

NW MN

NORTH & WEST MELBOURNE NEWS

ISSUE 146 SEPTEMBER 2009

THE NORTH & WEST MELBOURNE NEWS IS PRODUCED BY VOLUNTEERS AT THE CENTRE



**\$PRING
FLING 09**
fundraising week

UNWRAP the
best of North
and West
Melbourne.

Support your local
independent festival.

Be part of it.

7 days and nights

Monday 19 October –
Sunday 25 October 2009

www.springfling.org.au

Produced by



Supported by



The Centre: Connecting Community in North and West Melbourne Inc. 58 Errol Street North Melbourne 3051 Phone 03 9328 1126

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 31st 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. Its main funding is by way of a grant from Melbourne City Council. Other income derives from a limited quota of advertising, 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.

New advertisement sizes and rates to apply from December 2009 (see notice at top of page)

60 mm W x 92 mm H \$50 plus GST
124 mm W x 92 mm H \$100 plus GST
188 mm W x 92 mm H \$150 plus GST
252 mm W x 92 mm H \$200 plus GST
An additional charge of 25 per cent is made for advertisements that require designing

Community announcements free
For information phone 9329 1627

Volunteers

The *News* always 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.

News Coordinators: Jennifer Boyce and Tom Kramer

Production Coordinator: Allan Hood

Section Editors: Rachael Chan (History), Sodany Chea (Youth & Education), Janet Graham (Advertising and Noticeboard), Patricia Lew (Sport & Health), Kylie McShane (Arts & Entertainment), Shannon Newley (Travel & Food), Linden Smith (The Centre), Amanda Vandenberghe (Community), Alecia Wonsack (Politics & Environment)

Production team: Leni Dixon, Janet Graham, Rene Heeps, Allan Hood, Shannon Newley, Jim Weatherill

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Telephone: 9328 1126

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NEW ADVERTISEMENT SIZES AND RATES TO APPLY FROM DECEMBER 2009

Changes to funding arrangements for the *North and West Melbourne News* have resulted in the need for the *News* to become self-funding.

Your community newspaper, which has been published continuously for 31 years, formerly applied a limit to advertising, to ensure adequate space for contributions by local organisations and individuals. However, this quota will now be raised.

Previously-published advertisements

may retain their original format but the rates will increase by 10 per cent. New advertisements, and those that are redesigned, must conform with the new sizing specifications listed at right and will be subject to the revised rates.

We sincerely thank all our advertisers and look forward to continuing to work with you. Local business is a valued part of the North and West Melbourne community and your support is much appreciated.

NEW SIZES AND RATES

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

An additional charge of 25 per cent is made for advertisements that require designing

Help needed!

Discover houses and letterboxes in the most unlikely of places! Go for a walk with a purpose; volunteer to deliver the *North and West Melbourne News*.

The newspaper is published four times a year, and in general people manage to get their deliveries done within a couple of hours. I try to allocate delivery areas that are close to your home.

For more information please contact me at hmlewton@gmail.com

**LORT SMITH ANIMAL HOSPITAL
'Party for Strays'**

The Lort Smith's 2009 fundraising campaign raises awareness of the neglect and cruelty endured by unwanted and uncared-for pets.

Register online during September to be a 'Party Animal' and then throw a party, fundraise or both. Guests are asked to make a donation.

All proceeds go to the Lort Smith Animal Hospital to enable it to continue its vital work in the treatment and care of these animals and to place them in carefully chosen, loving homes.

Speak to the Lort Smith's Joni Tooth on 0428 972 216 to find out what sort of Party Animal you can become, or upload a Party Animal profile with photos of your pets and a personal party invitation.

www.partyforstrays.com

By bike to Port Melbourne

When: Sunday 8 November, 10.00am
Meet at: North Melbourne Station (Melway 43 C6)

We will ride to Footscray along the Capital City and Footscray Road bike paths, then along quiet streets to the Yarra punt at Spotswood. After crossing the river, we will ride to Beacon Cove for a coffee break. From here we will return to North Melbourne via the Port Melbourne light-rail trail and Docklands.

The total distance is about 20 kilometres and the ride is suitable for primary school children. Please bring money for the punt and for coffee.

For more details please contact me
Helen Lew Ton
hmlewton@gmail.com

Stella Maris**Free Concert of Sacred Music**

Friday 25 September 6.15pm

St Mary Star of the Sea Catholic Church
Corner Victoria & Howard streets, West Melbourne

St Mary's Schola

Directed by Jeremy Fletcher

Victoria: *Missa Ave Maris Stella*; Arcadelt: *Ave Maria*
Byrd: *Ave Verum*; Proulx: *Psalm 134*
Boellmann: *Suite Gothique*

Telephone 9328 3474 – www.sacredmusiccentre.com.au

North Melbourne Book Group 2009

Meets third Wednesday of every month at 7.30pm

16 September *Cloudstreet* by Tim Winton
21 October *Dear Fatty* by Dawn French
18 November *The Memory Room* by Christopher Koch
16 December *That'd Be Right/A man's got to have a hobby*
by William McInnes

Enquiries: please telephone Heather McKay at North Melbourne Library on 9658 9702 or email heamck@melbourne.vic.gov.au
North Melbourne Library, 66 Errol Street, North Melbourne

ATTENTION RECORD COLLECTORS!

The St Alban's Anglican Church Op Shop has a large range of LPs for sale. These include classical, country and western and '50s and '60s hits.

The shop is located at 55 Melrose Street and is open Tuesday to Saturday from 9.00am to 2.00pm. If you have any queries, please ring 9329 9885. Other items on sale are: books; baby, men's and women's clothes; shoes; kitchen items; and linen. Pop in and pick up a bargain!

USED STAMPS

Don't forget to drop your used postage stamps into The Centre at 58 Errol Street. This is another way to recycle and also provides much-needed funds for charities.

Marian Mooney

Celebrating Life Events

Your Marriage

The Funeral of a loved one

The Naming of your child

Personalised ceremonies, created with you

Ann Wilkinson – Civil Celebrant

0405 619 046

ann.wilkinson@internode.on.net

Member Civil Celebrants Graduate Association (Monash)



abbeyfield

Housing for Older People

**Supported Accommodation
North Melbourne**

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

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

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

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

Killer Queen of the North



the work of these emerging designers.”

Among the designers represented were Fine Cloth, Joolipa, Mint Slice Afternoons, Bryce Newton, Petticoat Conspiracy and Shotbolt.

Elyan Shotbolt from her eponymous company was rapt at being invited to take part. “I grew up in Coffs Harbour and, when looking for something else to do, discovered rock ‘n’ roll and swing dancing. I had sewn since I was seven, so I started creating dance costumes inspired by the fashion of the ‘40s and ‘50s. It wasn’t long before everyone wanted me to design and create for them.”

After completing her qualification at Newcastle TAFE, the demand for her brand was such that she started her own label.

“My label is about restoring elegance, and that fits so well with Thread Den and their vintage style. The concept for *Killer Queen* was great, the old theatre was perfect and the showcase was so much better than a parade.” Elyan was surprised by the quirky, fun nature of the show and felt that it gave the audience the chance to experience every garment from every angle, with lots of movement from the performer-models.

Rebecca Cookson from Petticoat Conspiracy provided the headwear for the show. She describes her

Melbourne Spring Fashion Week brings media, photographers, fashionistas and keen party-goers out of hibernation. The luscious fabrics, tiny bathers and fresh-faced models send the rest of us to the gym and spray-tan booths in readiness for spring and summer.



Not so with the *Killer Queen* showcase of emerging designer fashion, cleverly created by the team at North Melbourne’s Thread Den. Hot on the heels of last year’s ‘57 Chevy, once again they created a ‘killer’ of an event.

Held during Melbourne Spring Fashion Week at the Lithuanian Club in Errol Street, *Killer Queen* was an event that showcased designer fashion produced both locally and farther afield. A “decadent evening of couture, opera and dance” was promised and the audience wasn’t disappointed. Classical music filled the halls of the Lithuanian Club as the audience entered the grand old lady of the theatre.

Those expecting a classic fashion parade were surprised and then delighted, responding with cheers, clapping and laughter. Rather than being top models, these talented gen-Yers were actors, musicians, ballet dancers and circus performers.

The quirky performance brought out some of the darker side of the fashion industry, demonstrating that, although a truly professional company, Thread Den knows how not to take itself too seriously!

Local celebrity milliner Peter Jago attended and was thrilled with the calibre of the event. “I loved the show,” he said. “I didn’t know what to expect and was so thrilled with

millinery style as “compact, structured, streamlined and feminine”. Petticoat Conspiracy aims to emulate the ‘40s and ‘50s with classic shapes and attention to detail. Each headpiece is “a little piece of art”.

Rebecca, too, was thrilled to be part of the showcase: “Even my partner, a red-blooded, heterosexual male with no interest in fashion, thought the event was ingenious. It was an interesting approach to create a theatrical piece with real women in real clothes that anyone could wear. It made fashion fun and approachable for a change!”

Di Schmidtke



THE CENTRE

Change is in the air

The team at The Centre are busy creating new opportunities and strengthening our programs and services for the thousands of people who contribute to and benefit from them. Thank you for the tremendous support we have received from local organisations, groups and individuals, particularly all the volunteers who make our programs possible.

Close to 300 volunteers are currently supporting The Centre’s programs and services.

We are thrilled about the success of the *Breakfast* events. The first event was a sell-out, so book through The Centre now to secure your place at the breakfast table. The guest speaker is well-known local identity Christine Nixon. It’s on 14 October 2009.

We are excited about Spring Fling 2009 Fundraising Week scheduled for 19–25 October. For more information visit www.springfling.org.au.

Stay tuned for our new website, www.centre.org.au, due to be launched at The Centre’s Annual General Meeting on 22 October at 5.00pm.

Watch for details of the after-party, which will give budding local artists the opportunity to *Unwrap* their skills at the microphone!

With the arrival of spring there is wonderful change in the air at **The Centre**.



Four times a year over 60 people give their time to write, edit, proof, photograph, design, lay out, package and distribute the North and West Melbourne News.



Over 60 volunteers tutor one or two evenings a week to help students from ages 8 to 16 get their homework done as part of our Global Homework Program.

Drop in and be part of it

SPRING FLING 2009

fundraising week

Fundraising Week

19–25 October



Invitation

**The Centre
Annual General Meeting
and After Party**

@ the Australian Legion building
rear of The Centre
Thursday 22 October 2009
from 5.00pm to 8.30pm

Guest Speakers:
James Demetriou
Executive Director
Learning and Life Centre
North Melbourne Football Club

Councillor Brian Shanahan
City of Melbourne

RSVP essential by 15 October 2009

e: admin@centre.org.au
t: (03) 9328 1126

Soup's up!

Earlier this month, The Centre's own master chef, Ainslee Smith, created a soup-and-roll event to help fund community bus trips.

The day was a grand success and the whole community really got behind the event. Ainslee whipped up three delicious choices of soup: traditional Sicilian minestrone; Thai pumpkin and sweet potato; and home-style chicken with lentils and vegetables. Every serve came with a bread roll and a choice of parmesan cheese, sour cream or homemade coriander pesto. To encourage environmental sustainability, anyone who brought their own cup or bowl was given a \$1 discount.

Many people ate here with us at The Centre. Takeaway soup was delivered up and down Errol Street and the neighbouring streets, with some workplaces ordering enough to go around the whole team.

It was great to see the level of excitement created by the day, and the way businesses and individuals got involved. The day raised over \$1000 (including a \$200 donation



Ainslee working up a storm in the kitchen

Photo: Jim Weatherill

from the Rotary Club of North Melbourne) — thanks!

These funds will enable local people who may be experiencing isolation to get out and about for a day to visit Healesville Sanctuary and do many other activities. The Centre would like to extend a great big thank-you to volunteers who helped out on the day, chopping, stirring, serving and delivering.

We would also like to thank Bakers Delight for donating delicious fresh bread rolls, Omar's Fruit and Veggie Shop at the Laverton Market for donating all the vegetables and IGA North Melbourne for donating all the other things we needed on the day.

A clear sense of community spirit was evident and from all reports the soup was a hit!

The Centre's Community Forum An event not to be missed!

This is a night for anyone who loves the North Melbourne community or the North Melbourne Football Club.

Come along for a great night and a great opportunity to hear John Murphy, the Kangaroos' public and community relations officer, speak about club comings and goings, and James Demetriou, executive director of the Learning and Life Centre, discuss the progress of this exciting new Arden Street facility.

Completion of the project is drawing closer and the Learning and Life Centre is set to create a unique and rewarding community/sports club relationship. The venture will include access to meeting rooms, a theatre, an indoor sports stadium and an educational facility known as the Learning Centre. Be the first to get the lowdown on this groundbreaking project.

Join us at the North Melbourne Library on Tuesday 22 September from 5.30pm to find out what all the fuss is about.

Wrap up 2009 with one of the courses on offer at The Centre

Low-cost, basic computer classes starting soon at The Centre

Never used a computer before?

The Centre will be starting low-cost computer classes soon, to teach you basic skills such as how to use the internet and Microsoft Word or how to create spreadsheets. If you are a concession card holder and would like to join the group, please register your interest with The Centre on (03) 9328 1126 or drop into 58 Errol Street, North Melbourne. Get in fast or you might miss out; places are limited.

Anxiety: Regaining Control Carmen Beaumont

Where: The Centre
Cost: \$240
Wednesday 7 October – 25 November
8 sessions
7.00pm – 8.30pm
Medicare rebate of \$160 available with doctor's referral

Brickworks AFI Sally O'Dwyer

Where: The Centre
Cost: \$4 per session
Monday 5 October – 23 November
8 sessions
1.00pm – 3.00pm

Calligraphy

Stephen Wright
Where: The Centre
Cost: \$121 or \$110 concession
Tuesday 6 October – 15 December*

10 sessions
7.30pm – 9.30pm
**There will be no class on Melbourne Cup Day, 3 November.*

Congolese Soukous Dance Passi Jo

Where: The Centre
Cost: \$120 or \$16 per class
Saturday 24 October – 12 December
8 sessions
1.00pm – 2.00pm

Community Forum

Where: North Melbourne Library, 66 Errol Street, North Melbourne
Cost: Free
Tuesday 22 September 1 session
5.30pm – 7.30pm

Complete Computer Package — Intermediate**

Where: North Melbourne Library, 66 Errol Street, North Melbourne
Cost: \$80 concession
Thursday 8 October – 10 December
10 sessions
9.30am – 12.30pm
****ACFE FUNDED**

Creating Inspired Kids

Davia McMillan
Where: The Centre
Cost: \$55
Tuesday 6 October – 15 December*
10 sessions
3.45pm – 5.15pm
**There will be no class on Melbourne Cup Day, 3 November.*

eBay Tricks from a Woman Who Knows

Nada Borevec
Where: The Centre
Cost: \$97 or \$88 concession
Monday 5 October – 26 October
4 sessions
7.00pm – 8.30pm
Basic internet and digital photography knowledge required

Experiencing English**

Where: The Centre
Cost: \$8 per session
Friday 9 October – 11 December
10 sessions
10.00am – 12.00 noon
****ACFE FUNDED**

Fancy Becoming a Freelancer?

Amy McDonald
Where: The Centre
Cost: \$100 or \$90 concession
Wednesday 28 October – 18 November
4 sessions
7.00pm – 9.00pm

Holyoake Drumbeat Program

Andrew McSweeney
Where: Living Music, 53 Little Baillie Street, North Melbourne

Cost: \$55 concession
Thursday 8 October – 10 December
10 sessions
4.00pm – 5.00pm

Introduction to Picture Framing

Diana Francavilla
Where: The Centre
Cost: \$149 includes lunch, tea and coffee
Wednesday 23 September 1 session
9.30am – 4.00pm
Wednesday 18 November 1 session
9.30am – 4.00pm

Make Your Own Mini-garden (new) North Melbourne Sustainability Street

Where: Mark Street Community Garden, Mark Street, North Melbourne (behind St Alban's Church)
Cost: Free
Saturday 7 November
1 session
2.00pm – 3.00pm

Make Your Office a Day Spa! (new) Amy McDonald

Where: The Centre
Cost: \$65 or \$59 concession
Saturday 17 October 1 session
10.00am – 1.00pm

Monthly Stress Management Group Carmen Beaumont

Where: The Centre
Cost: \$5 per session
Thursday 3 September and 1 October
2 sessions
7.00pm – 8.00pm

Pregnancy and Gentle Birth Choices (new) Dr Lisa Smycz

Where: Errol Street Chiropractic, 222 Errol Street, North Melbourne
Cost: \$96
Wednesday 14 October – 28 October
3 sessions
7.00pm – 8.30pm

Writing to Rhythm Andrew McSweeney

Where: Living Music, 53 Little Baillie Street, North Melbourne
Cost: \$55 concession
Wednesday 7 October – 25 November
8 sessions
4.30pm – 6.30pm

Yoga for the Primary School Child Shyamala Benakovic

Where: The Centre
Cost: \$66
Thursday 8 October – 12 November
6 sessions
4.00pm – 5.00pm

Centre Adventures

Ainslee Smith
See The Centre's shopfront window for the latest Adventure and forthcoming treats.

Globe Trotting Lunches

Where: The Centre
Cost: \$15 per lunch
Wednesday 30 September, 28 October and 25 November
12.30pm – 2.30pm
3 sessions
Bookings with payment required one week before scheduled date. Ticket required for entry.

Shared Adventures

Where: The Centre
Cost: \$5 per adventure
The first and third Tuesday of every month from 7 July to 8 December
2.00pm – 3.30pm

Global Homework Program

Homework Club: Years 4–6

Where: North Melbourne Library, 66 Errol Street, North Melbourne
Cost: Free
Wednesday 7 October – 9 December
10 sessions
4.00pm – 6.00pm

Homework Club: Transitional Years 6–8

Where: North Melbourne Library, 66 Errol Street, North Melbourne
Cost: Free
Tuesday 6 October – 8 December
10 sessions
4.00pm – 6.00pm

Homework Club: Years 9–10, (new) Years 11–12

Where: North Melbourne Library, 66 Errol Street, North Melbourne
Cost: Free
Tuesday 6 October – 8 December
10 sessions
4.00pm – 6.00pm

Soul-shakin' dance in North Melbourne!

Why not get creative? Join the Congo line and dance your way to health and wellbeing!

In keeping with its ethos of community connectedness, The Centre will be offering Congolese dance classes in term 4. The dance style is known as 'soukous' and will be taught by internationally acclaimed Congolese singer and choreographer Passi Jo, known locally for fronting his award-winning African dance band Warako Musica.

Passi Jo was born in Kinshasa, the Democratic Republic of the Congo (formerly Belgian Congo, later Zaire), but began his artistic career in Congo-Brazzaville (French Congo). He is a descendant of the Balari Troubadours who hail from the Bakongo region in the south, and who travelled from village to village singing about daily life — everything from births and marriages to funerals and rites-of-passage ceremonies.

He has spent his life playing music and choreographing dance routines professionally in Africa, Europe, the Americas and now Australia.

In 1998, he formed his current band, Warako Musica, which has enthralled audiences around Australia with its uplifting music and expressive dance moves. Warako Musica won the award for Best Live World Music Act at the Australian Music Awards held in Melbourne in 2000.

The term 'soukous' comes from the French word *secouer*, meaning 'to shake'. And shake is all you want to do when you hear soukous music! This musical style and its accompanying dance are contemporary derivatives of the traditional Congolese rumba, which is slower in tempo.

Interestingly, like Passi Jo, the language used to describe Congolese dance and music

has travelled a much older journey around the world. The word 'rumba' comes from the Congolese word *nkumba*, which means 'navel' — 'cord d'argent' or 'umbilical cord' — translating to 'waist' in the Kikongo dialect which is Passi Jo's traditional language. It also refers to a form of sensual social dancing that joined couples from the waist.

With the slave trade, the word, the dance and the music travelled from the coast of Central Africa to the Caribbean island of Cuba. *Nkumba* was later graced with the Spanish rolling 'r' sound, becoming known as *rumba*. The associated rhythms and songs have survived and been passed down through many generations. The Congo can definitely be known as the 'heart of dance' as well as the 'heart of darkness'.

Congolese music has probably had a bigger cumulative effect on Western dance floors than any other style of African music. Its gentle but lively rhythms inspire dancing that embodies both sensuality and elegance, animating dancers of all ages and social classes.

So if, after this introduction to the man and his magical rhythm, you are feeling inspired, why not indulge in some fun, interactive, entertaining exercise while at the same time enjoying a new cultural experience?

Pam Kleemann

Passi Jo shows off his dance style in the backstreets of North Melbourne

Photo: Pam Kleemann



Construction begins on Melbourne North Police Station

As a local resident, as well as a member of the government, I am very proud to announce that construction has begun on the new \$23.9 million Melbourne North Police Station.

The Brumby Labor Government continues to deliver on its election promise of a well-resourced police force with modern police stations, helping police serve the community and fight crime together.

The new Melbourne North Police Station will do even more to keep the inner-city suburbs safe through continuing to keep crime levels low. Construction has started in Wreckyn Street, and the station is

expected to be completed by August 2010.

The facility has been designed to accommodate a capacity of up to 102 personnel from the Uniform Branch, Criminal Investigation Unit, Traffic Management Unit, the Police Service Area (PSA) Inspector and station administration.

Furthermore, significant ecological initiatives have been included in the design, such as energy-saving electrical and mechanical systems and rainwater harvesting facilities for irrigation and toilet flushing.

The Brumby Labor Government has committed more than \$400 million to

building and refurbishing more than 150 police stations and residences as part of its biggest ever construction program. The current Victoria Police budget is \$1.89 billion — the largest budget ever for police in this state. This commitment continues the delivery of 350 additional police, building on the 1400 extra police the State Labor Government has added since 1999.

The Brumby Labor Government has made record investments in police and will continue to fund Victoria Police to help make Victoria even safer.

There are now more police on the beat in Victoria than ever before, with more

than 13,600 staff and 334 police stations across Victoria, including 120 additional new police recruited specifically to tackle antisocial behaviour and alcohol-fuelled violence.

Our focus is on delivering services for the community, and the new Melbourne North Police Station is an integral part of that. I congratulate all those involved and know it will be of great benefit in ensuring safety in the local and broader community.

*Bronwyn Pike MP
State Member for Melbourne*



From left: Senior Sargeant Frank Sells, Bronwyn Pike MP and Acting Superintendent Paul Pottage at the recent site inspection
Photo: Anthony Leong

Bronwyn Pike
STATE MEMBER FOR MELBOURNE

New Electorate Office: 146-148 Peel Street, North Melbourne, 3051
Phone: 9328 4637 Fax: 9326 8747 Web: www.bronwynpike.com



North & West Melbourne Association

Review of the Planning Scheme

At the Residents 3000 meeting held on Thursday 18 June, Councillor Peter Clarke spoke about the Review of the Planning Scheme. This will be undertaken over the next four years and is intended to last for the following 20 years. It will cover major areas including

- sustainability provisions: building energy, water efficiency, waste and recycling;
- population growth;
- affordable housing through planning provisions;
- preparation of the Southbank Structure Plan;
- development and implementation of a Student Housing Policy;
- integration of Southbank and Docklands; and
- differences between state-controlled and city-controlled buildings.

Councillor Clarke discussed contextual factors such as the current high frequency of planning applications for modifications to rooftops for use, particularly by restaurants and pubs (and attendant concerns over noise), the increasing/changing use of laneways, and other issues including climate change and energy use.

The question of mixed-use zoning was canvassed, including whether Melbourne will have industry accessible to the city and, if so, where. Port Melbourne was mentioned, with its large tracts of vacant land.

Councillor Clarke opposes opening the whole of Swanston Street for practical reasons and suggests instead that Swanston remain closed between Collins and Little Bourke, and that Bourke be closed between Swanston and Russell.

In response to a question, Councillor Clarke indicated that development assessment committees could work well for large (more than 25,000 square metres) city projects, as does a similar system in Sydney, whilst acknowledging the need for transparency and clear avenues of appeal.

The review will encompass a range of studies, with broad community opinion sought as part of the consultation process. Review reference papers are to be published early, inviting community feedback as part of the process before drafts are written.

It is expected that the review will conclude in 2013. On completion, council will report the findings to the Planning Minister, in line with legislative requirements.

'The Citizen's Perspective' — Professor Miles Lewis

In the context of the Review of the Planning Scheme, the Association would like to draw attention to this paper. Professor Lewis is a member of the University of Melbourne's Faculty of Architecture, Building and Planning and a former member of VCAT. Here is an excerpt — the full paper can be found through our website at www.nwma.org.au/.

“The citizen's perspective is simple. The planning system is seen as biased against the citizen. And this perception is correct. It is biased because

- all government bodies assume that growth is desirable and/or inevitable, whereas citizens mainly want to defend the status quo;
- all planners assume that the role of planning is to manage and generally to facilitate development;
- local governments assume that they should plan for their future inhabitants, not their present constituents;
- VCAT thinks it should develop planning policy, rather than oversee its correct application; and
- the whole system is complex and expensive, and favours professionals at the expense of the ordinary citizen.”

North Melbourne Station redevelopment

Work continues on this major project, which is due for completion in October. The Association's interest involves the interface between the station and the development controls in the immediate vicinity, as well as the planning controls in the West Melbourne Structure Plan — including implications for the height limits and local commercial hub.

On completion of the station, Railway Place in the immediate vicinity will be closed to all but emergency vehicles. It will thus become a pedestrian precinct. The 401 bus will have three parking bays with weather protection at the new Dryburgh Street exit. It is hoped that over time there will be commercial activities in the station precinct to improve the amenity for both local residents and commuters.

Readers may recall the Association's concern about the Connex proposal to close off public access to the footbridge across the railway lines behind the station. It should be noted that, once the new station is complete, access to the footbridge will be possible without intruding on the ticketing area of the station.

The Association is continuing to argue that the footbridge provides a sensible, safe and time-effective means of linking our community with Docklands and the Capital City Trail.

The Lord Mayor is supportive and has asked Professor Rob Adams AM, director of design and urban environment at the council, to investigate the requirements of the Department of Transport for the footbridge to remain a public thoroughfare.

To date, the Department of Transport has refused to alter its total opposition to public access and to indicate conditions that could satisfy both parties.

In recent weeks a cyclist, who is a regular user of the footbridge, was apprehended by traffic police, accused of trespass and cautioned. Our active local bicycle users group, frequent users of the footbridge, has met with our local MP, the Hon Bronwyn Pike, to seek support for its cause.

In the meantime, some pedestrians and cyclists continue to use the footbridge, but others have decided to use the Dynon Road footpath or Arden Street, even though these heavily trafficked alternatives are dangerous.

Earlier this year, a Connex spokesman suggested that barriers could be built on the Dynon Road overpass to make it a safer access to the Capital City Trail. Local residents are considering mounting a protest during the opening ceremonies for the station.

Coalition of Residents and Business Associations (CoRBA)

CoRBA continues to advocate for attendance rather than postal voting in council elections. On 11 August, the council's Finance and Governance Committee voted down a motion to implement attendance voting at the next council election, then passed a second motion seeking more information on what variations are possible.

The Association supports the promotion of attendance voting and together with CoRBA will work on strategies and options for future elections.

Social activities

The Association's first social event for 2009 was exceedingly well attended, if not over-subscribed. Held at Libertine, the French Dining Room, Victoria Street, on 16 June, this midwinter social event evolved into a joyous pre-Bastille Day celebration.

Our next social event will be at Tong Kin Restaurant in Victoria Street, North Melbourne, which takes its name from the northern region of Vietnam, noted for its fusion cuisine. This event will also contribute funds towards the Association's Spring Fling activities for 2010.

Next two NWMA monthly meetings

Wednesday 16 September and 21 October, 7.30pm, in the meeting room, first floor, North Melbourne Library, 66 Errol Street.

www.nwma.org.au

Your Specialist in all Leather Repairs



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North and West Melbourne Association members enjoying dinner at Libertine on 16 June

Photo: Alba Gatto

North Melbourne Legal Service expands outreach services

It is well known that not all legal issues can be addressed by attending an appointment in an office. Sometimes it is more effective and less threatening to have community lawyers hold consultations at other locations. In addition, people can also often present with a series of compound issues, blurring the boundaries between what is considered legal and non-legal for different cultural and social groups.

What this means is that some people may not seek out legal advice because they do not realise that their issue has legal consequences. As a result, the North Melbourne Legal Service (NMLS) runs several legal outreach clinics in the local community in an attempt to address this less visible but equally important legal need.

Along with the existing drop-in services which run at the NMLS every Tuesday evening, and newly, on Friday afternoons, the NMLS also runs outreach services at Ozanam Community Centre and at the Royal Women's Hospital.

The longstanding outreach at Ozanam caters for people who may be homeless, or at risk of homelessness, and deals with legal issues such as infringements and fines for people who often have mental health or other conditions.

The outreach at the Royal Women's Hospital, which is a new pilot project, caters for the legal needs of women — from wills to domestic violence — and operates on a referral system whereby the hospital refers women it identifies with legal need to the NMLS's outreach. Along with the outreach

service at the hospital, the NMLS intends to run community legal education sessions at the hospital on topics such as domestic violence and child protection.

The NMLS is committed to the ongoing delivery of these valuable outreach services and values feedback, ideas and input from the community. We are your local community legal service!

*Sandra Wendlandt, Project Officer
Community Legal Education
Email: sandra_wendlandt@clc.net.au
Tel: 03 9328 1885*

The NMLS's outreach times
Ozanam Community Centre outreach:
Wednesday 11.30am – 1.00pm at
268 Abbotsford Street,
North Melbourne
Royal Women's Hospital outreach:
Tuesday 9.00am – 1.00pm
by appointment at the
Royal Women's Hospital, Parkville

The NMLS's drop-in services
Tuesday evening from 6.30pm at the
NMLS's premises:
504 Victoria Street, North Melbourne
NEW! Friday afternoon
1.00pm – 2.00pm at the NMLS's
premises:
504 Victoria Street, North Melbourne

The NMLS has also launched a new
website: www.nmls.org.au

North Melbourne Legal Service celebrates its 30th birthday

Since its establishment in 1979, the North Melbourne Legal Service (NMLS) has been committed to providing high-quality, free legal advice to individuals who live, work or study in the local area.

For almost 30 years, devoted staff, volunteers and members of the organisation have worked tirelessly to reduce the unmet legal needs of the community. Despite limited funding, the NMLS continues to strive to make a valuable contribution to the local community by reaching out to disadvantaged and vulnerable individuals.

Each year, the NMLS takes on board a multitude of cases. This is made possible by the continuing efforts of a dedicated team of volunteers who generously offer their time to help the NMLS function effectively as a community-focused organisation committed to promoting social justice for all.

More recently, the NMLS has

been designing a series of community legal education sessions which target the specific legal needs of the culturally and linguistically diverse (CALD) community.

As a community organisation, the service represents a truly diverse client base and seeks to promote legal awareness and develop law reform opportunities for the wider community.

This year marks the 30th year of the NMLS working with the local community to achieve social justice. On Friday 25 September NMLS will hold its 30th birthday celebrations at the Meat Market conference room, 5 Blackwood Street, North Melbourne, from 5.30pm. All members of the community are invited to come together to support the work and many achievements of the NMLS.

*Janet Tan, student volunteer
North Melbourne Legal Service*

Music for Mia Mia Fire Brigade

On 20 June, several groups from Melbourne's vibrant music community gathered at the Clocktower Centre in Moonee Ponds to raise funds in support of the Mia Mia Fire Brigade. The sell-out performance raised over \$7700 to help the residents of Mia Mia purchase a second fire tanker.

A small community on the Heathcote-Kyneton road, Mia Mia's only fire tanker was deployed every day for three weeks during the Black Saturday fires. As it was often in neighbouring areas, the town's farms and houses remained at risk. A second tanker will provide security for these assets and peace of mind for the residents.

The concert featured a diverse range of choral and instrumental music, from jazz to gospel and folk to contemporary.

The first half of the performance featured Chicks with Picks, a women's guitar group specialising in acoustic folk and country music, the Soufflé Sisters community choir, which performed traditional and gospel music, and the Anthony Williams Jazz Combo.

The second half opened with a combined performance from North Melbourne's own Errol's Angels and the Brunswick Rogues,

both a-cappella community choirs. The delightfully eclectic Melbourne Ukulele Collective followed, and the renowned Brunswick Women's Choir was the concluding act.

A combined performance of 'From little things big things grow' was both a stirring finale and an apt metaphor for the outpouring of community response to the tragic events of 7 February.

The performance was attended by the State Member for Essendon, Judy Maddigan, who praised the efforts of the Country Fire Authority in her opening address and her later remarks in Parliament. She also praised the concert organisers, Paula Curotte, director of the Soufflé Sisters, and Emily Hayes, director of both Errol's Angels and the Brunswick Rogues.

Captain Anthony Ryan spoke with emotion about the fires and their impact on the Mia Mia community and the difference a second tanker would make.

The funds were formally presented to the Mia Mia Fire Brigade on 22 August, in a community event attended by some of the performers.

Louise Gillespie

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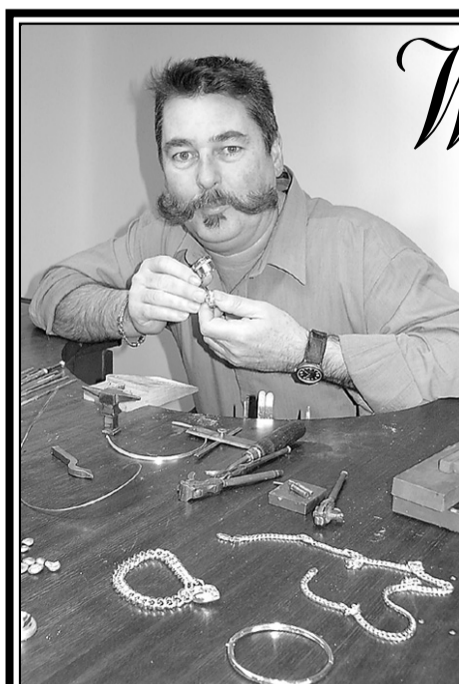
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Bowls club celebrates 143 years

The City of Melbourne and the City of Melbourne Bowls Club share a name and a deep history



The City of Melbourne Bowls Club celebrated its 143rd anniversary on 18 August



Malcolm Hoyo conducted a traditional smoking ceremony

Photos: Wal Nankervis

On Tuesday 18 August the City of Melbourne Bowls Club held a cocktail party to celebrate the 143rd anniversary of the club's founding and its first birthday in the new clubhouse in the Flagstaff Gardens.

Current and former councillors, council staff and representatives of local community associations, as well as club members, converged on the stunning building, which looks even more spectacular when lit up at night. All signed the club's 'special occasion'

visitors' book. This was purchased in 1954 to commemorate the royal visit and displays a photograph of the Queen and Prince Philip from that year, explained in beautiful copperplate script, on the inside front cover.

Guests were welcomed to country by Auntie Di Kerr, a Wurundjeri elder, and were then privileged to be part of a smoking ceremony conducted by her son-in-law, Malcolm Hoyo.

Students from William Angliss, as a live project for their studies, planned

and organised much of the event and welcomed and served guests on the night. The delicious Middle Eastern, African and Asian food came from Asylum Seeker Resource Centre Catering.

Club chairman Simon Whatmore delivered a fascinating speech that included little-known highlights of the club's history and its close links with the City of Melbourne council.

The club was founded 143 years ago, on 18 August 1866, and its first president, Sir Charles McMahon, was also the Victorian MLA for West Melbourne. Since then, club members have included mayors, councillors, parliamentarians, civic leaders and many others, contributing positively to the social and sporting fabric of the city.

The City of Melbourne and the City of Melbourne Bowls Club share a name, a deep history and many stories.

One of the most fascinating stories is that of Samuel Amess, a founding member of the club, its second president and the foundation president of the Victorian Bowls Association in 1880. Amess was a builder who contributed a number of landmark structures to the city, including the Old Treasury, the Old Exchange Building, Customs House and Kew Cottages.

In 1870 he was also the Lord Mayor of Melbourne and presided over the opening of the centrepiece of the City of Melbourne, the Town Hall, on

9 July of that year. His name is displayed prominently on the foundation stone.

At the Melbourne Town Hall's opening function, 4500 people attended a fancy-dress ball, dined on boars' heads and suckling pigs and were entertained by the performance of a specially commissioned cantata backed by an organist — certainly one of the most extravagant parties in Melbourne's history.

It is little known that Amess organised and paid for the entire event from his personal funds. Asked about his generosity, he described "sparing the corporable funds" as a "simple act of duty".

The bowls club celebration on 18 August 2009 may have been far less grand, but there was the satisfying buzz of guests enjoying themselves as they discussed the running vision of historical photographs and memorabilia presented on screen, found out more about bowls, reconnected with old friends and made new ones.

If you haven't been inside the new clubhouse yet, it's time you visited. Things are getting steadily busier, with the pennant season commencing in October, practice games starting in September, a growing number of local events and the ever-in-demand Christmas functions. Come and be part of it.

Madeleine Scully

Find out more at <http://citybowls.org>

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14 OCTOBER 09**

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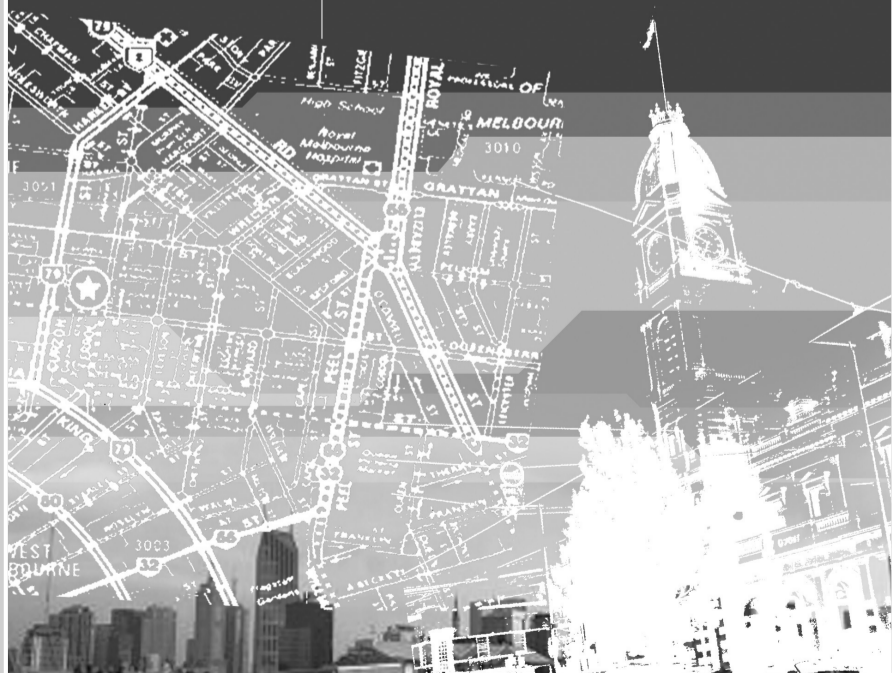
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Meeting up 21st century style

Meetup is the world's largest online-based networking site for local groups from around the world. It provides a way to get involved in activities you enjoy and meet like-minded people with similar interests. Its mission is to revitalise the local community and help people around the world self-organise.

Examples of North Melbourne-based groups are The Melbourne Cycling Meetup Group, which meets the last Saturday of every month for a leisurely bike ride. Various pick-up points include starts in Maribyrnong and finishes at the Belgian Beer Cafe in St Kilda Road for a waffle brunch. There's also The Melbourne 'New in Town/Social' 30s/40s Group, which meets one evening per month for a social gathering at the Hotel Leveson in North Melbourne.

The Meetup groups have been formed to appeal to a wide range of varying interests, from as practical as The Melbourne Internet Business Meetup Group to as quirky as The Melbourne Chihuahua (owners) Meetup Group. And if you can't find the group you are looking for, anyone can start a new Meetup group and advertise for free on their website.

To find local groups of interest, check out their website at www.meetup.com.

Rosy Waldron

Persuasion: an environmental retrospective of works created by the group Brickworks

Brickworks is a diverse, self-run art group held once a week at The Centre in North Melbourne. It's an informal group that for the last 12 months has worked towards an exhibition that reflects the various ideas of what the environment means, what can be used within it, and hope for future sustainability. It is designed to make viewers think and reflect on their own view of the environment and persuade

them to consider the environment more deeply while showcasing some remarkable talent.

Persuasion was the first major exhibition by the group and it has given the group the opportunity to explore various art forms, from sculpture to photography, which otherwise might not have been seen by the public. Thanks to The Hub in Docklands for hosting the show and

providing the perfect space for a community exhibition.

If you have an interest in art and would like to be part of Brickworks, please come along to The Centre on Mondays from 1.00pm to 3.00pm. The session cost is \$4, which goes directly into buying materials for the group to use.

Sally O'Dwyer



Very Impressive (above) and Felicity Brown (right) with some of the works shown in the recent art exhibition *Persuasion*

Photos: Jim Weatherill

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Obituary

Richard Francis 'Mocca' Johnson
24.5.1926 – 14.5.2009

Richard 'Mocca' Johnson was born in Adderley Street, West Melbourne, and attended St Mary's Boys School, in the same suburb, where he obtained his Merit Certificate. He worked at many jobs in and around North and West Melbourne before starting on the wharf in 1948, where he worked until he retired in the 1980s.

During his working life and after his retirement Mocca would try to visit Errol Street every day to catch up with his mates. When he wasn't well his son Geoff would drive him to the corner of Errol and Victoria streets to meet Kevin, Mick, Joe, Bill and Normie outside the TAB.

They would yarn about the good old

days of North and West, such as when the greyhound races were held at Arden Street. They would also pick the team for the next football match.

Mocca's phenomenal memory for sporting statistics was renowned. He knew the ages of all the players in North Melbourne's first grand final team of 1950 that lost to Essendon and he could name the Melbourne Cup winners, their colours and their jockeys.

He was a great fan of Darren Gauci and keenly followed his career both in Australia and overseas.

The Johnson family would like to thank Mocca's friends for always being there for him. Mocca loved North and West Melbourne and will be sadly missed. Deepest sympathy to Lauri and his family. Vale, Mocca.

Nancy McIntosh and Janet Graham

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STUDENT ACCOMMODATION

North Melbourne Toastmasters notch up a milestone



Derek Allan (right) hands over the presidency to Andrew Tan



North Melbourne Toastmasters vote in a new committee

Photos: courtesy Derek Allan

Toastmasters International began in 1924 at the YMCA in Santa Ana, California, USA, and offers an effective way to practise and improve public speaking skills.

This organisation has almost 250,000 members in more than 12,000 clubs in 106 countries. Toastmasters International considers this number surprisingly high for a not-for-profit and community-based organisation. Knowledge of the organisation and its purpose is spread primarily through word of mouth and the internet.

A Toastmasters club has been running

successfully in North Melbourne for just over 10 years.

The North Melbourne Toastmasters meetings include impromptu and prepared speeches on various topics chosen by members. At the end of each meeting, a vote is held to determine the best speaker and best table topic. Annual awards are tallied and presented to members at the annual changeover dinner.

This year's dinner was held at Brisc Restaurant on Tuesday 7 July. It also coincided with the celebration of the club's 10th anniversary. As described by Derek

Allan, past president and currently vice president responsible for public relations, "It was a thoroughly enjoyable night for everyone. Guests of this event included current members, various area representatives and long-time friends of the club."

The evening featured special guest speaker May Wilson, a charter member of the club, who related stories of its early days and spoke about the benefits and satisfaction that being a Toastmasters member had brought to her life.

The night saw the presentation of awards to those who had excelled during the past year. Winners included Alex Kelly for the President's Award and Best Evaluator, Michelle Judson for Best Speaker and Christine Bailey for Best Table Topics.

The induction of a dynamic new committee, with Andrew Tan as president, joined by Sonnie Bailey, Liz O'Dea, Michelle Ballard, Derek Allan, Rob Beardwell and Alex Kelly, also took place. Derek stated: "This committee's energy and enthusiasm promise to ensure that the club continues to enjoy a relaxed and friendly environment in which members have the opportunity to

develop their public speaking skills."

The club usually meets in the North Melbourne Library's upstairs meeting room on the first and third Tuesday of each month at 7.15pm. All are welcome to attend, initially as guests in order to get a feeling of whether they'd like to join.

The group has a community focus with an aim to develop people's public speaking and leadership skills, while still maintaining an atmosphere that is fun and social.

"Our purpose is to try and ensure all our members enjoy each meeting rather than simply trying to increase our membership base," Derek said. "We do our best to maintain a welcoming atmosphere and occasionally even change our meeting location to include area restaurants, pubs or executive committee members' homes for dinners and social nights."

If you are interested in finding out more, please visit the website <http://sites.google.com/site/northmelbournetoastmasters> or send an email to nthmelb.toastmasters@gmail.com.

Rosy Waldron

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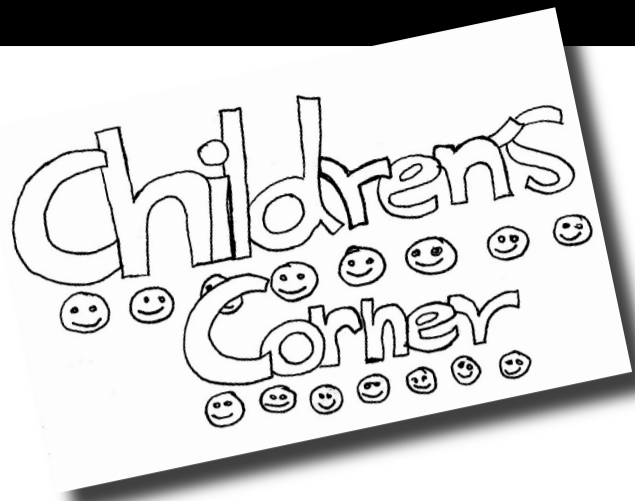
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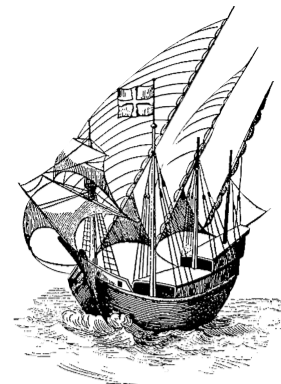
10 QUICK TIPS FOR SUCCESSFUL PUBLIC SPEAKING

- 1. Know your material:** Pick a topic you are interested in. Know more about it than you include in your speech. Use personal stories and conversational language — that way you won't easily forget what to say.
- 2. Practise, practise, practise!** Rehearse out loud with the equipment you plan to use. Revise as necessary.
- 3. Know your audience:** Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
- 4. Know the room:** Arrive early, walk around the speaking area and practise using the microphone and any visual aids.
- 5. Relax:** Ease tension by doing exercises. Transform nervous energy into enthusiasm.
- 6. Visualise yourself giving your speech:** Imagine yourself speaking, your voice loud, clear and confident. Visualise the audience clapping — it will boost your confidence.
- 7. Realise that people want you to succeed:** Audiences want you to be interesting, stimulating, informative and entertaining. They don't want you to fail.
- 8. Don't apologise for any nervousness or problem** — the audience probably never noticed it.
- 9. Concentrate on the message, not the medium:** Focus your attention away from your own anxieties and concentrate on your message and your audience.
- 10. Gain experience:** Experience builds confidence, which is the key to effective speaking. A Toastmasters club, like the North Melbourne Toastmasters, can provide the experience you need in a safe and friendly environment.

Adapted from Toastmasters International website: www.toastmasters.org



Exploring has more to it than you think!



The year 4/5C students at North Melbourne Primary School have been exploring the concept of exploration

Is exploring really a waste of time?

I wouldn't agree that exploring is a waste of time because exploring has also given us new things. For example, the moon landing has given us plastic and exploration to South America has given us rubber. Sure, the moon landing was pretty expensive — with the rockets, spacesuits and materials — but we made a whole new discovery!

If Marco Polo hadn't sailed to China, Europeans wouldn't have been introduced to Central Asia.

There were a lot of explorers like Burke and Wills, Captain Cook, Sir Edmund Hillary, Christopher Columbus, Neil Armstrong, Buzz Aldrin and Michael Collins. If they didn't explore, neither Australia nor America would have its name and Sir Edmund Hillary wouldn't have made history by climbing up Mount Everest.

So if we hadn't explored, there wouldn't have been any accomplishments at all!

An

Exploring, why?

Exploring. Many have perished from it; many have emerged from it without a scratch. Why try to cross the ocean in a dinghy when you can catch a plane and cross it in a few hours? Why climb K2 when the odds are slanted hugely towards your death? Is it fame, glory, thrills, or is it the outstanding reason — money?

Money is what rules the world, not government or royals. Money made the government and royals. Greed, power — these are some things you get from money. Picture this: you're in your dinghy not even a 20th of the way across the ocean, you're dazed, disoriented and the leaking wooden floor of the dinghy isn't exactly sleeping material. You want to turn back but you don't know which way. All you see is water, dirty, salty water. You may have your reasons, but when you are trapped in an avalanche you're hardly going to wave at the news helicopter and say, "Hi, Mum, I'm on TV". Think, is exploring really worth it?

Robert

Exploring isn't a waste of time

I think exploring is a wonderful thing to do, although you may face a few dangers and take a few risks.

Exploring can do many, many things. It can help humans discover things that can lead to other discoveries. Half of the items we have now wouldn't be here if it wasn't for exploring. Exploring can help humans learn about the past, present and future. Without exploring, we wouldn't have discovered Asia, Australia and other places around the world. We wouldn't even know that the moon's surface was rock.

Exploring isn't all about discovering and finding new places. You can explore on the internet, in a school and other places. As you can see, exploring is a very interesting and exciting thing to do.

Beata

Is exploring a waste of time?

Exploring is a very exciting thing to do. It got humanity to this point in technology, got us here to Australia, solved many problems, opened up many exotic places around the world and introduced different foods. We got the chance to see what space was like. Exploring got us to the highest and lowest points on Earth; people could see what it was like to be 7000 metres underwater. People who explored science have taught us many things. Explorations have shown us unimaginable things and allowed us to see a world we could never imagine.

Daniel B

Is exploring really a waste of time?

A lot of people argue over the concept of exploring. If Marco Polo hadn't discovered parts of China and Asia, there would be NO major produce or materials, NO major clothes or toys. You might agree that looking at the tag of most of your belongings and seeing the words "Made in China" can get just a tiny bit annoying. That's where many discoveries began.

That brings me to Australia. If Captain Cook hadn't sailed here, there would be convicts poking out of every corner of England.



Now to the Apollo 11 moon mission — a very debatable concept. On one hand, it cost a lot of money and time. On the other hand, it was a great success and people actually set foot on the moon.

If we hadn't explored the world of medicine and then made it better, we'd probably be ... dead by now.

So at the end of the day I say, "NO, EXPLORING IS NOT A WASTE OF TIME!"

Eleanor

Is exploring a waste of time?

The reason I think that exploring isn't a waste of time is because people can discover new things and then invent new technology.

Going to the moon would be a waste of time but look at what we know about the moon now! Now we know lots about the moon and space. This helped with scientific research on the moon.

Exploring can help with lots of things, like inventing new technologies, discovering new ideas and finding new places. When Apollo 11 got to the moon, the mobile phone wasn't even invented!

Before exploring, lots of people believed that the Earth was flat. If people didn't discover what the Earth was really like, people might still believe that the Earth was flat. When people explored the Earth, they realised that it was really round.

People need to explore!!! If nobody explored and thought it was a waste of time, Australia would have never been discovered.

Therefore, exploring is not a waste of time and, if no one explored, not much of the world would be discovered.

Shirley

Why exploring is not a waste of time

You need to explore to find more land in case your population is too big for your country. You need to explore to find farmland.

I wonder what the world would be like without the moon landing? What about to prove the world wasn't flat?

Explorers, such as Burke and Wills, sometimes explored for money and rewards.

So that is why I think exploring is awesome!

Campbell

Is exploring a waste of time?

I would disagree that exploring is a waste of time because you can hunt for things and find things that you don't always find.

People can go exploring so they can see more things they haven't seen before and might see cool things like houses and cool cars.

Explorers do not know what might happen. People need lots of food and water to drink if they go exploring in faraway places. If people found China, they would find Russia.

People need to explore so they would find different states and countries.

Exploring is good for people so we have more things on Earth, like sand, metal, wood, bark and glass.

Daniel X

Is exploring a waste of time?

I disagree, because without exploring, I wouldn't be here.

It's good to learn about other places and have a better future.

Exploring is a good thing but it could get tiring. I would like to explore places like China and Japan. Things wouldn't be invented without exploring, like the phone, computer, TV etc.

Roger

Why do we explore?

People explore because they want to see stuff they have never seen before. Some people like to explore and others don't. You can see how people live and work. Some explorers have not returned and others have. We would not be living where we are now if people didn't explore, so that's why exploring is amazing.

Matias

Exploring is a waste of time

I disagree that exploring is a waste of time because you can be the first person to explore that planet. Then you can be famous and rich. You can tell people what that planet looks like and how it works. If you wanted to travel somewhere your dream could come true.

Zahra



Is exploring a waste of time?

No, I don't think exploring is a waste of time, because people discover a lot and learn heaps. Yes, you use a lot of money but it's worth it.

If you are exploring some place like the moon, you would use a lot of money and a couple of years hard work. But when you get to the moon, you collect a lot of information which will help you learn a lot of things. When you are preparing all this stuff for the moon launching, you actually invent a lot of technology.

Some people think that exploring is a waste of time because you spend about three years preparing for one launching and it doesn't seem very exciting. Believe me, for the people who create this stuff, it's quite exciting.

If you're one of these people who choose to write that exploring is a waste of time, you are very wrong. Why? Because if you were just some little kid who watches the news every night, you would say it's boring. Yes, of course it's boring like that, but on the inside, there's so much more you're missing.

So, exploring is not boring!

Tara

To explore or not explore?

I think exploring is fun, because you can see interesting things and you can tell people what you saw from another country or from the moon.

When you go to another country you can learn what they like doing. Sometimes you can have more friends and you can tell what's Australian. I like exploring and I want to go exploring.

Woo (learning English for seven months)

Do you think exploring is a waste of time?

Exploring can help you if you need to get something for science or make new technology because it is better than doing nothing.

Exploring can make the world a better place. When you explore, you can find out about different countries such as Japan, Greenland and Australia. We wouldn't be here if it wasn't for exploring, so I think exploring is not a waste of time.

Tom

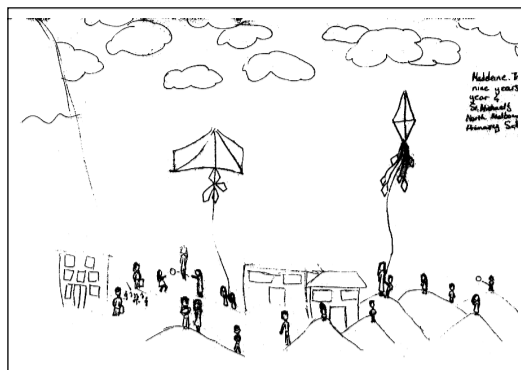
What do you mean it's a waste of time?

The unsuitable statement of "exploring is a waste of time" is UNFORGIVABLE!!! Are people saying that they regret Captain Cook's discovery of Australia?

Exploring has given us new inventions and new ideas. The exploration to the moon gave us rock samples for scientific experiments. Yeah, there have been some downs in exploring, but that hasn't stopped us. Yes, exploring has cost us a fortune, but in the end it's worth it. Without exploring, we wouldn't know about Australia and China and we wouldn't have walked on the moon.

The point is we need exploring; it's in our blood.

Carmel



Drawing by Madeleine, Year 4
St Michael's Primary School



Drawing by Melissa, Year 4
St Michael's Primary School

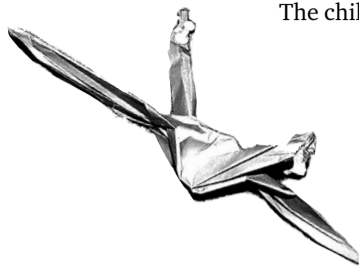
PAPER CRANES FOR PEACE

Students attending The Centre's Global Homework Program from St Michael's Primary School Learning Area 5 are making 2000 paper cranes for PEACE DAY in Japan.

The children will be donating 1000 of these cranes to a sister school in Japan.

Two of the students, Madeleine and Melissa, have made some cranes to display at The Centre. They encourage you to make

a crane to donate to this cause. The cranes can be left with program coordinator Celeste O'Keefe or reception at The Centre, 58 Errol Street, North Melbourne. PEACE!



FOR SALE

The Centre Global Homework Program
FRIDGE MAGNETS
Made by children attending Wednesday's Year 4-6 Homework Program
Proceeds to be donated to the Royal Children's Hospital
PRICE \$1

Beasts and beauties at St Aloysius College

Last week, my school was enchanted. Roses adorned the hallways; there was talk of beasts and beauties and talking clocks and candelabras as well as toupee clips for microphones, amongst other things. St Aloysius College, an all-girls Catholic secondary college in North Melbourne, put on a spectacular rendition of Disney's *Beauty and the Beast*.

The whole slightly chaotic and absolutely brilliant production started in May with auditions. Each lunchtime, from Tuesday through to Friday, was dedicated to auditions. A section of dialogue between Beast and Belle was given, as well as the lyrics to the theme, 'Beauty and the Beast'. Auditions were done in pairs, with each person getting a chance to read both parts and sing unaccompanied.

It took another few weeks to post the cast list, with everyone buzzing and speculating and getting excited to see, firstly, if they had made it and, secondly, what part they were playing.

I was one of these girls, and I distinctly remember counting down until that fateful Friday. I bolted from class feeling slightly nauseous and had to be told by a friend that I'd gained the part of 'Cogsworth'.

After-school rehearsals started in April. From then on, every Tuesday and Thursday until 28 July, the cast of 47 students convened in the hall to recite lines and learn songs and dances. Sister Joan Thomas, past principal of St Aloysius College, returned to the school as costume mistress and made



every costume seen on stage herself.

All music for the songs and dialogue was provided by the student band, and the choreography routines were designed by past and present students.

The whole school contributed to this year's successful production; whether it was the Arts Department designing posters, tickets, programs and sets; the teachers in the sound and light box; Mr Davidson, our principal, allowing us the opportunity to perform; and every student for supporting their friends in the production.

The list of people involved in *Beauty and the Beast* could go on forever, but the bottom line is that when St Aloysius puts its mind to putting on a performance, the end result is always beautiful.

Bronte Vipond Year 10



Above left: Anna and Cecilia

Above right: Anna, Cecilia, Ezra May, Rosemarie, Cassandra, Hannah, Kristy and Bronte
Right: Ezra May and Cassandra

Photos: courtesy
St Aloysius College



School kids go green

Children will plant, cultivate and harvest an organic garden and then cook meals based on the produce harvested

Georgie McInnes recalls the days when her mum used to tell her that they couldn't get apples because they were expensive. "We didn't understand that the reason they were expensive is because they were out of season."

Ms McInnes is the project coordinator for the Stephanie Alexander Kitchen Garden Program. The program started at Collingwood College and now includes over 25 schools across Victoria. It will begin at North Melbourne Primary School (NMPS) this term.

Children will plant, cultivate and harvest an organic garden and then cook meals based on the produce harvested. The program encourages

students to engage directly with the natural world and think about where their food comes from, which in turn may encourage an increased awareness of sustainable living.

Renowned chef Stephanie Alexander devised the program in an attempt to combat growing obesity rates amongst children by promoting healthier choices. As students control the project from the first tiny crop to the final meal, they gain a sense of ownership over their food choices, meaning that healthy choices are more likely to stick.

The label 'healthy', with the implication that the children are being told what they should eat, is avoided. Rather, it is hoped that the experience of growing food, preparing it and

sharing a tasty meal will be so good that students will want to keep doing it.

Many of the students at NMPS live in Housing Commission flats or the inner city, so they would not otherwise have the opportunity to have a garden. Also, NMPS is a multicultural school, and the program will encourage students to share their cultural foods and experiment with food from other cultures.

In the beginning, the program will be for grade 6 students. However, all children will be indirectly involved in the program through educational activities such as growing basil, making bruschetta, feeding the chooks, growing beanstalks and measuring their length.

Raili Simojoki

NMPS is asking for help to get the program up and running. Donations of gardening or cooking equipment are welcomed. The school is also looking for volunteers to help supervise small groups. No cooking or gardening experience is needed, only a willingness to work with kids.

Volunteer chefs and gardeners are also required. The time commitment for volunteers will be one to two hours per week during school hours.

If you can help, or you are simply interested in learning more about the program, please contact Georgie McInnes (project coordinator) or Sally Karlovic (principal) on 9329 6902 or email north.melbourne.ps@edumail.vic.gov.au.

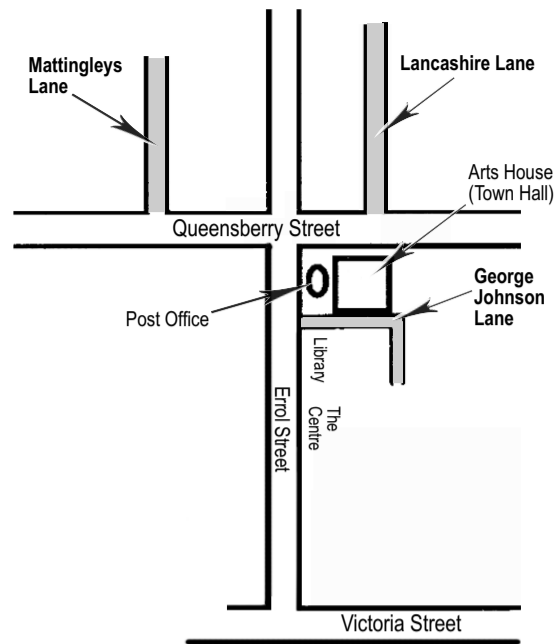
HISTORY

Fascinating history of our local lanes



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.



Streets and laneways

In 1855, what is now North Melbourne was the Hotham Ward of the municipality of Melbourne in the Colony of Victoria. Although we now say 'Hotham' with the 'th' as in 'thing', the governor whose name was used would almost certainly have pronounced his name with a 't'.

The Public Record Office Victoria in Shiel Street holds the Hotham rate books for that and following years. Recently, I went to look at them. To see the old records as they were and still are is a reminder that history is more than facts. The books have a real presence. They are large and bound in leather. Entries are handwritten in ink with occasional pencilled notes and lists of the amounts to be paid, half in May and the rest in October of the same year. The pages are neatly written with very few corrections and no blots.

The order in which the streets appear, which sometimes seems a bit hard to follow, is easier when you realise that it is the route taken by the council official as he walked along making notes that were later finalised and copied into the rate book.

By 1855, there were familiar names among the ratepayers. John Mattingley, whose wife and son later founded the North Melbourne Primary School, already owned and paid rates on a house and shop in Errol Street. In the years to come, Mattingley's North Melbourne-born grandson established the Gould League of Bird Lovers and had a mountain named after him, but the family name would also be preserved in Mattingleys Lane, off Queensberry Street.

Samuel Lancashire, after whom the lane opposite today's Arts House is still named, was also there in 1855, paying rates on his shop in Queensberry Street. He went on to be a long-term owner of the Court House Hotel, mayor of the municipality of Hotham in 1869 and a Life Governor of the Benevolent Asylum.

Some of the hotels we see today were already open for business in 1855. They included The George in Victoria Street and the Edinburgh Castle, which still bears its full name on the wall above the street though it has been rebadged The Castle.

I was most interested to see that the 1855 entries give some details about the buildings that were there at the time. Few of the actual buildings have survived — they were built in the gold rush and served immediate needs. Most of the houses were of wood. Many were two rooms, sometimes with an added kitchen, and there were quite a number of stables. I noted a few zinc houses, some iron houses and a slate house.

In 1855, but seemingly not in later years, some tent grounds are identified. One — in Leveson Street — had five tents on it. Others in Arden and Wreckyn streets had some sort of a house as well as a tent ground, but

there is no indication of how many tents were there. In Flemington Road, close to Harcourt Street, a Felix McCane is noted as being required to pay rates on land where there was a framed tent.

Our great buildings

The rate books of successive years reflect how the area grew as houses, factories and businesses were set up, and the shapes and characters of streets were established.

However, the real character of the North Melbourne we know today was established in 1875 when the present town hall replaced its modest predecessor, and a decade later the library and adjacent shops were built. Ever since then, this stand of buildings has graced the street and earned its reputation as one of the finest examples of Victorian architecture to have survived intact into the 21st century. Over several generations, the clock tower has meant home to many a North Melburnian and over that time, too, the adjacent library has been a focal point of local life.

Though they were built over a period of about 10 years, all of these buildings — which at the moment are swathed in protective black cloth — were designed by the same man. Some luck was involved in his getting the first job, that of designing the town hall. Council's choice of architect was supposed to be the result of a competition, but when the winner, George Johnson, was announced, the decision was disputed by several of the councillors who had been involved in the vote.

An account of what seems to have happened is contained in *Pride of Hotham*, Bill Hannan's story of the town hall and its architect. The controversy died down and George Johnson — rather than his colleague Flanagan, who designed the first town hall — kept the job. Its success would have contributed to his selection as architect for the library and shops, whose rent was intended to improve the council's income.

In our own time, Johnson's name has been given to the lane running off Errol Street between the post office and the library. This in some way makes up for the fact that there is no other public recognition of his work in Errol Street. It seems unfortunate that, although a foundation stone was put in place when the town hall was built, no one now knows or has been able to find out where it is. If there was an inscription on the stone, no one has been able to establish what it said.

Whatever the misfortune was, it continues. When the library and shops were built some years after the town hall, the records of the time tell us that there was another foundation stone laid but once again its whereabouts are not known.

Johnson is best known today for his town halls, most of which — with the exception of our own — carry his

name on a foundation stone or plaque. Fitzroy, Collingwood, Northcote, Daylesford, Maryborough and Kilmore are all his work.

In his own day, Johnson would have been better known for his theatres. He designed one in every colony. These are now all gone but his multipurpose town halls, as the name suggests, usually included a large entertainment space alongside council offices, post offices and courthouses, and the halls continue to be used as theatres even though the other town functions have moved elsewhere.

One reason for their continuing use, of course, is that the buildings have heritage protection. North Melbourne Town Hall has been threatened in the past with demolition or privatisation, but it has survived. So too has Johnson's other grand contribution to North Melbourne, the Meat Market, which a heritage listing saved just before the auction. The building continued through a distinguished period as a craft centre and has now joined Johnson's other buildings as a theatre.

Fortunately, the Meat Market does have a foundation stone on which George Johnson gets due credit.

Lorna Hannan
Hotham History Project

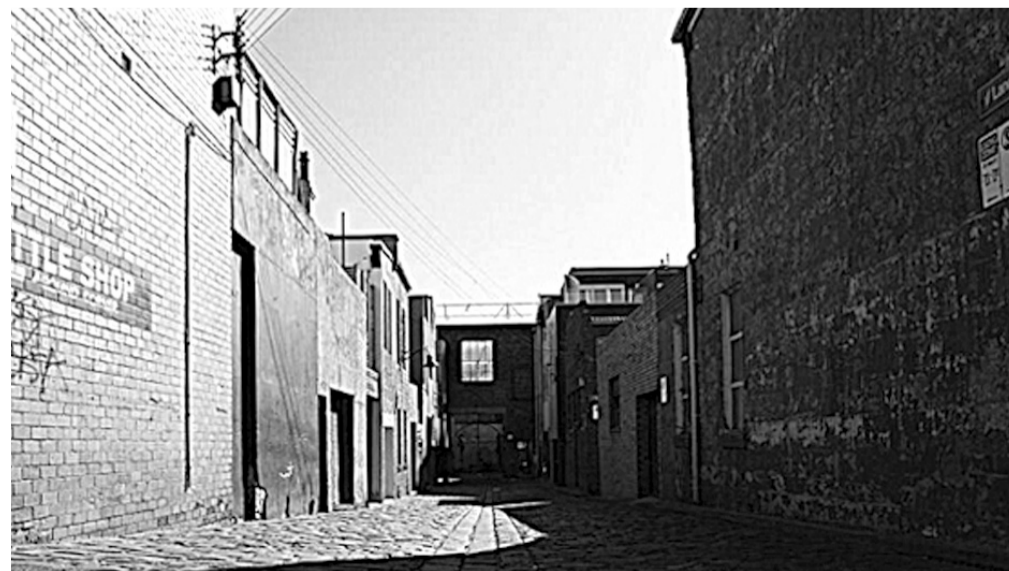
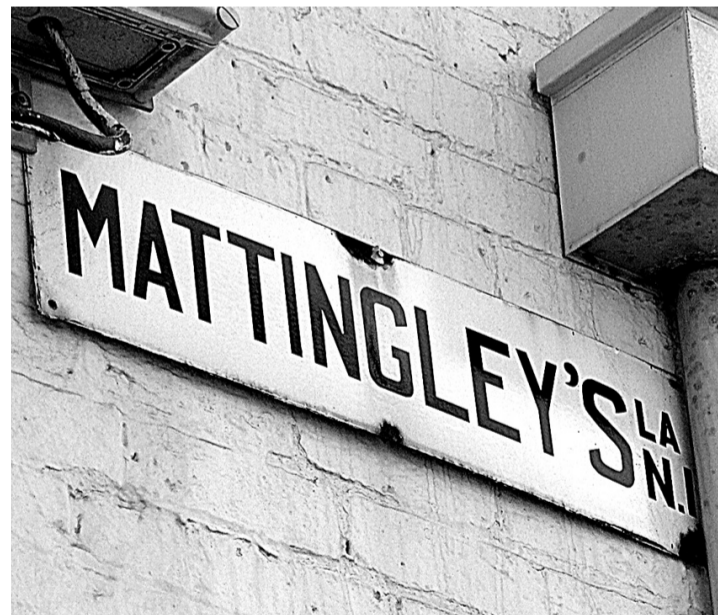


George Johnson Lane

Photo: Leni Dixon

The picture at right shows a now rare example of the old-style street signs and includes the old area code 'N.1'. The spelling of 'Mattingley's' with the apostrophe dates it to before 1966, when the Geographical Names Board decided to eliminate possessive apostrophes from all Australian placenames. In a further twist, some 10 years ago the 'e' mysteriously disappeared from all references to the lane in the Melway street directory, which now lists it as 'Mattinglys Lane'.

Photo: Janet Graham



Lancashire Lane

Photo: Leni Dixon

Sustainability Street: working together to create 'greener' flats and apartments

Would you like to make your block of flats or apartment building greener? Then read on for North Melbourne Sustainability Street's top tips for reducing energy, water and waste communally.

Tips were recommended by the Alternative Technology Association at our 20 May Sustainability Seminar, *Working together to create 'greener' flats and apartments*. To get a copy of the full fact sheet, please email info@northmelbourness.com or visit www.northmelbourness.com.

You can also read Julie McLean's article, 'Sustainability and unit/townhouse living', below for tips on working with your owners' corporation, formerly known as a 'body corporate', to get things done.

Sustainability and unit/townhouse living

So you have decided to install a solar hot water system or solar photovoltaic (PV) panels. Or maybe you want to put in a rain tank and add sunshades. Should you just go ahead and do it?

When you live in strata property, you can't just go and do as you please. There are rules, regulations and an Act of Parliament, all of which dictate how you carry out additions to common or private property.

Unfortunately, the new *Owners Corporation Act 2006* did not address sustainability measures, such as energy or water, leaving it up to lot owners to accept or reject any sustainability measures.

Before you do anything, you need to know what you own. This can be determined by looking at your strata subdivision plan, or strata title, which you received when you purchased the property.

The title defines the boundary of your lot. If you are in an apartment block, the outside wall and the roof are most likely the common property.

If you are in a townhouse, it is likely that you own the outside wall and roof. If you don't know how to interpret the plan, you

should seek expert advice.

Once you have established who owns what, you will need to proceed as follows. **If the roof, walls and land are common property**

At the next meeting called by the owners' corporation, seek exclusive use of part of the common property. That is, you will be requesting to lease or license the area you need for your installation.

This will require a special resolution; at least 75 per cent of the lot owners must vote yes. At the meeting, you will need to convince the other lot owners to give up their right to use that part of the common property. You should come to the meeting prepared with drawings and photographs of your proposal.

The cost of drawing up a lease or licence for the use of the common property is your responsibility, and you should seek legal advice. If you gain any financial benefit from the lease or licence, then the owners' corporation may decide that a fee per annum is applicable for your use of the common property.

If the roof, walls and land are your property

If your installation will be seen from a public area — for example, the driveway or the front nature strip — or if the strata rules require it, you must seek permission at the next owners' corporation meeting to install the equipment.

This will require an ordinary resolution; a simple majority of the owners must vote yes. At the meeting, you will need to convince the other lot owners that your proposal will not negatively affect the outward appearance of the lot or devalue the other properties. You should come to the meeting prepared with drawings and photographs of your proposal.

Once you have permission, you can proceed with the installation. You should notify the insurer of the addition and make sure there is safe access for maintenance of the equipment. Once installed, you are

UPCOMING SUSTAINABILITY EVENTS

Join North Melbourne Sustainability Street at one of our following events:

'Spring into gardening!' stall
 Saturday 24 October 2009, 10.00am – 2.00pm
 Outside IGA supermarket, 20–26 Errol Street, North Melbourne

Help NMSS raise funds for Spring Fling 2010 and find out how to garden in small spaces at the same time. Come to our stall and pick up drought-tolerant succulents, colourful flowers, delicious herbs and other edible plants at very low cost. Great 'enviro' prizes and give-aways will also be on offer!

Creating a 'mini-garden' workshop
 Saturday 7 November 2009, 2.00pm – 3.00pm
 St Alban's Anglican Church, corner Melrose and Mark streets, North Melbourne (Melway ref: 2A E5). Enter via gate on Mark Street.

A practical workshop for you to learn how to grow a 'mini-garden'. Grow greens and herbs suitable for your balcony or small yard. Suitable for renters and people with limited outdoor space. Conducted by North Melbourne Sustainability Street community gardeners.

For more information on these events, contact North Melbourne Sustainability Street.
 Phone: Gabrielle Stannus, NMSS convenor, 9329 2801
 Email: info@northmelbourness.com
 Website: www.northmelbourness.com

responsible for the repair, maintenance and replacement of the equipment.

Julie McLean

Ace Body Corporate Management

For further information about owners' corporations:

- www.consumer.vic.gov.au
- www.ocv.org.au
- www.acebodycorp.com.au

For further information about sustainability technology and grants:

- www.ata.org.au
- www.resourcesmart.vic.gov.au

Seeking your views on community gardens

North Melbourne Sustainability Street would like to know your views on the establishment of community gardens in your area. We are conducting a survey on community gardens in North and West Melbourne. There are several ways that you can complete this survey:

- Online: www.northmelbourness.com
- Email: Gabrielle Stannus, info@northmelbourness.com
- Spring Fling fundraising stall: outside the IGA supermarket in Errol Street on Saturday 24 October 2009

We will collate the survey results and present feedback to the City of Melbourne and other organisations, such as funding bodies. This should assist us to find suitable land and resources so that we can help community gardens get off the ground and develop associated activities.

FRIENDS OF ROYAL PARK UPCOMING EVENTS

BIRD SURVEYS

Spring survey: Sunday 27 September, 9.00am – 11.00am
 Early summer: Sunday 6 December, 9.00am – 11.00am
 Meet at the car park, Trin Warren Tamboore (Bellbird Waterhole), Royal Park wetlands, Manningham Street, Parkville (Melway 29 C12).

REVEGETATION PROJECTS

Seed collecting: Sunday 15 November, 10.00am – 12.00 noon
 General meeting followed by Waterwatch presentation: Tuesday 17 November, 6.00pm – 9.00pm

For more information, please email info@friendsofroyalpark-parkville.org or visit www.friendsofroyalpark-parkville.org. Alternatively, you may contact Gabrielle Stannus, convenor, on 9329 2801.

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Community planting draws an enthusiastic crowd

The community planting day saw a wide variety of native grasses and shrubs being planted above the Royal Park wetlands

Dozens of people, including many from North and West Melbourne, rocked up during the afternoon of Sunday 14 June to help revegetate an area of Royal Park on the hill above the Trin Warren Tam-boore wetland. At the registration area near Oak Street, Parkville, there were also activities, free multicultural foods and an information marquee.

Organised by the City of Melbourne, the community planting day saw a wide variety of native grasses and shrubs being planted in order to stabilise and rehabilitate the slope. Children, students of all ages and older people exercised their muscles, digging into the rocky terrain with trowels and Hamilton tree planters under the guidance of council experts.

We thought a few planting tips might be useful for anyone interested in attending similar events in the future:

- When inserting a plant into the hole you have dug, make sure the soil covers it to the same depth as when in the planter tube. Press the earth down firmly around the plant.
- Make a raised area of soil and stones around the plant, so that water remains cupped around the plant, rather than draining away. This is especially helpful on sloping ground.
- Depending on the system in place on the day, it's a good idea to leave the empty planter tube next to the plant so that people with water buckets can easily spot the new plants. The old tubes can be gathered later. Make sure the plants get a good drink.
- Take a pair of gardening gloves if you have some. Tools are always provided. Happy planting!



Janet Graham Jennifer Mitchell (right) and son Ben dig in at the community planting

Photo: Janet Graham



The degraded Flemington Road Neighbourhood Park

Photo: Jim Weatherill

Update on City of Melbourne parks and gardens

Further to last edition's examination of landscape care matters at Flemington Road's drought-besieged neighbourhood park at Royal Park's south-west corner, Melbourne City Council's 2009–2010 budget is scheduled to deliver some \$6.4 million for the renewal of the city's parks and gardens.

That figure is sizeable, but there are more than 560 hectares of parks and open space within the City of Melbourne municipality. These include sports grounds, the entire Royal Park and the world heritage-listed 170-hectare Carlton Gardens. An extra \$2 million has been specifically allotted for drought concerns and stormwater harvesting.

The review of the park master plans will assess the municipality's rising population, since this has significantly increased demand on parks for sporting and other activities. The inner residential population is expected to rise from its current 89,000 people to 110,000 by 2020.

Melbourne City Council (MCC) maintains it is pursuing the community's vision of a bold, inspirational and sustainable city, as outlined in its long-term plan, Future Melbourne. That vision may

become operational with \$39 million to be spent this financial year, in line with the council's aim to improve programs and services for young people, older people, children and families.

Those services include an Arden Street recreation centre, improvements to North Melbourne and Kensington street cleaning, and the continuation of extended shuttle bus services to Docklands and the MCG.

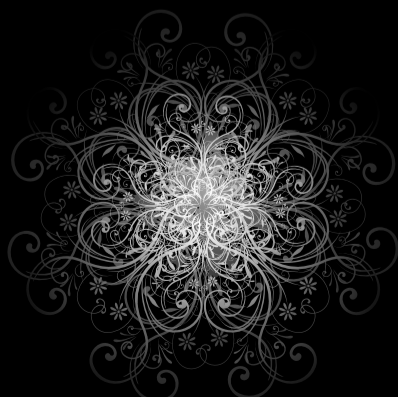
Within its park master plan review, the MCC has sought feedback from the community and plans to establish a City of Melbourne Parks and Gardens Reference Group.

The year 2009–2010 will also see rates increase by 3 per cent, this following the MCC's stated policy of minimising rate increases over its four-year term of office. Whilst unfortunate, the council claims its rates hike is among Victoria's lowest, and near to the lowest of all capital cities.

Katrina Kincade-Sharkey

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SPORT & HEALTH

Biking by the sea



Meeting the locals at Altona Pier
Photo: Helen Lew Ton

On Sunday 19 July, six of us met at North Melbourne Station for a train trip to Seaholme, where we picked up a seventh companion. It may have been midwinter, but the weather was ideal for bike riding — sunny and with no more than a light wind.

We were a varied group, with our ages ranging from eight to 58, our bikes including a recumbent tricycle as well as mountain bikes and assorted commuting steeds.

For most of the time, we rode along the seashore. Our initial goal was the 100 Steps of Federation, the site of an impromptu race to the top and a counting competition to verify the accuracy of the name. It seems that there are indeed 100 steps, but you wouldn't want to rely on our efforts.

We retraced our route as far as Altona, where the choice of coffee shop was left to Eric. For those of you who want a sausage roll or *spinakopita* in Altona, our riding group recommends Melissa.

Following our coffee break, we returned to the coastal path and rode east to Williamstown. From here it was a short train trip back to North Melbourne, well content with our 20-kilometre ride.

Helen Lew Ton

FORTHCOMING EVENTS

Bike ride

When: Sunday 13 September

Meet: North Melbourne Post Office/Town Hall, corner Queensberry and Errol streets (Melway 43 E5)

Time: 10.00am

Route: Ride to CERES via Capital City and Merri Creek trails. Short sections of route on quiet streets. Take a break for coffee and to explore CERES. Possibility of a short detour to Brunswick outdoor velodrome for a quick circuit or two of the track. Return to North Melbourne by the same route.

Total distance is about 20 kilometres. The pace is slow, and the ride is suitable for families with primary school-aged children.

In case of bad weather, please call 9329 9757 after 8.00am on 13 September for last-minute cancellations.

Bicycle maintenance for beginners

When: Sunday 20 September

Time: 2.30pm to 4.30pm

Where: St Alban's Anglican Church, corner Melrose and Mark streets, North Melbourne (Melway 2A E5) — enter via gate on Mark Street

Cost: \$10 (includes light refreshments)

Learn how to change a tyre and perform basic maintenance tasks. Places are limited and bookings are essential. For more information email info@melbournebug.org.

Acupuncture, more than just needles

Say the word 'acupuncture' and people may immediately cringe at the thought of sharp needles. But there is more to this ancient Chinese remedy than people are aware of, not to mention the health benefits associated with it.

The holistic approach to traditional Chinese medicine (TCM) revolves around the idea of *qi*, or life energy, which flows through the body's network of invisible channels. If the flow of *qi* becomes blocked or there is an insufficient amount, then you're more likely to get sick. This is due to the disruption of the natural balance within your body.

Theoretically, a perfect balance would have to be achieved in order to remain healthy, but how is this really possible if we are constantly stressed, overworked, have poor diets and are exposed to Melbourne's fluctuating weather conditions? This is where natural, holistic remedies can help, one of which is acupuncture.

So what exactly is acupuncture used

to treat? The beauty of acupuncture is that it is a natural way to help the healing process that can be used to treat almost anything from neurological conditions to physical conditions. Migraines, insomnia, low or high blood pressure, carpal tunnel syndrome, fluid retention, kidney disorders, morning sickness, back pain and arthritis are just a few ailments that acupuncture can be used to treat. It can also help ease the side effects of chemotherapy for those with cancer.

Even if you are fit and healthy, acupuncture may prove to be beneficial as well. Essentially, it is all about the energy flow, realignment and linking your mind, body and emotions. This enables you to relax and escape the constant stresses of everyday life.

Small, quick taps are all it takes for the thin, sterile needles to be placed on specific points of your body to promote positive energy flows. There are approximately 2000 acupuncture points, all of which

are connected through invisible channels throughout your body. Of course, not all of these points are used, otherwise you would look like a human pincushion, but you can expect a few needles at the very least.

After the needles have been inserted, you are encouraged to relax as much as possible. This is a great time to just let your mind drift off and maybe even close your eyes for a little while, letting go of everything. The whole process usually lasts for half an hour to an hour, after which the practitioner will return to remove the needles.

Afterwards you truly feel quite relaxed. Admittedly, it takes a couple of sessions to get used to the acupuncture experience if you are new to it, but it's not as terrifying as it may sound.

So is acupuncture for you? I guess you'll have to give it a try to find out. To find an accredited practitioner in your area, visit <http://www.acupuncture.org.au/>.

Patricia Lew

It's time to make a move!

La Vita Bella falls prevention program aims to get local residents over 75 stronger and more physically active.

It has been identified that older people who live at home, isolated and not taking part in any physical activity, are at greater risk of falls. With this in mind, a new program found to reduce the incidence of falls is being introduced to the City of Melbourne and the City of Moonee Valley.

The program is titled *Make a Move – La Vita Bella (The Beautiful Life)*. As falls are a major cause of injury for older people, the program aims to increase their strength and balance.

Although the program is primarily aimed towards the older Italian-speaking people in the community, this is not to say that other people can't join as well. Developed by Otago University in New Zealand,

La Vita Bella is a free, home-based exercise and nutrition program for those over 75 who live at home and don't take part in any physical activities.

It involves receiving support from a physiotherapist to prescribe exercises, a dietician to advise on nutrition, and a qualified fitness instructor to visit for a few weeks, initially to encourage and monitor people with their exercise program. Participants need to continue the exercises on their own for the benefits to be gained, and, no matter how old a person is, improvements in strength and balance will definitely be achieved.

Another exciting component of the program is the Italian/English music and comedy CD, which complements the program so that participants can have some fun whilst exercising. The CD was produced through funding from the City of

Moonee Valley, and people participating in the exercise program receive this CD free of charge.

Doutta Galla Community Health Service, in partnership with Moonee Valley Council, is conducting this innovative health promotion project as part of the Department of Human Services statewide *Make a Move* program.

Noreen Beirne

Anyone who is eligible and who would like to take part in the program can ring
Doutta Galla Community Health Service
Central Intake:
(Niddrie) 8378 3584
(Moonee Ponds) 9377 7156
(Kensington) 8378 1631
Let them know you are calling about the
Make a Move program.

Lemons, the quiet achievers

Lemons, lemons everywhere, but what do they do for us? Not only do lemons make a salad zestier or give that extra zing to a beverage, they also have huge health benefits.

Containing both vitamins A and C, lemons are great for enhancing your immunity. These vitamins act as antioxidants to help protect your body and are particularly useful for those days when you're feeling a little run-down and overworked.

In fact, a lemon can help you immensely if you have a cold, flu or sore throat. Of course, due to its high acidity, it's not really recommended that you eat a whole lemon on its own, as it can be quite harmful to the enamel of your teeth. Just a little squeeze in water should do the trick.

Being a diuretic, lemons are also great for those with arthritic problems, gout and urinary tract infections as they help flush out all the toxins and bad bacteria within your system. Lemon juice in water

will also bring relief to those with abdominal problems. As an added bonus, it is said that the citric acid in lemons contains more potassium than in apples and grapes, which is beneficial for your heart and nervous system as well.

For those who want to kick-start their metabolism in the mornings, lemon juice in hot water is fantastic and a great way to start the day. This is simply because lemon juice helps to stimulate the liver, making it easier to digest food. Similarly, lemon juice and honey in water help cleanse the body.

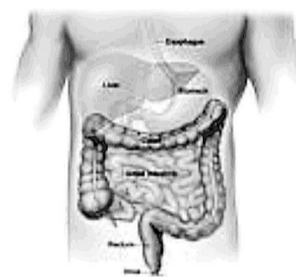
So if you want to enhance your immune system, cleanse your body or simply just enjoy the zing of a lemon, you will be pleased to know that the main commercial lemon season in Australia is between April and October. If you're after some fresh Australian lemons, the Queen Victoria Market is the perfect place to go to satisfy your sour-loving tastebuds.

Patricia Lew

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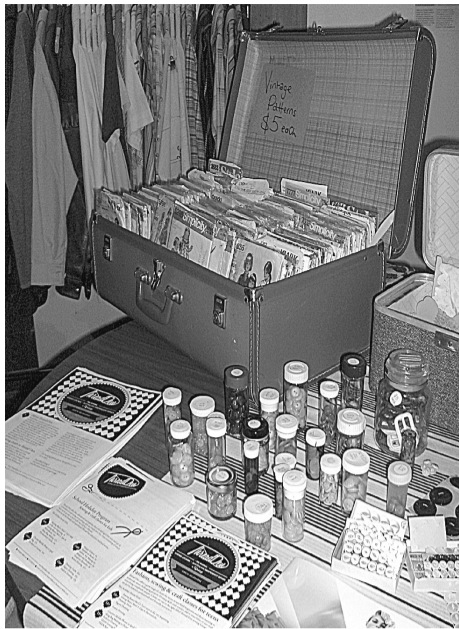
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ARTS & ENTERTAINMENT

Thread Den market day



Thread Den's display of vintage patterns and buttons at the market on Sunday 9 August
Photo: Shannon Newley

The ladies of Thread Den sewing lounge once again shared their love of vintage and handmade crafts with the North Melbourne community, holding their first large-scale market at the Lithuanian Club on 9 August.

With over 60 stalls lining every nook and cranny of the Errol Street venue, including pre-loved clothing, elegant handmade stationery, delectable homemade treats and unique one-of-a-kind accessories, there was no shortage of treasures to be found.

As regular clothes and vintage market shoppers themselves, the Thread Den ladies didn't want to hold just another market. They aimed to host an event that would showcase only good quality, authentic vintage and homemade products.

The market also helped raise money for Thread Den's encore to last year's Melbourne Spring Fashion Week show, '57 Chevy, which saw Webbs Lane overflowing

with spectators enjoying the 1950s-themed bash. This year's Melbourne Spring Fashion Week show, *Killer Queen*, a tongue-in-cheek spectacular looking at high society and displaying the work of 17 Australian designers including Peta Pledger, East of Grey, Mint Slice Afternoons and Petticoat Conspiracy, was held on 4 and 5 September, also at the Lithuanian Club (see page 3 for a full report).

Erica Menting, of the sewing lounge, said that the market was yet another chance to promote local designers and get together with people who had supported Thread Den over the past two years. And the North and West Melbourne community turned out in force with about 1000 people in attendance during the day.

Erica said, "We received really positive feedback from the people who attended. And at day's end, the stallholders were

happy with both the turnout and the unique venue — so what more could we ask for?"

But if you didn't make it down to the Lithuanian Club for the market, don't fret. Melissa, Tenille, Kylie and Erica are already planning the next Thread Den market day.

"We plan to hold another market in November at the Lithuanian Club again. We'll have around 60 stalls, with a mix of handmade, locally designed, vintage products and food stalls," Erica said.

"We will make small changes to ensure that it's easier to navigate the hallways of the Lithuanian Club. We hope that second time around, it will run like a well-oiled machine." Check out www.threadden.com for details as they come to light, or drop into Thread Den at 16 Errol Street — entry via Webbs Lane — to chat with the lovely ladies in person.

Shannon Newley

Globe-trotting artist calls North Melbourne home



Janet Llewellyn and John Hunt at his latest exhibition, *A Little North* Photo: Margi Douglas

on canvas. They really sealed the fate for me in terms of I ended up getting the travel grant," he said. Courtesy of the grant, John spent time travelling through Europe. On his return, he once again set up camp in North Melbourne and continued to develop his craft, which includes oil pastels and ink drawing.

Fast forward to 1996 and John was about to embark on another European jaunt, but not before completing another set of North Melbourne scenes. And while most of his work comes from trotting the globe, John has still made time every few years to bring together a collection of various North Melbourne scenes with exhibitions supported by ABC Quality Framing, on Queensberry Street.

"About three years ago Janet (Llewellyn, of ABC Quality Framing) said, 'How about doing a little show with us again?' I just thought it was a nice way of revisiting some scenes I had done before."

This year, John reached a turning point in his life. While he was deciding what to do next, Janet suggested another small exhibition at the shop. The show, *A Little North*, was exhibited at the gallery throughout June. John has said the shows and deadlines help give him focus and, even after previously completing scenes from the area, he still appreciates what North Melbourne has to offer his artistic pursuits.

"North Melbourne is famous for its sunsets. You know, you look down Arden Street and think, 'Oh gee, that's a corker',

or look up at the moon when it comes up over the hospital and think, 'Wow, that's a whopper'."

John also likes to find beauty in things that may not be traditionally aesthetically pleasing or eye-catching. He also enjoys the beauty provided by the architecture and geography of the suburb. "Sitting on the corner of Victoria and Abbotsford streets, I quite like the flour mills and the structure; it's not really typically that attractive but, sitting there at about 4.30pm, the silhouette is just perfect."

The social aspect of working around the suburb is also a drawcard for John. "I like the business of sitting there for the hour or 40 minutes or whatever it takes, be it the bar scene or in the gutter in front of Di Bella's," he said. "People tend to come up and have a look at you painting and it's quite nice [to] have the odd conversation."

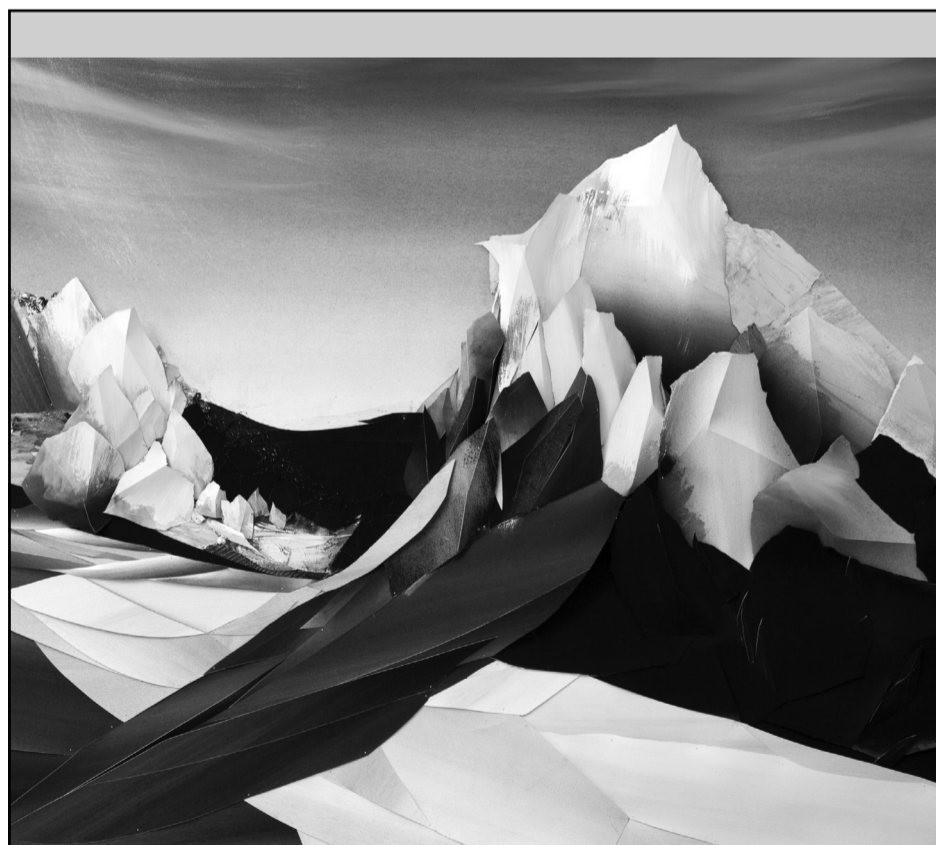
John continues to work across different mediums and is currently concentrating on assemblage work — restoring and assembling vintage items — and intends to carry on completing collections of North Melbourne scenes to exhibit at the framing shop in the future.

Shannon Newley

From drawing street scenes in Paris to scouring second-hand shops throughout London, John Hunt's artistic endeavours have taken him near and far. But it is in North Melbourne that he was given his first big break and a longstanding connection with the area was established.

"When I first started painting I started going to the Leveson Gallery, which was then on the corner of Leveson and Victoria streets," he said. "After a bit of time I had a show there, as a young 20-year-old, and then ended up buying into West Melbourne. [I] had this sort of love of the area [that] had partly to do with the beginnings of the gallery and started out by choosing to live here."

It was this association with the Leveson Gallery that gave John a leg-up in his developing artistic career. "I was going for a travel grant, and I decided to do a series of local scenes — this was in 1988 — and I did about 20 or 30 six-by-10-inch oil pastels



Kirstin Berg, *Ash and Snow (detail)*, 2009, charcoal, graphite and enamel on torn and cut paper, 115x177cm

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GALLERYSMITH

Melbourne International Arts Festival

This year's Arts Festival runs from 9 to 24 October, once again showcasing a fantastic selection of international and local performers and artists.

North Melbourne's Arts House, at 521 Queensberry Street, will host a visual spectacular crafted by master filmmaker Peter Greenaway (*The Cook, the Thief, His Wife and Her Lover*, *The Pillow Book*).

Starting Saturday 10 October, *Leonardo's Last Supper* is a three-dimensional re-creation of the original by Leonardo Da Vinci, using high-definition photography and soundscapes to bring the piece to life. Considering Greenaway's sumptuous films, it's sure to be a visual and aural feast.

Just around the corner at the Meat Market, 5 Blackwood Street, North Melbourne, and starting 15 October, is the Store Room Theatre's production

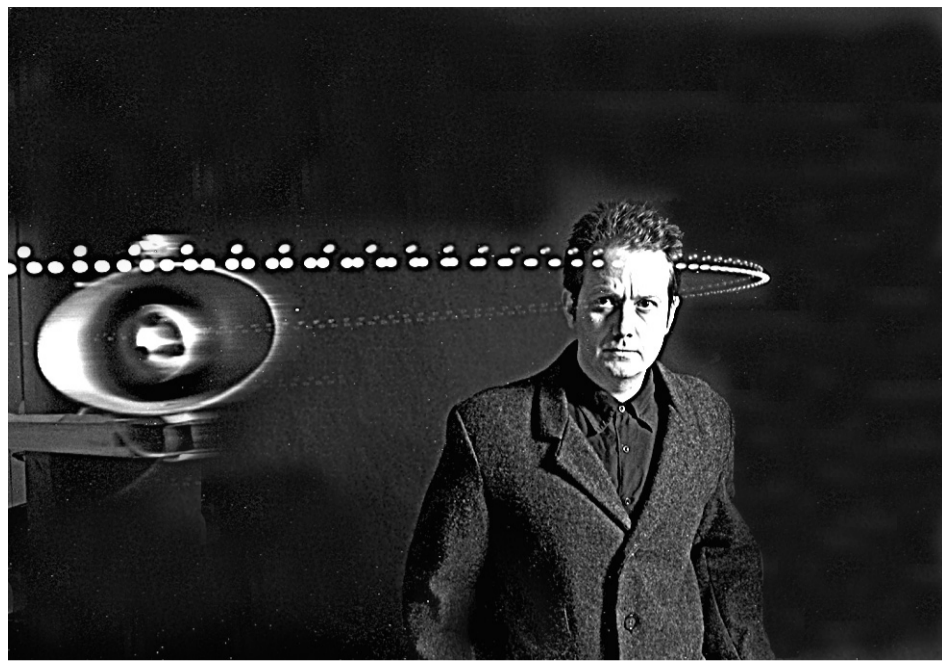
The Dictionary of Imaginary Places. The work is based on overheard conversations and diatribes that director Anna Tregloan and sound designer David Franzke collected over 18 months on public transport.

Also at the Meat Market is the installation *Siren*, beginning on 20 October. Featuring the work of British composer and artist Ray Lee, this piece is a fusion of light and sound that becomes a theatrical experience.

There's plenty more on offer all around the city during the festival, so pick up a guide or see the website for details.

Tickets for all events are available from Ticketmaster on 1300 136 166 or Easytix at www.easytix.com.au. See www.melbournefestival.com.au for event details.

Kylie McShane



British artist and composer Ray Lee with his light and sound installation, *Siren* Photo: Steven Hicks

TRAVEL & FOOD

Reinventing the corner store

Wandering into Grigons & Orr is a little like stepping back in time.

Not long after lamenting the demise of the corner store, I happened to pass the corner of Queensberry and Chetwynd streets and noticed a number of small tables outside the place that used to be a little Thai restaurant. Intrigued, I returned later to investigate.

An old-fashioned cash register and a range of croissants, panini and wraps sit atop a glass counter which also houses bags of lollies and other goodies we used to get at the milk bar when I was a kid (of course, the prices have kept up with inflation). Shelves are heaped with a variety of standard pantry items, as well as toiletries and a few strategically placed products and packages that would have been popular goods in the wartime era.

One wall is lined with stacks of wooden boxes and a set of commercial refrigerators that offer various cold drinks, dairy and

other refrigerated products. A basket of well-kept newspapers from days-gone-by are available for patrons who have the time to enjoy them.

The service was friendly enough, with a good range of teas, milkshakes and juices to choose from. If you are going there for breakfast, the poached eggs come highly recommended, although the prices for additional items on the side are at the higher end. On an afternoon visit, my children were keen to try the milkshakes, which were generous in size, and one managed to satisfy the two of them.

Although one of my friends reported that the coffee doesn't rival that of other local cafes, I really enjoyed my pot of tea, which was served in a wonderful two-in-one teapot and cup set which kept the cup warm, with additional fine china cup also provided. The accompanying milk was presented in a miniature glass bottle, which was rather quaint. The passionfruit and



Grigons & Orr Corner Store brings a little bit of the past to North Melbourne Photo: Shannon Newley

lemon tart was delicious, and the dollop of cream made the afternoon tea feel like quite a treat. I believe the coconut ice is also good.

With only five tables inside, the place gets rather cosy. However, I suspect that

Grigons & Orr will come to be very popular and a regular stop for those wanting to enjoy a quick drink and snack or needing to duck in for an item or two.

Leanne Yeung

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Ban lifted on pungent French import

Roquefort cheese has been around for a couple of thousand years, but it is only in the last four that Australians have been readily able to purchase and enjoy one of Europe's most popular cheeses. In 2005, a 10-year ban on importing Roquefort into the country was finally lifted, much to the delight of cheese lovers nationwide.

Australians had been without the pungent blue cheese due to restrictions on importing dairy products made with unpasteurised and raw sheep milk, the quintessential ingredient in Roquefort. After 10 years of research conducted by Food Standards Australia New Zealand (FSANZ), it was determined that the cheese was not at all dangerous for consumption, with Roquefort-related illness never having been reported in France.

A white, moist, yet crumbly cheese, Roquefort is semi-hard in consistency and melts easily. The rich *fromage*, with the initial tang provided by its veins of distinctive

green mould, dissolves almost as soon as it hits your lips, leaving you with a sweet then smoky and salty finish.

Like all cheese making, the process by which Roquefort is produced is meticulous, and the cheese can only bear the name if these specific methods are strictly adhered to. With only seven producers adhering to the stringent guidelines — including location of maturation, cutting and packaging, using only dry salt in the salting process and using milk from only three breeds of sheep — Roquefort is particularly special.

Though similar cheeses are produced throughout the world, Roquefort is the only one aged in the natural Combalou caves of Roquefort-sur-Soulzon in the south of France.

Roquefort is available throughout the deli section of the Victoria Market. Prices range from \$60 to \$70 per kilogram, making it a definite indulgence. But due

to the strength and flavour of the cheese, a small slice will be more than enough for any cheese platter. It is best eaten with dried fruits or pastes — quince paste is especially recommended — and crusty bread.

A perfect drinking match for Roquefort is a sweet white; try a local Victorian wine such as a Brown Brothers Riesling or Moscato, which are ideal for the impending warmer months and readily available from Parkhill Cellars on Errol Street.

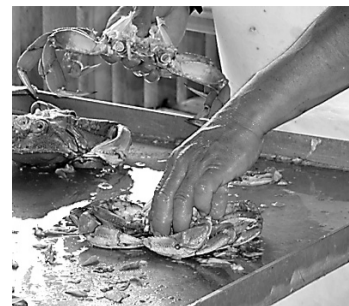
So there is no better time to discover this unique blue that has been enjoyed by cheese lovers the world over.

Shannon Newley

Yet to acquire the taste for blue cheese? Try starting with a mild blue brie from King Island Dairy and working your way up to the stronger stuff.

An Alaskan travel journal

from back page



Pictures left to right

Day 4: Brown bear
Photo: Wikipedia

Day 5: Arctic Brotherhood Hall,
Skagway

Day 3: Alaskan king crab on
barbecue, Hoonah

Photos: courtesy Jennifer Boyce

that with the tourists pouring through town, they were already out. Guess that will teach me to sleep in. Luckily, they weren't out of drinks. We soaked up the atmosphere and wandered through the rest of the weather-board-style town before heading back to the ship in time for dinner.

Barely able to keep my eyes open for the evening show, I decided to enjoy the views as we headed to the next destination. To my surprise, I could see whales spouting less than 100 metres off the ship. Michelle and I delighted in the sight of the whales with their calves for an hour before ending the day.



Day 4

Today was a cruising day through Tracy Arm Fjord, gateway to the Endicott Glacier. I had another relaxing morning and late breakfast. Soon after, the captain announced our arrival in the fjord.

Michelle and I scurried to an open deck with binoculars in tow. We were hoping to spot some more wildlife. We weren't disappointed — I almost immediately spotted a brown bear at the bottom of a waterfall. It was quietly watching the cruise ship float by while attempting to catch some fish. The bear seemed just as fascinated with the ship as I was with it.

Before I could happily call it a day, I was again awestruck with the grandeur that surrounded me. When I stopped peering through the binoculars, I was able to look around me in order to encapsulate the immenseness of the fjord. Then, looking down, I gasped. There were icefloes covering the water in every size, shape and colour imaginable. It looked as if someone had just finished personally chiselling and painting each one. Only a moment later I gasped again noticing there were seals all over the water lounging on the icefloes.

Before I could contemplate my meagre existence on Earth in comparison to my surroundings, the captain announced the ship was approaching the glacier. He shared his plan to manoeuvre a 360-degree turn in the tightly enclosed fjord so everyone on the ship could enjoy the view. What a show-off!

We dashed to the other end of the ship and nudged our way through a throng of people to get to a railing view of the Endicott Glacier, which was beyond my expectations. It was mind-boggling to see such a mammoth slab of ice, even for one who grew up in the arctic tundra of Minnesota. The colours were in every shade of blue, grey and white. As if that wasn't enough, chunks of the glacier were breaking off and exploding into the water. It being summer in Alaska, the glaciers were melting away only to 'regrow' in winter. Everyone on the ship gasped in time with the explosions, like a frenzied audience at a fireworks show.

After standing on deck for a few hours, my stomach reminded me that I hadn't eaten since breakfast. I tore myself away long enough to get a good window seat in the restaurant while trying to focus on my food as icefloes and seals floated by.

Post-lunch, I was back in a lounge with my feet up watching the day float by. Hours passed without my knowing. I was brought back to reality when the scenery changed and I thought it was a perfect opportunity

to go rock-climbing on deck 13. By the time I reached the top, I was 10 metres in the air, enjoying the last views of the fjord before the ship started towards the next destination and my long-awaited dog-sledding trip.

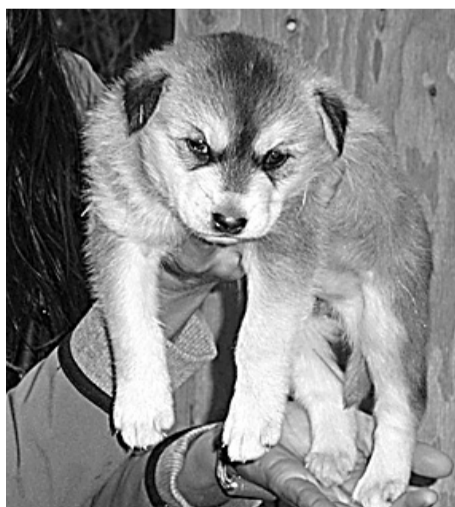


Day 5

Not only was I looking forward to Skagway for my afternoon dog-sledding excursion, but the town, population 800, and being part of Klondike Gold Rush National Historic Park, was exciting in itself. But, with four cruise boats in the bay, tourists were in season. Yet the crowds of souvenir shoppers couldn't inhibit the fun of the downtown district with its false-fronted buildings, ominous alleyways and old-time saloons. One building in particular, Arctic Brotherhood Hall, was worth the pushing and shoving necessary to get a picture. The facade of the building was made exclusively of 20,000 pieces of driftwood.

As lunch passed, I shivered with anticipation for my close encounter with all things canine. I could barely contain my glee while boarding the paw-printed minibus. Our guide, Shiloh, gave the busload of dog lovers a rundown on how the camp worked and safety instructions. As we arrived, we could smell the dogs and certainly hear them.

We broke into groups of eight in order to fit on the specially equipped summer sleds. Our musher, Sven, got us on board, buckled us in and whisked us up a hill at top speed. Grinning ear-to-ear was difficult with dirt flying in my face, but the gritty-teeth feeling would be a reminder of what it felt like to have 14 dogs pulling us at 23 kilometres per hour. The 1.5-kilometre journey ended too quickly. As we jumped down from the sled, Sven introduced us to each of his dogs, providing names, personality traits and favourite scratching locations. All eight of us picked a dog to pet while he talked about life as a musher before the group was torn away back down the hill for a demonstration of dog sled racing.



In an outdoor theatre, another musher talked us through the Itidarod, an amazing 1850-kilometre dog race. We were shown equipment and told harrowing stories of how man and dog survive the Alaskan wilderness in order to be crowned the winner of this coveted race. It was hard not to be distracted by the demonstration dog who was modelling all the equipment.

Shiloh took us to the penned litter area, introduced us to the three litters and explained how the dogs were bred especially for dog sled racing. Each would fetch over US\$3000. Towards the end, she handed out puppies to hold. I didn't mean to shove people out of the way, but seriously, this was what I had come to Alaska for. I had Michelle take photo after photo as the puppy snuggled up to my shoulder, just begging me to take him home. With roughly 300 trained sled dogs onsite, it was hard to suppress the thought that they couldn't possibly notice if I took one with me. However, I remembered Australian quarantine and thought better of it before boarding the minibus back into town.

Back on the boat, I was content as ever, but Michelle hastily reminded me that we'd be white-water rafting the next day. I basked in the last thoughts of dogs before thinking about holding on for dear life in a rubber raft.



Day 6

My earliest wake-up of the cruise started off at a chilly 10 degrees Celsius and overcast. Michelle was not to be dismayed. After loading the necessary coach, our guide gave us background information on Juneau, population 30,000, as we drove through town. Its status as the most remote state capital in America became all too evident when we learned that there was no road access to anything outside of Juneau. There is one main road totalling 69 kilometres that runs north to south through town. The only way in or out of Juneau is by boat or plane. Neither being that easy to procure or pay for, most locals don't leave the city.

By the time we arrived at the edge of Mendenhall Lake, we had already seen about 15 bald eagles. Being salmon spawning season, bald eagles and bears were in abundance. My friend and I were handed bright yellow waders, matching jackets and rubber boots. While we laughed at our very Alaskan appearance, we noticed our position was perfect to view the Mendenhall Glacier and surrounding mountains. The glacier is part of the Juneau Icefield and four kilometres wide. It carves icebergs into Mendenhall Lake, which is a sight to behold.

We boarded our raft post-safety instructions and Michelle dived for the front row, dragging me along as the guide promised a bouncy and wet 90 minutes. Our guide paddled us around the lake for better views of the glacier and icebergs. The peaceful sounds of the mountains, glacier and distant waterfall were only slightly interrupted by the tourist helicopters overhead. Even those were easy to ignore with the scene before me. I could hear the creaking sound of the glacier slowly moving.

As soon as our raft was calm and relaxed, our guide went straight for the mouth of Mendenhall River, telling us all to hold on. No need to tell me twice. Immediately the scenery changed to flowing water, trees in the water and rocky shores. The river was rapidly convulsing us farther down as we saw the first real set of rapids. One dip down and back up before I had a faceful of two-degree water. Cold would not begin to describe the sensation as my bottom

became wet and numb. I wasn't that excited — it must have been a hole in my waders. So started the hour-long river ride of numbness.

How quickly I forgot my predicament the moment I spotted a two-year-old black bear on the riverbank and the lack of feeling on my backside wasn't even a fleeting thought in my mind. Shouting "Bear!" probably didn't endear me to my fellow rafters, but I couldn't contain my excitement. The bear didn't seem to mind as it continued to watch us float past — it must be a fairly common sight.

Only moments later, we were behind another raft that had slowed down. I couldn't see why until we approached a tree in the middle of the river less than five metres from the raft. This time I did contain my excitement because shouting would have led to the eagle departing. Our raft floated as close as possible to glimpse the detail of the bird before continuing on its journey.

More rapids, more water, more girly screaming from me as the hole seemed to be letting in more frigid water. But before I could scream too much more, the adventure was over. We were deposited on the riverbank to change out of our rafting attire before boarding a bus back to the ship. I didn't quite grasp the wet backside problem until I actually took the waders off before a crowd of laughing people. Moist, soggy, mushy and waterlogged would have described my state. The bus ride back couldn't have been longer as I squelched in my seat. I have never appreciated dry pants quite like I did that afternoon.

However, my slightly blue bottom didn't stop Michelle and me venturing back into town for a drink at the infamous Red Dog Saloon. We forced our way through the line of tourists and old-style saloon doors, and were elated with the floor covered in almost 10 centimetres of sawdust and live music blaring. The bar was the place to be, with a giant mounted grizzly bear on the wall. But our drink was over too quickly as the day was coming to a close and the ship was beckoning us back.



Day 7

With a lifetime of experiences behind me and one day at sea ahead, I wasn't too concerned with trying everything on board that I hadn't yet done. Sleeping in and having a late breakfast was a perfect end to the week. After checking my email to see what my husband was up to in Melbourne and reassured that he hadn't burned down our place, I went to confirm my room account, knowing that the medical costs were going to be a teeth-clencher. No surprises there, but I was relieved to know that my travel insurance would cover it.

The rest of my day was spent napping and watching movies in my cabin before the last dinner. Whilst packing, I dreamed of my bed back home, although I still had four flights and more than 30 hours worth of travel to get there. Yet I couldn't help but think that every dollar spent, every moment exploring and everything I saw was worth it. No guilt; no worries.

Jennifer Boyce

An Alaskan travel journal

Jennifer Boyce steers us on an action-packed journey that took her from the comforts of a luxury cruise ship to the Alaskan wilderness.



Day 4: Endicott Glacier, Tracy Arm Fjord



Day 6: Mendenhall Glacier, Juneau



Day 1

After spending three days in Vancouver, I was eager to board the cruise ship and sail away into Alaskan waters. But getting to the pier, clearing US immigration, checking in and getting settled took longer than expected. When my friend Michelle and I finally got aboard the ship around lunchtime, all we were interested in was food.

One of the ship's four restaurants was open for a buffet lunch at which we eagerly gorged while perusing the long list of shore excursions. From past experience, we knew to book excursions early as they often fill up on the first day on board. Pondering the itinerary — three stops, two cruising days and one day floating along a fjord — we decided that Icy Strait Point would be the perfect place to wander around town, get a drink at the local hangout and enjoy the scenery. Skagway, however, would be a different story.

I've dreamed of dog sledding since I was little, and this was my opportunity. With the excursion description gushing, "Get a glimpse of a truly northern pastime and learn about the life of sled dogs and their mushers and see these powerful dogs in action as they pull you one-mile through the backcountry of a historic Gold Rush site," I couldn't help begging my friend to join me, and she wasn't hard to convince.

With only one more stop to consider, Juneau, Michelle had a chance to choose her usual adventurous experience. She predictably chose the most strenuous trip on the list — white-water rafting past the famous Mendenhall Glacier, icebergs and Alaskan wildlife. I agreed, remembering that the last time she picked our excursion I ended up whizzing through the Belize rainforest on a zip line landing on 12 different platforms over 60 metres in the air. But I got my choice, so it was only fair she got hers. I just tried not to think about falling into water two degrees above zero while going through rapids.

Once we'd had our fill of food and excursion talk, we headed off to our cabin to unpack and then explore the ship. We weren't disappointed to discover on board Royal Caribbean's *Serenade of the Seas* a mini-golf course, rock-climbing wall,

stadium-seating cinema, casino, two pools, four hot tubs, a fully-stocked fitness centre, spa, library, games room, computer stations and abundant lounges. We enjoyed our first evening in the main dining room before calling it an early night as I was starting to get a sore throat.



Day 2

I would have liked to try out the plethora of activities aboard but I was steadily getting sicker. After breakfast, my friend convinced me to visit the medical facility, even though I was afraid I would be quarantined to my room for the rest of the cruise.

When we travelled down to deck 2 in the bowels of the ship, I was shocked to see a fully-equipped hospital facility. After explaining I was positive I didn't have swine flu, I was escorted to see the doctor on duty.

Diagnosed with a bronchial infection, I was given antibiotics, three nebuliser treatments over two days and instructions to sit in the sauna as often as I felt able. I smiled knowing I wouldn't be quarantined and could enjoy my time at sea even though I was unwell.

For lunch, Michelle and I decided to try one of the restaurants. While ordering, we heard people shouting, "Dolphins!" Half the people in the restaurant had their noses stuck to the windows before we could leave our chairs. When we finally elbowed our way through, we spotted dolphins in every direction as far as the eye could see; there were literally thousands swimming alongside the ship. The whole sight was surreal — too bad my camera was in the cabin.

After all the excitement, I had a relaxing afternoon watching movies before daring to go to formal night in the dining room with my red, runny nose. Needless to say it was another early night for me before our first stop.



Day 3

We had a lazy morning that included a late breakfast, movie and lunch before getting off the ship. Icy Strait Point in the town of Hoonah, population 800, is nestled between a pristinely blue bay and snow-capped mountains. We wandered through the local museum and shops on the pier before walking two kilometres to the town. In every direction I looked, I couldn't help but gasp at the beauty of the area. The sky was such a vivid blue, the water reflecting the mountains.

We meandered into the town and found the local hangout — The Office Bar. The barbecues out front were covered in Alaskan king crab, and the wafting smell of garlic-buttered seafood lured us in. After grabbing a seat at the bar, we thought the crab cakes would be a good choice except

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Day 5: Sled dogs, Juneau



Day 6: White-water rafting on the Mendenhall River, Juneau