

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

[www.centre.org.au](http://www.centre.org.au)

# Playing around at a new toy library

Geoff Pound

Canadians Lauren and Trevor Murdock and their children, Avery and Nova, arrived in Melbourne two years ago. A friend soon introduced them to a toy library.

Lauren at once fell in love with the idea that children drop in, try out a toy and, if they liked it, take it home on loan.

“I remember asking myself why this wasn’t a thing everywhere,” she says.

Her initial enthusiasm soon had her taking the children to a local toy library then volunteering for the committee of the organising body, Melbourne Community Toy Library. Before long she was serving as the group’s secretary then its president and is now working to open new branch libraries.

After local residents recently showed interest in having a branch in our area, Lauren has set up our very own toy library. It is now working out of the West Melbourne Baptist Community Centre in Miller Street.

Grandparents, parents and children try out toys and choose which ones they will take home.

“The toy library is a welcoming and safe place that provides a wonderful opportunity to connect with other families as the children play,” Lauren says.

She says COVID-19’s many challenges have changed our thinking about what is valuable. “The pandemic lockdown has highlighted the importance of human connection and community support for children. I can tell you that visiting the toy library is something my children look forward to every week.”

For many inner-suburban families, space at home is an issue. A toy library means they no longer need to store toys at home. Borrowing new toys also ensures children don’t get bored, the bane of all parents. It also ensures they learn important values of sharing and caring for toys that others can later enjoy.

Member subscriptions to the not-for-profit Melbourne Community Toy Library range from casual membership (\$40) to standard (\$90). Discounted rates are available for concession cardholders and also to members who provide extra volunteer hours.

The membership fees enable the group to buy lots of quality educational toys for loan. “My children must have borrowed more than \$6,000 in toys in just under two years,” Lauren says.

Lauren and Trevor are grateful for the people



“The toy library is a welcoming and safe place that provides a wonderful opportunity to connect with other families as the children play.”

they have met through their toy library involvement.

In fact, Lauren is determined to take the concept with her when they eventually return to Canada. “I’ll be starting my own toy library over there, that’s for sure.”

Geoff Pound is minister of the West Melbourne Baptist Church.

**Want to know more?**

The new local branch of the Melbourne Community Toy Library operates from the West Melbourne Baptist Community Centre, 4 Miller Street, West Melbourne. It’s open each Wednesday for an hour, 11am to noon.

## Lockdown! Such a harsh word

The recent COVID-19 outbreak in Victoria has inevitably affected the *News*, just as it has had an impact on all our lives.

Our wonderful volunteer writers had penned their stories when life had returned closer to a happy normal.

The recent lockdown brought the shutters down again, just as we moved into layout phase of the newspaper.

We faced a painful dilemma. Should we ‘adjust’ our stories to reflect the lockdown? Should we try to cover its impact on our community? We decided to leave the stories as they stood, celebrating the wonderful activities and people in our neighbourhood

The local neighbourhood was affected when North Melbourne Primary School closed down after a teacher and student were reportedly infected. West Melbourne was named an area of concern when a local family tested positive.

As we write these lines, hours before sending the issue to the printer and just days before publication, we can’t even guess the situation our readers might be in when they pick up the paper.

A serious outbreak might have led to ongoing lockdown. Or contact tracing might have dragged the infections down and life be back to some sort of normal.

Oh, the joys of publishing an all-volunteer community newspaper!

However, there’s one thing we know for sure – we’re all in this together.

If, when you get the paper, the outbreak hasn’t been controlled and we remain in lockdown, please keep to the masking, sanitising and social distancing rules.

But, if it turns out that lockdown has been lifted, two simple lessons remain.

One, any sign of worrying symptoms, go and get tested at once.

Two, get the vaccine as soon as you are eligible. It’s our one certain pathway out of this nightmare.

Look round for options to the mass vaccination sites. For example, head to local community health centre cohealth at 98 Abbotsford Street, West Melbourne.

Go and get your jab – it’s painless, it’s quick and it works (details page 23).

Remember that the vast majority of people will have very minimal side effects. If you have any doubts, talk to your doctor.

INSIDE



Page4



Page 12



Page 14

Shop Local directory



Page 18-19



# Writings on the wall at St Michael's

Erin Jenkins

St Michael's Primary School has finally been able to hold an overdue opening ceremony to celebrate the school's 2019 renovations. The May function enabled us to thank the many people who have been part of our journey.

The school received a \$1 million federal government grant to renovate our ageing building to ensure we can meet the growing demand for enrolments. The renovations allow the school to provide more learning spaces to inspire students to engage in meaningful learning and to become lifelong learners.

St Michael's has been connected with North Melbourne for more than 150 years and today's Brougham Street site is more than 100 years old. Principal Denise Hussey is proud that the school has taught thousands of children. "Teachers have always provided an excellent education here, but it was time to provide facilities suited to modern learning," she said.

Last month's opening ceremony enabled the whole school community to gather in the hall.

We welcomed special guests including Senator Scott Ryan, who revisited his childhood memory of being beaten by St Michael's football team.

He was impressed when he inspected the design of the learning spaces and saw the students in action during a school tour.

While the renovations themselves were far from painless, the school managed to keep disruptions to a minimum. Even with the best efforts, there was inevitably lots of packing up and moving things up and down stairs. At one stage the



Esther Alexander with the Humpty Dumpty mural.

library served as a learning area for three classes.

Teacher Andrea Kirby praised the children for their resilience. "Kids are pretty amazing. My class and the other Grade 1/2 had to swap learning spaces three times in one year, but the children weren't fussed at all. We maintained the continuity of learning and the end result has been fantastic," she said.

All the teachers are delighted with the new layout, which allows for maximum flexibility and collaboration during classes. "The children just love making onigiri and miso soup in the wonderful communal kitchen," Japanese teacher Pippa Murray said.

The demolition of the upstairs rooms brought a surprise when they revealed several charming old paintings on the walls. One was of Humpty Dumpty and another was a map of Ireland, a tribute to the Sisters of Mercy who had originated in Ireland and whose members started our school.

Those lovely murals were a perfect link between St Michael's proud past and its bright new future.

Erin Jenkins is wellbeing and learning diversity leader at St Michael's.



Principal Denise Hussey with Senator Scott Ryan at the opening ceremony.

# Bringing back the buzz to our neighbourhood

Geoff Pound

It's time to reactivate our community after the COVID-19 lockdowns that have flattened our businesses and restricted our gatherings. Here is a sample of what's gaining momentum.

**Creative arts:** The City of Melbourne is intent on boosting the arts. It has handed out money to local artists to paint street art on previously bland walls. Since March it has helped them turn vacant shopfronts into temporary creative spaces, thus providing a 'visual feast' for the community.

Post-lockdown, we hope we can come together in enjoying Arts

House's offerings and laughing in the Comic's Lounge. COVID-19 starved us of live musical and theatrical events and reminded us that a vibrant community is one that hums and buzzes with all the creative arts. It would be great to have more events in our theatres, streets and outdoor spaces.

**Personality Plus:** A community that pulsates with energy and life is one that encourages the emergence of unique, home-grown businesses. We have so many in this area. Beatrix bakery might be small, but its queues are long and the taste of Nat's cakes will never leave you. Mörk Chocolate is another local treasure with its ethically

sourced and exquisite handmade chocolate, the total opposite of mass factory production. The family-owned and family-run Parkhill Cellars sells the very best wines and spirits.

**Cultural Diversity:** Many parents want their children raised in communities where cultural diversity and harmony abound. Both are available for free at the Queen Victoria Market where there's diversity not only in fruit, vegetables and crafts but also in language, culture and music.

**Community Like Home:** We all enjoy the charm of a local pub or café. We love the banter with the person behind our favourite bar,

or the barista who knows your regular drink and who asks how you are. While food and drink are important, it's the easy familiarity of local places that makes a community feel like home.

**History Kept Alive:** Our rich local history makes this community special. The Hotham History Project nurtures our pride in our past as does local history librarian Heather McKay. So many events give the community a chance to learn about our people, our buildings and our past.

In March, David Sornig took locals on a walk in search of the Blue Lake in West Melbourne.

In April, Lorna Hannan shared

her love of the area with the lucky people who walked with her on her tour from the Town Hall to the old cable tramway powerhouse on Queensberry Street.

Lorna delighted the group with tales of the special perfume, made at an Errol Street pharmacy, which women wore to balls at the Town Hall. She also told of local personalities after whom our lanes are named and shared stories of our iconic 57 tram.

Lorna's storytelling magic allowed her guests to smell the perfume and to imbibe the spirit of the past. A true gift to our community!

Geoff Pound is minister of the West Melbourne Baptist Church.

**The City of Melbourne is here to support the community as our city recovers from the disruptions of the past year.**

**Whether you live, work, study or own a business in Melbourne, get in touch to find out how we can help.**

Visit [melbourne.vic.gov.au](https://melbourne.vic.gov.au) or call 9658 9658.



CITY OF MELBOURNE



# Students take a ride to school

Alice Woodruff

North Melbourne Primary School students joined in the March Ride2School Day. They took to the streets – walking, riding and scooting together to kick-start healthy habits.

On the big day, groups of children and parents met at the start of four ‘active paths’ through North Melbourne. Locals may have spotted stickers on the footpath showing common routes to the school.

Principal Sarah Nightingale welcomed students at the school gate and was thrilled with the venture. “We had perfect weather, and lots of smiles and excitement as our students celebrated the joys of getting to school in style,” she said.

One pleasing outcome of leaving the family car at home on the day was reduced road traffic. More than 70 children who would usually be driven to school took part in this fun and healthy event. Fewer cars made getting to school easier for everyone. The new bike cages were full to the brim.

Sarah was delighted that walking, riding and scooting to school brought many benefits.

“The buzz of happy children was a reminder that our students love being active,” she said.

“It was a great event for our school community as we reconnected and had some fun after COVID-19 lockdowns and social distancing.”

Not only were families encouraged to leave the car in the garage but the school also awarded prizes for best-dressed bikes and scooters. Streamers and bling were everywhere as children and parents showed off their creative talents. Avocado shoes were spotted, bikes were transformed into lions and dragons, and scooters became rainbows.

After the success of the day, the school is planning more Ride2School Days and considering making it a feature event in each term. The students are looking forward to joining in a Winter Walking Wonderland to welcome the colder months.

Celebratory events like our Ride2School day



Heyam Hassan with her daughters Haya and Karmen on Ride2School day.

are part of a larger school project supported by the Transport Accident Commission to improve road safety around school pick-ups and drop-offs. Encouraging children to walk, scoot and ride to school more often will also bring health and social benefits.

Recently, more than 30 students from Prep to Grade 5 took part in a workshop to identify what they see as important to them about active travel to school. The workshop also

planned for other innovations they hoped for in any future TAC-funded projects.

It was the students who best summed up their enthusiasm for walking and riding to school. Cassia, in Grade 5, spoke for her classmates. “It’s such fun. And it’s great to spend time with my friends on the way to school.”

Alice Woodruff is a North Melbourne Primary School parent and volunteer coordinator on the Active and Safe Travel to School project.



## It’s back – but it’s different!

With a history of more than 40 years, Spring Fling Street Festival is close to the hearts of many local residents. Produced by The Centre, the event has undergone many twists and turns over the years, most recently COVID-19, which meant last year’s festival could not take place.

The appointment of festival professional Ariel Valent as director of The Centre in December 2020, presented a chance to review Spring Fling. After canvassing a wide range of opinions – from the obsessively positive to the flippantly dismissive – a decision has been made to reinvent Spring Fling for 2021 and beyond.

Some key points about this year’s event are:

- Date: Saturday 16 October
- The festival will start early afternoon and go into the evening
- Corner of Errol and Queensberry streets will be festival central, including Arts House
- The festival will include indoor and outdoor components.

Based on the principles of creativity and connection, 2021’s event will be designed to reflect, celebrate and support our LOCAL communities.

So, if you live, work, study or own a business in postcodes 3051 or 3003, you are invited to get involved. We are looking for professionals and volunteers to assist in planning, generating creative ideas. We are also seeking sponsors and local stallholders.

The Centre a call on (03) 9328 1126 or complete the online form at: [www.surveymonkey.com/r/nwmfest](http://www.surveymonkey.com/r/nwmfest)

## Community Comment

Lizzy Footner asked four of her best friends to name the one food they simply can’t stomach.



**Ellen (23), biomedical engineer**

It would be any sort of seafood. I can’t stand its taste and its texture. And I can’t bear to think of it swimming around in the sea.



**Cat (25), art history student**

I tasted kiwi fruit once and it still gives me nightmares. Everything about it was so horrible. It was so slimy and so squashy and so furry. Yuk!



**Therese (60), librarian**

Anything with a strong smell. I don’t know which is worse – really smelly cheeses or the smell of mushrooms cooked in white sauce. They both make me queasy.



**Ziti (6), annoying watchdog**

I’ll eat most food but I really draw the line at those horrible dry pellets that have that awful gamey kangaroo taste. I wouldn’t mind if they came in cat flavour.



# Students head for the hills

Alfred Nicholas and Eli Gunn

The Year 9 students at Simonds College recently staged our own version of *Australian Survivor*. In April, 70 boys and seven staff headed to the Baw Baw National Park in Gippsland for a challenging week of camping and outdoor activities. As soon as we arrived we were put in groups of 12 with one boy named as the cook. Each group had to whip up its own meals and some of the food dished up was rather questionable. Like true *Survivor* types, the Simonds boys participated in many physically demanding but rewarding activities. Mountain biking and white-water rafting were highlights of the week. To get between our camp and the various activities we had to trek through some pretty rough terrain. These tough walks, where we had to carry all our equipment in heavy hiking packs, also gave us great views of the landscape. Bushwalking was new to most of us city kids, but we gave it our best effort and we had a blast. In our mountain-biking activity, we raced down tight single tracks and whizzed down the side of a mountain. Sure, there were a few crashes but we all laughed it off and enjoyed ourselves.

On our rafting experience, we paddled down the beautiful Thompson River in the shadow of the exposed mountainside. We were also greeted by some friendly wildlife – including a red-bellied black snake, which we think was friendly but we still gave it a wide berth. The rapids were wild and we all got stuck at different times. We also had the opportunity to explore the old gold mining town of Walhalla. The little township turned into a huge scavenger hunt and we had to explore its different landmarks. Each one required us to answer a question about the area’s history, earning us points that went towards a final tally. Our scores were compared to those of other schools that had visited. Our Year 9 Baw Baw camp was a great learning experience. It taught us perseverance and resilience, and proved that we can overcome physical and mental challenges. It showed us that if we have an upcoming test we’re worrying about, we can persevere and get it done without fail. In every way, we were all brought closer to our friends and to the beautiful Victorian bush. It was a fantastic week. We won’t forget it.

Alfred Nicholas and Eli Gunn are Year 9 students at Simonds.



A line-up of happy Simonds College campers.

The *North Melbourne Advertiser* was distributed in the North Melbourne area from 1873 to 1894. Some of the most intriguing articles involved the criminal cases heard in the North Melbourne Court. Here are some of the stories that ran more than 130 years ago, around the time of year you’re reading this.

**Knock, knock, knocking on heaven’s door (1883)**  
Alfred Gibson was discovered knocking on hotel doors at 2am. When a constable questioned him, he claimed he was distributing

## FROM THE ARCHIVES Michelle Brett

God’s grace and improving people’s bad habits. After refusing to go home, Gibson was held overnight in the cells, then fined five shillings and told to cease his nocturnal visits.

**A feather-brain act no feather in Mary’s cap (1883)**  
Mary Wilson was charged with stealing a feather from Ellen O’Brien who alleged Wilson had ripped the

feather from her hat before fleeing the scene with both hat and feather. Wilson’s counsel claimed it was O’Brien who had stolen the feather at a dancing salon. The bench said dancing had ruined many young girls.

**Rude wake-up call for a lady’s sweet dreams (1885)**  
Fanny Hamilton was found by a

policeman, asleep on a doorstep. He roused her and ordered her to move on, but she abused him and did a war dance before adopting a fighting stance and challenging him to “come on”. He quickly subdued her, and next day she was jailed for three months.

**Rum behaviour on the Sabbath leads to grief (1885)**  
Hotham Hotel licensee John McKenzie was charged with Sunday trading. Harold Bush, a Benevolent Asylum inmate, had entered the hotel and ordered a tot of rum. Stricken by guilt, he then called

the police, who took McKenzie to court. The bench expressed surprise than an inmate had the means to drink rum.

**Pickpocket Peter picked a pocketful of pain (1888)**  
Ai Shinn, a Chinese trader at the Victoria Market, reported a theft. Through an interpreter he told the bench he had been selling fruit when he felt a hand enter his pocket. When Peter McCarthy was seen running away, Shinn’s friends gave chase and caught him. McCarthy received three months hard labour.



CITY NORTH PHYSIOTHERAPY

PHYSIOTHERAPY | PILATES | MASSAGE | THERAPEUTIC EXERCISE

We deal with a wide range of musculoskeletal problems effectively with physiotherapy treatment.

Call us on 9328 3733 to start your journey to health and recovery.

Ground Floor, 59 Errol Street, North Melbourne 3051  
T: [03] 9328 3733 F: [03] 9328 3732  
E: citynorthphysio@bigpond.com



General Practitioners (Male and Female)  
Osteopathy  
Clinical Psychology  
Podiatry  
Pathology

We are a fully accredited Private Medical Centre

OPENING HOURS: Monday to Thursday 9am to 5pm,  
Friday 9am to 6pm and Saturday 9am to 1pm

Level 1, 65–67 Errol Street, North Melbourne 3051 (above Wood Pharmacy)

Call 03 9329 7011 for appointment bookings and fees  
Book appointments online at [www.carewisehealth.com.au](http://www.carewisehealth.com.au)  
or key “Errol Street Medical Centre” into your search engine

SERVICES PROVIDED: Women’s and Men’s Health,  
Immunisations, Health Assessments, Wound Management and  
Chronic Disease Management Plans



# Plans for linear park in Hawke St spark debate

The City of Melbourne is proposing to enhance the quality and function of public space in Hawke Street, West Melbourne.

Hawke Street is a very wide paved road that runs between Railway Place and Victoria Street. It has two small parks with a substantial amount of parallel and median-strip parking along its length and is home to a diverse mix of Victorian

terrace houses, converted warehouse apartments, and a handful of large shopfronts.

The area is transitioning from a commercial precinct to a mixed-use neighbourhood, with a rapidly growing population. With this change, comes an opportunity to redefine the street's character as a linear boulevard of trees, green landscaping and shared paths.

The preliminary concept design is a key initiative of the *West Melbourne Structure Plan* (2018) and would introduce more than 5,500 square metres of new open space for the public to enjoy.

The proposal seeks to reduce through-traffic (mitigating increased vehicle flow from the West Gate Tunnel), improve bicycle and pedestrian connectivity, and 'green' the entire length, making Hawke

Street a better place to live and sustainably commute.

A first round of community consultation was conducted in April. Feedback has been collated and reviewed and there are plans for a second round to follow from July.

Source: [www.participate.melbourne.vic.gov.au/hawke-street-linear-park](http://www.participate.melbourne.vic.gov.au/hawke-street-linear-park)

## More consultation is needed

Stephen Hatcher

Residents are concerned about the proposed Hawke Street linear park. Most of all, they want more consultation undertaken.

Residents' concerns include walking safety, reduction in parking space, potential damage to historic homes, the removal of the roundabout and the slowing down of traffic.

"I'm happy with the concept, but bicycles on footpaths make walking dangerous. Also, bikes can't be used by the aged, young children, the ill or disabled, nor when weather is bad or at night, or there's lots of traffic," a Miller Street resident said.

Others feel that centering street traffic is desirable and would lessen damage to foundations of historic homes. Green space adjacent to footpaths, between houses and traffic, would keep noise and fumes away from living areas, with the noise softened by grass.

Adderley Street's design – with wide footpaths and grass with trees on both sides, separate bike lanes and vehicles running down the centre – has been praised as a model.

Residents happily support many aspects of the proposal: traffic calming, greening of the area, addressing the urban heat island effect and plans for safer cycling.

However, their main concern is for genuine consultation. "We need the council to arrange a face-to-face community meeting now so everyone's concerns are shared and solutions discussed," one said.

Stephen Hatcher writes regularly for the News.

## More greenery is seeded

Geoff Pound

Eight residents who live on or very near to Hawke Street were approached for comment on the proposed linear park. Two were more than willing to share their opinions with the News.

Both respondents saw clear benefits with the City of Melbourne plan. They felt that the new park would be a positive

addition to their neighbourhood. They were particularly pleased that the halving of traffic lanes will result in less traffic.

Wayne Killingsworth feels the linear park would offer several immediate benefits. "There will be less noise, fewer exhaust emissions and fewer rubber particles from tyres being emitted into the atmosphere. The result will be a cleaner and healthier environment for residents," he said.

Wayne added some other potential spin-offs. "More trees and vegetation will improve the environment. Dedicated bike lanes will improve safety for cyclists and encourage cycling. More parkland will give residents greater opportunities for relaxation and exercise."

Colin Long is another resident who has considered the City of Melbourne's plan and is also in favour of the proposed linear park. "It will reduce traffic and the tyranny of cars, thus reducing the negative health effects of vehicle pollution.

"It will also improve inner-city amenity and provide more greenery in our immediate area," he said.

Geoff Pound is minister of the West Melbourne Baptist Church and a Hawke Street resident.



Hawke Street, West Melbourne. Photograph: Stephen Hatcher



# SCEI

Southern Cross Education Institute

Government funded courses

## ENROL NOW!

### CONTACT US

MELBOURNE CAMPUSES:  
155-161 Boundary Rd,  
North Melbourne VIC 3051

41 Boundary Rd,  
North Melbourne VIC 3051

52-58 Chetwynd St,  
West Melbourne VIC 3003

Email: [javier.cruz@scei.edu.au](mailto:javier.cruz@scei.edu.au)  
Telephone: 03 9602 4110  
Mobile: 0416 606 410  
[www.scei.edu.au](http://www.scei.edu.au)

## COURSES AVAILABLE:

Certificate III Individual Support (CHC33015) – 44 weeks

Certificate III in Early Childhood Education and Care (CHC50113) – 46 weeks

Certificate III Pathology Collection (HLT37215) – 32 weeks

Certificate IV in Ageing Support (CHC43015) – 60 weeks

Certificate IV Disability (CHC43115) – 56 weeks

Diploma of Community Services (CHC52015) – 104 weeks

Diploma of Early Childhood Education and Care (CHC30113) – 104 weeks

Diploma of Nursing (HLT54115) – 80 weeks

**Eligibility:**  
Aged 18 years or over. Reside or work in Victoria. Be an Australian or New Zealand Citizen or the holder of a permanent resident visa.  
Satisfactory Language Literacy and Numeracy skills (LLN) as part of your enrolment (to be taken in SCEI Melbourne campus).  
The courses are funded through the Government of Victoria.  
To see if you are eligible for a subsidised training course go to [www.skills.vic.gov.au](http://www.skills.vic.gov.au).



# Sing NoW with the community choir

Rosie Greenfield

**S**ing NoW, the local community choir, is back in full post-lockdown swing. (Veteran News readers will know us as the old Errol's Angels.)

In late April we gathered at our new rehearsal venue, SOKOL in Queensberry Street. That wonderful evening was our first get-together for more than 13 months.

There were squeals of delight (none too tuneful!) as we caught up with friends from the old Angels and welcomed brand-new singers to our new Sing NoW choir.

We kept to COVID-19 requirements – signing in with the QR Code and registering with the automated attendance register – then formed a socially distanced circle.

Finally, it was time for us to raise our voices in song.

New musical director, Jane York, led us through some activities to clear the cobwebs from the past year. The focus was getting to know each other and our capabilities. Some exaggerated name calling and the sharing of favourite 'shower' songs (the ones you sing out loud under the shower) gave us a sense of who we are as singers in a community group.

Jane summed up the feeling that every single one of us had. "There is nothing better than singing harmonies together in a room, and for some the wait has been so long," she said.

She introduced us to a song she had written during 2020's lockdown, one that really captured



*Sing NoW community choir with leader Jane Yorke (centre).*

our gratitude to be back singing again. Titled *We Can Sing*, it reminded us that even though lockdown knocked us all about, we could still sing.

The final lines of the chorus said it all. "We can sing out loud and clear / We can sing together here." We sang with gusto; we sang with feeling. We knew then that we were back.

We are back into the rhythm of rehearsing on Thursday evenings

and we are again looking forward to singing with others. We would love to have more people join us.

We are an unaccompanied or a cappella choir and we promise we'll welcome you. Whether your voice is high, low or somewhere in the middle, we'll welcome you to the group. Sing NoW rehearses on Thursdays, 7-8.30 pm, at SOKOL, 497 Queensberry Street or via Zoom when necessary.

There are no auditions – the sole requirement is that you enjoy singing. Jane creates an encouraging and inclusive environment for all.

*Rosie Greenfield is a member of Sing NoW community choir.*

## Want to know more?

If interested in joining us, contact The Centre, 58 Errol Street, phone 9328 1126, web [centre.org.au](http://centre.org.au).

# Sebastian enjoys hitting the road but still calls North Melbourne home

John H. Smith

**S**ebastian Clark is a North Melbourne identity and one of our true characters.

He loves the local coffee shops and is often seen in Queensberry Street's French Quarter Patisserie, reading the paper and chatting with friends. "North Melbourne's coffee shops are like the salons in eighteenth century France, gathering places for the exchange of opinions and ideas," he says.

Sebastian and his family moved into the suburb in September 1993. "Our home was built in 1858 and is one of the 10 oldest houses still standing in North Melbourne," Sebastian says.

He is proud that his house has such a rich history. It is unusual to have such nineteenth-century heritage so close to the CBD.

When he moved in to the suburb, it was a very different place. "There



*Sebastian Clark at the French Quarter.*

were no coffee shops here then and you had to go to Lygon Street for a coffee. Now they are everywhere," he grins.

In his younger days, Sebastian

was a maths teacher. In 1964, aged 24, he left Australia to do further study at Leeds in England and, perhaps following in the footsteps of his father, Manning, the eminent

Australian historian, he added history to his repertoire.

For the next 18 years Sebastian taught in English public schools in Grimsby and Derby. Place names ending in 'by' in the UK reflect a Scandinavian influence. "It was fitting for me to work there because that that is also a part of my heritage," he says.

On Sebastian's return to Australia, he taught at Geelong College for 15 years before retiring in 1999. Since then he has been president of Manning Clark House in Canberra, the Clark family's Robyn Boyd-designed home of 45 years.

Since the death of his parents, it has been developed as a cultural and intellectual centre to promote debate, discussion and the sharing of ideas. Speakers have included Paul Keating, Barry Jones, Robyn Archer and Germaine Greer as well as international artists and visiting scholars.

Sebastian frequently heads up to Canberra, as often as 20 times a year, for events at the old family home. He has not owned a car since 1999 and happily travels there by bus and train.

He returns like a homing bird to his beloved North Melbourne. He notes how the community has steadily become more prosperous and has high hopes for its future. "It is such a culturally diverse context, and I'd like to see more active expression of that."

He sees COVID-19 as having been beneficial for the area. "It has brought North Melbourne together as a community and it would be good to build on that."

A keen movie buff, he has another dream. "It would be great if we had a picture theatre here."

*John H. Smith writes regularly for the News.*



**Premier Health Partners**

**Family Medical Centre**

- Family Medicine
- Osteopathy
- Myotherapy
- Physiotherapy
- Remedial Massage

[www.premierhealthpartners.com.au](http://www.premierhealthpartners.com.au)

491–495 King Street  
West Melbourne

T: 03 9329 7077





# Antique nails tell a new story in Nancy’s brooches

Annette McQuarrie

It is a truth universally acknowledged (thanks, Jane Austen!) that one person’s trash is another person’s treasure. Nancy Lane – North Melbourne resident, sculptor and assemblage artist – has long found her creative interest ignited by all types of found objects.

When local legend Lorna Hannan discovered several 19<sup>th</sup> century nails in her 1870s-vintage house, she offered them to Nancy, aware how much her talented friend loves repurposing objects.

Nancy incorporated these humble nails into seven handmade brooches. Each nail provides a focal point for an individual design. In the same way a painting or a sculpture evokes something beyond the raw materials, Nancy has given new life to the nails to create ‘wearable art’.

“I like Lorna’s nails because they were made by hand and it would have been terrible if they had ended up in landfill,” she says.

Nancy pauses as she muses on the creative process. “I like to experiment with unusual found objects in conjunction with each other, to see how they interact. With the nails, I tried different backing pieces, and juxtaposed them with



Nancy working on the nails in her studio.

different small items. Intuition plays a large part, as well as an eye for which bits work best together.”

Famously passionate about the environment and repurposing, Nancy always uses recycled materials to create her artwork. It is all on show in her studio in an old West Melbourne warehouse that has been converted into a wondrous warren of individual

artists’ spaces under the auspices of a City of Melbourne program, Creative Spaces, which provides space for arts and cultural productions.

At first glance, Nancy’s studio seems like a hoarder’s cave. But as the eye becomes accustomed to the myriad artefacts, it is closer to organised chaos. On a bench top lie the tools of Nancy’s trade: pliers,

an industrial glue gun, neat rows of small gyprock pieces in different shapes, tiny pieces of metal, small wire pieces, tiny blades and miniature stars.

In one box are hundreds of screws of all sizes. In another, a beautiful piece of burnt wood, a relic from the 2019 bushfires. Other boxes are filled with small toys, tap washers, nuts and bolts, keys of all descriptions, rusty metal strips and empty whipping cream bulbs like tiny silver Hindenburgs.

There are also empty drawers, each lined with pretty, rose-covered drawer liners by the original owner then discarded in the street before being rescued by Nancy. They wait patiently for the new life she will give them. All these items have a story and Nancy is the storyteller.

Annette McQuarrie writes regularly for the News.

### Want to know more?

Nancy’s nails-turned-brooches will be on display in the Australian National Brooch Show, Fitzroy Library until 1 August. Then at Eltham Library from 6 August to 28 October. Follow Nancy’s art on Instagram @nancydeesculptures, or check her website: [www.nancydeesculptures.com.au](http://www.nancydeesculptures.com.au)



# Nelson Alexander

A photograph of a street scene in Carlton North, showing a row of houses and parked cars. In the foreground, there is a cartoon illustration of a person with dark hair, wearing a white shirt and dark pants, looking through binoculars at the street scene.

A QR code that, when scanned, likely leads to the Nelson Alexander website.

Scan Me

## Curious to know the Value of Your Home or Investment?

Nelson Alexander are ready to help you understand the value of your property in the current market.

Whether you’re thinking of selling now or in the future, or are just curious to know the value of your property, contact our team today.

Residential | Commercial | Owners Corp

**Carlton North**  
404 Rathdowne Street,  
Carlton North  
9347 4322  
[nelsonalexander.com.au](http://nelsonalexander.com.au)



The Morrison government, BHP and other Australian companies have a foolishly optimistic emissions reduction target of 2050. Which is not to say that Labor have anything better. After all, they were the ones who destroyed the Kyoto Protocol. Even Mike Cannon-Brookes, an Australian billionaire and CEO of software company Atlassian, has a 2050 target.

★★★

Personally, I think such wondrous things as the Great Barrier Reef will be essentially dead by 2030. Places such as Uluru and the wondrous town of Coober Pedy could well become impossible to visit due to stupidly high temperatures. We are approaching, and often only barely avoiding, extinction level events every single day.

★★★

The local Wiradjuri people are protesting against a go-cart track on Mount Panorama on the grounds of cultural significance. The mayor of Bathurst responded by saying, “We

VERY IMPRESSIVE

looked at four or five other places but none of them were good enough.” Remember Rio Tinto’s horrendous Jukkan Gorge fiasco? Why can’t we just make a commitment, after that, to not be making such stupidly inappropriate and insensitive moves any longer?

★★★

I find the concept of ironing far from exciting. I specifically avoid fabrics that need it. I’ve often thought that maybe I over-ironed myself in the early 1980s. Levi’s à la Andy Warhol with winklepickers, striped shirts pressed to within an inch of their lives, and ties that looked like vomit from alien beasts. Ironing is like The Naked Civil Servant, Quentin Crisp, once said about the evils of dusting – don’t move things and you don’t leave dust shadows. So don’t dust. Or iron.



★★★

Here’s a little note to the man I saw on the Craigieburn train the other day. Great pecs, you have there. And as for those biceps – well, they were even better. WOOF!!! Yes, you just kept on plugged in to your music, ignoring me all the trip, buds pumping loud shit into your ears. And it didn’t matter how loudly I stared, you were still able to pretend that you didn’t hear.

★★★

I’ll share with you the most annoying thing about living with a dog. They don’t go anywhere specific when they want to vomit. They just go for it, as the fancy takes them. It might be where you are standing or sitting. Or on a newly cleaned rug. Or on my lap as I’m watching television. A dog will do that, just as soon as the vomitous desire comes upon it.

★★★

Nunga and I were watching *Rocketman*, the 2019 bio-musical film on the music of Elton John. With my eyes leaking, I was taken back to 1990 at the old Addington Showgrounds in Christchurch. I was pogoing crazily, wearing my bright orange mohawk and yelling, “Elton, marry me!” Surely he saw me. My dad also loved Elton when he was younger and he paid for me to be there. His mother had given him the line about never finding love. Elton Hercules John, when are you going to marry me?

*Very Impressive shares his views on life in each issue of the News.*

Hot and sweaty at close quarters at North’s old disco

North Melbourne was a football trendsetter back in its glory years of the 1970s.

North’s annual grand final breakfast, described by Bob Hawke as “one of this nation’s great traditions”, had been in full swing since 1967. In the 1970s, North introduced blue shorts (to suit colour TV), used the 10-year rule (which secured the ’75 and ’77 flags) then – in the mid-1980s – pioneered night football at the MCG.

However, it was the social club’s late-week disco (Thursdays, I think) that sparks the memories. Those wild nights raged – and no term was more fitting – for a full decade from 1975 to 1985. The disco was the brainchild of the popular social club manager Rob Smith,

TOBIN’S TALES  
Gavan Tobin

a 48-game Kangaroo in that wonderful era. Smith was just 24 when he launched the disco in the Fogarty Street social club. He knew what young singles wanted and had a fair slice of North’s marketing genius. While the venue was basic even by 1970s’ standards, he knew one element would guarantee it would be popular with his teammates and their friends. Girls! Lots of them! And Smith knew where to find them. The Royal Children’s Hospital had

many nurses living in the now long-gone nurses’ home in the south-east corner of the hospital’s grounds. Nursing was not then a tertiary course, and girls trained in hospitals and lived on-site. Like all hospitals, the Royal Children’s took girls from 17 years of age, many of them from the country and more than eager to get a taste of some action in the big smoke. Smith offered the young nurses free entry and complimentary drinks, and those not rostered on ward duty

descended en masse at the disco’s launch. For weeks, they outnumbered the men five to one. However, when North’s players and their mates got wind of it, disco attendances boomed. Soon, the joint was rocking. The drink flowed freely while hordes of sweating bodies writhed to the pounding music of the sole DJ. Nothing much was off limits in that simpler era before social media and phone cameras. Even North’s senior players, fresh from Thursday night

training and free until their Saturday game, were in the thick of the action until the early hours. No-one seemed to mind. Now, like so much else, it is all just a memory. The Children’s Hospital has been rebuilt and both its old nurses’ home and North’s social club are long gone. I last saw the club around 2010, when it was boarded up, full of asbestos and awaiting demolition. *Gavan Tobin writes regularly about his memories of North Melbourne long ago.*

**Take a walk with a purpose**

If you enjoy walking around North and West Melbourne, a great way to explore areas you may not usually visit is to help with delivery of the *North & West Melbourne News* to homes and businesses. If you are interested, please email [admin@centre.org.au](mailto:admin@centre.org.au) or call in at The Centre in Errol Street.

**ONLINE MUSIC LESSONS NOW AVAILABLE FOR ADULTS & CHILDREN OF ALL AGES**

**VIOLIN**

**GUITAR**

**PIANO**

**DRUMS**

**SAXOPHONE**

**SINGING**

**HIP HOP**

**BASS GUITAR**

**SCHOOL OF LIVING MUSIC**

SINCE 1999

School Of Living Music | 53 Little Baillie St. North Melbourne 3051 | 03 9329 0503 | [info@livingmusic.com.au](mailto:info@livingmusic.com.au)



# Distilling the lessons from Moonshine University

Alexandra Kent

A new distillery and bar has just opened in North Melbourne. You'll find it behind the cobalt blue gates at 92 Errol Street.

Its catchy name, Here's Looking At You, Kid, was inspired by the line in the 1943 classic *Casablanca*. Appropriately, the recently renovated bar boasts an intimate Moroccan-style interior. Owner Liz Beech relocated from Mordialloc during the pandemic and is sure our suburb is the right fit. "The community has been absolutely fantastic, very supportive," she says.

Liz took part in a gin masterclass in Scotland in 2015, and it left her with the desire to learn more. After returning to Australia, she realised courses on distillation were in short supply.

"There wasn't really anywhere you could go to learn distilling. You could learn beer and wine, but not distillation," she says.

Liz enrolled at Moonshine University (yes, that's its real name!) in Louisville, Kentucky, where she learnt the art of distillation. Now, just five years later, she says the industry is evolving rapidly in Australia.

"The distilling industry here is so



Australian botanicals add a unique twist to a classic drink.

young and so new. It's just booming at the moment."

Passionate about distillation, Liz is keen to share her knowledge with others.

"We've already started delivering masterclasses, and I'd love to be able to get to a stage where we could be more of an education centre," she says.

The gin masterclasses upstairs at Here's Looking At You, Kid allow participants to have a cracking time creating their own botanical

concoctions. The bar is planning to offer more courses on distillation in the future.

Liz has worked as a chef and she channels that background to balance out the flavours of her gin creations.

"I've really loved discovering Australian botanicals. That's why Australian gin is becoming so renowned overseas; nowhere else in the world has our botanicals," she says.

The wide range of Australian

botanicals used at the distillery includes lemon myrtle, hibiscus and Davidson Plum. These flavours are balanced with the initial fifty-fifty of the gin basket, which is made up of juniper. Liz's favourite Australian botanical to work with is strawberry gum, which has a sweet bubble gum smell.

Here's Looking At You, Kid offers four unique gins and also a vodka option. Sitting serenely in the front window is Eliza Jane – the copper pot still that brings these creations to life. Eliza Jane, passed on from a fellow distiller, also travelled from Louisville to Melbourne.

Liz and Eliza Jane can make up

to 100 bottles over two days. "The quality is what I'm interested in. Not the quantity," she says.

Liz's three children – Eloise, Harry, and Jack – as well as Jack's fiancée, Jacquie, and Liz's niece Madelon lend a helping hand where needed.

*Alexandra Kent is a new contributor to the News.*

**Want to know more?**

Pop in to the distillery and bar at 92 Errol Street and sample the award-winning spirits. Open Thursday to Saturday between 4 pm and 9 pm. It's sure to be the start of a beautiful friendship.

**Get on your bike with new BUG NoW group**

BUG NoW is a group for cycling enthusiasts who live and work in North and West Melbourne.

Established in May, the group has been set up to provide a friendly network of locals who love to ride.

We are interested in rides, advocacy to make cycling better and safer in the local area, and helping skill-up both new and experienced cyclists.

Meetings: Second Tuesday of every month, 6pm at The Centre, 58 Errol St, North Melbourne.

**Want to know more?**

Join up or find out more: <https://cam.bicyclenet.com.au/find/club/6476/>; email [arielv@centre.org.au](mailto:arielv@centre.org.au) or phone 9328 1126.



MR TUCKER

COURTYARD NOW OPEN!

WITH NEW DINING ROOM AND EXPANDED MENU COMING VERY SOON.

17 MELROSE ST NORTH MELBOURNE  
(JUST AROUND FROM WOOLIES AND NEXT TO IGA)

TASTY COFFEE, HOMEMADE ROLLS, PIES AND SWEET TREATS TO ENJOY.

@MRTUCKERMELBOURNE

MRTUCKERMELBOURNE

03 9328 5108



# Mary hears there’s lots to do round here

Flora Sciarra

Mary McCartin and husband Leo love the Prime gym classes for the over-60s at the North Melbourne Recreation Centre in Arden Street.

Mary enjoys the gym’s range of activities, including tai chi and aqua aerobics. “It’s a wonderful social group and we are so pleased that we have been able to get back into the activities that were closed down last year,” she says.

Before lockdown, Mary had happily settled into retirement after many years teaching secondary school Indonesian. However, she found herself increasingly struggling with aged-related hearing loss.

She decided to consult an audiologist. “Even though I already had two hearing aids, I was feeling marginalised. I’m an outgoing sort of person, an extrovert, and my increasing deafness made me feel depressed, left out and very self conscious,” she says.

Mary was acutely aware of the psychological effects of poor hearing. She began researching the benefits of cochlear implants, which are approved for adults with moderate to profound sensorineural hearing loss in both ears and who are not receiving enough benefit from hearing aids.

“When I mentioned cochlear implants to my audiologist, he



Mary McCartin with Frankie.

wasn’t convinced. In fact, I found my hearing wasn’t at a sufficiently low level for an implant, but I persisted and explained how I was feeling. Four years ago, I ended up having the four-hour operation at the Eye and Ear Hospital.”

While she concedes the implants haven’t given her perfect hearing, her life now is much more satisfying and she is also much more active in the local community.

“I love this area, its diversity and multiculturalism. I enjoy volunteering and we find we have everything on our doorstep. Just a short walk and there’s the doctor, the dentist and the chemist,” she says.

Mary has been enjoying the socialising that lockdown and her failing hearing put on hold.

“While I can function with the implants, I still need to make sure I’m in well-lit spaces, not too noisy, and facing the person I’m speaking to. That gives me the best chance of understanding what’s being said.”

Mary can often be found pottering in her garden. Using the skills her mother taught her, she produces exquisite jams and marmalades that are much in demand.

“Last week we picked lots of quinces and I made quince jelly,” she smiles.

Flora Sciarra writes regularly for the News.

## THE LIFE OF THE PARTY Ellen Sandell



One of the earliest issues I worked on for our community as your state MP was against the construction of the East-West toll road. It was a hard fought battle to protect our local parks, community and climate. Finally, we, the community, won!

However, while we’ve been successful so far at stopping the East West toll road, we’ve not been as successful at stopping the West Gate toll road, another big Transurban project that will have a huge impact on our local area.

While there’s no doubt we need solutions to the increasing traffic coming from the western suburbs, this new toll road will funnel even more traffic and trucks directly into the CBD, then into West Melbourne and other inner suburbs.

This road is already under construction. Unfortunately, it wasn’t taken to an election and much information about the project was kept secret. Even expert transport planners have urged the government to abandon the project because it entrenches Transurban’s control of Victoria’s road network and worsens congestion across the inner city.

While we may no longer be able to stop the road, we can still ameliorate some of its worst impacts. I’ve been working with local West Melbourne residents and federal MP Adam Bandt to try

to get a commitment for a noise-protection wall, to protect residents from dangerous road noise at Railway Place.

So far, the Labor Government has rejected this request. However, we will continue to try to work with them to have this decision changed.

VicRoads rules state that road noise at 63 decibels or above must have noise reduction methods, such as a noise wall, put in place to protect residents. Noise from the West Gate tunnel will far exceed this limit.

If you’re interested in staying up to date on this local community project to protect West Melbourne residents from noise pollution, you can sign up now at [www.ellensandell.com/noise-wall-now](http://www.ellensandell.com/noise-wall-now).

I’d also love to hear from you about your views on local pedestrian safety and, in particular, any road safety black spots in your local area. Please take my five-minute pedestrian safety survey at [www.ellensandell.com/pedestriansafety](http://www.ellensandell.com/pedestriansafety).

Ellen Sandell is the state MP for Melbourne.

**Want to know more?**  
If there’s anything I can do for you, or if you’d like to know more about my work in the community, please get in touch: [office@ellensandell.com](mailto:office@ellensandell.com) or phone 9328 4637.

# Residents wary of Wurundjeri Way works

The North and West Melbourne Association (NWMA) has learnt that construction work to extend Wurundjeri Way across the railway yards has begun.

The extension is part of the massive West Gate Tunnel project.

The elevated road will cut across the E-Gate site between West Melbourne and Docklands, running between Dudley Street and Dynon Road within 100 metres of Railway Place.

Local residents have been lobbying the West Gate Tunnel Authority (WGTA) to build sound barriers in the new highway to ensure that noise from vehicles does not exceed permissible levels.

A key issue is that the WGTA received approval for the road extension based on a noise model which considered vehicle noise on the extension in isolation – instead of the noise impact of the extension on nearby residents when added to the noise levels from diesel trains already operating on the railway yards and along the tracks on the embankment next to Railway Place.

The NWMA and City of Melbourne (CoM) representatives in the West Gate Tunnel Project (WGTP)



Community Liaison Group have asked the WGTA to supply information on the assumptions used in their noise modelling to ensure compliance with environmental requirements. We need to see if the assumptions made were realistic.

To lend support, readers can sign local MP Ellen Sandell’s petition at [www.ellensandell.com/noise-wall-now](http://www.ellensandell.com/noise-wall-now) ‘Residents at Railway Place need a noise wall’.

In April, the Kensington Association secretary wrote to Minister for Planning Richard Wynne, with endorsement by the Friends of Moonee Ponds Creek and NWMA, asking him to overturn the WGTA’s rejection of a proposal by construction contractors CPBJH

Joint Venture to change the current design of the WGTP veloway over Footscray Road, referred to as Bridge 75. The community groups supported the proposed change.

By using an old railway bridge, the new plan would replace a long horseshoe-bend section of the veloway with a straight link, minimise impact on Moonee Ponds Creek, enable extensive plantings and enhance the biodiversity, habitat and amenity values of the open space and wetlands along the creek. There could also be cost savings.

Moonee Ponds Creek is not the only area threatened by the WGTP. When completed, an estimated 9,500 extra vehicles per day will flow through North and West Melbourne via off-ramps at Dynon Road. Hawke Street is one street under attack.

The CoM has innovative plans to create a linear park in Hawke Street as part of the West Melbourne Structure Plan. But many local residents fear the WGTP will badly compromise this plan, especially in the already heavily trafficked area between Spencer and King streets.



Construction work on the Wurundjeri Way Extension in the railway yards in front of Railway Place, West Melbourne.  
Photograph: Anthony McKee



# Pets bemused by loss of lockdown company

Harriet Lancaster

Pandemic pets became part of life during last year's lockdown. Many of us welcomed new pets into our lives as they gave us the company that we yearned for when we were stuck at home, studying or working, during those long lonely days.

However, as life returned to a semblance of normality, the tables turned. While some of us moved back to the office or the classroom, this left many of our new animal companions unsettled when left alone at home.

North Melbourne resident and recently graduated architect Catherine Pusey adopted her dog, Frankie, during 2020's lockdown. In the months when Catherine was working from home, Frankie became used to day-long company. However, when she returned to the office at the start of the year, he has had problems adjusting to the new routine.

Catherine admits she was stressed when hearing Frankie's frantic barking as she left for work. Then, on returning home, instead of finding a happy, tail-wagging Frankie, she saw utter mayhem. "He had chewed the furniture and my clothes and left them strewn around the house."

Dr Amanda Tenne, vet at the Lort Smith Animal Hospital, says Frankie's behaviour is not at all uncommon. Pets that have been doted on by owners at home for months are naturally unused to long separations, and many are finding it difficult to cope.

Amanda knows the problem well and suggests three handy tips to help your dog if it's struggling to adjust to your absence during the day. "We need to find ways to help our pets cope better," she says.

One tip is that a 'staged leaving' strategy limits the stress by leaving



Pandemic pets may need reassurance.

your pet alone for no more than a short period. "Prepare them for time apart by smearing a Kong with peanut butter so they enjoy their time alone," Amanda says.

Her second hint is to try to make your leaving a good experience for your pet. "You could try leaving the radio on or letting them play with an item of clothing that carries your smell."

Amanda's final tip is to make best use of the time you have with your pet. "Try to do something that enriches those moments, which might mean spending genuine 'quality time' walking or playing, the things that pets really love."

If these strategies fail, you can get prescribed pet medicines for anxiety to ease the nervousness and sense of isolation that they can feel.

Amanda knows the benefits our pets give us. "They're good for us physically and psychologically and they enrich our lives. We just have to support them when things change, such as their owners returning to work."

Harriet Lancaster writes regularly for the News.



Division 3 bowlers celebrate their premiership.

# Bowling along in Flagstaff Gardens

Madeleine Scully

The City of Melbourne Bowls Club hosted its annual March Moomba Fours tournament on its greens nestled in West Melbourne's pretty Flagstaff Gardens.

The day was organised quickly due to COVID-19 uncertainties and we endured some heavy rain that demanded some patience and good humour from the players. However, the day was a great success, feedback was positive and first-timers are keen to return next year.

We were delighted that we raised \$1,500 for Safe Steps Family Violence. We appreciated our raffle prize donors – Bowls Australia, the Royal Standard Hotel, the Radisson Hotel, and the Resting Toucher bowling supply shop.

Both our teams entered in the Midweek Metropolitan Pennant enjoyed success, with both winning their sectional finals. Division 3 defeated Flemington-Kensington and went on to beat Churchill Waverley GC in the divisional semi-final before proving too good for Edithvale in the grand final.

Our Division 5 team did just as well. The team defeated Moonee Valley before beating Brighton Beach in the divisional semi-final

and then outpointing Werribee in inclement weather at Bundoora RSL. Both teams will rise a division in the 2021-22 season.

Unfortunately, among all the positive club news is some sad news. We lost a favourite member of our bowling club when our greenkeeper, Peter Barron, passed away suddenly last month. The many comments and reflections from members reveal the high regard we all had for him.

We are all thinking of the old saying: 'There is no cure for birth

and death save to enjoy the interval'. Peter definitely did that in spades. He crammed it all in – family, friends, golf, footy and hard work.

Many have spoken of Peter's commitment to family and friends, his skills when it came to our difficult greens, his kindness, his sense of humour, his storytelling and his rapport with everyone. We will miss him.

Madeleine Scully is secretary of the City of Melbourne Bowls Club.



Division 5 bowlers with their premiership pennant.

ADAM BANDT MP

FEDERAL MEMBER FOR MELBOURNE

FOR THE MANY, NOT THE FEW.

📍 GF1 296 Brunswick St, Fitzroy VIC 3065

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

🐦 @AdamBandt 📘 /Adam.Bandt.MP 📷 @AdamBandt

adambandt.com





# Your daily dose of wisdom and humour

Joe Misuraca

Walk down Errol Street any day and you'll see the famous blackboard outside Parkhill Cellars. The shop itself is no ordinary bottle-o. Owner Cory Parkhill has been running the classy wines, beers and spirits shop since it opened in 2000. Family-owned and family-run, it has become a fixture in our suburb.

Let's get back to the blackboard. Every day it's out on the footpath, teasing and tantalising passers-by with its pithy messages. Each morning, Cory or one of his creative employees come up with quotes then write them on the board.

"It started pretty much from day one, way back in 2000, and it was just an idea that one of the staff came up with at the time. We decided to distract and entertain people with a quote or a saying. And 21 years later, we're still doing it," Cory grins.

Most of the entries are humorous or edgy, never clichéd, never

malicious and usually not overly serious. The aim is simple – to lighten up the day for customers and passers-by.

The blackboard's fame has spread and it has achieved a semi-cult status. "We get a lot of people taking pictures of them and then putting them up on Facebook. We're just happy to see people walking past, checking the board for each day's offerings, and having a bit of a laugh."

Passers-by rarely report being annoyed or offended by what's written up on the board. Instead, they tend to complain to Cory and his employees about spelling, punctuation and grammatical errors.

Cory sees the quotes that he and his staff write on the board as a reflection of society. As the years have gone by, and the public's views and values have changed, so have the messages on the board.

It seems that North Melbournites have strong views and Cory recognises the need for diplomacy.

"We're careful not to isolate people. We've got to be careful regarding sexism and all those sorts of things. Years ago, you could probably put edgy marriage quotes and stuff like that on the board. You wouldn't do that now."

Parkhill Cellar's board has proved so popular that the idea has been copied by several nearby small businesses. However, they seem to have given up after struggling to produce two worthwhile quotes for their boards each day.

Cory says there's little chance of the Cellar's staff running out of material. Local interest is too strong. "In fact, if we decided to stop doing it, I'd say people wouldn't like it at all. They'd probably demand we keep going."

When you next head to Parkhill Cellars to buy a bottle of red or a slab of beer, check out the amusing messages on the board out on the footpath. They'll make your day a little brighter.

Joe Misuraca writes regularly for the News.



Parkhill Cellars owner Cory Parkhill.



# Dwayne's art colours his world

Nancy Lane

Dwayne Hutton's interest in art started as a child, when his grandmother guided him around the Art Gallery of South Australia. "I spent a lot of time in that gallery," he says.

In 2009, Dwayne moved from Adelaide to Melbourne. Initially he found his creative outlet through music, as a singer and songwriter. Although he was always interested in colour, it took him a while to figure out how to translate this interest into something of value.

Then, three years ago, he decided to start painting in oils. He started off using his kitchen floor as an easel. "I soon found that really wasn't practical," he grins.

That experience encouraged him to apply to Artsbox, a short-term artist-in-residence program run by the City of Maribyrnong.

When he was accepted, he took a month's leave from his day job as a marketing manager. "The space was like a shipping container, but the good thing was that at least I didn't

have to pack up to cook dinner," he says.

Dwayne applied to become a longer-term artist in residence at River Studios in West Melbourne, moving there early in 2019. "I'm not an art school graduate and haven't had any formal training in colour theory. So I've used this opportunity to experiment, to do what I like, and I've learned a lot through my mistakes."

His paintings abound not only in colour but also in depth and texture. He adds layers and layers of paint, then uses a kitchen knife to scrape it back. Sometimes he does this up to four times, in some cases waiting up to 12 months for a painting to finally dry. He works intuitively and believes that the best results are all "accidental".

Many artists wish they could work full-time as artists rather than having to support themselves with other work, but Dwayne believes his job and his art complement each other.

"It means there are no constraints on my creativity because of financial pressures. I can be as

experimental as I want, for as long as I want. If I had to be commercial, I could get stuck doing the same things over and over because that's what sells," he explains.

As with many artists last year, many of Dwayne's group shows were cancelled. However, he created some all-white paintings for an October exhibition in the Flinders Street station underpass and more brightly coloured works for a River Studios and Friends Christmas exhibition at The Pavilion in Fitzroy Gardens.

He has now finished a series of large abstracts, each more than a metre square, for his first solo exhibition. Entitled 'Looking for Meaning, Exploring with Colour', it is being held in the City Library Gallery until June 24.

"The artworks in this exhibition are very detailed and explore how emotions can be channelled through colour. I wish there was a way to find out whether people who see them can feel what I felt."

Nancy Lane writes regularly for the News.



Dwayne Hutton applies paint with a palette knife in his studio.



# Gems of Molesworth Street lost in ‘slum clearances’

Stephen Hatcher

Molesworth Street connects Haines and Abbotsford streets. For the geometrically inclined, it acts as the hypotenuse of a triangle.

It is likely named after Sir Robert Molesworth (1806-1890), who had a promising legal career in his native Ireland before sailing to Australia in 1852, just before the Victorian gold rush.

After starting a legal practice in Melbourne, he soon became acting chief justice then Victorian solicitor-general, before being appointed a judge of the Supreme Court. He went on to shape mining law in Australia.

However, his private life scandalised prim and proper Melbourne. It led to a bitter divorce

## RIGHT UP OUR STREET Stephen Hatcher

from wife Wilhelmina, who herself had several affairs before exiling herself to England.

In 1865, the first known family home in Molesworth Street, at Number 66, was architect designed. A year later, land speculators swooped as more allotments became available.

In 1866, John Barwise bought allotments on both sides of the street, and Henry Sheahan purchased allotment 20 and was soon living in a two-room house at Number 42. By 1900, there were 80 dwellings. Only 43 remain today.

Elizabeth Fraser, a 41-year-old widow, and her seven children lived at Number 10 until 1917. It was probably husband Ernest’s death in 1916 in the massacre of Fromelles that saw Elizabeth move to Number 43 where she was to stay until 1943.

The infamous ‘slum clearances’ of the 1950s saw all 34 heritage homes on the southern side of Molesworth Street demolished and

replaced by public housing. Frances Hansen, at Number 31, is the last person to occupy a Victorian-era home on that side of the street.

As we now know, the beautiful heritage homes of that era can be revitalised, benefiting residents and retaining the streetscape. Sadly, it’s now too late for the gems of Molesworth Street.

What can be done was shown, in 1984, by Peter Hayes who bought the run-down Daylesford House at Number 98. A challenging restoration had a spectacular result, with the rear garden now an oasis.

Ironically, the Number 112 public

housing estate, erected post the clearance, is now gone, with a planned redevelopment of 300 flats and a school.

Stephen Hatcher writes regularly about local street names for the News.

### Want to know more?

North Melbourne Library has a local history photo collection that can be viewed online. Winsome Roberts’ Molesworth Street: A North Melbourne Neighbourhood, 1840-1905 is available via Hotham History Project. Read more about Molesworth Street at [melbournestreets.com.au/molesworth-street](http://melbournestreets.com.au/molesworth-street)



Molesworth Street. Photograph: Stephen Hatcher

## 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 to 58 Errol Street or drop us a line at [admin@centre.org.au](mailto:admin@centre.org.au).

## PRIVATE SALE NORTH MELBOURNE

### PASSIVE INVESTMENT SUIT LOCAL RESIDENT/RETIREE

Four Security-gated Car Parking spaces  
Individual Freehold Titles

Close Royal Children’s Hospital & Royal Melbourne Hospital

Each car space is rented on a monthly basis and the four are currently returning \$2,700 p.a. net of Rates, OC Fees & Congestion Levy Tax  
Approx. 5% (+/-) Return p.a. (beats bank interest)

Offers of \$50,000-plus for the four considered

62 Chapman Street (Royal Park Towers)

Contact owner John Saunders

Mob: 0418 368 880

Email: [j.c.saunders@bigpond.com](mailto:j.c.saunders@bigpond.com)

## HUMAN LIBRARY



Do you want to share your lived experience?  
Are you interested in breaking down barriers and challenging stereotypes?  
Are you interested in bringing the community together?

If YES, then join The Centre’s Human Library!

By being a human book, you will:

- Share your lived experience
- Develop skills in project planning and storytelling
- Connect with other Human Books
- Help create social cohesion and community connection

Have a story to share? Contact Stacey Halls, Community Development Coordinator at The Centre, [staceyh@centre.org.au](mailto:staceyh@centre.org.au) or (03) 9328 1126

the centre  
connecting community in  
north & west melbourne inc.

CITY OF  
MELBOURNE



# Tom flies into a new life

Felicity Jack

The story of Tom White would make a thrilling movie. Born in 1888 in Curran Street, Tom was appointed as bugler in the North Melbourne garrison at 13 before leaving school a year later. In 1914, aged 26, he was chosen to be an air force pilot at Point Cook where he trained on a Bristol Boxkite. Described as a kite with a small engine, it often crashed and could only fly on calm days. In 1915, Tom was attached to the Mesopotamian Half Flight, in present day Iraq, supporting the Allies in desert warfare against the Ottoman Empire. The initial aircraft, three bi-planes known as 'rumpetries' because of the noise they made when running along the ground, were rudimentary and had no machine guns. If shot down, the crew had only pistols to fight with. While the Turks were the official enemy, danger also lurked with the desert Arabs who would kill any intruder on their lands. Tom had several close calls when his plane stalled. His luck finally ran out late in 1915 after volunteering on a mission to cut communications behind enemy lines as the Allies were advancing on Turkish-held Baghdad. Tom's plane was badly damaged on landing and he was attacked by



Tom in disguise with the false passport he used while on the run in World War I.

a group of Arabs. He was saved by Turkish gendarmes, who took him prisoner. Held for 33 months, he escaped after feigning illness and being transferred to an Istanbul hospital. On the run and in disguise, Tom survived due to the Russian and Turkish he had picked up in prison. Finally, he got to Odessa on the Black Sea where he boarded a ship and ultimately got to London. While a prisoner, Tom had corresponded with a bureau of the Australian Red Cross, then run by Vera Deakin, providing details of fellow prisoners. On reaching London at the end of 1918, he met Vera. It proved to be love at first sight. The couple returned separately to Melbourne and married in 1920. Tom's life took a new direction when he entered federal parliament and held several ministries before

and after World War II. During the war he returned to London and liaised with the RAF. In 1951 he was appointed high commissioner to the UK and was given a knighthood.

Felicity Jack is a member of the Hotham History Project.

**Want to know more?**  
A fuller version of Tom's story is available on the Hotham History Project's website ([www.hothamhistory.org.au](http://www.hothamhistory.org.au)) or get hold of White's Flight: An Australian Pilot's Epic Escape from Turkish Prison Camp to Russia's Revolution (2011) by Fred and Elizabeth Benchley.



ABOVE: Tom (13) as cadet bugler in North Melbourne garrison artillery. LEFT: Tom at the controls of a Bristol Boxkite.



Coco cuddles up to Leslie and her daughter Sherryn.

# Coco pops up full of life

Annette Glenister

No two days are ever the same at Lort Smith Animal Hospital. The vets and vet nurses of this iconic organisation, which is still serving the community after 85 years, see animals with a wide array of conditions, illnesses and injuries. Some are routine. Some are horrific. And some require specialist and complex life-saving operations. The hero of Lort Smith's current appeal, five-year-old Shih Tzu mix Coco, was one of those very special animals that needed the best expert care available. Coco's previous carer found the normally friendly and responsive dog lying on the floor, panting heavily, with a large hump on her back. She hadn't touched her food or water and her back legs were completely paralysed. Her carer raced her to Lort Smith. After a CT scan of her spine, Coco was diagnosed with intervertebral disc disease requiring immediate surgery. Her carer, unable to afford the specialist orthopedic surgeon, made the difficult decision to surrender Coco into Lort Smith's care. This situation is tragically common. When a carer can't afford surgery but there is a chance to save an animal, Lort Smith will take over the care and cover the costs. While there is no ongoing government funding to take care of wonderful animals like Coco, Lort Smith will never give up on an

animal when it can be saved. Had Lort Smith not been able to take Coco in and perform the surgery, her carer would have had to euthanise the dog. Fortunately, this is a story with a very happy ending. After four days in care, Coco underwent surgery to remove part of the herniated disc and relieve the pressure on her spinal cord. The surgery went very well, and this courageous little dog showed everyone that she had an irrepressible zest for life. After weeks of specialist physiotherapy, Lort Smith found Coco a wonderful home with Sherryn and her mum, Leslie. "I fell in love with her the moment I saw her. I'm 90 and I feel like Coco has added years to my life. She is my joy," Leslie said. On hearing what a tough time Coco had endured, both Leslie and Sherryn were astounded at how far she had come. "I'm a dog lady. I've loved and adored every dog I've ever owned but I've never had one as affectionate, as obedient, as loving as Coco. I love her to bits," Leslie said. Lort Smith is dedicated to saving every life, no matter the cost. However, we need community support to continue making miracles happen. Please change the life of animal like Coco by donating. Go to [lortsmith.com/donate](http://lortsmith.com/donate) or phone 9287 6419.

Annette Glenister is communications & PR manager at Lort Smith.

**ROYALPARK MEDICAL**

Comprehensive Medical Care By Experienced GPs

Children's Health

Women's Health

Men's Health

Mental Health

Sexual Health

Addiction Medicine

Asthma

Fertility

Skin Checks

Travel Medicine

Immunisations

Chronic Disease

**(03) 8301 5500**

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

TELEHEALTH NOW AVAILABLE

NEW PATIENTS WELCOME

SAME DAY APPOINTMENTS AVAILABLE

FREE ONSITE PARKING

Dr Ed Vergara

Dr Magda Wojtasiak

Dr Alastair Stark

Dr Kate Robins-Browne

Dr Graham Jacobs

Dr Madhavi Thotadur

Dr Paul Grinzi

Dr Sarah Humphry

Dr Bridget Steer

Ms Faye Tutty RN

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



# Violet hue lit Beau up

Nicole Pereira

American-born Beau Teora's life has been marked by an intriguing blend of illusion and reality. After majoring in film at university, Beau's career took a new path in 2004 when he moved into the area of visual effects.

"Living in LA made that easier. However, I'll admit that one of my earliest entry-level jobs as a special effects artist involved working on the worst movie of all time," he says.

Striving to enter the video reality industry, he found himself slaving at 80-hour working weeks before ending up at Rockstar Games, a video-game publisher based in New York City. While he now works from home in North Melbourne, he is still with Rockstar.

"I love my job there. They really care about everyone's mental health and wellbeing."

Beau happily touches on the highlights of his career.

"I love working on exciting new stuff and being surrounded by celebrities like Scarlett Johansson is just so cool. I specialise in blowing up things, whether they're explosions of cars or barrels of dynamite. That's what I do best," he says.

Beau's technical wizardry creates a make-believe on-screen life. However, it was a stint working in Vancouver that switched his focus from illusion to reality, from drama to romance.

He met Australian-born kidney specialist Dr Catherine Brumby, who was in Canada adding to her already impressive medical qualifications. When the two hit it off, Beau's life took a sharp turn. "We gelled almost immediately," he grins.

They lived together in Canada for a year before Catherine had to return to Australia. Beau's heart soon told him that he had no option than to follow her. "She's a



Beau with baby Violet.

doctor who saves lives and I'm the one making videos. So we decided I was the one to make the move," he says.

Beau flew to Australia and the couple set up home in a North Melbourne unit. However, there was another twist in their tale. Last year, with Catherine pregnant, Beau headed to the United States on what was planned as a short work-related trip.

COVID-19 changed everything. When Beau found himself stranded in Boston, Catherine was at home alone, working almost up to the time of giving birth. They kept in close contact via WhatsApp and watched Netflix via Skype on a weekly 'date'.

"There was uncertainty for sure, but I'm very lucky she's so level-headed," Beau says.

He endured their painful separation as best he could.

"While we had lots of video calls, the worst thing was that I had a daughter I had never met. We didn't know when I would be able to come home to resume life with Catherine and my baby girl."

Finally, in July last year, Beau was allowed to make the long journey home from the States. "Violet was about two-months-old when I finally got to meet her," he says.

Beau is still immersed in his special effects work with Rockstar, but there's one big difference. He is now home with Catherine and Violet.

Nicole Pereira writes regularly for the News.

## BETWEEN THE COVERS Chris Saliba



### Encounters A.E. Cochrane (Decision Press, RRP: \$25.00)

A young, chronically depressed man, mourning the loss of girlfriend Chloe, a barmaid at Young and Jackson, wanders the streets of Melbourne's Docklands. At Flinders Wharf, the navigator and cartographer Matthew Flinders approaches him. Flinders is in a predicament, and the one man who he believes can save him is the French explorer Nicolas Baudin.

Could the young man keep an eye out for Baudin on his wanderings through Docklands? So begins a hopeless yet fascinating search for the elusive French explorer. Along the way, the young man meets many historical figures, the namesakes of Docklands' streets and bridges.

Through their stories he learns, among other things, of the poor treatment of women in the early days of the colony. The example of the 15-year-old servant Margaret Howard, repeatedly raped by her rich boss, is particularly harrowing.

Encounters is the second in the Streetwise Series by self-published author A.E. Cochrane, and follows on from Three Thousand. Cochrane's lapidary prose brings to life a lost world of early Melbourne, with this volume concentrating on how women were often exploited and held back. Philosophical and witty, Encounters provides an innovative approach to the historical novel.



### The Shortest History of China Linda Jaivin (Black Inc., RRP: \$24.99)

Writer and sinologist Linda Jaivin takes the reader on a speedy, drive-through history of China. It starts with Stone Age Peking Man (Homo erectus pekinensis), eking out a living along the Yellow River's fertile alluvial plain, then extends through millennia of dynastic rule – the Zhou, the Qin, the Han – right up to the last great dynasty, the Qing.

Incursions from the British (the humiliating Opium Wars) and the Japanese (the Rape of Nanking) during the 20<sup>th</sup> Century caused great instability and civil war. Mao Zedong and the Communist Party would eventually win, only for China to be further plunged into turmoil, with famines and the so-called Cultural Revolution causing mayhem and disorder.

Jaivin documents the economic rise of China in the post-Mao era and ends with a word of caution about the repressive, authoritarian government of President Xi Jinping, with its cult of personality.

Jaivin writes a snappy history, thronged with a teeming cast of great personalities. Special attention is paid to women's contributions, through sketches of female warriors, politicians, scientists, radicals and trailblazers. For those seeking perspective on this complex and multifaceted society, The Shortest History of China is instructive and enjoyable.



### The Bird House Blanca Gómez (Abrams, RRP: \$24.99)

On a snowy day a little girl and her abuela (grandma) find an injured bird. They bring the bird home and take care of it. As the bird gets better, it is released from its cage and flies around the living room, creating much excitement for the little girl. Eventually the bird is set free and it flies over the rooftops, disappearing into the clouds.

The seasons change, spring comes, and then one day when the little girl's abuela is watering the garden, the bird reappears. "Abuela, can we keep it?" the little girl asks. No, she is told, because the bird doesn't belong to them. However, on the abuela's apartment balcony wall, a little bird house has been attached, so the bird can now visit any time.

Spanish writer and illustrator Blanca Gómez revisits scenes from her childhood in which she spent much time with her grandmother. The result is a sweet and gentle story about the preciousness of life and the special connection between a grandmother and granddaughter.

Gómez's illustrations show a delicacy and sensitivity that perfectly match the story's themes of renewal and care for nature. A book sure to delight.

For 4+ years old

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

# ELLEN SANDELL

## STATE MP FOR MELBOURNE

Hi, I'm Ellen. I'm passionate about a fair and liveable Melbourne. Tell me what's important to you.

(03) 9328 4637  
office@ellensandell.com

146 Peel Street  
North Melbourne VIC 3051

ellensandell.com





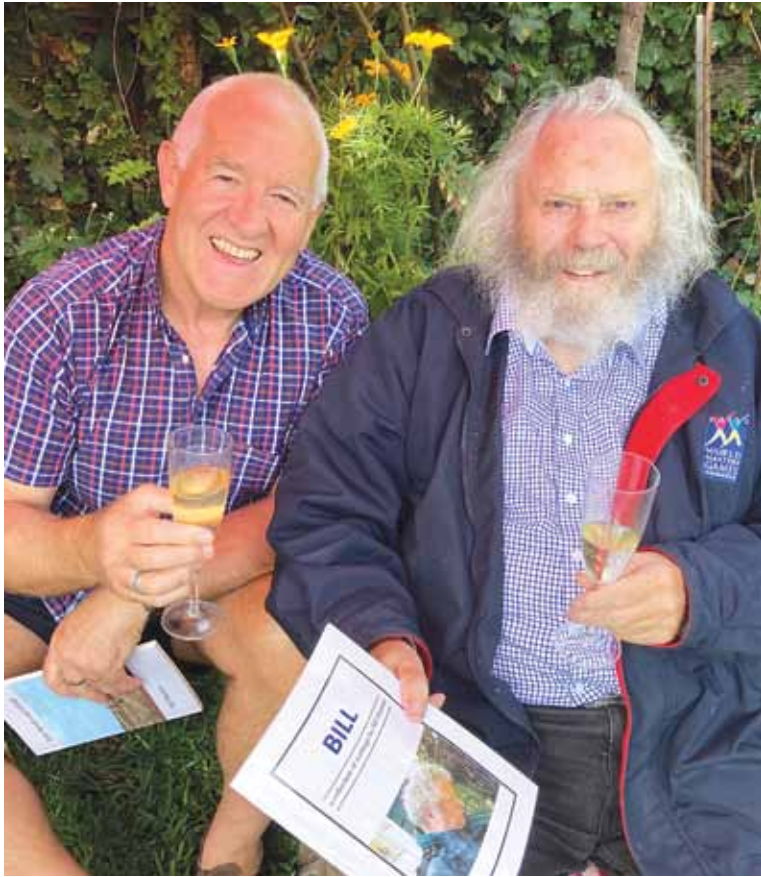
# Memories and poems lovingly gathered to celebrate Bill’s talent

Nancy Lane

The March publication of Bill Hannan’s most recent book involved family, friends and the wider North Melbourne community. Bill has always been a writer – from professional works about education, to experimental prose, and now poetry. His experimental prose comprised three volumes – *Schooldays*, *Days of 2012* and *These Ithakas* – written as a single sentence with over 100,000 words. His current volume, *Bill*, is a compilation of memoir and poems. It came about when his wife, Lorna, gathered up his writings on pieces of paper scattered around the house, put them in a bag, and asked

Bill’s former colleague and local blogger, David McRae, to edit them. David organised the poems thematically and converted them from paper to electronic form. Another local, Meredith Kidby, assisted David in converting the files to a form suitable for publication. The book was printed in Sydney. Rob and Kay Oke hosted the book’s launch in their North Melbourne home for Bill’s friends and neighbours. Just as it takes a village to raise a child, it has taken a dedicated group of North Melbourne locals to ensure Bill’s poems reach a wider audience.

Nancy Lane writes regularly for the News.



David McRae (left) and Bill Hannan at the launch of Bill’s book.



David Hauswirth has his hands full with Max at Ace Antiques.

## Drop by for a chat with David and Max

Elise Cara

David Hauswirth is always up for a chat at his quirky Ace Antiques and Collectables store in Queensberry Street. The much-loved shop, bursting at the seams with curios and all sorts of fascinating objects, has been providing unique and classic items to locals and visitors since David opened its doors in 2004. However, he is always on the lookout to add new jewels to his collection. Lights dangle from Ace Antique’s ceilings and shine on a veritable treasure trove of fascinating bits and pieces. On the shelves, ancient bakelite telephones, old radios and much-prized amplifiers compete for space. One section is devoted to the wildly popular collection of 5,000 vinyl LPs. Take a moment and sift through the records and you’ll be amazed what you’ll find. There’s Pink Floyd, Led Zeppelin, the Stones, the Beatles. Especially popular is music by now-departed stars like David Bowie or Prince. One gem is a Bruce Springsteen record boxset valued at \$790,

almost buried in a mountain of other goodies. Ask David about any of them and you’ll get a full history, laced with anecdotes and lots of good humour. Turn any corner in this delightful rabbit warren of a store and you’ll spot objects that take you back to another era. Nestled beside each other are intriguing objects of yesteryear. There’s an old cash register, delicate vases and glassware, framed artwork and much-sought after vintage signage. Where does this extraordinary collection come from? David gets his items from rubbish removals or from customers who are decluttering their homes. “The smaller items are better for me because my shop is so small. Records are big now, so I’m always looking for them. I recently bought 750 off one bloke,” he laughs. David is a recycler extraordinaire. “In my business, it’s all about recycling and bringing things back to life,” he says. He fixes old items and gives them a second life. Often, it’s a third or fourth life. “Something always needs tweaking. You know the old

saying that you’ve got to be a jack of all trades and a master of none? Well, that’s me!” David provides a service adding Bluetooth to old valve radios, which allows music and radio to be played from phones or iPods. He has also started a service where customers can hire certain vintage items for films or photoshoots. Chat with David (you won’t have much option!) and you’ll see he loves his work. “It’s good here because there’s always something different to do, always something interesting, something that you haven’t seen before. You never stop learning in this job,” he grins. And I must mention the store’s real attraction. David’s dog, Max, is officially ‘head of security’, but he thinks he owns the place. Make sure you give him a pat.

Elise Cara writes regularly for the News.

### Want to know more?

Take a trip back in time by visiting Ace Antiques at 555 Queensberry St, North Melbourne, or browse the Ace Antiques page on Instagram.

# Rotary calls for nominations to honour local volunteers

Neville Page

North Melbourne Rotary is actively planning for the club’s signature function at which it recognises the work of local volunteers. The Phonse Tobin Volunteer Awards evening is one of the highlights of our year. The function, scheduled for October, will be held at the usual venue, the Mercure Hotel. While last year it was a victim of COVID-19, this year will see the tradition continue. The award acknowledges three people in our local area who

have given great service to the community as volunteers but have not received previous recognition. It is their willingness to give up their time and talents that enables our community to be the wonderful place it is. If the function is not for several months, why are we publicising it now? Simply, we are asking readers of the News to consider any volunteers who they might like to nominate for the prestigious award, which is named after the legendary Phonse Tobin. Phonse was a past member of our Rotary club and an outstanding

community figure. He was also a faithful servant and past president of the North Melbourne Football Club. I’m delighted to see Phonse’s son Gavan regularly featuring in the News with his delightful recollections of old North Melbourne. Phonse was also founder of Tobin Brothers Funerals, a well-known business that he started in North Melbourne. We are delighted that the business now sponsors the volunteer awards in his name. Before the big night, each of the three nominees will meet with the Tobin Brothers media

department and a professional video presentation will be made to showcase their excellent work. The videos will be shown at the function, and each nominee will receive a framed certificate and a \$500 cheque. Traditionally, a Tobin family member presents the awards. In recent years, third-generation family member Frances Tobin, now leader of Frances Tobin Funerals by Women, has done the honours. Every year, guests at the awards function are amazed by the excellent volunteering work that is on show. Previous award evenings

have highlighted volunteers who have done selfless work for decades but never been acknowledged. As an organisation that is totally reliant on volunteers, Rotary really understands how critical volunteering is to our local community.

Neville Page is president of North Melbourne Rotary.

### Want to know more?

If you know of a volunteer whose service is worthy of recognition, please contact Neville Page on 0414 673 611 or page@ghp.biz



# Take your taste buds on a trip to Mexico

Shannon Colee

Feel like adding some spice to your day? Then head to El Sabor Mexican restaurant at 500 Victoria Street, North Melbourne.

Owner Lucas Lopez has run El Sabor since 2018. Lucas, who was born in India, fell in love with Mexican cuisine when he was 21 and working on a cruise line that sailed between the US and Mexico. It gave him a taste of the real-deal Mexican street food.

"I worked on the cruise line for around five years. I made a lot of Mexican friends during that time. Every week we were on Mexican shores," he says.

Lucas found that the Mexican fare he learnt to cook on the cruise ships was not too different from the food he had grown up with back in India.

"For me the Mexican food was very similar to Indian home cooking. We also had a lot of spices and chillies and we also kept it simple and fresh. So, learning to cook Mexican was not so different – it was like going home," he says.

The food served at El Sabor is top-level, mouth-watering stuff. Lucas' 'simple and fresh' motto ensures that his tacos pack a real punch. If you're not in the mood for a taco, then get ready for a quesadilla, enchilada or the best chimichanga you'll find anywhere.



El Sabor owner and chef Lucas Lopez.

I'll give you my tip: go straight for a chicken taco or a deep-fried quesadilla. If you're a wimp like me, you can enjoy the sweet torture of waiting for it to cool just a little.

Lucas has his own personal favourites. "I like enchiladas, chimichanga and the nacho bowl. Our customers are asking why we took tamales off the menu, so now we're thinking of putting them back," he says.

With both Aussie and Mexican beers on offer, there are drinks aplenty to choose from. Dive into the truly refreshing sangria or, if you're a bit young for that, try one of the many mocktail options.

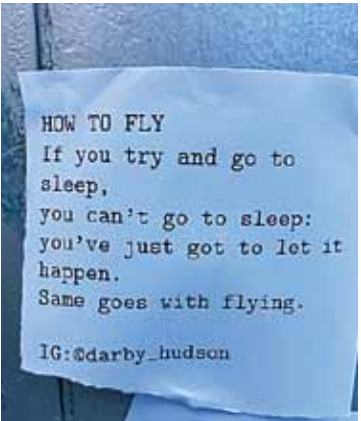
Lucas says that it is his love of the local community that keeps him going.

"When you cook and people enjoy it, when people appreciate your cooking, that's the best part," he says.

"I've known many people here for so long. When an order comes to the kitchen, I know whose it is."

It was Lucas' regulars who got him through COVID-19. "I knew there was suffering, but the locals kept coming for pick-up orders. Now, the bad time is gone – as soon as we open, we are busy."

Shannon Colee writes regularly for the News.



# Pithy poems in pole position

Laura Misale

Have you seen the poems that have been popping up on poles and trees around North Melbourne?

The 'culprit' is Darby Hudson, a poet, illustrator and former copywriter who has been sprinkling a trail of his thoughts on scraps of paper. "After lockdown finished, I thought I'd cover the inner-suburbs until someone told me to stop or I got into trouble," he says.

Darby is unconventional, to say the least.

He uses his poetry to comment on life and its endless fascinations. "If it's a poem about the sky, I might put it at the bottom of a pole. I love the idea of sticking paper to trees – dead trees to trees."

Every day he grabs his oversized book filled with loose paper and poems, then ventures out to share his work. "I print out a whole bunch of poems then rip them up into squares and stick them up with Blu Tack on poles or trees," he says.

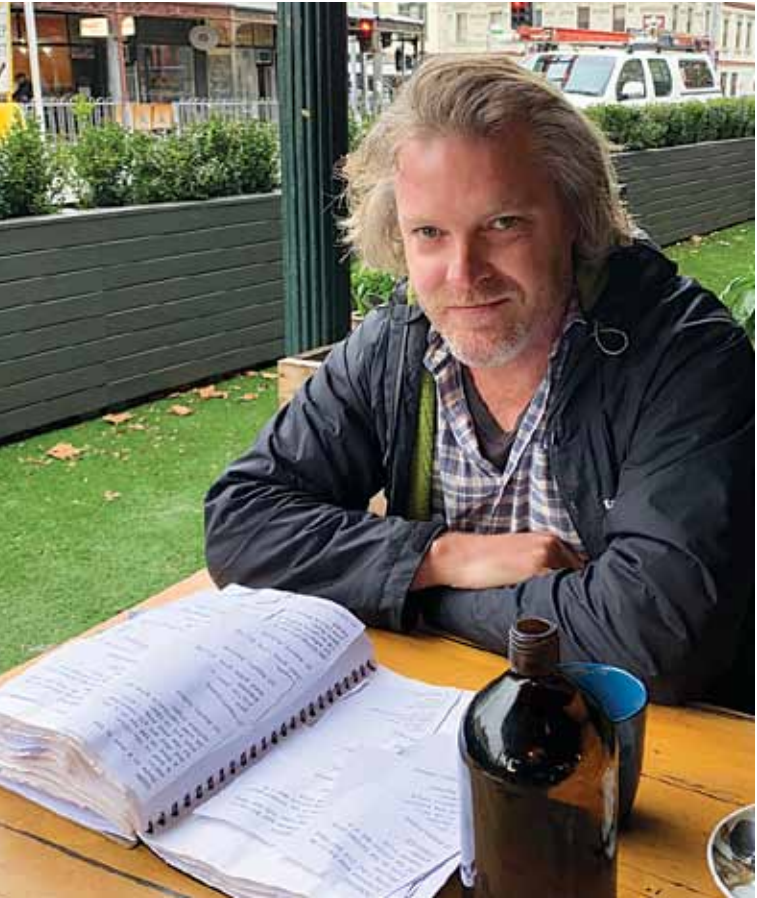
Darby freely admits he has his own inner demons.

"I get a bit of anxiety, so walking around is a really good way of walking off my brain monkeys and I like putting strange messages around the place," he says.

His own personal journey is as intriguing as his poems. A significant step was when he moved onto the dole with the aim of pursuing freelance illustration and was faced by a program requirement to sign up for a resume-writing course.

It wasn't what he wanted. "I was so frustrated with it that I wrote a piss-take resume about being taller than my father, pushing buttons with a smooth push-button action, and getting a little bit wet in the rain," he says.

"I applied for about two thousand jobs before advertising took me."



Darby Hudson checks his handwritten poems.

People rang to see if I was crazy or not, and maybe I am a bit. After all that I became a copywriter."

However, the indoor work didn't suit the whimsical Darby. "I've always hated working in offices. I can only do it by holding my breath for eight hours and pretending to be someone else. Then I end up exhausted after pretending to be someone else all day."

He recently left the copywriting job and, encouraged by the memory of his poetry book that had been published two years ago, decided to pursue his creative writing.

Now, with poetry as his main gig, he relies on Instagram to pay the bills. "For the first time ever I've been able to make a living off my poetry which is really weird."

Instagram is a furnace and it needs a lot of stuff to get traction, but I've got 25 years of stuff to throw at it," he says.

He has built up an impressive 24,000 Instagram followers, who provide lots of feedback. "It varies from 'your poems are so shit, you philistine' to 'your work is world class'. But I'm too old to believe either of those. I just do what I like to do and what feels good."

Darby finds meaning in writing his quirky poems. "It's a way of sorting out life and working out what it's all about."

Laura Misale writes regularly for the News.

**Want to know more?**  
Follow poet Darby Hudson on Instagram @darby\_hudson. Or just check out a street pole near you.

OPTOMETRIST

ANDREW HARRIS

9–5 Mon–Fri, 10–12.30 Sat, after hours by appointment

56 Errol Street, North Melbourne – Phone 9329 9372

WOOD PHARMACY

67 Errol Street, North Melbourne 3051

Ph: 9328 1960 • Fax: 9328 1531

(Next to Errol's Cafe and opposite the Library)

OPENING HOURS: Monday to Friday 8.30am to 6.30pm, Saturday 9am to 3pm

Closed Sundays and public holidays

FREE HOME DELIVERY MONDAY TO FRIDAY

IN NORTH AND WEST MELBOURNE



# SHOP LOCAL

## – North and West Melbourne



**North & West  
Melbourne  
Precinct  
Association**

northwestmelbourneprecinct@gmail.com

### ACCOMMODATION/TRAVEL

#### Adina Apartment Hotel West Melbourne

221 Rosslyn St, West Melbourne  
9958 6000  
[www.adinahotels.com/en/apartments/west-melbourne/](http://www.adinahotels.com/en/apartments/west-melbourne/)  
Facebook: adinawestmelbourne  
Insta: @adinawestmelbourne

#### Contours Travel

287 Victoria St, West Melbourne  
9328 8488  
[www.contourstravel.com.au](http://www.contourstravel.com.au)  
Facebook: contourstravel  
Insta: @contourstravel

#### Mercure North Melbourne

Cnr Flemington Rd & Harker St, North Melbourne  
9329 1788  
[www.mercurenorthmelbourne.com.au](http://www.mercurenorthmelbourne.com.au)  
Facebook: mercurenorthmelbourne  
Insta: @mercurenorthmelbourne

### ACCOUNTING

#### Kount Consulting, tax and business services

629 Queensberry St, North Melbourne  
0400 224 882

#### Pitcher Partners

Unit 1, 62 Arden St, North Melbourne  
8610 5300  
[www.pitcher.com.au](http://www.pitcher.com.au)

#### SB Accounting Services

Office 4, 33 Racecourse Rd, North Melbourne  
0419 153 477

#### Shaped Business Services, bookkeeping

8/204-218 Dryburgh St, North Melbourne  
0407 987 334  
[www.shapedbusiness.com.au](http://www.shapedbusiness.com.au)  
Facebook: ShapedBusiness  
Insta: @shapedbusinessservices

#### Vega Associates, bookkeeper & accountant

0478 138 481

### ALLIED HEALTH

#### City North Physiotherapy Clinic

59 Errol Street, North Melbourne  
Mon-Fri 8am-7pm; Sat 8am-4pm  
9328 3733  
[www.citynorthphysio.com.au](http://www.citynorthphysio.com.au)

#### Melbourne Natural Medicine Clinic

49 Chetwynd St, North Melbourne  
Mon & Fri 9am-6pm; Tue-Thur 9am-7pm; Sat 9am-4pm  
9686 2566  
[www.melbournenaturalmedicine.com.au](http://www.melbournenaturalmedicine.com.au)  
Facebook: mnmclinic  
Insta: @mnmclinic

#### Shalika Ranaweera, general therapist/ couples counsellor (trained psychologist)

North Melbourne  
Mon-Thur 9am-6pm  
0417 339 581

### ARCHITECTS & DESIGNERS

#### Allen Kong Architect

3 Leveson Street, North Melbourne  
9328 2320  
[www.allenkongarchitect.com.au](http://www.allenkongarchitect.com.au)

#### Bild Architecture

36 Cobden St, North Melbourne  
9018 8187  
[www.bild.com.au](http://www.bild.com.au)  
Facebook: BildArch  
Insta: @bild\_arch

#### Common

36 Cobden St, North Melbourne  
9925 2000  
[www.common.site](http://www.common.site)  
Facebook: commonmelbourne  
Insta: @common\_site

#### Elyte Focus, architect & builder

117 Howard Street, North Melbourne  
0413 256 741  
[www.elytefocus.com.au](http://www.elytefocus.com.au)

#### Folk

99 Hawke St, West Melbourne  
9671 3777  
[www.folkarchitects.com](http://www.folkarchitects.com)

#### Greenway Hirst Page

3 Leveson St, North Melbourne  
9329 2611  
[www.ghp.biz](http://www.ghp.biz)  
Facebook: Greenway-Hirst-Page

#### OUTLINES, Uban Design

11/567 Spencer St, West Melbourne  
Insta: @outlines\_la

#### Shinita Roy Architect

636 Spencer St, West Melbourne  
0435 563 310

#### Visionary Design Development, built environment accessibility specialists

Our Community House, 552 Victoria St, North  
Melbourne  
0409 404 941  
[www.vdd.com.au](http://www.vdd.com.au)  
Facebook: VisionaryDesignDevelopment

#### 2BSCENE DESIGN

Level 1/40-42 Errol St, North Melbourne  
9329 0282  
[www.2bs.net.au](http://www.2bs.net.au)  
Facebook: 2BSceneDesign  
Insta: @2bscene\_design

### ART & GALLERIES

#### Alexandra Paris, Visual Arts

631 Queensberry St, North Melbourne  
Appointment only  
0449 202 451  
Insta: @alexandraparis\_artwork

#### CharlesandCalypso

By appt Mon-Fri  
0417 553 566  
Insta: @CharlesandCalypso

#### Ed Zhao Arts

[www.edzhao.com](http://www.edzhao.com)  
Insta: @ed\_zhao\_arts

#### Galleriesmith, contemporary art gallery

170-174 Abbotsford St, North Melbourne  
Tues to Sat 11am-5pm  
9329 1860  
[www.galleriesmith.com.au](http://www.galleriesmith.com.au)  
Facebook: galleriesmith  
Insta: @galleriesmith\_

#### Julia Powles artist

0439 991 869  
[www.juliapowles.com.au](http://www.juliapowles.com.au)  
[www.peterwestwoodartist.com](http://www.peterwestwoodartist.com)  
Insta: @juliapowles

#### Kimberley Sachs artist

0490 943 802  
Insta: @kimbl.bags

#### One Star Lounge and Gallery

301-303 Victoria St, West Melbourne  
Wed-Fri 3-7pm; Sat 1-7pm  
0432 357 537  
Facebook: onestarloungeandgallery  
Insta: @onestarlounge

#### Terry Matassoni art

[www.terrymatassoniart.com.au](http://www.terrymatassoniart.com.au)  
Insta: @terrymatassoniart

#### West End Art Space

112 Adderley St, West Melbourne  
Wed to Sat 11am-4pm  
0415 243 917  
[www.westendartspace.com.au](http://www.westendartspace.com.au)  
Facebook: westendartspace  
Insta: @westendartspace

### BAKERIES

#### Bread Club

558 Queensberry St, North Melbourne  
Mon-Fri 7am-3pm; Sat 8am-3pm; Sun 8am-2pm  
8528 8993  
[www.breadclub.com.au](http://www.breadclub.com.au)  
Insta: @breadclubofficial

#### Ferguson Plarre Bakehouses

27 Errol St, North Melbourne  
Mon-Fri 6.30am-4.10pm; Sat 8am-2pm; Sun 9am-2pm  
9329 3588  
[www.fergusonplarre.com.au/north-melbourne](http://www.fergusonplarre.com.au/north-melbourne)

### BEER & WINE

#### Fixation Brewing Co. Pty Ltd

0499 034 200  
Facebook: fixationbrewing  
Insta: @fixationbrewing

#### Parkhill Cellars

43-45 Errol St, North Melbourne  
Mon-Wed, 10am-8pm; Thurs-Sat 10am-9; Sun 11am-  
7pm  
9328 1132  
[www.parkhillcellars.com.au](http://www.parkhillcellars.com.au)  
Insta: @parkhillcellars

### BIKES

#### Ponybikes

199 Victoria St, West Melbourne  
Tue-Fri 10am-6pm; Sat 10am-2pm  
9939 6773  
[www.ponybikes.com](http://www.ponybikes.com)  
Facebook: ponybikes  
Insta: @ponybikes

### BUSINESS SUPPORT

#### A1 Used Computers, repairs and updates

630 Queensberry St, North Melbourne  
0411 644 612

#### Odd Jobs – From Admin to Marketing

Unit 107, 2 Hawke St, West Melbourne  
0417 372 194  
[www.odd-jobs.com.au](http://www.odd-jobs.com.au)  
Facebook: OddJobsAus

### CAFES - DAYTIME

#### Affinity On Errol

116 Errol St, North Melbourne  
Mon 7.30am-4pm; Wed-Fri 7.30am-4pm; Sat & Sun  
8am-4pm  
9193 8227  
[www.affinityonerrol.com](http://www.affinityonerrol.com)  
Facebook: AffinityOnErrol  
Insta: @affinityonerrol

#### Apollo Cafe

109-111 Hawke St, West Melbourne  
Mon- Fri 6.30am-2.30pm; Sat & Sun 8am-2.30pm  
9068 5698  
[www.apollocafe.com.au](http://www.apollocafe.com.au)  
Facebook: Apollo Cafe  
Insta: @theapollocafe

#### Auction Rooms Cafe

103-107 Errol St, North Melbourne  
Mon-Fri 7am-5pm; Sat-Sun 7.30am-5pm  
9326 7749  
[www.auctionroomscafe.com.au](http://www.auctionroomscafe.com.au)  
Insta: @auction\_rooms

#### Beatrix Bakes

688 Queensberry St, North Melbourne  
Tues to Sat 9am-2pm  
0403 698 836  
[www.beatrixbakes.com](http://www.beatrixbakes.com)  
Insta: @beatrixbakes

#### Collector

Shop 4/522 Victoria St, North Melbourne  
Mon-Fri 7.30am-3pm; Sat 8am-3pm; Sun 8am-2pm  
0431 600 222  
[www.collectorcoffeewine.com](http://www.collectorcoffeewine.com)  
Insta: @collectorcoffeewine

#### Errol's

69-71 Errol St, North Melbourne  
Mon-Fri 7am-9.30pm; Sat-Sun 8am-9.30pm  
9326 6610  
[www.errols.com.au](http://www.errols.com.au)  
Insta: @errols\_nthmelb

#### Fandango Cafe

97 Errol St, North Melbourne  
Tues-Fri - 7.30am-3pm; Sat & Sun 8am to 3pm  
9329 0693  
[www.fandangocafe.com.au](http://www.fandangocafe.com.au)  
Facebook: fandangomelbourne  
Insta: @fandango3051

#### Hotham Juice and Gelati

29 Errol St, North Melbourne  
1pm to 10pm  
0426 390 328  
[www.hotham-juice-gelati.business.site](http://www.hotham-juice-gelati.business.site)  
Facebook: Hothamjuicegelati  
Insta: @Hothamjuicegelati

#### Le Bajo Milkbar

8-14 Howard St, North Melbourne  
Tue-Fri 7:30am-4pm, Sat & Sun 8am-3:30pm  
0435 565 124  
[www.lebajo-milkbar.square.site](http://www.lebajo-milkbar.square.site)  
Insta: @lebajo\_milkbar

#### Mörk Chocolate

150 Errol Street, North Melbourne  
Every day 10am-5pm  
9328 1386  
[www.morkchocolate.com.au](http://www.morkchocolate.com.au)  
Insta: @morkchocolate

#### Mr Tucker

17 Melrose St, North Melbourne  
Mon-Fri 7am-3pm; Sat & Sun 8am-2pm  
9328 5108  
[www.mrtucker.com.au](http://www.mrtucker.com.au)  
Facebook: mrtuckermelbourne  
Insta: @mrtuckermelbourne

#### Palette

610 Queensberry St, North Melbourne  
Every day 7.30am-3.30pm  
9326 8648  
Insta: @palette\_melbourne

#### Reynolds St Sandwich Bar

19 Reynolds St, North Melbourne  
Monday to Friday 6am -2.30pm  
9328 4741  
Insta: @reynoldsstsandwich

#### Snax Cafe

81 Errol St, North Melbourne  
Mon-Fri 8am-4.30pm  
9328 3994

#### Sublime Cafe

16 Errol St, North Melbourne  
Mon-Fri 8am-5pm; Sat 9am-4pm  
0419 875 724  
[www.sublimecaterers.com.au](http://www.sublimecaterers.com.au)  
Insta: @sublime\_cafe\_caterers

#### Toast Kitchen Cafe

13 Errol St, North Melbourne  
7 days 6am-2pm  
9329 9322  
[www.toastkitchencafe.com](http://www.toastkitchencafe.com)  
Insta: @toast\_kitchen\_cafe

#### Twenty & Six Espresso

594 Queensberry St, North Melbourne  
Every day 8am-3pm  
9326 9239  
[www.twentyandsix.com.au](http://www.twentyandsix.com.au)  
Insta: @twentyandsix

#### Wonky Trolley

47 Errol St, North Melbourne  
10am to 10:30pm  
0422 345 111  
[www.wonkytrolley.com](http://www.wonkytrolley.com)  
Insta: @wonky\_trolley

#### 279

279 Victoria St, West Melbourne  
Mon-Fri - 7.30am-3.30pm; Sat-Sun 8am -3pm  
0435 565 124  
[www.279victoriast.co](http://www.279victoriast.co)  
Insta: @279victoriast

### CARS/CAR REPAIRS

#### Melbourne North Service Centre

175 Arden St, North Melbourne  
9328 4237  
[www.mnsc.com.au](http://www.mnsc.com.au)  
Facebook: MelbNthServCentre

#### Nick Theodossi Prestige Cars

185 Arden St, North Melbourne  
9373 7777  
[www.nicktheodossi.com.au](http://www.nicktheodossi.com.au)  
Insta: @nicktheodossiprestige

### CATERING

#### Refresh Hospitality

56A Steel St, North Melbourne  
0402 401 611  
Facebook: refreshhospitalityx  
Insta: @refreshevents

#### Sublime Caterers

16 Errol St, North Melbourne  
0419 875 724  
[www.sublimecaterers.com.au](http://www.sublimecaterers.com.au)  
Insta: @sublime\_cafe\_caterers

### COMMUNITY GROUPS

#### Rotary Club of North Melbourne

Corner of Flemington Rd and Harker St, North  
Melbourne  
03 9329 2611  
Facebook: Rotary-North-Melbourne

#### The Centre: Connecting Community in North & West Melbourne

58 Errol St, North Melbourne  
Mon 10am-6pm; Tue-Fri 10am-3pm  
9328 1126  
[www.centre.org.au](http://www.centre.org.au)  
Facebook: @thecentrenorthwestmelbourne

#### West Melbourne Baptist Church & Community Centre

4 Miller St, West Melbourne  
8394 7139  
[www.wmbc.org.au](http://www.wmbc.org.au)  
Facebook: westmelbournebaptistchurch



# SHOP LOCAL

## – North and West Melbourne



**North & West  
Melbourne  
Precinct  
Association**

[northwestmelbourneprecinct@gmail.com](mailto:northwestmelbourneprecinct@gmail.com)

### EDUCATION/TRAINING

#### Knext Career Design

2 Hawke St, West Melbourne  
0466 443 534  
<https://knext.com.au>  
[tinai.colawai@knext.com.au](mailto:tinai.colawai@knext.com.au)

#### Logitrain

53 Dryburgh St, West Melbourne  
03 9191 1701  
[www.logitrain.com.au](http://www.logitrain.com.au)

#### MBG Education

70 Little Lothian Street North, North Melbourne  
0411 204 817

#### North Melbourne Language & Learning

Ground Floor, 33 Alfred St, North Melbourne  
9326 7447  
[www.nmll.org.au](http://www.nmll.org.au)  
Facebook: northmelblanguagelearning  
Email: [enquiries@nmll.org.au](mailto:enquiries@nmll.org.au)

### FASHION/DESIGN

#### CLOTHE Creative Patternmaking

0401 445 356  
[www.clothecreative.com](http://www.clothecreative.com)  
Facebook: clothecreative  
Insta: @clothecreative

#### Fabric Drawer

0413 819 206  
[www.fabricdrawer.com.au](http://www.fabricdrawer.com.au)  
Facebook: fabricdrawer  
Insta: @fabric\_drawer

#### Manfred's Shoe Lounge, shoes and repairs

62-64 Errol St, North Melbourne  
Mon-Fri – 8am-5.30pm; Sat- 9.30am-3pm  
9329 0715  
[manfredsshoolounge.com.au](http://manfredsshoolounge.com.au)  
Insta: @manfredsshoolounge

#### Martin Fella

556 Queensberry Street North Melbourne  
Wed/Thurs 11am-4pm, Fri 11am-5pm, Sat 11am-4pm,  
Sun 11am-2pm  
0411 641 269  
Insta: @martinfella

### GRAPHIC /WEB DESIGN

#### Avion Agency

134 Langford St, North Melbourne  
0403 660 716  
<https://avion.agency/>  
Insta: @avion\_agency  
Facebook: avion.agency

#### Studio Vico

1/97 Hawke St, West Melbourne  
0424 290 097  
[www.studiovico.com](http://www.studiovico.com)  
Insta: @studiovico

#### SWIM Communications, website design + digital marketing

134 Langford St, North Melbourne  
9326 8000  
[www.swim.com.au](http://www.swim.com.au)  
Insta: @swimcomm

### GROCERIES

#### Jean Greenie

79 Errol St, North Melbourne  
Tue-Fri 8am-6:30pm, Sat 10am-5pm, Sun 10am-3pm  
9042 0094  
[www.jeangreenie.com.au](http://www.jeangreenie.com.au)  
Insta: @jean\_greenie

#### 7/11

83 Errol St, North Melbourne  
9326 5095

### HAIR & BEAUTY

#### Airs + Graces Beauty

285 Victoria St, West Melbourne  
Tues & Thur 10am-8pm, Wed 10am-6pm, Fri 10am-7pm, Sat 9am-5pm  
[www.airsandgracesbeauty.com.au](http://www.airsandgracesbeauty.com.au)  
Insta: @airsandgracesbeauty

#### kenny and the sunshine girls, hairdressing

113 Errol St North Melbourne  
Mon 10am-5pm; Tues 10am-8pm; Wed 10am-6pm; Thur 11am-9pm; Fri 11am-6pm; Sat 9am-4pm  
9041 0143  
[www.kennyandthesunshinegirls.com.au](http://www.kennyandthesunshinegirls.com.au)  
Facebook: kennyandthesunshinegirls  
Insta: @kennyandthesunshinegirls

#### Meticulous Room, barber

95 Errol St, North Melbourne  
Tue-Wed 9am-6pm, Thurs-Fri 9am-8pm  
9052 4623  
[www.meticulousroom.com.au](http://www.meticulousroom.com.au)

#### Take Off Skin & Body

Level 1, 1-5 Errol St North Melbourne  
Mon 10am-6pm, Tue-Thurs 10am-8pm; Fri 10am-6pm,  
Sat 9am-4pm  
0400 114 992  
[www.takeoffskinandbody.com.au](http://www.takeoffskinandbody.com.au)  
Facebook: takeoffskinandbody  
Insta: @takeoffskinandbody

### HARDWARE

#### AWM, Electrical supplies

142-148 Stanley St, West Melbourne  
Mon-Fri 7am-5pm; Sat 8am-11am  
9329 8340

### HEALTH & FITNESS

#### BFT West Melbourne

97 Dudley St, West Melbourne  
Mon - Fri 5.30am-7.30pm; Sat 7.15am-noon  
0402 937 934  
[www.bodyfittraining.com/club/westmelbourne](http://www.bodyfittraining.com/club/westmelbourne)  
Facebook: @bft.westmelbourne  
Insta: @bft\_westmelbourne

#### evryfit

online only  
9005 6992  
[www.evryfit.com](http://www.evryfit.com)  
Facebook: evryfit  
Insta: @evryfit  
TicTok: [tiktok.com/@evryfit\\_tok](https://tiktok.com/@evryfit_tok)

#### F45 Training North Melbourne

409 Flemington Rd, North Melbourne,  
6am-7pm  
0418 528 777  
[www.f45training.com.au/northmelbourne](http://www.f45training.com.au/northmelbourne)  
Facebook: f45northmelbourne  
Insta: @f45\_training\_north\_melbourne

#### Fitin2it Personal Training

83-85 Flemington Rd, North Melbourne  
6am-9pm  
0406 454 750  
[www.fitin2it.com](http://www.fitin2it.com)  
Insta: @fitin2it\_personaltraining\_melb

#### Functional U

25 Stanley St, West Melbourne  
Mon-Fri 5.30am-8.30am, 9.30am, 4.30-7.30pm  
9077 6824  
[www.functional-u.com.au](http://www.functional-u.com.au)  
Facebook: FunctionalU  
Insta: @crossfitu

#### North Melbourne Football Club

204-206 Arden St, North Melbourne  
9320 2400  
Insta: @nmfcofficial

### HOMEWARES & GIFTS

#### Ace Antiques

555 Queensberry St, North Melbourne  
Tue-Sat 11am to 5pm  
0412 883 112  
[www.ace-antiques.com](http://www.ace-antiques.com)  
Facebook: Aceantiques  
Insta: @Aceantiques

#### Champ

631 Queensberry St, North Melbourne  
Appointment only  
0414 250 062  
[www.champ.co](http://www.champ.co)  
Insta: @champ.co

#### Metta Chai

104B Errol St, North Melbourne  
Tues 12-4pm; Wed - Fri 10am-4pm; Sat 10am-3pm; Sun 11am-3pm  
0435 916 058  
[www.mettachai.com](http://www.mettachai.com)  
Insta: @mettachai1

#### North Melbourne Books

546 Queensberry St, North Melbourne  
Tue-Fri 10am-5.30pm; Sat 10am-5pm; Sun 10am-4pm  
9041 4216  
[northmelbournebooks.weebly.com](http://northmelbournebooks.weebly.com)

#### SPIELEDLUXE

566 Queensberry St, North Melbourne  
11-4pm  
8394 7589  
[www.spieledeluxe.com](http://www.spieledeluxe.com)  
Facebook: spieledeluxe  
Insta: @spieledeluxe

#### Stranger Than Paradise

101 Errol St, North Melbourne  
Tues-Thur 10am-4pm, Fri 10am-5pm Sat 9am-3pm,  
Sun 10am-3pm  
0421 753 521  
[strangerthanparadisegifts.com](http://strangerthanparadisegifts.com)  
Insta: @strangerthanparadisegifts

#### The Artisans Bottega

317 Victoria St, West Melbourne  
Mon-Fri 9.45am-5.45pm; Sat 9am-1.30pm; Sun 10am-2.30pm  
Facebook: theartisanbottega  
Insta: @artisans.bottega

### MUSIC

#### Heartland Records

420/422 Victoria St, North Melbourne  
Tues-Wed 11am-5.30pm; Thurs-Fri 11am-6pm; Sat-Sun 11am-5.30pm  
9329 9636  
[www.heartlandrecords.com.au](http://www.heartlandrecords.com.au)  
Facebook: heartlandrecordsnorthmelbourne  
Insta: @heartlandrecords

#### The Violineri

309 Victoria St, West Melbourne  
Wed - Fri 10am– 6pm; Sat 9am-1pm and by appointment  
0481 463 373  
[www.theviolineri.com](http://www.theviolineri.com)  
Insta: @the\_violineri

### NEWSAGENCIES

#### North Melbourne Lotto

25 Errol St, North Melbourne  
Mon-Thur 7.30am-4pm; Fri 7.30am-noon;  
Sat 7.30am-4pm  
03 9328 3926

### PARTY/EQUIPMENT HIRE

#### Twotonmax

124 Langford St, North Melbourne  
0478 650 887  
[www.twotonmax.com.au](http://www.twotonmax.com.au)  
Facebook: twotonmax  
Insta: @two\_ton\_max

#### Room To Think, luxury toilet hire

234 Adderley St, West Melbourne  
0413 745 959

### PET SERVICES

#### Inner City Dawgs

17 Singers Lane, Melbourne  
Mon-Fri 9am-5pm  
0423 266 468  
Facebook: innercitydawgs  
Insta: @innercitydawgs

### REAL ESTATE AGENCIES

#### Alexkarbon Real Estate

122 Errol St, North Melbourne  
0488 773 312  
Insta: @alexkarbon\_realestate

#### Joseph Louis Realty

496 Queensberry Street, North Melbourne  
9329 5050  
[www.jlr.net.au](http://www.jlr.net.au)

#### W. B. Simpson & Son

30 Errol Street, North Melbourne  
9328 1213  
[www.wbsimpson.com.au](http://www.wbsimpson.com.au)  
Facebook: wbsimpson  
Insta: @wbsimpson\_realestate

### RESTAURANTS/BARS

#### Agraba Lebanese Mezze

69-71 Errol St, North Melbourne  
Mon-Sun 11.30am-9pm  
9329 0058  
[www.agraba.com.au](http://www.agraba.com.au)  
Insta: @agrababamezzebar

#### Benchwarmer bar

345 Victoria St, West Melbourne  
Tue-Fri 4-11pm; Sat 2-11pm  
9329 5979  
[www.benchwarmerbar.com.au](http://www.benchwarmerbar.com.au)  
Insta: @Benchwarmerbar

#### Bobbie Peels

351 Queensberry St, North Melbourne  
Tues-Thurs 4-10.30pm; Fri noon-11pm; Sat 4-11pm  
[www.bobbiepeels.com.au](http://www.bobbiepeels.com.au)  
Facebook: BobbiePeels  
Insta: @BobbiePeels

#### Drunken Poet

65 Peel St, West Melbourne  
Tues-Fri 3pm - 1am, Sat noon-1am, Sun noon-11pm  
9348 9797  
[www.thedrunkenpoet.com.au](http://www.thedrunkenpoet.com.au)  
Facebook: drunkenpoetmusic  
Insta: @drunkenpoetmusic

#### Errol's

69-71 Errol St, North Melbourne  
Mon-Fri 7am-9.30pm; Sat-Sun 8am-9.30pm  
9326 6610  
[www.errols.com.au](http://www.errols.com.au)  
Insta: @errols\_nthmelb

#### Hello Jose

85 Peel St, West Melbourne  
Tues-Sun 5pm - late  
9326 3934  
[www.hellojose.com.au](http://www.hellojose.com.au)  
Facebook: hellojose3003  
Insta: @hellojose\_au

#### Hotham Juice and Gelati

29 Errol St, North Melbourne  
1-10 pm  
0426 390 328  
Facebook: Hothamjuicegelati  
Insta: @Hothamjuicegelati

#### Le Taj Restaurant

70-74 Rosslyn St, West Melbourne  
Mon-Sun for dinner 5-10pm  
Tues-Fri for lunch 12-2pm  
03 9329 8402  
[www.letaj.com.au](http://www.letaj.com.au)  
Insta: @letajmelbourne

#### Three Crowns

365 Victoria St, West Melbourne  
Tues 4pm-11pm; Wed-Sun 12pm-12am  
9326 5033  
[www.threecrownsotel.com.au](http://www.threecrownsotel.com.au)  
Insta: @threecrownsotel

#### Town Hall Hotel

33 Errol St, North Melbourne  
Mon-Thurs 3pm-1am, Fri-Sun noon-1am  
9328 1983  
[www.townhallhotelnorthmelbourne.com.au](http://www.townhallhotelnorthmelbourne.com.au)  
Insta: @townhallhotelnorthmel

#### Westwood

313 Victoria St, West Melbourne  
Wed-Fri 3pm-late; Sat 8.30am-late; Sun 8.30-4pm  
9348 9406  
[www.westwood3003.com](http://www.westwood3003.com)  
Insta: @westwood3003

#### Willows & Wine

315 Victoria Street, West Melbourne  
Weds-Thur – 10am-9pm; Fri-Sat 10am-10pm;  
Sun 10am-7pm  
9958 8675  
[www.blackbooksbar.com](http://www.blackbooksbar.com)  
Insta: @willows.wine

#### Wonky Trolley

47 Errol Steet, North Melbourne  
10am - 10.30pm  
0422 345 111  
[www.wonkytrolley.com](http://www.wonkytrolley.com)

### SIGNAGE & DIGITAL PRINTING

#### Alpha Lewis Signs

242 Dryburgh Street North Melbourne  
9329 1244  
[www.alphalewisigns.com.au](http://www.alphalewisigns.com.au)  
Insta: @alphalewisigns

### TATTOOISTS

#### Vic Market Tattoo

324 Victoria St, North Melbourne  
9326 5530  
[www.vicmarkettattoo.com](http://www.vicmarkettattoo.com)  
Facebook: vicmarkettattoo  
Insta: @vicmarkettattoo



# The Centre courses and activities (June-Sept)

**The Centre: Connecting Community in North & West Melbourne hosts programs and activities for local residents. All programs require booking in advance, especially for COVID-safe reasons. Book online at [www.centre.org.au](http://www.centre.org.au), by phone on (03) 9328 1126 or in person at The Centre, 58 Errol Street, North Melbourne. If you have an idea for a course or activity or if you have some skills that you would like to share with others, please contact us.**

## Health & Wellbeing

### Pilates

Pilates aims to improve your awareness of how to use your body correctly and strengthen your postural muscles to allow you to support your spine. Pilates classes are graded so it is possible to find the level that suits your ability, experience or limitations. Exercises can be adjusted to suit all ages. Graded classes are taught by experienced physiotherapists Sue Gertzel and Fernanda Cury from City North Physiotherapy.

### Intro to Pilates/Rehab

Suitable for those who are completely new to Pilates or have an injury. Program includes posture basics, finding your neutral spine, weight bearing, abdominal activation and breathing.

**Tuesdays 8 pm-9 pm**  
**(starting 13 July for 10 weeks)**  
**Meat Market, 5 Blackwood St,**  
**North Melbourne**

### Beginners

The basics are still covered but some knowledge is assumed. Over the term the exercises will progress to more challenging options as you build strength and flexibility.

**Thursdays 5.30 pm-6.30 pm**  
**(starting 15 July for 10 weeks)**  
**Meat Market, 5 Blackwood St,**  
**North Melbourne**

Pilates and Older Adults Exercise Classes: \$19.70 (\$14.40) per class when booking for the term.

**Can't wait until July? Some spots available immediately. Check [www.centre.org.au](http://www.centre.org.au)**

**Health & Wellbeing classes run via Zoom if government restrictions prevent in-person gatherings**

### Intermediate

This class provides the next step up with more challenging exercises. Strengthen your postural muscles and exercise in a manner that is safe for all your joints.

**Tuesdays 5.30 pm-6.30 pm**  
**(starting 13 July for 10 weeks)**  
**Thursdays 8 pm-9 pm**  
**(starting 15 July for 10 weeks)**  
**Meat Market, 5 Blackwood St,**  
**North Melbourne**

### Intermediate Plus

Our hardest class is suitable for people with a good level of body awareness and strength. Designed to improve your trunk strength and provide a really stable base for your other sports or daily activities.

**Thursdays 6.45 pm-7.45 pm**  
**(starting 15 July for 10 weeks)**  
**Meat Market, 5 Blackwood St,**  
**North Melbourne**

### General Pilates

A class that caters for all levels of experience.

**Tuesdays 6:45 pm-7:45 pm**  
**(starting 13 July for 10 weeks)**  
**Meat Market, 5 Blackwood St,**  
**North Melbourne**  
**Wednesdays 9:15 am-10:15 am**  
**(starting 14 July for 10 weeks)**  
**Legion Hall, George Johnson Lane**  
**(behind North Melbourne Library)**

### Older Adults Exercise

A general strengthening class for those 60+. Includes low impact aerobics, balance exercises, strengthening exercises using exercise band resistance for all parts of the body. Suitable for people of all abilities.

**Wednesdays 10.30 am-11.30 am**  
**(starting 14 July for 10 weeks)**  
**Fridays 12.15pm - 1.15pm**  
**(starting July 16 for 10 weeks)**  
**Legion Hall, George Johnson Lane**  
**(behind North Melbourne Library)**

### Young @ Heart Dance Club

Join Catalina for a fun dance class for seniors. One part zumba, one part cha-cha-cha and three parts laughter. It's a super-fun community event, where you can meet other local seniors. All levels, genders, abilities and dance skills welcome. It's a follow-the-leader format and no partner is required. Improve co-ordination, keep active, learn new dance steps and dance to beautiful music from all over the world. Bring your friends along.

**Wednesdays 12 noon – 12.45 pm**  
**(starting July 14 for 10 weeks)**  
**Legion Hall, George Johnson Lane**  
**(behind North Melbourne Library)**

\$15 (\$12 Concession) per class when booking for the term.



**Improve coordination, keep active and learn new dance steps at the Young @ Heart Dance Club.**



## Computers, Tech & Digital

### Computers: Beyond Basics

Learn how to take your computer beyond basics: Windows 10 settings, updates, backups, cloud computing and using your computer to enhance productivity. *Cost: \$60 (\$45 Concession)*

**Wednesdays 10 am-12.30 pm**  
**(starting 21 July for eight weeks)**  
**The Centre, 58 Errol St, North Melbourne**

### Mobiles: Work & Play

Lean more about your device and how to use it to organise your work and home life on the go. Calendar, email, accessing files, social media and online accounts. *Cost: \$30 (\$20 Concession)*

**Wednesday 1pm-3pm**  
**(starting 4 August for six weeks)**  
**The Centre, 58 Errol St, North Melbourne**



## Out and About

### Walk Together

A walk for neighbours around the neighbourhood. Join 'Mrs North Melbourne' Lorna Hannan for a short walk around North Melbourne. Learn about the hidden history of those places you walk past every day. **FREE**

**Last Saturday of the month 10 am-11 am**  
**Leaving from The Centre, 58 Errol St, North Melbourne**



Also see 'To Market To Market' in FOOD and Centre Adventures in FOR SENIORS.

## For Kids

### Home Away From Homework Club

Friendly and inclusive, students come to complete their homework (or our extra material) with the assistance of tutors. There are also games, and a nutritious snack and drink provided. For children in Grades 4 to Year 9. **FREE**

**Wednesdays 3.30 pm-5 pm**  
**– The Centre, 58 Errol St, North Melbourne**  
**Wednesdays 4.30 pm-6 pm**  
**– North Melbourne Language & Learning,**  
**33 Alfred St, North Melbourne**

### Costs:

We don't want cost to be a barrier to participation. Those with the means are encouraged to pay a bit more so that others can also participate. Some programs have fixed costs but The Centre is trialling 'Pay What You Can' for new programs. Contact the Centre for more information. Programs with low interest may not go ahead.

## Creative Arts

### Sing NoW Community Choir

A renewed version of the much loved Errol's Angels. Join new music director Jane York in this all-ages, in-person community choir. The choir sings beautiful arrangements of popular songs from 1960s to the present day. No previous experience required.

*\$17.50 (\$11 Concession) per session when booking for the term.*  
**Thursdays 7 pm-8.30 pm (starting 17 July for 10 weeks)**  
**Sokol Melbourne, 497 Queensberry St, North Melbourne**

### Music & Munch

Bring your current favourite music track. Share what you love about it and expand your musical knowledge by listening to others. Every genre is welcome. BYO dinner. First session free. Then \$5/session.

**Monthly on last Wednesday of the month 7 pm-8.30 pm**  
**The Centre, 58 Errol St, North Melbourne**

### Human Library

Share Your Story. Our suburb is full of incredible stories and most of them aren't in books. Learn how to share your story with others, including public speaking coaching and participate in our Human Library project. **FREE**

**Fortnightly Mondays 1 pm-3 pm**  
**The Centre, 58 Errol St, North Melbourne**

## For Seniors

### Community Morning Teas

Join this group of multicultural seniors for an informal chat over morning tea – a place where friendships can flourish. Sometimes with a guest speaker. \$5 per session.

**1st Tuesday each month, 10 am – 12 noon (ongoing)**  
**The Centre, 58 Errol St, North Melbourne**

### Centre Adventures

Visit historical, cultural or horticultural places of interest and significance. Normally a full-day bus trip, Centre Adventures are a great way to socialise and get out beyond the everyday. \$43 (\$33 Concession), including lunch.

**4th Tuesday each month 9.30 am – 5 pm**  
**Departing from The Centre, 58 Errol St, North Melbourne**

## Food

### To Market, To Market

With Queen Victoria Market on our doorstep, North and West Melbourne residents are lucky shoppers. Learn some history, meet the stallholders and most importantly stock up on good value, healthy produce. **FREE**

**Second Thursday of the month 11 am – 1 pm**  
**Departing from The Centre, 58 Errol St, North Melbourne**

Also see 'Music & Munch' in CREATIVE ARTS







# Take a walk into our history

## 1 North Melbourne swimming pool

Macaulay Road

There has been a pool on this site for more than 100 years. The old folk told us that Sir Frank Beaurepaire (a six-time Olympian from 1908-1924, three silver and three bronze) had done a demonstration swim at the opening of an earlier pool. Sir Frank was a lord mayor of Melbourne and helped plan Melbourne’s 1956 Olympics. Sadly, he died just six months before the Games began.

## 2 Throw Like a Girl mural

North Melbourne Recreation Centre, Arden Street

Walk down Arden Street towards Kensington and you’ll find the wonderful *Throw Like a Girl* mural on the brick wall of the Recreation Centre. The strong, colourful lines capture the ebullient spirit of North Melbourne’s women’s football team. For current news or more information, check their website: [www.nmfc.com.au/teams/aflw/players](http://www.nmfc.com.au/teams/aflw/players). The mural, by artist Gert Geyer, was commissioned by Women’s Health Victoria to promote female participation in sport.

## 3 Arden Street Oval

Arden Street

The Arden Street Oval has been the home of the North Melbourne Football Club since 1869. Walk along Arden Street and trace the footsteps of the thousands of Melburnians who came by tram or train when footy was a strictly suburban and Saturday afternoon affair. North, originally called the Shinboners until club legend Phonse Tobin named them the Kangaroos in the 1950s, played home games here until 1985.

## 4 North Melbourne FC trophy display

Club administration area, 204-206 Arden Street

Steps lead up from Arden Street to the entrance to the club administration area and also to North Melbourne Recreation Centre and the community gym. Walk in and look to your right just inside the entrance. You’ll see a cabinet of impressive trophies that reflect big moments in the history of North Melbourne Football Club. Not all are labelled but you can read the inscriptions on various cups and

*This is the third in a series of walks around the area written by Lorna Hallan.*

trophies and admire the detailed decoration. Look closely and you’ll find an ancient Sherrin football. In 1879 saddler Tom Sherrin opened his factory in Collingwood and began making footies to his own unique design. The business passed down through the family to grandson Tom until it was sold in 1972. However, after an extraordinary 141 years, the Sherrin football remains Aussie Rules’ official ball. It is one of our truly national sport’s most iconic symbols.

## 5 The Fogarty Street corner

Corner of Fogarty and Arden streets

Fogarty Street was named after one of North Melbourne’s most famous sons. Thomas Fogarty (1836-1900) arrived in Melbourne from Ireland in his early 20s and became prominent in business and public life. He was a Hotham councillor for 32 years and served four terms as mayor. Four of his six sons played in VFL teams and one of them, Andrew Christopher (“Chris”) was killed on Gallipoli, just weeks before the evacuation.

## 6 Bowens Timber

Macaulay Road

Walk along Fogarty Street to Macaulay Road and you’ll see Bowens Timber, a family-run business that has served North Melbourne for 126 years. The founders came from Ireland and the business has stayed in the family for four generations, through depressions and world wars. It remains a market leader, supplying the largest variety of quality timber and building supplies in Australia, and has been a long-time supporter of the Kangaroos.

**Want to know more?**  
Hotham History Project researches and records the history of our surroundings and runs regular events – walks, talks and workshops. A number of books it has published can be purchased through the website. The Project is keen to attract new members and encourage people to participate in whatever way they can. Details: [www.hothamhistory.org.au](http://www.hothamhistory.org.au)







The *North & West Melbourne News* is a quarterly publication produced by volunteers predominantly from North and West Melbourne. 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 considered unsuitable or when space is limited. Send articles by email to [editorial@centre.org.au](mailto:editorial@centre.org.au). Please send photographs of suitable resolution for reproduction 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 distribution

The *News* is distributed free throughout North and West Melbourne. Get in touch if you know of anyone not receiving their copy. Further copies are available from The Centre, the North Melbourne Library and online at [www.centre.org.au](http://www.centre.org.au). Subscriptions are available at the rate of \$20 per year (four issues) sent anywhere in Australia.

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.

**Editor:** Maurice Gaul

**Production:** Anne Burgi

**Advertising:** Janet Graham

**Distribution:** Rashi Jain

**Proofreader:** Suzie Luddon

**Writers:** Michelle Brett, Elise Cara, Shannon Colee, Lizzy Footner, Stephen Hatcher, Very Impressive, Alexandra Kent, Harriet Lancaster, Nancy Lane, Annette McQuarrie, Laura Misale, Joe Misuraca, Nicole Pereira, Flora Sciarra, John H. Smith, Gavan Tobin

**Publisher:** Ariel Valent

**Circulation:** 7,500

Printed by Express Print  
5 Jones Road, Morwell 3844

# Emerging into a changed neighbourhood

COVID-19 continues to dominate our lives, and recent events in North and West Melbourne show how quickly our lives can be impacted.

The Centre made the most minimal restrictions in autumn 2021 as our programs developed and flourished.

Our three Homework Clubs have been lively (but not too lively to get the homework done!), pilates courses are in full swing (in person or online) and the Errol Street classroom busy with people progressing towards job readiness and digital proficiency.

Thanks to all who attended our special events.

The Spanish Language Fiesta in March was a triumph (once the rain cleared) and the Anzac Day ceremony was solemn and memorable.

More than 100 people attended the Come & Try Day in April, with everything from children's playgroups to photography on offer. It was a chance for locals to try something new and to meet some of their neighbours. It was also a

## FROM THE CENTRE DIRECTOR Ariel Valent



chance for The Centre to test out some new programming ideas. Some sessions that showed real promise and are now part of our program include:



Adam Bandt speaking on Anzac Day.

- Seniors Fun Dance with Catalina Gonzalez
- North & West Melbourne Bicycle Users Group
- Historical Walks.

Check pages 20-21 to see how you can participate in these and other courses and activities.

Even though the days are shorter as we have moved into winter, we are already thinking about spring.

For more than 40 years The Centre has run the Spring Fling Festival. In recent months I have spoken with many residents and business people and, after much discussion, The Centre board of management has decided to reinvent Spring Fling for 2021.

With the theme of 'Regrowth', this year's festival will be built on the principles of connection and creativity.

It will have a mix of outdoor and

indoor components that will span both day and night.

Most importantly, the event will both reflect and celebrate our local community. To that end, I am asking for your involvement. You are invited to think about how you, your family, household, friends, neighbours, community groups and businesses might get involved.

Do you sing or dance? Perhaps you can help construct something? Or can you inspire a group of young people? Perhaps you have marketing smarts, or can simply give to the crowdfunding campaign? Check page 3 to see how you might get involved.

As I write, it is Volunteers Week. Volunteering is the lifeblood of The Centre and of so much of our community life. For example, this newspaper is produced entirely by volunteers.

Congratulations to all of you who give back to our local community. If you are asking yourself how you could contribute, contact The Centre and we will guide you in the right direction.

## Tell us what you think of the News

Could you please spare 5-10 minutes to share your views on *North & West Melbourne News*? This survey will help make sure the *News* is the local paper you want.

[www.surveymonkey.com/r/QXF2NBQ](http://www.surveymonkey.com/r/QXF2NBQ)



### NWMN advertisement sizes and rates for 2021

Size	Colour	Mono
Full page (24 cm wide x 34 cm high)	\$1732.50	\$1457.50
Half page (24 cm wide x 17 cm high or 12 cm wide x 34 cm high)	\$841.50	\$731.50
One-third page (24 cm wide x 12 cm high)	\$610.50	\$533.50
One-quarter page (24 cm wide x 8.5 cm high or 12 cm wide x 17 cm high)	\$451.00	\$390.50
One-eighth page (12 cm wide x 8.5 cm high)	\$225.50	\$198.00
One-16th page (12 cm wide x 4 cm high)	\$121.00	\$104.50
Business card (in Services Directory) (9 cm wide x 5.5 cm high)	\$104.50	\$88.00

- Prices inclusive of GST
- Book a repeat advertisement for four issues for a 20% discount, total amount payable at time of booking.
- Prices are for supplied artwork (high-resolution PDF). Layout services are available — talk to us about how we can help.
- The *News* reserves the right to reject advertising bookings that are outside the standards for a community-based publication.
- Email [Advertising.NWMN@outlook.com](mailto:Advertising.NWMN@outlook.com) for info and bookings.

## 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](mailto:admin@centre.org.au).

## Get vaccinated at cohealth West Melbourne

Getting vaccinated is the most effective way to protect the whole community from COVID-19 and control the spread of the virus.

cohealth West Melbourne is a dedicated AstraZeneca clinic providing vaccinations for the priority groups in Phase 1a and Phase 1b of the vaccine rollout. These include:

- Adults aged 50 years and over (bring ID with proof of age).
- Others who have a doctor's certificate proving eligibility.

People who have had the first dose of AstraZeneca without any serious side-effects can receive the second dose. This should take place about 12 weeks later. The person giving you your vaccination will tell you when you need to have the second injection.

The vaccination process takes about 30 minutes to one hour. The busiest periods are mid-morning to lunchtime and again after 3.00pm. You can walk in but bookings are preferred.

**Book an appointment on 9448 5557**

**cohealth centre West Melbourne**

**98 Abbotsford Street, West Melbourne**

**Open Monday to Saturday, 8.30am to 8.00pm**

Note: The Australian Government recommends the Pfizer vaccine in adults aged under 50 years. For more information, phone the coronavirus hotline on 1800 675 398.

## Send contributions, letters and feedback to:

**North & West Melbourne News**

**The Centre, 58 Errol Street, North Melbourne 3051**

**Email:** [editorial@centre.org.au](mailto:editorial@centre.org.au) **Telephone:** 9328 1126

**SPRING 2021 ISSUE**

**Contributions deadline: Friday 20 August**

**Publication date: Friday 17 September**

**SUMMER 2021 ISSUE**

**Contributions deadline: Friday 5 November**

**Publication date: Friday 3 December**



# Young women power up with new program

Danielle Johnson

Hotham Mission has recently launched a WomEmpower program, which includes activities such as fashion and textiles, yoga and Pilates, trivia and social dinners.

The mission is a faith-based, non-profit organisation that has provided education support, food relief and other programs to assist young people and their families in North Melbourne for more than 100 years.

The innovative program is aimed at young women between 16 and 23, from all walks of life, in North Melbourne and nearby areas. Participants will shape the way it works.

Hotham Mission's community development coordinator, Joey Rebakis, says a key aim is to provide a safe space for them to come together to socialise in the local community and engage in fun activities.

WomEmpower will be an opportunity for participants to meet new people and to break the social isolation due to lockdown.

"We invite those interested to contact Hotham Mission and have a chat through social media. Or just come along to the program on a Wednesday between 5pm and 8pm at the Kensington YMCA," Joey says.

The program is free, run by professional staff and includes a light meal.

Danielle Johnson is co-facilitator of WomEmpower.

### Want to know more?

Contact Hotham Mission via its website [hothammission.org.au](http://hothammission.org.au) or phone 9326 8245.

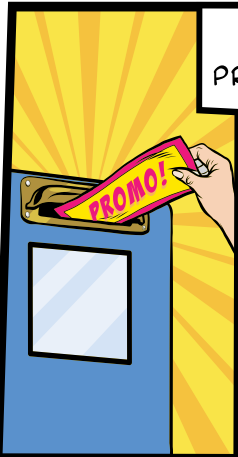


# Laneways alive with festive spirit

Photographer Jim Weatherill was out and about for the Spanish Language Fiesta at the end of March.



WomEmpower co-facilitator Danielle Johnson preparing resources.



THE ADVENTURES OF... YOUR LOCAL CREATIVE HEROES!

- WEBSITE DEVELOPMENT
- SOCIAL MEDIA
- GRAPHIC DESIGN & PRINT
- EMAIL CAMPAIGNS
- MOBILE WEB
- ECOMMERCE STORES

03 9326 8000

HELLO@SWIM.COM.AU

134 LANGFORD ST, NORTH MELBOURNE

**swim**  
COMMUNICATIONS  
[www.swim.com.au](http://www.swim.com.au)