

The voice of Southbank

SOUTHBANK Local NEWS

■ **Yarra shuttle plan makes waves**

See page 4

■ **Ballerinas want to call Southbank home**

See page 7



■ **Domain station connects commuters**

See page 2

■ **New artwork 'The Wall' unveiled**

See page 9



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.

"At just over 50 hectares, Montague is one of the biggest urban renewal projects inner Melbourne has ever seen," Mayor Powning

pointed out.

"We are creating a suburb strategically located between the CBD and other key locations, where people can work and live, and everything is within walking distance. This is a unique opportunity to create a high quality living and working environment, supported by a network of green open spaces, people friendly streets and accessible community facilities," Cr Powning said.

One such community facility will be the facilities "hub", set to become the focal point for community activities.

The Mayor said that, despite its location, the new suburb was not a replica of what has been produced in Southbank or other inner-city locations.

"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.portphillip.vic.gov.au

Comment on this story online: www.southbanklocalnews.com.au

FOODWORKS
Works for me!



WE ARE YOUR LOCAL GROCER!
182 City Road, SOUTHBANK

Domain station to connect commuters

Suite 108, 198 Harbour Esplanade
 PO Box 23008 Docklands 8012
 Tel: 8689 7980 Fax: 9602 2929
www.southbanklocalnews.com.au

Editor: Sean Rogasch
 Advertising Manager: Greg Hackett
 Tel: 8689 7980 Fax: 9602 2929
advertising@southbanklocalnews.com.au

Reader contributions are welcome.
 Please send articles and images to
news@southbanklocalnews.com.au

Deadline for the August edition is July 12.

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

CONNECT

Keep up to date with local news & events.



Follow us on Twitter
 @SOUTHBANK_News



Like us on Facebook
 Southbank Local News

La Camera's Popular Opera Challenge

Monday, June 25th

Present this add in June or July and receive a free VIP card

The 4 tenors...
 Sure to blow you away!

Listen to some of Melbourne's finest Opera talents as they compete for cash and prizes

- Reserve your table today as these nights are always a sell out.
- Singing starts at 6.45 sharp!
- A special \$50 set menu applies for this night.

Major Sponsors:



LA CAMERA
www.lacerasouthgate.com

For bookings or enquiries please call 9699 3600 or email: eat@lacerasouthgate.com

►►►►►►►►►► **Moving?**

Size Does Matter!

1 of 14 MiniMovers depots across Australia

BIGGEST LOCAL MOVING FLEET

to ensure reliability – you will not be let down!

CALL 1300 366 000

OR VISIT MiniMovers.com

MiniMovers[®]
 Short Distance Movers



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.

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.

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.

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 meeting attracted a huge turn-out, with the crowd swelling out the door at the South Melbourne Commons.

The State Opposition has cottoned 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 be 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 Powning 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.

TheMeat & WineCo

A cut above . . .



» Do you need to steak out the ultimate dining experience?

A unique and exceptionally enjoyable steakhouse dining experience that caters for meat lovers in a sophisticated yet relaxed environment

3 Freshwater Place, Queensbridge Square
Queensbridge Street, Southbank VIC 3006
tel: +61 3 9696 5333 fax: +61 3 9696 5322
www.themeatandwineco.com

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 introduction 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](http://www.southbanklocalnews.com.au)





Maria Mercuri
Director & Principal Psychologist

New clinic **NOW OPEN** in South Melbourne.

DO YOU NEED HELP?



Depression



Anxiety & Stress



Relationship Issues

New View Psychology is the leading provider of Psychology and Counselling services in Victoria.

We are conveniently located at 87 Gladstone Street South Melbourne.

We have OVER 40 male and female Clinical Psychologists/Counselling Psychologists/Clinical Hypnotherapists and Child Psychologists specialising in the treatment of the following issues;

● Depression	● Anxiety/Stress	● Phobia's
● Life transitions	● Marriage Counselling	● Children's behaviour
● Eating Disorders	● Relationship Issues	● Career Counselling
● Pain Management	● Anger Management	● Workplace Issues
● Grief & Loss	● Sexual Issues	● Trauma
● Self Esteem	● Addictions	● Sleep problems

10% Discount on 1st appointment *Medicare/Health Insurance rebates apply
 *Evening and weekend appointments available *Prompt appointments available

To book an appointment call 9351 0722
or visit our website www.newviewpsychology.com.au

Melbourne Combined
Natural Therapies

CHIROPRACTIC
 REMEDIAL MASSAGE
 NATUROPATHY
 ALEXANDER TECHNIQUE
 MYOTHERAPY
 NUTRITION
 YOGA
 DRY NEEDLING
 CUPPING
 HERBAL MEDICINE





Mention ad for a free postural or dietary assessment
Suite 14/Level 2
 51-55 City Road Southbank
t: 9645 9923
www.melbournenaturaltherapies.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



kingpin BOWLING

drink, bowl, party!

STATE-OF-THE-ART BOWLING LANES • INDOOR LASER SKIRMISH ARENA
POOL TABLES • 3 FULLY LICENSED BARS • THE LATEST ARCADE, VIDEO & PRIZE GAMES

OPEN 7 DAYS • 10AM - 2AM

DONT FORGET... \$10 BOWLING!
9pm - 2am every Tuesday...

PRESENT THIS VOUCHER:

Buy one full priced game of bowling and receive 1 FREE drink of either local tap beer, house wine or soft drink

Valid Monday - Wednesday 6pm till close

- One voucher per person
- Original voucher only accepted
- Voucher expires 31/7/2012

Ground floor, Crown Entertainment Complex • Call 13-BOWL (13-2695) • www.kingpinbowling.com.au



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.”



Mario Salvo shows off the massive mural on the side of 109 Clarendon St.

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 Clarendon 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 offers open dated gift certificates which make an ideal present for any occasion.

Gift Certificates are valid for 12 months from the date of purchase and are presented in a special souvenir giftpack.

If you are looking for the ideal gift, visit our website www.tramrestaurant.com.au or telephone 9696 4000.



**THE COLONIAL
TRAMCAR
RESTAURANT**



Present this coupon at the Eureka Skydeck Ticketing Counter to receive 20% off entry*

The Southern Hemisphere's highest viewing platform with the world's only **EDGE EXPERIENCE**

Open 10am until 10pm Daily (last entry 9.30pm)
Riverside Quay Southbank Melbourne Australia
www.eurekaskydeck.com.au 03 9693 8888



* This discount is not valid with any other offer.
This discount is not valid for the EDGE experience.
Discount valid for Adult, Concession, Child and Family passes only.
SOUTHBANK LOCAL NEWS



Crown Towers on top



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 liveability, sustainability and cutting-edge architecture, and it shows," Mr Flynn said.

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



Ballerinas 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.

IMPROVE YOUR SUNDAY WELLBEING.

On foot or on wheels. On bike or on tram. On your own or en masse — it doesn't matter how you get there, make Sunday the first day of the week for your wellbeing. Join us every week for Sunday at St Michael's.

On your seat by 10am to hear Dr Francis Macnab talk about the wellbeing of a New Faith that has many Old Faith religions protesting on and on. Then join the local and international conversations online.

Sunday at St Michael's — improve your wellbeing throughout the week, starting from Sunday.

www.SUNDAYATSTMICHAEL'S.com.au

120 COLLINS - 10 AM



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 Fennessy, 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.

riverside dining melbourne style.

WTC Wharf is Melbourne's first absolute wharf edge dining precinct, with world class restaurants, bars and a purpose built events centre.



World Trade Centre
Corner Flinders and Spencer St
wtcwharf.com.au



wtcwharf
melbourne's meeting place

River's Edge
EVENTS



WILSONS
BOATHOUSE



The Wharf Cellars



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."



Artist Adrian Doyle with team members Seb F and James Bonnici in front of a section of 'The Wall'.

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, profiled 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



St Johns
Southgate

Welcome to St Johns Church Southgate especially at our Bach cantata service Sunday 29 July 9am

Regular Sunday Service Times
 9am Traditional, Liturgical worship
 11am Informal, Liturgical worship
 7pm Sunday Night at St Johns Informal, Contemporary worship

The chapel is open daily for private prayer and reflection

20 City Road Southbank Telephone 9682 4995 www.stjohnssouthgate.com.au



Southbank 32/79 Whiteman Street
SPACIOUS WITH TERRACE

1  1  1 

Private Sale \$430,000

Inspect By appointment

This immaculate apartment comp bamboo timber flooring and is conveniently located within easy reach of the nearby CBD, Southbank Promenade and cosmopolitan South Melbourne, ensuring its suitability for investors and owner-occupiers alike. Features include: Secure car space, reverse-cycle heating/cooling in living area, laundry facilities in bathroom (dryer included), tram stop on the doorstep, impressive building facilities include a heated indoor swimming pool, tennis court, gym, BBQ terrace. Richard Mindraoui 0437 250 964



Southbank 2107/63 Whiteman St
GREAT LOCATION TO LIVE OR INVEST

1  1  1 


Private Sale \$410,000

Inspect By appointment

Located on the 21st floor is, this great quality huge 1 bedroom 1 Bathroom 1 Car Space superb condition apartment. Includes Modern kitchen fittings, stainless steel Miele appliances including cook-top, oven, range-hood and dishwasher. This near new apartment has a generous size bedroom with BIRs. Included also, video intercom and resort style facilities. VUE GRANDE Southbank is situated within walking distance to Melbourne CBD, Southbank Promenade and restaurants Richard Mindraoui 0437 250 964



Southbank 1203/109 Clarendon Street EXCELLENT AND AFFORDABLE

2  1  1 

Private Sale \$450,000

Inspect By appointment

Near new city pad within walking distance to Crown casino and Southbank promenade. Functional floor plan includes fitted kitchen with stainless steel appliances, and ample cupboard space. Good size bedroom with two way ensuite and a second room which could be used as a large study or optional second bedroom. Secure under cover car park and the use of a fully equipped gym and spa pool.

Richard Mindraoui
0437 250 964



Melbourne 3602/288 Spencer Street
NO.1 FOR LOCATION & VIEWS

2  1  1 

Private Sale \$570,000

Inspect By appointment

This luxurious & spacious near new two bedroom apartment located on the top floor in the newly completed Atlantis building comes fully furnished and presents the latest in inner city living. The unit features a modern kitchen with stainless steel appliances and ample cupboard space that opens to a dining/living area which leads to a balcony with spectacular bay and Dockland views. This apartment is great for an investment or perfect for someone just starting out in Melbourne.

Lina D' Ambrosio
0430 929 851



Southbank 1507 - 8 Kavanagh Street Southbank

TRIPTYCH WILL AMAZE YOU

2  2  1 

Private Sale \$1,200,000

Inspect By appointment

Triptych invites you home to the heart of the Melbourne Arts & Cultural precinct. This apartment offers the discerning buyer the comforts of 138sqm of north facing luxury living. Comprising 2 bedrooms + study, 2 bathrooms, 7sqm balcony, bamboo timber flooring, miele appliances, secure car park, storage unit and features vertical garden and podium roof top garden.

This is a must see.

For a private inspection contact Richard Mindraoui 0437 250 964



Southbank 1402 - 63 Whiteman Street, Southbank

3 BEDROOM WITH A VIEW

3  2  1 

Private Sale \$638,000

Inspect By appointment

Ideally situated across the road from Crown this Approx 90 sqm modern apartment offers the discerning buyer the comforts of 2 generous sized bedrooms and master with ensuite and walk in robe. The living area is highlighted by the floor to ceiling windows which opens to a large balcony making it ideal for entertaining. Features: Secure car space, ducted heating, Euro laundry in main bathroom, secure intercom entry, building concierge, communal facilities including heated indoor pool, gymnasium and BBQ terrace.

Richard Mindraoui
0437 250 964



Melbourne 210/505 St Kilda Road
LUXURIOUS & BRAND NEW!

2  1  1 

Private sale \$820,000

Inspect By appointment

Absolutely stunning! This generous sized two bedroom apartment features fabulous modern kitchen with Gaggenau stainless steel appliances, gas and electric cooking, stainless steel fridge & dishwasher, ample cupboard space, open plan living and dining with floor to ceiling windows allowing loads of natural light. Main bedroom with built-in-robos and Italian tiling throughout. Second bedroom is also generous in size and has built-in-robos.

Lina D' Ambrosio
0430 929 851



Melbourne 415/67 Spencer Street
GRAND OPULENCE

2  1  - 

Private sale \$525,000

Inspect By appointment

Here is your chance to own an apartment amidst the grandeur and sophistication of Melbourne's iconic building. Centrally located and dominating in presence this distinguished heritage building has a two bedroom mezzanine on offer to the discerning buyer. Features include majestic stair case, heated pool and spa, gym, palatial gardens and two BBQ areas. You can enjoy the grand life with an east facing apartment that is approx 75-sqm in size with an open plan style living, two upstairs bedrooms, storage room, and reverse cycle heating.



Docklands 262/55 Victoria Harbour Promenade

WORTH EVERY MILLION

3  3  3 

Private sale \$1.8 mil

Inspect By appointment

Imagine yourself living in this luxury two storey sub penthouse on the 26th floor at Dock 5 premier and award winning development. Boasting 3 spacious bedrooms (all with ensuite's) plus study, 2 bathrooms plus additional powder room and an expansive open plan kitchen / dining / living area, surrounded by floor to ceiling windows. This prestige apartment features white marble bench tops, butlers pantry, stone floors, and billiard bar room, storage room and wine cellar. Glenn Donnelly 0419 998 235

50 Lorimer Street, Docklands

www.cityresidential.com.au

For all your real estate needs, including a no obligation FREE market appraisal on your property, feel free to contact one of our agents

P: 8614 8999



SPONSORED BY:

PET stock
animal supplies
... part of your family!

211 FERRARS ST, SOUTH MELBOURNE VIC 3205
T: 03 9699 4234 | F: 03 8610 2102
WWW.PETSTOCKSOUTHMELBOURNE.COM.AU

Dogs love the city change

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.



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



I LOVE THE NIGHT LIFE

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.crownmelbourne.com.au



SOUTHBANK RESIDENTS GROUP WITH JOE BAGNARA

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 occupiers or prospective occupiers. I am not aware of any public consultation regarding this change. It smells of collusion between developers, the Government, and their minders. 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

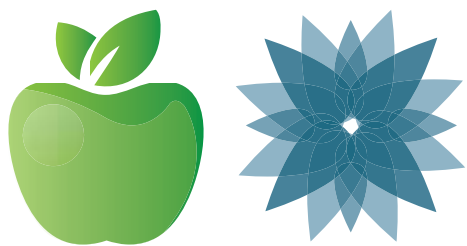
goods and services and encourage a shift towards public transport and car sharing. They have to be kidding. Then we have all the mumbo jumbo about environmental, social and economic considerations. Another of their frequent dose of spin-doctoring.

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 course 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.



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

HEALTH & WELLBEING

with Jordan Chenery

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 elevated 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 Genr8 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



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. 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, Jane

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, Fennessy 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 obverse is "personal cost". Fennessy 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 response to 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 Aidan 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 reportage, 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: Aidan Fennessy
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



PET stock
... part of your family!

...for all
your pet
care needs

Premium foods

Collars & leads

Bedding

Accessories

Health care products

PETstock 5th Melbourne

211 Ferrars St, (03) 9699 4234



SOUTHBANK FASHION



Fashion on the streets of Southbank

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.

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.

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 ITEM FOR 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, where as 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.

Scarves, beanies, gloves et al are a no-brainer to fight the bitterness. Layer a lot of good-quality, long-sleeve basics in neutral colours. Bassiske or Skin and Threads are a viable choice over Aussie Disposal'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.



Business is moving to portable handheld devices.

Give your business a distinct edge over your opposition

You'll be surprised how affordable our apps are. Speak to Shane or Nicola on 9602 2992

At the forefront of digital communication for 25 years



mediacomms.com.au

108 / 198 harbour esplanade docklands, 3008
P: +61 3 9602 2992
contact@mediacomms.com.au



ON THE BOX

with Korey Fernando

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 even answer a questionnaire about their favourite aspects of Bollywood.

Many of the acting scenarios involved contestants improvising scenes where they were either a housewife, a prostitute or a boyfriend of a pregnant girlfriend.

This not only made the format seem unique and interesting, but also illuminated a hilarious truth - half of the contestants didn't know anything about Bollywood at all. In the first episode, there was actually a contestant who thought that *The Guru* (a Mike Myers film) was his favourite Bollywood film. The reaction from the judges basically said it all: Australians, for the most part, just don't get it.

Like every talent show, there are the ones with tough personal stories, that are meant to make you want to rally behind them 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.

Bollywood Star airs Saturdays on SBS ONE on Saturdays at 7.30 pm



ST JOHNS
SOUTHGATE

As the year is unfolding so is the feast of Bach at St Johns Southgate.

In the space of just two months the church at the heart of Southbank will offer performances by one of Australia's most promising Bach tenors, an internationally renowned Australian oboist and the artist recognised as the world's best Bach tenor.

As part of its rich Bach cantata program, on July 29 St Johns will present at its 9 am service *Ich lasse dich nicht, du segnest mich denn* (BWV 157), a cantata for two soloists, strings, oboe, flute and continuo, featuring tenor Robert Macfarlane, bass Jerzy Kozłowski and oboist Geoffrey Burgess. St Johns head of music Graham Lieschke will direct the performance.

Mr Macfarlane is the first St Johns Bach Scholar and his promise will shortly take him, courtesy of a South Australian Government scholarship, to Leipzig, Germany, for a period of study at the prestigious Mendelssohn Hochschule.

Mr Burgess, who comes from Sydney, is with American Bach Soloists, and has played baroque oboe around the world to great acclaim for more than two decades. He was a key figure in the early-instrument revival in Australia and is now based in Philadelphia in the United States.

Also part of the service on July 29 will be Bach's *Kyrie in F Major* (BWV 233), performed by St Johns' own Bach choir.

In contrast to the intimate nature of the

July program, the cantata to be performed the following month, on August 26, is big and bold and will feature one of the biggest names possible, Martin Petzold.

Mr Petzold, who is rated the world number one Bach tenor, will be at St Johns for *Die Elenden sollen essen* (BWV 75), a cantata for four soloists, chorus, strings, two oboes, trumpet and continuo.

His Melbourne visit, which is being organised by the German Church, East Melbourne, is for the Bach@Trinity 2012 Festival and his appearance at St Johns is a great opportunity for lovers of the choral music of JS Bach.

Himself a former student at the Mendelssohn Hochschule, Mr Petzold has appeared in leading concert venues across the world in guest concerts and opera performances, has performed in numerous TV and radio broadcasts and has a substantial discography.

His visit to Southbank underscores the richness of the music program at St Johns and its role in worship services. The cantata program under Dr Lieschke's direction is constantly evolving and there is promise of a great deal more to come.



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

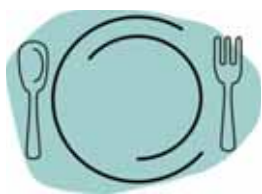
originators of engine brake noise in the area.

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



FLAVOURS OF SOUTHBANK

THE BEST PLACES TO MEET AND EAT. TO BE PROFILED IN THIS SECTION, EMAIL GREG@SOUTHBANKLOCALNEWS.COM.AU

Take your time, with tender meat and fine wine

Walking up the stairs to the bar and second-level dining area of the Meat & Wine Co in Southbank, you can't help but notice the 12 clocks on the wall.

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 eye of rump \$26, rib-eye \$39, New Yorker (similar to porterhouse) \$34, fillet \$34, rump \$28, large rib-eye \$46, T-bone \$49.

Wagyu has been grain fed for 500 days to achieve the marbling: rump \$48 or rib-eye \$59.

Monte Gold is the best of the best, grain fed for 130 days, and includes the New Yorker \$46 or fillet \$49.

The grand daddy of them all is the Monte Dry aged selection. Pasture fed, the choice cuts are aged about a month at a low temperature, to achieve extra tenderness and taste. The New Yorker is \$45 or the rib-eye on bone is \$48.

Aussies love lamb in winter. Lamb shanks, slowly cooked with carrots celery, onions and herbs, served on garlic-spinach mash for \$34; rack of lamb, grilled medium-rare, topped with olive, caper and anchovy infused butter, sitting on sautéed asparagus and with a capsicum polenta stack, for \$39.

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.

But "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



The Meat & Wine Co's area manager, Nicholas Noonan, and Southbank restaurant manager Natalie Costanzo, are sticklers for a good steak - with a bottle of Heathcote or Cleaver and Vine shiraz, of course.

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 (Macao).

"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 mostly beer and spirit drinkers," he says.

Mr Noonan says the economic recession

"will cause a bit of a slump and restaurants will lose some business, but the good ones will do fine".

He says the key to success in Melbourne is quick service and plenty of tables.

"Sydney queues, Melbourne refuse," he trots out the phrase with a grin. "In Melbourne, you don't have to queue to eat, there are so many choices.

"Southbank's population is increasing, with apartment towers going up everywhere. There's talk about it becoming a greater population density than Hong Kong."

To satisfy the increasingly discerning tastes of these residents, office workers and tourists, The Meat & Wine Co also has burgers and skewers, seafood choices and a kids menu.

Vegetarians need not despair: the Mediterranean Vegetable Spears (skewers), with saffron rice and Napoli sauce, for \$24 could almost make a meat-lover turn.

Almost.

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

AUTHENTIC SPANISH CUISINE

Easy menu & fantastic wines

Ask for **PEDRO** and he will prepare his famous Sangria for you &...

...The first one is on him!!

35 Dukes Walk
South Wharf VIC 3006
Ph: (03) 9682 0566
www.thebohemian.com.au


BOHEMIAN
BAR & RESTAURANT

Businesses in Southbank

SOUTHBANK-BASED BUSINESSES WISHING TO BE PROFILED IN THIS SECTION SHOULD EMAIL: ADVERTISING@SOUTHBANKLOCALNEWS.COM.AU

BIGGER, BRIGHTER, BETTER FOR CITY RESIDENTIAL



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 **8614 8999** or go to www.cityresidential.com.au

SOUTHBANKS' FASHION FOR PASSION

It's no secret that adult stores sell sex toys, movies, gadgets and gear.

So what makes Sexy Secrets stand out from the rest?

"Unlike other adult stores, people feel comfortable walking in here because we aren't tacky," says Sexy Secrets store manager Karyn.

"We are up-market and cater for couples and anyone looking for a gift that's unusual," she said. "We are a boutique-style store with a range of good quality products, priced from \$2 to \$300, and catering for all spectrums of the market."

"And we don't sell just pornographic material. For example, we help men and women who have medical problems."

"Combined, we have more than 60 years of experience in general retail," she said. Karyn points out the wide range of party novelty items ... and we are not talking just Groucho Marx glasses.

"Our novelties are popular for birthday parties, hens' nights, bucks' parties, kris kingle, Christmas in July, and so on," she says. "We have lots of unique gift ideas and have a store gift card package for customers wanting to provide a gift out of the norm."

I uncomfortably confess there is something tantalisingly "interesting" about the long wig with coloured streaks, on Amber the mannequin. "Our wigs and lingerie are very popular for couples," Karyn said.

"We sell a very good range of fantasy lingerie and accessories – not regularly sold at stores like David Jones and Myer – in varying sizes and styles.

"Also, costumes. They range in price from \$15 to \$120, so they are nowhere near as

expensive as most people think."

Yes, you guessed it. The nurse's costume is the most sought after, which Karyn says will set you back \$79.95. Convenient location is also in Sexy Secrets' favour, being on Clarendon St just near City Rd and the West Gate Freeway overpass.

"We are the only adult store servicing Southbank, South Melbourne, Port Melbourne Middle Park and Albert Park," Karyn says. "Unlike Melbourne's CBD, Sexy Secrets has lots of nearby free parking close to the store."

Sexy Secrets is starting an online store in July. The website prices will be the same as in the store. Sexy Secrets has Eftpos and accepts credit cards, including Amex, and layby. There is also a loyalty program with members' discounts.

Blokes, there's even a molding kit to "clone your own" ... now that should keep you amused for hours.

Sexy Secrets, 185 Clarendon St, South Melbourne, call **9696 7399**



WORRY NOT, HELP IS AT HAND ...



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 9351 0722 or visit

www.newviewpsychology.com.au

SOUTHBANK COMMUNITY CALENDAR



<p>ST JOHNS SOUTHGATE SUNDAY WORSHIP Every Sunday <i>St Johns Southgate, 20 City Road</i> 9am - Traditional liturgical worship. 11am - Informal liturgical worship. 7pm - Informal contemporary worship. www.stjohnssouthgate.com.au</p>	<p>QUEEN LEAR July 7 - August 18 <i>Melbourne Theatre Company, 140 Southbank Boulevard</i> 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</p>	<p>WINTER SCHOOL HOLIDAYS June 30 - July 15 <i>Eureka Skydeck 88, 7 Riverside Quay</i> Kids can enjoy activities and meeting Deckstar, the Eureka Skydeck mascot, from 11am to 4pm daily during the winter school holiday period. www.eurekaskydeck.com.au</p>	<p>ST JOHNS SOUTHGATE SUNDAY SCHOOL Every Sunday, 10.30am - 11.15am <i>St Johns Southgate, 20 City Road</i> Children 3-11 years welcome. Not available during school holidays. St Johns also runs a playgroup every Tuesday from 10am - 12pm. www.stjohnssouthgate.com.au</p>
<p>VISIBLE MUSIC June 21, 7.00pm <i>Melbourne Recital Centre, 31 Sturt Street</i> Laneway Funk, led by Jason Heerah (Electric Empire) perform their unique blend of soul, funk and reggae. In this special collaboration, they welcome emerging artist Bitsat Seyoum. www.multiculturalarts.com.au</p>	<p>FIRST FRIDAY DANCE CLUB May 4 - December 7, 6.00pm - 8.00pm <i>Queensbridge Square, 1A Queens Bridge Street Southbank</i> 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.</p>	<p>IMPROVE YOUR SUNDAY WELLBEING 10am, Sunday <i>St Michael's, corner Collins and Russell St</i> 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</p>	<p>THE MAGIC FLUTE July 9, 11.00am - 11.50am <i>Melbourne Recital Centre, 31 Sturt Street</i> 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</p>
<p>ARTS CENTRE SUNDAY MARKET Sundays, 10am-4pm <i>Arts Centre, 100 St Kilda Road</i> 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</p>	<p>CHUNKY MOVE DANCE CLASSES Mondays to Thursdays 6.30pm-8pm, Saturdays 10am-1.15pm <i>111 Sturt Street</i> Chunky Move dance classes are the perfect way to unwind, get fit and improve flexibility and strength. For more info: www.chunkymove.com</p>	<p>TASTE OF SOUTHGATE: PROGRESSIVE DINNERS July 1 and August 8 <i>Southgate, 3 Southgate Avenue</i> Back by popular demand, Southgate's Progressive Dinners allow you to enjoy three delectably different courses at three different restaurants, all under one roof. www.celebratesouthgate.com.au</p>	<p>A RAY OF LIGHT THROUGH THE DARKNESS July 5, 7.00pm - 8.30pm <i>Melbourne Recital Centre, 31 Sturt Street</i> Compared by the ABC's Jon Faine, the program features the Australian symphony premiere of 'Irena's Song' conducted by original Israeli composer Kobi Oshrat. www.melbournerecital.com.au</p>
 <p>FREE TAI CHI IN SOUTHBANK Every Friday, 8am - 9am <i>Queensbridge Square</i> Because of the lack of open and recreations space on Southbank, the Melbourne City Council has funded weekly Tai Chi classes on Southbank. The instructor, provided by Tai Chi Australia structures a class that is suitable for beginners and all ages.</p>	<p>THE GOLDEN DRAGON June 20 - July 7 <i>Melbourne Theatre Company, 140 Southbank Boulevard</i> In acclaimed German playwright Roland Schimmelpfennig's 'The Golden Dragon,' men are played by women, women by men, young characters by old actors and old characters by young actors.</p>	<p>SIMPLE GIFTS - JULIA MESSENGER QUINTET July 6 - 7, 7.30pm - 9.30pm <i>Melbourne Recital Centre, 31 Sturt Street</i> Melbourne's own Julia Messenger presents a very personal showcase of America's great songwriters and singers. www.melbournerecital.com.au</p>	<p>CORPUS MEDICORUM - MUSIC OF THE HEART July 8 <i>Melbourne Recital Centre, 31 Sturt Street</i> Corpus Medicorum began with musical doctors who wanted to continue the fine tradition of music performances and raise funds for The Royal Melbourne Hospital. www.melbournerecital.com.au</p>
<p>ST JOHNS SOUTHGATE MIDWEEK EVENTS Second Wednesday of the month <i>St Johns Southgate, 20 City Road</i> Friendship group - Brief Chapel service at 12 noon, followed by lunch at 12.30pm in the Function room. Interesting speakers and a great chance to make new friends. www.stjohnssouthgate.com.au</p>	<p>TERRAIN June 26 - July 7 <i>Playhouse 100 St Kilda Road</i> Internationally acclaimed Bangarra Dance Theatre comes to Melbourne with a new work 'TERRAIN' by celebrated Aboriginal choreographer Frances Rings. www.artscentremelbourne.com.au</p>	<p>MELBOURNE NIGHT PHOTOGRAPHY WORKSHOPS Tuesdays and Thursdays, 6pm-8pm <i>3 Southbank Promenade</i> 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.pennykouloulas.com</p>	<p>MELBOURNE SUNRISE PROBUS CLUB First Thursday of the month, 10.00am <i>Wharf Hotel, Siddeley St</i> Probus clubs cater for the needs of men and women over 50. Keep your mind active and meet new friends while enjoying a range of activities. 9600 1628 or carolbergcb@gmail.com</p>
<p>RAW 2012 CD TOUR June 30 <i>Crown Entertainment Complex 8 Whiteman Street</i> With five super-charged installments 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 smashes.</p>	<p>NATIONAL INTEREST June 6 - July 7 <i>Fairfax Studio, 100 St Kilda Road</i> The fate of the Balibo Five shocked a nation in 1975 and the issues still reverberate today. This drama personalises the headlines with a story of an ordinary family haunted by history. www.mtc.com.au</p>		
<p>DEAR BLOSSOM - JANET SEIDEL TRIO July 12-13 <i>Melbourne Recital Centre, 31 Sturt Street</i> 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</p>	 <p>ACO - TROUT QUINTET AND QUARTET FOR THE END OF TIME July 16-23 <i>Melbourne Recital Centre, 31 Sturt Street</i> 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.</p>	<p>BRIWYANT July 4-14 <i>The Malthouse Theatre, 113 Sturt Street</i> Dance, dynamic projections and a layered, textured soundscape transport audiences well beyond the confines of the theatre. Vicki Van Hout's 'Briwyant' draws on Yolngu painting to inspire a work of choreographic dexterity.</p>	

FACES OF SOUTHBANK



ZOE SHUM
@ The Script

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 BOSMAN
@ My Mexican Cousin

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.



JARRED SAMPSON
@ IGA Express

Jarred 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 MEDLEY
@ Foodworks

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 CONDON
@ Freshwater Pharmacy

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 BRAY
@ Melbourne River Cruises

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.

BUSINESS DIRECTORY

If you are not on this list then email advertising@southbanklocalnews.com.au or phone 8689 7980 to discuss how you can get on this list for FREE!!

ACCOUNTING & FINANCE

TAX AID
The Docklands Income Tax Specialists

THE PROFESSIONALS WHO CARE AND THINK FOR YOU

744 Bourke St, Docklands, 3008
tel: 9600 1100
fax: 9600 1150
email: tony@taxaid.com.au

AT THE
Top of the Town

Bring this ad in and get \$40 off any booking anytime

Open Mon to Thurs 10am-6am
Weekends open 24 hours
P: 03 9614 1414
E: contact@atthetopofthetown.com.au
PCA SWA5288BE

SHOWTIME
SHOWTIME EVENTS CENTRE
SOUTH WHARF

Weddings - Celebrations - Corporate Events

Melbournes Best Venue
Ph: (03)9008 8954
61 South Wharf Promenade, South Wharf
www.showtimeevents.com.au

COMPUTERS

DOCKCOM
DOCKLANDS COMPUTER SPECIALIST
AND IT CONSULTANT

Level 2 / 710 Collins St,
Docklands, Victoria 3008

Call: (03) 9008 7908
WWW.DOCKCOM.COM.AU
VISIT ONLINE COMPUTER STORE

ADULT SERVICES

LINGERIE, TOYS, BOOKS, DVD's & MORE

Open 7 days til late

Sexy Secrets
UNITE YOUR FASHION

185 Clarendon Street (near Just Tools)
Ph: 03 9696 7399
www.sexysecretshop.com.au

ATTRACTIONS

An experience above all else

eureka
skydeck 88

Open 10am until 10pm Daily (last entry 9.30pm)
Riverside Quay Southbank Melbourne Australia
www.eurekaskydeck.com.au 03 9693 8888

CHURCH

St Johns
Southgate

20 City Road Southbank
Telephone 9682 4995
www.stjohnssouthgate.com.au

FURNISHING

AZIZA
DESIGNS

282 COVENTRY STREET,
SOUTH MELBOURNE
T: 9699 4664 • F: 9699 4806
WWW.AZIZADESIGNS.COM.AU

BUSINESS DIRECTORY

If you are not on this list then email advertising@southbanklocalnews.com.au or phone 8689 7980 to discuss how you can get on this list for FREE!!

GRAPHIC DESIGN



Web specialists

005/198 HARBOUR ESPLANADE DOCKLANDS 3008
P +61 3 9602 2992 / F +61 3 9602 2929
WWW.MEDIACOMMS.COM.AU

HEALTH

Nutted Out Nutrition

Your experts in Nutrition and Dietetics
Queensbridge Square Medical Centre, Level 1 13-15
Freshwater Place, Southbank VIC 3006
www.nuttedoutnutrition.com.au

INTERIOR DESIGN

JAMESLONDON INTERIOR DESIGN

A DESIGN SERVICE TO SUIT ALL BUDGETS, SCOPES AND STYLES



www.jameslondon.com.au 9682 0050
james@jameslondon.com.au 0408 855 007

MARRIAGE CELEBRANT

'Links of Love'

Affordable Ceremony

Mr. Jan Gielnik cmc
Mob: 0417 011 086
www.affordableceremony.com.au

MEDICAL

Melbourne Combined Natural Therapies
51-55 City Road Southbank
t: 9645 9923

CHIROPRACTIC / REMEDIAL MASSAGE
NATUROPATHY / ALEXANDER TECHNIQUE
MYOTHERAPY / NUTRITION
YOGA / DRY NEEDLING
CUPPING / HERBAL MEDICINE
www.melbournenaturaltherapies.com.au



New View Psychology is the leading provider of Psychology and Counselling services in Victoria.

To book an appointment call 9351 0722 or visit our website www.newviewpsychology.com.au

MOVING & STORAGE



Making short distance moving easy for 26 yrs

Call **1300 366 000** 7 days
Book online MiniMovers.com.au

PETCARE



...for all your pet care needs

PETstock 5th Melbourne
211 Ferrars St, (03) 9699 4234

Port Melbourne Veterinary Clinic & Hospital



Friendly professional pet healthcare
Open 7 days a week
Mon - Fri 8am to 7pm
Sat - Sun 9am to 5pm

For advice and appointments Ph: 9646 5300
Web: www.portmelbournevet.com.au
109 Bay Street, Port Melbourne.

PHOTO RESTORATION



Restoration • Preservation • Presentation

Family Memoirs Weddings Tributes/Memorials Image Processing
Birthday Celebrations Anniversaries Word Processing Photography

Telephone: 0414 456 205
Email: davidbeech@me.com

REAL ESTATE



Richard Mindroui
MANAGING DIRECTOR
E: richardm@cityresidential.com.au
M: 0437 250 964

50 Lorimer Street, Docklands
Phone 8614 8999 www.cityresidential.com.au



9690 8800
25 Queensbridge Street, Southbank VIC 3006
www.evolverealestate.com.au

RESTAURANTS, CAFES & BARS

Bob's
Steak & Chop House

The first traditional and upscale steakhouse of such style and class to come to Docklands -

OPEN 7 DAYS FOR LUNCH AND DINNER

Established 1993

FOR RESERVATIONS: CALL: 9642 3350
MAIL: info@bobs-steakandchop.com.au

GROUND FLOOR, NATIONAL FOODS CENTRE
737 BOURKE STREET, DOCKLANDS
(OPPOSITE ETIHAD STADIUM)

GLASS OF WINE ON US

BOHEMIAN
BAR & RESTAURANT

Viva España

Phone: (03) 9682 0566
35 Dukes Wharf, South Wharf
www.thebohemian.com.au

* See website for terms & conditions

HAVE A POT OUR SHOUT*

COMMON MAN
RESTAURANT BAR

Good food, Good Friends, Good Times

Phone: (03)9696 3774
39 Dukes Walk, South Wharf
www.thecommonman.com.au

* See website for terms & conditions

THE COLONIAL TRAMCAR RESTAURANT

If you are looking for the ideal gift, visit our website www.tramrestaurant.com.au or telephone 9696 4000

LA CAMERA
www.lacamerasouthgate.com

We can be found on the mid level above the Southgate Food Court.

p: 9699 3600
e: eat@lacamerasouthgate.com

Free Appetiser*

MEAT MARKET
SOUTH WHARF

MEAT WITH FRIENDS

Phone: (03)9008 8953
53 South Wharf Promenade, South Wharf
www.meatmarketsouthwharf.com.au

* See website for terms & conditions

TheMeat & WineCO
A cut above...

3 Freshwater Place, Queensbridge Square, Southbank VIC 3006
tel: +61 3 9696 5333
fax: +61 3 9696 5322

www.themeatandwineco.com

MELBOURNE PUBLIC MP

\$35 THREE COURSE LUNCH WITH WINE & COFFEE
Available Monday to Friday 12pm - 3pm
03 9268 7600
www.melbournepublic.com.au
11 Dukes Walk, South Wharf, Vic 3006

Signature Pho Viet

Cheap, healthy, traditional Vietnamese soup, rice dishes and spring rolls. Open for breakfast and lunch.
DFO South Wharf, shop fg01, near carpark entrance off Montague St.
Call 9699 4496

SPORT & RECREATION

kingpin BOWLING
drink, bowl, party!
OPEN 7 DAYS • 10AM - 2AM

Call 13-2695 • www.kingpinbowling.com.au

STORAGE

ACCESS SELF STORAGE
Serving you for over 25 years!

Affordable - Convenient - Secure
We also sell boxes!

223 Normanby Road (cnr Montague Street)
South Melbourne Victoria 3205
Tel: **03 9646 5322**
www.acstor.com.au OPEN 7 DAYS

SUPERMARKET

FOODWORKS
Works for me!

180 City Road, SOUTHBANK
P: 9686 1561



SouthbankDirectory.com.au

What to do	Where to stay	Where to Eat/Drink
Beauty, Health & Fitness	Southbank Services	Where to Shop

• RESIDENTIAL • PROPERTY MANAGEMENT • COMMERCIAL

FOR SALE



5204/1 Freshwater Place, **SOUTHBANK**
GRAND JEWEL IN SOUTHBANK

4  3  3 

Located on the 52nd floor in arguably Melbourne's most popular and prestigious residential address, Freshwater Place, is this exceptional sub-penthouse. Make yourself at home alongside some of Australia's most prominent and successful men and women.



Contact: Rebecca Murray 0410 319 109 - Price: \$2.3m - \$2.5m

FOR SALE



1201/83 Queensbridge Street, **SOUTHBANK**

CENTRAL LOCATION WITH IMPECCABLE VIEWS FROM THE CITY TO THE BAY!

3  1  1 

Located in the heart of Southbank, and offering a close proximity to all of Melbourne's attractions, is this very spacious Three Bedroom Apartment. Offering a 270 degree view of Melbourne, from Port Philip Bay to Melbourne's CBD and Crown.

Contact: Shen Li 0430 431 186 - Price: \$690,000

FOR SALE



165/88 Kavanagh Street **SOUTHBANK**
SPEED SALE

3  2  2 

Boasting fantastic city views and overlooking the beautiful Botanical Gardens, this 3 bedroom apartment is oozing elegance and style.

Contact: Rebecca Murray 0410 319 109

FOR SALE



109/99 Whiteman Street, **SOUTHBANK**
AN ABSOLUTE DELIGHT!

3  2  1 

Too good to resist, this modern Southbank apartment has plenty of room to move and is positioned in a great location, only minutes from all the excitement of the precinct.

Contact Shen Li 0430 431 186 - Price: \$600,000 - \$630,000

FOR SALE



3805 & 3806/1 Freshwater Place, **SOUTHBANK**
SOUTHBANK LIVING AT ITS FINEST!

4  4  4 

Located in one of Southbank's most significant developments is this exceptional dual apartment, combined to offer some magnificent advantages. Four Bedrooms, Four Bathrooms, Four Car Spaces, Two Kitchens, & Two Entry Points!!! Need we say more?!

Contact: Shen Li 0430 431 186 - Price: \$2,250,000

FOR SALE



1204/280 Spencer Street,
CORNER APARTMENT WITH VIEWS!

2  1  1 

Located on popular Spencer Street, overlooking the Docklands, and west of the city, is this delightful Two Bedroom (or 1 + Study) apartment in excellent condition.

Contact Shen Li 0430 431 186
Price: \$470,000

FOR SALE



1102/283 City Road, **SOUTHBANK**
EXPANSIVE VIEWS, EXCELLENT LOCATION

2  1 

Located in a very prominent position, with outstanding views of the City & Botanical Gardens is this splendid 2 Bedroom apartment with room to move. Brand new!

Contact Shen Li 0430 431 186
Price: \$490,000

FOR SALE



22/10 Tennyson Street, **ST. KILDA**
CLOSE TO THE HEART OF ST KILDA!

2  2  1 

An ideal residence for the busy professional or a savvy investment for the future. Beautifully appointed modern apartment with timber flooring in the large open-plan lounge/dining area.

Contact Rebecca Murray 0410 319 109
Price: \$570,000 - \$599,000

FOR SALE



802/8 Kavanagh Street, **SOUTHBANK**
THE NEW STANDARD OF LUXURY

2  2  1 

Situated in the ever-popular Arts Centre Precinct is this delightful 110m2 residence, offering a standard of living that is second to none. An endless list of features awaits you.

Contact Shen Li 0430 431 186
Price: \$860,000



Shen Li
Licensed Estate Agent B Com (Melb)
Senior Property Executive
M 0430 431 186
shen@evolverealestate.com.au

**SOUTHBANK'S FASTEST GROWING
REAL ESTATE AGENCY!**

Here at Evolve, we have broken consecutive records for the past few months.

There may be a lot of negativity in the air, but that most certainly does not stop us getting excellent results, and making our clients very satisfied!

Come and experience our world-class service, and record-breaking results!

For an obligation-free market appraisal, please phone us today on 9690 8800.



Rebecca Murray
Licensed Estate Agent
Senior Property Executive
M 0410 319 109
rebecca@evolverealestate.com.au