we've got the latest gear set in these old-world surroundings, because we take pride in our work.

"Our equipment's been gathered over the last couple of years," Luke continues, explaining their religious daily eBay sessions. "We also sent word out to all our suppliers, so these days we'd easily have more than \$50,000 worth of equipment just out in the workroom."

If you think the front of this shop looks clean and welcoming, its workshop looks better. Measuring 83 square metres in total, the workroom takes at least half of the busi-



Happy cobblers Luke Cuskelly (left) and John Coburn obviously enjoy their work and they give new life to old shoes, to boot

Photo: Jim Weatherill

ness's area and is equipped with a GP Combi 130 for sanding, trimming and polishing.

"That's basically the bread 'n' butter machine, but we've also got a hydraulic press for soles and heels, stitching machines for uppers and leather soles, shoe and boot stretchers, a welt stitcher, a Blake stitcher on order from Landis in Canada and two stitching machines. The one with a long arm is for boots, while the short 'armer' is for shoes," he explains.

So, how else are they promoting their new business? "It's mostly word of mouth — that's the best promotion," says Luke, "as well as weekly newsprint and specialist advertising in motorbike racing magazines. We also use thecobblerslast.com.au website, a Facebook page and passing trade to sell ourselves.

"Then we're busy setting up five different pick-up and drop-off locations around

the suburbs, where we do collection runs Tuesdays and Fridays. They're in Yarraville, West Footscray, South Melbourne, St Kilda and Hawthorn. Now, that's only in its early stages right now, but our VW Caddy Maxi is already taking good loads ... and they're growing.

"Through that delivery system we take shoes, boots, bags. Anything we can repair we'll do," he says, and bikers would seem to credit their work. Australian world champion Brett Kenny is quoted in this month's adbmag.com: "Saving \$400 to \$500 repairing your bike boots instead of purchasing a new pair makes a lot of sense — that's enough money for a top-end rebuild. This works well with high-end boots that are made of quality materials, but you would seriously need to weigh up the condition of poorer quality boots before parting with your money."

Kenny continued: "After examining a pair a mate had done six months ago, it seems like money well spent."

"And we take pride in our honesty," says Luke. "If someone brings in a repair which is going to cost too much or is not worth doing, we'll tell them. It's not worth it to us to make squillions from people once — we want them to come back as repeat custom; we want them to want to come back to us."

Open seven days each week — 8.00am to 6.00pm Monday to Friday, 9.00 to 2.00 Saturday and 9.00 until noon Sunday — their customer base is well served. "And we stick to what we know," the guys say together, before Luke concludes: "Our speciality is shoe and boot repairs."

Katrina Kincade-Sharkey writes regularly for the News.

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 34th 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. Funding is by way of a limited quota of advertising, sponsorships, subscriptions and occasional donations.

News subscriptions

If you would like to receive the *North and West Melbourne News* by mail, the rate is \$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

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Community announcements are published free of charge.

Please note: Advertising rates are subject to review.

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

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.

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City of Melbourne National Year of Reading 2012**The Hanging of Minnie Thwaites**

with Judith Rodriguez

Wednesday 27 June, 6.00pm – 7.00pm

North Melbourne Library, 66 Errol Street, North Melbourne

Join us when leading Australian poet Judith Rodriguez, OAM, discusses her book *The Hanging of Minnie Thwaites*.

As the Brunswick 'baby farmer', Minnie Thwaites eked out a precarious existence by taking in the unwanted babies of other women. But the shocking truth about her business resulted in her execution in 1894 and has ramifications long after her death.

A fascinating work of true crime, Rodriguez recounts in vivid verse and lyrics the bleak tragedy of a woman trying to make good during the 1890s Depression.

Book for this FREE event on 9658 9700 or online at <www.melbournelibraryservice.com.au>

Hansom is as handsome does

Janet Graham



Photo: Janet Graham

Question: why is Little Errol Street masquerading as an 1880s city lane?

Answer: our local streets are to star in an ABC TV adaptation of the 1886 classic thriller *The Mystery of a Hansom Cab*.

Penned by Fergus Hume (1859–1932), who was born in England and educated in New Zealand before moving to Melbourne in 1885, Australia's first crime novel became an international bestseller as well as having critical acclaim. When it was published in Britain and the United States, sales quickly topped a million copies. The book was translated into 11 languages.

The plot revolves around the discovery of a body in a hansom cab and the homicide's investigation by Detective Gorby.

The acutely observed social conditions of the time, the class divide between rich and poor, and the burgeoning trade of the Chinese tea merchants and fresh produce purveyors who were taking

School Holiday Program at North Melbourne Library**Primary Program*****Dreamer in the Deep***

Tuesday 3 July, 2.00pm – 3.00pm

Through black-light-style puppetry, we will be introduced to Dreamer and his amazing adventures. Bring your own pillow and blanket so you can 'settle in' and enjoy the experience. This will be truly magical!

Ages 3+ — bookings essential

Badgemaking ... it's on again!

Monday 9 July, 2.00pm – 3.00pm

Our ever-popular badgemaking sessions are on once more!

Ages 4+

Secondary Program***Shrinky Dinks***

Thursday 5 July, 2.00pm – 4.00pm

Create your own designs, use templates, watch them shrink before your eyes! Your imagination is the limit.

Strictly for ages 11+

Badgemaking ... it's on again!

Tuesday 10 July, 2.00pm – 3.00pm

Strictly for ages 11+

For more information and for listings of school holiday programs at all branches, visit the library website <www.melbournelibraryservice.com.au>

North Melbourne Book Group 2012**Titles for the remainder of the year**

20 June	<i>Her Father's Daughter</i>	Alice Pung
18 July	<i>Kinglake-350</i>	Adrian Hyland
15 August	<i>The Cat's Table</i>	Michael Ondaatje
19 September	<i>Violin Lessons</i>	Arnold Zable
17 October	<i>Spirit of Progress</i>	Steven Carroll
21 November	<i>The Book of Rachael</i>	Leslie Cannold
19 December	<i>The Lost Art of Sleep</i>	Michael McGirr

Meets third Wednesday of every month at 6.45pm

All welcome — no bookings required

Enquiries: 9658 9700

over the seamy Little Bourke Street, are as much a part of the story's charged atmosphere as the murder itself.

It took four months for Hansom Cab Productions Pty Ltd, an offshoot of Burberry Entertainment, to cast the 70 characters, with actors netted from Sydney, Melbourne, Perth and Queensland.

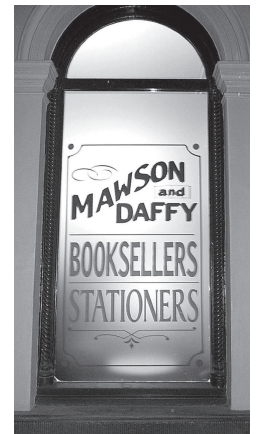
Starring are Shane Jacobson, who plays Detective Gorby, Felix Williamson as Kilsip, his envious fellow-detective, John Waters as Mark Frettlby and Jess de Gouw as Madge, Frettlby's daughter. Marco Chiappi and rising stars Oliver Ackland (*The Slap*) and Chelsie Preston Crayford (*Underbelly: Razor*), winner of the Graham Kennedy Award for Most Outstanding New Talent at the recent Logies, also feature.

While Little Errol dons the cloak of Little Bourke Street, Errol becomes Bourke and also, with the help of some digital wizardry, transforms itself into Flinders Street.

Creative producer Margot McDonald relished her brief local immersion in early May. "With locations in the central city of Melbourne becoming more and more difficult to secure and super-vice, it was a breath of fresh air to be able to film in North Melbourne," she told the News.

"With the enthusiastic cooperation of its people, the logistics for such a large shoot were made so much easier."

The 100-minute telemovie will screen on the ABC later this year.



Photos: Heather McKay



Senator marshals his case for a fairer Australia

Suzie Luddon

“Gough Whitlam was my early inspiration,” says Labor Senator Gavin Marshall. It is fitting that Gavin’s political awareness was sparked by Labor’s greatest living icon.

“I was just a young man when Whitlam was elected, but there was just so much excitement around. In Reservoir, where I grew up, it was an exciting time, things were changing, sewerage systems were being put through, and I thought, wow, things are actually happening. I was 12 when Gough was first elected and 15 when he was dismissed, but I was very engaged as a 15-year-old and it was very exciting.”

Gavin’s parents were politically-aware Labor supporters with strong opinions about the rights of working people. Although he never felt that his family wanted for anything, he gradually became aware that not all suburbs in Australia lived without paved roads or sewerage systems.

When he delved more deeply into what he saw as the structural inequality of Australian society, he became politicised, joining the ALP as a young man in 1977. In the years since, his political antennae have become finely tuned.

It was Labor’s core values of social justice, human rights, ensuring that the nation’s wealth is fairly shared, leaving a better world for our kids and their kids that inspired Gavin to become politically active.

He started by joining the union movement after qualifying as an A-grade electrician. He became actively involved in union activities while working at the Victorian Railways. Later, he was elected as assistant secretary of the Electrical Trades Union.

His political path was set and, in 2001, he was elected to the Senate and has represented Victoria since. During parliamentary breaks he returns to his home and electorate office in North Melbourne.

Gavin didn’t always have political aspirations, but when his predecessor, Barney Cooney, was retiring, he was a popular choice among the left of the Labor Party to replace him. Being a senior union official at the time, he was happy to give it a go. He considers it an honour and a privilege to be representing the people of Victoria in the Senate.

Like many Australians, Gavin has a driving interest in ensuring tomorrow’s Australia is a stronger, fairer, more sustainable and more prosperous nation for all to share in. For him, a crucial role of government is to create opportunities for those who struggle



Senator Gavin Marshall at his desk
Photo: Suzie Luddon

to compete in the market. “We operate in a market-based capitalist society and what we know is that the market doesn’t care about those that don’t have the capacity to share or compete in that market. One of the great things that I tell people about Medicare, if you needed a heart transplant you could be someone homeless or you could be a mining baron and you’d have to wait in the same line.

“That’s a wonderful thing, and I think that’s what I aspire to as a politician. It’s important to ensure that government serves the community and people as a whole, and not simply those who get to say a lot, like the Clive Palmers of the world, or newspaper editors.”

Gavin says that he has a much deeper understanding of the complexities of politics and government since becoming a senator.

“It was very easy to sit back and think, ‘Well why doesn’t the government do this?’. Though that’s always a legitimate question, the reality is that not everything is that easy to do, and a lot of times it takes a lot of hard work and a lot of time to get there. The difference between progressives and conservatives in politics is now wider than I’ve ever seen it.

“There are now more ultra-conservatives in parliament and it’s extraordinary and it’s scary, and it’s important to take that fight up to them every day.”

Gavin sees the legislation enabling the mining and carbon taxes as a way of closing the gaps in Australian society.

“These are resources that belong to Australia and the community and not just this

generation, they belong to past generations and future generations and they should pay their fair share. They don’t own those minerals, they have purchased the right to dig them up and to on-sell them, and it’s quite proper for a government to ensure that the Australian people get their fair share.”

On the carbon tax, Gavin says he’s disappointed that we didn’t take action on environmental issues a long time ago, but he is proud to be part of a government that has addressed it with carbon pricing.

He sees the leadership issue as a distraction.

“All these things are legitimate things for political parties to discuss, and I think it’s fine to be discussing them internally. We have a lot of challenges, but the government is getting on, it has a significant agenda, and it is delivering that agenda.

“In fact this is the smoothest time I can remember in parliament in terms of actually getting legislation through, so the leadership issue is more of a distraction than a disability. I think we have our own problems and I’m not making excuses. We haven’t sold our message well, but I also think we’re being judged very harshly.”

Gavin moved to North Melbourne from Ringwood just over a year ago. Issues that he sees as important for Melbourne include the massive population growth.

“The population is going to significantly increase and in most respects I think that’s a fantastic thing. It brings life to the city, it makes it dynamic and it’s one of the reasons I’m here.

It’s fabulous living in the city but with that comes the question of what people need to live in a community, and that goes to the issues of parks and space, schooling, proper standards for new buildings, planning and public transport. These are all issues that have to be addressed when you’re pumping it in.”

As a father to two sons aged 12 and 16, Gavin is involved in football and basketball training, and likes to get away for weekends with his partner when time permits. He likes strolling around the markets and having coffee in the many cafes in North Melbourne.

“North Melbourne is a fantastic community and a great place to live,” he says.

Suzie Luddon writes regularly for the News



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IT'S ABOUT TIME...

LETTERS TO THE EDITOR

News cycling story encircles the planet

We were really pleased to see the picture of us riding bikes when we were taking part in our very enjoyable Young At Heart session at the North Melbourne Recreation Centre.

We sent papers to three of my sisters and my son in England and they were very impressed that we have such a great gym facility close to home and a very interesting local newspaper.

They were all so pleased that we are keeping fit and one sister said that next time we visit them in Dorset, England, they will have their bikes ready so that we can ride to London - but I don't think so as it takes over three hours by car! We're looking forward to reading the next edition of the *North and West Melbourne News*.

*Alan and Marian Fenwick
(North Melbourne)*

Here's 'cheers' to a local pub's history

Congratulations to Eileen Conlan for her enjoyable and evocative article on her family's time at Mulcahy's Hotel in the 1970s (*News*, March edition). As a local resident and member of the Hotham History Project, I appreciated it immensely.

*Graeme C Bawden
(Hotham Hill)*

Cold response to story of iceblock sport

I was pleased to see in your last edition my sister Eileen's recollections of the time back in the 1970s when our family ran Mulcahy's Hotel in North Melbourne. She captured very well what life was like for the nine

Conlan children as we grew up in an old-style family-run pub.

However, I was disappointed that Eileen got her facts wrong on one important detail. She claimed that the licensing inspectors once sprung my brothers Leo and Frank and me playing iceblock cricket on top of the bar. That's not true. The game we used to play was actually iceblock golf. We would use our school rulers to drive off the bar-top then navigate various hazards on the floor of the saloon bar. We would end up putting into a large glass ash tray. And I always won.

Anthony Conlan (Ascot Vale)

Fessing up to free beer in days long ago

I couldn't believe it when an old friend mailed a copy of the *North and West Melbourne News* to me in Fiji.

It's been over 35 years since I've enjoyed a beer in Mulcahy's Hotel. However, after reading Eileen Conlan's article in your March edition, it seems like just yesterday. Eileen, probably time for me to come clean. Bernie, your then boyfriend and now husband of 33 years, was kind enough to pour plenty of free beers for his mates. I admit I drank more than my share.

Geoff Hyde (Lautoka, Fiji)

Please don't take your guns to town, son

I believe that any day now we are to have so-called Protective Services Officers "protecting" us at North Melbourne station.

I can do without ill-trained and armed security staff dealing with tricky situations on the platforms. We've all seen the notorious ticket inspectors in action. Let's hope these PSOs are not equally trigger happy.

Louise Willis (North Melbourne)

We want your letters! Keep them short, keep them interesting! Send them to mauriceg@bigpond.com

Come and join us in getting the good News out

Maurice Gaul

The *North and West Melbourne News* is produced by a keen group of volunteers. Our team members include writers and section editors, photographers, proofreaders, layout and design gurus, an advertising coordinator and door-to-door distributors.

However, we are always looking for new blood. We invite anyone interested to put their hand up and come on board. New volunteers will ease the load on our loyal regulars and we'll especially welcome the freshness of new ideas.

Whether you are young or old, a professional or a beginner, a regular *News* reader or a first-timer, it doesn't matter. We'll welcome you and make you a part of our team. And we definitely don't bite.

Below, we are casting as wide a net as possible. Get in touch if you'd like to chat about joining us in any capacity at the *News*.

Reporters: Papers don't write themselves; we need writers to fill our pages with stories. We're looking for volunteers who will chase up and write the stories that reflect our community.

Section editors: You might like to coordinate one of our seven sections, should any fall vacant. This can involve suggesting stories, finding and coordinating writers (or writing a story yourself), and ensuring deadlines are kept.

Feature writers: You might like the challenge of writing feature articles, those longer pieces that profile a community person or group and delve below the bare bones of a story.

Columnists: Have we any budding comedians out there, a la Danny Katz and

Marieke Hardy? It's notoriously difficult to be funny in print, but we're game if you are. Up for a challenge?

Creative writers: Where are our short story writers, poets and other creative types? Get out of that lonely garret, let inspiration strike, and share your best efforts with our readers.

Cartoonists and artists: Grab hold of that pen or brush and let your hidden creativity run free. You might like to slip the leash and surprise us with something from out of left field.

Photographers: Pictures are worth a thousand words, it is said, and that's so true in newspapers. Good photos grab the reader, and we'll love you if you've got a camera and a steady hand.

Proofreaders: We respect each writer's distinctive voice, but we prefer it to be expressed in something close to English. Have you an eye for detail? Can you tidy up unusual spelling?

Layout and design: Newspapers need technical wizards whose layout skills make the pages come alive. We want artists and magicians who can impose order on occasionally chaotic copy.

Distributors: Like to join the ranks of the unsung heroes who distribute the *News* to your door? You'll get fit and you'll find the local weather always fine and the local dogs oh-so-friendly.

Advertising: Advertisements are this paper's lifeblood. They provide our only revenue; without them, we're history. Are you interested in scouting for and securing local advertisers?

Maurice Gaul is editor of the News. Email contact: mauriceg@bigpond.com

Community Comment: Suzie Luddon hit the streets to ask locals if the Internet should be censored

Stephen (61), IT planning officer, South Werribee

No. It shouldn't be censored. It should be open and free so that we have guaranteed freedom of speech.



Yu-Ping (35), nurse, North Melbourne

No. Because we use the internet to get useful information, and it's very difficult to censor information. The disadvantages would outweigh any advantages.



Richard (38), works in North Melbourne

Yes. I think it should. I have young kids that can get on there and see things that they shouldn't be seeing. Somebody needs to control it-



Sidney (33), doctor, North Melbourne

No. Because the logistics of doing so would be very difficult and would probably intrude on our personal freedoms.

Photos: Suzie Luddon

DO YOU KNOW SOMEONE IN NEED?

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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.

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**VincentCare
Victoria**

Spinifex presses on to shape feminist future

Katrina Kincade-Sharkey

Academically brilliant, concisely definitive, earnestly erudite, yet all the while utterly communicative — that's local feminist publisher Spinifex Press, and how its free soul flies!

Having just notched up its 21st year in March, this foremost publisher of socially aware volumes trades from an 1875 Victorian terrace on Queensberry Street opposite another heritage category-one bluestone building next to North Melbourne Town Hall and adjacent to Mr Price's Food Store.

"This was a good purchase way back then," remembers publisher Susan Hawthorne of Spinifex's 1991 investment, "although it certainly needed intense work to 'mend' it, with copious old paint peeling from its walls, and we couldn't put too much weight on the second storey's floor structure."

This doctor of philosophy's sparkling blue eyes seem to forget those early days' battles as she delivers her life's fundamental argument, her mantra: "It's extraordinary the intellectual effect of feminism in terms of moving arguments forward for social change."

"Somebody is a feminist when she recognises women are oppressed and, secondly, she wants to change that. It's a political perspective, not a sexual one!"

That's a battle cry that the Lord Mayor's Commendation Committee would seem to credit, having just awarded Spinifex Press its bronze commendation for a local business's continuously successful operation over 10 years. Those awards celebrate long-term commitment by Melbourne's small-business proprietors.

Recognising that those small operations are often iconic businesses offering unique products and services, Lord Mayor Robert Doyle said he saw himself continuing local government's commitment to forge a community among city businesses, to build strong links between proprietors and the City of Melbourne (CoM).

At the mid-May awards ceremony Lord Mayor Doyle observed that CoM found its commendations had forged a fraternity among businesses: "These awards also encourage new and emerging owners to develop long-term goals, while enriching the city experience for all city users."

Spinifex Press is a leader in eBook publishing. The third Australian publisher to have a complete catalogue on its own website by 1995, it began the switch to eBooks in 2006 and now has 120 titles available in several formats: ePub, Mobipocket (aka Amazon's Kindle) and Adobe.

"Publishing is in such a period of change



Susan Hawthorne flicks through a recent publishing success at Spinifex Press

Photo: Jim Weatherill

at the moment with eBooks and digital publishing," says Hawthorne, tentatively, "and I accept that we can't now imagine the future within the next five to 10 years. I mean, none of us five years ago really took much notice of Facebook — it existed, but we didn't take much notice. Today, you *have* to have a Facebook account, you *have* to tweet, so it's hard to imagine what we'll do in the future, apart from try to keep up with the technological shifts," she frowns, almost grimacing.

"It's difficult to say [what percentage of Spinifex's market has moved to eBooks], because Australian market figures are very unreliable. In the United States, where we've had eBooks available for five years, they're around 30 per cent of our sales. Not all of that is cannibalised. I actually think that the eBook sales for our kind of market are not having a big effect on our print-book sales because we're not a mass-market publisher; the equations are always different from what they're like for a mainstream market publisher," she says, patently pleased.

"Two thousand copies is now a big run, whereas 10 years ago we'd have done a 5000 print run at the beginning. Today it's much more viable to do a short print run than it used to be. Sometimes we'll do a print run of 500, then do another run after six months."

"The way we do our publishing is that we don't really have rules: we publish books that we feel passionate about, because why else would you publish? Making money is part of the equation, but it's not our primary reason: we are publishers who publish to produce social change and included in that social change is imaginative work, because I think it's really important to be able to

imagine different futures, to think differently, think creatively. So our publishing program is usually a mix of local writers, plus books that we co-produce with overseas publishers," she says.

In the past few years Spinifex Press has co-produced with publishers in India, Turkey, the US, UK and South Africa, so its publishing mix is fairly broad.

"We mostly produce here in Victoria" — which must please local printers — "but sometimes co-produce books with Indian publishers. The feminist publishing scene in India is absolutely vibrant and alive; I spent four months in India a few years ago and there's a really extraordinary, burgeoning scene in India."

Spinifex sees itself as a social agitator, here and overseas. "The book that we did with Judy Atkinson called *Trauma Trails, Recreating Song Lines*, about transgenerational trauma in Indigenous Australia, addresses important social issues."

This publishing house is directed by two academic giants. Renate Klein is the retired associate professor for women's studies at Deakin University and directed its Australian Women's Research Centre. Susan Hawthorne is an adjunct professor at James Cook University in Townsville and the author of seven collections of poetry.

Many examples of Hawthorne's work have been published in newspapers and magazines throughout the nation. Her non-fiction book *Wild Politics: Feminism, Globalisation and Bio/diversity* was included in the *Australian Book Review's* Best Books of 2002, while her *Spinifex Quiz Book* was shortlisted in the 1993 Australian Awards for

Excellence in Educational Publishing.

Hawthorne's access to the wider world of writers is greatly helped by her academic presence and contacts. She accesses young writers through her international lectures and writing programs. "We had a writer, whom we published two years ago, Lara Fergus. Her book, *My Sister Chaos*, has just won the Edmund White Award for Debut Fiction, which is terrific, and, yes, I met her through a writing program; those things happen, but it's not too common.

"We publish anthologies from time to time and that's a chance to get newer writers exposed. The books that we did about dogs, horses and cats where people wrote 1000 or 500 words, and then a book like *Big Porn Inc* will draw 2000 to 5000 words, depending on the subject."

Hawthorne has lost count, but guesses Spinifex has published around 220 or 230 books. "So we're averaging around 10 books each year, and that's more than enough," she giggles, surprised her soft hair is not greyer.

"Spinifex's stable of best-known authors currently includes Melinda Tankard Reist, who has had fantastic exposure in the last year or so, Gail Dines, Diane Bell, Betty McLellan, Francesca Rendle-Short and Merlinda Bobis. Originally from the Philippines, we published Bobis's first work in 1997 or '98, and then she went off to other publishers, but came back to us as she liked better how we worked. She came back to us from a big publisher — nice!

"You have to let authors go off and experience other publishers — it doesn't matter what you say to them, they have to experience it for themselves," says this fount of experience.

Some writers still dream of making a fortune from their work, but even if their name is Greer it's highly likely they won't net from their first few writing efforts.

Dr Hawthorne, now 60, advises on contracts at the Sydney-based Australian Society of Authors, although she failed English at school. "I didn't pass my matric, or rather I got a 'comp' to RMIT," where she trained to teach English as a second language.

"The ASA has a mentoring scheme and I've mentored a writer over the past year, as well as doing formal mentoring with Masters and PhD candidates at several universities. That initial degree gave me time to 'settle' in town, to look around and decide my future."

Always on the go, she also addressed last month's Emerging Writers' Festival at the Wheeler Centre on digital publishing. "As emerging writers, you need to understand this new technology, because technology is your future. And that's not just eBooks or social media, but creating ways for people to find your work online."

Katrina Kincade-Sharkey writes regularly for the News



KIDS IN BERLIN

australian indie maverick fashion

Good Lord! Clerics not all same on same-sex marriage

Maurice Gaul

Good heavens! Would our local clergy answer such a challenging question? The *News* visited our eight local men of the cloth (yes, all are men!) and asked

directly: "What is your view of same-sex marriage?"

It's an issue with deep social and political implications. So, would our clergy tune their religious antennae — doctrinal, scriptural or personal — to the question?

I gave them all a simple and binding assurance should they choose to respond.

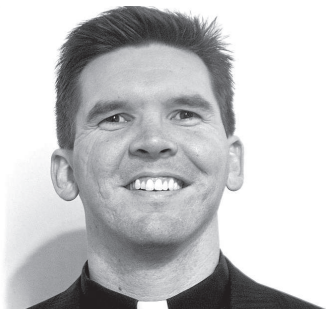
Their opinions would be of equal length (200 words), and I would publish them without editing or comment.

Our six respondents listened graciously,

accepted the challenge and submitted their opinions with trust, honesty and in good faith.

And let's all say "Amen" to that.

Maurice Gaul is editor of the *News*



Rev. Matthew Williams, St James' Old Cathedral (Anglican)

From the beginning of creation 'God made them male and female'. 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.'

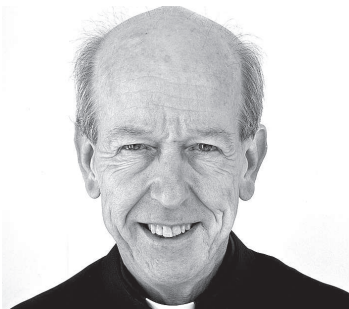
— Jesus (Mark 10:6-8a)

Jesus took his understanding of marriage directly from the stories of Genesis. He regarded a one-man-one-woman construction of marriage as paradigmatic, an original institution of God, a binding covenant, and the only appropriate context for a sexual bond.

As a pastor and friend of many who cannot be part of such a marriage for various reasons including homosexual orientation, I am aware that this is not a complete answer. There are issues of social justice that should encourage governments to create legally-recognised covenants on other bases, however those relationships might be viewed by the church.

But in my lifelong journey into trust of Jesus, I keep finding a deeper wisdom and a deeper joy in doing things his way. I am convinced that God knows us better than we know ourselves.

So I still embrace Jesus' view of marriage. I don't want to coerce others to conform to it, but I do believe, in the end, it will become clear it was the best.



Fr Max Polak, St Mary Star of the Sea (Catholic)

Catholic teaching embraces what many other persons in the community acknowledge — the lifelong commitment of man and woman, in sexual intimacy, is a special relationship of mutual care that allows for the natural conception of life.

It is a holistic natural bond that is the foundation of a distinct family, the fundamental unit of a cohesive society. As such it is something sacrosanct and cannot be compared to any other form of union.

To our politicians. I throw out these questions.

Do you think that marriage as it has been understood so far throughout human history, namely as a bond between man and woman, has been simply based on prejudice, politics or tradition and nothing more?

Do you regard sexual differences, male and female, as having nothing to offer to the institution of marriage, nothing to the role of parenting, nothing more that might fundamentally identify heterosexual marriage as a socially beneficial reality, unique in itself?

Is it your opinion that same-sex sexual relationships, once they are called marriages, will be as stable as heterosexual ones? Is it also your view that unstable relationships have no negative impact on offspring?

If not, then follow your conscience and please vote "no".



Fr Richard Murray, St Alban's (Anglican)

In one way, I want to say that gay marriage is a parliamentary, not a Church, issue because the definition of marriage in law in Australia is the responsibility of the parliament. However the Church needs to be involved in this, as it must be in any issue of equality and justice.

The Church must ask, "Are we prepared to bless a marriage between the two partners of a same-sex couple who wish to marry, or have an existing union blessed, in church?" The "rules" would need to be changed for this to happen. I think we should be prepared to do this.

I am convinced that there are members of the gay and lesbian community who earnestly desire marriage to fully express their commitment to each other. I do not think that there is any reasonable case to be made that this is not a perfectly valid and God-inspired desire.

I believe that the Church is always much poorer when it denies anyone their God-given place among God's people. To deny gay and lesbian people any of their Christian identity, including the right to express their love and commitment in a truly Christian marriage, makes us all much poorer.



Rev. Dr John Smith, Mark the Evangelist (Uniting)

The Uniting Church upholds the civil understanding of marriage, and has a religious ceremony to bless couples who seek it.

Personally, I believe all who choose a life-long partnership should be entitled to the full recognition of the community, regardless of their sexual orientation.

The reform that offers gay and lesbian people the right to marry is just and fair, but it challenges the traditional concept of marriage. Just as since Copernicus we have had to rethink our ideas about the place of the earth in the cosmos, and since Darwin about the evolution of life, so now homosexuality is understood as part of creation, we are challenged to rethink the social basis of our life together.

If I had the power I would have granted "marriage rights" to everyone long ago, but I may not have called it "marriage". I would have left the definition untouched, and found a new word giving equality to all. And marriage would be a purely civil matter.

As for churches, they have the right to decide their terms of engagement with marriage. They have the right to bless whomever they choose: ships, football clubs, committed couples — but what matters is that there is love.



Rev. Dr Gary Heard, The Eighth Day (Baptist)

The issue of same-sex marriage is distinct from that of same-sex relationships.

Many gay friends speak to both sides of the issue. Some strongly tell me that they don't want marriage and regard it as for a man and a woman; others clearly do not hold this view. There remains a clear need to provide a more robust approach to affirming lifelong monogamous gay relationships.

Baptists historically have had a mixed approach to marriage. Early Baptists refused to marry under state laws, reflecting their commitment to separation of church and state — marriage was a matter for the state to determine. In more recent times this distinction has been blurred (to say the least!). The church cannot (and should not) dictate to the state, though dialogue and debate are essential to society's wellbeing.

Theologically, marriage puts back together what was separated during the creation — the woman was taken out of the man's side as a partner, and marriage restores that oneness. This would suggest that marriage is something for a man and a woman. Same-sex relationships, even life-long ones, perhaps need a different framework.

This is an issue that will fail to satisfy everyone, but one that warrants discussion.



Fr Craig D'Alton, St Mary's (Anglican)

The debate over same-sex marriage is, at its heart, a debate over whether or not gay people are to be treated as fully equal, in terms both of rights and respect, by Australian law and the Australian community.

My personal hope is that in the near future our elected leaders will legislate to make same-sex marriage a legal reality.

I believe that the churches have no role to play in dictating who may or may not contract a civil marriage. Thus, even though some in the churches cannot bring themselves to support same-sex marriage, I believe there to be no compelling religious argument against parliament proceeding to legislate in its favour.

Whether such marriages should be able to be contracted in church ought to be the decision of each denomination. However, it ought to be possible for those religious groups that wish to allow for same-sex weddings to have their clergy licensed to celebrate them.

Personally, I would be delighted to be granted such a privilege, and to pray together with two people who, like any of the straight couples I have married, love each other and wish to make a life-long commitment before God, their families and their friends.

Mum's day, every day

Margaret Langdon

Young Max has a ball in the mud

It's that time of year again, when the laundry is full of mud-stained football gear. It seems just the other day I was soaking white nappies instead of white football shorts. How has it come about that I have ended up as a football mum?

When I was young, football didn't hold much interest for me. A mob of sweaty blokes with bad hairdos and too-tight shorts didn't float my teenage boat.

But eventually, after years of living with a staunch Geelong supporter, I morphed into a bit of a Cats' fan myself. Our kids, Max and Lauren, barrack for Geelong too (it was either that or be abandoned in the forest), and it helps that Geelong is the reigning premiers. Winners are grinner!

Personally, I find it also helps that footballers' hairdos are less fuzzy and shorts less tight these days. In fact, some of today's footballers are positively scrummy, so I am happy to watch games on TV with the kids, cheer for the Cats and drool over Jimmy Bartel.

My football evolution was forced even further when Max announced that, no longer content with playing kick-to-kick, he wanted to play football for real. I wasn't too keen on that.

Football is dangerous! I would much prefer my boy took up ping-pong, or tid-dlywinks, or extreme crochet. In fact, anything where he could stay at home and be swathed in bubble-wrap by his nervous mother.

I realise this is unfair. I spent my own childhood galloping around on horseback, leaping over fences and landing on my jodhpur-clad posterior. I spent my twenties plummeting down icy ski slopes and gulping gluhwein.

In my thirties I went through child-

birth twice with no epidurals (what was I thinking?). In my forties I took up snow-boarding and swiftly wished I hadn't.

But football? No thanks. The game is rough and tough. Junior football is a world of lunatic parents shouting abuse and threatening violence. It is an aggressive, uncivilised game. All very well on TV but not for our peaceful lives.

However, Max had other ideas and his strategy was planned. When I next arrived at my ex partner's place to pick up the kids, Max sat us both down.

"I want to play junior football for the Colts," he said. "Sam plays and so does Will. And you say it's healthy to exercise."

"Your mum has to give the go-ahead," said his dad, dishing off a hospital handball to me.

"Please, Mum, please!" said my fresh-faced boy, his nose as yet unbroken, his teeth still sitting snugly in place. A premonition of treks to casualty niggled at my brain.

"I really want to play footy," said Max with quiet determination.

A vision of the man he will one day become flashed before my eyes. "You know you have to let him play," that soon-to-be man said, his strong arms crossed and handsome face smiling at me with Max's innocent smile.

"Okay," I said to the younger version of my vision, and watched the smile almost split his face in two.

A few months after my surrender I could be found sipping lukewarm coffee from a polystyrene cup. Rain dripped into it from the hood of my oilskin coat.

"Go, Maxie! Great tackle!" I shrieked, almost tipping the coffee over the head of his sister, Lauren, in my excitement.

A horde of kids galloped past with their skinny legs mud-streaked and mottled with red. Fingers reached and clutched and limbs stretched like slinkies. One fell to the ground—splat!—and the pack was upon him.

"Baaaall!" the over-excited mob of parents shouted. I was one of them. To my surprise I had learned that watching Max play footy was really good fun.

I like the junior football. I like the camaraderie of parents squelching through mud to the sausage sizzle and back to the sidelines. I like the chaos of little brothers and sisters dashing from parents to playground.

And when we cram into the change room, foggy with heat from a gaggle of sweaty kids, and sing the club song to celebrate a win, I like that too. Go Colts!

Margaret Langdon writes regularly about raising Max and Lauren as a single mum

Help for homeless on hand



HAG homelessness forum MC Annie O'Rourke (second from left) with forum participants

Photo: Louise Augustinus

Nicky McColl Jones

The local Homelessness Action Group presented an April community forum on housing affordability and homelessness in the North and West Melbourne areas.

It was a successful forum that provided community members with the opportunity to engage with one another about housing affordability and homelessness in our local area. Over 80 people attended, representing homelessness services, consumers, residents and businesses.

The event was held at the historic North Melbourne Town Hall, in the meeting room with Annie O'Rourke as the master of ceremonies. Annie has had a long involvement with the homelessness sector from the policy perspective, and she chaired the question and answer session admirably.

Local MP Adam Bandt was the keynote speaker. He spoke passionately about his belief that housing affordability is a human right. He outlined statistics on homelessness and expressed disappointment that homelessness targets are not being met, with not all Australians yet guaranteed adequate housing.

He also commented on the steps required to improve housing affordability and noted how critical public housing is in reducing homelessness. He concluded by questioning the labelling of the homeless, pointing out they are actually "house hunters" who need government support.

A panel discussion followed, featuring representatives from Melbourne City Council, Victoria Police and support groups for the homeless. Questions and comments flowed freely from the audience in a spirited discussion.

Patrick Caruana (Kids Under Cover) deplored the frequent comments often made about homeless and marginalised people and commented that he feels today is the most depressing time of the 17 years he has worked in the homeless sector.

Peter Burns (Council to Homeless Persons consumer peer) commented that people in mainstream society do not understand what it is like to be homeless and noted that they are often too ready to blame the individual.

Perhaps the most pointed comment came from "Reggie", a local resident who was once homeless. He summed up the feelings of many when he said simply: "Live in our shoes for a day."

Local resident Abdalah noted that it is great that we live in a society where we take care of those who are suffering, but he pointed out that the responsibility of dealing with the problem needs to be both collective and individual.

Some comments focused on the question of whether we actually have a serious dysfunction in our society whereby housing is a commodity rather than a human right. This led some present to point out that education, health and policing are fully funded by government yet housing is not.

John Blewonski (CEO of VincentCare) said he felt we need to stop focusing just on individual programs and should see that housing stock is the key. He urged a community groundswell about the housing affordability issue through campaigns such as "Australians for Affordable Housing" and suggested looking at what the Public Tenants Union is doing.

Homelessness Action Group committee member Bill Cook referred to the work done by HAG in community education and the pamphlets and brochures created as a local response to issues of housing affordability and homelessness.

After the question and answer session, the Ozanam Community Centre band, The Glass Flowers, played an acoustic set while forum participants relaxed over light refreshments.

The forum was certainly a successful morning that provided community members with the opportunity to engage with one another about housing affordability and homelessness in the local area.

Nicky McColl Jones is the project worker with the Homelessness Action Group



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Let's Make a Date

Suzie Luddon

Debut date a dark disaster

Online dating has been with us for a while now, and is no longer thought of as a dodgy or desperate way to meet people.

Dating sites abound, and it's getting to be so normal that, as with the internet in general, we wonder how we ever got on without it. So at least a decade on, what are the protocols, if any, of internet dating?

"Gina" was excited about meeting "Richard", a guy she'd been chatting to on a dating website. He seemed OK, he looked good in his photo, and she was feeling hopeful that they might have a fun date and hit it off.

It would have been nice to be anticipating a date with Johnny Depp, but in his absence and in the real world, she really had no expectations other than to meet Richard for coffee and have a chat. Or so she thought.

When she saw him, she instinctively, without hesitation, turned and ran in the other direction before he saw her. Horror of horrors, he looked nothing like the man in the photo! The real life version was at least 20 years older, quite a bit heavier and with a lot less hair. So she ran.

Is that fair? Should she have at least met him for a quick coffee then escaped? Should online dating require its own brand of etiquette, or is it the same as any other kind of dating? If you post a photo of yourself that's 20 years out of date in the hope of attracting more attention, is that a form of false advertising?

Gina headed straight for a bar and downed a vodka and tonic to recover from that episode. It was her first internet date and could well be her last, especially when she next logged on to find that she'd been online kissed by a woman. Gina's profile is unambiguously straight, so this just added insult to injury, and she's currently despairing about ever finding someone nice to date.

Is it ethical to contact someone whose profile makes it clear that they wouldn't be interested? Should, for example, a gay or bi person contact a straight person, or vice

versa? It looks harmless enough on the face of it.

Any unwelcome contact can just be consigned to the trash, so no real harm done. It's probably just a numbers game for that kind of player, with the idea being to hit as many as possible in the hope that eventually one will say "yes".

And here, the similarities with traditional dating are evident. There have always been and always will be opportunists and players, and it behaves all who play the dating game, internet or not, to be savvy and street smart.

One of "Emily's" first internet dates was with a man whom she instantly assessed as undateable. She knew as soon as she laid eyes on him that this was going to be a waste of time. Perhaps it was the wrong kind of chemistry, perhaps it was the planetary alignment, but whatever it was, she just knew.

However, being polite, she ordered a coffee and sat down for a chat. Her date cut straight to the chase, announcing that no-one ever looks like their photo, the whole dating scene is disappointing, and why did she bother being a vegetarian when the world is full of cows and sheep?

Emily was soon regretting sitting down with this charming conversationalist, and she'll never get that 30 minutes back. Would it have been easier for both of them if she'd just made her excuses at the beginning, or even, as Gina did, just kept walking when she saw that he had no potential at all?

There's no clear answer that applies to every situation, so at times like this the personal moral compass that we all carry around should guide us. Or we could reflect on what Socrates, Confucius or Audrey Hepburn would do - one of them may have had some answers.

As they say in the *Underbelly* theme song, it's a jungle out there. And the best way to survive in the online dating jungle is to develop a thick skin and a healthy sense of humour. One option for Gina is to widen the net when using the net, and be a bit more lateral in her thinking.

She could canvas a wider demographic. Or join a site that has more comprehensive matching, or is restricted to those over (or under) a certain age or with a certain level of education. Or try speed dating. The options are endless.

Or maybe she could forget the internet for a while and frock up with her friends and head out on the town. The odds of meeting someone compatible are probably similar, and there's always the chance, in that heady mix of music and moonlight and maybe a glass or two of champagne, that magic will happen.

Suzie Luddon writes regularly about the perilous world of online dating

Our guardian angel on growth



Local members of RAID 3051 enjoy themselves at a community barbecue

Photo: Gary Bateman

Marg Leser

RAID Inc. was established late last year with the key purpose of working with the community and decision makers to achieve integrated development within postcode 3051.

The group is definitely not anti-development. It supports good development that respects the existing neighbourhood context and makes a positive contribution to the community.

RAID 3051 recognises that in North Melbourne significant population and land use changes have occurred. Increased population needs a range of increased services across the full range of community, educational, recreational and transport services and needs.

Our key focus is to work constructively to achieve good design and integrated developments that address the flow-on effects of these changes.

The driving force in establishing RAID 3051 was the proposed development by Woolworths of 302 apartments, 600 car parks and a shopping complex on the triangle bounded by Canning Street, Macaulay Road and Vaughan Terrace.

We are concerned about the height, scale and overall size of the proposed development, but more importantly about the impact that the development will have on the traffic and public transport infrastructure, provision of education and health services and open space and community and recreation facilities.

The Melbourne City Council is also an objector and has registered its disapproval

of the initial planning application directly to the Department of Planning and Community Development.

The final planning decision rests with the Minister for Planning, Matthew Guy. It is his decision that will reveal if the Baillieu government is genuinely committed to keeping Melbourne as a liveable, well-planned city.

Some of the actions undertaken by RAID 3051 over the past 10 months include meeting with Minister Guy's advisors late last year and contributing written submissions to Melbourne City Council prior to the final Arden-Macaulay Structure Plan.

We have also been invited to join a City of Melbourne committee focused on 3051 traffic management issues.

RAID 3051 communicates regularly with its rapidly growing membership through email updates, its website, social media and through participation in regular community events such as fairs and barbecues.

The group needs all its members to actively share skills and contribute to our ongoing campaign for well-planned integrated development. This could include assisting with lobbying councillors and state government, and preparing submissions to planning bodies.

Contact RAID 3051 and hear about coming events:

Website: 3051-integrated.com

Facebook: www.facebook.com/pages/3051-RAID/126672457437926

Email: raid3051@gmail.com (ask to be added to the RAID email newsletter list)

Marg Leser is a member of RAID 3051

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Nothing fishy in visit to Aquarium



NMLL students keep dry as they watch the sharks cruise past

Photo: Courtesy NMLL

Michael Burville

North Melbourne Language and Literacy ESL students recently visited the Melbourne Aquarium for their first major excursion of the year.

The day was highly successful in giving students the chance to practise their English out in the community and to come together with fellow students at different levels of English study. The penguins and sharks proved particularly popular.

The benefits of the excursion were

immediately evident when we returned to the classroom. Students enthusiastically recounted the highlights of the day and showed that they had improved their vocabulary.

The next planned excursion is a visit to Parliament House. The students will not only have a chance to tour this great building but will also learn about the system of government in Australia and develop their vocabulary.

Michael Burville works at NM Language and Learning

We gain language and confidence, we gain a new life

Michael Burville

At North Melbourne Language and Learning we have been working on getting more feedback from our students on the impact learning English has on their lives.

When learning outcomes are talked about, the focus is often on employment and further study but what is often missed is the social impact of learning a language.

Our students often come to us with very little English and even less confidence in using it in their local community. The impact even a small improvement can have cannot be underestimated. So we asked our level 3 class just what learning English with us has meant to them.

Nasra: "First, when I started at this school I didn't have self-confidence with my English. Now I'm feeling more confident with my English. I have learnt many things from this school. I can speak to anyone I want with English."

Safiyo: "I feel comfortable because when I came to NMLL I was very shy. Now I feel comfortable because every day I talk with students from different countries. Outside of school I meet many people and now I can communicate with them. Now I'm happy when I meet with my children's teachers as I can help solve any problems. Even at the doctor I can now understand the information. I would like to say 'thank you' to all my teachers and classmates."

Kedija: "I come from Eritrea. Before

I came to NMLL my English was very low. Now my English is much better. I like learning speaking, writing, reading and grammar. Now I can fix my own mistakes without anyone helping me. I am very happy to improve my English. Thank you very much to my teacher and to NMLL, my beautiful community."

Intisar: "I feel more comfortable to speak to my neighbours and my friends and I have learnt to use the computer. When I came to Australia I couldn't say what I needed to but now my English doesn't even compare. Even with my kids I feel I can understand them more."

Michael Burville works at NM Language and Learning

the News Garden Patch

Natasha Grogan

In the depths of a Melbourne winter it can be hard to motivate yourself to get outside among the elements to enjoy your garden.

So how can we be successful as home gardeners while rugged up by the fireplace? Well, the answer is simple: green manure.

This non-stinky variety of manure rejuvenates the soil while you get to sit back and watch. It just takes a little preparation while the sun is still out.

Green manure is a crop of annuals, consisting of grains and legumes that are grown for the sole purpose of putting organic matter and nitrogen back into the soil. Let me be clear: none of this crop will be eaten; it is grown for the soil's belly, not yours.

The process of growing a green manure crop takes about eight weeks in an empty bed and then a further four weeks before it is ready to be planted in the spring. (That means 12 weeks in front of that fireplace, folks!)

If you have the memory of an elephant, you might recall that in last year's winter edition I explained that the process of crop rotation is a vital part of caring for your soil. So although planting for green manure may seem like a lazy option, it is a valuable part of your yearly gardening ritual.

Green manure is grown by seed. Commonly used seeds are rye, corn, tick beans, oats, barley, wheat, lupins and yellow and black mustard seeds. You can buy pre-mixed seasonal packets of green manure seeds at your local nursery.

Now, since I'm about to give you an eight to twelve week gardening break, we had better get the preparation for this crop right. Here are three tips to follow.

First, prepare your empty bed with some organic poultry-based fertiliser by digging it into the surface of the bed and water it with seaweed liquid.

Second, when sowing your seeds you will want complete coverage, unlike sowing a crop for produce. Spread the seeds evenly and close together. If you are sowing a large area you can sow the seeds in sections to ensure you cover it thoroughly.

Thirdly, rake over the seeds lightly so that they roll around in the soil a bit. The rule of thumb for planting any seeds is that you should cover the seed with soil as deep as the seed is fat. (I love watching the children

It's cold, baby! Gardening will warm you up



A seed in the hand is worth two in the ground

Photo: Amy Quigley

I teach absorb that fact). Once the seeds are all good and dirty, they must be watered in. Now sit back and watch green manure grow.

After eight weeks, or when the crop is half a metre high, it is ready to be cut down and added to your existing soil. Keep an eye on your legumes (beans, peas) around this time, as they need to be cut before they come into flower.

Yes, you lazy couch potatoes, this means you will have to put down your book and pry yourself off the couch for just a few hours. Go on, you'll need the sun.

When you are cutting the crop, remember you want to keep all the plant material in the beds. Slash the plants into short pieces then leave them for a few days so that they wilt and break down. Then dig them into the top layer of the soil, water and cover with a light layer of mulch. It is important that you keep the garden beds damp while plant matter is breaking down.

Now back inside to put the kettle on. After four weeks (six if you are really lazy — I mean relaxed) you are ready to plant a spring extravaganza. But we can leave that until next time. By then it will be spring.

This issue is the lazy gardener's guide to gardening!

However, if you have a little bounce in your step and want to eat some of your own vegetables this season, here are some veggies you can plant: broad beans, brussels sprouts, cabbages (red, green and Chinese), fennel, garlic, kale, lettuce, onions, peas, radish and spinach.

So, that's it until spring. I'll see you in the dirt!

*By the way, I don't actually have a fireplace, but I don't have a garden at the moment either, so I'm allowing myself a bit of poetic licence!

Natasha Grogan is director of The Sage Garden. Her website is: <www.thesagegarden.com.au>



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North and West Melbourne Association

Annual General Meeting

The North and West Melbourne Association (NWMA) held its well-attended Annual General Meeting on Tuesday 15 May. The following office-bearers were elected:
 Chairperson Kevin Chamberlin
 Deputy chair Janet Graham
 Treasurer Michael Horscroft
 Ordinary members Denys Harraway, Geoff Leach

Further consideration will be given to how the roles of secretary and assistant secretary will be undertaken. There is also scope for members to join or set up work groups on matters of special interest.

Electoral Representation Review

Readers may recall from the NWMA's article in the March *News* that the Association was one of 21 groups and individuals who lodged preliminary submissions with the Victorian Electoral Commission (VEC) in relation to this review.

The Association has lobbied over several years for reform of Melbourne City Council, particularly the way the electoral roll is determined. Other concerns are the postal voting system, which we believe is vulnerable to fraud, and our perception that residents are not, and will not be, adequately represented or considered on council in the absence of a system of wards.

The VEC's preliminary report was published on 23 January and favoured increasing the total number of councillors to 11. The Association was disappointed with the slightness of the report, the lack of supporting data, and the recommendation not to reintroduce wards.

We lodged a response submission by 23 February and made a presentation at a public hearing the following week, as did a number of other submitters. Their efforts failed to persuade the VEC to reconsider the matter of wards or indeed to change its recommendations.

Planning

There is a great deal of activity around North and West Melbourne, with major strategic policies from City of Melbourne (CoM) having significant ramifications for the area, and with many planning applications for large and potentially precedent-setting developments. An update on some key sites follows:

Zagame Motors, 559–577 King Street, West Melbourne

At a VCAT mediation in March a com-

promise of 4–6 storeys was agreed, which was a much better outcome than the development originally proposed and a tribute to the efforts of all involved.

14–18 & 20 Anderson Street, West Melbourne

The NWMA and local residents objected to this application for a development of 7–8 storeys on the grounds that the proposal was excessively high and inappropriate and would overwhelm adjacent Victorian houses and the historic Railway Hotel (itself the subject of a recent planning application for partial demolition and 28 dwellings) — see photo.

A consultation meeting was held in early May but the applicant has refused to amend the application. Unfortunately, VCAT set a precedent last year by approving a six-storey development in neighbouring Ireland Street. *Armstrong Motors, 243–251 Flemington Road, North Melbourne*

This site next to St Michael's Primary School is currently the subject of a third planning application. The first application, in 2006, for a four-storey building with underground car parking, was refused by CoM and the decision upheld by VCAT on appeal. A later three-storey application was approved. However, the owner returned with another four-storey application, which CoM refused. The applicant has appealed to VCAT, and local residents, the school and others are opposing the appeal. All parties await a panel hearing.

68–74 Courtney Street, North Melbourne

Following refusal by CoM, a VCAT appeal was lodged by the applicant for a four-storey development near the Castle Hotel. A three-day VCAT hearing was held in early May, including a site visit which helped with an appreciation of the overshadowing issues. Some reduction in height and the number of units is proposed, together with further setbacks from the street. A decision is expected on 6 June.

La Trobe Close

The Association is concerned about the continuing lack of transparency with regard to management plans for the facility and the support to be provided for tenants and the surrounding community, as well as apparent uncertainty about Stage 2 of the development. We are writing to the Minister for Housing, the City of Melbourne and Housing Choices Australia seeking clarification of the management plan.



The Railway Hotel sold at auction on 23 February and is already the subject of a planning application

Photo: Janet Graham

Regional Rail Link

While we welcome this overdue expansion of the rail network, communication by the Regional Rail Link Authority has continued to put a positive spin on the process but ignore the drawbacks.

The decision that trains from Bendigo, Ballarat and interstate would not stop at North Melbourne but would instead travel across the flyover and along the elevated tracks next to Railway Place on their way into platforms 1–8 at Southern Cross did not rate a mention in newsletters delivered to West Melbourne residents. The only notification came in a brief media report just before Christmas.

This decision could be viewed as a lose-lose situation for North and West Melbourne. First, the number of heavy peak-hour passenger trains running alongside Railway Place is likely to double, with the attendant diesel fumes and noise. Second, commuters who alight or change trains at North Melbourne will first have to change at Footscray, thus losing some of the benefit of the possibly shorter journey time afforded by the new dedicated regional tracks.

MCC Parks and Gardens Advisory Committee

The NWMA has a representative on this committee, which was set up under the council's community consultation guidelines to give various sectors of the public the opportunity to discuss and explore ideas relating to Melbourne's parks and gardens. The committee is jointly chaired by Councillors Cathy Oke and Jennifer Kanis and comprises people who live or work in the municipality.

One outcome was an acknowledgment of the inequitable distribution of open space across the city, which prompted council dis-

cussions about remedying this and increasing both the area and accessibility of open space in North and West Melbourne.

Committee members have viewed a detailed databank which assesses the state of every park and garden and all the city's trees. The Urban Forest Strategy resulted from this work in progress. The group has also offered advice on public and private action to lower the city's temperature through tree-planting. The committee strongly supports plans to replace diseased trees, to determine appropriate species for different locations and generally increase the greening of the city.

The guiding principle of the group is the belief that the city's parks and gardens are one of its greatest assets. How do we maintain them? How can we add to their benefits? Public meetings have taken place at Melbourne Town Hall to gauge wider public opinion. Street stalls, including one in Errol Street, were set up early this year.

Social media

The Association is taking the plunge into social media. Keep an eye on our website for news about our Facebook page.

Support for the News

The Association believes it should do more to provide financial support to the *North and West Melbourne News*, particularly since reduction in The Centre's funding, and is doing this by purchasing regular advertising space.

Further information

Read the full annual report for 2011 on the Association's website at: www.nwma.org.au.

Meetings are held at 7.30pm on the third Tuesday of the month in the upstairs meeting room at North Melbourne Library.

North & West Melbourne Association Inc.

Working together for the future of our community



Email: info@nwma.org.au
 Post: PO Box 102
 North Melbourne Vic 3051
 Web: www.nwma.org.au

Who are we?

We are a group of people who live or work in North and West Melbourne, a community that is very much part of the inner-city life of Melbourne.

What are our aims?

They include:

- promoting a sense of community in our eclectic, culturally diverse neighbourhood
- protecting and enhancing the built and natural environment of the area
- enabling community contacts.

What do we do?

The NWMA represents its members by canvassing their views, concerns and proposals on issues of community interest to local, state and federal governments.

We cordially invite you to join the Association and:

- share your community concerns with us
- attend meetings
- join an interest-based group
- attend our quarterly social functions
- expand your community contacts

and, if you wish, help us to:

- monitor City of Melbourne Council agendas and minutes
- represent the Association on committees and delegations
- prepare submissions on strategic issues
- monitor planning permit applications
- promote sustainable transport and manage traffic issues
- support our internal processes, including website management.

An active community is a progressive community

Whether you have lived or worked here for many years or have just moved to North or West Melbourne, one thing you probably enjoy is the livable quality of the built environment.

The North & West Melbourne Association has worked for more than 30 years to maintain the amenity and enhance the wellbeing of residents, workers and visitors.

Please contact us if you would like to share your skills. You don't need to be an expert, just keen to be involved and be part of the team!



StreetSeen

Suzie Luddon asks the hard fashion questions

Name, age and occupation:
Annie, over 40, works in IT.

I am wearing...

warm, stretchy, cotton-knit skinny pants from Lygon Street, suede boots from Zomp and a Status Moda top.
My bag is Nancy Bird.

My style is...

lots of Melbourne black.
I like interesting tops with plain black or dark trousers and nice shoes.
Mostly, I like things I don't have to think too hard about putting together and that take five minutes to get dressed in the morning!

I admire the style of...

the glamorous women of the 1950s. Clearly they had a lot more time to spend on looking great than I do!

I admire anyone who can create a total "look" and carry it off well. It can be outrageous or fashionable or quirky or cute, but it definitely doesn't need to be expensive.

My favourite labels are...

I love All Saints, which is a UK label that has a fantastic online store.

My favourite place to shop is...

online. You know you will not be wearing something that you will see 20 other women wearing.

My biggest fashion mistake was...

Oh dear! Most of the 1980s. Sewing my own clothes and making a green with black spots, full 1950s' skirt and wearing it with a dark-blue blouse. Or the all-white "pirates' outfit". Thank goodness there are no photographs.

I would never be caught dead in...

Ugg boots!!!! They are slippers, *not* street wear, and look slovenly out in public. Yuk!



We support a brave boy

Cecilia Constanzo

Curzon Street Children's Centre has a long history of supporting charities through fundraising as part of our community focus.

We have supported the Red Nose Day and Red Bag Superstars, Pink Ribbon Breast Cancer Awareness, the National Bandanna Day and the World's Greatest Shave.

But last year we were faced with, I believe, our biggest ever challenge: how to make a difference in little Van's life. You see, Van has MECP2 duplication syndrome.

MECP2 (Rett Syndrome) is a rare and debilitating disease that causes severe impairment. Over half of those diagnosed do not survive into adulthood. The prevalence of MECP2 is unknown, but it is likely that thousands of children and adults are affected by the disorder, which is so new to the medical field that most doctors have not heard of it. There are only five diagnosed cases in Australia and only one in Victoria — our Van.

Van's parent initiated a global fundraising effort when 20-month-old Van was unexpectedly diagnosed with the disease late last year. The initiative was called the 401 Project, with \$401 to be raised by the start of April by the 200 affected families around the world, for each child affected by MECP2, with the money to go towards finding a cure, something the scientific community is optimistic about. We are proud to say that the 401 Project exceeded the \$80,000 target and the effort continues.

Curzon Street is proud to contribute to the



Brave little Van at play
Photo: Courtesy Curzon Street Children's Centre

research by organising a one-off fundraising activity (tea towels with all our children's designs) where 100 per cent of the profits will go towards research into the severe neurological disease that affects Van. We also work closely with the Inclusion Support to ensure he is equipped with the correct tools he needs to develop.

Proceeds for the project are being channelled to the Rett Syndrome Research Trust, the world's premier organisation devoted exclusively to promoting international research on Rett Syndrome and related MECP2 disorders.

Cecilia Constanzo is centre manager at Curzon Street Children's Centre

Foster interest in foster care

Lisa West

The Lort Smith Animal Hospital is calling for local dog lovers who can provide a temporary, loving and secure home for dogs in need.

Lort Smith has been providing quality care at a low cost for abandoned, mistreated and sick animals for over 75 years.

The foster care program is a vital part of the service that Lort Smith provides as so many shelter animals need temporary homes while recovering from surgery or malnutrition or while awaiting adoption. A foster home provides the love and care they deserve before they find a new home.

"At the moment we are urgently looking for carers who have experience with large dogs and are familiar with basic dog training," says Narelle Stinton, Lort Smith's animal management officer.

"Some of these dogs are recovering from corrective surgery and will need strict



A pensive Diva is left alone with her thoughts

Photo: Melissa Hughes

cage confinement, and others will need monitoring of a medical condition, regular exercise or simply some time out from the shelter," Ms Stinton said.

Lort Smith provides foster carers with all the food, bedding, bowls, toys and care information needed. We also provide unlimited advice and support as well as all veterinary care.

If you are a dog lover, can offer a safe home environment and have the time to help an animal in need, please phone 9328 7260.

Lisa West is events and campaign coordinator at Lort Smith Animal Hospital

Like to get in trim? It's time to work out in our Green Gym

Heidi Snow

Welcome to Green Gym, an exciting initiative of Conservation Volunteers Australia.

It's a chance for participants to get a special work-out by getting outdoors, discovering the wonders of nature, having a great time with Green Gym teammates and helping their local environment through hands-on conservation activities.

Green Gym started in June in Westgate Park, a site that used to be an industrial wasteland but has now been restored to an ecological haven along the Yarra River under the West Gate Bridge.

At the start of the program, participants picked up shovels, dug straight in and planted native shrubs and grasses to improve the environment of this highly industrialised port area of Melbourne.

Other activities the group assisted with included preparing native garden beds through weed removal and spreading mulch, and lending a hand in the on-site nursery.

Participants have found it to be a great way to meet new people and learn new skills. They are also learning about the flora and fauna of the Melbourne and Port Phillip coastal region with the new friends they have made in the group.

Nancy, a newcomer to volunteering, said: "This is a lot more fun than going for a walk around the block. I am meeting new people and helping the local environment all at the same time. Plus it's free to join, there is no gym membership needed!"

Conservation Volunteers is encouraging residents of North and West Melbourne to become involved in discovering and protecting their local environment.



Building a fence at Woodlands Historic Park
Photo: Travis Scicchitano

Green Gym offers great opportunities for clubs, groups and individuals, and is a program aimed exclusively at residents of the City of Melbourne. The activities are not overly strenuous and they suit a wide range of fitness levels and age ranges.

"I am already feeling the health benefits of the Green Gym program," said Dave, a local North Melbourne retiree. "I feel more alive than before; I have a lot more energy. Plus I love getting outdoors and meeting other people who share my love of the environment."

Transport will be provided from North and West Melbourne, and Westgate Park has easy access via public transport. The project is open to any interested local residents.

If you would like to find out more or even get involved, you can contact the Melbourne office of Conservation Volunteers Australia on 9326 8250 or melbourne@cva.org.au.

Or you can pop into the Melbourne office at 162 Adderley Street, West Melbourne to have a chat with our friendly staff.

Heidi Snow is volunteer engagement officer at Conservation Volunteers

**SPRING
FLING
9-12**
street festival

**SPRING
FLING,
STREET
FESTIVAL**

Sunday 21 October
Errol st, North Melbourne
11am – 6pm

BE INVOLVED!

Contact The Centre:
<www.centre.org.au>
info@springfling.org.au

Our church dream is no nightmare on Elm Street

Rev. John Smith

The notice board outside the imposing Uniting Church on Curzon Street reads: "Restoring buildings – renewing community life". Yet the church has a fence around it.

What looks like a dead, or even unsafe, place contains a clue that there is more to this than meets the eye. Let me first explain the notice-board, and then explain the fence.

The congregation of Mark the Evangelist is, with its partner, Christ Church in Kensington, the sponsor of Hotham Mission, an organisation that has a long and continuing history of community involvement in North Melbourne, Kensington, Flemington and Parkville.

Hotham Mission's key activity for the last 14 years has been the Hotham Mission Asylum Seeker project. From a small beginning, ASP has grown into a large organisation that has won world recognition for its work with people without rights who seek asylum in Australia.

But this is not all. Hotham Mission contributes to community life through activities such as the St Alban's Foodbank, North Melbourne Language and Literacy, Homework clubs, Holiday programs and links with The Centre.

This community involvement results from a vision of what the church is called to be: a source of life and support for the most vulnerable in the community. This vision has grown from the faith and values inspired by what Jesus did and taught. It is a vision that is constantly nurtured through worship and the community life of the congregation.

That explains the notice board, but what about the fence? In 2008, as a result of the

extended drought, Union Memorial Church suffered serious cracking, which meant the building could no longer be used for worship and needed immediate attention. The congregation moved to worship in the Elm Street hall.

The damage to the church temporarily interrupted a plan to renew the inside of the building in ways that, while being true to its heritage, would also make it more serviceable as a place of worship and a space where busy people could pause for reflection and meditation.

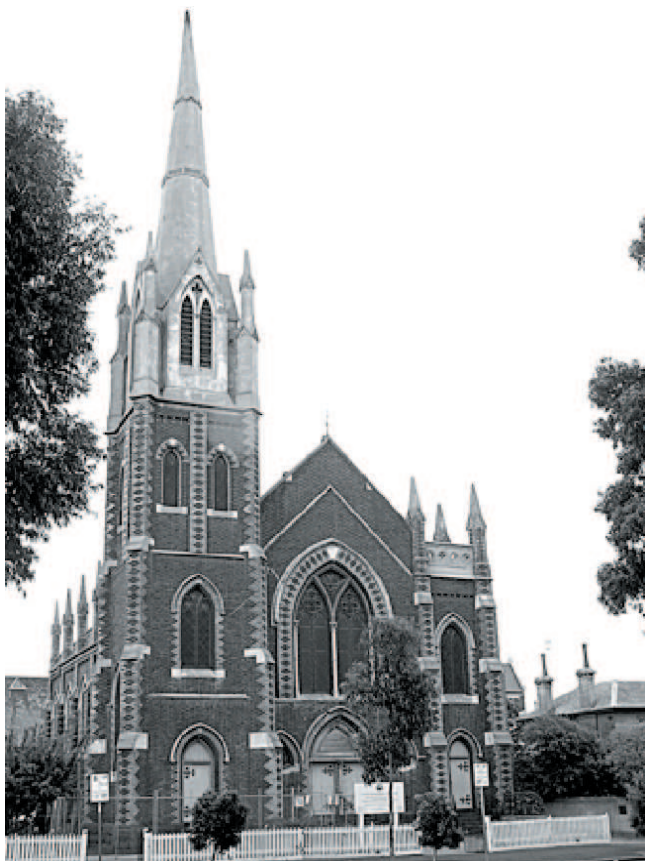
The plans also aim to create a space that can be used for public lectures, debates, film nights, community gatherings and concerts. The church is home to a fine Smenge organ, and has a talented organist, Donald Nicolson of respected Australasian trio Latitude 37.

The church, without its fence, will soon become the beating heart of an interesting complex to be called the Union Memorial Church Centre. It will include the cottage, the manse, the Curzon Street Children's Centre, the Elm Street hall, and quite a lot of open space.

Union Memorial Church Centre will be capable of providing a range of well equipped meeting spaces and rooms for community groups, as well as restful garden spaces where people might pause to rest or meet friends.

A renewed complex that meets current environmental standards and acknowledges the traditional owners of the land will stand as a bold statement of our vision for renewing all aspects of community life. It will also visually complement the Bastow Institute for Education, which is being developed next door.

The Rev. Dr John Smith is the minister at Mark the Evangelist Uniting Church, North Melbourne



The spire of Mark the Evangelist soars to the heavens on the corner of Curzon and Elm

Photo: Alan Wilkinson

Our local Rotary is rolling with our wheel in full spin

Conrad Cunningham

North Melbourne Rotary is facing three major issues: a change of venue, an imminent presidential changeover and a new direction in Rotarian philosophy.

Members have welcomed some of these changes and at a recent club forum showed enthusiasm in welcoming a new way forward.

The club recently had to move from the popular Black Olive Catering in Victoria Street and then had a short but happy sojourn at The Metropolitan Hotel in Courtney Street.

The problem of a set meeting venue was solved when members unanimously agreed to formalise the regular weekly Friday breakfast at Rubicon Café in Errol Street. An open invitation is extended to North Melbourne residents and businesses to join Rotary members in these informal meetings.

This invitation is free of obligations and allows guests the opportunity to meet club members in a social and convivial manner. It is the chance for a "getting to know you", but without any requirement for involvement or commitment.

Current president George Zindilis is an eminent barrister without the demeanour of the wig-and-gown deference often present in members of the bar. George and wife Mary are delightfully relaxed and have established

close links with local community affairs. They are currently hosting Karina Sorensen, a delightful young exchange student from Denmark.

New president David Husy will take the reins later this month. David and wife Farrah became Australian citizens after arriving from South Africa several years ago. He is an executive manager of Plan, an organisation that works in over 49 countries to involve children in learning and lifestyle management.

Each six months Rotary has a forum meeting at a dinner function. This allows members to comment on the club's direction and activities, both its fundraising and community interface. Members may voice an opinion without fear of retribution. This helps develop activities relevant to the needs of specific community groups.

At the May forum session, Dave Husy presented a new approach that he hopes to introduce in his coming presidential year. Members received it as an opportunity to relaunch our local Rotary as a supporter of those in our community needing assistance.

The annual Phonse Tobin Awards are to be made more accessible. These three awards, sponsored by Tobin Brothers Funeral Services, are given for voluntary work within the youth and services groups in the area. Nominations are currently open and should be discussed with Judy Page who can be emailed on <page@ghp.biz>.

The presentation dinner will be held at Melbourne University Graduates Club on 25 October with the sponsor awarding certificates and cheques valued at \$500 each. Members of the community are invited to attend.

A major achievement during the last club year was the formation of the Rotoract

Club of Melbourne University, North Melbourne Rotary, through the efforts of past president Maggie Goodge and George Zindilis, saw the club chartered in a special inauguration ceremony late last year. Their young members have since supported our community activities as well as some of their own ventures.

Rotoract enables younger members of the community to become involved in projects and activities supporting those seen as needy. Any reader with an idea that could be addressed by either Rotoract or Rotary should contact the club to discuss their ideas or plans. You can be assured they will be carefully considered.

Conrad Cunningham is bulletin editor for North Melbourne Rotary



Danish exchange student Karina Sorensen (left) shares a joke with Rotary services chair Mary Zindilis

Photo: Courtesy North Melbourne Rotary

CONTACT DETAILS:

George Zindilis (president):
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Correspondence: PO Box 304, North Melbourne 3051.
Email: northmelbourne@rotary9800.org
Websites: Rotary International www.rotary.org
District 9800: www.rotarydistrict9800.org.au
North Melbourne: www.rotarynorthmelbourne.org
Conrad Cunningham (bulletin editor):
Phone: 0416 105 658
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Gavin Lewis (secretary):
Phone: 03 9866 6155 or 0425 746 050
E-mail: hornetjets@gmail.com

Many volunteers contribute to the *North and West Melbourne News*. Today we pay a small tribute to the 30 or so loyal souls who bring the *News* to your door. Some have been doing so for 30 years. We speak to three of them on this page and they tell their stories. Would you like to join our team? If so, we'd love to have you. All enquiries to distribution coordinator Helen Lew Ton. Email: hmlewton@gmail.com

Author for this page Maurice Gaul, *News* editor



Gabby Stannus has delivered the *News* since 1998. "I realised the paper wasn't being delivered in my street and I thought rather than complain, I'd volunteer," she smiles. "It's good exercise and a good way to meet people."

She has only missed one delivery in that time, but she had a good excuse. Four years ago, it was a more pressing delivery, baby Celeste, that took precedence.

Gabby says the task is far from onerous. "I fold some copies before leaving home, that's 45 minutes, then it takes an hour to get them all out. Though it might take two when Celeste comes along and 'helps' me."

"It's been a really good experience. I just enjoy meeting people in our community and I've encouraged others to join the delivery team. Sorry, but I haven't any colourful stories like seeing a naked neighbour," she laughs.

Gabby has a strong local involvement and convenes two groups, the local Sustainability Street and the Friends of Royal Park. For her, the *News* is a strong community voice. "I like the paper's local content and news, and I thought the last edition had a terrific coverage of local activities."

As she speaks, a little hand appears from beneath the table and grasps Gabby's wrist. It's little Celeste who is desperate to be in on the action, and she pipes up with her own opinion. "I like to take the paper with Mummy," she giggles.



Jan Lacey moved to North Melbourne around 1981. She recalls becoming involved in the *News*' committee a few years later, then taking on her current delivery role in the mid 1990s.

"I saw the ads they used to run asking for volunteers and I joined up. There was the incentive of doing something useful and keeping fit. I don't know that it contributes to my fitness but it doesn't do me any harm," she smiles.

For Jan, the paper maintains the area's social glue. "I like reading about the good work that goes on in our community. There's lots of newsy stuff in the paper that keeps everyone aware of local activities. We once surveyed what people thought of the *News* and we found it has a high recognition level."

Jan has her delivery routine down pat. "It takes me less than an hour as my distribution area is quite compact. I carry the papers in a shoulder bag, much easier than dragging a jeep up the stairs, and I leave a few copies at the hairdresser, the laundromat and the fish and chip shop."

She feels that the area's demographic has changed over the years, and sometimes sees only shopkeepers on her round, but she smiles as she recalls one special moment. "I once admired a lady's garden that she had set up outside her flat, and she picked me a little bunch of flowers as a thank you."



Photos: Jim Weatherill

Nick Capriolo laughs as he admits he can't recall when his 35-year stint as a *News* deliverer began. He thinks it followed a chance meeting at a coffee shop with Helen Lew Ton, the paper's long-serving distribution coordinator.

"I only vaguely remember how it all started. But I've been delivering all that time and don't think I've missed an edition," he says. "It's been a great way to see how the suburb has changed so radically in the last decade. Empty blocks have filled up and the area is no longer like a country town."

Nick is not convinced that the changes have been for the better. "I never locked the back door and had no security problems. But now the suburb is getting more gentrified, with more free-wheelers, more 4WDs and more cafes with people billowing out on to the street."

But what has not changed is the pleasure he gets from his distribution round each quarter. "I like doing my local bit and it's not difficult. I carry the papers under my arm and it takes less than 40 minutes. I used to take my dog along for a walk," he grins.

He especially likes the paper's strong community voice. "I like seeing who is featured in each edition. Most people enjoy it though the occasional box is marked 'no local papers', and I find that ungracious. But, more usually, neighbours who miss out will ask for a spare copy."

DELIVERERS

Task: to deliver papers to local residents' letterboxes

When: four times per year (March, June, September and December)

Time: two hours or less

Availability: expected to finish deliveries within 10 days (includes two weekends)

Commitment: we hope you sign up for at least one year (four delivery rounds)

Email: an email address is required
Weight: total up to 15kg; you might choose to use a shopping trolley
Requirements: weatherproof area (eg. veranda) where papers can be dropped off; you can also pick them up at The Centre during opening hours.
Note: you will receive a reminder a week before publication; delivery dates are set for

the year; all attempts made to assign you a delivery area close to home; please say if you require a preferred delivery area
Contact: hmlewton@gmail.com
When: four times per year
Time: less than two hours

DRIVER

Task: to transport papers from The Centre to deliverers' homes

Availability: on publication day (dates are fixed) from 7.30 pm onwards

Vehicle: must provide own motor vehicle

Lifting: required to lift and carry bundles of papers (about 7kg), possibly upstairs.

Note: police check might be required
Contact: hmlewton@gmail.com



the cobblers last

drop in to see John + Luke - bring this ad to receive 5% off your purchase!

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 e | thecobblerslast@gmail.com



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 open 7 days

THE CENTRE

Centre
Programsterm 3
2012**The Centre Courses, Term 3, 2012**
Join The Centre's Winter Learning Program

All courses are nine or ten sessions, but you can join at any time after the course has started, for a reduced cost.

You can register your interest in person at The Centre, Shop 58 Errol St., North Melbourne or ring us on 9328 1126

HEALTH AND WELLBEING PROGRAMS**Yoga**

Our classes are taught by accredited teachers. Both are Hatha style and are suitable for all levels. They incorporate postures, breathing, meditation and relaxation.

General Group 1

Time: Mon 6.00 – 7.30pm

Venue: The Meat Market

Dates: 23 July – 17 September

Cost: \$165/ \$125 concession

General Group 2

Time: Mon 7.30 – 9.00pm

Venue: The Meat Market

Dates: 23 July – 17 September

Cost: \$165 / \$125 concession

Pilates

Join our Pilates classes run by fully qualified and experienced physiotherapists from City North Physiotherapy. You may be asked to attend an initial screening to assess which class is more suitable for you.

Beginners Absolutely

Time: Thursday 5.30 – 6.15pm

Venue: The Meat Market

Dates: 26 July – 20 September

Cost: \$165/ \$125 concession

For those who have no experience of Pilates at all.

Beginner Plus

Time: Thursday 7.30 – 8.15pm

Venue: The Meat Market

Dates: 26 July – 20 September

Cost: \$165 / \$125 concession

Working on mats, this class involves gentle stretching and strengthening exercises to develop your core strength.

Intermediate

Time: Thursday 6.30 – 7.15pm

Venue: The Meat Market

Dates: 26 July – 20 September

Cost: \$165/ \$125 concession

This class deepens the stretching and strengthening of core muscles that was started in Beginner Plus. It is a great class for you if you are recovering from an injury.

Feldenkrais

Time: Tuesday 6.30 – 8.30pm

Venue: The Meat Market

Dates: 24 July – 18 September

Cost: \$100/75 concession

The Feldenkrais Method® facilitates learning about movement, posture and breathing to increase your ease and range

of movement and to improve flexibility and coordination. It is suitable for all ages, helps in preventing or relieving stiffness, recurrent injury, pain or strain. It can benefit those living with difficulties such as Stroke, Multiple Sclerosis, Cerebral Palsy and learning difficulties.

Simple Steps to Better Health

Time: Thursday 7:00 – 8:30pm

Venue: Shop 58

Dates: 26 July – 20 September

Cost: \$55

Take some easy steps to improve your health that doesn't require strict dieting or strenuous exercise.

Level 2 First Aid

Time: Two consecutive Saturdays,

9.00am – 4.00pm

Venue: Shop 58

Dates: 7 July – 14 July

Cost: \$160

This program covers the unit HLTA301A. Applied first aid including performing cardiopulmonary resuscitation and providing basic life support

Management of Anaphylaxis

Time: Saturday 9.30am – 12.30pm

Venue: Shop 58

Dates: 28 July

Cost: \$55

A nationally recognized course providing knowledge and skills to manage severe allergic reactions, anaphylaxis, and risk management strategies.

ART PROGRAMS**Mosaics****NEW**

Time: Thursday 1 – 3pm

Venue: Shop 58

Dates: 2 August – 6 September

Cost: \$130

Mosaics is the art of creating images with an assemblage of small pieces of colored glass, stone, or other materials. Come and learn this ancient art of decoration.

Calligraphy

Time: Tues 7.30 – 9.30pm

Venue: Shop 58

Dates: 24 July – 18 September

Cost: \$115 concession \$100

Learn how to make beautiful cards, envelopes, and scrapbooks with your new found writing artistry.

Explore different scripts, illumination and family trees. Ask for a materials list when you enroll.

Arty Farty Institute*

Time: Tues 1 – 3pm

Venue: Shop 58

Dates: 24 July – 18 September

Cost: \$55/35 concession

Bring your inner artist to this friendly and supportive group who explore the creative process. In a relaxed informal and supportive environment you can create

and explore your artistic self working with a variety of media, (paint, clay, and textiles) to create an individual project. No experience is needed, just a touch of curiosity!

Art Warriors

Time: Tues 3.45 – 5.15pm

Venue: Shop 58

Dates: 24 July – 18 September

Cost: \$115 concession \$100

Kids aged 7 – 11; bring your enthusiasm and imagination! This playful class will explore a variety of artistic techniques and processes. Explore your imaginative realm and build on your own natural creativity. Recycle, invent and create! Suitable for Grades 1 – 6 and children must be signed out by a parent or nominated guardian. *Must have a minimum of eight students to run.*

Nature Play

Time: Tuesday 11.00 – 11.45am

Venue: Shop 58

Dates: 24 July – 18 September

Cost: \$5 per session

Toddlers and parents learn from nature with ply-based art and stories. This class teaches sustainable, sensory ways to express and care for your world. *Must have a minimum of ten students to run.*

COMMUNITY PROGRAMS**The Centre's Volunteer Program**

This program offers something for everyone. Volunteering is a great way to meet people in your area, do something for your community, gain new skills, or just do something out of the ordinary. We have a wide array of opportunities for everyone, from volunteering for Spring Fling 2012 to writing and editing for our newspaper, tutoring and much more. Contact us for more information.

Introduction to Community Volunteering and Event Management

Time: Weekly for three hours minimum by individual agreement

Venue: Shop 58

Date: July – September

Cost: \$125/55 concession/Free to

volunteers subject to conditions
An introduction to the knowledge and skills required to be a volunteer. Learn through participation in the Administration, Reception and Events Program.

Centre Adventures (Half/Full day bus trips)

Our Adventure Program allows our participants to join in the fun and "jet off" to various destinations around Melbourne and beyond. Transport costs from The Centre are included. We will visit places such as Daylesford, Queenscliff, various

op shops and markets.

Cost: From \$25 – Booking with payment essential to guarantee your seat.

Date: Varies depending on destination

Morning/Afternoon Tea & Globe Trotting Lunches @The Centre

Come and join the community at The Centre for tea, scones, conversation and fun. Or experience a gastronomic taste sensation when you come to our delicious Globe Trotting Lunches.

Cost: \$2 for morning and afternoon tea, \$17 per lunch.

Dates: TBA

Chess Club

Come and join us at The Centre for tea, coffee and chess. All skill levels and all members of the local community are welcome. Chess pieces and boards provided.

Time: 2.00 – 5.00pm

Venue: Shop 58

Date: Sundays

Cost: Free

Sewing

Join in our sewing workshop every Thursday. Bring whatever you are making and your machine and make some new friends.

Time: 10.00am – 1.00pm

Venue: Shop 58

Date: Thursdays during term.

Cost: Contribution to tea and coffee.

EMPLOYABILITY AND SKILLS DEVELOPMENT**Computer Program *****Beginner**

Time: Friday 9.00 – 11.00am

Venue: Shop 58

Dates: 27 July – 21 September

Cost: \$80/55 concession

Gain confidence and understanding in the practical use of computers. The course will cover Windows, word processing, the internet and email, spreadsheets and multimedia.

Beginner Plus

Time: Friday 11.00am – 1.00pm

Venue: Shop 58

Dates: 27 July – 21 September

Cost: \$80/55 concession

Start broadening your abilities in areas of office skills and multimedia.

International Computer Driving License (ICDL)

Time: Tuesday 9.00 – 11am

Venue: Shop 58

Dates: 24 July – 18 September

Cost: \$120/\$55 concession

A global computer literacy initiative developed to raise the level of knowledge about Information Technology and increase the level of competence in using personal computers and common

THREAD DEN PROUDLY PRESENTS

THE NORTH MELBOURNE MARKET

AT THE LITHUANIAN CLUB 44 ERROL ST, NORTH MELBOURNE

10
am

3
pm

\$2
entry

24 JUNE

22 JULY

19 AUGUST

WWW.NORTHMELBOURNEMARKET.COM

Centre Programs

term 3, 2012

computer applications for all the citizens of the world.

Podcasting

NEW

A basic course in Podcasting with no experience needed. Learn how to download and listen to podcasts of your choice, how to make and upload your own podcasts and much more.

Time: Thursday 1.30 – 3.30pm

Venue: Shop 58

Date: 2 August

Cost: \$35

iGadgets for Dummies

NEW

Time: Wednesday

6 – 7.30pm

Cast a podcast line

Sheena Chundee

A one-day introductory course on podcasting will be held at The Centre in the first week of August.

Podcasting has followed the birth of the iPod and other portable audio devices. Podcasts are similar to radio or television shows, but, instead of transmitting live, they are pre-recorded and uploaded to a web server.

They are often targeted at niche audiences. Listeners and viewers can subscribe to an unlimited number of podcasts, downloading the files and then transferring them to their portable audio devices such as an iPod for on-the-go listening. Podcasts can be recorded using any digital audio recorder. They can be made on professional audio equipment or with a simple microphone and computer. After a show has been recorded, music and sound effects can be added.

An essential tool for podcasting is RSS Feeds. This small file acts as a play list. Once opened in iTunes or another podcast player, it allows listeners to automatically receive updates on shows they have subscribed to.

Downloaded podcasts can be transferred to a portable device such as an iPod or an Mp3 Player, which allows a listener to access their shows whilst on the go. Podcasts can also be directly streamed by mobile phone users utilising apps.

Most portable audio devices are now capable of playing visual content as well as audio. This has allowed podcasters to produce video-based shows, much like TV programs. To do so you will need some knowledge of compressing files for the internet as well as skills in video editing. Podcasting can help you in various fields. These include business (keeping clients updated with projects), education (teaching students and researching), community (linking people via newsletters) and social (useful for the vision and hearing impaired).

For bookings for the "Introduction to Podcasting" course (Thursday 2 August from 1.30 to 3.30 at The Centre, visit www.rebel-stepz.com or email rebelstepz@gmail.com.)

Sheena Chundee of Rebel Soundz® will take the "Introduction to Podcasting" course at The Centre.

Venue: Shop 58

Dates: 25 July – 8 August

Cost: \$50/\$40 concession

Must have a minimum of six to run.

We buy wonderful igadgets aiming to enhance our lives and end up tearing our hair out with frustration at how to use them. If you have an iPad, an iPhone, an iPod, or even a digital camera or other gadget that you struggle with then please join up!

NAATI Test Preparation Course with optional IELTS class

Time: Friday and Saturday 1pm – 4pm and Sunday 10.00am – 12 noon.

Venue: Shop 58

Dates: 27 April – 29 June

Cost: Advance class – \$2000 for 8 weeks, NAATI Combined IELTS class – \$2800 for 8 weeks,

General class – \$3000 for 12 weeks.

The National accreditation Authority for Translators and Interpreters Ltd (NAATI) Test Preparation Course is the best way to prepare students for language study or to obtain extra points towards their General Skilled Migration applications.

Word Processing and Business Documents

Time: Individual programs by appointment

Venue: Shop 58

Dates: 23 July – 17 September

Cost: \$125/55 concession

This course will provide you with the skills and knowledge to produce simple word processed documents.

Introduction to Media

Time: Weekly for each editions

Venue: Shop 58

Dates: July – September

Cost: \$125/55concession/free to volunteers subject to conditions.

This course is conducted through the participation in the North & West Melbourne News, The Centre E Newsletter, and promotional material.

Introduction to working in a call centre

Time: By agreement

Venue: The Library

Dates: July – September

Cost: \$125/55 concession

Introduction to customer contact, operating a personal computer, OHS and preparation for working in a call centre.

Fancy Becoming a Freelancer?

Time: By agreement

Venue: The Library

Dates: July – September

Cost: \$125/55 concession

This course will help hone your skills and increase your profits!

Be a Better Writer

Time: By agreement

Venue: The Library

Dates: July – September

Cost: \$125/55 concession

Create clear, coherent, engaging writing working from your own writing with the support of a published author and teacher. An individual session is an option.

English As a Second Language—Spoken and Written

Through our partnership with North Melbourne Language and Learning we will offer nationally recognized certificates subject to demand.

Food Handling

Time: Two consecutive Saturdays

9.00am – 4.00pm

Venue: Shop 58

Dates: July – September

Cost: \$125/55 concession

This program covers the skill set FDFFS1001A – Follow work procedures to maintain food safety and FDFFS2001A – Implement Food Safety program and procedures.

Introduction to Teacher's Aide work

Cost: \$125/55 concession/Free to volunteers

Includes an introduction to legislative policy and industrial requirements in the

education environment, working with a diverse range of students, assisting in facilitating student learning and more. This is done through participation in the Global Homework Program our other courses and the Adult ESL Program.

Certificate III in Children's Services

This full-time accredited course is offered through our partnership with Kensington Neighbourhood house and is highly regarded by local childcare providers. There is full ESL support to students with an accredited module form Certificate 11 in ESL. This course is a mix of classroom teaching and training in a childcare setting.

Inspect iGadget

Louise Cindric



Have you ever bought an iPod, iPad or iPhone then struggled with using it? If so, help is at hand. Help sessions for the iPhone and iPad will be run at The Centre in August. And, if

demand is sufficient, we might also offer classes next month.

Technology has evolved at a rapid rate and mobile devices are now becoming the centre of everyone's communication needs. Unfortunately, not everyone knows how to utilise their devices and my aim is to help you make best use of them.

I have been in the computer industry since finishing school in the '80s and have always used gadgets to improve the way I work and communicate. I have found there is nothing more frustrating than not being able to use a device properly and I have helped people with their problems. Often people just need to be shown how to do it.

There are tips, tricks and shortcuts that can be used to get the most out of your iPhone, iPad or other iGadget. Once you are shown how to navigate your iGadget's settings, how to access your mail, iTunes, WiFi and Apps, you will feel much more comfortable. And your iGadget can also be personalised to suit your needs.

For information about the classes, ring The Centre on 9328 1126 or drop in for more information. Louise Cindric will take the new iGadgets course at The Centre

Certificate III in Education Support

Dates: Wednesday (12 weeks)

Cost: \$1585/280 concession
For those seeking employment as a teacher's aide. This course covers a broad range of topics that provide participants with the knowledge, skills and attributes essential to support students and teacher in either primary, secondary or special school under broad based supervision.

Certificate IV in Training and Assessment

This course trains you to design and facilitate courses, and teach and assess students in adult education, business, industry and TAFE sectors.

We have two programs:

Intensive Course

Date: Monday (12 weeks)

Cost: \$1500/\$280concession
This involves 12 intensive classroom based session focused on interpersonal delivery skills, planning and workplace assessment. There is some out of classroom work and computer skills are necessary.

Upgrade from the old BSZ40198 or TAA40104

Date: Monday 24 Sept

Time: 9.00am – 4.00pm

Cost: \$425

This one day workshop is for people who already hold the former Certificates in Assessment and Workplace Training or Training and Assessment. Submission of a small learning portfolio is a requirement.

*ACFE funded programs

NEW PROGRAMS PLANNED

- European Languages – French, Italian, and Spanish
- Aromatherapy
- Introduction to Massage
- Introduction to Commercial Cleaning
- Digital Photography and Editing
- Retirement Planning
- Finances-Planning, Investments,
- Personal Money Management
- Girls Create – an art class for young women
- Yearning to Paint – for adults
- Building a Wood Fired Oven
- Mosaics
- Art Walks
- iGadgets for Dummies

Get in the groove and make a smooth move

Kylie Sparkman

The Feldenkrais class has been running at The Centre on Tuesday evenings throughout second term.

We started with a series of lessons covering some basic movement functions. These included flexion (folding the body with ease), extension (arching the body) and side bending (freedom of movement through the ribs).

Everyone in the class is a newcomer to Feldenkrais, so together we've been exploring the method and the way it differs from exercise classes and other movement modalities.

Feldenkrais isn't about stretching or muscle building. The classes are called "Awareness Through Movement". The teacher guides the group of students through a series of movement explorations, where the emphasis is on the "how" of movement.

Participants must use their awareness to bring attention to the way they do things, and let go of unconscious patterns of tension that are stopping them from moving more freely and easily.



Down on the mat and out for the count

Photo: Kylie Sparkman

The Centre is hoping to run an additional class especially for senior citizens at some time in the future. These classes will involve very gentle movements that are often done in a seated position.

We are continuing our normal class for the rest of this term with the final session in a fortnight on 26 June. There will be a free Feldenkrais "Awareness Through Movement" class soon after this date, for anyone who would like to try out a class before next term starts.

This is a great chance to give it a go if you're new to Feldenkrais.

Contact The Centre on 9328 1126 for more details.

Kylie Speakman takes "Awareness Through Movement" classes at The Centre

“IT TAKES A VILLAGE TO RAISE A CHILD” The Global Homework Program 2012

There is an oft quoted saying that “it takes a village to raise a child”. With this in mind, the Global Homework Program (a partnership between The Centre and the North Melbourne Library) wants to give an enormous “shout out” and “thank-you” to all the adult patrons of the North Melbourne Library whose support and embracing attitude to the children in the program goes a long way towards ensuring that the children of this community are settled, responsible and cared for as they grow towards being our future citizens.

The Program’s primary aim is to assist the children with their homework tasks so that they can keep up at school but it also aims to help the children develop a strong sense of connectedness to school and their local environment.

The fact that the children can work upstairs in the Library on Tuesday and Wednesday afternoons for 2 hours means that they can develop a sense of belonging to the library

and their community, as well as experience a sense of being protected and helped by the adult members of that same community. Your sensitivity and patience during this time of day is truly appreciated.

It is equally important that the children of our community are around and see adults using the library for their own activities and learning as this provides a very positive model for them for the future.

The program is further supported by a fantastic team of volunteer tutors, the staff in the library, as well as teachers and parents, and a strong network of organisations.

It is simply a real pleasure to see that so many people in the North Melbourne area are directly and indirectly involved in the raising of the kids of North Melbourne. The more we take on and share this responsibility together and joyfully, the healthier and happier our children will be and the stronger and safer our community will be as well.

THOMAS

Written by Leo

Thomas is my best friend. He is my neighbour too. He is the same height as me but way heavier than me. I always go to his house to play when I have time. Thomas and I like videogames, so we always play together. He is a bit funny and he likes war games. And I’m looking forward to have a sleepover with him.

The Death

Written by Kyra

Crack! Crack! The man made when he locked the gate of the Cemetery. Coffins were there and the clock struck 12 am. The boy was there by himself with the spirits all around. They oozed out and came round him and...(Just joking!!) he was so very scared that he didn’t know what to do so he fought back at them and he was screaming LIKE HELL! Then, then he couldn’t get out. All of the spirits came out at him and started pulling his hair. That night, some people across the street came over to see what had happened so they saved him from the DEATH!

THE END

The tallest man in the world

Written by Amy

One day, in the city there was a little boy, aged 6. His name was John. His mother and father always forced him to eat healthy food, and never eat junk food... so, that he would grow very tall. Some days, people would talk about John’s height. He never ever knew that people were talking about him. 6 years later....

Now John is 12 years old and he was 155cm tall. At school, people take pictures of him and tell everyone else about him. Sometimes, people put photos in the newsletter and he does not mind.

ARE VIDEO GAMES GOOD FOR YOU?

Written by Maryama

I think video games aren’t good for you especially for your eyes and brain. Apart from that, I think it’s fun but you should be outside running or playing a game instead, of being lazy and bored.

What do you dislike about school?

Written by Ahmed

The thing that I dislike about school is that it is all hard work, mean teachers

and the homework. We need more recess and lunch and free time. We can’t ride skateboards and bikes in the school ground. There are many sessions and there’s not enough computers for all of us. You are not allowed to wear caps or you will get in trouble.

Family and Friends

Written by Cindy

Family is a thing I can’t live without. Humans need someone who loves them and cares about them. If we don’t have a family we won’t be able to survive! Friends are another thing I can’t live without. You would not like to sit there a whole year without any friends. You will be so bored you wouldn’t even be able to open your eyes! I think family and friends the things that we really need. I hope you have both of them!

Boo

Written by Nick

I am a ghost. Watch me go around the world, seeing people laughing, dying and kissing. I am a ghost that scares people away on Halloween. I eat candy too on Halloween. I love candy so much.

THE TIME WHEN I SCORED A GOAL

Written by Vincent

We were playing football. Everybody got to have a kick in the match and I didn’t. I kept on running around shouting “Pass to me!” but nobody passed the ball to me. I kept on trying and trying but nobody passed to me. When our team almost lost, Akram passed to me and then I kicked it and...GOAL!!!! Suddenly, I felt proud of myself.

I WOULD LIKE TO BE INVISIBLE

Written by Radi

I would like to have invisibility and fly because I could cross the world in just a few days. Everyone at school would be scared of me. If I had a choice of when I get the power, the time would be when I was first born. Another power I would like to have is to make an invention that would be known around the world. It would also be fantastic to be a super hero and save the worlds from daleks.

My precious possession

Written by Jessica

My most precious possession is my little fob watch that my dad got for me from Italy. It’s really precious to me because it came from Italy and it is made from gold. I got that fob watch at Christmas time in 2010. At first, I had no idea what it was. The box is a really weird one because it doesn’t look like a box and it opens in a really funny way.

A tragedy

Written by Ruby

Once there was a girl. She was horse riding. Well, there was a disaster. It was in 1900. She fell off the horse. She was okay but after that she fell again. She was straight away rushed to the hospital. She survived and stopped horse riding and started playing tennis but the ball was slammed into her tummy again. She was rushed to hospital and this time she didn’t survive. It was a tragedy. She had a funeral and that was really just the end. We will always remember her.

Should computers replace teachers?

Written by Alisia

I strongly believe that computers should replace teachers, and these are my three reasons why.

My first reason is because computers know a lot more than teachers. I mean just think about it. If you want to know how to make something, you can go search on the computer.

My second reason is that we can print things. Teachers can’t do that can they? They have to write it or draw it. But if you have a computer, you can have print really good pictures or lyrics of your favourite song.

My last reason is that we can type instead of writing and we can write so much neater. We can also play games such as Mathathletics, which is a learning game and we can go on YouTube and listen to our favourite songs. In conclusion, I think computers should replace teachers.

POLITICS & ENVIRONMENT

Get to know the volunteers of North Melbourne Sustainability

Jennifer Boyce

You may have read about community organisations from time to time and be familiar with some of the names of the people involved. However, you may not know the people behind the names. In a bid to remedy this situation, members of North Melbourne Sustainability Street will be featured in upcoming editions of *The North and West Melbourne News*. In this issue, we meet Doone.

Name: Doone Clifton

Occupation: Own a bookkeeping practice

How long have you been involved with NMSS? Ten years

Why did you join NMSS?

To help our household move towards a more sustainable way of life.

What are some areas you are responsible for in NMSS?

I write articles for the *North West Melbourne News* occasionally and host the mid-week dinner. In the past I have been the prime mover on workshops on waste, recycling and water. Along with other members of Susty Street, I was one of the founding plot holders of the community garden.



Doone Clifton with her electric bike

What are ways that residents of North and West Melbourne can get involved? Our activities are determined by what

information and skills members of Susty Street feel could help ourselves and our community move towards a more sustainable lifestyle. We would love to hear of any areas of interest of our community, either seeking or sharing information and/or skills.

If money and time weren’t a consideration, what project would you want to implement?

Ephemeral gardens. We have so many pieces of land that are vacant between uses. It would be fabulous to work with the land owners to turn them into gardens for the year or more between active uses.

What do you like best about living in North and West Melbourne?

The feeling of space and close-knit community so close to the city. That is being lost with all the developments stealing the sky and increased number of car drivers requiring car parking spots. The population has increased massively with no increase in services, other than cafes.

The next few years are vital to the livability of the area in the long term. We could see the creation of really exciting new areas to live, create and work in or more like Docklands. It’s election year for council so the next six months are a great time to get involved and influence the future.

SUSTAINABILITY ST.
IT’S A VILLAGE OUT THERE

New members welcome

Go to the Sustainability Street website to find out more about us and sign up to our newsletters to receive early notification of our events.

You can also visit our Facebook page to chat with other locals about any sustainability issues/tips/projects you may want more information on, or to share any information you may have about similar initiatives. Also receive direct invitations to our events.

Web:
<www.northmelbourness.com>

Twitter:
<www.twitter.com/nthmelbourness>

Facebook:
<www.facebook.com>

(Search: North Melbourne Sustainability Street)

Refuse, reuse, *repair*, recycle, reduce, rethink

Doone Clifton

This edition I am going to share the details of four local businesses that help my family live as sustainably as we can.

The first is Nick Ciancio Sewing Machines and Repairs. Last year I decided that I needed my 25-plus-year-old sewing machine to be in working order so I could do some clothing repairs. The guys from Nick Ciancio picked up my machine, called the next day with a quote, repaired the machine so it worked like new and delivered it back to me. All for a shade over \$200. Yes, you can buy new machines for less, but they aren't likely to go for another 25 years like my old workhorse of a machine. And it's one less machine in a landfill. Nick and staff have been operating for 39 years and offer a free quote, pick-up and delivery service. They repair all types of sewing machines including industrial upholstery and cobbler's machines.

Cobblers looked to be a dying breed in the '80s, but we are fortunate to have some good shoe repairers in the area. My cobbler

is Manfred at 64 Errol Street. He can fix any kind of shoes and boots. So much the specialist, he is the repairer for Rockport and other high-end shoe brands. Being a motor-bike rider himself, he understands motor-bike boots and he loves to work on a pair of really well-made shoes. So if you've made the investment in a really good pair of boots or shoes, Manfred is the guy to mend your shoes and help you get years of wear out of them.

As important for my mobility as Manfred is Sasha at Pony Bikes. Sasha loves bikes and it shows. While her first love is customised bikes, she happily tends to my electric bike, keeping us both on the road. She also keeps the beloved carbon frame road bike and the kids' flat bar commuters going. If it's got wheels and is self-propelled, Sasha will look after it.

My final sharing is Microwave Man. A year before last, our cheap old microwave died. It didn't cost much, had given us a decade of service and wouldn't have cost much to replace. But I really couldn't face going to a whitegoods shop that week and was moaning at the Monday morning

school mums' coffee session. "Microwave Man" was the chorus from more experienced mums. So off the microwave and I went and lo, 24 hours and \$80 later, a repaired microwave came home and hasn't missed a beat since. A small financial saving, avoidance of whatever circle of hell

whitegoods shops are and one less appliance in a landfill. They also do vacuum cleaners and Kenwood appliances. A free quote within two hours, and they can fix all makes of microwaves and vacuum cleaners out of warranty and most under warranty.

Business information

NICK CIANCIO SEWING MACHINE SALES AND REPAIRS

237 Barkly Street, Footscray
9687 2422

MANFRED'S SHOE REPAIRS

64 Errol Street, North Melbourne
9329 0715

I've also heard good things about the shoe guy in Melrose Street, and the blokes who were in Manfred's shop for a while can now be found at The Cobblers Last, 256 Victoria Street, North Melbourne
9329 0292

PONY BIKES

87 Capel Street, West Melbourne
0405 369 596

When Sasha is open a pink bike will be chained to the pole on the south-west corner of Victoria and Capel. Her workshop is up the lane that runs behind the Victoria Street shops. For some stunning bike pictures, check out <www.ponybikes.com>.

MICROWAVE MAN

114 Haines Street, North Melbourne
9321 6021

The address is Haines Street—it's the little bit opposite Gardiner Reserve between Woods Automotive Repairs and the 24-hour taxi cafe on Macaulay Road.

Considering international aid and development

Tom Kramer

Last year, the federal government handed down the findings of an independent review into the effectiveness of Australia's publicly funded international aid program. What the review found was that the program was, by and large, terrifically efficient at both targeting and making a difference to aid recipients—in other words, ensuring a sound investment.

That last word may sound jarring in an article about international aid because it seems that financial considerations should be secondary to the main goal of lifting people out of poverty and into sustainable, long-term livelihoods. But AusAID, Australia's official aid program, declares it openly. Aid is an investment, sure, an investment in developing people and whole societies and the large amounts of money should be spent wisely (it is, after all, ours). It's also an investment in national security; people with running water and educated girls are less likely to threaten their neighbours, or so the theory goes. AusAID is open about its charter that its programs should advance the Australian agenda. You may not like to hear that, but at least it's honest; other national aid programs aren't always as forthcoming and AusAID has been praised for this transparency.

Maybe I'm moving too quickly. Foreign aid isn't supposed to be so contested, is it? It's about helping people and nothing else, right? It's actually not, and the level of scholarly debate over what aid is and what it isn't can be mind-boggling. Not to mention the politics. Aid is, in fact, an industry all of its own, with all the good and bad elements of any industry of similar size. The word *industry* should tell you something about its size (like the IT industry, aviation industry or auto industry). It's also been termed the development *business*, as if international development is about making money. International development is huge.

It's worth billions each year in Australia alone, even though Australia gives less as a proportion of GDP than many other countries, far less than the 0.7 per cent mandated

by the United Nations' Millennium Development Goals. To its credit the Government is raising this proportion. Some argue it's too big already, as in too big to be truly effective. Some point to the billions already spent, most of it since World War II, which it is claimed has had little effect. Poverty still exists, therefore aid is ineffective. This is not really fair, as foreign aid—through official government channels such as AusAID or multilateral institutions such as the World Bank—can list several significant achievements. Poverty rates have fallen in many parts of the world. Fewer children die each day. Disease treatment has improved.

But too much of international aid is characterised by duplication and poorly targeted initiatives—basically wasted aid with little to show for it. Much of it is needlessly fragmented with little feedback resulting in poor outcomes that lead to the action being needlessly repeated. A lot of aid is like this. A lot of aid is also only about the *disbursement* of money rather than whether it will actually do some good. Or there's little consultation with aid recipients about what they actually need. As an example, the coastal regions of Indonesia hammered by the tsunami of 2004 are populated with the unused hulks of solar-powered stoves; well-meaning aid organisations handed them out liberally but they ended up holding down tarpaulins. Would aid not benefit from a bit more local knowledge?

This is a key element in the debate over aid effectiveness. Should development be driven by official aid programs with multi-billion dollar budgets (and the levels of bureaucracy they inevitably attract) or rather by those on the ground, the aid recipients themselves? Many argue that aid would be more effective if it was more directly aimed at the latter, instead of being sucked up by bureaucracies and consultants. This is especially true when one considers that a lot of bilateral aid goes to corrupt governments, which pass little if any of the money on to their needy citizens. Assisting the needy directly could be a far more effective method of aid disbursement, and it would allow for more direct feedback about what works and what doesn't.

The idea that aid and development isn't

always effective can be confronting. When we believe in a good cause we may not want to think that it won't do any good. Even AusAID has been the subject of reports on waste and misappropriation. The notion that foreign aid is anything but clear cut was a new one to me when I began studying international development last year. Have my eyes been opened!

Questions started filling my head. The most common one was, given what I now know, do I want to join the "dev biz"? I've been wrestling with that question for much of the last year, but I think I'm over the most depressing part of it. I'm pursuing my studies and hope to pursue development in a professional capacity, but it's a more considered approach that I'll now be taking. The industry is only about 60 years old; it's relatively young and still finding its feet. The experts have new ideas all the time. It takes more time for these ideas to make their way into the bureaucracies and the field. I was encouraged by one lecturer who said that change best comes from the inside (even the World Bank, he joked); armed with some

often depressing knowledge, we students would be the ones to effect positive reforms that would hopefully increase aid's effectiveness and eventually put us out of a job. That's the aim of international development, after all: to put everyone in the business into another business.

So now that I've depressed you a bit, but hopefully not too much, what should you do? Apart from being proud of the good your tax dollars are being put to by AusAID, I can't tell you that. I would suggest you think a bit more carefully about foreign aid and development and what it claims to be. You may be bombarded with calls for assistance, particularly during crises, claiming that you can provide universal primary education or nationwide vaccination. They're rather lofty goals, and noble ones, but is it realistic to aim for something so big and which is couched in such generic terms? Find out about what your charity of choice is doing to make this happen. Start small, one girl, one boy, one family, one village at a time. Aim for small changes that have a better chance of success rather than massive, all-encompassing ones that may be quickly forgotten. Difference is possible. *Development* is possible. But we need to stop thinking that a quick fix is going to work.

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HISTORY

Rich treasure trove of print

Lorna Hannan

Trove is a true treasure. It is a free online search service that enables researchers to find information from digitised newspapers and other published sources. There, at the tip of your keyboard, are old newspapers of all sorts in facsimile and occasionally quaint transliteration.

One of the newspapers in this trove is the *North Melbourne Advertiser*, founded in 1873 by William Cook, one time mayor of Hotham, and published weekly until 1890. We went at random to the issue of Friday 6 June 1890.

A regular item on the front page was an ad from Atkins Pharmacy. Gary Bohmer now runs Atkins' shop, still a pharmacy in Errol Street. The lane behind this long-running pharmacy is named after Atkins whose favourite medication was his home-made quinine wine, promoted in Hotham as a protection against influenza with 6000 bottles sold in a month.

Court and police reports were a weekly reminder that colonial Victoria was somewhat lawless. The police lock-up next to the Town Hall and former Courthouse in Errol Street took in about a thousand a year, many of whom seemed to be involved in "alcohol-related" offences.

Then there was the man who this week had stolen a roll of silk from an Errol Street shop and admitted to having taken a "drop"; or "one of the greatest blackguards in North Melbourne", accosted as he was spoiling for a fight in the small hours on Sunday morning down by the Boundary Hotel in Boundary Road; or the "champion hotel bully who went into hotels where the licensee was a woman and bounced drink out of her".

And so to the footy. It's an old report

because North had played Carlton on the previous Saturday afternoon, when as we all know real football should always be played. The day had been "one of the gloomiest so far of the season, and many were the fears expressed lest a downpour should ensue", fears that were much exacerbated by the "the big gun competition at Point Gellibrand battery and consequent series of concussions in the air", which many clearly took to be thunderclaps.

The contest with an old enemy, Carlton, drew the crowds to Arden Street. "About 2.45 the approaches to the Recreation Reserve were thronged with people wending their way to the (indecipherable) ground, while the residents of Munster Terrace leaned over their garden gates, watching the vast mass of people which flock to the various grounds every week during the football season, like the crowds which gathered at a public execution in the days gone by."

The rain held off and "the ground at 3 was a picture. Right round the large arena humanity was packed in dense masses there not being a single gap ... The Press box was full—uncomfortably so—and when the play grew exciting and the occupants of the pavilion stood on tip toe, the reporters saw very little of what was going on the ground."

Denied an unbroken view of the play, the reporter turned, as does today's camera, to the antics of the crowd.

"On the Kensington side of the ground a gentleman with a bugle entertained the spectators at intervals with short solos while some flags drooped lazily from poles in different parts of the ground among them being the 'stars and stripes', and the colours of North Melbourne. Sergeant Manson and a party of foot constables supported by two troopers kept their ground, but the behaviour

of the crowd was good on the whole and the police had not much to do, except at the end of the game when there was a little trouble about the umpire.

"If one of the Coburg trains ran off the line and capsized, would it, do you think, take the attention of the public off the play?" asked one spectator of another. "I don't believe it would," rejoined the other, "unless, perhaps the engine blew up."

And so to the game:

"The North came out of the pavilion first amid yells from the small boys and the plaudits of the seniors... The barrackers of course were wild with excitement. Players were urged to 'watch their men', 'play up' and a thousand other things, while soubriquets of favourite men such as 'Snowy', 'Dutchie,' &c, were vehemently yelled out.

"The play was rough. Needless so, and the ground being heavy there were some ugly tumbles and two or three slight injuries to some of the players. Houston and his men sustained their reputation but the afternoon ended in a draw of three to three."

It seems that "The captain's play was a feature of the afternoon, but some of his men were too much inclined to leave their places."

So-and-so played a fine game but "his performances were not up to those of the previous week"; another played well "though the ball did not seem to favour him as much as could be desired"; the example of the back player "could have been imitated with advantage by his colleagues". Another was "not the man of last week".

Apart from commendably blaming the umpire for North's loss, the *Advertiser* lapsed into some moralising that would not be unfamiliar today. First a denunciation of betting:

"Money was being laid pretty freely, and there were some gentlemen on the ground we fancy we have seen on the great



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.

race centreway behind the hill. Football excitement in this colony hardly needs the stimulus, one would think, of 'a trifle on', but this tendency among sporting communities has always existed. Only it must be remembered that if it is carried to excess, the game will be as perilous as some horsey pursuits."

And finally an assessment of the values of spectator sport:

"There is a good deal of food for a cynic's reflection at these weekly adorations of forty men kicking about a leather ball. Physical recreation is necessary certainly and the 'boys' are better running about and exercising their muscles than moping in pubs, but the absurd abandonment of some men of maturer years over the kicking of a goal is surely childish. Football is a game—and a fine manly one—but it is not the business of life or a people's destiny."

Lorna Hannan is chair of the Hotham History Project

YOUTH & EDUCATION

Singing soared to the skies on a magical day as St Al's turned 125

Jodie McLeod

St Aloysius College recently celebrated 125 years of educating young women.

On the last Sunday of April, the St Aloysius community past and present gathered to mark this special occasion. St Patrick's Cathedral was filled with 1500 people who shared their memories and reflected on the important role the College has played in their lives.

Many Sisters of Mercy, teaching staff, past and present students and their families filled the cathedral for this celebration. College principal John Davidson acknowledged the role the Sisters of Mercy have played in the formation and development of the College.

"For the past 125 years, women, just like those here today, have sought a Catholic education that is enriched by a knowledge and love of God, one that empowers them to be strong, resilient women, women who are able to take up any role or position in our world and yet are keenly aware of those who need our concern and help," Mr Davidson said.

"Our College motto, 'Strive for Higher Things', gives meaning to all we seek to achieve and continues to be born anew in each generation that becomes part of this great St Aloysius community and tradition," he added.

Three past principals, Sisters Helen Delaney, Frances Baker and Joan Thomas, joined with Mr Davidson to reflect on the many changes that have shaped the College in its 125-year history.

Long serving staff and current students presented a

range of material from the College archives, each item representing the changes and developments that have been made over the past 125 years.

Old uniforms, slate tablets and memorabilia were placed at the altar to signify the past. The current College banner was proudly presented alongside a banner from the 1930s, demonstrating St Aloysius' rich history.

The College choir filled the cathedral with beautiful hymns and prayers to mark the occasion. All who sat within the cathedral felt a quiet pride as we shared in the celebration and recalled our own memories of our association with the College.

Many past students joined in the celebration. A special acknowledgement was made of Mrs Elspeth Mary Norton, a St Aloysius student from 1919 to 1922. Mrs Norton was thrilled to return for this special occasion and fondly recalled her schooldays.

At the end of mass, many people moved to the College grounds in North Melbourne to enjoy afternoon tea and watch student performances. A selection of old photos and memorabilia was on display as everyone mingled happily and reminisced as they wandered through the buildings and grounds.

The College conducts an annual reunion for past students. This year's reunion, in our 125th year, will be particularly special. If you would like more information about the reunion or any future events for past students, please contact St Aloysius on 9329 0411 or visit www.aloysius.vic.edu.au.

Jodie McLeod is marketing manager at St Aloysius College



Singers Madison, Caitlan and Chloe in full voice in St Patrick's Cathedral



Musicians Priscilla, Madeline and Ellen at St Aloysius' 125th birthday party

Photos: National School Photography

A guest who is now one of us

Hiroimi Nishioka



Hiroimi is a happy Homestay guest

Photo: Jim Weatherill

My name is Hiroimi Nishioka and I am 21 years old. I have taken time away from my university studies in Japan, where I plan to be a secondary science teacher.

The first time I came to Australia was five years ago. My family had hosted an Australian secondary student from Geelong when I was in high school, so we came here to visit him and his family in their hometown. From that time in 2007 I've been interested in visiting Australia again, so it was very lucky that my university had a sister school in Melbourne. I was then able to come here on my third visit, this time as an exchange student.

I liked life here very much and I wanted to learn English, as well as much more about Australian culture.

My second visit to Melbourne was for one month. I stayed with a homestay family in Box Hill, where there were many things I'd never experienced. It was amazing for me.

At first, I remember being very nervous. Japanese people tend to hesitate before speaking, because they want to appear polite (I think that is part of Japanese culture), and I used to be like them, but now I often hear it said that we should tell people whatever we want to say to them, especially when we go abroad. This was continually in my mind and I kept trying to do that.

It may seem easy to readers but it was not so easy for me. Fortunately, my host family truly welcomed me and were very kind. They always made me feel comfortable and I even felt like a real member of their family. I'll never forget that life. Homestay life was

one of my precious experiences, because it gave me a real Aussie family life.

It was after my stay in 2009 that I absolutely decided to come back again, and 30 June will mark four months of my stay. On weekdays I go to language school in the city and will continue to do so for 12 months.

In my foreign life here, many surprises lay in wait for me. Firstly, about the people: whenever I happened to make eye contact with someone whom I didn't know, they would smile at me! People are very friendly here and they feel really free to talk to each other anywhere. That rarely happens in Japan.

In Japan, we use "honorific" words when we talk to elderly people or anyone we don't know very well. But English doesn't have those language constraints, so I feel closer to people.

Secondly, there are major differences with your public facilities. Your public transport is often late for its timetable. That surprises me, because Japanese transport is always punctual. It's rarely late, even by one minute!

The first time I went to a supermarket, I felt everything was SO big! It took time to get used to that.

There are also many beautiful parks and gardens here. We see people running, chatting, reading, whatever, and it makes me comfortable. In Japan, people basically work

in the afternoon, so we don't see people, especially during weekdays.

One day in Melbourne, I visited a primary school and the impression it gave me was of "freedom". Everyone was active and not shy in class, which is a great contrast with Japanese schoolrooms — it was completely different from my youth. Most Japanese students are quiet in class, merely listening to the teacher without speaking. I much prefer the Australian style of education.

Multiculturalism is a fantastic Melbourne feature. There are many people here from other countries, so I hear many different languages when I go out in the city. Sometimes I even feel as if I'm not in Australia.

There are also many international students where I study, so I can learn not only about Australian culture but also about other lifestyles. That is one of the reasons I like life here.

Of course, not everything is good. The biggest problem, I think, is my level of English skills. Often I can't explain exactly what I want to say in English. People who know me understand that I'm a foreigner trying to communicate what I want to say but

without the correct words. They often ask me "Sorry?" or "Pardon?" (especially when I go out of school). I feel I might make them angry or disgusted.

That makes me stressed and depressed and lose confidence in my ability. Sometimes I give up telling what I want to say or trying to understand what they say.

For example, one day when I moved to a new apartment, I noticed the gas was not connected to the burners on my stove, so I asked our building's maintenance man to repair it. After a few days, he came to my room to fix it, but I wasn't there! Thinking back now, the officer must have told me when he would come, but I couldn't understand completely.

I miss Japan and get homesick when I encounter these situations. Sometimes, when I'm alone, I worry about my future. What will this experience give me? And, I ask myself, what should I do now? But then I advise myself that only I can do it, that I must keep trying to use all my skills and not regret this time. I always remember this when I feel down.

Hiroimi Nishioka has been a Homestay guest with News stalwart Katrina Kincaide-Sharkey

Students show they have grand designs

Peter Murphy



Nathan Gomez works on his design project

Photo: Peter Murphy

An exciting design competition took place at Simonds Catholic College in West Melbourne recently. Called "So You Think You Can Design", it followed the format of popular reality TV shows such as *Master Chef* and *So You Think You Can Dance*.

After 20 year 11 boys auditioned to participate, five talented students were chosen to compete for the grand prize of an iPad2. This attractive award was sponsored jointly by Simonds and the Design and Technology Teachers' Association Victoria.

The contestants embraced all six design challenges and produced YouTube episodes, all of which are available online. Each challenge tested the skills that students must master in the VCE subject Product Design and Technology.

Each of the five students created design

briefs, mood boards, concept sketches, 3D computer models and a full-scale prototype of one of their designs. These prototypes ranged from phones to lighting to aids for the elderly.

Tommy Le is one of the Year 11 students who threw themselves into the project. "It was great fun and we learned a lot. The task was very practical and it was really satisfying when we came up with our final solution after all our work," he said.

A North Melbourne-based industrial design company, Cobalt Niche, judged the final element of the challenge. The company has won international success and has been responsible for the design of well-known products such as the "Keep Cup" and the green anchor grab handles on Yarra trams.

The five finalists presented their prototypes in the Cobalt Niche boardroom, and managing director Steve Martinuzzo gave valuable and encouraging feedback on their work. The students were so close on points at this final stage that Steve's final call decided the recipient of the coveted iPad2.

We hope the videos will be a valuable teaching tool for Product Design and Technology teachers across Australia. Training workshops have been created around the project to encourage teachers to take new and exciting directions in their classrooms.

The videos have had over 1500 views already, some from as far afield as the UK, USA, Germany and Hong Kong. Watch the whole series by searching for "So You Think You Can Design" or "Simonds Catholic College" on YouTube.

Peter Murphy is technology coordinator at Simonds Catholic College

My last year at primary school

Claudio Palmeri

I started with the thought of writing about my years in primary school, specifically my final year, grade 6, but as I started brainstorming and thinking about the challenges, the rewards and the exciting moments, the only word that came to mind that really had any impact was "appreciative".

In Australia, all children have the opportunity to learn to read and write, to be educated and given every possibility to reach their dreams. Do we sometime take this for granted?

Yes. Many days we go to school because we "have" to, and we fill in six and a half hours thinking of something else, not really realising that we have been given a privilege, an opportunity.

So how do I turn this around? How do I make the children of North Melbourne Primary School understand that school and everything it involves is exciting and

creates memories that live forever?

My campaign to make children appreciate what they have began with me, out of the blue, asking other students in the schoolyard, "What do you love about school?" The first reaction was rolled eyes and "are you serious?", until they really thought about it. Friends and teachers topped the list. Camps and specialist classes followed closely. So I changed my question to: "In 20 years what do you think will be the best memory of your time at primary school?"

The stories became more personal — of laughing madly with friends and teachers during a class, of walking home and getting a slurpee with friends, and suddenly school became the place where the memories were sweet and lasted forever.

Primary school has given me the opportunity to grow and the belief that I can reach my dreams. It has also given me the honour of being school captain at North Melbourne PS.

Claudio Palmeri is in grade 6 at North Melbourne PS

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A helping hand gives a lift



Brigitte (centre) helps Charlotte and Isabella cook up a storm
Photo: Jodie McLeod

Jodie McLeod

Students from local primary schools are joining St Aloysius College in a valuable learning experience through a learning centred partnerships program established at the College.

This program constitutes an opportunity to connect young learners to communities beyond the school and it provides collaborative learning for all students involved.

Grade 4 students from St Margaret's in Maribyrnong are working alongside senior students at St Aloysius each fortnight. Within the broader program they focus on activities in the areas of visual art and food technology/health and nutrition.

The program aims to foster rich learning

through engagement in the activities provided, increase students' confidence and self-expression, increase their emotional and social learning and develop their confidence as learners.

It is conducted over a full term, allowing the primary school children to participate in five sessions based at St Aloysius. The final session will allow the students to make a presentation to share their learning experience. All parents and teachers are invited to attend.

"This program provides an opportunity for our girls to build relationships with the students from local primary schools and to further develop life skills," says Anne Henderson, St Aloysius deputy principal.

"The students learn from one another and the senior students have the opportunity to share their knowledge and skills with the primary school children."

Jill Rogers, grade 4 teacher and ICT coordinator at St Margaret's, is especially enthusiastic about the benefits to children from her school as they face the potentially intimidating prospect of heading off to "big school" in a couple of years.

"The program is a great initiative in introducing the girls to subjects they will undertake in secondary school. It is a good opportunity for St Aloysius students to display their skills and to teach them to our girls. It is a valuable way of promoting the school and removing some of the natural apprehension among our girls of attending secondary school."

Throughout the year, children from St Joseph's in West Brunswick, Holy Rosary in Kensington and St Michael's in North Melbourne will also participate in the learning centred partnerships program.

Jodie McLeod is marketing manager at St Aloysius College

Hotham Stars shine brightly

Lee Kenny

Hotham Stars Homework Club has had a busy first half of the year. Students in grades 4, 5 and 6 from a number of North Melbourne primary schools have been working hard on their study skills.

Every Monday afternoon during school terms, the children join with a dedicated and talented team of volunteer tutors to tackle their homework.

They have the opportunity to improve their literacy and numeracy skills, practise their spoken English, and develop organisational skills that will make the transition to secondary school much smoother.

Volunteer tutors provide educational support and assistance and have many skills to offer the students. Our tutors range from retired teachers to university students

studying many disciplines including education, law, science, arts and commerce.

Tutors work one to one with students or in a small groups. This enables them to focus on areas that the students may be struggling in, or to provide challenges to improve their knowledge and skills.

Like the students, our tutors come from many different cultural backgrounds. They are wonderful role models and ensure that the children have fun while they are also improving their educational outcomes.

Hotham Stars Homework Club currently has vacancies for students in grades 4, 5 and 6. All children are welcome and there is no charge.

The homework club meets on Monday afternoons from 3.45 to 5.15 at St Alban's Church Hall on the corner of Melrose and Mark streets, North Melbourne.

Call in to the hall and meet me for a chat. Or phone me on 9326 8245 or 0409 849 877.

Lee Kenny is coordinator of Hotham Stars Homework Club



Tutor Jenny gives Radi a tasty treat of cupcakes and homework

Photo: Lee Kenny

Rain pelted down but it couldn't rein in all the fun of the fete with our mates



Zooming down the slippery slide is all part of the fun of the fair

Photo: Cath Bowtell

Cath Bowtell

It's possible that the North Melbourne Primary School twilight fete held back in March was the best Errol Street fete ever. We had all sorts of activities. First, we had rides (it rained), then games (it stopped raining), food (the rain returned), then bands (the rain stopped). We had it all — including rain.

The afternoon kicked off with the formal opening of the newest school building, The Flex, which is located on the southern side of the school.

Brendan O'Connor, Minister for Small Business and Minister for Housing and Homelessness, represented the Australian Government, which had provided the \$3.2 million to construct the building.

In brilliant sunshine (the rain hadn't started yet!), Mr O'Connor acknowledged the work of the school community, particularly the contribution of parent and architect John Rice, who had given a great deal of time to the project.

Then everyone moved to the northern side of the grounds for the start of the fete. And the rain bucketed down.

However, a 10-minute drenching wasn't

going to stop Errol Street students from having fun. Some energetic volunteers arrived with towels, everything was wiped down, and we were ready to go.

Yabbies were raced, sponges were thrown, the giant slide was slid, bands played, dancers danced, singers sang and friendships were confirmed.

By the end of the night, all the food was gone and we had raised over \$20,000 to maintain our wonderful kitchen garden.

The community development committee appreciates the support of the teachers at NMPS, all professional and caring educators, each of whom organised their students to run stalls involving cakes and cookies and crafty bits.

The committee thanks those businesses and community organisations that supported the fete by donating prizes, running stalls and promoting the day through their customers and networks.

And we thank the students, parents, former students, neighbours and community members who came along, spent a dollar or two and joined in the fun.

Cath Bowtell has a child at North Melbourne Primary School

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SPORT & HEALTH

Your palate will rate new vegies so make haste for a taste

Nancy Lane

How many serves of veg should you eat every day? Five for women and six for men, according to the new *Australian Guide to Healthy Eating* published by the National Health and Medical Research Council. Unfortunately, most Australians eat only half the number required for good health.

If your repertoire extends only to potatoes, tomatoes, onions, carrots and lettuce, meals can become boring and repetitive, which means you're likely to eat fewer serves. But the vegetable world is much wider and worth exploring.

Last term in the "Simple Steps to Better Health" class held at The Centre, participants extended their palates well beyond this range. On offer for sampling were okra, taro, kohlrabi, celeriac, swede, jicama, bitter melon, kang kong (or water morning glory), Chinese spinach, mustard greens and choy sum.

The aim of the course was to introduce more colour, flavour and texture into meals. Eating a wide variety of veg also increases the types of vitamins, minerals, antioxidants and other plant nutrients (called phytonutrients) in the diet — all good.

All of these "strange" vegetables are easy to prepare. They can be stir fried, steamed, baked, cooked in a microwave or eaten raw. For more exotic recipes, check out <www.taste.com.au> or <www.allrecipes.com.au>.

Okra is used in Indian and Cajun cooking. It is a bit "slimy" to eat, so select young, smaller ones. Bitter melon is also used in Indian dishes, as well as in Chinese. The name is accurate: it is bitter. A Nepalese friend taught me to slice it very thinly, then quickly fry it in oil with a teaspoon each of ground cumin, cumin seeds and turmeric, plus dried chilli to taste.

Taro is a staple of the Pacific islands. It is starchy, so can be substituted for potatoes. Eaten raw, it tastes a bit like coconut. Jicama is sold on the streets in Mexico as a snack: peeled, sliced, dipped in lemon or lime, then sprinkled with ground chilli. It is also used in Vietnamese cookery and adds crunch to a salad.

Kohlrabi is used in Indian cuisine, and it can be sliced raw to use as a vegetable "dipper" with hummus, salsa or other dips. Celeriac is good steamed, in soups, or grated raw and mixed with yogurt as a side salad.

Kang kong, Chinese spinach, mustard greens and choy sum are all Asian greens used in stir fries. A Thai friend showed me a very simple recipe: dice a couple of cloves of garlic, mix thoroughly with the chosen green, stir fry quickly at high heat until the



Nancy Lane shops at the Queen Vic for taro and jicama to tease the taste buds of her lucky course participants

Photo: John Cook

leaves start to wilt, add oyster or soy sauce, and serve immediately.

And this is just the beginning. Don't forget kumara, luffa, lotus root, brussels sprouts, wombok, eggplant, turnips, radish, zucchini, sweet potatoes, endive, and the numerous varieties of mushrooms. You may not have noticed them before, but all the vegetables listed in this article are available seasonally in the Queen Victoria markets.

Locally, the IGA offers baby corn, fennel, leeks, parsnips, swede, beetroot, shallots, Spanish onions, red cabbage, bean sprouts (mung, radish and garlic) and various types of mixed loose leaf lettuces. Foodworks has broccoli, cauliflower, snow peas, baby bok choy, rocket (also called arugula), asparagus and pre-packaged mixed salad greens.

So next time you go shopping, be adventurous. Look for vegetables that you've never tried before and give them a go. If you're interested in finding additional easy ways to become healthier, sign up for the next "Simple Steps to Better Health" course, starting on Thursday 26 July at The Centre (phone 9328 1126).

Nancy Lane takes the "Simple Steps to Better Health" course at The Centre

Let's be true blue and stay loyal Roo

Joseph Hess

All fans love it when their team wins, but they despair when it loses. Our local boys at North Melbourne have been up and down all season.

With the media circling and fans often unhappy, this is the time to stay true. Don't forget our glory years. We were so lucky to be gifted a footballer like Wayne Carey in the 1990s, and now we eagerly await the emergence of a star of his calibre. The good times will come again.

I am really saddened to hear North Melbourne supporters on talkback radio threaten to microwave their memberships. North needs its supporters and community to stay true, not to be fair-weather fans. Consistency will come. It just takes time.

North has always been known for its "shinboner spirit", but it seems to have forgotten it at times this season. We need to believe in the future. We have an almost full list of fit players, so it's time for the Kangaroos to start winning and to demonstrate the guts and determination of the great North sides of the past.

Glenn Archer, our "shinboner of the century", was famous for his toughness at the ball. We need a bit of "Arch's" mongrel now. Our young players need to stand up and be counted. Senior players like Andrew Swallow, Brent Harvey, Drew Petrie and Daniel Wells will always be contributors, but we need younger guys like Jack Ziebell, Ben Cunnington and Lachlan Hansen to lift.

The days of blue-and-white streamers waving in Errol Street are not so far away. Brad Scott and his coaching staff have built a team that can play football well; the next step is to do it consistently, week in and week out, on the big stage. Last year's 20-game players are now becoming 50-gamers and must contribute more.

Geelong took five years to build a team and provide their fans with an unforgettable dynasty. North is on the way to similar success.

By the way, I'm on *Bound For Glory* on SYN 90.7 FM every second Saturday morning, 10.00am to 11.00am. And yes, I'll be talking football!

Joseph Hess regularly writes about the Kangaroos for the News

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Chris Gregoriou

Spend a couple of weeks eating healthily and exercising, and you'll start to feel good. If you're lucky you'll lose a bit of body fat (it's generally fluid), but then the pendulum will swing and you'll go back to your old ways. In the long term, you'll probably put on more weight.

I'm against dieting for weight loss. It's not natural. It's a form of starvation and it puts your body under unnecessary stress.

Diets also slow your metabolism as your body reacts to fewer calories while maintaining your normal body functions. If you don't exercise and eat balanced meals, you can lose lean muscle mass as well as fat and water. It also takes more of an effort to exercise.

If you don't exercise and then neglect your diet, the weight will return even more quickly. Even worse, it will come back as fat rather than as the muscle you lost, with drastic results on your body shape.

I urge you to lose the diet and the diet mindset. Instead, put the focus on lifestyle. Think back to when you were eighteen. Were you more active? Did you eat more fresh and natural foods and less processed food?

We now have a lot more processed food readily available, and what might look natural has been altered to extend its shelf life. Be wary of added sugar and check the nutritional label on food. Pasta sauce can have 12 grams of sugar, a healthy sounding bottle of tea up to 50 grams..

Keeping sugar to less than 10 per cent of your total calories will go a long way towards managing your weight and health in the long term. An informative website is <www.sugarstacks.com> It shows at a glance just how much sugar is in various foods.

We also need to be more active. These days we are increasingly sedentary, while at the same time eating more calorie-dense foods. No wonder we put on weight.

To move more, we simply need to get out and go for a walk. Our activity needn't be intense — walking, biking or swimming is fine. Get your body moving most days of the week.

Combine activity with a healthy, fresh, balanced and calorie-controlled diet and you are well on your way. And do this for the rest of your life. Go for a walk tonight. What's stopping you?

Chris Gregoriou runs *MetroBody Health and Fitness*.



It's knees up all around during exercise in the park

Photo: Courtesy Chris Gregoriou.

Eat better, feel better, live better

Veenah Gunasegaran

The Gutsy Challenge is an annual event that encourages children to eat fruit and vegetables whilst raising funds for gastrointestinal (GI) cancer research.

"Twenty-six Australians die from GI cancer every day and 20,000 are being diagnosed with the disease every year. It occurs in many different organs and is the most common form of cancer," said Jacinta Walpole, marketing manager at the GI Cancer Institute.

The institute uses the challenge every year to raise awareness of this serious disease. It runs from March until the end of November. Children can participate by signing up online and asking friends and family to sponsor their efforts to eat two fruit and four vegetables a day for a week.

Money raised from the sponsorship goes towards GI cancer research and clinical trials undertaken by the Australasian Gastro-Intestinal Trials Group.

The kids won't be doing it all for nothing though. Aside from making a healthy change to their diet, there are also various prizes up for grabs once they have hit certain fund-

raising targets. Raise \$50 and they get a key ring, \$100 gets free movie tickets, and \$375 gets a portable DVD player.

It's a fun learning experience for the whole family; in fact, everyone can be involved. The whole family can take on this challenge, which not only means a healthier lifestyle but it will also motivate your child to follow through with their involvement.

Take the healthy eating initiative one step further by bringing the kids along to the Queen Victoria Market and teaching them the importance of fresh vegetables and fruits as a daily nutrition intake. Another option is to take them to your local farmers market.

The North Melbourne Farmers Market is on at North Melbourne Primary School (210 Errol Street, North Melbourne) every first Sunday of the month.

The Flemington Farmers Market is on every Sunday at the Mt Alexander Secondary College (169-175 Mt Alexander Road, Flemington).

For more information on *The Gutsy Challenge* and if you'd like to sign up, check out the website: www.gutsychallenge.com.

Veenah Gunasegaran is sport and health editor for the News

TRAVEL & FOOD

No Grace down a dark mine

Lakshmi Balakrishnan

My first impressions of Bendigo came from the vivid stories I heard from my housemate. The gold rush city was her home and she often talked about the wonderful places one could visit in this landmark city.

It was eventually the lure of the Grace Kelly: Style Icon exhibition at the Bendigo Art Gallery that made me take that long-planned trip. I must admit that Grace Kelly's haute couture gowns did enchant. But at the end of my full day trip, it was the world beneath this city's surface that left me truly mesmerised.

As one of Victoria's two biggest gold rush towns, Bendigo has attracted visitors for decades. Since the discovery of alluvial gold by Margaret Kennedy on the Ravenswood sheep run in 1851, countless people have made it their home. This city built on gold was one of the richest goldfields in the world and is today ranked seventh among the world's largest producers of gold.

But behind the glitter of this gold city is the story of countless brave miners. Men who would every day descend into the dark to work under the most severe conditions. What would it have been like to work in the dark, dirty and dangerous world of mining last century?

Well, that's exactly what a friend and I decided to find out. So straight out of the fashionable world of Grace Kelly's Hollywood, we went to experience the life of the miners. Our destination was the Central Deborah Gold Mine, which is run by the Bendigo Trust and has been conducting mining tours for over 25 years.

The friendly and informed tour guides here are a mine of information, and ensure a great time while you are underground. We wondered if the real workers had just as much fun when they were mining.

The Central Deborah Mine has three main tours to choose from. If you have the time and are daring enough to take a 228-metre

drop underground, take the Nine Levels of Darkness tour. This is the tour that gives you a hands-on experience of a miner's work.

You get to walk through mining tunnels, operate a mine-drilling machine and lunch like the miners. In all, the tour is almost five hours long and can be a great outing.

We were short on time and so took the 75-minute mine tour. We were welcomed with a quick snapshot of the mine we were about to visit. Once inside, we made our first stop to get our gear: our mining helmets with the light.

When you step inside the dark tunnels of a mine, you realise how this one light is going to be your biggest friend. As our guide informed us, in the early days of mining, candles were the only source of light. And each candle was as precious as the gold they were hunting.

One of the highlights of the tour was the vintage mining machinery. The heavy, noisy machines were enough to make one jump. Today, miners get the benefit of covering the noise using headgear that protects their ears. As our guide told us, mining isn't conducted today without the highest safety standards.

Of course, you also learn how to recognise real gold. After all, all that glitters is not gold. And the old miners knew that better than anyone.

Lakshmi Balakrishnan is travel and food editor for the News

QUICK FACTS

What Mining Tours
Where Central Deborah Gold Mine, Bendigo
How to get there Drive/bus/train
Total drive time 2 hours
Opening time Every day 9.00am-5.00pm (except Christmas Day)
Contact Details
Central Deborah Gold Mine Bendigo
76 Violet Street, Bendigo 3550
Tel: (03) 5443 8322 Fax: (03) 5441 7669



Lakshmi helps keep the rocks arrolling deep in the mine

Photo: Dion Griffiths

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ARTS & ENTERTAINMENT

Only the lonely know the deepest pain of the soul

Felicity Jack

"If you say I'm lonely or I'm having trouble with loneliness or heaven forbid if you say you're having trouble with chronic loneliness, you're really setting yourself up as an object of dismissal and scorn and shame."

This quote is from a recent ABC interview with Emily White, author of *Lonely: Learning to Live with Solitude*. The interview stimulated me to borrow the book from the library and here I am reviewing it, because I think it is an important, well written book, highly relevant to every one of us, lonely or not.

Emily's own life story is intertwined with research findings and observations. It examines the family influences which engendered her own predisposition to loneliness and the struggles she had to understand and come to grips with it.

She conducted phone interviews with around 20 people who reported feeling lonely, and examined a wide range of research and professional opinion. Her training was as a lawyer and her examination of the issue delves deeply.

Two separate quotes from the book display Emily's striking physical imagery.

"(Loneliness) felt ingrained into me, as though it were wound up in my blood and cells and veins."

"Depression really does feel like something hounding and snapping at you. It's as though you've been set upon by something vicious you can't see. ...What lonely people find themselves drowning in is absence."

Emily writes: "Feelings of belonging and social inclusion are as necessary as food, air and water for emotional, physical and mental health."

Loneliness can have an adaptive function by signalling the lack of social inclusion. She postulates: "As a species, humans are distinctly lacking in size, speed, and physical strength. We are, as one researcher happily told me, 'delicious bits of walking meat'. What's kept us safe over the millennia has been our tendency to form groups: we're simply safer in one than outside of one."

Lonely people have more ill health and die younger than the population at large. Research has demonstrated that loneliness, in itself, can lead to dementia, early death and physical illness.

Emily examines the phenomenon of loneliness in a social and historical context and quotes research that tracks an increase in loneliness over time. Recent technological advances have tended to accentuate people's experiences of loneliness.

She suggests that feelings of isolation do not sit well in a culture in which sociability is presented as easy to achieve: with internet dating, and social networking sites offering an abundance of connectedness, the problem of loneliness emerges as an individual failing. "What our culture has done is make lonely people see their own needs as problematic, when the real problem lies in our culture's diminishing ability to meet these needs."

Emily found that there is a distinction between situational loneliness – when a person suffers from dislocation, divorce or bereavement – and trait or chronic loneliness, when a person has either learnt or inherited feelings of isolation.

Because of the social stigma attached to loneliness, people with chronic loneliness can often be secretive and self-critical, which can make addressing the problem incredibly difficult. And it is chronic loneliness that is becoming recognised as an affliction and being seriously investigated by researchers and practitioners.

At the height of her loneliness, Emily recognised that her need was for intimacy and connection, not simply the company of others. It was for "someone at home with me, someone whose breath I'd hear as I sat reading, whose footfalls would sound in the hallway, whose voice would reach me from an adjoining room".

The book offers an optimistic conclusion, borne out in Emily's own story when she is ultimately, after a great struggle, able to establish a trusting, nurturing and loving relationship.

I found the book so interesting and stimulating that I suggested that the North Mel-



Two friendly hands reach out to ease the pain of loneliness

Photo: Felicity Jack

bourne Library use it as a title for one of their monthly book groups. But this suggestion has developed into what will be a more adventurous project. Read on!

North Melbourne Library and The Centre are jointly auspicing three discussions that will focus on the topic.

A discussion group will be held on 11 July at North Melbourne Library. It is open to the first 12 people who apply. Participants will discuss the concepts of loneliness and will be given a free copy of the book.

This group will meet for two more meetings at fortnightly intervals. The first will

discuss the book, the second will discuss what, if anything, can be done at a wider level within the North Melbourne community to look at loneliness in greater depth within a local context.

If you are interested, please contact Heather McKay at the North Melbourne Library. Phone her on 9658 9700. It is important that you commit to reading the book and to attending all three sessions.

Felicity Jack is an author and lives in North Melbourne

MANCUSO salon – spa

If you are in need of a bit of a pick-me-up, Mancuso is the place to go. This inner-city retreat allows clients to enjoy a range of services from haircuts and colours to facials, massage, manicures and body treatments.

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For further information visit www.mancuso.com.au

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Service and smile at bookshop

Felicity Jack

It's such a treat to be able to buy books again in North Melbourne. It's approximately 10 years since Errol Street Books closed its doors.

Although it was not there for long, that shop provided a valuable and much appreciated service. Now two local men, both named Chris, have bravely opened North Melbourne Books at 546 Queensberry Street, near the corner of Errol Street.

Chris Hubbard has lived in North Melbourne for 11 years. He has had 25 years experience in the book industry since starting his career at the iconic The Little Bookroom. He was working at Melbourne's much loved Reader's Feast when its parent company collapsed in 2010, and he took the bold decision to go into partnership and open an independent retail outlet.

Chris Saliba has lived in West Melbourne for the last 19 years. He has a career background in the financial services industry. He loves reading and writing, and enjoys writing book reviews and occasional freelance pieces.

They were encouraged to open a small, local bookstore that would appeal to the North Melbourne sensibility by the increase in population that has taken place over recent years, as well as North Melbourne's burgeoning cafe culture that brings people to the area.

While it is a small store, its books cover a wide range and are all carefully selected. The owners have tried to create a cosy, intimate environment where you can browse at leisure and soak in the great titles.

They also believe in the importance of taking time and care in answering customer



Chris Hubbard (left) and Chris Saliba

Photo: Felicity Jack

queries and providing a thoughtful and thorough customer service, which I personally experienced when I searched for a book published in England that was, unfortunately, not available in Australia.

They also sell a range of useful gifts including vintage games, cards, classic children's character plush toys, journals and mugs with literary themes.

My friends and acquaintances in the area are delighted by the new venture and wish it every success. My own experiences of the shop's friendly and helpful service, its wide range of books and its well-stocked children's section prove that it is well worth your patronage.

The shop is currently open every day, but the opening times will tend to vary according to demand. From Tuesday to Friday it is open from 11.00am to 6.00pm; Monday from 12pm to 6pm; Saturday from 10.00am to 4.00pm; and Sunday from 10.00am to 2.00pm.

For any changes to opening hours, check the bookshop's website: www.northmelbournebooks.com.au.

Felicity Jack is an author and lives in North Melbourne

Choir sings with Easter passion

Mary Rose Morgan

The Melbourne Bach Choir's Easter performances of J S Bach's sublime *St John Passion* attracted large audiences to St Mary Star of the Sea in West Melbourne.

Performers and audience members alike were thrilled to be able to hear such beautiful music in this superb venue. The church is both visually and acoustically ideal for this work which was written for the Passion Service at Good Friday Vespers in St Nicolas's Church in Leipzig in 1724.

Musicians from all over Australia joined the choir for the performances, including world renowned orchestral players and singers.

The choir's president, Dr Rosalynd Smith, is a North Melbourne resident and several of the choir's singers live in the local area.

Dorothea Baker, a student pianist, composer and singer who also likes to dabble in the visual arts, sang with the choir for the first time this year. Dorothea reported in her blog that performing the *St John Passion* was a transformative experience.

"The *St John Passion* is the most technically difficult thing I have ever sung. I sang parts of Bach's *Christmas Oratorio* with another choir last year, but much as I loved it, it just doesn't compare with the insane difficulty of the choruses in the *St John Passion*," she wrote.

"It's been amazing singing such beautiful music in such a great choir, and especially

under the direction of the wonderful Rick Prakhoff."

Dorothea's mother joined the choir's enthusiastic volunteer front-of-house team, all of whom worked extremely hard, probably far harder than they expected!

Melbourne's community fine music radio station, 3MBS, recorded the performance and broadcast it on Good Friday afternoon.

The Melbourne Bach Choir plans to perform again in November, the first time it has had two major performances in the one year. Choir members are very keen to sing again and over 100 people have asked to join in the next concert.

The choir is also committed to music education and has hosted three seminars on J S Bach's music. This year they were privileged to have Graham Abbott, conductor, music educator and ABC radio presenter, who spoke in his usual entertaining style about the *St John Passion* in Bach's world.

Graham was joined by art historian Dr John Gregory who gave a brilliant insight into the drama of the work drawing on images from the 6th century to modern times. John is a member of the choir and it's rumoured that he has actually seen all of the paintings included in his presentation.

The choir welcomes new members. Read about it on Facebook (Melbourne Bach Choir Inc) or visit the website: www.mbc.asn.au.

Mary Rose Morgan is a member of the Melbourne Bach Choir committee



Melbourne Bach Choir singers gather on the steps of St Mary Star of the Sea at Easter Photo: Jim Weatherill

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