

# Mouse plague creates poison threat to pets

As reported in the media recently, there is an influx of mice in the broader Melbourne region with higher numbers being specifically reported in the western suburbs. Lort Smith Animal Hospital Intensive Care Unit Vets and Nurses have already seen 16 cases of household pets of rat bait poison between March to early May, further highlighting the importance of this issue.

*“It is vital that pet owners take the necessary steps to ensure that their pet does not consume rat bait.”*

With expectations that mice and rat numbers will increase as the winter season approaches, owners are urged to keep a vigil eye on their pet. Whilst the consumption of rat bait commonly occurs with dogs, it is important that owners are aware that cats can consume it too.

Lort Smith Animal Hospital is warning owners of the potential consequences of using rat bait to exterminate their rat or mice problem. Dr Tristan Rich said, “It is vital that pet owners take the necessary steps to ensure that their pet does not consume rat bait.”

Dr Rich recommends that pet owners think of alternative ways to treat their rat or mice problem. The best alternative is to call your local pest control professionals and have them trap the rats or mice.

If owners opt to use rat bait, it is extremely important to ensure that their cat or dog is not exposed.

Furthermore it is important to check for



Normally rat bait poisoning is a problem with dogs but cats will consume dead mice and rats as well.

Photos: courtesy Lort Smith Animal Hospital

dead rats and mice so that your dog or cat won't eat the rats or mice and subsequently be poisoned.

### What are the symptoms of rat bait poisoning?

“There definitely are symptoms but these are somewhat broad and can be symptomatic of other conditions which will often take a few days to show signs after exposure. If there is any possibility of exposure then things to watch out for would be bleeding from the nose, gums, ears, eye, urine faeces and saliva, bruising, lethargy, decreased

appetite, increased thirst, trouble breathing and coughing, distended abdomen, pale gums, collapse, loss of consciousness and sudden death” says Dr Rich.

Generally there are two types of cases; the first is when the owner sees their pet consume rat bait, and the second is when the owner doesn't see their pet consume it. Cats and dogs have a better chance of survival if their owner is aware of the consumption.

### What to do if your pet consumes rat poison?

Dr Rich recommends that you take your

pet immediately to your local veterinarian clinic or hospital. It is advised to bring the bait packet and not to feed your cat or dog any sort of food.

It is not just the bait that is dangerous to dogs and cats. Rodents that have consumed the bait and not yet cleared it from their system can also be a source of the toxin so be sure to remove dead carcasses from your property.

*If you would like more information about rat bait poison please call Lort Smith Animal Hospital on (03) 9328 3021.*



## Centre director says goodbye:

# “It has been a privilege”

It is with enormous sadness that I am writing to say goodbye to the community of North and West Melbourne, and to all the people who call The Centre their place. As a result of the funding cuts my full-time position as Director ceases at the end of June, to be replaced by a part-time management role, and, sadly, I have to move on.

The Centre belongs to the community and for hundreds of people it is their ‘place’: somewhere to belong, to be listened to and to be supported. Since I became the Director in 2008, and even before, in my earlier role

as the Community Development Manager, The Centre has also been my place. Every morning I have been happy to jump out of bed and come to work, knowing that my days will be filled with amazing colleagues, sensational volunteers, talented tutors, students, participants and partners — all committed to producing amazing results.

I will miss the *News* team, volunteers of incredible perseverance, working strange and peculiar hours to ensure its regular publication. I will miss the Global Homework Program, which has become a beacon in the

development of learning support programs, particularly for children from refugee backgrounds. I will miss the delicious community lunches and celebrations. I will miss Spring Fling.

Sadly, The Centre's reduced infrastructure will be unable to support a street festival in the foreseeable future. However a new Spring Fling program has just been launched as core business at The Centre. Who knows where that will lead?

It has been a total and complete privilege and pleasure to work here, and I want to

thank everyone for their support, especially during these difficult times. I want to thank the staff, volunteers and the Committee of Management for their dedication and tireless efforts, and their commitment to keeping The Centre going. I have always referred to The Centre as the Tardis — bigger on the inside than the outside. I fervently hope that it can return to this capacity sooner rather than later.

*Thea Bates  
Director,  
The Centre*

## 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 33rd year of production. Readers' contributions are welcomed. Where relevant the *News* may seek alternative opinions in the interests of balance. Contributors' opinions are their own, however, and the *News* takes no responsibility for them. We reserve the right to edit or omit articles considered unsuitable or when space is limited.

**Finance**

The *News* is a non-profit organisation working as a program of The Centre. Funding is by way of a limited quota of advertising, sponsorships, subscriptions and occasional donations.

**News subscriptions**

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

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*Community announcements are published free of charge.*

**Please note:** Advertising rates are subject to review.

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

**Volunteers**

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

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**Advertising Coordinator:** Janet Graham

**Section Editors:**

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History: Kate McDonell

Noticeboard: Janet Graham

Politics & Environment: Jennifer Boyce and Tom Kramer

Youth & Education: Kate McDonell

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**Copy deadline for September edition:  
Wednesday 10 August 2011**

Publication date: Thursday 8 September

**Copy deadline for December edition:  
Wednesday 9 November 2011**

Publication date: Thursday 8 December

Produced with the support of



Rotary Club of North Melbourne



CommonwealthBank

Printed by Latrobe Valley Express  
21 George Street, Morwell 3840  
Circulation 5000

**Please deliver contributions, letters and feedback to:**

North and West Melbourne News  
58 Errol Street, North Melbourne 3051  
Email: [thenews58@gmail.com](mailto:thenews58@gmail.com)  
Telephone: 9328 1126

Website: [www.centre.org.au](http://www.centre.org.au)  
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**Deliver the News in North or West Melbourne!**

We have a few gaps in our network, and your help would be much appreciated.

The *News* is published four times a year and delivery takes about one-and-a-half hours per issue. It helps if you have a trolley or a pram, as a bundle of newspapers can be quite heavy.

We currently need help in North Melbourne, especially for the streets near the Queen Victoria Market, and there is another area near North Melbourne Primary School which needs a deliverer.

**To volunteer please contact:  
Helen Lew Ton • 9329 9757 • [hmlawton@gmail.com](mailto:hmlawton@gmail.com)**

**Letters of concern**

The following letter first appeared in the *Melbourne Leader* on 23 May 2011. A copy of the original letter submitted had been forwarded to Lord Mayor Robert Doyle on 12 May.

**A jolly bad idea**

Decorating a Christmas tram is all very fine and jolly, but 'gift wrapping' Melbourne Town Hall is another thing altogether. Whatever possessed Melbourne City Council to squander more than \$1 million of our money on such a pointless extravaganza? Can homeless people take shelter under this ephemeral gift-wrapping?

Such frivolity is at odds with council's commendable "commitment to building strong and inclusive communities".

An immediate step in the right direction would be to restore viable funding to The Centre in Errol Street, North Melbourne.

Slashed funds have reduced staffing to a skeleton and cut opening hours by half. Our much-loved neighbourhood centre can no longer function effectively as a drop-in centre and provider of courses, programs and bus trips for disadvantaged and socially isolated people.

The Centre was a leader in setting up the Homelessness Action Group (HAG), which produced its first draft charter and protocol on homelessness in 2005. Since then, HAG has continued its work of developing strategies to promote inclusiveness.

Lord Mayor, please divert some of this excess Christmas cash into restoring the health of our neighbourhood centre, so it can continue its vital role in creating a cohesive community in North and West Melbourne.

*Janet Graham  
West Melbourne*

On 24 May 2011 the Lord Mayor replied to Janet as follows. Note that he made no response to the matter of Melbourne City Council's slashed funding to The Centre.

Thank you for your recent email to me regarding the money the City of Melbourne has allocated to Christmas decorations in our draft 2011–12 Budget.

I would like to clarify though that only \$179,000 of the Christmas decorations funding will go towards gift-wrapping the Melbourne Town Hall. While I understand your concerns over such spending, rest assured it will be money well spent. We anticipate that by drawing people into the city, the decorations will in fact make money for the city in the long run.

Like trams, the Town Hall is an iconic part of Melbourne that we believe cannot be left out of our Christmas decorations overhaul.

I would also like to point out that this year's draft budget has allocated funding to a large variety of projects and initiatives. We have stood by our commitment to building strong and inclusive communities by allocating \$1.75 million to tackling some of the city's key social challenges. This includes more than \$700,000 on the development of a community centre at the Drill Hall to assist 1300 people experiencing homelessness.

I thank you for sharing your thoughts with me.

*Robert Doyle  
Lord Mayor*

**The Centre IS needed**

**H**aving discovered North & West Melbourne Neighbourhood Centre courtesy Royal Melbourne Hospital moving its patient close to new treatment and life-saving chemo regimes, the past decade has reinvigorated both this author's body and soul.

In all its operational guises, The Centre celebrates one fundamental criterion, that of respectable personal communication. On a daily basis — and frequently way out of standard office hours — Centre personnel relate to and relieve locals' individual concerns, personal ills and our myriad other challenges. Or they used to.

With the front door closed, with the phone on electronic answer, with courses shelved and staff retrenched, The Centre no longer meets its base purpose: participants, respondents, poverty-stricken homeless people and all the rest of us cannot talk to a brick wall. We can no longer be helped to help ourselves to life's salvations of shelter, food, clothing, education and protection.

The Centre has had its vital communications stolen away. Whilst we're sure Centre management knows why, it would have been decent for Melbourne City Council to have at least briefed this community on the supposed reasons for its action.

Are we really so much of a problem? Need we now raise funding from elsewhere? And do we have any other route to a voice? Or should we just retreat to our proverbial hovels and pull our horns in?

And why is it that the several more-recently qualifying neighbourhood centres that each have funding allotments from other governmental and private sources are granted our allotment of the rating purse?

Our community desperately needs a response from Melbourne City Council if it is OUR local government, and urgently.

*Katrina Kincade-Sharkey*

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# The future looks bright for community legal service

North Melbourne Legal Service (NMLS) has gone through an exciting few years, as manager Khoi Cao-Lam has observed since joining the organisation in March 2010.

The service has significantly boosted the amount of help it provides to the most disadvantaged individuals in our community while also seizing opportunities to involve business, government and volunteers in its work.

The legal service has had the benefit of additional pro-bono support from the Victorian Government Solicitor's Office and the commercial legal firm Freehills, each of which has supplied one full-time highly skilled lawyer to enable NMLS to provide even greater assistance to the community. These partnerships with government and the private sector have almost doubled the service's capacity in recent years.

NMLS aims to promote community health and wellbeing through the resolution of legal problems for disadvantaged individuals who are unable to access private legal services. NMLS is an entirely free service for the members of the community it serves.

These include newly arrived migrants, people from culturally and linguistically diverse communities, those from low-income households, those experiencing severe illness or disability and those experiencing, or at risk of, homelessness. People with chronic illness or disability are particularly vulnerable to unjust treatment or disadvantage.

The service has been able to meet disabled clients at The Centre in Errol Street, its own upstairs offices in Victoria Street being inaccessible to them.

Our community is especially fortunate to have five lawyers working at the local legal service. NMLS also utilises a large number of dedicated and skilled volunteers in providing assistance. Twenty volunteers work with the service during office hours, usually law students, and they provide administrative assistance, legal research and support to the legal team.

NMLS also utilises about 20 volunteer lawyers from various backgrounds, including private practice and government, to help with the provision of legal assistance during the weekly drop-in clinics on Tuesday evening and Friday lunchtime each week. The commercial legal firms DLA Piper and Moray & Agnew generously provide NMLS with highly skilled lawyers for these drop-in clinics, and DLA Piper also accepts civil law cases referred from NMLS on a pro-bono basis.

The lawyers employed by NMLS come from various backgrounds and specialities



Manager Khoi Cao-Lam has seen some welcome changes at NMLS Photo: Janet Graham

in law but take on a diverse range of matters including assisting defendants in criminal law cases or members of the community with family law issues, which include family violence and custody problems (criminal and family law issues each comprise approximately 20 per cent of the issues the service deals with). They also help members of the community deal with credit and debt problems, civil disputes, issues relating to government administrative decision-making (such as Centrelink), motor vehicle accidents, wills, tenancy issues and employment issues.

The problems that affect our physical and social wellbeing often involve the law in one form or another and so the resolution of these problems has a profound impact on the wellbeing of the community.

NMLS does not handle immigration, planning or urban development issues but it has assisted Indigenous clients in accessing the Koori Court, which is a division of the Magistrates' Court and provides a less formal atmosphere that allows greater participation by the Aboriginal community in the court process.

The provision of information and advice forms a large part of the legal service's work, but NMLS also provides a significant amount of casework and court representation to members of the community, which involves a more intensive level of assistance

to clients. Casework support may involve writing letters on behalf of clients, advocacy and negotiation, contacting police or other organisations on clients' behalf and assisting in settlement of cases out of court.

In the financial year 2009–10, NMLS represented 60 clients in court (part of the judicial system involving a judge) or at tribunals such as VCAT (a more informal forum than a court to resolve a dispute, presided over by a tribunal member who may not necessarily be a lawyer). This equated to about one client each week, and a number of these cases required multiple court representations.

Over the past two years NMLS has expanded significantly. The service also operates its community legal education program, which is funded by the City of Melbourne. In 2010, it provided 22 education events, which involved an average attendance of 10 to 15 people in an informal, intimate setting with a wide variety of partner organisations including North Melbourne Community Centre, North Melbourne Language and Learning, the Salvation Army Support in Public Housing Program and the Asylum Seeker Resource Centre.

The community legal education program is designed to build the capacity of the community to identify and deal with commonly occurring problems, in order to promote health and wellbeing and prevent the escalation of legal issues. Topics covered by this program include debts, consumer contracts, neighbourhood disputes, fines, child abuse and family violence. The education program is a proactive strategy in the provision of

legal assistance and complements the more traditional service of advice and casework.

In addition to the recent boost in the provision of legal assistance and community legal education, Khoi was keen to promote the new clinical legal education program planned to commence in the second half of this year. Law students currently undertaking their three-year RMIT University Juris Doctor postgraduate course will be attending NMLS as part of a formal unit of assessment to provide legal assistance to the community under the supervision of a qualified lawyer.

This program is aimed at increasing the amount of assistance provided to the community while also giving law students, and therefore future lawyers, an opportunity to develop their practical skills and contribute to the local community at the same time.

All this for a small, not-for-profit North Melbourne community organisation that employs four people! So in the near future we can expect some fresh new faces at our legal service, and a greater opportunity to access legal information and assistance from this government- and council-funded agency. If you or someone you know is disadvantaged and facing a problem involving the law or feels threatened or discriminated against, please drop into the office in Victoria Street either on a Tuesday evening at 6.30 or between 1.00 and 2.00pm on a Friday to get help — after all, prevention is better than cure!

Leanne Yeung

North Melbourne Legal Service is at  
504 Victoria Street, North Melbourne,  
Phone: 9328 1885 <[www.nmls.org.au](http://www.nmls.org.au)>

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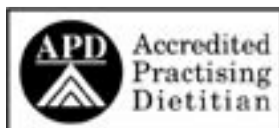
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# Picnic at Hanging Rock



Intisar Ibrahim enjoying the view from the summit of Hanging Rock

Photo: Natalie Warren

What is the relationship between teaching English to adult migrants and Hanging Rock you may ask? On Thursday, 7 April a bus load of adult learners set off on an adventure to Hanging Rock in the Macedon Ranges.

At just over an hour from North Melbourne, Hanging Rock affords a wonderful bush experience for many of our inner city students. When we arrived at the base of the rock there were exclamations about how fresh and sweet the air smelled compared to Melbourne and how the landscape reminded them of a place in their country.

Most of the group chose to walk to the summit where they were rewarded with spectacular views of the surrounding valley and farming land. Having visited there many times I am always surprised at how imposing and massive the ancient volcanic rocks are, but how quickly you can scramble to the top.

After indulging in delicious Somali sambusas, Ethiopian lamb wat (stew) with injera bread topped up with Vietnamese rice paper rolls and Chinese dumplings, by comparison my sandwich looked completely unappetising. I am not sure whether it is the need to get up and move around after all the food but at all of our events and excursions we always finish up with singing, drumming and dancing. We have now learnt to take our own drum to lead the beat on lunch boxes and buckets. The drum was passed back and forth between the African students and the Asian students with the rest of us joining in with some interesting dance moves that caused much laughter.

As the Community Development Worker at North Melbourne Language & Learning (NMLL) I am always humbled and amazed at the stories our students share with staff and their fellow students in the relaxed context of an excursion compared to that of the classroom. While chatting I learned about several students' challenging family situations, quests to reunite with overseas relatives, about how several people had lived here for years and never had the experience of visiting the Australian bush.

The excursion program is a fantastic way to open up the endless cultural and recreational opportunities that Melbourne, and its surrounds, has on offer. In the last 12 months there have been excursions to the Melbourne Museum, the NGV & ACMI, Royal Park, Herring Island Sculpture Park and a footy match at the MCG.

NMLL adult learners come from 17 different countries; some have been here for many years while others just arrived last month. The main groups are from the Horn of Africa (Somalia, Ethiopia and Eritrea), Vietnam, China and Sudan and this year, for the first time, we enrolled a student from Papua New Guinea.

Located on the ground floor of 33 Alfred Street on the public housing estate in North Melbourne, NMLL has been working with the Culturally and Linguistically Diverse (CALD) communities of the area for more than 21 years. Students can study English, computer and vocational preparation in a flexible and stimulating environment.

If you would like to make a meaningful connection with members of the CALD community of North Melbourne there are many opportunities to volunteer at NMLL.

*Natalie Warren*

*Community Development Worker  
North Melbourne Language & Learning  
33 Alfred Street, North Melbourne 3051  
Email: <nwarren@nml.org.au>  
Web: <www.nml.org.au>*



Aleza Nger Yat (left) and Hongmei Zhang enjoying friendship and fresh air at Hanging Rock

Photo: Natalie Warren



Students on the ascent of Hanging Rock

Photo: Natalie Warren

## Learn English and Computer at NMLL

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North Melbourne Language & Learning

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Phone: 9326 7447

Email: enquiries@nml.org.au

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Garden Patch

# Winter: What to grow in winter

As always I promote growing heirloom and interesting varieties of produce. Why not try and grow a range of potatoes this winter: Cranberry Red (to mash & roast), Sapphire (boil, salad, roast), Kipfler (boil, salad, roast), Desiree (mash, boil, salad, roast) and Royal Blue (mash). You will have the most amazing mix of pink, purple, blue and white potatoes to spice up the old spud. Plant your potatoes among your broad beans as a good companion. I recommend planting potatoes in a self-contained raised garden bed so that they can be easily harvested.

In addition to companion planting, crop rotation is another means to organic pest control. The trick is to not plant the same type of plant in the same spot in consecutive years (ideally, each plant would not return to the same spot for four to six years). The benefit of crop rotation is that the beds have moved on before pests and diseases have had an opportunity to establish.

### Your soil

Soil nutrition is a complicated and at times dull topic full of scientific statistics so let's stick to the basics. Firstly the health of your soil is the most important factor in having a healthy garden. Go outside and dive your hand into the soil of your garden. Grab hold of enough soil to make a ball.

- If your ball fails to hold shape then it is sandy and will require you to mix in mushroom compost, chicken and sheep manure and blood and bone. I also like to mix in a little sugar cane mulch for good measure.
- If your ball of soil holds firm and is hard to break apart your soil is clay based and could do with a dose of gypsum and a mixture of organic compost and manures.
- If your soil forms a ball but is easy to break apart you have lovely loam soil, perfect for vegetable gardening. That said, it is still good practice to add blood and bone and some manure to ensure your soil stays healthy and is ready for a bumper spring crop.

Remember to use your senses. You want your soil to be a lovely deep brown and to have a sweet earthy smell. Trust your instincts and adjust your methods accordingly.

I look forward to bringing you the next sunny spring edition of this column with tips for growing spring crops and some fun spring activities to get your children out in the garden helping you grow your food and learn about nature. Until then, stay warm and consider investing in some fingerless gloves to see you through those chilly mornings.

*See you in the dirt!*

*Natasha Grogan*

Ready or not the cooler months are upon us. Although seven degrees mornings may seem horrible at first, once you have warmed your bones walking around your garden with a hot cuppa it is actually a real treat to be out in the crisp air. There is magic to a winter garden: the dew that has settled on the leaves reflects the morning sky and the produce looks healthy and vibrant in the wet soil. This is a great time to wander around your garden and think about what you would like to grow and eat this winter. The winter months are also a good time to look at your soil and assess what you can do to make your garden spring ready.

I am an advocate of organic gardening and believe that we should not use pesticides and other chemicals in the garden, particularly where children are involved. Companion planting is a great way to work with Mother Nature to achieve a healthy and sustainable vegetable garden whilst discouraging those nasty pests. Companion planting is based around the idea that certain plants, when planted in close proximity of each other, will assist with natural pest control, nutrient uptake and a higher crop yield. Basil and tomato, for instance, is a well-known couple, both in the garden and on the plate. When planted together both plants increase in strength and flavour.

In addition to companion planting, crop rotation is another means to organic pest control. The trick is to not plant the same type of plant in the same spot in consecutive years (ideally, each plant would not return to the same spot for four to six years). The benefit of crop rotation is that the beds have moved on before pests and diseases have had an opportunity to establish.

Winter is the time to plant cabbages and celery. Remember to plant them together as celery is known to keep away the dreaded cabbage moth. If you planted legumes (peas/beans) over the summer plant these vegetables in their place, as they will also enjoy the nitrogen rich soil. I like to wrap my celery up in newspaper parcels to blanch the stems and to keep their shape.

Plant your winter peas and beans in the place of your last crop of leeks and onions. You will need to build a vertical structure on which the peas can grow. This can be a great opportunity to get the kids involved. Create a tepee with bamboo sticks and have the children weave coloured wool from the bottom to the top.



Peas growing up a bamboo tee pee. Inset: celery wrapped in recycled news paper.

Photo: Snoop Mitchell



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# North & West Melbourne Association

## 2011 Annual General Meeting

The North and West Melbourne Association held its 2011 Annual General Meeting on the evening of 17 May 2011 in the meeting room on the first floor of the reopened North Melbourne Library.

With Kevin Chamberlin chairing, the meeting moved at a brisk pace.

The minutes from the 17 April 2010 AGM were accepted as a true record of the meeting.

Members noted the reduction in the grant provided to the Association by the City of Melbourne, resulting in reduced expenditure on items such as the website. Members also noted the financial report from the Association's partner organisation, Sustainability Street. The Treasurer's Report was adopted.

Members' attention was drawn to the increasing workload of the committee and the mounting demands on the Association. Membership is growing steadily; however, there is a pressing need for more members to take up committee roles. More people contributing in this way will reduce the workload overall and improve the Association's effectiveness.

The following nominees were elected unopposed to the committee:

Chair: Kevin Chamberlin

Treasurer: Michael Horscroft

Ordinary members: Bill Cook and

Denys Harraway

The elected committee will co-opt others to committee roles as required.

The Association then held its monthly

general meeting and considered a variety of current issues.

## Planning

The Association agreed to work with the Kensington Association on areas of shared interest. A current priority is the proposed redevelopment of the woolshed stores in Elizabeth Street, Kensington (near the mills), including rezoning from industrial to mixed use and a Development Plan Overlay for a 12-storey addition. The two associations will work together to pursue proper consultation and consideration of heritage values as well as on the Arden Macaulay Structure Plan.

The following are examples of other ongoing planning issues:

- 46 Villiers Street: Last November more than 20 people gathered at this address to be photographed for a Leader newspaper article about poor developments. The Association supported the council in opposing at VCAT the proposed development, which consisted of an eight-storey building with 15 units and no car parking provided on-site on a small block of land between an 'A' graded heritage building and a single-storey building (currently North Melbourne Physiotherapy Clinic). The decision is to grant a permit for six storeys and waive car parking.

- Readers will recall the active community campaign against the proposed redevelopment of the Zagame car dealership at 559-577 King Street, West Melbourne. This proposal for 259 units and one retail premises is still with the Planning Minister for decision.



More than 80 residents rallied against the Zagame project on 20 November 2010

Photo: courtesy www.NoHighRise.com

## Social events

The Association held a very successful and well-attended event at Maria's Trattoria on Tuesday 10 May, as one of a series of dinner events organised by Nancy Nankervis. If you would like to be part of the Association but aren't keen on attending meetings, these might be for you. Keep an eye on the website for information about the next one.

## Homelessness Action Group

A successful forum on homelessness was held on Wednesday 4 May in the library meeting room, with approximately 15 attendees. Recurring points of discussion were the La Trobe Close development and the need to establish appropriate support frameworks — including trained staff — as part of social housing, particularly where the housing is intended for high-needs people.

## Transport

It seems a major redevelopment of the Haymarket roundabout is underway and that in fact tenders were let prior to community consultation taking place, which suggests a lost opportunity for diverse thinkers to exchange ideas and perhaps create unexpected solutions. It is likely the suggested works will reduce the number of accidents at this very complex roundabout; however, it also seems

likely that the changes will slow the progress of trams. Association members are hoping to learn more at the forthcoming Structure Plan meeting in Carlton.

## Coalition of Residents and Business Associations (CoRBA)

CoRBA continues to gather strength. Media and public interest is building, particularly concerning the electoral review of the Melbourne City Council.

In a similar vein, there is growing concern about the number of items listed as confidential on council meeting agendas and the impact of this practice on the democratic operation of council.

**NWMA CONTACT AND MEETINGS**  
**The North and West Melbourne Association website is at:**  
<http://www.nwma.org.au>.

**Meetings are held at 7.30pm on the third Tuesday of the month in the upstairs meeting room at North Melbourne Library. The next meeting will be on 21 June 2011.**

## Obituary

Mary Johnston Anderson

Animal welfare activist

27.9.1927 – 20.2.2011

Mary Anderson, a well-loved and respected North Melbourne identity, died at home recently from a heart attack, aged 83. Resolutely independent, she lived with her elderly cat, Golly, and it was hard to tell which was more devoted to the other.

Never one to talk about herself, the details of Mary's adventurous life came as a surprise to many when revealed by speakers at her funeral service, held at Joyce Chapel, Fawkner Crematorium, on 25 February. Among the attendees were representatives of the major animal welfare organisations, including Graeme Smith of The Lost Dogs' Home and Pat Carden from the Humane Society for Animal Welfare, several of whom paid tribute to Mary.

Mary Anderson was born in East Ballarat and grew up in Newborough, near Yalourn in Gippsland, where her parents ran a shop. As a young woman she became an air hostess with Ansett Airways in its early years.

She then trained at the Royal Melbourne Hospital to be a nurse and, with her new skills, soon resumed her travelling life, exploring Europe widely and working in England. She took a position with some Harley Street medical specialists in London and it was through that employment that she came to know Agatha Christie.

When she returned to Australia, Mary continued her nursing career in Queensland, where she had friends. Settling once more



Mary Anderson in her Ansett Airways uniform

Photo: Anthony Caton

in Victoria, she worked at the Royal Talbot Rehabilitation Centre in Kew until her retirement. She moved into her O'Shanassy Street flat about 30 years ago and cared for her father after her mother died.

Since her childhood in rural Victoria, Mary had been passionate about animal welfare. Once retired, she found time to join several like-minded groups, most of them based in O'Connell Street, North Melbourne, in the building known as The Animal Centre. The Humane Society for Animal Welfare became her particular interest. She also sat on the committee of the Melbourne offshoot of Beauty Without Cruelty, a company founded in England in 1963 with an ethic of manufacturing cosmetics that were not tested on animals.

Although her abiding love was for cats, Mary's compassion extended to all animals and she worked as a volunteer dog-bather at The Lost Dogs' Home. At night she would

patrol the streets in her Volkswagen picking up stray cats. Choose Cruelty Free director Elizabeth Jackson described Mary as "one of the hardest-working people in animal welfare that I have known".

Shirley Lamb, who has been involved in the animal welfare movement for more than 40 years, can vouch for Mary's powers of persuasion. Having met through the Humane Society for Animal Welfare 20 or 25 years ago, she says Mary talked her into attending that organisation's meetings, something she had not done before.

Mary herself went to as many meetings as possible to fight on behalf of companion animals. She was also a foundation member of the Probus Club of Melbourne North — which no doubt provided a welcome distraction from the constant distress of seeing animals suffer.

Mary was the driving force behind the Cat Crisis Coalition, formed in 2005, which brought together 12 major Victorian animal welfare groups and shelters to campaign for compulsory desexing legislation. However, in the following years Mary was sad that the coalition had not been as successful as she had hoped.

At the launch of <Moggies.com.au> at the Lort Smith Animal Hospital in September 2010, Carole Webb, executive director of the Cat Protection Society of Victoria, was still speaking of the "massive cat overpopulation and large numbers of unwanted cats entering shelters". Moggies is a web-based rehoming program whereby anyone wanting a pet cat types in their postcode to view pictures and profiles of all the cats awaiting adoption in their area.

Ten years ago Mary contacted the *North Melbourne News* for assistance in publishing an article to rally support for the campaign to make desexing mandatory. The story

appeared in the June 2001 edition of the *News*.

She maintained her belief that legislation was the best way to address the overpopulation problem. Leading animal welfare organisations say that neutering is the only way to control cat fertility humanely and thus reduce the huge numbers of stray cats and kittens in our suburbs. Prone to malnutrition and disease and mostly unsocialised, these animals cannot be found homes and contribute to the appallingly high rate of feline euthanasia.

It was a great disappointment to Mary that the State Government had taken no action; she had hoped that legislation would be enacted during her lifetime. She attributed the campaign's failure to several factors.

First, pets must be registered by the age of three months, and some local councils insist on cats being desexed before they register them. Compulsory desexing is therefore associated with *early* desexing, which many, though by no means all, vets oppose. If spaying and neutering occurred at four to five months, more vets would be in favour of legislation. Pet owners often avoid the issue by not registering their cats.

Mary also believed that vested interests, such as pet-food companies and pet shops, were driving the anti-compulsory desexing lobby.

Despite debilitating arthritis, painful feet, a heart condition and declining health after a stroke some years ago, Mary was still quick-witted and had a great sense of humour. She was often to be seen frequenting her favourite cafes in Errol Street. Her friends deeply miss her company, her political conscience and her astute observations. We lament the passing of such a warm, compassionate and committed member of our community.

Janet Graham

# Homelessness Action Group

## Guidelines for assisting the homeless

### Talking with someone who may be homeless?

The most important thing to remember is that those experiencing homelessness are people and you should therefore engage with them as you would any other member of the community. However in doing so it is important to remember that people experiencing homelessness may also be experiencing other complex issues, such as drug and alcohol addiction, mental illness, hunger and extreme fatigue. This may make their behaviour unpredictable or unconventional and therefore it is always important to consider your own personal safety before engaging.

The HAG encourages members of the local community to engage with anyone they feel may be experiencing homelessness in order to offer assistance should they feel confident and comfortable to do so. When doing this it is important to:

- Remain calm and non-threatening
- Respect the dignity of the person/s to whom you are speaking
- Make eye contact, and direct the person persons to appropriate main stream services, which are outlined in this protocol, instead of offering personal assistance.

Should the person become aggressive or threatening it is important to remain calm, refrain from eye contact and disengage from the conversation as quickly and safely as possible.

### Rough Sleepers: Who do you call?

If you see someone sleeping in a public place (streets, parks, lanes, doorways etc.) and wish to discuss the situation you can contact from Monday to Friday, 9am – 5pm:

- The Hanover Outreach Team on 9288 9800 or 0419 106 442 or
- Doutra Galla CHS Connections Program (DGCHS CCP) on 8327 1710 or if it is outside of office hours you can provide the person/s with contact details for:
- The Salvation Army's Melbourne's Road Home Team on 1800 COMMUNITY (1800 266 686 489) 24 hours a day, 7 days a week.
- The St Kilda Crisis Centre, 7 days a week from 10am to 12 midnight, 29 Grey Street, St Kilda, (03) 9536 7777 or 1800 626 727.

If you have safety concerns for the homeless person/s and/or others you can contact:

- The police on 000, who will provide a response if a person is in danger.
- The Hanover outreach team, DGCHS CCP, Melbourne's Road Home or the Police

will assess the situation as soon as practically possible and take the appropriate action.

### Drinking in Public Places

It is not currently an offence simply to drink in public spaces unless it is classified as a prohibited area by the Melbourne City Council. At the time of publication there were no prohibited areas in North and West Melbourne. For more information you can visit: <[www.melbourne.vic.gov.au/About-Council/CouncilProfile/LocalLaws/Pages/ConsumptionOfLiquor.aspx](http://www.melbourne.vic.gov.au/About-Council/CouncilProfile/LocalLaws/Pages/ConsumptionOfLiquor.aspx)>.

However in the event of local community members observing any person/s drinking alcohol in public places who are exhibiting criminal or threatening behaviour which puts themselves or others at risk, they may contact Police on 000.

**Sobering Up Bed:** There is a single sobering up bed available (following police referral and service assessment) at Ozanam House. Police can contact Ozanam House on 9329 5100 to check availability.

### Drugs

If someone appears to have overdosed immediately call 000 for ambulance assistance.

**Used Syringes:** If you find an inappropriately discarded syringe in the City of Melbourne you can contact:

The City of Melbourne on (03) 9658 9658 to arrange for immediate free disposal.

If you see people using syringes in public places you can call the Mobile Needle and Syringe Program (Mon – Fri 10am – 5pm) on 0418 170 556 or 1800 170 556 to talk about needle exchange and drug education.

### Begging

Begging is illegal in Victoria and if a person is acting in a threatening manner then you can report the matter to the police on 000. However the HAG recommends that, if possible, you offer the person information and help them to link in with local services.

### Access to Public Toilets

The number of available public toilets in the North and West Melbourne area is decreasing which creates a difficult problem for those who may be experiencing homelessness. Should you see someone urinating or defecating in public, whilst respecting their privacy and dignity, you can direct them to a local public facility. Should the problem be ongoing you can contact the Melbourne City Council Health Service Branch on (03) 9658 8831 or (03) 9658 8815 for clean up.

### Threatening or Challenging Behaviour

People experiencing homelessness often experience a myriad of other complex issues such as drug and alcohol addiction and/or mental illness which can make their behaviour unpredictable or unconventional. In the event that their behaviour is threatening or intimidating you can contact the Police on the emergency 000 number assistance.

### Discrimination

The Equal Opportunity Act 2995 makes it unlawful to discriminate against someone due to his or her impairment, which includes mental illness, physical featured, race or gender to name a few. It is therefore important for all businesses to adopt a policy of treating everyone fairly and equally not only to minimise the risk of a complaint of discrimination being made against them but also to create an inclusive environment for everyone in the North and West Melbourne community. For more information on the rights and responsibilities of businesses you can refer to the Equal Service guidelines at: <<http://www.pilch.org.au>> and enter a search for Equal Services Guidelines.

In the event of a person experiencing homelessness finds themselves being harassed or discriminated against they can report the incident to the Victorian Equal Opportunity and Human Rights Commission on 9281 7100 or the North Melbourne Legal Service 9328 1885.

In the event of a person experiencing homelessness support and accommodation services they may contact the Homelessness Advocacy Service at Council to Homeless Persons on 9419 8529 or Free Call 1800 066 256.

### Chroming

Chroming is the inhalation of the vapours given off from aerosol paint which gives users a 'high'. If you see someone chroming and they don't seem distressed, leave them alone—never excite, alarm or chase someone high on inhalants. If they are non-responsive or are in trouble call 000 for help. If you have questions or are concerned about use in the area you can call 24 hours a day, 7 days a week on 1800 888 236.

### Homelessness Resources

A City of Melbourne, Helping Out Brochure can be found on the Melbourne City Council Website at <<http://www.melbourne.vic.gov.au>> and search for the *Community Information Directory*.

### Contact us:

If you have any questions or feedback on this protocol please contact:  
Homelessness Action Group (03) 9329 5100

## EMERGENCY RELIEF DIRECTORY

### FOOD

#### BREAKFAST

**Ozanam Community Centre**  
268 Abbotsford St, Nth Melbourne  
Mon – Fri 9.00 – 9.30 am  
FREE or \$2 if possible

**St Mary's House of Welcome**  
105 Brunswick St, Fitzroy  
Mon – Sat 8:45 – 9am and 9:30 – 9:45am  
FREE

**Sacred Heart Mission**

87 Grey St, St Kilda  
Mon – Fri 8:30 – 10:30am  
Sat & Sun 9.00 – 10:30am  
FREE

#### MORNING/AFTERNOON TEA

**St Mary's House of Welcome**  
105 Brunswick St Fitzroy  
Mon – Sat 10.30am & 3pm  
FREE

**The Coolibah Centre**

(over 55s members only)  
67A Brunswick St, Fitzroy  
Mon – Fri & Sun 1.45pm  
20c (coffee and tea free)

#### LUNCH

**Ozanam Community Centre**  
268 Abbotsford St, Nth Melbourne  
Mon – Fri, 12.00 – 1.00 pm  
FREE or \$2 if possible

**St Mary's House of Welcome**  
105 Brunswick St, Fitzroy  
Mon – Sat 12.30 – 1.00pm  
Sit down 3 course lunch  
\$2.50

**Sacred Heart Mission**

87 Grey St, St Kilda  
Mon – Sun, 12.00 – 1.00pm  
FREE

**Ozanam House**

179 Flemington Rd, Nth Melbourne  
(via Kitchen back entrance)  
Sat & Sun 1pm – 1:30pm  
Take away cut lunch, Tea & Coffee

\$1 where possible

**The Kitchen Drop in Centre**  
North Melbourne Community Centre  
49 – 53 Bunclie St, Nth Melbourne  
Sat 12pm – 3pm, Lunch at 12.30pm  
FREE

#### DINNER

**St Vincent De Paul Matthew  
Talbot Soup Van**  
Flinders Street Station, Mon – Sun 9.00  
– 9.30pm

Victoria Market – Franklin St car park at Peel  
St end, Mon – Sun 10.00 – 10.15pm  
Hanover House – 52 Haig St, Southbank, Mon  
– Sun 9.30 – 9.45pm

The corner of Steel St and Boundary Rd, Nth  
Melbourne, Mon – Sun 7.00 – 7.30pm  
FREE

**Rosie's Food Van**

Flinders St Station  
Wed & Fri 8:30pm – 10:00pm  
FREE

### DO YOU KNOW SOMEONE IN NEED?

**Ozanam House,  
North Melbourne**

*Working with homeless men in Melbourne since 1953*

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

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

If you know someone who is homeless, in crisis and needs assistance please call VincentCare Community Housing on Tel: 9304 0100 or 1800 618 468 (toll free)



**VincentCare**  
Victoria

### QUÝ VỊ CÓ BIẾT AI ĐANG GẶP KHÓ KHĂN KHÔNG?

**Nhà Ozanam,  
ở North Melbourne**

*Cung cấp chỗ ở cho nam giới vô gia cư ở Melbourne từ năm 1953*

Nhà Ozanam cung cấp chỗ ở có hỗ trợ khủng hoảng cho nam giới vô gia cư trên 18 tuổi có các nhu cầu phức tạp.

Chúng tôi nhằm cung cấp một môi trường an toàn, bảo đảm và có tình giúp đỡ giúp người cư trú giải quyết hiệu quả các vấn đề dẫn đến tình trạng vô gia cư.

Nếu quý vị biết ai đó đang bị vô gia cư, trong cơn khủng hoảng và cần được giúp đỡ xin vui lòng gọi cho Các dịch vụ Nhà ở SVDP theo Số điện thoại: 9304 0100 1800 618 468 (số điện thoại miễn phí)



**VincentCare**  
Victoria

**EMERGENCY RELIEF DIRECTORY**

**Open Family Bus**  
Cnr Flinders & Swanston St  
Tues, Thurs & Sat 9pm – 12pm  
FREE  
**Missionaries of Charity (Indian Sisters)**  
69 George St, Fitzroy (Rear laneway entrance)  
MEN ONLY  
Mon, Tue, Wed, Sat & Sun 5.00pm  
FREE

**Food Stamps/Parcels**  
**St Mark's Community Centre**  
250 George St, Fitzroy  
Mon, Wed & Fri  
Food Parcels, 12.00 – 3.30pm  
FREE  
**Sacred Heart Mission**  
87 Grey St, St Kilda  
9.30am – 2pm

**Health**  
**Ozanam Community Centre**  
268 Abbotsford St, Nth Melbourne  
Mon – Fri 9.00 am – 2.00pm  
Mental health outreach services, Doctors' surgery, Dental clinic, Eye clinic, Nursing service  
**The Coolibah Centre**  
(over 55s members only)  
67A Brunswick St, Fitzroy  
Health Services, Psychiatric referral, Podiatry, Optometry (once a month)  
**Doutta Galla Community Health Service**  
12 Gower St, Kensington, 15 – 19 Gracie St, Nth Melbourne  
Medical Services, Dental Services, Counselling and Mental Health Services, Psychiatric Services  
**Frontyard Youth Services**  
(for young people aged 12 – 25)  
19 King St, Melbourne  
Health Services, Counselling  
**Living Room Primary Health service**  
7 – 9 Hosier Lane, Melbourne  
Mon – Fri 1am – 5pm  
Health Services, Counselling  
**North Yarra Community Health**  
75 Brunswick St, Fitzroy  
Mon 9am – 12pm  
Drop in health clinic, Dentistry, Physiotherapy, Podiatry, Occupational therapy, Dietetics, and Nursing.

**St Mary's House of Welcome**  
105 Brunswick St, Fitzroy  
Mon, Tues, Thu, Fri 8.30am – 3.30pm  
Wed & Sat 8.30am – 2pm  
Women's Health Clinic, Men's Health Clinic  
**Victorian Aboriginal Health Service**  
186 Nicholson St, Fitzroy  
Health services, Psychiatric services, Counselling, Immunisation, Maternal and Child Health

**Showers/Laundry**  
**Anglicare Victoria—Lazarus Centre**  
203 Flinders Lane, Melbourne  
Mon – Fri 9.30am – 12.00pm  
Shower & Toiletries  
Washing machine & Dryer  
Clothes  
**The Coolibah Centre**  
(over 55s members only)  
67A Brunswick St, Fitzroy  
Shower  
**Sacred Heart Mission**  
87 Grey St, St Kilda  
Mon – Sun 9.30am – 2pm  
Showers, Laundry  
**Salvation Army Family Support Services**  
69 Bourke St, Melbourne  
Mon – Fri 9.30am – 4pm  
Showers  
**St Mark's Community Centre**  
250 George St, Fitzroy  
Mon, Wed & Fri 12pm – 4pm  
Showers, Laundry, Toiletries  
**St Mary's House of Welcome**  
105 Brunswick St Fitzroy  
Mon, Tues, Thu, Fri 8.30am – 3.30pm  
Wed & Sat, 8.30am – 2pm  
Showers

**THE CENTRE**



**2011**

The Centre's community learning program for term 3. All courses are ten sessions, but you can join at any time for a reduced cost.  
**You can register your interest in person at The Centre, 58 Errol St., North Melbourne or ring us on 9328 1126**

**Fitness Program**  
**Yoga**  
Our classes are taught by accredited teachers.  
*General*  
**Time:** Mon 6.30 – 8.00pm  
**Venue:** The Meat Market  
5 Blackwood North Melbourne  
18 July – 19 September  
**Cost:** \$160 concession \$140  
**Teacher:** Katie De Aruyo  
This Hatha Yoga class is suitable for all levels. It incorporates postures, breathing, meditation and relaxation.  
*General*  
**Time:** Wed 6.15 – 7.30pm  
**Venue:** To be announced  
20 July – 21 September  
**Cost:** \$160 concession \$140  
**Teacher:** Renate  
A class for students who have completed two terms of Beginners or one year of yoga practice elsewhere. This class will go into the deeper and more subtle aspects of yoga.

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

*Beginner*  
**Time:** Thursday 7.30 – 8.15pm  
**Venue:** To be announced  
21 July – 22 September  
**Teachers:** Maria Zuluaga & Sue Gertzel  
**Cost:** \$160 concession \$140  
Working on mats, this class involves gentle stretching and strengthening exercises to develop your core strength.

*Beginner Plus*  
**Time:** Thursday 6.30 – 7.15pm  
**Venue:** To be announced  
21 July – 22 September  
**Teachers:** Maria Zuluaga & Sue Gertzel  
**Cost:** \$160 concession \$140  
This class deepens the stretching and strengthening of core muscles that was started in Beginner. A great class for you if you are recovering from and injury.

**Computers**  
*Beginner*  
**Time:** Friday 9 – 11am  
**Venue:** North Melbourne Library  
22 July – 23 September  
**Teacher:** Nicole  
**Cost:** \$100 concession \$50  
Gain confidence and understanding in the practical use of computers. The course will cover Windows, word processing, the internet and email, spreadsheets and multimedia.

*Beginner Plus*  
**Time:** Friday 11.30am – 1.30pm  
**Venue:** North Melbourne Library  
22 July – 23 September  
**Teacher:** Nicole  
**Cost:** \$100 concession \$50  
Build on skills learnt in Beginners Course. You will be introduced to more advanced features of Microsoft Office and overall PC management.

*Intermediate*  
**Time:** Friday 2.00 – 4.00pm  
**Venue:** North Melbourne Library  
22 July – 23 September  
**Teacher:** Nicole  
**Cost:** \$100 concession \$50  
Start broadening your abilities in areas of office skills and multimedia.

**Art Program**  
**Calligraphy**  
**Time:** Tues 7.30 – 9.30pm  
**Venue:** The Centre  
26 July – 13 September

**Teacher:** Stephen Wright  
**Cost:** \$110 concession \$95  
Learn how to make beautiful cards, envelopes, and scrapbooks with your new found writing artistry. Explore different scripts, illumination and family trees. Ask for a materials list when you enroll.

**Arty Farty Institute**  
**Time:** Tues 1 – 3pm  
**Venue:** The Centre  
19 July – 20 September  
**Teacher:** Nikita Burt  
**Cost:** \$50 concession \$35  
Bring your inner artist to this friendly and supportive group who explore the creative process. In a relaxed informal and supportive environment you can create and explore your artistic self working with a variety of media, (paint, clay, and textiles) to create an individual project. No experience is needed, just a touch of curiosity!

**Art Warriors**  
**Time:** Tues 3.45 – 5.15pm  
**Venue:** The Centre  
19 July – 20 September  
**Teacher:** Nikita Burt  
**Cost:** \$115 concession \$100  
Kids aged 7 – 11, bring your enthusiasm and imagination! This playful class will explore a variety of artistic techniques and processes. Explore your imaginative realm and build on your own natural creativity. Recycle, invent and create! Suitable for Grades 1 – 5 and children must be signed out by a parent or nominated guardian.

*Must have a minimum of ten students to run at this cost.*



**The Centre**  
58 Errol Street,  
North Melbourne  
Phone: 9328 1126

THREAD DEN PROUDLY PRESENTS  
**THE NORTH MELBOURNE MARKET**  
AT THE LITHUANIAN CLUB 44 ERROL ST, NORTH MELBOURNE

**26** JUNE  
**24** JULY  
**21** AUGUST

**11** SEPTEMBER  
SPECIAL AUSTRALIAN DESIGNER EVENT  
STAY TUNED FOR MORE DETAILS

10 am - 3 pm \$2 entry  
[WWW.NORTHMELBOURNEMARKET.COM](http://WWW.NORTHMELBOURNEMARKET.COM)



YOUTH & EDUCATION

# Global Homework Program

Upstairs, North Melbourne Library

Tues ...Years 7-12,      Weds... Grades 4-6

The Global Homework program is proud to present the writings of the students of grades 4-6 who come along every Wednesday. After the night's homework is completed students take on a "challenge." These are some of the poetry and writing challenges.

*Enjoy!*

## The Sun ...by Maryama Saed



The sun shines while rain falls  
 The rain slowly stops  
 While the sun still shines all day  
 Bright shiny sparkly beautiful  
 Amazing wonderful SUN

## The Snow...by Louiza

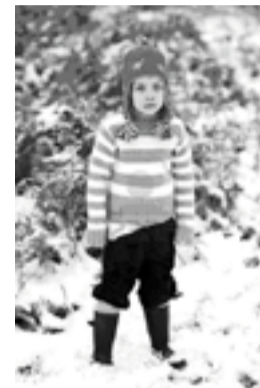


Before the snow melts I make a snowman  
 I stand in the snow feeling cold  
 Chasing animals in the snow  
 Ikram and Zahra destroy my snowman

## An Egg...by Kate Thomson



The bird huddles in it's cage  
 Hidden away from the world  
 Once kept warm by it's mother  
 Now cold and alone  
 The bird will huddle and dream of  
 the world outside his cage  
 What are the trees like? What is  
 the sun?  
 What's the warm like against it's  
 ruffled feathers  
 When the time comes for me to  
 be free  
 I will fly over the sea  
 What is the sky like? How is the  
 sea  
 What is it like to be able to see?



## The Snow...by Bridget

I stood in the melting snow  
 The freezing cold was hard  
 not to show  
 Going inside will show my  
 strength  
 Or I will wheeze  
 and be teased to death

## Creepy Crawly Things

...by Abdullah Hassan

Today when I woke up from a terrible  
 sleep there were creepy, crawly things  
 and the scariest of all was the boss of  
 the creepy, crawly things. You think I  
 am crazy but this is true

*Alright!*

This is the start. I went into the  
 bathroom. I saw this green, slimy  
 thing. It had 11 eyes. I ran away  
 quickly. I went to my room but I was  
 surrounded by those things. The boss  
 of the creepy, crawly things talked to  
 me.

He said "WE come in peace." (Nah I'm  
 just joking).

He really said "We want to be friends"  
 So I said "OK"

We started to play games and then I  
 fell back to sleep. That's all., Bye



**The Centre**  
 58 Errol Street,  
 North Melbourne  
 Phone: 9328 1126



Regal  
 Overjoy  
 Youth  
 Amazing  
 Lace  
 Wonderful  
 Exciting  
 Dream  
 Delightful  
 International  
 Necklace  
 Greeting  
 by Khadija



An alien came from outer space  
 He had a funny looking face  
 He brought the sun  
 It was so much fun  
 He liked playing sport  
 But not resorts  
 Air conditioning wasn't his mate  
 made him shiver and made him Shake  
 Khadija

## Morning



During the early part of the day the  
 weather is nice, but cold.  
 It is so fresh in the morning that  
 mists flee before the rising sun.  
 The grand view of the sunrise  
 strikes everybody and nature is  
 so romantic. In the morning I often

go to the coffee shop near home to have coffee with my friends, because a cup of  
 coffee will refresh you. My friends and I talk about Melbourne's hopeless weather,  
 especially this terrible last summer. Australians are really aware of the weather and  
 talk about it all the time, probably because it keeps changing all the time but, no  
 matter what the day is likely to be like, I like mornings because the sun always rises  
 and makes life so sweet. Ivan Yuen

## WITCHES

Wicked witches have  
 Itchy britches  
 Teeth so yellow and  
 Colourless  
 Hopeless children under  
 Evil spells and  
 Scary snakes slither around  
 By Joanna



## WITCHES

Wicked was the witch  
 Icky, sticky and tricky  
 Tee-hee, hee she laughed a stitch  
 Cursed by a mickey  
 Haunted in a mansion  
 Evil in the air  
 By Angela





Safety, balance, coordination, flexibility, strength, endurance and cardiovascular fitness, North Melbourne Primary School students enjoy this lesson



Photo: courtesy North Melbourne Primary School.

## Skating — all on board

At its simplest essence, skateboarding celebrates creativity and movement. But it only seems like yesterday that my friends and I had to run from schools to escape the clutches of an irate school principal or caretaker for the ‘crime’ of skateboarding. You would think that we had been throwing rocks through windows or trying to set the school on fire. At the time, skateboarders were considered delinquents and outcasts by the majority of the adult world. Maybe it was the lack of rules or officials that made people feel threatened, I’m not sure, but I do know that this negative stereotype did not fit any of my skater mates or role models. Such was the attitude towards skaters that many of us wore ‘Skateboarding is not a crime’ T-shirts to remind society that we were not trouble-makers and just wanted to move and have fun. Unlike today, councils provided practically no purpose built skateboarding facilities, while roads and car parks had obvious four-wheeled

dangers to contend with and so it just happened to be that schools often had the smoothest surface to get our skating fix. We obviously couldn’t skate in the school grounds during the day, but after hours and on weekends, schools presented us with a perfect concrete playground with only those pesky aforementioned school principals and caretakers to look out for.

Fast forward 20 years and I have to pinch myself to make sure I’m not dreaming as I skate around a school ground with a bunch of little skaters during the middle of a school day. What makes it even harder to believe is that the principal at North Melbourne Primary is actually smiling at us as she walks past and our caretaker helped us to build some of the obstacles we are skateboarding on! To top it all off, I am being paid to share this pleasure!

All of this is thanks to Melbourne City Council and a ‘pie in the sky’ grant proposal I sent to them last year. I almost didn’t bother

to apply for an unheard of skateboarding grant, assuming that such a proposal would be a waste of time, even in these more progressive times. However, mindful of my own advice to my students that ‘the only mistake you can make is not to have a go,’ I had a go and it paid off big time. Along with the funding from Melbourne City Council, North Melbourne Primary Principal, Sally Karlovic and Peter Franklin from Goliath Skateboards all got behind the project and we now have a fully funded class set of skateboards, helmets, knee, elbow and wrist pads for me to teach the students skateboarding safely in my Physical Education class. We also have a quarter pipe, bank ramp, rail slide / grid rail and manual pad to help turn this skating dream into a reality (if you don’t know what I’m talking about, trust me, it’s good skateable stuff). To my knowledge, we are the only school in the state, in fact, anywhere for that matter, to embrace skateboarding to such an extent.

In this day and age of concern for kids regarding junk food diets, internet and gaming addictions, obesity, depression and anxiety, it is great that we as a society

are getting a bit more real about who and what the real ‘trouble-makers’ are. Finally skating is seen for what it is; a fun, creative, social, non competitive outlet that improves balance, co-ordination, flexibility, strength, endurance and cardiovascular fitness. Not a bad checklist for a former ‘public enemy’!

I can’t help but smile as I watch the kids as they skate by. Do they know how good they’ve got it these days, I wonder. Not only are skaters now accepted by society, but skaters are more accepting of diversity within their own culture. Traditionally skaters were almost exclusively of the male WASP variety, but at North Melbourne it is a multicultural ‘melting pot’ and they all support each other whether skating or not. I can’t tell you how pleasing it is to see the shy mathematician, the bookworm or the fashion conscious student all having a go alongside more likely skater candidates.

When it comes to skateboarding, society has rolled forward and at North Melbourne Primary, we are all on board!

John Giles

Physical Education teacher at North Melbourne Primary School

## From Milano to Melbourne

North Melbourne Primary School has opened its arms to a very special visitor from Italy. Every year, sponsored by Co.As.It., approximately 30 language assistants arrive from universities across Italy and work with Australian students in Italian language programs in schools throughout the state. Simona De Giorgio arrived from Milan and is teaching our children about Italian culture and the language.

Some of our students interviewed Simona about her life and her first impressions of Australia.

Amanda Williams, Italian Coordinator, North Melbourne Primary School



Simona De Giorgio, the new Italian assistant at North Melbourne Primary School Photo: Amanda Williams

### Student interview with Simona

**After your experience in Australia what would you like to do with your life?**

I’m not sure I want to go back to Italy because things work well in Australia. I love to teach but I’m not allowed to do it in Italy now, so if I went back to Italy I would try to gain a diploma to teach.

**How has your life changed since coming to Australia?**

It has completely changed because in Italy I did different work. I worked as a publisher in an office in front of a computer for nine hours in a day! Now I’m doing a different job as a teacher. I meet different people — students, teachers — and I get to explore myself more than in Italy.

**What connections do you have in Italy compared to Australia?**

In Italy I have friends and family but in Australia I have met a lot of interesting and wonderful people.



Simona with Grade 6 students

Photo: Amanda Williams

**Do you want to travel after Australia?**

I hope after nine months in Australia my English will have improved, and then I will be able to go to many other places.

**What job would you like to have after being a teacher?**

I would like to become a writer because in Italy I was a journalist.

**Where would you like to settle down after being in Australia?**

I don’t know, because my boyfriend travels a lot for his work and I really want

to learn English so I can follow him in his journeys around the world.

**How do you think your teaching and English skills have improved since coming to Australia?**

I have improved my English because I use it all the time, and my teaching skills. In Italy I taught in high school but in Australia it is a new experience, because I have to interest the students and interact with them.

Interviewed by Connor O.R. and Corin Grade 6

## HISTORY

# Who was Lady Huntingfield?



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](http://www.hothamhistory.org.au)> for our events and publications.

One of North Melbourne's oldest kindergartens is the Lady Huntingfield which nowadays has its main entrance in Haines Street. (Once the entrance was at the end of Harris Street, now closed and ineptly renamed Plane Tree Way)

We can take it for granted that Lady Huntingfield would have been a member of the English aristocracy, but her obituary in *The Argus* has other more immediately interesting facts. She died in 1943 in London soon after her home was bombed during the blitz of World War II. Immediately before the war, she lived in Melbourne with her husband, who was governor of Victoria from 1934 until 1939, with a nine month spell as Acting Governor General of the Commonwealth during 1938.

And so by birth, she wasn't English at all. The obituary goes on:

*"Lady Huntingfield was before her marriage Miss Margaret Eleanor Crosby, and was born in the United States, her father being Judge Ernest Crosby, of New York. She was married to Lord Huntingfield when he was Capt Vanneck and stationed with his regiment in India, whither she went with her father to attend the Coronation Durbar in 1912."*

The Delhi Durbars, of which there were three at the height of the British Empire, were held to mark the coronations of English kings and queens. The 1912 show was for King George V and the Queen Mary (known for years as the Queen Mother). Nearly every ruling Indian prince, nobleman and person of note went along to honour the royal couple who wore their Coronation robes and also an astonishing amount of jewellery.

These details fitted with ideas I had grown up with about the role in Australia of the rich, English noble class, but I was to learn further that they were not the whole picture.

*"In Victoria, Lady Huntingfield identified herself with every movement for the advancement of citizens and improvement of social conditions. With Lord Huntingfield she travelled extensively through country districts, and won esteem everywhere by her grasp of the problems facing men and women in a new country."*

In keeping with her interests, her name was given to a bed in the Queen Victoria Hospital, a scholarship for a social work student at the University of Melbourne and our North Melbourne kindergarten.

When she lived in Melbourne, the women's pages of the local press pictured her as part of an extraordinary world: at the races Lady Huntingfield wore 'a tailored suit of black cloth with a black felt hat and silver fox furs' (*The Argus*, 28 May 1934, p. 4). She also opened a handicraft exhibition

for the Country Women's Association where the floral decorations ran to a profusion of 'mignonette, violets, late autumn roses, forget-me-nots, sweet peas and lily of the valley' (*The Argus*, 18 June 1935, p. 12). Her doings were regularly reported alongside details of weather, flowers and frocks at dances, balls, unveilings and openings.

But another side of her life was reported as well. Soon after she came to Melbourne, she attended a family event at the newsboys' club and poured praise on the lads (*The Argus*, 18 July 1935, p. 12). At the end of her time here, at a farewell tea party given by members of the Melbourne District Nursing Society and Aftercare Hospital, *The Argus* reported that,

*"...as a grandmother, she had a particular interest in safeguarding childhood; and, therefore in the fine work of the society which nursed the sick poor in their own homes. "I feel," she said, "that the solution of the hospital overcrowding problem will come from the re-establishing of home nursing in homes where it is possible." (29 March 1939, p. 14)*

During a visit to England, she had favourably compared a new Elizabeth Garrett Anderson Hospital with the Queen Vic where many a North Melbourne baby of the time was born and in which she took a keen interest:

*"I was tremendously interested to*



A group pauses outside Lady Huntingfield Kindergarten during a Hotham History Project walk in November 2003. The Elm Tree Way entrance has changed little since this picture was taken. Photo: Janet Graham

*see the hospital, because it is run on parallel lines to our Queen Victoria Hospital in Melbourne', Lady Huntingfield said. 'The wards are such pleasant places and I was particularly pleased to see that all the walls are finished with glazed tiles in harmonious colouring. It seems a happy way of combating London's problems of dust and soot.'*

(*The Argus*, 11 August 1937, p. 14)

So our Lady Huntingfield had been a woman with a social conscience and the impetus and opportunity to use it. She had also developed a fondness for living in the Melbourne of those times, some seventy years ago. On her departure, it was reported that,

*'she did feel some sadness, as she spoke of it several times before she left, and also at the wharf she touched her eyes with her handkerchief just once or twice - very surreptitiously.' and 'From the deck of The Mooltan she continued to wave, while the tune of Auld Lang Syne gave her a message that she would not be forgotten.'*


(*The Argus*, 5 April 1939, p. 10)

Funds for the kindergarten that would carry her name came in large part from a 1940 garden fete held in October in the grounds of Melbourne University. The day's program featured bridge at Chancellor Sir John Medley's residence, stalls for sweets and flowers, pony rides for children and music from the Fire Brigade Band. The press detailed these attractions, a short list of those who attended and the headline '*Fete at University to Benefit Needy Children*'. There was continuing support and interest from lord mayors, the Committee of Melbourne University Women, its Students' Representative Council and representatives of Women's College and Janet Clarke Hall.

Thus, in the spirit of 'doing good', the kindergarten opened under the auspices of the Melbourne City Council and the Free Kindergarten Union and carried the name of an interesting and well intentioned woman, one of the commoners who married into English aristocracy.

Lorna Hannan  
for the Hotham History Project  
<<http://www.hothamhistory.org.au>>

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# Street numbers have a history of their own

To allow for the development of Melbourne, a grid was laid out in 1837, which contained substantially sized blocks that were subdivided for sale. Whilst some thought went into planning the layout of Melbourne, the amount of land released by the crown for development lagged behind the demands of the growing population. In addition, a substantial number of the blocks that were sold were too large for the purchaser, and were subsequently subdivided and then built upon. One of the consequences of such subdivisions was that many landowners formed lanes upon their land to provide access to the properties built at the rear. A large number of these private lanes have survived in the CBD and surrounding suburbs until today, contributing to the particular atmosphere of Melbourne.

There was another significant consequence of the ad hoc subdivision of land in this way: identifying the property built upon it. Today it is an easy matter to determine your location on a given street: Houses are numbered sequentially in a given direction; commercial buildings have clear names, and in addition, street signs have the number range for a given block printed in the corner. For the residents of the early City of Melbourne it wasn't such an easy matter. In the early years of Melbourne, building numbering was implemented in as more or less an ad hoc fashion as land development was.

There were some general principles that evolved, to reflect that the Hoddle Grid was at the centre of the development of Melbourne. Elizabeth Street, being at the centre of the city grid, was also the point of origin for numbering. Streets that ran West-East across Elizabeth St were designated

with either 'West' or 'East', and numbering commenced in both directions, with the lowest numbers closest to Elizabeth St. For example, there was a number 1 Collins St-West, and a number 1 Collins St-East. Streets running North-South were less problematic, and numbering for these streets began at Flinders St.

**"I have the honor to suggest the necessity for renumbering of Bourke St. In company with a Gentleman from Sydney, I endeavoured last week to find a certain number in Bourke St, and not only could not find the required number but it became very clear that the whole system is altogether wrong"**

There were further problems with this arrangement:

- (i) Little thought was given to accurately reserving sections of numbers on a given block;
- (ii) Corner blocks were especially confusing as it was often difficult to determine which street a building number related to;
- (iii) There was a combination of numbering, as well as the use of names with subnumbering to refer to property. Sometimes there was neither a number or a name.

An example of this problem could be observed in Adderley St, West Melbourne. This street is to the west side of Spencer St, and runs parallel to it. It is short, being only six or seven blocks long. The land on the east side of the street was released early on in the colony, and was built upon, whereas the land on the west side of the street wasn't released until 1865. When this latter land release occurred, one of the first blocks to be sold and built upon was in a block bounded by Roden and Stanley streets. Three cottages were built upon this lot, and the man who built them collectively called them the Adderley Cottages. He further subnumbered them from one to three. A few years later, the Metropolitan Hotel was built on the corner of Adderley St and Stanley St, and two small cottages were built next to it, abutting the three Adderley Cottages. The Hotel was variously referred to as being on Adderley St, or on Stanley St, depending on the whim of the owner. The two small cottages were never numbered or named, and in the street directories of the time, are simply referred to by the residents living there. As a consequence, the Sands and McDougall Street Directory for 1880 records the information for this part of Adderley St thus: Toohig, Joesph {Occupiers name, no house number}; Walker, James {Occupiers name, no house number}; Adderley Cottages:- 1 Easton, Thomas; 2 Fowler, Thomas; 3 Gregory, Josiah. A notable omission is the Metropolitan Hotel, which in that year was deemed to be on Stanley St.

By the mid 1880's, the numbering scheme for the City of Melbourne was a mess, and in need of correcting. A visitor to the City, Mr J. Ellis Stewart, was sufficiently put out by

the inconvenience to write to the council:

"I have the honor to suggest the necessity for renumbering of Bourke St. In company with a Gentleman from Sydney, I endeavoured last week to find a certain number in Bourke St, and not only could not find the required number but it became very clear that the whole system is altogether wrong".

Finally, in August 1887, the Public Works Committee of the City of Melbourne met and discussed a submission to the Council by Mr James A. Kay to renumber the city. His proposal being found satisfactory, he was awarded a contract, and a by-law was passed to enable the work.

It is noteworthy that the by-law contained an explicit reference to the look of the number plate to be affixed to properties. One of the key aspects of the renumbering was to ensure that having allocated the correct new number to a dwelling, that that new number be readily apparent and distinguishable from any other legacy numbers or marks.

Hence, a standardised plate was adopted. As subsequently decreed in By-Law No. 81, Melbourne required every building to bear a number plate that "is to be white enamel upon copper, oval [in] shape, [with] blue figures."

Throughout 1888-89, Kay and his workers trudged the streets administering the new scheme. Upon its completion, the City of Melbourne was subjected to enquiries from other colonies, as well as cities from around the world, requesting information on how the work was achieved.

*Karl Hessian*

*This article is an extract from an address given by Karl Hessian to the Brunswick Historical Society.*

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# If you rent you can still take action to be green

## Greening Your Rental Home

While the great Australian dream for many will continue to be one of home ownership, it is likely that many of us will never own our own homes. This can be a daunting prospect for those renters wishing to reduce the environmental impact of the house they live in. However, there is now a wealth of information available to renters to help them green their homes. The good news is that landlords and real estate agents are also getting in on the act too. With nearly two-thirds of occupied private properties being rented in North Melbourne and just under half in West Melbourne (Australian Bureau of Statistics, 2006 Census on Population and Housing), it would be great to see more of this improvement in our community!

## Renters

There are many actions that a renter can undertake to green their home without their landlord's permission. The following actions can be transferred or taken with renters when they leave their rental property:

- Purchase GreenPower, accredited renewable energy, through your electricity retailer.

- Compost food scraps using a worm farm to use in container gardening.

- Purchase energy and water efficient appliances.

Of course, there are some changes that do require your landlord's permission, e.g. installation of solar panels to generate electricity. It helps if a renter is prepared with the facts when asking for their landlord to make these bigger modifications.

## Landlords

Like renters, landlords are motivated by

knowing what is in it for them if they make environmental improvements to their properties.

Environment Victoria's Victorian Green Renter's Guide claims that landlords who improve their rental properties can:

- Retain good tenants who will be more comfortable and spend less on bills.

- Rent their property more quickly and easily as it will be more attractive to new tenants.

- Increase the value of their property.

- Take advantage of tax deductions available for green improvements and maintenance.

- Get government rebates to help you with the cost of improvements.

## Real estate agents

One real estate agent has taken the lead to start helping renters and landlords bring about this change.

In late 2006, Compton & Green launched the Goes Green™ initiative. When this western suburbs real estate agency inspects a property to supply a condition report, they add a simple one page Goes Green™ check list. They aim to complete a Goes Green™ report for all new tenancies and monthly inspections. This form acts as the disclosure form to the landlord, not only will the check list point out what their home does and does not have but will also assist in obtaining quotes in major works such as water tanks and offer fixed price costs, such as replacing a shower head. Should the owner choose not to do any work, a copy of the form is kept on file for future reference, with the opportunity to re-visit the check list in the future.

## Residential mandatory disclosure

Other real estate agents may or may not provide this voluntary service in the near future. However, they will be obliged to report the energy performance of both rental properties and those for sale under the new Residential Mandatory Disclosure Scheme. This scheme will apply to the fixed basic features of a house, flat or apartment which impact on its energy, greenhouse and water performance. It is likely to include assessment of the building fabric (insulation levels, window sizes, etc.), installed appliances and other important elements.

Buyers and renters will be able to compare the energy, greenhouse and water performance of homes they are interested in. The better performing the home, the easier it will be to save money on energy and water bills. Better performing homes also have reduced environmental impacts by producing less greenhouse gas emissions and using less water.

## Last course scenario

You may have tried these tips and find that your landlord just doesn't want to change. So if you are looking to move to a new, greener rental property, check out the tips for assessing its environmental performance in Environment Victoria's Victorian Green Renter's Guide.

## For more tips and information

- Alternative Technology Association, ReNew magazine, Issues 114 & 115

- Compton and Green 'Goes Green™' <[www.goesgreen.com.au](http://www.goesgreen.com.au)>

- Consumer Affairs Victoria, Renting <[www.consumer.vic.gov.au](http://www.consumer.vic.gov.au)>

Green Renters <[www.greenrenters.org](http://www.greenrenters.org)>  
Renter's Guide to Sustainability (Alternative Technology Association) <[http://www.ata.org.au/wp-content/sustainability/ata\\_renters\\_guide\\_sustainability.pdf](http://www.ata.org.au/wp-content/sustainability/ata_renters_guide_sustainability.pdf)>

Victorian Green Renter's Guide: Sustainable living tips for renters <[www.environmentvictoria.org.au/rentersguide](http://www.environmentvictoria.org.au/rentersguide)>

Gabrielle Stannus

North Melbourne Sustainability Street  
Private renter in West Melbourne for 17 years!

## DID YOU KNOW?

Household appliances, specifically washing machines and refrigerators, account for around 12.8% of greenhouse gas emissions in a typical Victorian household and 5.1% of a household's energy usage. This equates to \$170 per year spent on energy used for refrigeration and clothes washing <[www.resourcesmart.vic.gov.au/for\\_households/rebates\\_3740.html](http://www.resourcesmart.vic.gov.au/for_households/rebates_3740.html)>.

## ON A LOW INCOME?

Concession card holders who would like to purchase high efficiency whitegoods can receive a State Government rebate if they apply for a No Interest Loan, Progress Loan, or are using the Good Shepherd Buying Service <[http://www.resourcesmart.vic.gov.au/for\\_households/rebates\\_3740.html](http://www.resourcesmart.vic.gov.au/for_households/rebates_3740.html)>.



## North Melbourne Sustainability Street presents:

### New members welcome

Go to the Sustainability Street website to find out more about us and sign up to our newsletters to receive early notification of our events. <http://www.northmelbourness.com/> You can also visit our Facebook page to chat with other locals about any sustainability issues/tips/projects you may want more information on, or to share any information you may have about similar initiatives. Also receive direct invitations to our events.

Follow us on Twitter  
<[@nthmelbourness](https://twitter.com/nthmelbourness)>

### LIVING SUSTAINABLY IN RENTAL ACCOMMODATION

Living sustainably is possible in rental accommodation whether you live in an apartment, share house or on your own! This workshop includes a room by room tour through the average rental property looking at simple and cost effective ideas that can be implemented in a short amount of time that will help make your property more energy efficient, sustainable and save you money. We also look at general lifestyle changes, ideas and advice for greening your life.

### GREEN RENTERS' WORKSHOP

North Melbourne Library, 66 Errol Street  
Wednesday 29 June, 7.30pm-9.00pm  
RSVPs would be appreciated either by email to [info@northmelbourness.com](mailto:info@northmelbourness.com) or by phone to Gabby Stannus on 9329 2801.  
More details on our website at <[www.northmelbourness.com](http://www.northmelbourness.com)>, facebook page or twitter account <[@nthmelbourness](https://twitter.com/nthmelbourness)>.

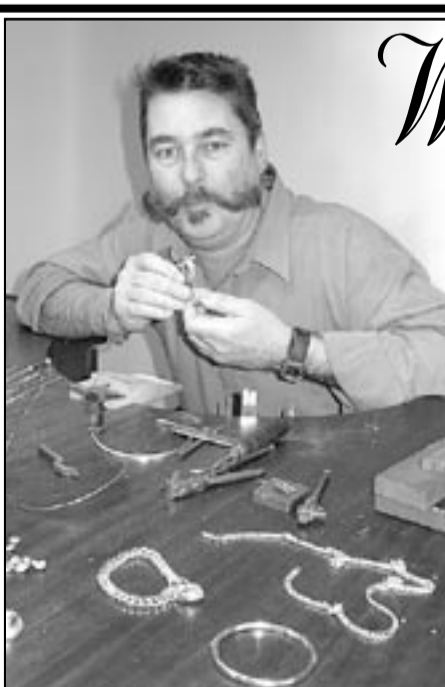
### CLOTHING SWAP

Looking to update your wardrobe? Not interested in spending money doing it? Come join North Melbourne Sustainability Street for a clothes swap. Bring up to 10 clothing items for men, women or children at 2.00pm for set up. However many items

you bring in will be how many items you walk out with (maximum of 10 items). Enjoy a free afternoon tea while the clothes are organised and then be ready to swap!

Saturday 30 July, 2.00pm-4.00pm  
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Bring up to 10 clothing items for men, women or children.

More details on our website at <[www.northmelbourness.com](http://www.northmelbourness.com)>, facebook page or twitter account <[@nthmelbourness](https://twitter.com/nthmelbourness)>.



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# PARTY anyone?



Claire McGuinness, trauma education coordinator (PARTY)

Photo: Jim Weatherill

Victoria's PARTY is on to save wayward youth from their gravest danger: reckless choices.

Melbourne's public hospitals strive for optimum outcomes for this state's trauma patients by matching leading international technology and equipment with local medical expertise.

Efforts in the 21st century have achieved a continued drop in the death rate from self-inflicted trauma, while also confirming Australians' subconscious belief in their immortality, certainly amongst teenagers not yet attuned to life's fragility.

The impact of both accidental and deliberate damage resulting in death seems to be acknowledged by older generations; it's the impact of trauma in hospitals that is still widely unknown, despite a state government review during the late 1990s titled The Victorian Trauma System.

Utilising data from this state's three major trauma centres, the Royal Melbourne, Royal Children's and Alfred hospitals, it was agreed to match available facilities to patients' needs to enhance their survival of critical incidents.

That data identified the predominant cause of assaults and road traffic accidents (RTAs) for young adults aged 19 to 25 years as alcohol and drugs, especially on Fridays, Saturdays and Sundays.

For every trauma-related death in Victoria there are 331 hospital admissions and 144 emergency department attendances, so trauma survival is also excessively expensive in monetary terms.

A 2010 Transport Accident Commission report noted "Road trauma costs Victorians close to \$4 billion every year, with each single fatality costing the community about \$1.5 million and every serious injury averaging \$400,000" in immediate costs.

Yet the actual costs of road trauma in youth extend far beyond significant medical care and rehabilitation: injury of productive young members of the community creates either permanent or temporary loss to the workforce, not to mention the ongoing emotional loss to family and friends.

The outcome for those seriously injured is that a large percentage require prolonged hospitalisation and rehabilitation to return them to the best possible physical condition for any hope of productive lives.

Youth trauma admissions to RMH from 2005 to 2010 showed 51 per cent of males and 44 per cent of females were above the legal blood alcohol limit of 0.05 per cent, with average blood alcohol concentrations

in 15–25 year old patients suffering assaults, pedestrian injuries, falls and car, motorbike and cycle incidents each significantly over that limit.

Treatment for survival of RTAs or assaults or drug binges is not pretty and takes far more time and effort than merely attending a mate's funeral, so RMH, RCH and the Alfred regularly conduct PARTY.

Developed in Canada during 1990, the PARTY program is a dynamic, interactive prevention and health promotion effort for senior high-school students; it stands for Prevent Alcohol and Risk-related Trauma in Youth and arose from the concerns of an emergency department nurse who witnessed increasing numbers of serious teen admissions following risky behaviours.

Specifically aimed at reducing injury, death and disability in young people, PARTY programs educate youth to recognise risks and take responsibility for their life choices. The programs are now conducted at more than 100 in-hospital sites across the world, including Canada, USA, Brazil, Japan and Australia.

Groups of 25 teens aged 15–19 years spend a day at the selected hospital with supervising teachers and hospital emergency department staff. Before they commence the day's program students are asked to complete a questionnaire, this repeated at the end of the day and again after three months. Collation of this data allows evaluation of the program's impact on those students' risk-taking knowledge and behaviour.

A mix of presentations by nurses, doctors, paramedics and patients, as well as the day-long session's guided tours through hospital departments, brutally track a trauma patient's path from emergency and intensive care, then into the various recovery wards.

Canadian research from the past 20 years shows youths who did not attend PARTY were 21.8 per cent more likely to be involved in a major trauma. This fact has motivated many local secondary schools to invest time in their own PARTY, among them Roxburgh College. Twenty-five of its Victorian Certificate of Applied Learning students recently attended RMH for the college's third PARTY experience.

No data measures kids' revolt at their initial exposure to an emergency department's turmoil, or the confronting sights of torn bodies, smashed limbs and comatose patients. That day's activities were punctuated by spontaneous exclamations from the students:

“

*"Yeek! It's even worse than what you see on the news."*

*"Everyone gets hurt — victims and those responsible and their loved ones."*

*"It's a real eye-opener — I already drink every day, so I'll have to cut it back!"*

*"Catheters are obscene; they cut into your throat!"*

*"Imagine living with that — you'd look spastic!"*

”

Morning activities focused on the life-threatening period following acute injuries, with an emergency department (ED) nurse explaining procedures when patients arrive. Roxburgh students then practised emergency



Roxburgh College students at Royal Melbourne Hospital's PARTY

Photos: Jim Weatherill

stripping of a road trauma patient dummy for examination by ED staff, before learning methods of removing body waste during ED, ICU and initial recovery phases.

During 2009–10, RMH alone treated Victorian patients from 800 major traumas, with an incredibly high percentage of those injured being teenage RTA victims, predominantly involving alcohol and/or drugs.

During the past five years, 30 per cent of RMH's 5000 admissions aged 15–25 years sustained life-threatening injuries with long-term consequences. Predictably, the most common cause of those injuries was road trauma (48 per cent vehicle occupants and pedestrians), assaults and fights (28 per cent) and falls (14 per cent).

PARTY's lunch break held the students as a captive audience, introducing them to the devastating personal reactions and community bias experienced with massive injuries; it also highlighted examples of the ghastly disability and impairment caused.

The participants were fitted with slings, neck braces and eye patches which simulated some injuries. They were encouraged to don the aids, then attempt to eat their meal as usual; yeah, it's a light-hearted exercise, but often delivers a powerful message about the permanent challenges, adaptations and losses that injury can cause.

Trauma's impact is profound: major trauma is responsible for the loss of more economically productive years of life than heart disease and cancer combined. It is also

the leading cause of death in 0–40 year olds, accounting for approximately 50 per cent of childhood deaths, approximately 75 per cent of adolescent deaths and just on 40 per cent of deaths in the 15–25 age group, according to National Injury Surveillance statistics.

Afternoon PARTY's focus on rehabilitation from injuries' effects, so students spend time with allied health staff, completing further simulation tasks, including being fed, dressing with disabilities and walking with crutches or frames.

They learn of cruel physical and emotional results, post-orthopaedic trauma or other ED states, when compromised movement is resumed during physio and occupational therapies, along with speech therapy during many extended recoveries.

Evidence from Canada shows we can expect close to a 50 per cent reduction in road traffic offences due to participation in the PARTY program. Australian data suggests that not only do students' behaviours alter after attendance, their attitudes adapt to making smarter, safer choices.

The uniform warning from all medical staff during PARTYs is not to travel in cars with drunk, careless or speeding drivers, and that's one risk we can easily avoid.

*"Some choices stay with you for life ... if you survive!"*

Katrina Kincade-Sharkey

# A week in the life of a North Melbourne footballer

## ... much more than a good performance on game day

On a windswept, freezing pre-winter day I stand at the Arden Street Oval with my good friend Kit Harvey, new North Melbourne Football Club media coordinator Chelsea Collins, and North Melbourne youngster Jamie Macmillan. It is a pleasure to interview this young player and to share his story with fellow North and West Melburnians.

Jamie Macmillan has played a few games since being picked up by North Melbourne in the 2009 draft, but where did it all begin?

Jamie always had a football in his hands as a youngster. "My whole family played footy and my dad gave me a footy when I was young," he says. Football was not the only sport he excelled at as a kid; he was also known as a very talented cricketer.

His AFL dream was nearly crushed during adolescence, however, when he sustained numerous injuries at school, including a serious stress fracture in his back: "This made me really wonder if I had any future as an elite sportsman."

Fortunately, by Year 12 Jamie's body seemed to repair itself. "I got a few lucky breaks during my final year and my desire came back," he adds. "I was pretty stoked to hear I'd got drafted [in 2009]. It was on a Thursday night and I was not really expecting it but to learn that I had been picked by North Melbourne was great. I was an Essendon supporter but the Bombers hierarchy did not seem to want to talk to me."

As footy followers will know, 2009 produced a quality draft. That was the year Melbourne picked up Tom Scully and Jack Trengrove, who are currently starring, and Richmond picked up 'Mr Don't Argue' Dustin Martin. Jamie served a good but brief apprenticeship, toiling away in the reserves until Round 17 when he debuted against the team he barracked for as a kid, Essendon.

"Everyone found out I was playing before I did, because our coach, Brad Scott, mentioned it in a press conference whilst I was training. It was on a Saturday night game and I was pretty nervous all day and as soon as I ran through the banner my nerves increased. I was lucky enough that the ball ended up in my hands for my first touch and after that my confidence slowly improved."

Jamie has a very grounded and mature approach to his football: it's not all about

running through banners at the MCG. "For me it's my job. I come to the club every day and it is pretty flat-out. Some people think that AFL footballers train once or twice and have a kick on the weekend and earn the big bucks. It is nothing like that at all; it's seven days a week and 24 hours a day."

We all know AFL can have us on the edge of our seats come game day but most of us don't know much about the life of an elite footballer apart from on match days. An AFL footballer's week is filled with so many things, and the days when players were able to hold second jobs seem to be over. Jamie shares his routine with us:

The day after the game the team has recovery for the whole day — massage, physiotherapy, runs, bikes, team reviews and individual reviews. The following day the team does not have to do anything, leaving time for further recovery. This is followed on the third day by skills work, using weights, cardio work and further discussion with individual coaches.

Wednesday is the main training day. The North Melbourne footballers train for a couple of hours, do further weights and spend time watching tapes of opposition players in preparation for the next game. More training takes place the day before the game, accompanied by meetings to discuss game plans. According to Jamie, the life of an AFL footballer is full-on with very little free time.

Given these demands, real dedication is required. I ask Jamie why he is so dedicated and what the blue-and-white means to him. "Obviously the history of the club is very rich," he replies, "and even though the media presents North as poor and struggling the club has a lot of heart and pride. Pulling on the blue-and-white guernsey is therefore a real honour."

Dedication and honour appear to be two key values for Jamie and other AFL footballers. This is in stark contrast to the way the media sometimes portrays AFL players who choose to go out clubbing and partying, summarised in the sentiment 'All these fools can do is kick a football'.

This is obviously not Jamie Macmillan's story. Jamie is a professional young man who has just begun a commerce degree at Melbourne University. He hopes for a long



Jamie Macmillan (right) with News reporter Joseph Hess

Photo: Kit Harvey:

career at North Melbourne and plans to keep working hard to be part of a club that he believes is heading in the right direction with a premiership around the corner.

If you're a North Melbourne supporter reading this, be excited. With the likes of Jamie Macmillan playing for this great club,

we can only go upwards on the ladder. Go Roos!

Joseph Hess

# Thanks to Chelsea Collins (North Melbourne FC media coordinator)  
# Thanks to Kit Harvey (for photography and recording skills)

## MANCUSO

If you are in need of a bit of a pick-me-up, Mancuso is the place to go. This inner-city retreat allows clients to enjoy a range of services from haircuts and colours to facials, massage, manicures and body treatments. The Japanese-style spa treatment area uses all-natural products, while the staff are some of the best stylists, masseurs, beauticians and naturopaths in Melbourne. Mancuso also has a country day spa in the Metcalfe Valley for the perfect getaway. For further information visit [www.mancuso.com.au](http://www.mancuso.com.au)

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# All aboard the Snow Train!



Pressed-metal ceilings and refurbished timber panels adorn the vintage train's corridors

Photo: Janet Graham

The excitement was palpable as Steamrail Victoria's Snow Train chuffed importantly into Southern Cross Station just after 8.30 on a crisp July morning.

My friend and I climbed hurriedly on board with most of the other 320 passengers bound for Gippsland's high country. As we collected our tickets and found our seats in the elegant timber-panelled carriage, the modestly named R-class loco 761 had already gathered steam and was chugging earnestly away from the platform. Time and steam wait for no man — or woman — when the extra service is woven into V/Line and Metro timetables.

Assisting No 761 was vintage T-class diesel 395. Both engines, as well as the E, S and K class carriages and the BRS Kiosk carriage in use that day, are part of the heritage fleet lovingly restored by Steamrail volunteers.

Some more intrepid travellers were headed to Mount Saint Gwinear to try their luck with skis or toboggans. Barbara and I had chosen the less chilly option of Walhalla, eventually reaching this historic goldmining town via a connecting coach from Moe which wound ever upwards through shimmering forests of eucalypt and tree fern.

For those interested in a more modern mining industry, another option for passengers detraining at Moe was the PowerWorks tour — a trip into the heart of brown coal-fired power stations and coalmines. Meanwhile the vintage train continued east to Traralgon for people wishing to spend the afternoon there.

The next stop for us was the Walhalla Miner's Cafe, which served a welcome and delicious roast lunch followed by apple crumble. The train party was running behind schedule and the cafe staff, somewhat thrown by this, discarded the first batch of vegetables and cooked a fresh lot for our large group, adding to the delay. Another group dined at the Erica Hotel, by all accounts of comparable quality and friendliness.

Travellers who had planned to take a guided tour through the Long Tunnel Extended Mine or ride on the Walhalla Goldfields Railway, a narrow-gauge line that clings to the steep hillside between Thomson Bridge and Walhalla, would have been hard

pressed to fit this in as well as the meal.

We two enjoyed the remaining hours exploring the picturesque village, with its restored 19th-century buildings and the tiny museum which crams memorabilia and pictures of a bygone era into two rooms behind a shopfront.

The Walhalla Masonic Lodge is said to be thriving. Described as "one of Australia's longest operating and most distinguished lodges", this 1866 building was the Wesleyan chapel until the Freemasons purchased it in 1878. Wedged with its terraced garden into the hill above the band rotunda, it affords a fine view of the reconstructed fire station straddling Stringers Creek.

For the energetic, a climb to the hilltop cricket ground and the cemetery with its graves carved into the mountainside is well worth the effort.

In the expert hands of our careful young bus driver, the slow descent from the mountains began at 4.15pm, but the day's excitement was far from over. Scheduled to leave Moe at 5.31, a station announcement informed us that the Snow Train's departure had been postponed until 7.30. This allowed time for dinner and a quick look round the sabbath-quiet country town.

We were arming ourselves with takeaway coffees at Moe Hotel when a Steamrail representative rushed in saying the Snow Train was about to leave.

Our compartment for the return journey was near the front of the train, the carriages having retained their orientation while the engines turned round, but now it was 'junior partner' T-class diesel 395 pulling us. This was because locomotive 761 had "busted a bearing", apparently something akin to faulty suspension in a motor vehicle.

All went well until, some distance from Dandenong, the train's speed reduced dramatically. We found out later that the struggling diesel engine had developed a fault of its own and the wounded No 761 had valiantly resumed duty. With much honking of horns by irate and clearly soulless car drivers held up at level crossings — or were they barracking for us? — we finally limped into Dandenong Station.

Communication could have been better, it must be said, and a half-hour of inertia passed before someone told us we would have to complete our journey home by Metro. Some voyagers had already abandoned ship.

So ended a wonderful day of adventure made even more entertaining by some extra-curricular events. Originally timetabled to detrain at Southern Cross at a family-friendly 7.20pm, Melbourne passengers reached their destination at approximately 11.00pm — certainly a case of more bang for your buck.

Janet Graham

## SNOW TRAIN INFORMATION

**This year's Snow Train runs on Sunday 24 July, picking up locals at Footscray, Southern Cross and Flinders Street. Brochures for this and other Steamrail Victoria excursions are usually available at North Melbourne Station. Book early if you want seats in the heated carriage and make sure you wear warm clothes. You need to take your own skis if you intend to ski at Mount Saint Gwinear; toboggans are for hire. Cost per seat: \$94 adult, \$89 senior, \$64 under 16; \$5 extra for air-con. Lunch \$22 extra, tours various. Information from: Phone: 9397 1953, 9.30am – 2.30pm weekdays. Email: <info@steamrail.com.au> Website: <www.steamrail.com.au>**



The Snow Train chuffs into Southern Cross Station

Photo: Janet Graham



The old fire station straddling Stringers Creek

Photo: Janet Graham



Walhalla's Star Hotel and Oddfellows Hall

Photo: Janet Graham