Say hello to the new neighbours

Southbank is set to welcome new neighbours, with plans for the suburb of Montague announced by the City of Port Phillip last month.

Currently used for industrial purposes, the pocket of land between the West Gate freeway, City Rd and Inglis St is set to be transformed into a mix of residential, commercial and business uses. It will then house up to 25,000 people and provide opportunity for 14,000 jobs.

It’s set to include an elevated parkland in an attempt to avoid the negativity around the lack of green space other built-up areas of Melbourne, such as Southbank, have had. The parkland will run all the way from our Southbank boundary to Port Melbourne’s Station Pier.

Port Phillip Mayor Rachel Powning said her council was committed to making the new suburb a reality and was excited by the prospect.

“Montague will offer a real point of difference from other renewal areas such as Docklands or Southbank. The City of Port Phillip’s plan for Montague is the culmination of nearly two years of intensive work that will deliver a rejuvenated precinct with a diverse and unique inner urban character,” Cr Powning said.

The council has been working on the plan for the new suburb since 2010 when a strategic study suggested it look at creating an inner-city growth area in the industrially used space.

The Mayor said the area had been identified by the council as part of the demand for inner-city growth around Melbourne.

“Montague, together with other areas identified in the City of Melbourne (such as Southbank) for growth, will have the capacity to accommodate 178,000 new residents. This will exceed the projected demand for dwellings in Port Phillip and Melbourne over the next 20 years,” Cr Powning said.

She also pointed out that the council will need the support of the State Government for the project to go ahead.

“We are committed to a collaborative approach to the development of Montague, and the State Government and its agencies will be essential partners in achieving this vision.”

The Montague Precinct Plan is now available for community consultation. For more information head to www.portphilip.vic.gov.au
Domain station to connect commuters

The southern end of Southbank will have far greater access to public transport, with plans announced for a Domain station as part of the underground Metro Melbourne project.

The new station will be positioned at the Domain interchange on St Kilda Rd, and will allow easier access to the city from the southern end of Southbank, as well as a direct transport link to South Yarra and the southern train lines of Frankston, Sandringham, Cranbourne and Dandenong.

Almost $50 million was put aside in the recent State Budget for further development of the project, which is now in a detailed planning phase. Public Transport Minister Terry Mulder last month called for nominations to be part of the project’s community reference group.

This consultation period is planned to incorporate anyone who has an interest, vested or otherwise, in the new project, with Mr Mulder calling for nominations to come from far and wide.

“Throughout this process we will be talking to landowners along the proposed alignment, community members, rail passengers and key stakeholders to ensure ideas and feedback are sought at a time when they can inform project decisions and designs,” Mr Mulder said.

The massive project includes a new underground rail tunnel to run down the middle of the city. It also includes four other underground stations.

In all there are three new stations as part of the plan, as well as extensions to two city loop stations.

“The Community Reference Group will involve representatives from the local community, key land users and local government to ensure community inputs and perspectives are considered and understood by the Melbourne Metro project team,” Mr Mulder said.

“We are also working closely with a number of key stakeholders in the development of Melbourne Metro, including the City of Melbourne, City of Stonnington, City of Port Phillip and major institutions along the route,” the Minister added.

If you’d like to nominate a community participant, visit www.ptv.vic.gov.au/melbournemetro

Comment on this story online: www.southbanklocalnews.com.au
France and united through conquest, “Dr
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 captive to his ambition. He had a vision of a
 life of Napoleon, a man who held the world


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examine the French culture, art and lifestyle
Napoleon display features 300 works that


Jacques-Louis DAVID. French 1748–1825. Napoleon Bonaparte, First Consul, crossing the Alps at Great St Bernard Pass,
20 May 1800, 1803 oil on canvas. © RMN (Château de Versailles) / Franck Raux.

Napoleon conquers Melbourne

You may have noticed the NGV has been transformed this month
as it hosts its Melbourne Winter Masterpieces series, “Napoleon:
Revolution to Empire.”

The Melbourne Winter Masterpieces series is the
NGV’s biggest exhibition for the year. The
Napoleon display features 300 works that
examine the French culture, art and lifestyle
from the 1770s through to the 1820s.
NGV director Dr Gerard Vaughan said the
exhibition was fitting of the Melbourne
Winter Masterpieces collections.

“Napoleon: Revolution to Empire continues
the tradition of spectacular NGV exhibitions
which have become a winter highlight in
Victoria’s cultural calendar,” Dr Vaughan said.

“This year visitors will be intrigued by the
life of Napoleon, a man who held the world
captive to his ambition. He had a vision of a
united Europe, but a Europe controlled by
France and united through conquest,” Dr
Vaughan said.

“Napoleon is well known as a master military
strategist; this exhibition reveals that he was
also a passionate lover and dedicated patron
of the arts, sciences and literature.”
The Premier and Minister for the Arts, Ted
Baillieu, agreed.

“Now a well-established highlight of our
major events calendar, the Melbourne
Winter Masterpieces series has set the
benchmark for blockbuster exhibitions in
this country. I’m pleased to welcome the
latest instalment – Napoleon: Revolution to
Empire,” Mr Baillieu said.
The exhibition opened on June 2 and runs
until October 7.

The meeting attracted a huge turn-out, with
the crowd swarming out the door at the South
Melbourne Commons.
The State Opposition has cotted onto the
angst and is using it to push Labor’s public
education credentials. Local MP Martin
Foley organised the “Two Schools Now”
meeting and he joined Opposition Leader
Daniel Andrews in addressing the crowd.
Mr Andrews said it didn’t matter which
side of politics you were on, this was an
important issue.

“These aren’t just challenges relevant to now.
These are challenges that are going to get more
significant into the future,” Mr Andrews said.

“When we talk about community
infrastructure, nothing is more fundamental.
Nothing is more important to families, to
my family and to your family than high quality
educational services.”
A spokesperson said Education Minister
Martin Dixon had requested feasibility
studies he undertaken on school provisions in
the inner city.

“Minister Dixon has not received the studies
yet. Once he has had a chance to examine
the studies it is his intention to make them
publicly available,” the spokesperson said.
The spokesperson also questioned Mr
Foley’s involvement in Two Schools Now,
saying: “Mr Foley’s involvement in the
upcoming community meeting is somewhat
hypocritical given he was silent on the
matter when his party was in office.”
The City of Port Phillip has been proactive
in the cause also. Mayor Rachel Power
said the council had commissioned
an independent study of the need for
additional primary schools in the area.
Escalier Consulting completed the study
and representative Adrian Stephens said the
findings were contrary to many of those from
the State Government’s studies.

“The Government has outlined a plan to
create a school in the area in five to 10 years.
We found that five to 10 years for a new
primary school in this area was just too far
away,” Mr Stephens said.

“There seems to be strong anecdotal evidence
of the trend of families to stay rather than
moving when their first child is born.”
Mr Andrews urged the group to maintain
pressure on the Government. “This will need
to be a long and determined fight. You will
need to be loud,” Mr Andrews said.
The group is based in the City of Port Phillip
and it encouraged Southbank residents, who
face similar schooling issues, to get behind
the Two Schools Now plan.

The meeting will be held at the Boyd Centre
at 5.30pm on Tuesday, July 10.
It will be an opportunity to express interest
in the project, ideas on what a men’s shed
should be like and to hear from stakeholders
of existing men’s sheds around Melbourne.
Champion of the shed idea, Peter Harkin,
encouraged anyone with the slightest
interest in the project to make this meeting
a priority.
Anyone interested can contact City of
Melbourne’s Jasmina Stanic on 9658 8020.

Napoleon: Revolution to Empire.

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Parents’ call to action

A parents’ forum had its first call to arms last month in South
Melbourne, continuing the push for more public primary schools
in the inner-south of Melbourne.

The Southbank Men’s Shed is gathering further momentum with
the announcement of another discussion meeting to canvas
interest and harness ideas.

Shed meeting date

The Southbank Men’s Shed is gathering further momentum with
the announcement of another discussion meeting to canvas
interest and harness ideas.
Yarra shuttle plan makes waves

This futuristic three-hulled vessel might be part of the City of Melbourne’s plans to utilise the Yarra River for public transport, but it has only been cautiously supported by Southbank boat operators.

The craft will be primarily aimed at visitors to the city and it is hoped it will utilise the myki ticketing system.

James Ganditis is the president of the Melbourne Passenger Boating Association (MPBA) and also runs Melbourne River Cruises. He said the idea of a public transport boat had been floated before but ultimately never worked.

“The introduction of vessels such as the one presently contemplated has been frequently discussed over many years but without resolution of the problems which have prevented its earlier introduction,” Mr Ganditis said.

“The MPBA and its members certainly support the development of a vessel such as this if its introductions grows and enhances Melbourne waterways tourism experience and the passenger boating industry.”

The design is said to overcome many of the problems passenger ferries have encountered in the past on the Yarra in its unique design.

It sits low enough in the water to ensure it can clear all bridges along the river no matter the tidal conditions, it is remarkably stable because of the multi-hulled design and throws almost no wash onto the river banks as it passes.

It will also be comfortable for passengers, as they are able to stand like they would on a tram or train, it has wheelchair-bound and bicycle access and allows passengers to embark and disembark at the same time.

Despite this Mr Ganditis is still unsure, saying: “Low wash fast ferries of multiple hull design have frequently been under consideration but due to existing speed limits they are a waste of money.”

Tim Bracher from the Yarra River Business Association (YRBA) said while the design looked good there are more difficult issues to overcome to get the boat operating.

“The proposed vessel looks great, but the floating infrastructure is the relatively easy part. Developing a workable, equitable and, above all, sustainable business model is the real challenge that needs to be addressed,” Mr Bracher said.

He also suggested any business model needed to take into account the current operators and ensure it doesn’t become “a constant drain on the public purse.”

“YRBA believes that the correct business model will be to harness the infrastructure and experience of the current water operators to operate an integrated system, within a government framework, similar to Kennett’s reform of the taxi industry in the mid 90s,” Mr Bracher said.

The City of Melbourne was non-committal to the new vessel, saying: “The City of Melbourne and Places Victoria are working with a range of stakeholders on ideas for transport options in and around Docklands. A ferry is one of the ideas currently being explored. Funding and implementation options are still to be confirmed.”

Comment on this story online: www.southbanklocalnews.com.au
The Jim Stynes Bridge

The planned bridge at Northbank will be named the Jim Stynes Bridge. Planning Minister Matthew Guy revealed the overwhelming result of the public consultation was to recognise the lovable Irishmen.

The Jim Stynes Bridge is seen as a much-needed link between the CBD and Docklands. It is planned to be an innovative design, with Mr Guy saying it will incorporate features that will highlight Jim Stynes’ life as a migrant, footballer, sports administrator and philanthropist.

“The new bridge will be an interactive one, with features along it recognising the different aspects of Jim’s life and his commitment to the country that he adopted and which subsequently came to adopt him,” Mr Guy said.

“Victorians were given a chance to suggest names for the bridge through the State Government and City of Melbourne seeking feedback in the Herald Sun newspaper and there was an overwhelming desire to recognise Jim Stynes in this way,” Mr Guy added.

The bridge is expected to cost $18 million and construction will begin later this year.

Walk through history

When asked about Aboriginal heritage sites, most people will respond with Uluru or the Kimberly. It’s unlikely anyone would think of Southbank, or even Melbourne.

Dean Stewart is changing that. As part of National Reconciliation Week Southbank Local News went “Walkin’ Birrarung” with Dean and discovered many stories of the area that go untold.

Dean points out that in Melbourne, and particularly along the Yarra, there are a number of historical sites with great cultural significance to Aboriginal people, it’s just that not many people know about them.

There is the site and remains of a waterfall that ran across the river where the Queensbridge Rd now crosses, a drain entering under Flinders St Station which was the site of a creek running all the way down Elizabeth St and the sighting of black ravens or wedged-tailed eagles, both of which supplied spiritual guidance for the indigenous people of the area.

The walk is not much further than 100 metres but with Dean’s extensive knowledge and passion for the Aboriginal history of Melbourne and its surrounds, the tour lasted over two hours. The tour group was intrigued by every minor detail Dean knew about the area and the questions come thick and fast.

We learn that two separate groups within the Kulin nation, the Woi wurrung and the Bun wurrung inhabited the area.

Dean said the aim of the tour was to educate people about the history of the place where they lived and worked.

“I had a lady on a previous tour tell me she’d worked in Southbank for five years and had not thought about these things at all. That’s my job, that is what I’m doing this for,” Dean said.

The National Reconciliation Week is a great chance to highlight these walks, which run all year round. It is a worthwhile exercise for anyone who is interested in the history of Southbank, and some of the old portraits of the city from those times need to be seen to be believed.

For more information on the tours head to the Koorie Heritage Trust website www.koorieheritagetrust.com

Soup for a cause

Food charity FareShare will be holding a “Feed Melbourne” fundraiser in Queensbridge Square this month, to raise money for food charities across Melbourne.

Soup will be sold from the square on June 21, with all proceeds going towards the collection, storage, cooking, serving and distribution of food for those in Melbourne who most need it.

For more information go to www.feedmelbourne.org.au

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City crime increases

Victoria Police has released crime statistics that show an increase in total crime in the Melbourne Police Service Area.

The rise has been largely attributed to an increase in drug offences uncovered by police operations in the inner city area. On the My Place website Inspector Bernie Jackson and Inspector Paul Ross said there had been an increase in robbery offences.

“We have been monitoring this for some time and in early May we launched Operation Northbank which consists of experienced plain clothes officers specifically targeting robbery,” the website said.

In his comments on the state-wide statistics, Chief Commissioner Ken Lay also pointed to Operation Northbank as an example of what Victoria Police was doing to crack down on anti-social behaviour.

“Only last month we launched Operation Northbank, working hand in hand with our Safe Streets taskforce and Transit police on Friday and Saturday nights when a large number of youths come into the city and hang around major transport hubs,” Mr Lay said.

“Some are coming to cause trouble and to prey on others.”

Giant mural catches the eye

A new high-rise being finished doesn’t make the news in Southbank anymore, but there’s something uniquely eye-catching about the facade on 109 Clarendon St.

The building, which has just been completed, contains an enormous mural on its side, facing one of Melbourne’s busiest intersections, City Rd and Claredon St. The Salvo Property Group developed the building and founder Mario Salvo said the idea for the painting came from within, helping 109 to stand out from the ever-increasing crowd of apartment high-rises.

“Because of the prominent location, when we designed the building we wanted something attractive and ever changing, and we settled on the art panel as that idea,” Mr Salvo said.

The current Southbank mural, featuring the landmarks of Southbank, is the perfect gateway into the suburb, an ideal mural to display for the opening of the building.

“We wanted something that had synergy and feel within the Southbank area. We wanted to show what is great about this location,” Mr Salvo said.

He went on to explain that the artwork would be rotated regularly, to ensure it was kept fresh, saying: “The residents of 109 the opportunity to pick the artwork that is up there next. At this stage we want to change it at least twice a year.”

The Colonial Tramcar Restaurant

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Crown Towers reached new heights last month, picking up the Gourmet Traveller 2012 Best Large Luxury Hotel Award.

The hotel won on the back of its refurbished villas, attention to detail and the new Neil Perry-run bar in the lobby.

In other award news, Triptych (above) has been given another honour, this time named as Australia’s best residential development by the Property Council of Australia.

Stable Group developed the building, and its managing director Danny Flynn said the team aimed to ensure Triptych was the best possible living space.

“Right from Triptych’s inception, we have sought to raise the bar for innovation and design, to create a high density residence that would set new standards for livability, sustainability and cutting-edge architecture, and it shows,” Mr Flynn said.

Ballernas want to call Southbank home

Members of the Australian Ballet School danced into Southbank last month, and enjoyed a cocktail evening hosted by The Mackie Group at the future site of its latest development, Cairo. The event was used by the ballet school to announce that it is hoping to build a student residence as part of Cairo at the Boyd school site.

Crown Towers on top

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Public art on display

Neighbouring areas of Southbank will see new public art installations over the next 12 months, with the City of Melbourne commissioning new works.

The 2012 public art commissions were launched last month at Signal on Northbank, which is also the site of the first of this year’s installations.

Shadow Play is a piece by Leven Wong and Shao Xiong Chia that uses lights and shadows to create fantastical worlds. The other pieces will be displayed across the City of Melbourne.

Councillor Jennifer Kanis said the council had acknowledged the importance of public art.

“We recognise that artworks in public space are visible and accessible to all and serve as important markers of our cultural identity,” Cr Kanis said.

“We aim to showcase the quality, diversity and innovation of arts practice in Melbourne and increase community participation in cultural life. The commissions bring art to the people.”

What do you think of public art displays? Does Southbank need more of them? Let us know by commenting on this story on our website www.southbanklocalnews.com.au

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Homecoming for MTC star

When globetrotting theatre actor Grant Cartwright landed his latest acting gig at the Melbourne Theatre Company’s upcoming performance of ‘National Interest’ he knew getting to work on time wasn’t going to be much of a challenge.

Grant recently moved into Southbank as a resident and, through good planning and a dash of luck, he lives almost exactly between the rehearsal facility at MTC and the Arts Centre, where the show will be performed.

“It’s really nice. I get out of bed and just roll down to rehearsals. And when the show starts it’s even closer!” Grant said.

Grant has lived in Southbank for almost a year now. He moved here for a production of Hamlet, but admits it has seemed like home for longer than that, through his time studying at the Victoria College of the Arts (VCA).

“I lived here for three years while I was studying, because I spent more time at the VCA than I did at home. My wife will attest to that!” he said.

After finishing at VCA, Grant continued his affinity with Southbank through the MTC.

“There’s something about the MTC. It is where I got my first gig, it’s always been like coming home,” Grant explained.

“There is something easy about working in Melbourne, there’s quite a family feel to the MTC,” he said.

Grant went on to explain just how lucky Southbank residents are, not only being home to the arts precinct of Melbourne, but having such high-quality institutions here.

“We’ve got the major theatre company, the major training company, the Arts Centre and a number of other facilities, all right here in the precinct. As an actor it is great.”

The show follows the story of the family of Tony Stewart, a journalist who was one of the Balibo Five – five TV reporters killed by Indonesian troops in the 1975 invasion of East Timor. Aidan Fennessey, who is an extended family member, wrote the show.

Grant plays fellow Balibo Five member Gary Cunningham and it is the first time he has played a non-fiction character.

“The character is actually a recreation of Gary in the Stewart family’s minds, but obviously there is still a level of respect you have to pay to the real person you are playing,” Grant explained.

National Interest is playing from June 6 to July 21 at the Arts Centre Melbourne, Fairfax Studio. For more information on the show go to www.mtc.com.au or check out our Arts column on page 12.

This month Kevin McGreal has given his expert opinion on the much-anticipated show.
New artwork ‘The Wall’ unveiled

Southbank has a brand new art installation, with the opening of ‘The Wall,’ under the Kingsway overpass on the Crown promenade.

Crown commissioned Melbourne artist Adrian Doyle to produce the work, which certainly livens up the walkway. Mr Doyle said the 45-metre mural “nearly killed” him and his team, but the end result had made it worthwhile.

At the official opening of the work, Crown CEO Greg Hawkins said the casino was thrilled with the result and thanked Mr Doyle for his extensive work. “This piece of art talks about our history. It’s a very different experience to what you would have had walking through this area,” Mr Hawkins said.

Lord Mayor Robert Doyle said: “The wall changes the feel of this entire area along Southbank, and it also protects the area from tagging and vandalism.”

Cycling on the increase

The City of Melbourne released its Bicycle plan 2012 last month and Southbank is set to have its bicycle accessibility increased.

The plan is currently up for public feedback outlining the city’s desire to ensure cycling becomes a more dominant form of transport for commuters to and from the CBD and its surrounds.

The major works outlined in the plan for Southbank include improved bike lanes travelling up and down St Kilda road, as well as improved access on Whiteman St.

Northbank is also due for upgrades with the council keen to encourage more cyclist to travel along the river.

Councillor Cathy Oke said the council had encouraged the recent increase in cyclists and wanted the pattern to continue.

“Right now 11 per cent of all vehicles travelling into the city in the morning peak are bikes and we want to see an increase to at least 15 per cent by 2016,” Cr Oke said.

She also suggested the works needed to encourage novice cyclists to join the growing fleet, saying: “In order to achieve this we need to create a network that helps less experienced cyclists feel safe and comfortable enough to give it a go.”

Lord Mayor Robert Doyle also endorsed the draft, saying the city needed to adapt its bicycle access if it wants to continue to grow cyclist numbers.

“We have come a long way from the painted bike lane line and as the number of cyclists in our city continues to grow it’s time to expand the network by creating innovative, safe lanes that connect one side of the city to the other,” Cr Doyle said.

“Our new Bicycle Plan proposes almost 50 large and small-scale projects that will strengthen the bike network both on and off road over the next four years.”

The plan outlines five different types of bike lanes the council is looking at installing across the city.

They are:

- Physically-separated bicycle lanes;
- Off-road paths for cyclists only or to be shared paths with pedestrians;
- Bicycle lanes with green pavement, profi led edge lines or chevrons;
- Bicycle lanes with paint only and;
- Roads with no bicycle treatment at all.

What sort of bike lanes would you like to see in and around Southbank and the city? Tell us by commenting on this story on our website www.southbanklocalnews.com.au
**Southbank**

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**Southbank**

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**Southbank**

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Phoebe and Lucy are big dogs. Big dogs love space.

That is why they have lived with owner Susan McKay on 10 acres in country Victoria for the majority of their lives. In recent times though, Susan has been spending three to four days a week here in Southbank and, luckily, the two dogs have adapted beautifully.

“The dogs aren’t always here, because we are very conscious of just how big they are,” Susan explained.

“But they absolutely love going for walks here in Southbank. There is plenty of green spaces, the parks and along the river are their favourites. It is a very dog-friendly area,” Susan said.

The dogs share a mother/daughter style relationship, as Phoebe is 13 and Lucy just seven. Phoebe doesn’t always love Lucy’s enthusiasm, but Susan thinks she likes having the younger dog around.

“Having Lucy keeps Phoebe young,” Susan said.

While at home in the apartment, Susan said the dogs were very well behaved. She explained that taking them for walks and tiring them out was the key.

“With big dogs in apartments you need to take them for a walk at least two times a day. When we do that they are usually ready for a lie down and sleep when they get home,” Susan said.

“Smaller dogs are ideal for apartments, but our two are coping just fine,” she added.

**Dancing the night away**

If you’re someone who needs to be inspired before they hit the dancefloor on a night out, then *Burn the Floor* might be the perfect show for you.

Playing at The Palms in Crown, *Burn the Floor* is a showcase of dancing at its finest, directed by celebrity dancer Jason Gilkison and starring So You Think You Can Dance (SYTYCD) contestants and USA SYTYCD winner Robbie Kmentoni.

The original show is 15 years old, but this latest production is known for its highly energetic performance, and has been described as “mind blowing.”

Director Jason Gilkison said the show had only had some minor adjustments on what has worked for audiences all these years.

“In all, the very heart of our show remains unchanged, and it is simply defined by the spirit of the dancers and their rebellious nature,” Mr Gilkison said.

“It is their energy that helps us create new routines and segments to ensure whether it is the audiences first time or tenth time seeing the show it is always new and vibrant.”

The show is a truly international experience with dancers from England, USA and Australia, and more exotic locations like Venezuela, Peru and Malaysia.

There is a staggering 367 costumes and accessories and over 94 pairs of shoes worn throughout the performance, so you can be sure you’re in for a visual feast.

*Burn the floor* will run from Thursday, June 14 until Saturday, June 30. For ticket information head to www.crowne melbourne.com.au.

**Car park nightmare**

Are you having increased difficulty in finding a parking space for yourself or your visitors? Well “hang on to your hat” – it is going to get much worse as new developments come online.

You may or may not have heard of or read of Melbourne Planning Scheme Amendment C133 promulgated by our Minister of Planning on March 25, 2010. Referred to as the maximum car parking rate, it applies a maximum number of car parking spaces for residential development rather than a minimum standard that used to apply.

This amendment allows for the provision of zero on-site car parking spaces and places a discretionary limit of one car parking space per apartment over four stories. In some cases this could mean some new developments do not allocate any on-site car spaces for dwellings. Yes, no on-site spaces at all and a projected population increase to from presently 11,500 to 74,000.

We are told it responds to the market demand for dwellings with no or minimal parking. I would submit this so called “market demand” was not a request from occupants or prospective occupants. I am not aware of any public consultation regarding this change. It smells of collusion between developers, the Government, and their minds. No car spaces adds up to more apartments for a given area and additional money in the pockets of their shareholders.

The other argument given in support of this amendment was that the residents have excellent accessibility to public transport and goods and services and encourage a shift towards public transport and car sharing. They have to be kidding. Then we have all the mumbo jumbo about environmental, social and economic considerations. Another of their frequent dose of spin-doctoring.

We continue to be dictated to by impractical short-sighted decisions well beyond the capabilities of these elected representatives and their bureaucrats. Take the issue of lack of schooling and can they plan a satisfactory method of getting our primary school children to the nearest school at Port Melbourne or Albert Park or St Kilda without a car. What about medical services and of coarse a bank or post office or sporting ground nearby would be handy for the children?

Amendment C133 is another example of the lack of planning, influence of developers and incompetence of our Governments at all levels. The Southbank Residents Group has been pressing the authorities for 15 years to ensure a well-planned Southbank with little or no response. We have attended multitudes of consultations and have made numerous suggestions for balanced development.

Overall, it would seem a waste of time. We have exhausted our influence by using logic, rational argument or common sense to address the obvious problems generated by our rapid development and all that’s left is the ballot box.

We must ensure that at all levels of government we elect only those that are sensitive to the wishes of the people, regardless of their political persuasion and intelligent enough to ensure our infrastructure is at least level or preferably ahead of the developers.

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**PET’S CORNER**

**Dogs love the city change**

Phoebe and Lucy receive a $25 gift voucher from PETstock South Melbourne

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**I LOVE THE NIGHT LIFE**

**SOUTHBANK RESIDENTS GROUP WITH JOE BAGNARA**
The first thing you put in your mouth in the morning – provided it is food – establishes how your brain will function for the day. Research shows that skipping breakfast in the morning will produce poorer cognitive function and a delayed reaction time compared with eating breakfast. But it goes beyond simply eating something, and all food is not the same!

The content of the food you eat directly influences the production of neurotransmitters, which are the chemical messengers that dictate both your cognitive and physical function.

For example, if you start your day with the politically correct high-carb cereal, orange juice and a banana, you will trigger a large insulin response and a quick increase in blood sugar levels.

This elevates serotonin but, because high-carb foods are high glycemic and are swiftly digested, they will be quickly used as energy or put into storage as fat, leading to a drop in energy levels. The depleted serotonin will impact your energy levels and make you feel groggy and it’s very difficult to reverse the poor brain function and lack of drive that you get with a high-carb, low-protein breakfast.

The scientific evidence goes on and on about the value of pre-workout protein. Breakfast suggestions include a meal of salmon, an egg, cooked beans, or even nut butter and an apple or protein fortified whole-fat yogurt and berries. Yes, apple contains fructose and there are concerns about the insulin response of milk proteins, but solid food is better than a shake because it will help you maintain peak energy and focus for the duration of a hard workout.

If you are stuck for time, a high energy hydrolysed protein shake, with fast-acting carbohydrate source, such as Vitargo S2 by Genefit or Gatorade/Powerade is your best option for a worst-case scenario.

Additional breakfast solutions are roast beef slice, salmon, sardines, or turkey and add them to a handful of nuts. Leafy greens or low-glycemic fruits such as berries are an excellent replacement for nuts if you are allergic.

If you normally train before work and don’t eat anything, start small and plan ahead. Prepare your breakfast in advance (the night before) to ensure you have everything ready and can get out the door quickly. Start with just a few bites the first day and take it from there.

EAT. Your body will thank you for it.

Serotonin is a chemical messenger that is involved in the transmission of nerve impulses. Release of serotonin, causes the other nerves to fire and continue the message throughout the central nervous system.

Tweet Jordan @jordy_chenery

The importance of breakfast

Why eating the right breakfast is crucial for optimising fat loss and changing the way you look, especially before you workout in the morning

The Arts

with Kevin McGreal

National Interest

Opening this month is Melbourne Theatre Company's production of National Interest.

Melbourne playwright Aiden Fennessy looks at events and the death of Australian journalists in East Timor in 1975, and tells the incredible story of the lives of their families. The play takes a very different and personal look at an event that rocked Australia - the murder of five young Australian journalists in Balibo, East Timor, in 1975. While the characters in the play are based upon real persons, it does not attribute everything said to any of those persons.

Taking on one of Australia’s most controversial issues, National Interest explores the nature of justice through the eyes of those to whom justice matters the most. The Australian acting legend Julia Blake stars as Tony Stewart’s mother in the play, which opened on June 11 the Arts Centre’s Fairfax Studio.

Tony Stewart was just 21 when he was killed in Balibo in October 1975. 32 years after Tony and his television news crew were murdered, the ghosts of the past are awakened again during the coronial inquest.

For Tony’s mother June, these ghosts are as real and as tangible as her daughter Jane, standing in the kitchen with her. Jane wants to lay the ghosts to rest but June can’t let go. Her anger and pain over what happened to her boy have not abated, no matter what the inquest findings are.

Sitting in the kitchen one evening, June forces June to open up the old wounds and talk about her feelings. But can truth, time and love heal decades of pain?

Speaking on ABC radio, Fenessy spoke about his cousin, Balibo victim Tony Stewart, and how he came to create this play based around the thoughts and memories of Tony’s mother. “I think the play is really about me trying to examine what happens to a mother’s story in light of the political and media narrative that has always sat alongside this story,” he said.

National Interest is a deliberately ironic title, whose unspoken opposite is “personal cost”. Fenessy has centred his play on the characters of Tony’s mother June and her daughter Jane. But he hastens to explain that his characters are “complete inventions” not based on his actual relatives.

“When I asked the Stewart family what they would think about me doing this, I said: ‘There’s no way that I can tell your story. It won’t fit into the format of the play, and I’m probably not good enough to do it.’ So I just said: ‘I’d like to use parts of it but I will make up your characters.”

“They’ve been very supportive,” he said thoughtfully, in a question about how they reacted. “It’s difficult for them, and it’s painful. So again with that comes a responsibility to articulate that pain, because that’s what we don’t see when a politician is saying: ‘We need to do something about this.’ What we don’t see is the actual, in-the-trenches impact. The play tries to telescope constantly in and out, from a world view to a mother’s view of losing her son.”

The fate of the Balibo Five shocked Australia in 1975 and the issues still reverberate today. National Interest personalises the headlines with a story of a family who lived through tragedy but refused to be defined by it.

“There’s an exhilarating visual poetry in the way Aiden has let the spirit of these young men come shimmering into the present. National Interest is a ghost story. And also I love his use of the language of media and reporting, the capturing and recording of documentary footage as a theatrical device,” said Pamela Rabe, a member of MTC’s Season 2012 Programming Team.

Cast: James Bell, Julia Blake, Grant Cartwright, Michelle Fornasier, Stuart Halusz, Polly Low
Director: Aiden Fenessy
Set and costume designer: Christina Smith
Lighting designer: Trent Suidgeest
Sound designer: Ben Collins

Arts Centre Melbourne, Fairfax Studio
June 6 - July 21
www.mtc.com.au
SOUTHBANK FASHION

Kelly, 22
LOCATION? Southwharf
WEARS? Topshop dress, jumper from General Pants and a jacket from a boutique in New Zealand.
DESCRIBE YOUR STYLE? Clean with an edge.
WHAT BRINGS YOU TO SOUTHBANK? Shopping with my mates from overseas.
WHERE ARE YOU FROM? New Zealand.
WHAT IS YOUR FAVOURITE THING ABOUT WINTER? A ruby red coat I bought back home.
WHAT MAKES A GOOD OUTFIT? Don’t combine too many crazy, opposing ideas and have your own style.

Gemma, 18
LOCATION? VCA
WEARS? Bonds tank and a skirt from a market.
DESCRIBE YOUR STYLE? Relaxed and earthy.
WHAT BRINGS YOU TO SOUTHBANK? Class.
WHERE ARE YOU FROM? Cheltenham.
WHAT IS YOUR FAVOURITE PIECE OF CLOTHING? Not clothing but an elephant necklace I brought in India.
WHAT MAKES A GOOD OUTFIT? Not trying too hard.

Stephan, 19
LOCATION? VCA
WEARS? All vintage.
DESCRIBE YOUR STYLE? Classic.
WHAT BRINGS YOU TO SOUTHBANK? Uni.
WHERE ARE YOU FROM? Brunswick.
WHAT IS YOUR FAVOURITE THING ABOUT WINTER? Anything velvet or tweed.
WHAT MAKES A GOOD OUTFIT? Working the classics in a modern way.

Dressing for the downpour
By Samantha Goss

In the wintry, icky months of this wonderful rainy city we call home, it becomes increasingly tiring to dress oneself for the downpour and chill whilst avoiding looking like an hulky snowman from Mt Layers-Add-Weight.

Knitwear is the obvious solution to this most painful of problems (a first-world problem, clearly!). Opt for garments with a low drop waist, rather than elastic-waisted jumpers which tend to add unnecessary bulge to your winter bellies.

If you drop into any store in the city from Acne to Cotton On you will be greeted by a bevy of varying knits in a paint box full of colours. Charcoal and black are a slimming and safe bet, whereas neon pinks and Helmut Lang stripes are a fashion forward and on-trend option.

On the bottom-half, pick yourself up a neat pair of coated, black skinny jeans like the ones on show at Sass & Bide. They’re leg lengthening, flattering around the ankle and keep the bite away from your delicate and, most likely, pallid pins.

Scarfes, beanies, gloves et al are a no-brainer to fight the bitterness. Layer a lot of good-quality, long-sleeve basics in neutral colours. Bassike or Skin and Threads are a viable choice over Aussie Disposals’s thermals.

Contrarily, army-style camo has made a bit of a comeback in that model, off-duty way in which grungy things tend to resurface. So perhaps a trip to your local Aussie Disposals is a smart move. Keep it current by only one camouflaged item per ensemble, otherwise you might find yourself fleeing to Canada to hide from Uncle Sam.

Winter dressing is all about using your god-given smarts (or if you are lacking in that department, street-style blogs). Wear layers, invest in a good coat and make friends with a few pairs of thick opaque tights.

Or stay indoors.
Bollywood at home

Bollywood is a concept that I find both foreign and yet unusually comforting.

It may have something to do with the fact that the actors break into random song-and-dance numbers from time to time but, after all, we do see that on *Glee* every week (if you’re still watching).

Personally, I find Bollywood wildly entertaining and yet a little bit cheesy in that late-night infomercial sort of way. And a new four-part series from the SBS captures all of this brilliantly.

*Bollywood Star* follows the journey of wide-eyed Australian hopefuls, who are all vying for a once-in-a-lifetime opportunity - to star in an upcoming film of the popular genre.

At first glance, the series appears like it could play out like an *Australia’s Got Talent*-style show (with an Indian twist) and, for the most part, this is achieved. The three stereotypical judging types are present: the warm female judge; the mean old man judge; and the younger (but still mean) male judge.

Watching them interact with the contestants was familiar but fresh at the same time – with the hopefuls forced to act, dance, sing and perform with your texting fingers (just in case they need your help to progress). But one of the best parts of this series is that the outcome is solely in the hands of the judges.

The next episode sees a team of would-be Bollywood stars, selected from the hundreds that applied, travel to India for the next stage of the process and so on and so forth until one remains.

*Bollywood Star* is not only an entertaining program, it also serves as a great entry point into all things Bollywood. It’s definitely worth a look.

In conclusion, this series is not only an entertaining program, it also serves as a great entry point into all things Bollywood. It’s definitely worth a look.

Letters to the Editor

Wrong spot

I read with interest your lead story in the Southbank Local News this week regarding truck engine noise and the Burnley Tunnel.

The main point was that the installation of a noise camera at the tunnel would prevent engine-brake noise from trucks entering it. This may very well be the case - but trucks entering the Burnley Tunnel are not the originators of engine brake noise in the area. As a resident of Freshwater Place, I can tell you that the noise emanates from trucks leaving the CityLink before the tunnel and engine-braking their way through the traffic lights at Power St and City Road on their journey to rejoin the freeway after the tunnel.

These trucks are forced to leave at this point as they are banned from using the tunnel. The noise camera is, therefore, in the wrong place.

Nick Gilbertson
They show the time at The Meat & Wine Co’s restaurants across the world: in London; Israel; three in South Africa; Dubai, Abu Dhabi, Bahrain and Kuwait in the Middle East; two at Sydney’s Darling Harbour; and here in Southbank.

Time is an important ingredient at The Meat & Wine Co. Super-aged steak is the specialty, and Southbank’s restaurant uses its own Monte Beef brand of primarily Angus cattle, sourced from farms across Australia. “Monitored from paddock to plate,” is the proud motto.

Melbourne-Sydney area manager Nicholas Noonan says the preparation of no meal is rushed. “Our chefs and grillers are told that consistency is most important when grilling each steak,” he says. “The meat quality is consistent, and it must be consistently cooked.”

The result is repeat patronage, which Mr Noonan attributes to why the Southbank restaurant, at Queensbridge Square’s Freshwater Place, “is fully booked on Fridays and Saturdays, and there is never an empty table on any night of the week.”

“Sunday lunches are popular for families,” it’s now winter menu time, with super-aged beef (with chips and side sauce) headlining the line-up. The Monte Select category beef has been grain fed for 120 days and includes the New Yorker $46 or fillet $49.

Mr Noonan says the grilled kangaroo fillet is popular with tourists, and is served with bush spices and pepper rubbed chat potatoes with an apple cider sauce, for $34.

Mr Noonan says the grilled kangaroo fillet is popular with tourists, and is served with bush spices and pepper rubbed chat potatoes with an apple cider sauce, for $34.

“Meat” makes up only half the name of the restaurant; the wine selection of 160 varieties are mostly local and interstate, with some international choices for those patrons who have eaten at overseas Meat & Wine Co restaurants.

“I have had several guests who have dined at every Meat & Wine Co restaurant in the world,” says Southbank’s marketing manager Sam Hasim.

Regular local diners are in for a surprise, with a major interior renovation scheduled for August. “We will have a new look and feel,” says Mr Hasim.

“It will be based on the restaurant chain’s heritage, with a subtle South African feel (the first Meat & Wine Co restaurant was opened in South Africa in 2000 by Costa Tomazos and Bradley Michael).”

“But we will still be all about meat and wine.”

Wine list advice is on hand: Mr Noonan established his sommelier credentials at Crown’s flagship Number 8 restaurant and bar, before moving to a management role for several years at The Venetian Macao (Macau).

“Australians love their sav blanc in summer, even at a meat themed restaurant,” says Mr Noonan.

“But shiraz outsells all of the whites. Our Heathcote shiraz absolutely ‘flies’, and the Barossa Babe is a big seller.

“We have our own label, Cleaver and Vine, that is popular with our regulars.”

Mr Noonan said the restaurant does a great trade for lunch, and office workers pop in for a drink on the way home.

“Sydney folk tend to drink wine, whereas here in Southbank our corporate locals are sticklers for a good steak – with a bottle of Heathcote or Cleaver and Vine shiraz, of course.”

Noonan attributes to why the Southbank restaurant, at Queensbridge Square’s Freshwater Place, “is fully booked on Fridays and Saturdays, and there is never an empty table on any night of the week.”

They show the time at The Meat & Wine Co’s restaurants across the world: in London; Israel; three in South Africa; Dubai, Abu Dhabi, Bahrain and Kuwait in the Middle East; two at Sydney’s Darling Harbour; and here in Southbank.

Chef: Josep Espuga, former Mugaritz Restaurant Spain (voted No.3 in the world)

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www.thebohemian.com.au
After five successful years in business, local real estate agent City Residential has moved to larger and very prominent premises in Lorimer St, Docklands.

Directors Glenn Donnelly and Richard Mindraoui, who have 40 years of real estate experience between them, say the move to the former prestige car showroom at 50 Lorimer St is already paying off.

“It’s amazing how many people have dropped in to congratulate us on the move,” Mr Donnelly said.

“Being next to Lorimer St and the freeway, it’s just amazing how many people pass by and notice us every day.”

“In the six weeks that we have been here we have experienced enormous growth.”

“New and existing customers have dropped in and said that the place looks fantastic and how good it is that we are here.”

Glenn Donnelly and Richard Mindraoui started their business a little upstream at Flinders Wharf but say they had outgrown their previous office.

“We’ve got nine staff now and the new office is so much bigger, with plenty of room to grow too,” Mr Donnelly said.

“I’ve always felt that the new premises would be ideal for our business. So when it became available, we snapped it up.”

“We are truly now positioned at the gateway to Docklands, Southbank and the city which is great as we pride ourselves on being the inner city apartment specialists.”

Mr Donnelly said City Residential prided itself in looking after vendors and landlords better than any other local agency.

City Residential, 50 Lorimer St, Docklands. Call 9614 8999 or go to www.cityresidential.com.au

In the pressure cooker that is modern life, it is comforting to know that help is within easy reach.

“Stress is increasing because people are being forced to work more,” said Maria Mercuri, director and principal psychologist at New View Psychology, in South Melbourne.

“People spend most of their lives at work, it’s that ‘keeping up with the Joneses’ mentality,” she said.

“You wake up and first thing in the morning you are dealing with a stressful situation.”

“Among other things, we help look at people’s workplace issues, such as career adjustment, Parenting, finances, home, family, relationships – everything is a source of stress these days.”

“We are not biologically designed for this,” Ms Mercuri said.

Ms Mercuri said stress manifested itself in the home environment.

“We are seeing greater child stress, which was previously unheard of,” she said.

“Children are learning this stressed behaviour from their parents.”

“The study scheduling for a child is ridiculous. They should just be playing in the back yard.”

Ms Mercuri said New View Psychology’s 21 clinics across Melbourne were seeing three main problems: depression, anxiety and relationship issues.

“The breakdown of the family and sharing of child custody are a main source of psychological illness,” she said.

“We are seeing a lot of drug addictions – even prescription medication such as codeine.”

“These days you are not talking about a drunk in the street, but high achievers. Also, mothers who have addictions.”

New View Psychology has 40 clinical psychologists, counselling psychologists, clinical hypnotherapists and child psychologists.

Ms Mercuri said each psychologist had a minimum of six years training and was registered with National Psychologist Registration Board.

“Medicare rebates are available for people if their GP determines that they qualify,” she said.

Ms Mercuri agreed that psychology was a nurturing, listening, caring and empathetic profession.

“We are seeing an increase in males coming to see us – up by 50 per cent,” she said.

“The female-to-male ratio used to be 20/10, but now I’d put it at 60/40,” she said.

“There is a greater awareness of mental health, thanks to organisations such as Beyond Blue.”

Ms Mercuri also agreed that good physical health was important to mental health.

New View Psychology is at 87 Gladstone St, South Melbourne, with car parking in the building and on the street. It is within easy walking distance of the numbers 96 and 109 trams. Call 9331 0722 or visit www.newviewpsychology.com.au
**July 2012**

**St John’s Southgate Sunday Worship**

*Every Sunday*

St John’s Southgate, 20 City Road

9am - Traditional liturgical worship.

11am - Informal liturgical worship.

7pm - Informal contemporary worship.

www.stjohnssouthgate.com.au

**Queen Lear**

*July 7 - August 18*

Melbourne Theatre Company, 140 Southbank Boulevard

In this version of Shakespeare’s darkest tragedy, Robyn Nevin plays Lear, opening a powerful perspective on a story that can still shake our humanity to its roots.

www.mtc.com.au

**Winter School Holidays**

*June 30 - July 15*

Eureka Skydeck 88, 7 Riverside Quay

Kids can enjoy activities and meeting Deckstar, the Eureka Skydeck mascot, from 11am to 4pm daily during the winter school holiday period.

www.eureka天空deck.com.au

**St John’s Southgate Sunday School**

*Every Sunday, 10.30am - 11.15am*

St John’s Southgate, 20 City Road

Children 3-11 years welcome. Not available during school holidays. St John’s also runs a playgroup every Tuesday from 10am - 12pm.

www.stjohnssouthgate.com.au

**Visible Music**

*June 21, 7.00pm*

Melbourne Recital Centre, 31 Sturt Street

Lunawak, led by Jason Heerah (Electric Empire) perform their unique blend of soul, funk and reggae. In this special collaboration, they welcome emerging artist Bissat Seyoum.

www.multiculturalarts.com.au

**First Friday Dance Club**

*May 4 - December 7, 6.00pm - 8.00pm*

Queensbridge Square, 1A Queens Bridge Street Southbank

Starting on Friday 4 May, the first Friday of every month will see Queensbridge Square transformed into a place for people to come together to dance.

www.pennykoukoulas.com

**Improve Your Sunday Wellbeing**

*10am, Sunday*

St Michael’s, corner Collins and Russell St

On foot or on wheels. On bike or on tram. On your own or en masse – hear Dr Francis Macnab talk about the wellbeing of a New Faith that has many Old Faith religions protesting on and on.

www.stmichaels.org.au

**The Magic Flute**

*July 9, 11.00am - 11.50am*

Melbourne Recital Centre, 31 Sturt Street

The Magic Flute is a mysterious and wonderful tale, following four young people’s journeys as they discover their own strengths and weaknesses and pass the tests of true love.

www.melbournerecital.com.au

**Arts Centre Sunday Market**

*Sundays, 10am-4pm*

Arts Centre, 100 St Kilda Road

Meet over 80 of Victoria’s finest artisans first hand. Discover how these unique artworks are made, chat directly about the products, inspirations and techniques. For more information:

www.theartscentre.com.au

**Chunky Move Dance Classes**

*Mondays to Thursdays 6.30pm-8pm, Saturdays 10am-1.15pm*

111 Sturt Street

Chunky Move dance classes are the perfect way to unwind, get fit and improve flexibility and strength. For more info:

www.chunkymove.com

**Taste of Southgate: Progressive Dinners**

*July 1 and August 8*

Southgate, 3 Southgate Avenue

Back by popular demand, Southgate’s Progressive Dinners allow you to enjoy three delectably different courses at three different restaurants, all under one roof.

Taste of Southgate: Progressive Dinners 10am-12pm.

www.celebratesouthgate.com.au

**Corpus Medicorum - Music of the Heart**

*July 8*

Melbourne Recital Centre, 31 Sturt Street

Corpus Medicorum began with musical traditions of the Royal Melbourne Hospital.

www.melbournerecital.com.au

**Raw 2012 CD Tour**

*June 30*

Crown Entertainment Complex 8 Whiteman Street

With five super-charged installations under its belt, the Raw series has built a solid reputation for delivering when it comes to the latest club bangers and dance radio crossover smashers.

**Melbourne Night Photography Workshops**

*Tuesdays and Thursdays, 6pm-8pm*

3 Southbank Promenade

This night photography class runs in Melbourne’s city centre and has all the night photography tips you’ll ever need.

For more info:

www.pennyikoouklous.com

**Melpoluioun - Janet Seidel Trio**

*July 12-13*

Melbourne Recital Centre, 31 Sturt Street

Australia’s ‘first lady of jazz’, Janet Seidel, presents the best tunes from the repertoire of the late Blossom Dearie, one of America’s most famed jazz singers and composers.

www.melbournerecital.com.au

**Aco - Trout Quintet and Quartet for the End of Time**

*July 16-23*

Melbourne Recital Centre, 31 Sturt Street

This concert pairs two great works inspired by very different experiences away from home, both written for the musicians available and, as a result, for unusual combinations of instruments.

**Briwyan**

*July 4-14*

The Malthouse Theatre, 113 Sturt Street

Dance, dynamic projections and a layered, textured soundscape transport audiences well beyond the confines of the theatre. Vicki Van Hout’s ‘Briwyan’ draws on Yolngu painting to inspire a work of choreographic dexterity.
Zoe said she loved the culture in Southbank, especially around the arts precinct where Script is. She used to live in the area before travelling overseas, but she is happy to be back. Zoe also thinks Southbank has some of the best coffee in Melbourne.

Sean said the location was what made Southbank special. Centred between the parks, the river and the facilities in the city, he described it as being close enough to everything, but equally far enough away when you wanted to get away from it all.

Jurred said the City Rd location of his workplace was so convenient. He said that being able to walk right into the city made life very easy. He also said the customers that came in were friendly, which he thinks must mean Southbank is a popular place to be.

Kyle said people are always friendly when they came into Foodworks, which made being at work pleasant. He also said the people he worked with helped as they all got along well.

Ellen loves the busy and lively feel that Southbank has. She also enjoys the views around the suburb and across the river. She said the city at night was just spectacular from Southbank.

Georgie said the versatility of the area was its biggest strength. She also said it was the multicultural restaurants that made the area so intriguing. She also said Southbank and Northbank were always pretty at night.

Zoe said she loved the culture in Southbank, especially around the arts precinct where Script is. She used to live in the area before travelling overseas, but she is happy to be back. Zoe also thinks Southbank has some of the best coffee in Melbourne.

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