



EAST MELBOURNE 3002 JOLIMONT

community magazine

YOUR COMMUNITY GARDEN PARTY & PICNIC

Fine dining on your doorstep

Treasures behind closed doors

SUMMER
2013

EAST MELBOURNE JOLIMONT

community magazine 3002

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east melbourne group

With financial assistance from



CITY OF
MELBOURNE

East Melbourne Group

GOING FORWARD

Moira Rayner

The East Melbourne Group (EMG) is a not-for-profit incorporated association of members. For sixty years its volunteer committee and members have tried to protect and improve the quality of this suburb for all those who live and work here.

In October two groups, including members and non members, were asked what they liked and didn't like about our community and what they thought about the EMG and what it should be doing.

The message is very consistent. Everyone loves this place, its heritage values and its beautiful parks. Those who have been involved with the EMG in the past still view its purpose and past endeavours very warmly. Some of those who haven't been members think that it is not open and inclusive enough. Various ideas are now being considered by the committee.

Suggestions included:

- developing a membership structure which enables retirees and renters to participate more easily in the Group's activities
- focussing on the needs of young people, children and families who need to use the public open spaces more freely
- sharpening the focus on the protection of amenity and being more willing to object to inappropriate development
- acknowledging the difficulties with parking in some areas (especially for visitors) and expressing concerns about the damage done to our parks by incautious oversight of parking

- protecting the interests of small businesses who operate under considerable pressure from competition outside of our boundaries
- having more social events which are open and welcoming to all residents and which are affordable. There was support for more gala days, picnics and get-togethers which were either free or at a nominal cost (ie \$20 rather than \$120). Or the Group might provide a lower ticket cost or entrance fee for those who for example possess a health care card. There might also be opportunities for those who would like to participate to pay a donation on top of the 'cost' of a function. Such donations could be used to augment the resources of the Group. However the more important consideration was whether or not the cost of an event was out of the reach of some.

There was a feeling expressed by some of the participants that the EMG was an 'exclusive' group which did not consult enough. The committee is considering changing the membership fee structure to make it easier to become a part of this community group. There was a lot of support for opportunities to include children and young people in EMG activities. There should also be help for people to make better use of the many resources that are already available in this area.

This consultation is a start, and a good one. Membership of the East Melbourne Group is open to all, and the committee wishes to welcome everyone who lives or works here and wants to help to make East Melbourne a better place.

LOVE LIVING HERE

– then please join the East Melbourne Group

The East Melbourne Group publishes this magazine for all the residents of East Melbourne and Jolimont as part of its role in fostering community spirit, which is one of the key purposes of our Group. We also work to preserve, protect and improve East Melbourne's heritage and amenities and to advocate for public participation in planning and development processes. We pursue our work in a non-party political way. Our strength comes from not only the size but the diversity of our membership.

If you love living or working in East Melbourne (including Jolimont) consider joining – perhaps for the sense of community we try to foster through a range of social and community events, or to get involved in protecting and improving the parks, streets and landscapes of the precinct, or just to support morally and financially neighbours who are more able to be actively involved.

You can find out from our website www.emg.org.au how to join and how to become involved. Or send an email to our office at admin@emg.org.au and we will give you a call.

Stuart Hamilton
Vice President East Melbourne Group



GOOD MUSIC FOOD FUN COMPANY

Save the date 22 February.
Gather family, friends and
neighbours for your community
garden party and picnic.

Starting at 4.30 this community event will take place in the gracious surrounds of Bishopscourt, the colonial mansion on the corner of Clarendon and Gipps Streets, home to Melbourne's Anglican Archbishop Philip Freier and his wife Joy.

The garden party hosted by the East Melbourne Group will bring together local residents of all ages for a twilight picnic and musical entertainment.

Sit on the gorgeous lawn, relax with a picnic and a glass of wine, and listen to good music.

A COMMUNITY GARDEN PARTY COMING UP

A small entry fee of \$5 per head will be collected at the gate. Any funds raised at the event will go towards helping the East Melbourne Group continue its work to protect and improve our neighbourhood – something it has been doing so well for 60 years.



Good Music

- **The Mondlarks Hammond B3 Trio** produce a contemporary warm sound created through smooth vocals, funky footwork on the Hammond B3 organ, and a distinctive style of jazz drumming and percussion. The Mondlarks perform a wide selection of music from Jazz thru to Latin Soul, unique originals and instrumentals. **The Mondlarks will play from 4.30 – 6.30pm**
- The Scrimshaw Four are four young guys who play banjo, violin, guitar and double bass, and sing with enthusiasm. Mixing Bluegrass and Old-time Gypsy Jazz they play original tunes, foot stompin' pop covers and old favourites, bringing joy to old and young alike. Bring your dancing socks for a great night of fun and merriment. **The Scrimshaw Four will play from 7 – 9pm**

Good Food

- Lay out your picnic rug and enjoy dinner.
- Buy a delicious picnic platter to generously serve two
- Buy wine, beer and soft drinks by the glass
- Buy a cappuccino and piece of delicious home made cake for afters
- Or BYO picnic basket



Caine Real Estate is proud to announce their support for the community garden party. The East Melbourne Group is an outstanding association with initiatives that promote proactive involvement within our beautiful community.

Paul Caine



Good Fun

- In the spirit of garden parties in days gone by at Bishopscourt there will be prizes for the most glamorous hats.
- Kids will be entertained by a Punch and Judy show, a magician and the girls from Little Sparks who will paint faces and provide balloon animals.
- Go in the draw to win great raffle prizes.



MEET YOUR CHEFS & BARISTAS

Fine dining on our doorstep

– walking distance to whatever takes your fancy



Niño and his son Adriano from Geppetto.

Eating out for many Melbournians means getting the car out, appointing a designated (dry) driver, and paying for a time-limited parking spot. In East Melbourne the Wellington Parade restaurant strip offers a virtual smorgasbord of dine-out choices within walking distance for almost everyone living in the village.

Between Hoddle and Clarendon streets we can take our pick of French, Italian, Indian, Chinese, Japanese and chef-inspired fusions of delectable dishes collected from around the world.

New kids on the block Aidan and Tanya have transformed and renamed what, until recently, we knew as the *Europa* wine bar with its limited seating, into *Persillade* – a European-style bistro comfortably seating 40. With an extended liquor licence and a new chef, Jake (ex *Verge*), the menu offers mainly light, contemporary

Australian meals and interesting wine by the glass or bottle.

Split-level floor space appeals to the lunchtime working crowd as well as social groups and still leaves room for neighbours catching up for a coffee or evening meal.

Persillade's edgy new breakfast menu entices with choices from date, apricot and walnut toast with espresso cream to a breakfast burger with sausage, egg, mushroom, onion jam and bbq sauce. Post breakfast there is a selection of



Geppetto
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A choice of 3 mains, glass of wine or soft, coffee



SECONDI - MAINS

PASTA MISTA - Chef's choice of 3 traditional pasta dishes served on a platter

PIATTO DEL MARE - Grilled mixed seafood plate including fish fillet, calamari, prawns and other specialties – served with mixed leaf garden salad

VITELLO PIZZAIOLA - Milk fed veal scalloppine sautéed in a tomato, black olive, caper and sage sauce, served with roast potato and seasonal vegetables

VINO - WINE

Cape vine – Margaret river Shiraz/ Sauvignon Blanc

Soft drink – Coke, Sprite, Lift

CAFFE - COFFEE

Coffee/ tea / hot chocolate

*Gluten free / coeliac options available



Persillade

sandwiches, a charcuterie board and large plates with chicken, trout, lamb or beef dressed with an inspired variety of sauces, garnishes, salads and spring vegetables.

Either side of *Persillade*, *Two Fat Indians* and *My Sushi* cater for Asian tastes on a vastly different scale. Fully licenced, *Two Fat Indians* offers fragrant Indian cuisine with the space to accommodate large groups as well as small. *My Sushi* has a limited menu appealing to a more

casual cohort with a preference for simple, traditional Japanese food.

Further along Wellington Parade towards Hoddle resides restaurant royalty: Ralph, Dominic and David at *Il Duca*. Fine dining at its finest, no hard surfaces, lush carpet and soft, white tablecloths ensure easy conversation at a discreet distance from other tables.

Reliably excellent modern Italian cuisine prepared, cooked and presented with faultless

service and respect for the community it serves – not to mention regulars from interstate and overseas who book business lunches and social gatherings exclusively at *Il Duca* whenever they are in Melbourne – have made this restaurant something of an institution in East Melbourne and beyond.

Catering for private events and weddings, *Il Duca*'s principals also delight the casual diner with excerpts from opera – sung in Italian, of course. Family owned, *Il Duca* has been a presence in the area for 28 years, its reputation growing, it seems, with customers becoming ambassadors.

'Bookings are advised', says Dominic. 'Although we cater comfortably for 40 for lunch or dinner at any one sitting, we can fill up fast with sporting events and arena shows.'

'With our new private dining room, though, *Il Duca* can now provide dedicated space for private functions and intimate dining.'

Along a little further again, *Geppetto Trattoria* offers traditional, home-style Italian cuisine with wines from the regions by the glass or bottle to

continued on page 7

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SAT
8am - 10pm

SUN
8am - 3pm



MEET YOUR CHEFS & BARISTAS

continued from page 5

compliment each dish. Nothing is too much trouble and the welcome is always warm. There are locals who return time and time again to work their way through the menu and others who come back regularly for their favourites (try the almond crusted veal or a traditional pasta with any one of Geppetto's succulent sauces).

With its appealing 'old style' décor and relaxed service this relatively small, unpretentious trattoria is just the venue for dinner for one after work or a group of friends catching up for a family birthday, a welcome home or holiday send off. You can share your event with passers-by through the curved, signature window, or book your party in for the private function room upstairs.

The menu changes daily, with tempting specials, all reasonably priced. Bookings are advised.

A near neighbour of *Geppetto*, the family owned and run *Star Kingdom* restaurant ensures those who look for simple, traditional Cantonese food find it in the Wellington Parade restaurant strip. A cooked to order menu embraces an extensive choice of familiar dishes. Owner Lily and her family established *Star Kingdom* in 1981, building friendships with clients that have lasted through the years.

How lucky we are with such choice on our doorstep.

OUR LOCAL Fromagerie

A visit to Richmond Hill Café and Larder is not complete without popping in to the cheese room where passionate Cheesemongers will introduce you to a range of carefully selected benchmark cheeses from all over the world. The Richmond Hill Cheesemongers are passionate about service and cheese education. They will advise and educate you on the best eating cheeses and how to serve and care for your cheeses. You may even leave with an interesting 'cheesy' story to pass on to your friends and family!

As well as stocking a wide range of cheese and larder products, cheeses are also matured in the purpose built Fromagerie. It is temperature and humidity controlled to ensure cheeses have the optimum facility in which to ripen and mature until the Cheesemongers think they are ready for your cheese board!

Cheeses are a seasonal product and as such the range is varied to best compliment the season. Many of the cheeses sold are hand made and matured, varying a great deal in taste as the seasons change. Ask our local Cheesemongers at Richmond Hill to recommend something that is 'a pointe' and they will point you in the right direction!



Hamish behind the counter at the Fromagerie



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LOCAL BUSINESS OPERATORS RECOGNISED

Four business operators from East Melbourne were acknowledged at a ceremony at Melbourne Town Hall celebrating the long term commitment of independent small business proprietors to the City of Melbourne.

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

Ken Barassi founded Barassi and Co. in 1977 as a firm of chartered accountants providing all forms of accounting and financial advisory services. The firm is a boutique business servicing private high wealth clients, providing heavy and general assistance to start-up and developmental situations. Ken finds East Melbourne a convenient central location, close to major clients in the central business district and describes it as an aesthetically attractive area with less traffic than the city centre.

Graham Culy trained as a dentist in New Zealand and had a successful practice in Wellington before setting up in Wellington Parade East Melbourne. Graham and his wife started the business in 2001 and two of his original staff members are still with him. The East Melbourne Dental Group use high-tech equipment including computerised 3D imaging for porcelain tooth restorations. They love the atmosphere in East Melbourne, the beautiful parks, the MCG and the great public transport.

Peter Mulcahy qualified as a licensed land surveyor in 1962 and worked as the senior surveyor with Arnold Wilson and Associates until 1964 when he decided to start his own practice. Peter commenced in Kew with one employee, moving to Albert Street, East Melbourne in 1966, where the practice grew to eight employees. He relocated several times within the city before moving to Wellington Parade in 1987. In the aftermath of the bushfires in February 2009 the surveying profession assisted fire-affected communities by locating all surviving survey marks that would be used to re-define property boundaries. Peter's firm participated, in a voluntary capacity, in this project.

Joanna Pace has a family retail legacy. Joanna started her business career in hospitality in



From left to right: Otto Pace, Peter & Pam Mulcahy, Ken and Joy Barassi, Graham and Kate Culy with Andrew Pyman. Joanna Pace absent. 1

1973, as Joanna's Real Food and Real Music, in Elgin Street, Carlton, moving to Lygon Street in 1974. Her next door neighbour, Ottorino Pace, built a fence to separate the properties. Liaising over the fence led to love, marriage, raising four children and the business evolved into Casa del Gelato, Melbourne's first boutique ice-cream parlour. Four decades later Joanna and Ottorino are still partners in life and in this iconic Melbourne business. She is acting president of

the East Melbourne Group to which she has belonged since 1979.

Our East Melbourne pharmacist Andrew Pyman is a former recipient and Lord Mayor's Commendations Advisory Group member.

He said, 'It is great to have this way of recognising the hard work that goes into operating the small businesses which help make East Melbourne the community we all love.'



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TREASURES behind closed doors

Susan MacKenzie

Joyce Meier lived in East Melbourne until two years ago when, she moved to an aged care facility. She left behind her home of almost 60 years, 300 paintings adorning almost every inch of vertical space and several fabulous murals which sadly could not be removed before the house was put on the market.

Joyce and her husband bought their property in 1949 but incredibly did not get possession of even part of it until five years later because

regulations protecting tenants post-war were so strict. And then it wasn't until the 1960s, and after a court case, that they finally took possession of their entire property at 73 and 75 Grey Street. It was here every day that Joyce sketched and painted, made lithographs and stained glass for the next six decades.

Now 96 and with failing eyesight and hearing, Joyce is no longer able to practise her painting. Her interest which began in childhood thumbing



through art books began to develop seriously when someone at work told her she could train at the National Gallery. There she became an enthusiastic student of figurative art and went on to participate in exhibitions and win various prizes before going to war. Time spent in the Middle East interrupted her training and then marriage and a change of name meant her career stalled.

You just never know what lies behind closed doors.

Meier's paintings mostly depicted whimsical scenes of women and children. She drew inspiration from her years in Palestine, children in Powlett Reserve and even children at play in her daughter's school ground and on excursions.

Like many women artists of her era Joyce Meier never became a familiar name. According to Joyce, her work 'just wasn't good enough'.

A retrospective of Joyce Meier's (nee Ehms) work – her first solo exhibition, held recently at the Bridget McDonnell Gallery in Carlton puts paid to Joyce's idea that her work wasn't good enough. Two of her paintings are going to the State Library, three to the National War Memorial, and another to the National Gallery in Canberra and many others painted decades ago have been purchased by visitors to the exhibition.

You just never know what lies behind closed doors.




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STEPPING BACK IN TIME AT STEPTOE'S

Siusan MacKenzie

When George Paras bought a period home in Clifton Hill and began the task of renovation he never anticipated that it would be so difficult to find all the right bits and pieces. It turned out to be frustrating but life-changing and he became Melbourne's Steptoe.

As George rummaged through Melbourne in search of original building materials he realised there was a gap in the market. That was 26 years ago and his business, Steptoe's in Rokeby Street Collingwood, is now the place for original and unique period pieces from tiles and door locks to lights and furniture. It also provides restoration of fireplaces and the manufacture of exact replica windows and door surrounds.

'Just like Steptoe's there is junk everywhere but ours is good junk', said George.

If you need it, George can probably find it somewhere in amongst his vast sheds choc a bloc with 'stuff'. Nowhere else in Melbourne for example could you find the original intricate moulds used for the components of metal gates and fences. They were passed on to George from Cox & Rosetti, craftsmen who set up a business in Johnston Street which began back in the Victorian building boom.

When I went to check on the progress of the windows and door for my house he lovingly stroked the 110 year old Baltic pine from Finland that had been used in the manufacture and showed me the original mortise and tenon joints which are made with the aid of ancient machinery imported from England. The iron lace work he had sourced for me came originally from a building in Simpson Street, just around the corner from its new home.

On a grander scale George just finished making new windows for Victoria's Parliament House to match and replace the originals made in 1855.

Proudly showing me the before and after pictures of a house he said 'You can't imagine the transformation we can achieve because we put our love into everything we do'. It was truly remarkable.



Georgs Paras, Melbourne's Steptoe

I had to ask him what his favourite piece in the whole place was and straight away he pointed to a fabulous fire place, the only one of its kind in Australia. 'I was offered big bucks but I couldn't part with it', he said.

If you have a spare hour a visit to Steptoe's is like stepping into a museum staffed by people who are absolutely passionate about bringing dilapidated heritage buildings back to their former glory. I am sure you too will be left in awe of the craftsmanship practiced there.

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A Good Start for Local Kids

Siusan MacKenzie

The East Melbourne Child Care Cooperative (EMCC) sponsored by Melbourne City Council celebrated its 21st birthday this year.

Thanks to determined efforts and effective lobbying by local parents the centres in Powlett Reserve and Berry Street were opened in 1992.

They have grown into thriving operations out of facilities that previously existed but were under threat of closure due to under use. The Cooperative now consists of a 51 place centre in Powlett Reserve and another 54 places at the Yarra Park centre in Berry Street, which was the former Berry Street Babies Home.

The Cooperative's Committee of Management is made up of 10 people, seven of whom are parents elected by the members of the Cooperative. It is committed to providing a safe, secure and caring environment that is supportive, stimulating and enriching for all children allowing them to learn and grow into confident and creative learners in a play

based environment. Both centres are regularly assessed against the National Quality Standard.

Executive Director, Rebecca Vouch, said it is crucially important to provide children with high quality education in the early years to lay the foundation for their future development, health and wellbeing.

'EMCC believes in play based learning as children learn most effectively when they actively engage in their surrounding environment and are having fun. Consequently our program facilitates meaningful and stimulating experiences where children can thrive, make their own decisions, use their imagination and enhance their interests.'

The centres are open from 7.30am to 6pm and offer full and part time care as well as an integrated and extended hours kindergarten program for three to five year olds. Places are keenly sought by the growing number of young and working families in the suburb.



Children learning through play at the Yarra Park Centre.

Both centres feature designated indoor and outdoor areas specifically developed for their age group. Extensive landscaped yards allow for interactive, supervised free play and modern, movable play equipment means children can experience a range of activities both indoors and out. Both yards also feature a veggie patch, and throughout the year, ongoing educational projects on environmental sustainability, recycling and nature are conducted.

'We work hard to ensure our education program contributes to develop children who have a strong sense of identity; are connected with and contribute to their world; have a strong sense of wellbeing; are confident and involved learners and are effective communicators,' said Rebecca.

It seems our local pre schoolers are in very good hands at these terrific local care and kindergarten centres.

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Bravo Betty Hall

– a local identity remembers her ‘roots’

Glenda Banks

For many East Melbourne residents, our most vivid memories of Betty Hall may picture her as a diminutive figure in weatherproof coat and gumboots, walking her ageing dogs along the grassy medium strip for their morning and evening outings.

But Betty was ageing, too, and after her dogs died, she became increasingly frail, eventually relinquishing the house in Simpson Street she had made her home for much of her adult life to move into Mercy Aged Care. It was only after her death in 2011, that the rest of her story began to emerge.

Long time friend, Prue Forster, remembers Betty as a witty, well read woman with a cheeky sense of humour who would never directly disagree with anyone, preferring instead to quote from one of author Evelyn Waugh's characters in his satirical novel, *Scoop*. 'Up to a point, Lord Copper', she would say, smiling wryly.

'She was also a partner in a prestigious law firm until she retired in 1993, who lived modestly but gave quietly and generously to others. With no

family of her own she supported a number of children in Africa and others through Cottage-by-the-sea – an organisation which brightens the lives of distressed or disadvantaged children with seaside holidays.'

Betty will also be remembered for her support of the community through the East Melbourne Group, the garden Club and the old and new East Melbourne Library. Special community events were often marked by a well remembered gift of Betty's homemade chocolates.

A country girl from Lilydale, her father had worked as a railway tracker and Betty attended a number of primary schools, shifting from one to another wherever his work took him, until boarding in Dimboola to attend secondary school.

Elizabeth Hall – who had topped her class in 1951, had remembered her time at school in Dimboola fondly through the years with an annual arts prize. But that was not to be her final act of generosity to the Dimboola school she credited with stability and a sound education.

As many of us were surprised to learn in October this year, the woman who allowed herself only two personal indulgences – regular visits to the ballet and the opera – had left major bequests in her will, settled only this year.

One of them, for \$400,000, was to the Dimboola Memorial Secondary College.

'It was totally out of the blue ... a very nice surprise,' said Principal Rob Pyers. 'It's a really powerful statement and it just reinforces that whole notion of people giving back to the community, which for us is a very important thing.'

As the Herald Sun reported (25/11/13), Dimboola Memorial, built with community cash raised after World War I, has used the money to build a health and fitness centre complete with a synthetic hockey pitch and 12 tennis courts, which is open to the community.

It has banked the remaining \$200,000 using the interest for scholarships, which promote the arts and VCAL.

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Willing Workers in Gardens (WWINGS)

Charlie Hohnen

The Open Garden weekend at Bishops court celebrated the 160th anniversary of the construction of the bluestone part of Bishops court. It also marked the publication of local historian Liz Rushen's book, Bishops court Melbourne: Official Residence and Family Home.

Months of preparation went into the gardens. The recent upheaval caused by the installation of the 100 000 litre water tank under the front lawn and the reticulated watering system throughout the garden (generously funded by the Vera Moore Trust) had to be repaired. Brick edging around the driveway was replaced or restored. Garden beds had to be replanted and reinstated. Some trees needed surgery.

Lawns were weeded and mowed, gaps in vegetation filled in, plants were pruned and fertilised. New toppings were spread on the driveway by a group of energetic local residents including the young man (thanks, Diarmuid!) who pulled the roller for hours to compact the surface. Volunteers put their hearts into making the garden the best it could be.

The Freiers had asked for plenty of colour in the garden and they certainly got their wish. The

roses were in full bloom, including the recently identified 'Joseph's Coat' rose on the bluestone wall near the chapel. 'St Swithun' and 'St Cecilia' roses round the fountain were covered in pale pink. The feijoa near the front gate showed off its distinctive red flowers and the euphorbias and salvias were out in force. The Bishops court garden is entirely maintained by volunteers and many visitors at the Open Garden were amazed at what had been achieved, with the constant support of the Freiers.

The Saturday was rather wet and cold but there was a steady stream of visitors. Many East Melbourne residents were among the ninety or so volunteers who rallied round to make the weekend a success. There were many unusual and desirable plants on offer on the plant stall including plants featured in the garden. There were slide shows of historical interest and a demonstration of the newly refurbished pump found in the old underground brick water tank under the back lawn. There was honey to taste from the beehive supported by the old East Melbourne Garden Club.

On Sunday the weather was kinder. There was more incentive for people to linger in the garden enjoying the scents and colours of spring. Thanks



Tony Bright, tastes genuine East Melbourne honey produced by the Bishops court hive.

are due to all the East Melbourne people who supported this occasion, as volunteers or as visitors. Bishops court is a local landmark, shared by its residents, the Archbishop and Mrs Freier and enjoyed by the community, an example of how community action can save our heritage for future generations.

Now Bishops court begins a new phase. Helen Page who has charted the direction of the garden for a number of years has retired. The garden volunteers wish her well for the future.



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and his collection
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FRIDAY 27 JUNE 2014



THE JOHNSTON
COLLECTION

WOMEN HELPING WOMEN GET STRONG

Fitwise Physiotherapy is a private practice that has been operating in East Melbourne for many years. Director Libby Oldfield started out providing support for pre and post natal women. Whilst the practice still offers plenty of clinical Pilates to suit the needs of women around childbirth her interest has extended to include the different requirements of women through their life span.

Libby is now one of only about eight physios in Australia who specialise in women's health. Along with her business partner Gen McGlashan she provides wonderful support to local women of all ages at the facility in Albert Street opposite the Fitzroy Gardens. According to Libby you are never too old to start an exercise program

'The whole purpose of exercising and staying fit is so you can do what you want to do as you age. But while it is important to exercise that exercise must be properly supervised'.

Both Libby and Gen lecture and speak at Melbourne University and invariably spend question time answering queries about injury sustained when exercising alone at a gym or with personal trainers.

'People try to do the right thing and exercise but the depth of knowledge is not as good as with a physio and they end up hurting themselves and give up. There are a lot of things that women need to consider in relation

to exercise as they age. Older tissue is less elastic and takes longer to heal. We specifically worry about older shoulders as they are easier to damage and harder to fix,' said Libby.

As well as providing individually tailored and supervised Pilates programs for women of all ages they offer classes specifically for women over 50. These provide a workout that does a bit of everything for women in this age group including cardio, strength and pelvic floor strengthening.

Maureen Moore who lives in East Melbourne has done Pilates and Strengthwise sessions at Fitwise for the past three years. She started with Pilates to relieve the pain of a sore back and hip. She eventually had a hip replacement and according to Maureen the exercise was fantastic in preparing for surgery to strengthen her hip joint and muscle to hasten recovery. She continued post operatively for her general wellbeing because she enjoyed it so much!



Libby helping Maureen improve her posture.

'It is great to exercise in such a friendly and relaxed environment and feel confident I can't do any damage as I am well supervised. When it comes to my health and wellbeing it is well worth the investment and my health fund covers this sort of physio program.'

Because the instructors are physios they are very particular about technique and are looking to improve your overall health by focusing on balance, posture and correct procedure.

Carmel, another regular at Fitwise, enjoys the fact that the instructors are very up to date with the latest health developments and are always sharing what they learn at conferences. Having a coffee together after class also makes it very social.

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2014

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SPEAK UP PLEASE

The Victorian Deaf Society (Vicdeaf) has had a long history in East Melbourne and nearby. Vicdeaf was established in 1884 as the Adult Deaf and Dumb Mission of Victoria and remains the primary source of reference, referral, advice and support for deaf and hard-of-hearing adults in Victoria.

In 1924 the Mission purchased land in Jolimont Square on Wellington Parade in East Melbourne for £25,000, with plans to move their services from Flinders Street.

One of Victoria's first non-denominational churches was built in 1929 in Jolimont Square. It is one of a small group of churches built in the Mediterranean style in Victoria prior to World War II.

At the time of its 100 year celebration, the Society commissioned a reproduction of the gaslight that stood in front of the church at Jolimont for many years. The gaslight is an important symbol for Vicdeaf. It is a reminder of a time when deaf people communicated with each other in sign language under the light of gas lamps after the sun had set. Much of the Society's history and many memories are symbolised by the gaslight which still stands at the front of the current premises.

Jolimont Square housed many buildings and services for the deaf community over a period of 79 years, including sports clubs, a men's hostel, the church, a community centre, coffee lounge, administration and welfare offices and staff quarters.

In 2004, Vicdeaf sold Jolimont Square and moved across Fitzroy Gardens to 340 Albert Street where the main office is now situated. In 2014, the Deaf Society will be celebrating 130 years of service to the community in Victoria, 85 of those years in East Melbourne.

Vicdeaf has evolved into an organisation that provides the highest level of professional support and services.



The original gas lamp at the church in Jolimont square.



Albert Heights Serviced Apartments is an ideal accommodation choice for visitors to Melbourne. Located ten minutes walk from the Melbourne CBD, Albert Heights offers you spacious apartments accommodation, tranquility in the heart of the Melbourne city and is walking distance to many of Melbourne's attractions and events. Our apartments are conveniently close to most institutes, hospitals and offer an excellent standard of accommodation and service at a very reasonable rate.

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PEOPLE & PETS *the you meet on streets*



Pearl

Pearl is a seven year old white Boxer, who moved to East Melbourne five years ago. At the time she was most reluctant to leave her former house and local playmates, but she very quickly discovered the delights of Yarra Park. Pearl's greatest enjoyment is chasing balls as she socialises in the park and engaging in a bit of rough-and-tumble with her mates every morning and evening. She always wants to get to the ball first; so much so that she has recently had surgery to repair the anterior cruciate ligament in her left hind leg, and is now facing further surgery to repair her right leg. Her recovery is testimony to the wonderful skills and care of Dr Bill, the East Melbourne veterinary champion.



Julia Fox

Julia and her husband Richard fell in love with the terraces of East Melbourne back in 1996, when it was time to downsize from their house in East Malvern. More recently they have moved again to an apartment in the area. It is the sense of space with so many parks plus the proximity to city life, without feeling smothered by the city, that they have come to enjoy. They find it liberating that they hardly need to use the car because almost everything is within walking distance. The sense of community and connection provided through the East Melbourne Group and Holy Trinity church have played a big part in making Julia and Richard feel right at home here.



Lynne Mitchell

Lynne 'married' into East Melbourne which she now feels was very fortunate. Her husband had bought the house with a mate in the early 70s and in 1977 they moved in and have been here, in the same house (albeit after quite a few renovations) ever since. Their two children grew up here and Lynne cannot think of a better place to live. Very rarely does she walk around in East Melbourne without stopping to have a conversation with other locals. Her family also love the choice of great restaurants within walking distance and Lynne is thankful to be able to work for and worship in our local Holy Trinity church.



Diane Clifford

Di first experienced East Melbourne whilst visiting here about 10 years ago. She was impressed by the wide streets and feeling of space so close to the CBD, the beautiful houses and the graceful nature of the suburb. As a former teacher librarian the local library was certainly part of the appeal. After the first 12 months of their inner city living experiment, Di and her husband decided that this is where they would stay. She has met a large number of local people and increasingly feels part of this 'village'. Di has recently commenced some family history research which to her delight has uncovered long lost relatives and family connections to East Melbourne in the 19th century.



Seng Tan

Seng has lived in the area for 20 years coming here by default. He was toying with the idea of low maintenance and high security apartment living. Through the 'salesmanship' of an ex work colleague he bought 'off the plan' and the rest is history. He considers the parklands and open spaces, particularly around the MCG, some of the suburbs greatest assets. 'Unfortunately, no one seems to have taken stewardship of that asset. In winter the parklands are turned into mud pools by cars allowed to park there when the ground is wet and soggy. I get the impression that these parklands are either unmanaged, incompetently managed or grossly mismanaged. They are closed parking only after all the damage has been done.'



Hamish Sutton

As a kid Hamish loved living so close to the footy, cricket and just across the road from the local tennis courts. He began coaching tennis at East Melbourne at age 16 and still works there each week. He enjoys the diversity of people he meets on our tennis courts including the more eccentric characters. He recalls the ex politician's daughter who always arrived, arms laden with designer shopping bags, and paid for lessons with crisp \$100 bills. And the sight of a former coaching colleague emerging from the shed the day after the Melbourne Cup, still in his suit, to greet four flamboyant men waiting for their tennis lesson. He staggered out in embarrassment but not in a straight line.

Community NOTICEBOARD

HOW ABOUT A SPOT OF SAILING?

Relax on board a luxury catamaran for a two hour champagne sail down the Yarra River to Port Phillip Bay, with Adventure Sails.

Board at Melbourne City Marina, Docklands, and enjoy a glass of wine and an antipasto platter as you cruise through the waterways of Melbourne on this beautifully designed yacht.

Saturdays and Sundays until 30 March.

Go to www.adventuresails.com.au for prices, sailing times and bookings.



Lorraine's glorious roses

The ROYAL BOTANIC GARDENS

open 7.30 am – sunset, have an excellent variety of school holiday activities for children of all ages.

A FREE CHRISTMAS DAY HARP CONCERT

will be held from 2 – 3 pm, at the Lakeside next to the Terrace. BYO rug or low seat! Details of the myriad activities in the gardens can be found AT www.rbg.vic.gov.au or by phoning 9252 2300.



Having a laugh at an East Melbourne Group social event.

POP INTO THE WINDSOR

to see Weddings, Memories and Moments

A small commemorative exhibition at the Windsor Hotel, providing a snapshot of the hotel's past and the social and cultural changes it has witnessed over its 130 year history.

The exhibition includes a ledger of materials and costs kept by architect Charles Webb throughout the original construction process back in the early 1800s, along with employees' original uniforms, contracts and many other items of memorabilia from guests, employees and visitors over the decades.

The exhibition is open every day until 31 January.

A TASTE OF CHRISTMAS

Mince pie ice cream

Buy a tub of good quality vanilla ice cream. Scoop it all out into a large bowl and allow to soften slightly – not melt! Have ready three or four mince pies that have been roughly chopped up pastry and all. Stir through the ice cream and return to the tub, seal and refreeze.

Delicious served on its own or with berries marinated in the alcohol of your choice – cointreau is good. Too easy!



PRETTY AS A PICTURE

Architectural and garden artist Clea Stapleton is now accepting commissions to create a lasting memory of your home or garden in the form of a fine, detailed painting to preserve as an East Melbourne timeline or family heirloom. Clea will present a signed portrait of your home or garden in a size and frame of your choice to preserve a precious memory forever. Call Clea on 0412 053 352 to arrange a visit and obligation free quotation.

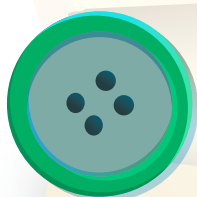
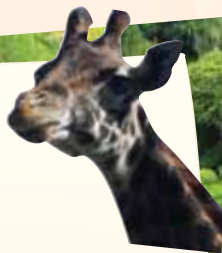


WE'RE GOING TO THE ZOO, YOU CAN COME TOO!

The Melbourne Zoo Twilights return in 2014 with a stellar line up of local and international artists to entertain you.

Melbourne Zoo Twilights offer a unique experience combining wildlife, stunning musical performances and gourmet delights, all within the spectacular grounds of Melbourne Zoo, under the blanket of balmy summer nights – Fridays 5.30 – 10.30pm from 24 January to 8 March.

Tickets include full access to the Zoo.
Bookings available via 1300 966 784 www.zoo.org.au/twilights



FITZROY GARDENS WORKS

The major re-organisation of the former depot area in the Fitzroy Gardens will be completed in 2014. The depot and new visitor centre buildings will be finished in early 2014.

Works to install the five million litre underground stormwater collection tank and re-use system to supply recycled water for irrigation are complete. Re-starting the rill (the little stream) south of the Hotham Walk bridge, which has not flowed for some years, is being looked at.

A new garden will feature a continuation of the rill which runs through the centre of the Gardens. The planting for this area will be of a cool temperate rainforest character and plants used will be primarily ones endemic to the state of Victoria. Some of the early plantings along the rill were of this nature, so while it is not a reproduction garden there will be a link to the early character of the Gardens.

Council has also undertaken a number of other projects in the Gardens, including new tree planting at the northern end of the Gardens, and a major renovation of the Mound in the centre of the Gardens. The works on the Mound involved rebuilding the rock walls and pathways and replanting trees, palms and understory plants.

CHRISTMAS AT HOLY TRINITY

SUNDAY 22 DECEMBER

10.00 am Eucharist

5.00 pm Children's Service All welcome

6.00 pm Service of Carols and Readings

CHRISTMAS EVE

11.30 pm Eucharist for Christmas Eve

CHRISTMAS DAY

10.00 am Eucharist for Christmas Day

Come along and celebrate Christmas at your local Church!



Did you see the ducklings in the Fitzroy Gardens?

MEET ME AT THE MARKET

The 2013 -14 Queen Victoria Night Market returns, bigger and better than ever.

In celebration of 16 fantastic years, the Night Market introduces a some new and exciting traders, as well as old favourites, selling unique locally designed and made fashions, artisan wares, crafts and vintage finds, plus tarot readings, up-cycled products and everything else in between.

More than 60 foodies serve up the tastiest street food Melbourne has to offer. The Night Market also offers a full program of live music across three stages, showcasing some of Melbourne's best local talents.

Every Wednesday night 5 – 10pm until 26 February excluding 25 December and 1 January.

MELBOURNE'S MALTESERS MOONLIGHT CINEMA

Showing new releases and old favourites and located in the Royal Botanic Gardens. Enter the cinema via Gate D near the intersection of Domain Road and follow the path to the Central Lawn.

Gates open at 7pm and screenings start at sundown. So pack a picnic or order a hot meal and a bottle of wine from the onsite catering.

For those wanting that bit more comfort, GOLD GRASS is available!

Tickets can be purchased on line as well as at the box office.

THURSDAYS - \$12 SPECIALS.
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Go to www.moonlight.com.au for the program.

KEEPING OUR GRASS GREEN

Siusan MacKenzie

Darling Gardens is a historic park in East Melbourne and like other green spaces in this area, it requires a lot of water to keep it looking good. So the City of Melbourne came up with an innovative way to keep our local parks looking green. The solution is right next to the gardens.

The storm water system in Darling Street was designed by Marc Noyce and featured in a story on ABC TV's *Gardening Australia* in August 2013. The small garden on the median strip might not look much, but it does a big job recycling storm water from surrounding streets and roofs.

This project is about valuing storm water as a resource. It's about collecting water from our drains which normally flows out to the bay and filtering it, cleaning it and using it instead of potable water for our parks and gardens.

With this facility and the capture tanks that have been installed under the median strip Darling Gardens and Powlett Reserve can both be watered from this system keeping them green.

How does this system actually work? Under the median strip are 350,000 litres of stored water that are collected from our drains and then pumped up through the rushes (a type of coastal sand dune plant) in the sand filter garden. The roots remove soluble pollutants.

Marc said, 'This particular system is sized to harvest 20 Olympic swimming pools-worth of water per annum. If we want to be a water-sensitive city and we want the city to act as a catchment, we need these little mini-catchments throughout our urban fabric.' Water harvesting in East Melbourne has been so successful that a system on a larger scale is now being installed in the Fitzroy Gardens.

Gardening Australia reporter Joñ Patrick concluded by saying, 'Recognition of the value of our cities as a catchment area is long overdue. Water collected is being used to keep our parks green and healthy, protect our waterways and reduce our draw-down on reservoirs and that's a great outcome for us all with benefits throughout Australia.'



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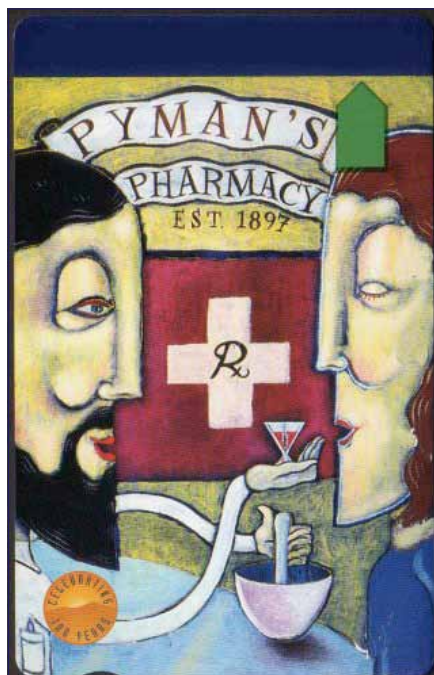
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