

EAST MELBOURNE JOLIMONT

community magazine

3002

MFB

**COMMUNITY
CHRISTMAS PARTY
6 DECEMBER**

*Grand designs
Living in 3002*



east melbourne group

SUMMER
2015/2016

EAST MELBOURNE JOLIMONT³⁰⁰² community magazine

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east melbourne group

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Father Christmas at the 2104
East Melbourne Christmas party

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With financial assistance from



**CITY OF
MELBOURNE**



Murray Hohnen enjoying a sizzling sausage with his grandson at the pop up market.

Our secret is out

Well, it seems from recent Age articles that the rest of Victoria has discovered part of our secret. We are officially Melbourne's most liveable suburb.

BY MURRAY HOHNEN

President East Melbourne Group

We ticked the boxes for so many of the empirical values surveyed. Happily part of our secret remains. There was no box or line of questions concerning the people side of the suburbs of Melbourne. Nothing on things like community, culture, governance, knowledge and wisdom, health, spirituality and psychological welfare, a balanced use of time, and harmony with the environment. What the Bhutanese call their GNH or gross national happiness. These are things that many of us in our suburb think are fundamental to its liveability.

In another part of the same paper East Melbourne was described as having 'almost no shopping, schools or cafes of its own.' How wrong is that? For a tiny suburb we have a thriving café culture as well as several restaurants, a bar and bottle shops, a general store, pharmacy and small supermarket. And this ignores the florist, the vet, the post office and dry cleaner and our first class medical facilities. Yes, sadly there is no longer a school thanks to some lack of forward planning, but there are three kindergartens and a playgroup that serve us well. Perhaps we need to hold the contribution of our local business owners who are so very much part of our liveable suburb as our last secret.

If you did not see the Age articles they are available at **emg.org.au**

Yarra Park

One issue that has attracted the interest of members and other residents of late concerns Yarra Park and its use during AFL grand final week. The EMG received a number of complaints.

One member wrote of looking out from Vale Street over a desolate Yarra Park. 'The 'funfair' in the week preceding the AFL grand final was noisy, disruptive and has left the park a complete dust bowl.' Our correspondent found it 'incomprehensible that East Melbourne, indeed Vale Street residents were not notified or consulted at any stage.'

Clearly there were mixed views as other people who use the park on a daily basis commented on how impressed they were with the clean up afterwards and that it was wonderful to see Yarra Park being used as a people's park as it was originally intended.

You may not be aware that Yarra Park is listed on the state heritage register. The area

registered was part of a more extensive area set aside many years ago by people of vision who saw a need for green places for the community. Until recent years the park was managed by the City of Melbourne and there was a process by which events and changes were made the subject of consultation with stakeholders including the East Melbourne Group.

In more recent times, the state has vested management of the park in the MCG Trust and while the Trust has much to be proud of including recent works to nourish the lawn areas, the EMG has two major complaints. The first is that this heritage park is still regularly being used as a parking lot which causes much damage and limits people using it safely. The second, there are no adequate processes in place for consulting with other park stakeholders and in particular the neighbours and community who share the park.

There are many ways in which these complaints could be answered and we would be more than happy to participate in a search for solutions.

I think there is a certain inevitability that Yarra Park will be returned to the community. It is fundamentally wrong that a heritage asset of importance to all Victorians can be misused as it is.

An alternative will be found. Perhaps a car park and sporting plaza over the railway land between the MCG and the rest of the expanding sporting precinct. There must be a place to accommodate the cars that currently cut up the park and a place to temporarily house the structures that pop up like mushrooms at grand final time.



Yarra Park AFL Grand Final festivities.

A special East Melbourne community event

Twilight Christmas Party



The 2015
East Melbourne
Community
Christmas Party

Sunday 6 December from 4.30pm

On the lawns at Bishopscourt, on the corner of Clarendon and Gipps Streets East Melbourne.

Gather family, friends and neighbours for this unique community event of good food and entertainment in a wonderful environment.

A small **entry fee of \$5 per head** will be collected at the gate.

If you want a delicious **spit roast dinner** of tender Black Angus beef and free range Otway pork and a tempting variety of salads and hot potato, you **MUST PRE ORDER BY 2 December** at www.emg.org.au

\$22 a head. Vegetarian option available. A sausage sizzle will be available for the kids.

Alternatively, you can join in the fun without ordering a meal.

As the sun goes down you can buy **drinks** from the pop up **Tippler & Co** bar, get a decent **coffee** from the **East Melbourne General Store** pop up café and a slice of fabulous **homemade cake** prepared by the wonderful cooks of our suburb.

- * Gates open from 4.30pm
- * Children's entertainment from 4.30 – 6.30pm
- * Different styles of music throughout – jazz, show tunes, carols,
- * Dinner served from 6pm
- * Father Christmas arrives at 7pm
- * The fun will continue until dark

Some seating will be available but to be sure, BYO chair or picnic rug.

Donate a gift card at the event suitable for Anglicare to distribute to a teenager at Christmas.

The East Melbourne Group is hosting

this event with the gracious support of Philip and Joy Freier who have opened up the grounds of their home for this community event. Any funds raised will go towards helping the Group continue its work to protect, enhance and connect our neighbourhood, and to enhance the gardens at Bishopscourt.

There will be a raffle on the night of the community Christmas party with **prizes kindly offered by local people and businesses including:**

- * a **Christmas hamper** with everything you'd need for a wonderful celebration,
- * a **voucher for two to dine at No 35 Restaurant** located within Sofitel on Collins,
- * an **accommodation voucher** at the newly refurbished **Adara Apartments** in East Melbourne
- * a **Chocolate Box** hamper.

The generous support of local businesses is helping to make this event possible



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THE GARDEN AT PARK HYATT MELBOURNE

ESCAPE TO ONE OF THE CITY'S BEST KEPT SECRETS THIS SUMMER.

Whether you're celebrating a special occasion or looking for an excuse to catch up with friends, soak up the sunshine and take in the open air of this peaceful inner city retreat. Open daily from 10am; enjoy lunch, light tapas, draft beer and cider, or a refreshing summer cocktail prepared at our outdoor bar.

To find out more about dining in *The Garden* phone 03 9224 1211 or email phmelbourne.radii@hyatt.com

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Grand Designs

The 5x4 Hayes Lane Project is a unique, East Melbourne dwelling set on an unusually small footprint - 5 x 4 meters!

*R*alph Alphonso, owner builder of this project also acted as project manager.

The motivation for the *5x4 Hayes Lane Project* was to utilise a small, urban footprint of land to construct a livable dwelling.

The *5x4 Hayes Lane Project's* endeavor was to do all this in an environmentally responsible manner, looking at the whole life cycle of the dwelling - from conception to decommission. The entire build was designed, built and powered with passive and active eco-driven processes, materials and performance considerations.

The project brought together various specialists in their respective fields to contribute to the success of achieving these goals.

Whilst maximising the use of the limited space, the building does not sacrifice functionality and an aesthetically grounded contemporary design.

Because this project was experimental and innovative, all the designs, processes and materials are shared on a website fivexfour.com to benefit the entire construction industry with the intention that the knowledge gained throughout the build process can be used as a vehicle to showcase, demonstrate and inform.

The *5x4 Hayes Lane Project* demonstrates and encourages discussion around sustainable living, a healthy form of densification in the city of Melbourne and how to achieve it through best practice design and living.

The *5x4 Hayes Lane Project* was aired on *Grand Designs Australia* on 5 November. The episode which followed the journey of the build was the first in the sixth season of the show. Project partners and neighbours got together in Hayes Lane to watch the episode which was projected onto the exterior of the building.





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GETTING TO KNOW THE



I was just heading up the path towards the old 'Bandstand' when I heard it. Keek, keek, keek repeated several times. I scanned the treetops above but decided it was just an Indian Myna and walked on. Then it came again. I looked skywards and saw a raptor circling high above and my heart skipped a beat. I quickly turned back toward the call and saw a large, fluffy, tan and buff coloured fledgling standing awkwardly on an exposed branch with wings extended. It even had an eggshell still stuck to its belly. Fantastic, the Brown Goshawks have returned to the Fitzroy Gardens to breed!

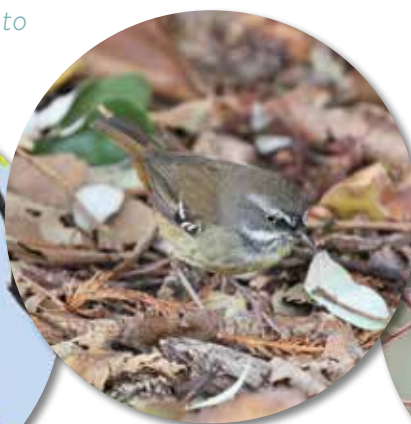
Brown Goshawks are not rare or endangered but we don't see them every day in our inner city parks. Since developing an interest in bird watching, and getting a pair of binoculars, I have discovered a new world with a kaleidoscope of colours, shapes, sizes, behaviours and song. This year, in East Melbourne, apart from the regulars, I have seen nesting pairs of Brown Thornbills, White-browed Scrubwrens, Eastern Spinebills, Grey Fantails and Spotted Pardalotes. These smaller birds prefer thicker bushes and can easily be seen and heard on the hill behind the Dolphin Fountain, and in the bamboo and bushes surrounding the pond near Cooks' Cottage in the Fitzroy Gardens. In the last few years, these gardens have also played home to Buff-banded Rails and Powerful Owls. In Yarra Park I have regularly observed Masked Lapwings, Grey and Pied Currawongs, Grey Butcherbirds and Crested Pigeons.

Last year I joined 'Birdlife Australia' and have learned so much from the experienced and welcoming members of the Melbourne branch on their regular local outings. Being interested in birds has added another layer of richness to my outdoor experiences. I am constantly scanning the trees and sky, and my ears are tuned to the music of nature, which was previously ignored.

Spring and summer are great times to observe our local birds so grab a pair of binoculars and see what is living in East Melbourne! For inspiration, try the website birdsinyard.net.



GOSHAWK



SCRUB WREN



FANTAIL

BY KATHY ZONNEVYLLE

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9415 8288

Source: Changing Places,
East Melbourne
Historical Society
(2013). Available for
sale \$10: embs.org.au



EASTBOURNE HOUSE

full of history

BY SYLVIA BLACK

Eastbourne House, 62 Wellington Parade, was built for Dr Samuel Peacock in 1903, as residence, consulting rooms and small private hospital, plus coach house and stables. The two houses at 8 and 10 Simpson Street were built at the same time.

The buildings are in the Art Nouveau style, and of particular note are the terrace balconies decorated with graceful, self-referencing wrought iron resembling peacock tails.

The premises became notorious in 1911. On 9 August that year, 27 year old Mary Davis, five months pregnant, was admitted to Eastbourne House Private Hospital. Her lover, Clifford Poke, visited her there on several occasions, but on 21 August he was not admitted, as her condition was too weak. She was never seen again.

Suspecting that Dr Peacock may have committed an illegal abortion which Mary failed to survive, the police pulled up floorboards, stripped walls and examined pipes and fixtures. Dr Peacock's several country properties were also searched. No trace of Mary was found and on 30 August, Dr Peacock was charged with her murder.

Three trials followed: the first jury found Dr Peacock guilty, the first time in Victoria's legal history that a murder conviction had been obtained without a body. A successful High Court appeal granted a second trial in which the jury failed to agree. In a third trial, the jury remained doubtful, leading to Dr Peacock's acquittal. He ceased practice at Eastbourne House in 1919, although stories of Mary's ghost remain.

The houses became flats, and in 1955, the coach house and stables were converted into a restaurant: the famous Balzac, run by Georges and Mirka Mora, with artist Charles Blackman serving as short-order cook. In 1958 Balzac was granted the first liquor licence in Victoria that allowed alcohol to be served with meals until 10 p.m.

In 1981 new owners gained commercial re-zoning causing members of the newly formed Squatters' Union to occupy the buildings as a protest about the injustice of converting homes into offices when rental housing was in short supply. Coming full circle Samuel Peacock's remarkable buildings are now leased largely as medical suites providing services such as a GP clinic, psychology, psychiatry, physiotherapy and allied health services.



BY BILL GILLIES

The new tram stop in Wellington Parade was recently completed by Yarra Trams. Although there has been loss of car parking spaces on both sides of Wellington Parade the status of some parking spots outside Powlett Street has changed, so the parking loss has not been as great as anticipated.

As well, not disclosed on the plans provided in consultation, is a concrete bar that runs from Clarendon to Powlett Street, which means that traffic in and out of the Pullman Hotel cannot do a U Turn and travel back into the city, increasing traffic through residential Powlett and George Streets.

The City of Melbourne and Yarra Trams have asked VicRoads to remove the bar. We support them and await to hear from VicRoads.

The East Melbourne Group (EMG) is carefully assessing the impacts of those changes.

No planning permit was required for the tram stop, but a planning permit is

required for proposed advertising on the tram stop.

The Group opposes any advertising as it will detract from Wellington Parade and the vista across to Yarra Park. An objection has been lodged with the City of Melbourne. A decision has not yet been made. Imagine if the fence along the railway line was used for advertising. EMG is currently making enquiries about the advertising signs which seem to randomly appear near the corner of Clarendon St and the rail bridge.

The Group awaits the first test of the new tram stops usefulness in helping to better control large crowds heading to and from the G when the Boxing Day Test starts.



CHRISTMAS DAY BUFFET

LUNCH BUFFET

\$220* per adult, \$89* per child
12:30pm until 3:30pm

DINNER BUFFET

\$180* per adult, \$79* per child
6:00pm until 10:00pm

*Children under 5 years dine free. Price is all inclusive. Price is all inclusive. No further discounts apply.

Address: 192 Wellington Parade,
Melbourne VIC 3002.

For more information or to make your
Christmas booking, contact our events team
via email at H9875-sb6@accor.com

 **pullman**
HOTELS AND RESORTS
MELBOURNE ON THE PARK

POP UP RECYCLE MARKET

BY SARAH BAIRD

The inaugural East Melbourne Community Pop Up Pre-Loved Market kicked off well before sunrise on Saturday 24th October, with dedicated cooks preparing fresh home-made scones for the Devonshire tea for the big day.

Melbourne provided a perfect spring day for the event, which allowed more than 30 locals to set up shop in anticipation of a big selling day.

With tables booked to capacity and a long waiting list, it's safe to say the market was wholeheartedly embraced by locals ready to buy and sell pre-owned treasures.

Eager shoppers began arriving well before the advertised 10am start time, hoping to snap up the best bargains from the extensive array of recycled goods available.

The crowds who flowed in throughout the day were able to browse a diverse range of pre-loved goods including, but certainly not limited to, books, clothing, toys, collectables, handcrafted and rare gems, ready to be given a new home.

The Holy Trinity Church was a buzz of activity and the positive atmosphere was contagious. The barbecue was working overtime churning out sausages for the visitors and, a quick dash to the supermarket was required mid-morning to replenish supplies!

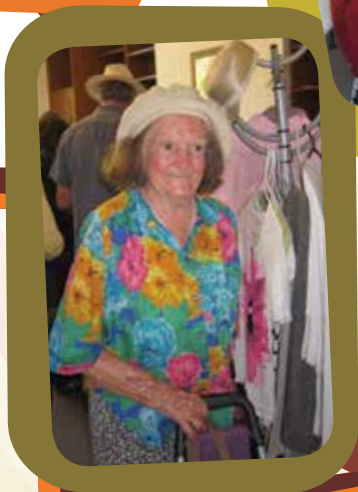
Vicar of Holy Trinity, the Reverend Grant Edgcumbe, said he was thrilled to see so much life and enthusiasm around the church. He said there was a welcoming vibe

present in the grounds and it was fantastic to see the community come together in such a positive way.

Immense thanks must go to all the volunteers and members of the East Melbourne Group who worked so tirelessly to pull this successful event together. It was asked many times if the event had been held before as it all ran so seamlessly.

A special mention must go to Susan MacKenzie, who has put in hours of her own time to get this successful event off the ground. Not only was she baking homemade scones pre-dawn on Saturday, she ran her own stall throughout the day and ensured everyone was happy and comfortable.

Fingers crossed that with the support and enthusiasm shown by the East Melbourne community we will see another pop up market in the not too distant future!



Ladies who Lunch



While fillies and femmes fatales sank fetlock deep at Flemington, the ladies who chose to lunch closer to home on Oaks Day luxuriated in comfort at The Tippler & Co with bubbles and fine food and felicitous company. Fabulous fun was had by all with serious talk and a songster. Frivolous fascinators and fancy hats won the day. Apparently some horses raced also.

Thank you to the local businesses who supported this event with terrific prizes. They include George Street Café, Zigbi Hair in Bridge Road, Square and Compass café, Hard Pressed café, the Johnston Collection, Messina ice cream in Swan Street, Endota Spa in Lennox Street and Simone Perele in Hawthorn.



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**East Melbourne
Dental Group**

It's a pleasure doing business

The Lord Mayor's Commendations were initiated to build a lasting archival record of Melbourne's small and multi-generational business owners and encourage young or new proprietors to develop long-term goals for their city businesses.

This year three East Melbourne business operators were recognised.

Zio's Restaurant on Lansdowne Street has been part of the East Melbourne landscape for 30 years. Current owner **Yacob Khan** brought decades of hospitality experience from some of Melbourne's most renowned eateries when he took over in 2005. The merging of the two resulted in a formidable dining destination, with a focus on flavours, fine food and wine at every level - the main dining room on the lower level and two private dining rooms upstairs. With Melbourne's stunning public gardens nearby, the venue has become a favourite place for people looking for a memorable dining experience for receptions and celebrations.

Richard Lindsay finds the most rewarding facet of his optometry practice at 376 Albert Street is enabling infants to see their parents clearly for the first time. As one of Melbourne's renowned optometric specialists, Richard has provided his services not only through his clinic but also

by teaching and sharing his knowledge with others at the Australian College of Optometry. He began practicing in 1998 and nearly 20 years later, he still loves the East Melbourne location (the avid AFL fan finds the proximity to the MCG a bonus!). Treating a range of patients from newborn babies to octogenarians with ocular conditions is the main focus of his clinic and Richard especially appreciates his skilled support staff.

As the only private practitioner working full-time in the areas of oncology and lymphoedema in the inner city, **Kate Rogers Physiotherapy** at 228 Clarendon Street, established in 2004, provides an invaluable service to patients from Melbourne and regional areas. With a background in women's health and a Masters in Physiotherapy Kate became a specialist in her field. The central location of Kate's rooms near some of the major hospitals providing cancer treatments, makes it easier for patients who require rehabilitation treatments.

Our local pharmacist **Andrew Pyman** has been involved with the awards for many years and would be happy to speak with other local small business operators about applying next year.



Yacob Khan

Richard Lindsay

Kate Rogers



HOUSE TOUR: JOYFUL & TRIUMPHANT: *Christmas at The Johnston Collection 2015-16*

Christmas comes spectacularly to life in *Fairhall* house-museum with exquisite creations, not just decorations, from over 60 artists and craftspeople from the Gippsland region.

THURSDAY 5 NOVEMBER 2015 –
WEDNESDAY 24 FEBRUARY 2016



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THE JOHNSTON
COLLECTION



BY ELLEN SANDELL



Leslie, Greg & Brett with their four legged friends

'He might only be here for part of your life but for him you are his whole life.'

HONOURABLE HEALERS: PIONEERING WOMEN DOCTORS

Long-time East Melbourne resident Dr Merrilyn Murnane AM has published a book about the first women doctors in the USA, UK and Australia. *Honourable Healers: Pioneering Women Doctors: Elizabeth Blackwell, Elizabeth Garrett Anderson and Constance Stone* tells the story of three women of vision and courage, who gave honour to the field of medicine.

In the mid-19th century, middle-class Australian women were expected to remain at home as wives and mothers. Teaching was their only respectable career choice; even nursing was frowned upon. Women were not even allowed to vote. But many women, at all levels of society, wanted to be treated by female doctors.

Dr Constance Stone, dubbed 'the first Australian lady doctor' (1856–1902), was born in Hobart but in 1872 came to Melbourne with her family. When in 1884 she decided to study medicine, she went to North America and England, as the University of Melbourne medical school refused to admit women until 1887. When she came home in 1890 she was the first woman to register with the Medical Board of Registration.

By 1895 Constance was married and living in East Melbourne (at 179 Gipps Street), and there were fourteen qualified women doctors in Victoria, including Constance's younger sister Clara, and their cousin Mary Page Stone. Constance realised that women doctors needed to support each other professionally in a hostile male environment; on 22 March she invited the fourteen to a meeting at her home, and Australia's first association of medical women was born: the Victorian Medical Women's Society, which thrives even today.

The following year Constance led a group of eleven women doctors who founded, initially in a church hall, the Queen Victoria Hospital for Women and Children. Again, the meeting that started this ambitious project was held at Constance's East Melbourne home. The 'Queen Vic', as it was fondly known by generations of Melburnians, grew into a teaching hospital of high repute, which in the 1990s merged with Prince Henry's Hospital to form the Monash Medical Centre.

Dr Constance Stone

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*Information and advice provided will be general in nature and suitable for individuals or families with combined retirement assets of more than \$300,000. Fees and charges may apply to any services or advice provided following the initial consultation.

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*Ester Rentsch & James Murphy from
Kere Kere planting out the herbs*

Community Herb Garden

BY ESTHER RENTSCH

To celebrate spring this year, KereKere Green in the Fitzroy Gardens Visitor Centre launched a community herb garden. The idea of the community herb garden is to grab some herbs, add them to your meal or take them home and cook with them.

The team at KereKere Green came up with the idea in response to wanting to fill the green wall that surrounds the cafe. At the same time they wanted to find a unique way to connect with the East Melbourne community.

The response has been terrific with many stories being shared about what the herbs have been used for.

It is a friendly place where everyone is welcome so drop by and help yourself to some herbs next time you visit.

LEAVING EAST MELBOURNE – Nothing compares to you

BY NATALIA TSYGANKOVA

Our little family of four is moving out of East Melbourne next week and I'm sad. We spent nearly a decade on Hotham St, an arrow to the beautiful Fitzroy Gardens. First in one bedroom, then up the street in two bedrooms (how lucky, we thought). One roundabout separated the life before children (dinner parties in or stumbling home late on a Friday night) and after (pram walks and playgrounds).

I'm going to miss the wide, tree lined streets and the peacefulness. The magic of air balloons at sunrise and city lights at night. From where we are you can see all the way to the mountains on a clear day, our hill being the lookout between the city and the suburbs.

I'm going to miss the old buildings and the bluestone cobbled streets. There were great when our first daughter struggled to sleep. Bumpy rides through some back alley would always do the trick. I walked all of those little lanes with my pram, discovering East Melbourne secrets along the way.

I'm going to miss the city being a 10 minute walk away. Or the Botanical Gardens, within a short jog. Doing the Tan with my friends: 'I'll see you in 15!' The walks by the Yarra River.

I will not miss Punt Road.

I'm going to miss the Fitzroy Gardens, desperately. Writing this I can't quite believe we've lived so long with it as our backyard. The Cooks' cottage, the Conservatory, the funny dragon playground. The blossoming flowers in spring, the always hungry ducks at the pond. The brilliant City of Melbourne summer sunset series which always gathered an enthusiastic crowd dancing into the night. People would come from all over Melbourne for salsa or Bollywood nights, packing, driving, forever searching for parking. And there we were, casually rocking up with a hamper, taking a 5 minute stroll.

We even got a bit arrogant after a while, complaining of late night fireworks or footy traffic.

Not an AFL family ourselves, we never took advantage of being near the MCG, but loved the closeness to the Australian Open. And I'll always remember watching the Melbourne 2006 Commonwealth Games at

home on mute while listening to the MCG roar live from our balcony.

And not to forget the new East Melbourne library. So many times I ran away into this intelligent airy light space. Both of my girls grew up on Jeanette's kids nursery rhymes (no one does it quite like her). We had the Halloween party there, watched the Dreampuppets shadow theatre, made friends at the community BBQ.

And of course all the East Melbournians we got to know. Marilyn and Max who saw our kids grow up, lovely ladies at the drycleaners, smiling staff at Laurent who would treat my girls to a free macaron every now and then. The friendliest ever chemist Andrew, who knew our family as if he were a family doctor and a favourite uncle all at once. David, the dentist, who would bump into us every time he walked home from work. Or Danielle, a retired ballerina who'd always wave passing

us by on her daily walk, rain or hail. Jane down the street with two fluffy poodles. This became our life, our comfort zone and I'll miss it all so very much.

East Melbourne is a special spot. If you are here, enjoy it while you can. Because there is a high price to pay for this privilege. Either a literal one (have you got a few millions to buy a small apartment here? Think not) or a hypothetical one. East Melbourne with all its treasures spoils you and wherever you move afterwards will never be as good. Leaving East Melbourne will be painful and sad and you'll miss it forever. Cue in Sade's 'Nothing compares... to you...'

That's how I feel. I'm sure we'll make Hawthorn our own, but part of my heart and so many wonderful memories will stay here. I'll sigh and smile every time I pass through. So if you see me walking the streets of East Melbourne teary eyed, you'll know why.



Where the community meets
for coffee and a bite to eat

65 George Street Cafe

9419 5805



KEEPING FIT AND ACTIVE IN EAST MELBOURNE

DR ANDREW JOWETT

**Sport and Exercise Physician,
Olympic Park Sports Medicine
Centre East Melbourne**



With summer arriving, what better time to get out, get fit and be active! East Melbourne is blessed with plenty of green open spaces so make the most of them.

Before starting a new exercise program check with your doctor it's safe to go ahead. It's a good idea to seek expert advice from a health professional in the field of sport and exercise to help design an appropriate program to reach your goals.

A good program involves a mix of cardiovascular exercise and strength work as well core strength and balance exercises.



Follow these guidelines:

- 1 Start slow and build up gradually – roughly increase total load by 10% per week
- 2 Be creative with designing your exercises
- 3 Listen to your body and adjust your load/exercises accordingly
- 4 Be flexible
- 5 Break exercise up and include rest days
- 6 Monitor your progress – weight, times/difficulty, heart rate etc.
- 7 Exercise with friends

Cardiovascular exercise can include a power-walk, jog or cycle. Try the route around Fitzroy Gardens (2km) or extend it to take in the MCG or Yarra River. A number of bike routes traverse East Melbourne and if you don't own a bike then pick one up from a Melbourne Bike Share station at Fitzroy Gardens or Jolimont station. To avoid cars head for the Yarra River bike path.

Strength or resistance training doesn't require weights – just use your body weight and gravity! Design your own circuit using steps, a park bench or tree. Ideally use specific exercise equipment where possible. Otherwise try step ups on a step, incline pushups/dips on a park bench and planks on the grass. Use the Yarra Park playground for chin-ups on the monkey bars or balance exercises on the beams. Jog or sprint between stations to add that cardiovascular component.

If you prefer to exercise in a group take your basketball to one of the half courts at the Powlett Reserve or Yarra Park, grab a few friends for soccer on a flat park using jumpers for goals or hire a tennis court at East Melbourne Tennis Club. If you prefer organised exercise - try out Cardio Tennis at the Tennis Club or look for a Boot Camp running in one of the parks.

There are plenty of outdoor exercise spaces in East Melbourne just waiting for you!

If you are interested in being part of an informal and social (go for a run and a coffee afterwards) weekend running group for East Melbourne locals, please contact Jessica on 0402 305 620.

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PEOPLE & PETS *you meet on the streets*



SHAHANA ANDERSON

Shahana grew up in Vanuatu where her family ran a horse riding business. She came back to Australia to finish school and is now studying graphic design and working part time in a bar in the city. She came to live in East Melbourne in 2012 and loves that it is so close to the CBD yet feels like it has a relaxed and secluded lifestyle. With an interest in music and the arts Shahana would like to see more community events in East Melbourne including live music and markets. She participated in the recent pop up market at Holy Trinity. It made her laugh when two young French guys knocked at her front door insisting they were there to move into her spare room. Turned out they were at the wrong address.



LEE WISNIEWSKI

Lee had emergency brain surgery in 2008 and subsequently he decided to take control of his life and take over one of Australia's largest outdoor fitness bootcamps in Geelong. Together with his wife Jess he has assisted over 1000 people to change their lives through fitness, food and lifestyle coaching. This year they moved to East Melbourne and in a complete change of direction Lee is now run off his feet managing his own mortgage broking business. He's loving East Melbourne, the top notch coffee (he admits to being a coffee snob) and is already actively involved with the East Melbourne Group. He'd love to see a weekend social running group which involves a good coffee and a chat after the run started here.



SINEAD BYRNE

Sinead who is originally from Ireland has a claim to fame many would envy. She has met Bono, the front man of Irish rock band U2. She has lived in this area for three years after first settling in Prahran. She was attracted by the parks and makes the most of them by regularly setting up picnics with friends. Working in hospitality she has a critical eye and is grateful to have a local café with its excellent food on her doorstep. Selling her old stuff is a bit of a hobby so she grabbed the chance to take part in the recent pop up community market and enjoyed meeting lots of local people on the day.



SYLVIA BLACK

Sylvia's move to East Melbourne in 1969 was completely unplanned. She drove through the suburb one day and stopped to have a look at an 'open for inspection', thought 'This is it' and luckily her husband agreed. The action in Darling Square is a constant source of amusement for Sylvia - the petanque players, the sunbathers, the dogs and their balls and frisbees. Best of all are the people who practice their circus routines. Sylvia has many connections to the community and is an avid local historian. Bishops Court is a favourite building for its tower, palpable sense of history and glorious garden. She would love to find a way to improve the pedestrian experience of Wellington Parade. It is so bleak, cold and windy.



MACEO

Maceo is the six year old black Labrador that Rebecca chases in Yarra Park. Her husband loves his James Brown tunes - Maceo Parker was the long time sax player and it seemed like a fitting name even though Maceo the dog is a girl. Like all Labs she is food obsessed and usually has her nose close to the ground. She loves travelling with four year old Lily in the front of their Dutch cargo bike on the way to kinder or to hang out at Rebecca's studio in Collingwood. It always looks like such hard work for Rebecca peddling the family but Maceo obliges on the hills and trots along beside the bike.

Apart from playing with her best friend Pearl the white boxer she also enjoys a game of chase around the bed when she runs off with a shoe.



REBECCA JONES

Coming from somewhere she'd rather forget, Rebecca arrived in East Melbourne in 2005 attracted not only by her dashing husband but also by not living on a major arterial road. She loves that she can now ride her bike everywhere. She has also been a full-time practising artist since 2005. Her work reflects on the Australian landscape, light and colour. She is known for her innovative use of technology to enhance traditional painting (and drawing) practices. Her connection to the community is mainly through chasing her dog in Yarra Park and meeting some great people there. Keeping the cars out of Yarra Park would make it a better place. Her favourite café is her own kitchen where the food is good, she is perfecting the macaron, but the chef can be a bit cranky.

Community Noticeboard



SAVE THE DATE FOR A PICNIC AND BOP IN THE PARK

The Sunset Series will return to Fitzroy Gardens this summer, featuring live music, dance workshops, food trucks and family friendly entertainment.

The free annual event is on the weekend of 10 & 11 January and 17 & 18 January.

ICE CREAM PLUM PUDDING

Combine 2 generous tbs brandy with
60gm glace cherries chopped
60 gm mixed peel
120 g sultanas
120g raisins

Leave overnight to soak.

Melt 60 g dark chocolate melts as per packet instructions.

Beat 4 egg whites (no yolk) in a clean bowl until stiff and gradually beat in 150 g sifted pure icing sugar and gently fold in the melted chocolate.

In a separate large bowl beat 600ml cream until it holds its shape.

Fold in the fruit, 1 rounded teaspoon cinnamon and 1 level teaspoon nutmeg and 60 g toasted slivered almonds.

Gently fold the egg whites into the cream mixture.

Spoon into a basin and cover tightly with foil and freeze until solid.

To unmould, dip the basin into warm water and loosen the top edge with a knife dipped in warm water. Turn onto a plate and give it a tap. Decorate with a crumbled Flake bar or fresh berries.



Chris's bougainvillea in Albert street.

EAST MELBOURNE LIBRARY HOLIDAY OPENING HOURS

24 December - 10am - 5pm
25 December - closed
26 December - closed
27 December - 2 - 5pm
28 December - closed
29 December - 1 - 5pm
30 December - 10am - 5pm
31 December - 10am - 5pm
1 January - closed
2 January - 10am - 4pm



Gus, Nick & Michelle from Tippler & Co being silly after a long day!

FUN STUFF FOR KIDS AT EAST MELBOURNE LIBRARY



Tuesday 15 December from 6-8pm join us for the final story time of the year! Enjoy some special Christmas stories and songs and Santa's helper, Elf Sneaky Bottom. Suitable for kids of all ages. No bookings required.

Wednesday 13 January at 10.30am let Fairy Lulu carry you away on an imaginative adventure of magic, storytelling comedy and creative play!

Wednesday 20 January at 10.30am meet the superhero Captain Ace who tackles baddies in a very silly way!

HEALTHY DOGGY TREATS

Pre heat oven to 160 degrees. Line an oven tray with baking paper.

Into a large bowl mix

1 ½ cups plain wholemeal flour

1 cup plain flour

½ cup powdered milk

½ cup quick cook oatmeal/oats

½ c smooth peanut butter

2 tbs toasted wheat germ

With the mixer on low add 1 extra large egg and 1 cup water.

Just mix until it forms a sticky ball.

Dump the dough onto a floured board and knead into a ball.

Roll out to about 1 cm thick. Dip cookie cutter in plain flour and cut out shapes. (Dog bone shapes are cute). Collects scraps, knead lightly and roll again.

Place the biscuits on the oven tray and brush with egg glaze (one egg beaten with 1 tbs water)



Leo & Brooke

MOONLIGHT CINEMA

Moonlight Cinema returns to the beautiful Melbourne Botanic Gardens each Tuesday to Sunday from 3 December to 27 March 2016 (except 24, 25, 31 December). Gates open 7pm, film commences approximately 8.30pm. View the film program and purchase tickets at moonlight.com.au

BIG BOOK FAIR 2016 AT HOLY TRINITY

Always on the lookout for a good book, then you will want to save the date Saturday 20th February 10am - 4pm or Sunday 21st February 12noon - 3pm to head to Holy Trinity Church on the corner of Clarendon and Hotham Streets to pick up some bargains.

Donations of books very welcome. Enquiries **9853 7774**



FREE HARP CONCERT ON CHRISTMAS DAY

Why not head over to the Botanical Gardens' shady Oak Lawn after lunch on Christmas Day and let Harpist Michael Johnson entertain you with original music from 2 to 3pm. Bring your own rug or low seat. Note the cafes will be closed on Christmas Day.

SHAKESPEARE'S GREATEST BITS - AUSTRALIAN SHAKESPEARE COMPANY

Pack a picnic, pop the cork and sit back under the stars while six of Shakespeare's funniest characters crack you up with the Bard's Best Bits. It all takes place at the Botanical Gardens, Southern Cross Lawn from 18 December to 16 March Tuesday to Sunday (except 1 January). Bookings and information www.shakespeareaustralia.com.au or call **8676 7511**.



GOOD SUMMER READS SUGGESTED BY LINDA AT THE EAST MELBOURNE LIBRARY

- **When We Were Young and Foolish: A Memoir of My Misguided Youth with Tony Abbott, Bob Carr, Malcolm Turnbull, Kevin Rudd and Other Reprobates** / Greg Sheridan
- **The Secret Chord** / Geraldine Brooks
- **Hello, Beautiful!**: Scenes from a Life / Hannie Rayson
- **Certain Admissions**: A beach, a body and a lifetime of secrets / Gideon Haigh
- **Napoleon's Last Island** / Tom Keneally
- **Great South Land**: How Dutch Sailors Found Australia and an English Pirate Almost Beat Captain Cook... / Rob Mundle
- **Keating** / Kerry O'Brien
- **The Incurable Optimists Club** / Jean-Michel Guenassia
- **The Miniaturist** / Jessie Burton
- **My Brilliant Friend** / Elena Ferrante
- **The Good Girl** / Mary Kubica

FLUTE LESSONS

Flute lessons in your home are now available from an experienced local East Melbourne flute teacher and performer. All ages and levels including VCE and LMusA. Small ensembles (flutes) also available for all occasions. Please contact Penny on **0481 339 228**

CELEBRATE CHRISTMAS with your local church

CHRISTMAS EVE

- 6.00pm Family Service with Carols
- 11.30pm Eucharist with Carols

CHRISTMAS DAY

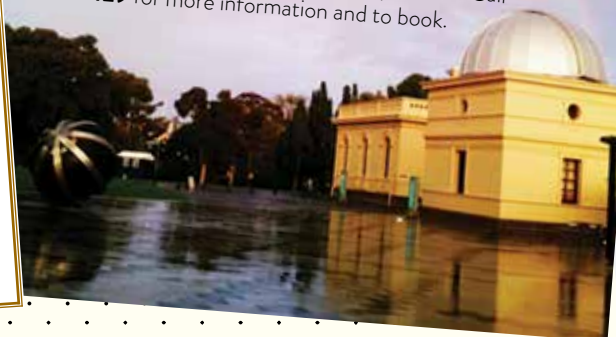
- 8.00am Eucharist with Carols
- 10.00am Eucharist with Carols



Holy Trinity Anglican Church
holyltrinitymelbourne.org.au
9417 3341

STARRY SOUTHERN SKIES

See the roof of the Melbourne Observatory rotate and open up to the Australian night sky. Have the chance to view clusters and double stars or explore the moon using the powerful heritage telescopes under the guidance of experts from the Astronomical Society of Victoria. Every Monday (except 28 December and 26 January) and Thursdays in January from 9 to 10.30pm. \$65 family of four. Call **9252 2429** for more information and to book.



Neil & Molly

It's a long long road

BY CHARLIE HOHNEN

'Not many people from East Melbourne in the outback!' said someone, as seven EM residents gathered at North Pool, just out of Wiluna in WA. The Canning Stock Route or CSR stretches from Wiluna which is north of Kalgoorlie, north east to Halls Creek, a distance of 1800km. It was surveyed and built by Alfred Canning and his team in the early 1900s as a route to bring cattle from the Kimberley to the goldfields around Kalgoorlie. There are 52 wells, some now derelict, some restored and useable with winches and buckets.

There had been recent rain, long enough ago for the sticky patches of clay to have almost dried up and for the flowers to appear. If the timing is right and the desert blooms it is pure magic. On this occasion as far as the eye could see there were flowers; eremophilas, cassias, acacias, calytrix, grevilleas, hakeas, daisies and many many more. Those who imagine Australia's central deserts as, well, deserts, couldn't be more wrong. Although the CSR passes through the Little Sandy Desert, the Gibson Desert and the Great Sandy Desert, there is vegetation along the entire route. Where it is ungrazed or only lightly damaged by stock the so called desert is full of flowering plants and trees. There are sand dunes, rock outcrops, gibber plains and clay pans all with distinctive vegetation. Red sand and spinifex are emblematic of the Centre but there is so much more besides.

So the travellers had plenty to look at as they shook and shuddered over kilometers of corrugations (supposedly the worst in Australia). Sand dune country came as welcome relief and cresting the 800 (yes!) dunes to look over the swales beyond was like riding a roller coaster and lots of fun. The stippled spinifex and the silvery grass heads blowing in the wind made wonderful patterns of texture and colour. By contrast the clay pans gave the speedsters of the party a thrill as the hard flat surfaces supported land speed record attempts.

Camping out brings its own challenges. But one of the rewards is the desert sky full of stars you could almost touch. Bill Leak describes this as 'the sort of visual experience that can give you a sense of the numinous, to put you in direct contact with something too awe inspiring to even begin to understand.' This alone is worth a little separation from the comforts of civilisation.



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East Melbourne Group

emg.org.au

Working together
to keep 3002 the
way you like it

Why become a member?

- 1 To help preserve all you love about East Melbourne and Jolimont
- 2 To support the work of EMG to connect the community
- 3 To add your voice and influence decision makers

Membership fees are very reasonable at just \$50 single, \$100 household and \$30 concession but every contribution helps EMG and its committee achieve its stated purposes.



east melbourne group



If you would like to have a chat about EMG membership and how you might become involved, please provide us with your details and we will be in touch soon.

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Phone _____

Address _____

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East Melbourne 3002