

THE NORTH & WEST MELBOURNE NEWS IS PRODUCED BY VOLUNTEERS AT THE CENTRE: Connecting Community In North & West Melbourne Inc

www.centre.org.au

Say ¡hola! at the Spanish Language Fiesta

By Tatiana Echeverri

Get ready! The Spanish Language Fiesta returns to North Melbourne Saturday 6 April from 11 am to 4 pm.

Come and say ¡hola! Enter from George Johnson Lane in Errol Street or Little Errol Street in Leveson Street.

The lanes will be transformed into a little Hispanic town celebrating the colour, culture, traditions and language of Spain and Latin America.

There will be something for people of all ages and backgrounds to enjoy throughout the day: music, food, dance, art, literature, entertainment and hands-on activities.

The Fiesta celebrates the Spanish language and welcomed the wider community to connect with and learn about the rich traditions of Hispanic culture.

North Melbourne is easy to reach by train, bus, bicycle or tram. A fun-filled day out with friends and the whole family awaits you.

We are looking forward to sharing this beautiful culture with you.

Tatiana Echeverri is community development officer at The Centre

Want to know more?
Visit The Centre, 58 Errol Street, North Melbourne 3051; www.centre.org.au; Email: staff@centre.org.au Phone: (03) 9328 1126



North Melbourne man’s work honoured

By John H. Smith

North Melbourne identity John Langmore received an AM in this year’s Australia Day Honours for significant service to the Parliament of Australia, to international relations and governance, and to education.

A born and bred Victorian, he is now a professorial fellow in the school of government at the University of Melbourne.

While John has travelled widely and lived overseas, he is nevertheless very much at home here. “I give thanks every day for living in North Melbourne,” he says. “It’s like a village that has everything in it.” He loves its natural beauty, its trees and parks, its convenient shops – and especially the local community.

John walks to work at the university. A keen jogger, he regularly runs



John Langmore

in Royal Park and he and his wife Wendy enjoy relaxing in its pleasant surroundings. Their two daughters and two grandchildren live nearby.

John and Wendy are active members of Mark the Evangelist Uniting Church and his work for

peace, justice and improvement of life for the poor stems from his integrated faith and beliefs. For both of them, North Melbourne is a place of family closeness and ongoing spiritual nurture. “It’s a neighbourhood where past friendships are renewed and new ones are developing,” he says.

Unusual for his era, John studied a combination of economics and social development, which led him to work in places far from North Melbourne: in Papua New Guinea as a teacher and administrator, in Canberra as a parliamentary adviser and politician, and in New York as director of the United Nations Division of Social Policy and Development. He now teaches courses at the university on the United Nations and on socio-economic development.

John’s work has influenced federal politics. As an economic adviser

to the ALP he worked with Ralph Willis and proposed the scheme that became known as the Accord. During his period as member for Fraser he chaired the group that developed the committee system for the House of Representatives.

“It brought parliamentarians from all sides closer together, connecting parliament more closely with the electorate, and creating friendships amongst politicians from different sides,” he says.

John recalls fondly his time as director of the UN’s social policy and development group. “It was the best job I ever had, with great opportunities to influence policies worldwide.”

He is proud that he proposed a global goal to the UN that had never been set before: to halve serious poverty by 2015. It was met by 2013.

He brings vast experience to his present work. His students benefit from his impressive academic CV, coupled with the deep learning he has gained from four decades of a varied working life. As teacher, he aims to challenge the ideas his students bring with them and to develop policies for peace, justice and development that are inclusive of everyone, especially the poor.

The pleasure comes when he sees the impact his work has had on shaping the lives of others. A former student said: “I was in a class you taught on Imperialism in PNG in the 1960s and I still use your analysis.” Another student he taught about the UN is now on the staff of Senator Penny Wong.

John H. Smith will write regularly for the News

INSIDE



Page 2



Page 5



Page 10



Page 13

Take Refuge from climate change at the Arts House

By Hannah Morphy-Walsh

North Melbourne Town Hall has for the past three years transformed itself annually into a kind of crisis relief centre. It has brought emergency management, artists, local residents and community groups together under one roof to confront the impacts of climate change.

The Refuge project is now in its fourth year at Arts House. The project was conceived as a five-year plan in which our North Melbourne community would both respond to, and plan for, climate-related disasters. Refuge presents a different environmental scenario each year for local residents to work through together.

“Refuge presents North Melbourne with the opportunity to look at itself, its collective identity, and at the resources we have as a community,” says Refuge artist Lorna Hannan. Since she first came to North Melbourne around 1964, Lorna has spent 55 years volunteering and working within the community. She served two terms as a city councillor and is currently chair of the Hotham History Project.

Refuge 2019 runs at Arts House from 31 August to 8 September.

Serving up her signature brew of strong, smoky black tea, Lorna invites people in for a cuppa at the Ruth Crow Corner as she hosts conversations about how to make and strengthen local community connections.

“It’s tradition,” she says. “If you go back to the people who lived in North Melbourne 100 years ago, you’ll see they wanted to frame their neighbourhoods as community places, where people all looked after each other.”

The Ruth Crow Corner celebrates the memory of Ruth Crow AM who embodied that belief. Ruth and husband Maurie came to live in North Melbourne around 1945 and brought ideas about how a community should work. At once, they began putting those ideas into action by creating local hubs that brought people together and allowed them to support each other as a community.

“Ruth kept a bag on her side, full of leaflets, and as you’d come towards her, she’d pick out a leaflet that suited you,” says Lorna with a smile. “She and Maurie changed how people thought about planning.”

Lorna recounts Refuge’s changing face over the years. “In the first year, when the scenario was flooding, we gathered together to talk about what people in North Melbourne valued. And it was neighbourliness. Locals wanted more of that, and they wanted to add to the strength of the community.

“In the second year, the heatwave, we wanted to focus on the environment, the land and the trees.” Lorna recounts Auntie Joy Murphy’s description of a tree – the roots running deep beneath



Lorna Hannan and Uncle Larry Walsh in Ruth Crow Corner at Refuge 2018. Photo: Bryony Jackson

us, the trunk sharing the ground with us, the branches stretching high above us. “And all three of them care for us.”

Lorna looks back to the focus of Refuge last year. “The theme was pandemic,” she recalls. “It raised the many issues about what we can learn about ways in which we can look after each other.”

But now her attention is on this year’s Refuge. “With the theme of displacement, we’ll be examining not just the tragedies but how we can act positively going into

the future.” She points out that our community understands displacement, having been through many waves of migration with each bringing its own cultural shift.

“As Ruth used to say, ‘If you sit down and have a cuppa together, great things happen,’” Lorna says. “I think we need to talk positively about how we can face the future.”

For several months this year, from June to August, in the long lead-up to Refuge at Arts House,

Lorna will be running a series of discussions about community preparedness. “It’d be nice to know if people have favourite places,” she says. “We’d love to know what they are.”

Hannah Morphy-Walsh is associate producer at Arts House

Want to know more?
To get involved or to find out more visit www.artshouse.com.au/refuge



Family Medical Centre

9329 7077

491–495 King Street
West Melbourne

www.premierhealthpartners.com.au



Premier Health Partners

Caring, experienced General Practitioners



Dr Alan Underwood



Dr Jane Habib

Dan White, our Myotherapist, has successfully treated a range of conditions since joining us last year.

Effective pain relief from an Osteopath



Dr Paul O’Keefe (Osteopath)

Targeting soft tissue to reduce pain



Dan White (Myotherapist)

Huddle tutors help support student success

By Tim Cremean

I'm a tutor at The Huddle at the North Melbourne Football Club. The project aims to support and empower young people and to help them participate in the community.

My current star student is Naza*, a Somalian-Australian refugee who has been in Australia for six years. Arriving with no English, he is now a full-time university student aiming to work in the international aid industry.

My role is to discuss his essay topics. He is so passionate about changing the world for the better that I feel rather defeated by comparison. For him, history comes from books. For me, it is my lived experience. We help broaden each other's views and enjoy considering other ways of seeing.

Age hasn't made me too conservative, I hope. Apart from our philosophical exchanges, I help fine-tune his expression and tighten up his presentations prior to submission.

I've been a volunteer at The Huddle for more than three years. Based in the club building between the indoor basketball court and the municipal gym, The Huddle offers students light-filled rooms, ample furniture,

a computer network and wi-fi access. It's a place where volunteer tutors and mentors assist young people with their school and tertiary studies.

It also links them to sporting opportunities and even leadership training. The tutor team ranges from current university students to retirees who share their subject expertise or life experience.

When I started, I felt quite awkward sitting there waiting for a taker. I was like a school social wallflower as I waited at a table behind a 'Business' sign. While business is my expertise, I help with a broad range of subjects, even digging deep into my memory as a one-time fair maths student.

I also help clarify the meaning of questions and improve the students' expression across many subjects. English comprehension and expression is the basis of most subjects, but I admit I'm most comfortable in business management and accounting.

If a student is pleased with my assistance, they often return again and again. I have spent much time with Hilli*, a Somalian-Australian year 12 business student, covering assignments, revision and even traineeship applications. Mosa*, of similar



Nidi with Huddle education coordinator Ruth. Photo: Tim Cremean

background, was a trainee working full time and coming to the evening Huddle for help with his distance learning. It led him into the world of work.

Nidi*, a Sudanese-Australian diploma of accounting student in her twenties, is an inspiration. She has no parents in Australia and has made her way into hospitality through the SCARF program that gives young refugees valuable industrial experience. She worked at the Sofitel and is pursuing an accountancy qualification. Nidi's is a wonderful story of determination and ability.

The Huddle also helps young people compose resumes and apply for job opportunities online. Many young people have had little or no work experience and lack the necessary references and experience. Tutors help them identify volunteer or part-time work they've done – such as baby-sitting or sports coaching – and build it into their resume as they take their first steps towards employment.

Resumes and work experience are critical for young people new to Australia, who often lack formal education and family work connections.

I have also helped with finding

work experience for VCAL and VCE students at nearby Mount Alexander College.

I love my time at The Huddle and I gain at least as much as the students I meet. Why not put your hand up to tutor at The Huddle? You might also be able to offer work experience for students.

- names changed

Tim Cremean will write regularly for the News

Want to know more?
The Huddle: Ph: 9320 2400 Email: huddle@nmfc.com.au Website: NMFC.com.au/huddle

Community Comment

Thea Oakes took to the streets to quiz locals about their worst memory of their schooldays



SELIN (20), student, Kensington
My worst memory of school is the exams. Year 12 was a really stressful year. All my end-of-year exams to decide my future were cramped up next to each other.



ANNE (45), academic, North Melbourne
I quite liked school, so most of my memories are good. But I was a bit of a loner. School excursions were always tricky when I had no-one to sit next to on the bus.



JOHN (48), barrister, Flemington
I was a migrant with an accent. Once, at my new school, I had to stand up in front of the class and introduce myself. The kids thought I came from another planet.



HELEN (52), learning coordinator, Flemington
We were in an upstairs classroom. The boys were being naughty and our teacher was a Vietnam vet. He totally lost it, picked up a chair and threw it out the window.

Errol's Angels hit the right note

By Kate Ritchie

Anthony White is a North Melbourne local who loved singing when he was young. In recent years, he wanted to improve his wellbeing.

"At Christmas time two years ago, my kids and I were walking along Errol Street when we heard these beautiful carols and then we saw the red-gowned Angels," he says. "We followed the sound and listened. Then I thought that maybe I could do that."

Soon after, Anthony saw an article in the *North and West Melbourne News* and came along to an Errol's Angels rehearsal. He immediately discovered what had been missing in his life. "I found a welcoming environment, people of all ages and abilities, and we started singing from the word go."

Music from the classics to pop to non-English works are all on offer. One of Anthony's favourites is 'Ave Maris Stella', dating from

the 1700s. "The harmonies send a shiver down the spine," Anthony says.

Fast forward to Christmas 2018. Anthony found himself back in Errol Street but this time he was robed in a red Angel's costume, performing old favourites like 'Silent Night' to a crowd with lots of faces lighting up.

"I hoped they were feeling the same things I was a year earlier as they sang along and shared the joy," he says.

Being part of the choir has inspired him to explore other genres. Recently he attended a chorale performance of the famed Estonian composer Arvo Pärt with Bach, which he found inspiring. "My experience with the Angels has helped me appreciate how voices work and the need to hold my own while also combining as a team."

Anthony quickly put aside worries as to whether he had enough time to join the choir as



Maryanne Clements leading the choir in some creative moves.

the boost that singing gave him was overwhelming.

"I now have more 'happy hours' and no longer fear not being good enough. Our choirmaster, Maryanne Clements, brings out the best in us all, in a fun and inclusive way," he says.

"Singing with the choir gives me a time away from work and kids. It's too easy to get weighed down in everyday life and the choir takes me out of the normal routine." Since joining Errol's Angels choir, Anthony has certainly hit the right note.

Kate Ritchie is a member of Errol's Angels

Want to know more?

Errol's Angels rehearse on Thursday evenings, 7 to 9 pm, at the Maternal and Child Care Centre, 505 Abbotsford Street (near Flemington Road). Anyone is welcome to join. No audition required.



Anthony White and Kate Ritchie take a break during rehearsal.

Rock along with Dirty Rascal's living music

By Nancy Lane

I had only ever known Andrew McSweeney as the friendly and helpful head of the School of Living Music on Baillie Street, where I took my weekly piano lesson.

Then very, very late one night last year, I discovered his other persona: singer/songwriter for the rock band, Dirty Rascal. What made me decide to stay up well beyond my normal bedtime was a link to a YouTube clip that Andrew had sent out with the music school newsletter.

In less than a minute I was singing along to the chorus of 'Selfmade Man'. (Give it a go at www.youtube.com/watch?time_continue=240&v=gK1FecFHu4E)

The newsletter mentioned that the band was launching a new CD at the Northcote Social Club in Brunswick. When Dirty Rascal came on at 11.30pm and played well into the night, I was up on my feet, singing and swaying with the music.

During last August and September, the band also played Hobart, Launceston, Deloraine, Adelaide, Warrnambool, Sydney, Brisbane and Bendigo. So I asked Andrew: "How does a busy music school director and father of

four daughters cope with life as a rocker on the road, doing gigs around the country until the wee hours of the morning?"

Part of his ability to cope comes from his having been doing it for a long time. He started piano lessons at nine, then joined his brother's band as a keyboard player as a teenager. In the early '80s, they played Sam's Royal Hotel and the Metropolitan.

Unlike many other bands, they didn't start by doing covers. As Andrew explained: "Why would we want to play Australian covers when we write our own songs?"

He moved from band to band – he was a few years with Lost Property, then in the late '80s with Running Bears (which, unlike

his other bands, did play covers from the '60s). In the early '90s, he started with Worlds Away, and got more serious about chasing record companies.

While he was singing, he was also writing songs, and other singers began to take note. Daryl Braithwaite recorded Andrew's song, 'Reflection of Me', on his *Taste the Salt* album in 1993, and it was re-released on *The Great Daryl Braithwaite* album in 2004.

Andrew co-wrote 'Mum's Song' for Kutcha Edwards' *Cooinda* album in 2001 and 'Waitin' on Kutcha's 2012 *Blak and Blu* album. He also played bass and provided backing vocals for these and several additional songs.

Andrew segued into a solo

career, becoming McSweeney and releasing two albums. Dirty Rascal was to be his third, but the album morphed into becoming a band. The current line-up includes John Fleming, formerly with the Scared Weird Little Guys, on lead guitar; Jerry Speiser, formerly with Men at Work, on drums; and Andy Dixon, formerly with Officer Friendly, on bass.

Their first single from the resulting *You Be the King* album was released in August. Called 'Be a Lion', this song also has a chorus you can't help but sing along to. Find it at: www.youtube.com/watch?v=EHJY4yylLOU.

In May, Dirty Rascal will release another song from the album as a single. Called 'What Would Love Do?', it has a different, more reggae feel, but it is every bit as 'singable alongable with'. Have a listen at open.spotify.com/artist/3lswAn1qYzSERSugAlhGc5.

Another single release means that Dirty Rascal will be back on the road again, in May and June. They will hit Melbourne, Adelaide, Sydney, Brisbane and southern Queensland. If Andrew's publicist does as good a job as she did for the previous release, he will also be giving plenty of radio interviews over the phone to promote it.

I asked Andrew, "Why can't the band just release the song and do the publicity and leave it at that?" He explained, "You really have to play in order to show that something is tangible and out there."

This brings its own rewards. As Andrew tells the story: "There was a man in Launceston who kept moving up the bar to get closer and closer to listen. Then the next night, we were surprised to see him again in Deloraine, a 90-minute drive. His name was Steven Foster, so after that, we called anyone who was really keen on listening to us a 'Steven Foster'."

For us locals who can stay up late, Dirty Rascal will be at the Spotted Mallard in Brunswick on 7 June. But if you can't wait that long or stay up that late, they will be doing free daytime gigs at the Kensington Community Festival on 31 March and the Bendigo Festival on 22 April.

In the meantime, you can go to their website at www.dirtyrascal.com.au, click on the links and sing along with the choruses to your heart's content. Or better yet, become a 'Steven Foster'.

Nancy Lane writes regularly for the News



Dirty Rascal rock band: (L-R) Andrew McSweeney, Jerry Speiser, John Fleming and Andy Dixon.

It's a dog's life running free at Clayton Reserve

By Tim Cremean

Greyhounds, terriers, poodles, bulldogs, spaniels are everywhere, running madly, chasing balls, rolling around, playing doggie games.

Clayton Reserve is the much-loved fenced dog park on Macaulay Road. It is a huge community asset and a gift to our best friends. The reserve's off-lead park has evening lighting, benches and shade trees and it hosts all shapes and sizes of dogs and their owners (also in all shapes and sizes).

Owners and dogs mingle morning and night. Owners swap dog stories as they exchange tips on the best leads and dog beaches and share training hints.

Some owners are less social than their dogs and stay absorbed in their mobile phones. Some dogs can be overwhelmed by the occasion and simply choose to sit on the bench with their owner. As in all walks of life, there are watchers and doers.

Lunchtime often sees local workers in the dog park. It's true that there are some pleasant spots to sit, but the visitors shouldn't be surprised when suddenly surrounded by furry friends with long wet tongues drooling close to that enticing chicken sandwich.

The park also attracts dog walkers, sometimes with six or seven in the pack. All are well behaved and bond like a little family.

My dog's favourite pals to go running and wrestling with include 'Helen', the German Short Haired Pointer, and 'Buddy', the black-and-white Jack Russell. These energetic pets can run till they drop. I often wonder what did our local dog community do before this great park?

My puppy, Mac, an Italian greyhound, is a bit of a life changer. For me, there's no more sleeping in. Instead, we are up early for his toilet stop in the garden to avoid those accidents that we had when he first joined our household.

For Mac, walking is essential. It's several walks per day, if he has his way. The neighbourhood gets thoroughly explored and, best of all, he gets a free run in the Clayton Reserve dog park.



Peach, Mosse, Luna with their owners at Clayton Reserve. Photo: Jim Weatherill

We brought our playful little friend home when he was about four months old. I carefully checked the yard for potential escape points and sealed them up but I need not have worried because he initially found the flight of stairs down to the yard an impossible barrier.

Not for long, though. Within a week or two he was bounding up and down and he had developed a clear runway from the sunny front balcony, down the stairwell, through the house, out and down into the backyard. On show was his full Olympic running potential.

Then he discovered his ability to leap. Oh, the freedom of leaping! He would launch into free flight and bounce off the padded back of the couch. Athletic, carefree and enthusiastic, to say the least.

Now, 15 months on, he's a key part of our little family. I've learnt that his breed has an

on-off switch. One moment, he's playing with his toys and my slippers – next, it's complete rest. He races the slippers around the house in his jaws and gives them a good John Cleese-style thrashing. I guess they are a substitute for small animals, which thankfully escape such punishment.

Always, there is his magnificent running. Blessed with long legs and with what seems an extra hinge in his front legs, he can run for hours at top speed. He becomes a blur as he zooms from one end of the park to the other, chasing or being chased by other usually less speedy pets.

The best manoeuvre is his dodge. There's a feint to the left then an immediate lurch to the right, leaving all others reeling as they slam on the anchors then set off again trying to catch will-o'-the-wisp Mac. He's off again at full speed, sometimes shifting up to an impossible overdrive to avoid a

collision or to overtake his companions.

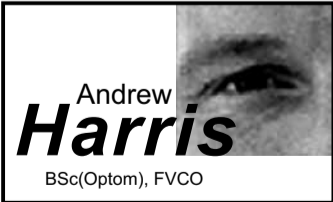
Later, he is in a dead sleep in his little round cocoon of a bed. It's designed for cats but don't tell him that as he sleeps the worry-free sleep of the innocent. He favours being covered with a blanket and being packed into his bed where he buries his nose deep under his leg.

The Clayton Reserve dog park has helped socialise Mac, and I believe it's made him quite confident for his usually timid breed. No longer restrained on a lead, he has tripled his daily exercise.

At the park, you will find heaps of fellow owners with whom to interact. It's a bit like picking up the kids at school. You are immediately an accepted part of a large North Melbourne sub-culture. You've joined the proud and doting dog owners' club.

Tim Cremean will write regularly for the News

OPTOMETRIST




Andrew
Harris
BSc(Optom), FVCO


Hours

9–5 Mon–Fri
10–12.30 Sat
After Hours by Appointment

Contact Lens Practitioner

56 Errol Street - North Melbourne - phone 9329 9372





**NORTH MELBOURNE
OSTEOPATHY**

Are you suffering from muscle or joint aches and pains?

At North Melbourne Osteopathy we use the latest evidence-based practice to assess, diagnose and treat your condition. We also put together a plan to help you return to the things you enjoy.

Osteopathic treatment options include joint mobilisation and manipulation, massage, prescribed exercise programs and acupuncture/dry needling. We can also refer you for relevant scans if required (i.e. X-ray, CT scan, MRI, ultrasound, etc).

To make a booking: P 9328 1151 or online northmelbosteopathy.com.au

452 Victoria Street, North Melbourne, Vic 3051
northmelbourneosteopathy@gmail.com

Rotary turns on the clean water tap

By Neville Page

How would you spend \$15,000 to help people in need? This is a decision members of the Rotary Club of North Melbourne have to make each year.

We like to help out local causes as much as we can. Sometimes that involves handing over money, sometimes it means giving people a helping hand.

One of our local projects responded to a call from Vision Australia. A client who is blind wanted to be part of a wood-working class but to do so needed the support of a volunteer with high level wood-working skills.

Our North Melbourne club found a retired expert wood-worker. He and the client got on famously, and this highlighted Rotary's ability to network successfully. We have also been involved in supporting VincentCare and its local activities,

the Huddle and local schools and disadvantaged students.

On the international stage, North Melbourne Rotary has been involved for over 50 years in many significant projects. However, none has been more effective than our current water filter program in Colombia. By recently distributing 10 water filters to Indigenous communities, the club has transformed the lives of thousands of people.

The innovative project grew from a recent visit to Melbourne by Andrea Mayorga. A member of Rotaract, Rotary's group for 18 to 29-year-olds, in her native Colombia, she developed close ties with North Melbourne Rotary and shared stories of her work at home supporting disadvantaged local Indigenous communities.

Our club saw the potential to help Andrea in her outstanding efforts. When she recently went home to visit family, she took with her ten water filters provided by

the club. She distributed them among Indigenous communities in the Guajira region and more than 2000 people have benefitted from them.

The filters are so simple to operate. Each connects into a plastic bucket and once a hole is cut and the filter connected, the bucket is filled with dirty water – and, hey presto, clean water (99.9% pure) comes out.

These simple filters have totally transformed the lives of entire local communities. Previously, the people had no access to clean water, other than what was available at an exorbitant cost. Before the filters, locals constantly suffered from water-borne diseases due to contaminated water.

North Melbourne Rotary is thrilled that the project has been such a resounding success. Andrea is planning to not only continue her work but to extend it in other areas in Colombia.



Andrea Mayorga (front left) distributed Rotary-sponsored water filters among Indigenous communities in the Guajira region. Photo: Juan Montoya

Neville Page is secretary of North Melbourne Rotary

Want to know more?

If you would like to join North Melbourne Rotary, you'd be very welcome. That's an invitation to be a guest at a meeting at 6.30pm each Thursday evening at the Mercure Hotel, North Melbourne.
Club secretary Neville Page on 0414 673611 or email on page@ghp.biz

Be bowled over by Flagstaff Gardens club

By Wendy West

More than 120 keen bowlers descended on the City of Melbourne Bowls Club in early March for the club's annual City Mazda Moomba Tournament and charity auction. The dual events were held in the historic club that is nestled in the pretty Flagstaff Gardens that has been its home since 1879.

The prestigious tournament offered prizemoney of \$2,000, thanks to long-time sponsor City Mazda. Other attractions included a gold-coin charity breakfast to fuel all participants before they launched into the serious action out on the rinks that occupied most of the day. Bowlers also enjoyed a fully catered lunch and afternoon tea.

The club's big day consisted of

much more than bowling, eating and drinking. As is our tradition, a charity auction was held to raise funds for VincentCare's local charity work. For more than 50 years, VincentCare has provided housing and support services for the homeless with a successful recent project being a fitness program aimed at homeless clients and designed to help them rebuild their lives.

VincentCare's Louise Augustinus has spoken warmly of the club's annual City Mazda Moomba Tournament. "The tournament was a great success with people enjoying an afternoon of bowling. They also heard how VincentCare works locally to help the homeless. The fun auction had some great prizes on offer," she said.

Indeed it did. The charity auction raised around \$4,000, which reflected the wide array of prizes. These included a clinic from Australian international bowler Barrie Lester, a set of aero bowls, a Bowls Australia shirt, a meal voucher, a night at the Radisson and seats for two at an AFL game in the City Mazda corporate box at Marvel Stadium.

Neil Dalrymple, CEO of Bowls Australia, endorsed the significance of the club's recent tournament. "Bowls clubs across Australia are important hubs in the community as they provide physical and social benefits to the community," he said. "The City of Melbourne Bowls Club is a shining example of a bowls club that is active both on and off the green."

If there was just one downside to the recent tournament, it was the absence of popular club

members Bob and Mary Schmidt. Bob – a US navy veteran and New York fireman – and Mary are New Yorkers who came to Australia when Bob was engaged to work as a contractor on the NBN.

Neither had bowled before but they joined up last year and both played pennant. In fact, both played in last year's Mazda Moomba Tournament. "It's a fabulous club," Bob said. "We enjoyed the tournament but we valued equally the club's commitment to the less fortunate in the local community." Bob and Mary unfortunately had to leave for the States just weeks before our recent tournament.

Club member Terry Banfield of West Melbourne was luckier than the Schmidts. He got to the tournament. "Apart from the competition, the catering was fantastic and I value the club's commitment to the less fortunate in the local community," he said.

Wendy West is a board member of the City of Melbourne Bowls Club

Want to know more?

Visit the City of Melbourne Bowls Club website: www.melbournebowlingclub.com. You can also find out more about VincentCare and its work at vincentcare.org.au



Jacinta rocks a sweet role

By Katrina Kincade-Sharkey

Jacinta Klassen lives with her family in North Melbourne, not far down Flemington and Mount Alexander roads from her school. She is not what you'd necessarily expect in a young star – she's a polite and charming youngster.

Fourteen-year-old Jacinta stars as 12-year-old 'Charlotte' in the definitive, micro-budget feature film *Rock Sugar*, shot locally during her school holidays in January 2018 by filmmaker Angela How.

Despite her best efforts to stand up for herself, Indo-Chinese Charlotte is continually put down by Brenda, the aggressive class bully. When attacked in a park late one night, Charlotte fights back, knocking Brenda heavily. The bully falls to the ground, smashes her head on a rock and lies still.

Charlotte is suddenly plunged into crisis, faced with hiding the body or facing the tragic results of her reaction to the assault. Tackling the pervasive issues of racism and intimidation, *Rock Sugar* advocates empowering young girls to fight this power imbalance.

Every single day of the year public streets and transport throughout Melbourne bear witness to this turmoil.

In her own life, Jacinta's ethnic parentage taught her – and her three siblings – to acknowledge this hatred. She recognises it, you can bet she feels it, but she is way above discussing it publicly. "Those people are so wrong in any society," she says with conviction.

Jacinta's heritage has combined her father Damien's tall Canadian genes with her mother Christy's petite Filipina body and gloriously



Jacinta Klassen shines on

dark, flashing eyes. Together, they have produced a fine young lady – 165 centimetres tall at last measurement – not afraid to exercise her sharp mind in evaluating literary storylines, themes and characters.

The Klassens moved south in 2016, but the young performer's talents were well tested way before then. Jacinta began singing lessons near their Sydney home when just four years old, when her voice teacher recognised the girl's potential and suggested acting.

Auditioning for a musical theatre agency, our young star was soon performing in major productions at Sydney Opera House.

"One was *Don Giovanni*, where all I did was run across the stage and scream," Jacinta giggles, "but there was also *Faust* and *Disney Juniors*, both in 2015.

"The *Juniors* plot was the re-telling of Aladdin, where I played Princess Jasmine," she recalls, flicking back her shiny, straight, darkest-brown locks.

Before all those major gigs was Pennant Hills High School's

Beauty and the Beast musical, where she played Chip in a two-week production, as well as featuring in ABC Sydney's *Shop Online for Mother's Day*.

Jacinta knows where her career wants to go.

"There are a lot of Netflix shows with younger actors," she explains. "Reese Witherspoon in *Legally Blonde* was good. There's also an actress in *A Series of Unfortunate Events* who's decent to her fans and really appreciates that they like her. Her name is Kitana Turnbull."

Charity fundraising and community performances were scheduled around Jacinta's Opera House productions to breed a refined, caring young person, but the true motivation for her singing career came from her younger, autistic brother Zachary's group therapy lessons.

Christy says, "Because she was also young and *always* singing, the kids would copy her tones, which was great for them and the start of her performing. She saw it was so appreciated.

"She always wants to follow decent causes. When she was 12 she did an advertising campaign for the Advocate for Children and Young People to make New South Wales society a better place for kids and young people," says the proud mum.

Rock Sugar is currently in post-production and its creator, Angela How, would be happy to discuss distribution through either of her social media channels, www.facebook.com/rocksugarthemovie and www.instagram.com/rocksugarthemovie.

Katrina Kincade-Sharkey writes regularly for the News

Once upon a time in North Melbourne ...

By Lorna Hannan

When veteran locals get together, we often chat about how the area has changed. There is so much to remember.

For example, there are the trams. They are still sometimes green and the 57 tram follows the same route as ever, but it no longer has a conductor on board, you don't buy your ticket when you get on and you don't get it snibbed.

Once upon a time, the conductor on our tramline knew you and your parents and you behaved yourself. You would stand and offer your seat to anyone older than yourself.

There was also the rattle of the passing tram and the cord that signalled your need to alight. All very different to the silence of today's trams that glide down Abbotsford Street.

At home, you used to put out the empty milk bottles at night and collect full ones from the front door early the next morning, the cream already thickening under the round cardboard lid.

Maybe you had bread delivered by a patient horse drawing a cart. Certainly, you had a postman with a whistle as he delivered letters, usually twice a day. Some people also had their newspapers delivered, also twice a day.

In the morning there was the *Sun*, the *Argus* or the *Age*. Then, in the late afternoon, the *Herald* would arrive. Delivering papers was a grand job for a boy with a bike, and the paper-boy would jingle coins in his pocket.

A boy with a bike was one thing, but a boy with a billy-cart was another. The cart, sometimes called a truck, could be used to deliver wood for the stove or

perhaps a heavy load of groceries to the house for a paying neighbour.

Many of us remember inside each house the tidy pile of newspapers, stacked just inside the back door, ready to be taken down to the greengrocer to be reused as wrapping paper. The papers would be weighed and pennies handed over. Another source of income.

Some of us still remember the time when ladies and big girls kept their stockings up with suspenders. Tights had not yet been thought of. Younger girls kept up their long socks with garters. So, sometimes, did boys. Posh girls carried sunshades, but nearly everyone had sunburnt summer noses.

So how different was life in the 'good old days'? Hotham History has a collection of oral history, recordings of the memories of people who were old 20 years ago. They frequently talk about the community itself, the ways in which people cared about and looked after each other.

This is the underlying theme of many of their stories. As North and West Melbourne are rapidly becoming the homes for newcomers to the area, it is a tradition worth recalling. Let's hope we live out that tradition in the future.

Lorna Hanna is chair of the Hotham History Project

Want to know more?
Details of Hotham History's work, publications and events can be found at www.hothamhistory.org.au



ILANAK

Wellness Services In North & West Melbourne

SERVICES

Kinesiology

Yoga & Meditation

Corporate Wellbeing Workshops

Food DNA Testing

Wellbeing Products

M: 0401 384 903 | E: ilana@ilanak.com.au | [f ilanak.kinesiology](https://www.facebook.com/ilanak.kinesiology) | www.ilanak.com.au

Wherever you want to go...
We have great value deals to get you on your way

Travel
CONNECTIONS

Phone 03 9326 5535

email sales@travelconnections.com.au
or call in and see us at 32 Errol Street, North Melbourne

helloworld
BUSINESS TRAVEL

afta
AUSTRALIAN FEDERATION
OF TRAVEL AGENTS

ATAS
travel accredited

CLIR
AUSTRALIA ASIA
TRAVEL AGENT MEMBER 2014

There should be a law against it. Short people, anyone under 182 cm, should not be allowed to be plumbers. That is, unless before being accredited they sign a contract saying 'I Will Not Plumb Showers At My Own Height'. So many showers I've been in, with their magnificent fully flexible shower-heads, barely even get my nose wet.

I saw on the news that there's a two-kilometre deep lump of ice on Mars. Then the next item was about the world's only albino orangutan, a female called Albert, being released back into the wild. And I couldn't stop thinking that it's 30 years since the bombing of Pan Am 103 crashed into Lockerbie, killing 270 and destroying my generation's innocence.

VERY IMPRESSIVE

I loved the old Royal Park Hotel in Queensberry Street. Two years ago, while it was being demolished, a wall collapsed. Now I hear the derelict site has been sold again. Here's a wee word for the new owners. If you're planning something monstrously ugly, expect Strident Opposition from me. If I had a bucket of money, something great would have been done with the site before now.

I was almost weightless, floating in the Kensington pool. More staff than

swimmers. I developed a new floating procedure. Two lime green (but they could be any colour) pool noodles, one under back, one under knees. Floating, floating, without the arthritis pains in feet, back, left wrist and neck. Full enjoyment.

I could easily lie here being content to be dead. SUCH FUN!

I've been marching in the Pride March since 1988 but unless it's moved to a cooler time, I shall not be there next year. This year in the Midsumma Festival the temperature reflecting off Fitzy

Street was akin to 40+ degrees. Next year I shall not be happy. Think Basil Fawlty with an extremely giant tree branch. And you, the public, are a bright red Mini Cooper.

Last, I include an apology. Sometimes in public I can be an extremely angry person. It can happen when people don't keep to the left. Due to my balance problems I'm always leaning to the left anyway. Or idiots who don't look where they're going. Or cyclists who ride on the footpath. That's a public safety issue due to my PTSD. And can we please not have cigarette butts everywhere I go.

Very Impressive regularly shares his views on life in the News

Take off from Aircraft to explore the wild West

Want to be a guerrilla bike rider? You just need to ride without a uniform, drag along a friend or two to explore new places, and not worry about time and speed.

Today's ride is Aircraft to Williamstown. Take your bathers if it's a hot day. Pedal down to North Melbourne station and catch a Werribee-bound train. PTV rules and riding etiquette suggest that you not use the front carriage and avoid peak hour. After 9 am should be fine. Train it to Aircraft, a small station just after Laverton.

As bike space on the roads is not well catered for, I suggest you initially use the footpaths to cross the road and travel on the bridge over the Geelong road. Negotiate the roundabout near McDonald's then head down Point Cook

WHEELS ON FIRE
Tim Cremean



Road for about 500 metres and turn left onto the Skeleton Creek bike path. It's plain sailing from here.

A ride like this is much more fun than pounding away on those bike machines at the gym. At least you'd think they could put up a poster of the Pyrenees. It is also more interesting than the endless efforts of that cycling tragic I notice who goes up and down the same minor hill in Royal Park. Get out and see the world, man!

Today's ride will take you past waterbirds, the Cheetham salt flats,

the 100 Steps of Federation (a hill with a commanding view of the city and the bay), Laverton Creek and the old munitions works. You'll end up in the slightly time-warp gem of Altona with its remnants of a 1970s beach holiday resort. Enjoy a coffee here and don't forget the fishy sculptures at the end of the pier. The kids love them.

There's lots more, so get back on your bike. On past the yacht club and Melbourne's best dog beach and into a mysterious area, once a racecourse where Phar Lap ran. Cross the ford

and with the refinery as a backdrop you'll come upon fishing shacks in the mangroves along Kororoit Creek. The city skyline seems out of place when glimpsed from this almost rural environment.

And there's more. The well-groomed Williamstown Rifle Range estate and its wetlands are next. It's also a great place to see birdlife. Soon you'll arrive at Williamstown beach. Might be time for an ice cream.

Enjoy the delights of Williamstown and catch a train back from nearby Williamstown Beach station. Or, if you want to be a really fit guerrilla, try riding home via the picturesque Strand and Dynon Road.

Tim Cremean will share his love of bike-riding in each issue of the News

Distractions on the road through the urban jungle

I'm 20, I'm a runner and I'm training for a marathon. Every evening I hit the roads. As I pound the pavement I have plenty of time to reflect on both running and life.

Running can be either very social or very anti-social. While we run for the benefit of both our own bodies and minds, we can also do it with friends and in groups. Sometimes, running with company makes it bearable, other times it's totally insufferable.

There is also the common species of 'ambirunners', those who love their alone time. I'm an ambirunner. While I do sometimes enjoy the company of a running friend, passers-by are a pain in my shin splints. I have a good reason to resent these people whom I pass on my long, lonely runs.

MARATHON GIRL
Thea Oakes



Have you ever used up your last bit of energy to smile at a passer-by only to be ignored? Or been tripped up by someone totally immersed in their phone? For me, these are regular occurrences. The deep serenity that a long run can bring is easily broken in an instant by a passing pedestrian. They can destroy the Zen-like state into which all long-distance runners enter.

It's not only humans that can ruin that magical moment. There are also intrusions from the animal kingdom.

As I run on, deep in a trance, suddenly an annoying dog will appear from nowhere, barking or nipping, and destroying my reverie. Or worse, it's one of those black-and-white beaked monsters every runner fears.

Wherever a runner turns, there is a distraction or an enemy lying in wait, making the unforgiving kilometres harder than they already are. I avoid the streets that are known to contain dangerous swooping magpies and I run a little faster past the house that

contains not one but two large barking dogs. Like the emu that grew a third toe to adapt to its climate, I've learnt to adapt to the urban jungle.

There are also uplifting moments of pure joy. When a considerate passer-by moves across to let me through, or even goes so far as to deliver a friendly high-five, that jungle suddenly seems less scary.

With endless hills seeming to stretch forever, and the magical runner's high pumping through the veins, there's no time to sweat the small stuff. We sweat enough as it is.

Thea Oakes will write a regular running column for the News

Wendy's treehouse welcomes guests from around the globe

By Warwick Jones

Wendy Coates lives in a North Melbourne treehouse. Well, it mightn't technically be a treehouse but it sure looks like one. Her son coined the quaint term years ago and it stuck. His description, perhaps more poetic than literal, was inspired by the open-air staircases that extend under spreading London plane trees. Wendy says that as they grew they rose like a cathedral. "I love them," she says. "They are now home to possums, parrots and magpies."

She pours a cup of coffee from her moka pot and harks back to when she arrived in North Melbourne, nearly half a century ago. In those pre-treehouse days, she moved into a house in Molesworth Street. It was there that she began her almost life-long career as a landlady.

Back then, when Wendy and her friends weren't busy building a ski-club on Mt Hotham, they would help renovate each others' houses. All through their twenties,

they would wash bricks and tile roofs after work or on weekends. When Wendy moved into Molesworth Street, she decided to keep some of the of house's distinctive elements. She retained its lace curtains and the loft that sat behind the house, as well as the orchard with its cypress and pear trees.

It was an even easier decision to keep the old stables out the back with their beautiful etched windows. The stables had once been home to hansom cabs and the local dairy's horse that drew the milk cart. She even kept the stables' tenants, Vietnam veterans who were dealing with their personal demons from the war.

Wendy leased the house's loft to students. While it was a simpler time back then and houses were relatively affordable, she still faced the challenge of paying off a loan. "Now the young can't buy houses so they have the money to go to the local cafes for breakfast, lunch and dinner," Wendy says.

Those early days in Molesworth Street saw Wendy start to take in house guests, a decision more ideological than financial. She was driven not by rental income but rather the motive of doing something worthwhile. It is a practice that she has continued since moving, around 1980, to her treehouse in nearby Curzon Street.

Wendy has always seen the bigger picture. She has been an active member of Servas, an international network that seeks to promote peace and understanding by allowing travellers to stay as guests in private homes in the countries they visit.



Wendy Coates with tenant Elston in her favourite corner of Royal Park. Photo: Warwick Jones

She proudly flicks through a Servas book containing lists of French hosts. Her long-time involvement with the program has been as a traveller, a host and an interviewer of new members. "I once hosted an Italian girl who would bring me fruit from the market, and a Swiss pastry chef who cooked me dinner," she says.

It was through Servas that Wendy met Marianne, whom she stayed with in the south of France. Together they went to see the cave paintings in Comberellas and Pech-Merle and to see farmers who didn't have two francs to rub together. "Once we went to a luxurious cocktail party with all these British expats," she laughs.

When Wendy came home and began hosting travellers herself, she began to see Melbourne through a traveller's lens. She discovered a new appreciation of the Queen Vic Market, the North Melbourne Library and the Meat Market and loved her guests' delight with the area's walkability and its restaurants and cafes.

Her son, who had originally christened the treehouse, was himself beguiled by the

hospitality he received during his studies overseas and, on returning home, also decided to host students. Even today, Wendy still offers her home through the University of Melbourne exchange program.

The treehouse's tenants have been an eclectic mix. Over the years it has been home to a Thai dentist, a German researcher and an Iranian scientist. Now, an Indian computational biologist is in residence.

At times her guests have themselves changed Wendy's life. Some young Austrians who worked for Fred Chalupa at his Carlton Il Vicolo restaurant resulted in Wendy and Fred running charity events to benefit the Peter MacCallum Cancer Centre.

These functions featured people such as Antarctic explorer Philip Law, distance runner and former state governor John Landy, and the Australian's cartoonist Peter Nicholson. "He brought big sheets of paper and drew cartoons everywhere," Wendy says.

In all the time she has hosted guests in her treehouse, Wendy has always carefully interviewed them beforehand. She has also written her own guidelines, including mundane details of bedsheets being washed once a fortnight. And always she would add: "Please enjoy your stay."

In the true spirit of Servas, Wendy continues to learn from her treehouse tenants and guests. It is an exchange she cherishes, all the more so as today people move deeper into their cocoons and politics lurches further away from compassion.

Warwick Jones will write regularly for the News

Boomerang bags

The Centre makes 'Boomerang' shopping bags from recycled fabric. Buy one from reception, or come and help us make them.

Get involved through the Centre

Looking for a volunteer opportunity? The Centre has lots of them, from office administration to event management. Or we can point you towards other organisations that also rely on volunteers. The Centre is looking for volunteers for the 2019 Spanish Language Fiesta and/or Spring Fling in October. We need:

- Volunteer Coordinator
- Social Media and Marketing Coordinator
- Activity Coordinator
- Community Engagement Coordinator
- Graphics Coordinator
- Programming Coordinator
- Sponsorship Coordinator
- Event Assistant
- Site Manager
- Festival site crew



If you are interested please email staff@centre.org.au

Music lessons for adults and children of all ages

School of
LIVING MUSIC

Drop-In Choir
The choir for everybody

First Wednesday of each month
7:30pm – 9:00pm \$20

livingmusic.com.au

53 Little Baillie St. North Melbourne
03 9329 0503 or 0408 170 769
info@livingmusic.com.au



Auslan lifts Raffi to hear and now

By Robyn Phelan

Rafferty started in Prep at North Melbourne Primary School in February and he is happily following in the footsteps of big brother Oskar. He loves his class teacher, Kristen.

However, as a Deaf person in a hearing world, Rafferty is even more excited to be learning Auslan with teacher Kai, who is herself Deaf. His confidence has already been boosted and he is definitely a happy child whose progress in just one month has been remarkable.

Auslan is the sign language of the Australian Deaf community. Like any spoken language, it has its own grammar, sentence structure and vocabulary. The only difference is that Auslan doesn't involve speaking but is signed, using facial expressions,

and hand and body language. At North Melbourne Primary School, we are teaching it across all classes from Prep to Grade 3. All children have their classes in the library as they learn the vocabulary of the Deaf that uses stand-alone signs such as greetings, alphabet, numbers, feelings and shapes. The aim is to give every child an entertaining introduction to Auslan. This will help all of them in many areas: memory retention, reading ability, vocabulary acquisition, spelling proficiency and brain development. Kai's assistant, Liam, already sees benefits. "It was great to see students and families embracing Auslan at our open classroom evening," he says. Sofia, who helps Rafferty with interpreting, adds: "In the yard at lunch-time, students engage in Auslan

greetings as they sport big smiles." But while all children at NMPS are benefitting by learning Auslan, it is Rafferty – our first Deaf student at the school – who is gaining the most. Mother Natalie, a long-time North Melbourne local and herself Deaf, is both a native Auslan user and fluent in written English. "I'm so delighted that Auslan has been added to the LOTE (Language Other Than English) program at our school," she wrote. Awareness of Auslan has been raised throughout the school community. Natalie reports that locals now make themselves known to her and say that they too know some Auslan or that they have Deaf family members.

Robyn Phelan is communications coordinator at North Melbourne PS

ABOVE: Auslan class in the library. Photo: Sofia Dalinkiewicz

BELOW: Rafferty with his Prep teacher, Kristen.



A playful path to discovery at St Michael's

By Rita Totino

The teaching curriculum at St Michael's Primary School includes a discovery play-based learning' focus that springs from children's intuitive love of play.

Discovery learning blends children's natural inclination to be playful and to ask probing questions with a sound educational learning approach underpinned by Montessori's student-centred principles and Reggio Emilia's progressive learning practices.

As our children ask questions and make sense of their world, they are effectively extending their own learning by exploring their own interests and extending their natural curiosity.

There is total scope for children to choose their learning partners and the space in which they investigate, play and learn. Examples include an area for learning about dinosaurs and one for complex block building, which results in some sophisticated creations involving impressive engineering skills. Other areas popular with the children include a home corner (where they cook and host parties), a reading nook full of books, and a construction space in which children learn problem-solving skills as they use boxes to create new structures. And all the while, they are giving free rein to their imagination. Our teachers are thrilled with the discovery learning focus. "I

look forward to inviting students to share their thinking," says Diane Ortisi (Grade1-2). "I love it because I can see the children's creativity emerge as they take risks in a safe environment," adds Claire Matheson (Prep). The children have no misgivings at all with our school's discovery learning program. "I love building with the planks," says Dylan. "I arrange the planks so they are balanced and my tower becomes taller and taller." For young Natalia, it's all about the challenge of preparing lunch for her friends. "I sent out invitations last week. I set the table and baked a cake. It will be delicious," she giggles.

Rita Totino is the learning and teaching leader at St Michael's PS



Dylan enjoying building his tower.

Christine's star on the rise

By Jodie McLeod

St Aloysius College is celebrating the achievements of Christine Le. Her success in achieving the school's highest ATAR last year also success revealed her proud story of resilience and hard work.

"Year 12 gave me both the highest of highs and the lowest of lows," she says, "but it was definitely a year to cherish and one never to forget."

Christine began at St Aloysius in year 8 as an international student with little English. Her initial feeling in those early days when everything was new and uncertain was one of deep anxiety. "I was scared, doubtful, as to whether or not I could make an impact in my time at the college."

She reflects with disarming modesty on her early school experience. "I was never the smartest in the class, never the quickest thinker, nor the hardest worker. It seemed that no matter which aspect of school life I involved myself, there was always someone smarter, quicker and just all-round better."

Despite her early lack of confidence, Christine found an ambition to study medicine. She knew that to achieve the dream, she had to push herself beyond her comfort zone. "I stayed up later and I spent countless hours in the library alone after school. I was driven in chasing my goal,"

she says. "I'm grateful to everyone at St Aloysius who was part of my journey."

Her mother was a tower of support. "She is the biggest source of my strength. I thank her for her unselfish love during the last 18 years. She always made sure that my wellbeing and education were never compromised. She sacrificed so much, just so I could have a chance in this new country we now call home."

Christine's classmates shared the journey with her. "From hours in the library to our last-minute cramming for the SACs, we became much more than just school mates. I am sure that we will never forget our time at St Aloysius and that we will all continue to strive for higher things."

Her advice to the class of 2019 is simple: Build on what you already know, but take the chance to immerse yourself in something new; have a splash in the swimming carnival, go and see the school play or concert.

When Christine addressed the school community, her advice came straight from the heart. "Live each and every day as it is, and no matter how intense the journey, always take the occasional step back and enjoy all life has to offer."

Dr Jodie McLeod is community development manager at St Aloysius



Christine Le with St Aloysius College principal Mary Farah.



Simonds teacher Leah Kelly with a student. Photo: Alistair Forge

Boys powering ahead

By Alistair Forge

Reading is the cornerstone of all learning. At Simonds College, we have launched a 'Reading Equals Power' (REP) program to change the reading habits of our students.

Today, too many of us are slaves to our devices. In the street and on public transport, we see people glued to their screens, all the while totally oblivious to the world around them. Our reading program aims to encourage our students to engage with the written word and to become better people by doing so.

Our REP program won't solve society's declining literacy standards. But, supported by good teaching, it is already having enormous spin-offs for our boys at Simonds. Every day we can see our students improving in the key skills areas of comprehension and vocabulary. And it's encouraging that this growth is being transferred to all subjects on offer.

Reading programs abound in schools, but at Simonds we believe REP is the most effective. Classes are held four times a week and sophisticated software directs students to books of an appropriate level. Student progress is closely monitored via one-on-one teaching strategies, which enables teachers to celebrate boys' improvement

while also identifying those who need extra literacy support.


Quite apart from the various features of the REP program, our aim is simple. It is to encourage our students to embrace reading as a joyful and liberating personal experience. Given the notoriously competitive nature of teenage boys, we have introduced a competitive element where classes can amass points to receive the popular reward of casual clothes days.

Our boys love all sports and they realise the secret of their sporting idols. Results do not just happen. Rather, commitment leads to success and practice makes perfect. It is the structured but self-rewarding nature of their REP involvement that allows our students to both sharpen their reading skills and become better people.

We're delighted that our boys have found the reading development program very much to their taste. Two of our young year 7s summed it up succinctly, in the way only youngsters can.

"It's the perfect way to settle down after recess snacks," said Naeb. For Henri, the program has been almost spiritual. "It's the chance to be in your own world for a bit. I love it."

Alistair Forge is REP coordinator at Simonds College



9328 3733

City North
PHYSIOTHERAPY CLINIC

59 Errol Street
North Melbourne


Open Monday to Saturday

HICAPS

● Physiotherapy

● Massage

● Pilates



city
north
physiotherapy clinic

PAULA FERRARI

Certified Practising Speech Pathologist



Assessment and therapy for communication and swallowing difficulties
Children and Adults

1/617 Spencer Street, West Melbourne (behind Valiant Hire)
Phone: 0427 058 564 • Email: paula@paulaferrari.com.au
By appointment



Sabaha Hargaya



Mohammed Boru



Dongmin Fan



Kokila Guruswamy

Migrants find their voices in a new home

Story: Sam Navarria

Photos: Manatosh Chakma

Our students at North Melbourne Language and Learning live locally. Most walk to classes. But nearly all have travelled a far longer journey, a physically and psychologically demanding one. In our classes it is common for an immigrant from Russia or China to be sitting next to a refugee from the Horn of Africa or an asylum seeker from Iraq or Colombia.

Australia is a richly diverse society. The 2016 census revealed half of our neighbours are overseas born or have at least one parent born overseas. At our learning centre, we see this demographic in action. Our students come from different walks of life. Some were engineers, worked in administration or looked after extended families or farmed.

They come with many skills, but often society regards them as unskilled, as if in setting foot in Australia they somehow lost all value. In fact, most of our students are multilingual, have an entrepreneurial spirit and are seeking employment. We could all learn from their optimism and resilience.

They share a desire to study English, to communicate and to belong. Learning English opens up opportunities for them to improve themselves socially and economically and to participate in our society.

Our students have told their stories in a class exercise in identity and belonging. In them, they shared the moments that have defined their lives. They wrote movingly of migration, displacement, resettlement, reconnection and rebuilding. They are ordinary people with extraordinary experiences, people with hopes and aspirations similar to ours, and determined to make new lives.

Sam Navarria works in education at North Melbourne Language and Learning

Sabaha Hargaya

I remember the year of 2011, I arrived in Australia with my younger sister. We decided to come to Melbourne, a multicultural city that provides excellent opportunities and jobs. We were very happy and excited to be here, however little did I know how my life would change after landing in Australia.

Firstly, I tried to find a job to support my younger sister who was 15 years old. She wanted to attend a school. It was difficult because I didn't know anyone to talk to. One day I met someone who was from my country at the park. We started talking about getting jobs and how to improve my English. She said to me, "Go to the community centre for help."

The centre helped get my sister into school and helped me to enter English classes. After a while, I did work experiences at Woolworths. After this experience I got accepted to work part time there.

I started to worry because my family was back home and I haven't seen them for a long time. So, I said, "I will go back to Africa." In these three months I met someone who I got married and I became pregnant. Then I came back from my country, and had our first son in Australia. It was challenging to raise our child by myself without my husband because I didn't know anyone.

I sponsored my husband to come to Australia. However, it was a very difficult process which took a very long time and life was getting very hard. Sometimes at night I often said, "How good my life was in Africa there were everybody around me but now I'm all alone."

Finally, after six months of difficulties, my husband arrived. My son was finally very happy to have his father around him and I was very happy to have someone to rely on and help me. Now I have friends in Australia and I can speak English. I tell my husband, "Do you remember how difficult our life was?" Life in Australia is very beautiful that I even sometimes don't think about how hard it was before.

Mohamed Boru

I was born in Ethiopia 1973, in the area called Hardoti. In 1984 I started to learn at the first time per unit school for one year only. After that I continue my lesson from grade one to another. 1996 I completed year twelve in capital city of Ethiopia Addis Ababa.

In 2000 I married, I got children and we started a new happy life. Suddenly, one day mass people protested and big violence with Ethiopian government no peace all places in the country. Then 2001 I migrated to Kenya with family except one my daughter. There we stayed for 10 years in Kakuma refugee camp.

2011, I arrived in the city of Melbourne. At first week I was often confused about the law and need things to understand. The job required no experiences, no good at listening English strategy. After many worrying I contacted people of migration agent I met and helped by them. They joined me with close community.

Dongmin Fan

In December 2008, my daughter and I arrived in Australia via ten hours long flight. My sisters picked up us from the Melbourne Airport. Everything was new for us. It was exactly Australia summer. The weather was very nice. And it was also Christmas holiday. So my older sister had time to take us to city to see Myer's Christmas windows.

It was amazing. My daughter was very excited and she said she liked Australia. Then in February 2009, my daughter enrolled the primary school and I enrolled in TAFE to learn English. It was difficult at the start, but I realised if I live in Australia, I have to learn English.

Over nine years, we have adapted to life in Australia. I bought my own unit and my daughter is already in year ten. Australia is multicultural country that accepts people from different countries. Now my daughter and I are used to live in Australia, we live in a peaceful and safe place.

Kokila Guruswamy

With God's grace, I am living happy in this suburb. I come from India. I have been living with my husband in Melbourne for ten years. I am 73. I have two daughters, three grandsons and one granddaughter. My elder daughter lives in Delhi, India. Another daughter lives in Melbourne.

When we came here we lived with my daughter for one year. As per our Indian culture, father-in-law and mother-in-law never stay with their daughter and son-in-law's house because we feel shame. So we began to live separately. Up to 2012, we suffered in rental houses. Then we got a house in North Melbourne. We don't have any problems after coming here.

I am learning English at NMLL. I have been studying here for the last four years. The Learning Centre has organised many cultural functions. They organised Diwali festival, I also participated. When I was in India, I studied up to 8th class in Tamil medium. Now I can read, write and speak in English somewhat better. I am thinking I have to study English then only I can speak fluently.

Ibaq Ismail

I was born in Mogadishu the capital city of Somalia, in the year 1977. In 1991, when I was around 12 years of age, civil war broke out in Somalia, and I fled to Djibouti with my neighbours. While I was in Djibouti I met my husband.

Life was hard and I couldn't go back to Somalia with my children as still unsafe. In 1999, I was accepted as a refugee to immigrate to Australia and start a new life. I didn't speak English and my children were very young. I had only myself to rely on. I began English classes but had to place my young children in child-care which was very hard for me.

It was strange for me to trust other people to care for my children. But I had no other option. Since coming to Australia, I have remarried and have another three beautiful Australia children. I have been so lucky to live in a country where it is peaceful. I now and always will call Australia my home.

Choir revels in fine Meat Market acoustics

By Rosalynd Smith

Take a deep breath! It's a familiar and exciting feeling for a singer.

After months of preparation, it's time to perform in front of an expectant audience. It is not just the singers breathing deeply. Accompanying us are 15 wind players, woodwinds and brass, with not a keyboard instrument in sight.

Our Melbourne Bach Choir often performs in churches, where an organ and sometimes a piano are available for accompaniment. However, this time, in North Melbourne's Meat Market, we were singing some music – Bruckner, Stravinsky and a little bit of Bach – with only the winds for accompaniment.

I recall visiting the craft shop at the Meat Market in the 1980s. I've been to a few performances in the main pavilion since, but hadn't heard a choir sing there. I had my doubts about whether it might sound like a big bathroom,

but the acoustics turned out to be perfect.

The Metropolitan Meat Market was built in 1880, with some later extensions and alterations, to the design of George Johnson, who was also the architect of the North Melbourne Town Hall.

The main pavilion – the former market hall – has a stunning barrel-vaulted ceiling, spanned by wide arches that end in the posts marking the bays of the old vendors' stalls.

While these are now curtained off to conceal dressing rooms, sound equipment and other practicalities, they still retain the names of their former occupants painted above. The decorative cast iron animal heads are now silent witnesses to the very different events that take place here.

The building has been transformed into a versatile and elegant arts centre, with a number of flexible spaces available to hire for performances, exhibitions and functions. The



Caitlyn Bosch in full voice with Melbourne Bach Choir. Photo: MBC

North West Patch, the new community garden, makes the inner courtyard a welcoming space. And the staff are fabulous to work with.

I was surprised to find that many of our audience, even some of

the locals, had not been inside the Meat Market before. The solid façade doesn't give any hint of what lies within.

While the various spaces at the Meat Market are too expensive for many community groups

to hire without help, the City of Melbourne's Community Use of Town Halls scheme covers this venue (even though it's not a town hall), and it's possible to apply for a grant that will cover almost all costs.

Our choir was thrilled to hold a concert in this atmospheric and resonant space.

Come Good Friday we will be in the Melbourne Recital Centre singing Bach's incomparable St Matthew Passion.

We're pleased we'll have a North Melbourne connection. One of the soloists will be the rising young opera star Jeremy Kleeman, a local resident and a Kangaroos' tragic.

Rosalynd Smith is a North Melbourne resident who sings with the Melbourne Bach Choir

Want to know more?

Melbourne Bach Choir:
www.mbc.asn.au
North Melbourne's Meat Market:
meatmarket.org.au

Easter eggs and dried snacks are potentially deadly 'treats' for your pets

By David Cunliffe

Easter will be on us soon. Be warned that those much-loved Easter eggs or even their supposedly healthier alternatives can have a dire outcome for your dog.

Over the past decade there has been a growing trend to replace the traditional milk chocolate egg with its dark alternative. While this might have benefits for humans, the same cannot be said for pets – especially dogs.

Chocolate toxicity is a common poisoning as it is highly palatable and attractive to most animals.

Mild signs can include vomiting, diarrhoea and restlessness. In higher doses, chocolate can be life threatening.

More serious consequences include an irregular heartbeat, high temperature, muscle tremors, fits and even death. A dog that weighs 10 kilograms can show symptoms of moderate toxicity within a few hours of consuming just 110g of milk chocolate, 35g of dark chocolate or 14 g of cooking chocolate.

It has also become increasingly popular for health-conscious families to fill hollow plastic eggs for Easter hunts with 'healthy'

alternatives, including grapes and other dried fruit. While doing so is well intended, these foods can be toxic to dogs.

Symptoms of toxicity from fresh and dried grapes can range from diarrhoea to vomiting all the way to poisoning, which could lead to kidney failure.

Recently, Hungarian vizsla Parker Pretzel was admitted to Lort Smith Animal Hospital after consuming five snack-sized boxes of dried sultanas and apricots.

It was lucky that his carer immediately brought him to Lort Smith where he underwent a gastric lavage – the flushing of

his stomach. Parker Pretzel had to remain at Lort Smith for two days, but fortunately he made a full recovery.

Pet carers should seek immediate veterinary attention if their animal is showing signs of toxicity or if they have consumed any amount of dried fruit or fresh grapes.

Dr David Cunliffe is head of hospital at Lort Smith

Want to know more?
To find out how Lort Smith helps animals in our community visit lortsmith.com



Lort Smith helped Hungarian vizsla Parker Pretzel recover. Photo: Lort Smith

Comprehensive Medical Care By Experienced GPs

Dr. Ed Vergara

Dr. Magda Wojtasiaik

Dr. Alastair Stark

Dr. Kate Robins-Browne

Dr. Graham Jacobs

Dr. Madhavi Thotadur

Dr. Paul Grinzi

Dr. Liz Morris

Children's Health

Women's Health

Men's Health

Mental Health

Sexual Health

Addiction Medicine

Asthma

Fertility

Skin Checks

Travel Medicine

Immunisations

Chronic Disease

NEW PATIENTS WELCOME

SAME DAY APPOINTMENTS AVAILABLE

FREE ONSITE PARKING

Address: 243 Flemington Road, North Melbourne, VIC. 3051

(03) 8301 5500

Monday to Friday: 8:30 am - 6:00 pm
Saturday: 8:30am - 12:30pm

BOOK ONLINE via royalparkmedical.com.au
or via [facebook.com/royalparkmedical](https://www.facebook.com/royalparkmedical)

Metro Tunnel Project and proposed heritage art display



North and
West
Melbourne
Association

The Metro Tunnel Project is well underway, with North Melbourne feeling the effects of heavy trucks and cement mixers accessing the Arden site. The first tunnel boring machine (TBM), named Joan after Joan Kirner, Victoria's first female premier, has arrived at the construction site, with the second still in transit.

The first TBM excavation will be to bore the tunnels from the Arden (future North Melbourne) station to the western portal in South Kensington, where the new underground Metro line will emerge to join the existing rail network next to JJ Holland Park.

Rail Projects Victoria (RPV) has a number of community reference groups to provide liaison between the project developers and community members affected by the tunnel along its entire length between Kensington and South Yarra. The two groups covering North Melbourne recently amalgamated.

The combined group is now known as the Arden & Parkville Community Reference Group (CRG) and its scope is the section between Arden and the future Parkville station under Grattan Street and Royal Parade. This part of the tunnel will be underneath many North Melbourne residences, in one place only 12.5 metres below the surface.

The Association has two representatives in this group who report back to us.

One thing the NWMA has been adamant about from the start is that North Melbourne's industrial and rail history should be reflected and celebrated in the design of the new station at Arden. The Hotham History Project and many other local people support this idea.

RPV has acknowledged this proposal in its minutes of CRG meetings: "[The NWMA representative] suggested that explicit design elements could include murals or photo

installations. The City of Melbourne and CYP [Cross Yarra Partnership] confirmed that meeting the heritage requirements of the project is a priority." [Minutes of meeting 25.10.18]

However, words are one thing, action is another. Since October, progress seems to have stalled.

A letter our representative sent to RPV on behalf of the Association on 24 September last year was not acknowledged until 5 December, 72 days later.

At the CRG meeting on 6 December our representative raised the matter again, referring to a detailed report on the area's heritage by the Hotham History Project submitted to RPV's predecessor in the consultation period. He also quoted a passage from the December 2018 – February 2019 issue of the City of Melbourne's Melbourne magazine: "Permanent exhibitions, artworks, signage and memorials remind us where we've come from, and of the diverse stories of the people who have made Melbourne what it is today."

Despite requests, none of this was recorded in the CRG minutes of that meeting. They merely repeated the NWMA's input "that explicit expression of heritage through artworks and murals is important to the community" and "CYP confirmed they would consider the feedback and will provide further information from the architecture team managing the design." [Minutes of meeting 6.12.18]

At the following CRG meeting, on 1 February, our representatives were advised that the North Melbourne station design process would include a legacy art program that would include artwork and sculptures, with details available in the coming months.

What does a legacy art program mean? It appears that the State Government has appointed a committee to select the artists



Detail from Harold Freedman's History of Transport mural. Photo: Daniel Bowen

who will create artwork on each new station to reflect its area's history. We don't know when the artists will be appointed.

More importantly, we do not yet have a communication channel through which we can feed suggestions (and offer photographs, plans and other artefacts) to the artist selected for each station.

A promising gesture is the installation of some heritage photographs on the hoarding along Laurens Street, with artists' impressions of the future Arden development to be built behind it. These historic photos are among many that could be enlarged and incorporated in the station's walls. Another suggestion is a rolling video display inside the station.

The idea is to commemorate the area's rich industrial and social history, which includes the former Victorian Railway Printing Works that occupied the building later known as Laurens Hall (now demolished) and railway offices first listed in street directories in 1897. The Arden Street Weighbridge was recently relocated to Daylesford (as reported in an earlier issue of the News).

A further idea by NWMA members is to relocate the Harold Freedman History of Transport mural from the TK Maxx shop in the Spencer Outlet Centre at Southern Cross Station. At present this mural is partly hidden and it would reach a far wider audience at the Arden station.

The Abbotsford Street estate and the public housing crisis

Since the first meeting of the Abbotsford Street, North Melbourne, Consultative Committee on 16 October last year, the State Government has been eerily silent on its plans for the site. The Abbotsford Street estate is one of nine slated for imminent demolition and

been relocated and government contractors have started drilling for soil samples and removing fittings from the properties.

Drilling and decommissioning have also begun at the Walker Street, Northcote, estate, but in this case the intrusive and noisy works are taking place while almost a third of the units are still occupied. Operators on cherry pickers have taken samples of roofing and at times the water supply has been cut off without notice.

Unsurprisingly, since the Northcote estate overlooks the Merri Creek gorge, the drills have hit solid rock.

Protect Abbotsford Street Estate (PASE) members joined tenants and other protesters at rallies at the Walker Street estate on 28 February.

PASE has resumed its meetings and has joined a new Save Public Housing collective. This group is encouraging people across Victoria to demand that the government commit to a massive build of new public housing, make a genuine attempt to address the homelessness crisis and tackle the waiting list for homes, which now numbers at least 83,000 people.

The collective has arranged a meeting for public housing tenants and supporters on Saturday 23 March, 4.00pm, at All Saints Church, corner High and Walker streets, Northcote.



Workers take soil samples using a drill at the Abbotsford Street housing estate. Photo: Annie Rivera

More information

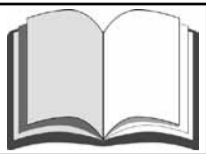
North and West Melbourne Association meetings are open to the public and take place on the third Tuesday of the month at 7.30pm at the Bastow Institute of Educational Leadership, 603–615 Queensberry Street, North Melbourne. Membership renewals for 2019 are now due. For further information email info@nwma.org.au or visit www.nwma.org.au Contact PASE by emailing ProtectAbbotsfordStreetEstate@gmail.com



Part of the display on the hoarding in Laurens Street showing the former Victorian Railways Printing Works. Photo: Janet Graham

BETWEEN THE COVERS

Chris Saliba



The Death of Murat Idrissi

Tommy Wieringa
(Scribe, RRP: \$29.99)

On a whim, two young women make a hastily planned trip to Morocco. Born in Holland, yet of African parentage, Thouraya and Ilham feel perennially dislocated, belonging nowhere. They hire a car, take up with the streetwise Saleh and find themselves visiting a slum. Saleh wants the girls to see the real Morocco. They are taken to a makeshift home and meet a desperately poor family.



The mother wants Thouraya and Ilham to smuggle her teenage son, Murat, in the boot of their car to Europe where there is economic opportunity. Saleh assures the girls it will be easy. Murat only has to survive

the two-hour ferry trip across the Strait of Gibraltar to Spain. The girls reluctantly agree but soon realise it's a terrible decision. They are swiftly plunged into an inescapable nightmare.

Dutch writer Tommy Wieringa has written a taut, elegant thriller that addresses issues of race, identity, refugees, third world poverty and first world entitlement. We want Murat to succeed, to lift his family out of its unrelentingly miserable situation, yet the risks are intolerable.

Uncomfortable moral problems are raised in this ultimately tragic story about two accidental people smugglers and their ill-fated human cargo. Harrowing and shocking, *The Death of Murat Idrissi* will burn in your memory.

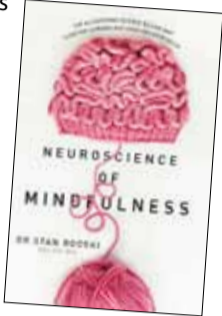
The Neuroscience of Mindfulness

Stan Rodski
(HarperCollins, RRP: \$34.99)

Stan Rodski is a cognitive neuroscientist based in Melbourne. He created

the colouring-book stress management technique that, for a period, took the publishing world by storm. (Yes, he's responsible for that craze.)

The Neuroscience of Mindfulness is a multi-faceted book. It explains in very simple language the basic principles of neuroscience, with updates of the latest findings on how the brain works. Research has revealed that basic, repetitive tasks have a powerfully calming effect. The brain is most relaxed when it experiences pattern, repetition and control.



Happily, we learn that mindfulness can be incorporated into our everyday activities: walking, driving, brushing our hair. The book includes useful sidebars and practical exercises, guiding the reader through the thought processes required to live mindfully.

Some of the more fascinating research Rodski discusses concerns what is known as the mind-body connection. Science

has discovered that when we experience stress, a harmful protein known as amyloid protein builds up in the brain, affecting the immune system. Negative thoughts can physically damage the body.

Part practical workbook, part scientific digest, *The Neuroscience of Mindfulness* offers real help in managing stress in our busy modern world.

The Assassination of Brangwain Spurge

M.T. Anderson and Eugene Yelchin
(Candlewick Press, RRP: \$24.99)

Brangwain Spurge is an elfin historian. He has been sent by spymaster Lord Clivers to the neighbouring goblin kingdom to make peace. He carries with him a carved gemstone, to be presented to the goblin king, Ghogh. Spurge is also charged with an additional mission: to spy and send back reports.

Upon arrival, Spurge is welcomed by his goblin host, Werfel the Archivist. Both men are historians and should hit it off, but they quickly start feuding. Goblins and elves have been at war for over a thousand years and each party is keen to blame the other for their long history of hostilities.

As troubles mount for Werfel in his own country, the historian and archivist learn to tolerate each other, eventually developing a friendship.

Brangwain Spurge is a razor-sharp comedy that lampoons the absurdities of war. There are echoes of Cervantes' *Don Quixote* in M.T. Anderson's courtly main characters, with their haughty concerns over honour and status.



Their absurd and deluded misreadings of elfin-goblin history is a pithy reminder of how prejudices become entrenched.

Beautifully produced, with entire chapters narrated by Eugene Yelchin's lively black-and-white illustrations, *Brangwain Spurge* is a hilarious romp with a very serious message. (Age: 10 +)

Chris Saliba is co-owner of North Melbourne Books, 546 Queensberry Street. He writes regular reviews for the News.

Island off the Coast of Asia

Clinton Fernandes
Monash University Publishing
RRP \$29.95
Available North Melbourne Books and Readings

Rationalising our place in the international power order has been Australia's social and military concern since European settlement. *Island off the Coast of Asia: Instruments of Statecraft in Australian Foreign Policy* delivers a highly authoritative and absorbing 230-year study showing the central role of

economic factors in defining and pursuing our 'national interest'.

This nation's search for security has involved more than protection from military invasion; it has demanded protection of our economic interests by pursuing a political order to ensure them.



That view of security has deep roots in Australia's geopolitical history. With the nation having begun its colonial existence on the dominant side of an international confrontation between imperial powers and the rest of the world, this book shows Australia's 'organising principle' remains to stay on the winning side of any global contest.

The nation has pursued this principle in war and peace, using the full arsenal of diplomacy, law, investment, research, negotiation, military force and espionage.

Clinton Fernandes is a former Australian Army officer

who served in the Australian Intelligence Corps. Today he is professor of international and political studies at the University of New South Wales' Canberra campus, where his focus is on Australia's national interest in our external relations, particularly with our South-East Asian neighbours.

Titled *A Transformational Analysis of the National Interest*, Fernandes' thesis at Deakin University argued public outrage had forced Australia to support East Timor's independence.

Fernandes' definitive work has been lauded by leading academic

colleagues, including Stephen J. Rosow, Professor of Political Science, State University of New York.

"The book is particularly keen on the intervention of Australia in Indonesia and Malaysia," says Professor Rosow.

"Its concluding chapter on Australia's current position should be widely read and should spark much-needed debate in Australia and beyond.

"This is how critical foreign policy should be written."

– By Katrina Kincade-Sharkey

ADAM BANDT MP

FEDERAL MEMBER FOR MELBOURNE

STANDING UP FOR WHAT MATTERS.

GF1 296 Brunswick St, Fitzroy VIC 3065.

(03) 9417 0759 adam.bandt.mp@aph.gov.au

adambandt.com

[@Adam.Bandt.MP](https://www.facebook.com/Adam.Bandt.MP) [@AdamBandt](https://twitter.com/AdamBandt)



Authorised by D. Lawson, 296 Brunswick St, Fitzroy VIC 3065.

Orphanage link builds bonds with Bangladesh

Story and photos by Felicity Jack

Charfassion is a town on a large but fairly remote rural island in the south of Bangladesh. You reach it by an overnight launch from Dhaka in a journey that over the years has become more and more comfortable.

Cabins are on the upper two decks, and whereas ten years ago cabins were small and I had to take my turn to use a smelly squat toilet, I am now able to have a larger cabin with en suite. But if you can't afford the luxury of a cabin, you share the bottom of the boat with hundreds of other passengers and their livestock, sleeping on the metal floor.

It's 10 years since I started visiting Charfassion, and the wharf area, Betua, about seven kilometres from the town, has changed dramatically. Once a sleepy hamlet with trees and a few shops built alongside the makeshift landing area, it was serviced by one small launch that arrived from Dhaka early in the morning and left the same evening.

Erosion and flooding have changed all this. Now, the landing area is some distance inland, all the trees have been swept away, and huge concrete blocks line the banks in the optimistic hope that they will prevent the mighty Meghna River from further encroachment of valuable land.

There are more and more small shops and tea stalls, and now three large launches arrive and depart daily. These launches give me greater confidence – there are no longer gaping holes in the metal walls and floors – and they have restaurants that cater for the greater number of passengers.

These changes reflect broader societal changes in Bangladesh.

The middle classes are better off and can afford to travel in style. Some families have moved out of the city to take advantage of a healthier rural life style, while retaining a home in the city so their children can further their education.

My purpose for travelling to Bangladesh is to support an orphanage that I first came across in 2010 when I travelled to the town with North Melbourne residents Mary-Anne and Lew Hess. Mary-Anne was auditing the books of an Australian-based school building program and I came across the orphanage boys living in a cowshed and a duckshed because their dormitory building had been condemned by the government as unsafe.

The orphanage has since been rebuilt and I spend a few weeks there every year, helping the orphanage become more self-sufficient. The orphanage farm provides a regular income as well as feeding the boys, but cyclones and floods are a constant anxiety. Every year there are losses as fish ponds overflow and crops are washed away. The orphanage is itself vulnerable – it was built after



A launch from Dhaka

a cyclone in 1970 that killed up to half a million people, leaving many children without parents.

Some things don't change. Each morning before sunrise, I'm woken by the call to prayer being broadcast from the many

small mosques in the area, each one reciting different verses from the Koran. Then, while the sun is rising, I take a walk, watch the mist rise and the world wake up.

Fires are lit as small tea and snack stalls, often with TVs turned up loud, open up to cater for the men who like to gossip and pass the time of day before they leave for work. Day labourers don't have this luxury – they walk in small groups with their tools and their lunch tied up in a cloth. Young children are being taught to recite the Koran on the porches of the mosques before heading off to school.

The position of women in this conservative and deeply religious society saddens me. I'm working with the orphanage to provide an area where local women can meet to talk and play badminton

or take other exercise in a private and secure area because they have no other options for socialising outside of their homes. It's a small step, but the journey of a thousand miles starts in this way.

The economy of Bangladesh is thriving, but it is the poor people who are fuelling this through their hard work. Garment workers and farmers are largely behind the increased GDP, but it seems to me that they don't reap the benefits. These go to the wealthy.

Felicity Jack is a regular contributor to the News



Betua's makeshift jetty.

Want to know more?

To find out more about Charfassion Orphanage visit its website: www.charfassionorphanage.com

ELLEN SANDELL

STATE MP FOR MELBOURNE

Hi, I'm Ellen – I'd love to hear your ideas and concerns.

(03) 9328 4637

office@ellensandell.com

Mail & Office: 146 Peel Street, North Melbourne VIC 3051

Authorised by E. Sandell, 146 Peel St, North Melbourne VIC 3051.
Funded from Parliament's Electorate Office & Communications Budget.

MOVEMENT SOLUTIONS

PODIATRY

ROYAL PARK MEDICAL

243 FLEMINGTON RD

NORTH MELBOURNE 3051

Tel: 8301 5500

NOW OPEN

A gang of one-legged crims? Pull the other one

By Maurice Gaul

A gang of violent, one-legged crims hopping around on crutches and terrorising the respectable residents of old North Melbourne around 1900.

It's a joke, surely? Or a delicious urban myth?

Well, no. The Crutchy Push was actually an infamous standover gang of 15 amputees that ruled North Melbourne's streets for a decade. They would enter local pubs, threaten the publicans and demand food and drink.

Any hesitation saw their crutches put to good use in sweeping bottles off the shelves and smashing them on the floor until free drinks appeared. If they didn't, the Crutchies would spring into action.

Spurred on by their feared leader, Valentine Keating, gang members used the tip of their crutch to jab victims in the stomach then swung it around, using the lethal metal arm-rest as a club.

Despite lacking a leg, the Crutchies were remarkably mobile. During an 1898 brawl in a North Melbourne street, Keating struck local policeman Constable Healey who chased him without success. The frustrated cop later told a court: "He was off like a flying kangaroo."

The Sydney Sun stunned its genteel readers with reports on the Crutchies' exploits in lawless Melbourne. It breathlessly told how they could chase a horse and cart and hop over the tailboard with ease, and how they robbed local hotels in the dead of night after smashing the pub's windows with their crutches.

The Sun primly reported that some "unipeds" had deservedly ended up smashing stones in Pentridge prison. It also noted the push's strict 'one-leg' rule was occasionally relaxed to admit what it quaintly called "bipeds" – but only if the recruits had lost an arm.

This loss of a limb other than a leg was deemed acceptable.

The newly admitted 'one-armers' soon proved their mettle by including a half-brick inside their knotted empty sleeve, which they then swung violently in street brawls.

Historian Michael Shelford, owner of Melbourne Historical Crime Tours, tells how the Crutchies, all local lads, were keen North Melbourne football fans.

"When they travelled to Footscray to watch North play and were refused entry, they were



Harriett Adderley
Images: PROV

decidedly miffed. They circled the ground, wearing suits and top hats bedecked with North's blue-and-white streamers and swearing at passers-by," he says.

The Terrible Ten task force, made up of the ten burliest and most willing cops, was formed to deal with the infamous pushes that thrived in Melbourne's suburbs. Issued with lethal lengths of hose, they soon began beating the street gangs into submission.

However, it was the courts that eventually brought the demise



Valentine Keating.

of North Melbourne's Crutchies, but only after one of their most violent crimes. In 1904, Keating – with girlfriend Harriett Adderley and fellow Crutchy John Collins – invaded a local home.

The next-day's Melbourne Argus reported lurid details of the incident. It gravely told readers of a "serious assault" the trio had committed against North Melbourne's Constable Mulcahy after they "took possession" of a house in "little Ardern-street" and had brazenly refused to leave.

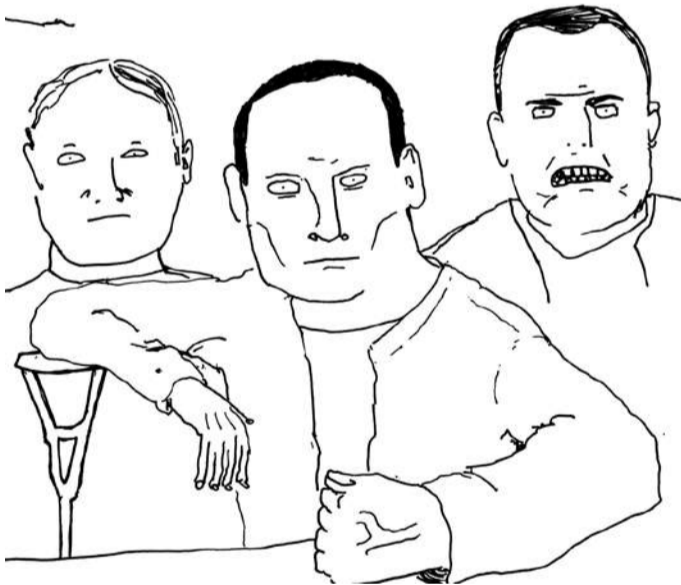


Illustration: Ptolemy Culvenor

When Mulcahy arrived to restore peace, he ordered the three to leave and demanded their names. Keating refused, and was promptly arrested for using "obscene language". Adderley took offence at her boyfriend being so treated and screamed at Mulcahy: "You put a finger on him, and I'll split your skull!"

As the court later heard, Keating then taunted the outnumbered constable. "I've always done as I liked in North Melbourne," he boasted. "I'll knock your bloody brains out, you bugger." He was soon true to his word.

Keating shouted "Crutch the bugger" to Collins, who dutifully cracked Mulcahy over the head with his crutch's metal end. The two then promptly threw him to the ground while a decidedly unladylike Adderley kicked him viciously in the face.

Keating joined in the fray as he balanced on his solitary leg and swung his crutch wildly, smashing the prone Mulcahy around the head.

The stricken policeman's ordeal continued until his desperate cries for help saw the arrival of his suitably named colleague, Constable Crookes.

After the violent bashing, an unconscious Mulcahy was carried to a nearby house.

The Argus gravely reported that the incident had left him "so severely battered that portions of his scalp were displaced, and ordinary stitches were insufficient to bind the wounds".

The Age's report said Mulcahy was recovering in bed, his "head severely damaged". It informed its shocked readers that Keating was actually out on bail on a charge of assaulting John Boyle, licensee of

North Melbourne's Sportsman's Club Hotel.

Two days after the attack on Mulcahy, the three miscreants appeared in court.

The Age reported that Sergeant Shiels of North Melbourne police applied for the trio to be held on remand. A chivalrous Keating, concerned for girlfriend Harriett's welfare, addressed the bench: "I think you ought to discharge the woman."

Mr Hirst JP was clearly not having a great morning. His patience had worn thin and he rounded on Keating. "Hold your tongue, sir," he thundered. "Don't attempt to dictate to me. I'll deal with you for contempt of court if you give me any impudence."

As Keating propped sullenly against the crutch that been the source of all his trouble, the honourable justice of the peace let loose. "You ought to be put in a cage like a wild beast, or chained up like a dog," he fumed.

While 'Crutchy' Keating was spared the threatened cage and chains, he was ordered to cool his heels (or, to be precise, his solitary heel) in the slammer for the next four years.

Released in 1909, he took up the sly grog trade and served three more prison terms.

Keating's bizarre story as a violent, one-legged standover man and the bane of old North Melbourne's respectable residents had a fittingly quirky end.

His last jailing, in 1927, came after he was nabbed for the surprisingly modern crime of drink driving in a North Melbourne street.

Maurice Gaul is editor of the News



The Congregation of
Mark the Evangelist
Incorporating UnitingCare Hotham Mission

Easter at MtE

Passion Sunday: April 14, 10.00am, a service based around a reading of the Passion of Christ according to Luke

Maundy Thursday: April 18, including the Eucharist and the foot-washing ritual, 7.30pm

Good Friday: April 19, 10.00am

Easter Vigil: Saturday April 20, 8.00pm

Easter Day: April 21, including the Eucharist and a re-affirmation of baptism, 10.00am

HOTHAM MISSION

Hotham Mission has long served youth and families experiencing disadvantage and marginalization in North and West Melbourne and surrounds. We work closely with schools and partner organisations to reach those most in need in the local area, by providing education support and assistance with food security.

To volunteer, donate or for more information:

programs@hothammission.org.au,
9326 8245, or
www.hothammission.org.au

From the director



By Tom Seddon

There's much that's new at the *News*. Most readers already know that this paper is written by, and in large part produced by, volunteers. That this is still so after 184 issues says a lot about community engagement in North and West Melbourne. That the paper flies off the rack in front of our offices tells me that local residents are interested in the local stories we write about.

Which brings me back to what's new. After several years as acting content coordinator, the *News*' longest-serving volunteer, Janet Graham, is stepping back. I'm glad to say, however, that she's staying involved. Peter Alsen, who has laid out the paper since 2013, and Dan Tutas, whose several roles included overseeing distribution and home delivery, have both left to follow academic or professional opportunities. The Centre thanks all three for their

contributions to the *News* over many years. The paper is now led by Maurice Gaul (editor) and Anne Burgi (layout and production manager). Maurice returns to the role after having previously been editor during 2011-13, while Anne runs local editing and production firm SUBStitution. You'll see several new by-lines in this issue as Maurice has recruited an expanded team of writers. Finally, there's new look to the paper (thanks, Anne). It's also printed on brighter recycled paper stock. We all hope you like the new look and enjoy reading the *North and West Melbourne News*!

Tom Seddon is director of The Centre



On course with the community centre

COMMUNITY PROGRAMS

Errol's Angels Community Choir
Time: Thursday 7.00pm-9.00pm
Membership: \$176 / \$109 concession* per term
Venue: Maternal & Child Health Centre, 505 Abbotsford Street, North Melbourne

Home Away From Homework Club
Primary (Grades 4-6)
Time: Wednesday 3.30pm-5.00pm
Secondary (Grades 7-10)
Time: Wednesday 3.30pm-5.00pm
Cost: \$37 / \$27 concession*
Venue: North Melbourne Library

Open (Grades 4-12)
Time: Thursday 3.30pm-5.00pm
Cost: Free to City of Hobsons Bay residents
Venue: Altona North Community Library

Centre Adventures - Monthly Bus Trips
Time: Tuesday 23 April, 28 May & 25 June, 9.00am-5.00pm
Cost: \$42 / \$32 Health Care Card concession* #
Meet at: 58 Errol Street, North Melbourne

Community Morning Teas
Cost: \$5 or bring a plate of food to share
Time: Tuesday 7 May & 4 June 10.00am-12.00 noon
Venue: 58 Errol Street, North Melbourne

* subject to conditions
subject to staff-student ratios

HEALTH AND WELLBEING PROGRAM

General Pilates Sessions for Term 1 break
The Meat Market, 5 Blackwood Street, North Melbourne
\$23.50 per session
Tuesday 5.30pm-6.30pm
Thursday 6.30pm-7.30pm
Contact The Centre for dates

Tuesday Pilates
The Meat Market, 5 Blackwood Street, North Melbourne
Commencing 23 April
5.30pm-6.30pm - General
6.30pm-7.30pm - General/Rehab
7.30pm-8.30pm - Introduction to Pilates

Wednesday Pilates
The Legion (behind North Melbourne Library)
Commencing 24 April
9.15am-10.15am - General

Thursday Pilates Classes
The Meat Market, 5 Blackwood Street, North Melbourne
Commencing 2 May
5.30pm-6.30pm - Beginners
6.30pm-7.30pm - Intermediate Plus
7.30pm-8.30pm - Intermediate

Older Adults Exercise Classes
The Legion (behind North Melbourne Library)
10.15am-11.15am - Commencing 24 April
12.15pm-1.15pm - Commencing 26 April
Cost \$194 per term or \$142 Health Care Card concession

COURSES

Bookings are now being taken for next term. Contact The Centre on 9328 1126, at admin@centre.org.au or www.centre.org.au for dates.

Information, Digital Media and Technology
16 weekly 2-hour sessions, Wednesday mornings
Cost: \$120 / \$90 concession*

iGadgets
Four weekly two-hour sessions, Thursday mornings
Cost: \$25 / \$20 concession*

One on One IT Tutoring
Cost: \$60 per hour

Introduction to Customer Service
Six three-hour sessions plus one off-site activity, Wednesday afternoons
Cost: \$35 / \$25 concession*

Bookkeeping
Eight three-hour sessions
Cost: \$75 / \$55 concession*

Introduction to News Media
Ten two-hour sessions, Friday mornings
Cost: \$35 / \$25 concession*

Classes follow school term dates unless otherwise stated.

The Centre also has tutors able to deliver workshops, short courses or one-on-one training on a variety of subjects. Minimum and maximum numbers may apply; fees (if any) will vary. If you are interested in Art Therapy, Photoshop, Teacher's Aide Training, Spanish Conversation, Job Interview Practice or Résumé Writing get in touch!

The Centre: Connecting Community in North & West Melbourne Inc
58 Errol Street, North Melbourne, Vic 3051
Tel: (03) 9328 1126
Office hours: Monday 10.00am to 6.00pm
Tuesday to Friday 10.00am to 3.00pm



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 41st year of production. Readers' contributions and letters 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 and advertisements considered unsuitable or when space is limited.

Articles should be submitted by email to editorial@centre.org.au. Please use minimal formatting and do not embed graphics in documents. Photographs of suitable resolution for reproduction should be sent as graphic files attached with the article.

Finance
The *News* is a program of The Centre: Connecting Community in North & West Melbourne Inc, a registered charity. Costs of producing the *News* are met through advertising, sponsorships, subscriptions and donations. Donations of more than \$20 are tax deductible through the ANHCA Public Fund for DGR.

News subscriptions
Subscriptions are available at the rate of \$20 per year (four issues) sent anywhere in Australia. The *News* is distributed free throughout North and West Melbourne. Further copies are available from The Centre and the North Melbourne Library.

Advertisement sizes and rates
60 mm W x 92 mm H \$85 incl GST
124 mm W x 92 mm H \$170 incl GST
188 mm W x 92 mm H \$255 incl GST
252 mm W x 92 mm H \$340 incl GST
A charge of 25 per cent may be added for advertisements that require designing. For more information phone 9328 1126 or email Advertising.NWMN@outlook.com
Community announcements are published free of charge.

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

Publisher: Tom Seddon
Editor: Maurice Gaul
Production: Anne Burgi
Proofreader: Catie McLeod
Advertising: Janet Graham
Distribution: Gary Dowling
Photographer: Jim Weatherill
Writers: Tim Cremean, Lorna Hannan, Very Impressive, Felicity Jack, Warwick Jones, Katrina Kincade-Sharkey, Nancy Lane, Thea Oakes, John H. Smith

Printed by Express Print
5 Jones Road, Morwell 3844
Circulation 6000

Please deliver contributions, letters and feedback to:

North and West Melbourne News
58 Errol Street, North Melbourne 3051
Email: editorial@centre.org.au
Telephone: 9328 1126

Provisional dates for rest of year
Copy deadline for Winter 2019 issue:

Thursday 16 May

Publication date: Friday 14 June

Copy deadline for Spring 2019 issue:
Thursday 15 August

Publication date: Friday 13 September

Copy deadline for Summer 2019–2020 issue:
Thursday 7 November

Publication date: Friday 6 December

North and West Melbourne News is available online at
The Centre's website: www.centre.org.au

IMPORTANT STREET EVENT NOTICE
SPANISH LANGUAGE FIESTA 2019
Road Closure Notification
Saturday 6 April 2019

The Centre is holding the fourth Spanish Language Fiesta in George Johnson Lane, North Melbourne, on Saturday 6 April 2019 from 11.00am to 4.00pm.

Expected disruptions

- George Johnson Lane and Little Errol Street will be completely closed to vehicles between 7.00am and 7.00pm on Saturday 6 April.
- Public transport will not be affected by the event or by road closures.
- Errol, Leveson, Queensberry and Victoria streets will not be affected by the event.

Route 57 trams: Trams will run as normal through North Melbourne on the regular Saturday timetable.

Roadblocks will be installed at 7.00am on Saturday 6 April and removed at 7.00pm on the same day.

Car-parking along Errol, Leveson and Queensberry streets will be available on 6 April with most spaces metered between 7.30am and 12.30pm. From 12.30pm, parking in these spaces is free for the rest of the day.

Access will reopen to traders and residents within the precinct after 7.00pm on Saturday 6 April or when it is safe to do so.

For further enquiries about traffic management for this event please contact Tatiana Echeverri at The Centre on 9328 1126 or the City of Melbourne event coordinator, Kelsey Shortridge, on 9658 9729.

Thank you for your understanding and for supporting the Spanish Language Fiesta in North Melbourne. We look forward to celebrating with you.

Tatiana Echeverri
Event Coordinator – Spanish Language Fiesta 2019

Residents About Integrated Development at 3051
(RAID @ 3051 Inc) — Annual General Meeting

The RAID @ 3051 Inc AGM will take place on Wednesday 3 April 2019 in the North Melbourne Football Club Theatre, Arden Street entrance, commencing at 6.00pm.

HISTORY OF WEST MELBOURNE STATE SCHOOL

Do you have any memorabilia, photos or other pieces of history regarding the former West Melbourne Primary School on the corner of King Street, Roden Street and Eades Place? Local residents are trying to start a collection but have very little documentation. If you have anything of interest, please take it to North Melbourne Library, 66 Errol Street.



Easter Services in
North and West Melbourne



St James Old Cathedral, Anglican
Corner King and Batman streets, West Melbourne (opposite Flagstaff Gardens)

Palm Sunday 14 April 10.00am Holy Communion
Good Friday 19 April 10.00am Gospel Reading with Choral Meditations
Easter Sunday 21 April 10.00am Holy Communion

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

Stations of the Cross: every Friday during Lent, 8 March to 12 April, 5.30pm to 6.30pm
Saturday 13 April 6.30pm Vigil Mass
Passion Sunday (Palm Sunday) 14 April 10.30am Sunday Mass; 12.00 noon Sunday Mass (in Lithuanian) — palms will be distributed at each Mass
Monday, Tuesday and Wednesday of Holy Week, 15 to 17 April, 12.30pm Weekday Mass
Holy Thursday 18 April 7.30pm Mass of the Lord's Supper
Good Friday 19 April 10.30am Stations of the Cross; 11.15am Seven Words of Our Lord on the Cross Sermon; 12.00 noon Holy Rosary; 3.00pm Celebration of the Lord's Passion
Holy Saturday 20 April 8.00pm Easter Vigil
Easter Sunday 21 April 10.30am Easter Mass; 12.00 noon Easter Mass (in Lithuanian)

St Mary's, Anglican
Corner Queensberry and Howard streets, North Melbourne

Palm Sunday 14 April 8.00am Eucharist; 10.00am Sung Eucharist with Procession
Monday 15 April, Tuesday 16 April and Wednesday 17 April 6.30pm Eucharist
Thursday 18 April 7.00pm Maundy Thursday Liturgy
Friday 19 April 10.00am Good Friday Liturgy
Saturday 20 April 9.00pm Great Paschal Vigil
Easter Day Sunday 21 April 8.00am Eucharist; 10.00am Sung Eucharist

St Michael's, Catholic
456 Dryburgh Street, North Melbourne

Holy Thursday 18 April 6.00pm Mass
Good Friday 19 April 3.00pm Mass
Holy Saturday 20 April 6.00pm Easter Vigil
Easter Sunday 21 April 10.30am Mass

Saints Peter and Paul, Ukrainian Catholic
35 Canning Street, North Melbourne (corner Canning and Dryburgh streets)

Holy Thursday 25 April 9.00am Divine Liturgy and Vespers; 6.00pm Matins of the Passion and reading of 12 gospels
Good Friday 26 April 9.00am Royal Hours; 6.00pm Vespers and procession with Christ's burial cloth, veneration and Matins
Holy Saturday 27 April 9.00am Divine Liturgy and Vespers; 6.00pm Solemn celebration of Christ's Resurrection, Matins and blessing of Easter baskets
Easter Sunday 28 April 8.00am Divine Liturgy; 10.00am Solemn Pontifical Divine Liturgy with the blessing of Artos and Easter baskets

The Eighth Day Community
4 Miller Street, West Melbourne

19 April 9.30am Good Friday Service followed by hot cross buns
Sunday 21 April 5.30pm Easter Service

Uniting Church, Mark the Evangelist
51 Curzon Street, North Melbourne

The congregation meets in the church hall, 4 Elm Street
Passion Sunday 14 April 10.00am service based around a reading of the Passion of Christ according to Luke
Maundy Thursday 18 April 7.30pm including the Eucharist and the foot-washing ritual
Good Friday 19 April 10.00am
Saturday 20 April 8.00pm Easter Vigil
Easter Day Sunday 21 April 10.00am including the Eucharist and a reaffirmation of baptism

St Mary's Fair
Saturday 4 May, 10.00am – 2.00pm

Cake stall, sausage sizzle, jams, preserves, organic home produce, face-painting, second-hand children's toys, clothes and books, jumping castle, children's crafts, 'Devonshire tea' and Mother's Day gifts

St Mary's Church and Kindergarten
430 Queensberry Street, North Melbourne



There was a party in the park
Locals flocked to Eades Park for the Northside Block Party on 16 February. The free event, part of the new Northside Summer Festival, was a chance to enjoy live music, comedy, and delicious food and drink. The event was run by the North & West Melbourne Precinct Association and City of Melbourne.



WOOD PHARMACY – NORTH MELBOURNE
67 Errol Street, North Melbourne 3051 • Ph: 9328 1960 • Fax: 9328 1531
(Next to Errol’s Cafe and opposite the Library)

NEW SEASON STOCK IN STORE NOW
Winter ponchos – Winter scarves
Winter slippers arriving in late March

MONKEY

BEAR

LAMB

POODLE

OPENING HOURS: Mon to Fri 8.30am to 6.30pm, Sat 9am to 2pm, Sun 11am to 3pm — closed on public holidays

Something to share?

Do you have a skill, talent or expertise to share?
Would you like to start a club or discussion group?
The Centre could be just the place to get started. Call in or drop us a line at admin@centre.org.au