

The voice of Southbank

SOUTHBANK Local NEWS

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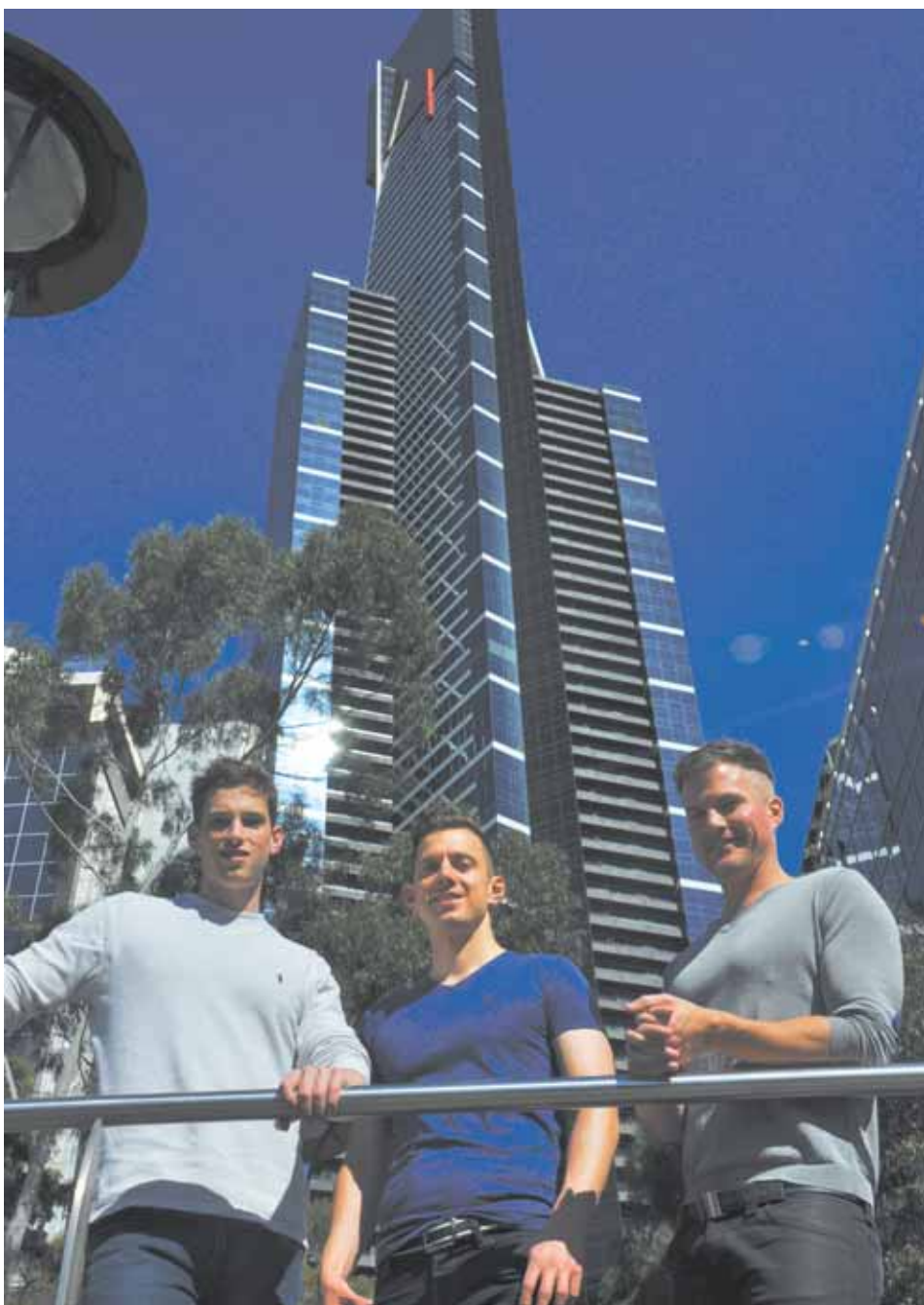


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Southbank trio take on Eureka

Southbank's Harvey Scott, Matthew Trigg and Nigel Smith are gearing up to climb to the top of Melbourne's tallest building to raise much needed funds for charity. Read more on page 10.

Greens call for Labor's support on overshadowing

By Sean Car

Greens candidate for Albert Park, David Collis, has called on Labor MP Martin Foley to make a definitive stand against overshadowing of Southbank.

The Greens Party has stated its intention to move a disallowance motion in State Parliament against a proposed Collins St development which, if approved, will cast a shadow over the south bank of the Yarra.

It comes after Melbourne City councillors last month went against their own planning advice to support overshadowing of Southbank, in return for open space in the CBD.

Mr Collis has called on the member for Albert Park to join the Greens in sending a strong message to planning minister Matthew Guy.

"I challenge the local ALP member for Albert Park, Martin Foley, to follow the Greens in making a firm commitment to vote in favour of the disallowance motion that the Greens will move in parliament," he said.

"Strong leadership within parliament is needed to bring certainty back to our planning processes. The Greens disallowance motion draws a line in the sand."

Mr Foley dismissed the challenge from the Greens, stating that Labor's position on overshadowing has been well known for some time.

"I welcome late-comers like the Greens to this debate in support of Labor's position of opposing overshadowing of the Southbank community," he said.

"It continues to be odd that the Greens Party are quick to lay challenges on to Labor - with a proven track record in this area - but fail to hold the Napthine Government as planning barbarians of the past four years to account."

Under the deal, developer Cbus has agreed to provide the City of Melbourne with 1900sqm of public open space for a park, in a "trade-off" for council supporting increased height of its proposed tower.

By voting in favour of the 300-metre skyscraper, it marked the first time the council has supported over-shadowing, which Lord Mayor Robert Doyle had previously labeled as "sacrosanct".

The Greens candidate says an approval by the Planning Minister would be significantly damaging to the public's confidence in the planning system.

"This development will send the message to every developer in town that the prohibition on overshadowing the Yarra's south bank

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Greens call for Labor's support on overshadowing

Continued from Page 1

isn't a prohibition at all and that mandatory planning control can be overcome."

"This leaves residents in a state of great uncertainty about what is going to occur in suburbs in which they have chosen to live."

If approved, the tower would cast a moving 25-metre shadow over the Southbank Promenade, Freshwater Place and Crown Casino during the deepest part of winter.

Mr Collis called on Mr Foley to take a strong lead against the proposal and stand up for his electorate.

"Southbank residents moved into an area

with the understanding that sunlight will fall on the south bank of the Yarra," he said.

"Now they are told that the proposed development will be allowed to overshadow Queensbridge Square and Southbank promenade – Southbank's public open space is vital to its livability."

The member for Albert Park asserted that he had worked hard with Southbank residents and advised his local counterpart to turn his focus to those causing the damage.

"Matthew Guy and the liberals have taken a wrecking ball to planning policy in inner Melbourne and Southbank amenity," Mr Foley said.

"The Liberals' treatment of Southbank as an endless building site rather than a community that needs quality design, investment in community and people outcomes rather than feed the Liberal fetish for more height and bulk is scandalous."

"I would have thought the Greens Party would have been better advised to demand that Denis Naphine and his local candidates join this campaign to protect Southbank rather than target Victorian Labor as the only political party which, when in government, protected this critical planning issue," he said.

Liberal candidate for Albert Park Shannon Eeles didn't respond to *Southbank Local News*.

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Deadline for edition 36 is November 9.

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Southbank Local News



Council called to answer

The Southbank Residents Group is demanding an answer from the City of Melbourne, regarding submissions it claims were not heard.

The submissions relate to the UpMarket application, which was controversially voted down by council last month.

Councillors voted against the advice of their planning officers to side with residents of the Melburnian and Sovereign apartment complexes.

At the Future Melbourne Committee meeting of October 7, Southbank Residents Group President Tony Penna said he had received a number of complaints from residents in support of the application.

"My question is regarding fairness and transparency in respect to the decision-making process of this council," he said.

"I've received complaints from residents that their submissions were not considered by council despite being lodged in accordance with the rules on the council's website."

Had it been approved, the UpMarket would have operated from 9am until 4pm every Saturday at the forecourt of the Australian Centre for Contemporary Arts (ACCA), on Grant St.

Mr Penna said he had also received complaints from a number of organisations including ACCA, Green Car Share, Conscious Governance, Langham Hotel Melbourne and Committee for Melbourne regarding unheard submissions.

"My question is, why were all these submissions not considered in the decision making process?" he asked.

"Community engagement with this council is something this council promotes."

Mr Penna also drew reference to a particular submission, which he claimed held many answers to some of the questions the council

claims were unanswered by the UpMarket applicants.

Lord Mayor Robert Doyle was unable to provide any clear reason as to why the submissions were not considered but said all submissions must be lodged in appropriate time.

"We received the submissions as they were sent to us from management, they are all considered," he said.

"If you submit them an hour before the meeting the likelihood of them being read is probably lower than if you'd submitted them earlier," he said.

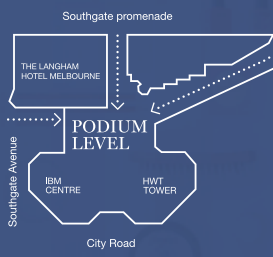
The Lord Mayor said the matter would be followed up with council management and that a written response would be provided to the Southbank Residents Group after an investigation.

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Sturt St 'shocker'

Melbourne City councillors lined up to express their disgust at a planning proposal submitted for 248 Sturt St at the October 7 Future Melbourne Committee meeting.

They unanimously opposed a 46-storey, Elenberg Fraser-designed proposal which was more than two times the preferred height limit and would overshadow a nearby Kings Way park.

Planning officers recommended the councillors advise the Minister for Planning to reject the proposal, which was described in their report as an "overwhelmingly dominant and intimidating" building.



An artist's impression of the proposed Sturt St building

Cr Ken Ong labeled the 25,190 sqm proposal "a shocker", calling it a desperate attempt by the developer to bypass the City of Melbourne's authority to adjudicate applications up to 25,000 sqm.

"Numerous negatives have been highlighted by all the different departments, which just basically says that this one's just not good enough," he said.

"I don't know whether it's the developer or it's the architect that's been pushing this sort of boundary to squeeze in as much as possible to get it over 25,000 sqm, ignore everyone and anyone living nearby."

The application has been submitted by racing identity Lloyd Williams' development company Hudson Conway.

Cr Stephen Mayne expressed his disappointment at the developer for submitting what he labeled as "trash".

"I guess I'm just a little bit disappointed with Lloyd Williams after decades as a very high-profile developer in this town," he said.

"That in the twilight of the career that a shocker like this comes through the door at five minutes to midnight looking for a favour from the Minister."

Lord Mayor Robert Doyle also voiced his opposition to the proposal, stating it was difficult to find a criterion that the building succeeded in.

"Height, massing, scale, internal configuration, sustainability, the amenity of the Arts Precinct, that the building should address the street, the overshadowing provisions and not least the aesthetic," he said.

"It fails miserably on all of those and I think it should be rejected vigorously."



Minister for Health David Davis with clinic director Dr Sid Vohra and founding GP Dr David Phillips.

New clinic opens

Private health care patients in Southbank have received a major boost, with the arrival of the new Medidock Health Centre.

Minister for Health David Davis officiated, along with a number of distinguished guests, at the clinic's official unveiling on September 19, to help launch the service.

Mr Davis said the clinic would make a huge difference to Southbank.

"I think this is an area where there is enormous need, there's massive growth in the population in this area and I know this clinic will be very successful here," he said.

"Private health services play a key role in meeting the population growth at Southbank and this rapid growth has created the need for a new medical centre to provide timely and accessible patient-centred care."

Mr Davis said the new centre would offer an innovative model of service that focused on prevention, offering holistic care with longer GP consultations.

"The centre is aiming to become a local health hub - ensuring that more locals can access quality health care, close to home."

Led by clinic director Dr Sid Vohra - a general practitioner with extensive experience in the private sector, the centre

has been established with a strong focus on community engagement.

Along with an experienced team of medical professionals, Dr Vohra said he looked forward to using his experience in primary care to make Medidock Health Centre a leading provider in Southbank.

"It will be a pleasure to serve the community. I think it's an exciting time here," he said. "Having a service like this is really rewarding work."

"As the local community grows, our focus is going to be on preventative care, not the whole bulk-billing, get-the-people-out-in-five-minutes but rather work with them to make them and their families healthy."

The centre offers all general practice services as well as on-site pathology, physiotherapy, dietetics, podiatry, exercise physiology and psychology.

Dr Vohra said the centre would also provide corporate health consultations and health checks for local businesses. The Medidock Health Centre is located at 216 City Rd opposite the Boyd Community Hub.

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Cr Mayne weighs up move for Albert Park

Melbourne City councillor Stephen Mayne has revealed his intentions to possibly run for the seat of Albert Park, as a direct response to Labor's support of the controversial Crown Casino compensation deal.

While Cr Mayne told *Southbank Local News* that a final decision wouldn't be formally announced until early November, he confirmed that a move for the marginal seat was on his radar.

"My move has been prompted by Labor's support of the dreadful casino license extension deal plus the fact that it is a fascinating marginal seat partially in the City of Melbourne, which may determine the election outcome," he said.

As a long-time anti-pokies campaigner, Cr Mayne announced his intentions in his latest newsletter, as he looks to put "casino cronyism" on the state election agenda.

Cr Mayne slammed Albert Park MP Martin Foley for playing an "invisible" role in local issues.

"A good chunk of Albert Park is within the City of Melbourne yet the local member has been largely invisible on City of Melbourne issues over the past few years," he said.

He also pointed the finger at both major

parties for what he described as decades of playing off community interests against the Grand Prix.

"The people of Albert Park have been let down by both major parties for 20 years now as colourful Formula One supremo Bernie Ecclestone has pocketed close to \$500 million from taxpayers and locals have suffered major disruption and amenity impacts from the Grand Prix."

However, *Southbank Local News* understands that Cr Mayne will only contest Albert Park if Planning Minister Matthew Guy fails to grant at least one of three requests before him from the City of Melbourne.

Cr Mayne outlined the three requests at the council's Future Melbourne Committee meeting on October 7.

The council wants:

- The scrapping or increasing of the 25,000sqm building size threshold at which planning applications are currently directed to the Minister;
- Access to the departmental advice which help Mr Guy in his planning decision making; and
- The introduction of a \$900 per apartment development levy to fund community infrastructure.

Should Mr Guy ignore these requests, *Southbank Local News* understands that Cr Mayne will directly oppose Mr Guy in the seat of Bulleen and direct preferences away from the Minister. Cr Mayne lives within the Bulleen electorate.



Governor of Victoria Hon. Alex Chernov, Premier Denis Naphthine and Minister for Police Kim Wells pay their respects.

Fallen police officers honoured

Victorian and Australian police officers who have died in the line of duty were honored in Southbank during September, as part of National Blue Ribbon Day.

Premier Denis Naphthine and Minister for Police and Emergency Services Kim Wells joined Chief Commissioner Ken Lay for the annual remembrance march along St. Kilda Rd, before laying a wreath at the Victoria Police Memorial.

Speaking at the service, Mr Wells said the National Day of Remembrance was a chance to look back at the heroic work of officers who made the ultimate sacrifice.

"Today Victorians remember those police officers who lost their lives while protecting the community," he said.

"In Victoria, 159 brave police officers have died serving our community since the formation of our police force in 1853."

"Policing is dangerous and unpredictable work and our thoughts today are with the families, friends and colleagues of the police officers who paid the ultimate sacrifice."

National Police Remembrance Day began in April 1989 during the Conference of Commissioners of Police of Australasia and the South West Pacific Region.

The inaugural Blue Ribbon Day was held in Victoria following the deaths of Sgt Gary Silk and Snr-Constable Rod Miller, who were killed on duty in Moorabbin in October 1998.

Mr Wells said, while the day was about remembrance, it also served as a reminder to say thank you to the more than 13,000 Victoria Police officers who served the community every day.



Melbourne City Councillor Stephen Mayne.



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Southbank misses out on NBN fibre 'coup'

An apartment complex in Docklands and three in South Melbourne are part of a dozen buildings in Australia, which have been retrofitted with NBN Co optical fibre to the apartment.

While new buildings in Southbank are being fitted to the same standard, no existing apartment complexes are currently on NBN Co's timeline for accelerated rollout.

The Hallmark Building, Domain Apartments on Albert Rd and 88 Park St are the three buildings on Southbank's doorstep, which were selected for advanced rollout.

Dock 5 in Docklands was the fourth building, which according to the company, is already up and running.

NBN Co is being coy about its motivation for selecting the four buildings for what it is called a "trial", but it followed closely on the heels of news about rival TPG demanding access to install its own connections.

At a meeting with Dock 5 residents on September 17, NBN Co representative Corrie Withers likened the installation to winning Melbourne Cricket Club membership.

"You are very lucky," Mr Withers told residents.

He said that residents would have a choice of potentially 80 approved retail providers to manage the connection and that NBN Co was a wholesaler only.

"We build the road, you choose the car," he said to explain the relationship.

NBN Co spokesperson Andrew Sholl said the company still had no timeline for wider NBN rollout in the area.

"We're still working on the timeline for the wider rollout in Southbank," he said.

"Suffice it to say, the new rollout model involving a mix of technologies will allow us to complete the job sooner than otherwise would have been the case."

Mr Sholl said NBN's new developments team continued to connect newly-built buildings to the network such as the 38-storey Epic Apartments.

"We're obliged by law to deliver connection to any new development with more than 100



Mr Withers briefing Dock 5 on the fibre installation during September.

lots," he said.

The Australian Competition and Consumer Commission (ACCC) last month ruled that TPG was entitled to compete with NBN Co in the race to connect "fibre to the basement" within the lucrative apartment tower market.

TPG is technically able to compete with NBN Co because its fibre network was already in the ground before 2011.

In the press release on September 11, the ACCC said: "The 'NBN level playing field provisions' prohibit the use of networks other than the NBN to supply high-speed broadband services to small business or residential customers, unless the network operator supplies on a wholesale basis only and is subject to open access obligations."

"However, networks that were capable of being used to supply high-speed broadband services to small business or residential customers as at 1 January 2011 are not caught by the level playing field provisions, provided they are not extended more than a kilometre from the network footprint as it was at 1 January 2011."

"Having carefully examined TPG's plans, the ACCC does not propose to take further action in relation to TPG's planned fibre to the basement network rollout to supply residential customers in high-rise buildings in Brisbane, Sydney, Melbourne, Adelaide and Perth," ACCC Chairman Rod Sims said.

"The ACCC has reached this decision based on information and evidence that TPG's networks were capable of supplying superfast carriage services to small business or residential customers at 1 January 2011, and confirmation that TPG is not extending the footprint of these networks by more than one kilometre."

"The ACCC will now conduct a declaration inquiry into whether a superfast broadband access service like the type to be provided by TPG over its fibre-to-the-basement networks should be the subject of access regulation. Amongst other matters, the inquiry will consider whether regulation is necessary to ensure that consumers in TPG connected buildings can benefit from competitive retail markets for high-speed broadband services," Mr Sims said.

Parents unanimous on school shortage

Local parents from Southbank and Port Phillip have made their feelings clear about the region's growing schools crisis in a recent survey.

Conducted by education lobby group TwoSchoolsNow, a resounding 97 per cent of respondents to the survey called for additional school capacity for the area.

The results follow September's public education forum in Port Melbourne, where Labor MP Martin Foley, Liberal candidate Shannon Eeles and Greens candidate David Collis heard the frustration of more than 60 local parents reach boiling point.

99 per cent of the 415 respondents also stated that local schools did not have the capacity to accommodate new enrolments as a result of new high-density residential developments.

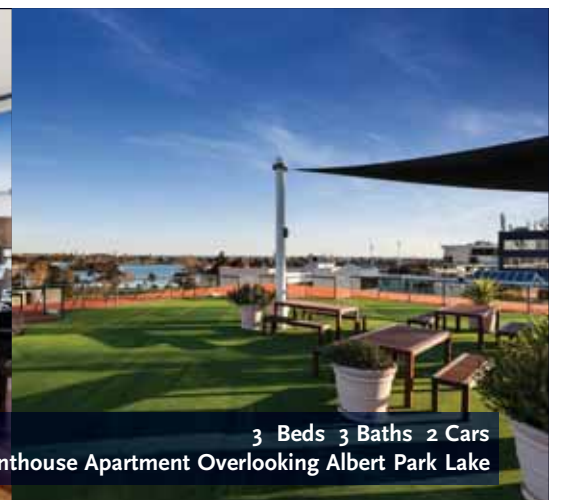
The survey was also an endorsement of Victoria's state schools, with 91 per cent of parents stating that they planned to send their child to a public school.

TwoSchoolsNow's treasurer Martin Lawrence said the survey results were a true reflection of the local community's lack of confidence in planning processes.

"What the survey results show is the frustration of parents and the need for quick action to meet the surge in student numbers in the Port Phillip and Southbank areas for both primary and secondary schools," he said.

"We also need some foresighted planning to make sure it doesn't happen again."

Given the high levels of concern over access to state education found in the survey, 75 per cent said increased public school capacity would be very important in them deciding how to vote at the November state election.



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Melbourne thanks Southbank trio

Three Southbank business people were acknowledged on October 1 with a Lord Mayor's Commendation and Southbank Local News caught up with the recipients to gain an insight into their many years of service to the City of Melbourne.

Lee Tambouras - Triple S Motors Silver recipient

In 1987, Lee Tambouras and his two partners launched Triple S Motors in a small building on Market St in South Melbourne.

"We were all about 20 years old when we started on Market St and we worked there for about five years," he said.

"We then moved around the corner to Clarendon St in 1992 and then in 1995 I bought the business off my two partners and been doing it all myself since then."

It wasn't until 2010 that the life-long motor mechanic moved the business to its current home at Whiteman St and he said his approach to his trade hadn't changed in all his years of business.

"I've run my business the same since day dot," he said. "When we were young, we left our employer and started working for ourselves as if we were still working for an employer so none of the rules ever really changed."

"Customer service was always a big thing because we knew how badly our previous employer did it."

For as long as he can recount, Lee has always had a passion for motor mechanics and repairing cars.

While his father too was a motor mechanic, he said he truly realized his passion as a kid at school.

"In year 10, I went to a tech-school because I wanted to do automotive and I got the highest mark in the school for that year and it was highest mark in the school ever!" he said.

"98 per cent in automotive, the teacher loved me mate!"

It is that level of commitment to his trade that has never wavered since starting his business.

He said over the years, he had built his business on a belief that no matter how bad the problem - no car was ever beyond repair.

"I've got to say I have a lot of customers, with a lot of cars that have a lot of 'k's on them because we just keep them going," he said.

"I don't care whether it's a 1950 beetle that comes in here, the work is still the same. I'm still moving my arms, grabbing the tools and swinging the spanners."



Lord Mayor Robert Doyle with Hamish Turner (left) and Lee Tambouras (right) at October's ceremony.

He said to be recognised for his contribution to the community with a Lord Mayor's Commendation felt great and that his passion for his trade is still just as strong as when he started.

"Just as strong in all areas," he said. "Not just the cars but if a customer comes in and pays you to do a job, I want to get the job done right."

Kurt Mechkaroff - Westend Optical Services Bronze recipient

Having practiced for 20 years now, few can claim the level of experience that Southbank optometrist Kurt Mechkaroff possesses.



Southbank optometrist Kurt Mechkaroff

As a partner of Eyes On Optometrists, he said he was proud to be involved in the successful Southbank-based business, which has now been an intrinsic part of the Melbourne commercial landscape since 1989.

Having begun practicing in the country, he has now been working at Eyes On Optometrists for four years in what has been a 15-year career with the company and said he still loves working in Southbank.

"It's actually my favourite practice, it's a really interesting mix of people. They're really nice and friendly," he said.

"Sometimes I almost think it's like a country practice in the city, people have always got time to chat and I find it just an interesting mix of different people so it's a good place to work."

In terms of credentials, few come more qualified than Kurt as well.

On top of his optometry degree, he holds a masters degree in optometry and has completed his therapeutics endorsement for prescribing medication to help treat common eye conditions.

With a particular interest in ocular disease and contact lenses, he said he was proud to be apart of a business that was committed to continuing education and providing the latest in technology and therapeutics.

"I still find it interesting and challenging. It's a growing profession," he said. "It's always changing so it's a lot of fun."

While he was unable to accept his commendation in person on the night, he said it was a great initiative of the City of Melbourne, to acknowledge the contribution that small businesses made to the city.

"I think it's really good particularly with small businesses. It's a lot tougher now competing against all these large corporate businesses so it's nice that they've actually acknowledged those of us who are still out there and still doing a job."

Hamish Turner - Classic Cruises Bronze recipient

Having grown up with a love for historic steamboats, locomotives and steamrollers, Hamish Turner came to Melbourne from Echuca over 10 years ago in a bid to build on his passion.

"I came to Melbourne quite a few years ago and I worked for a company driving their steamboat up and down the Yarra for two and a half years," he said.

"That all went belly-up for whatever reason and I simply decided that I can do it."

As the owner of Classic Cruises, Hamish operates the only remaining traditional ferry from Southbank, *The Grower*, which was built in 1924.

He has been involved in the preservation of heritage boats for many years and he says it's been hard but rewarding work keeping the 90-year-old vessel in good shape.

"Before we ran out of money completely we bought Grower, which is the boat we run up and down the river every other day and that's been going for nearly 12 years now," he said.

"But this boat, she's kept me going and supports our family and she's been able to fund her own restoration and quite a few other things."

Hamish said he is still as passionate about his industry as he was when he first moved to Melbourne and said it was wonderful to be acknowledged for his contribution to the city.

"Boats, steam and tourism is what we've done our whole life," he said.

"I've been wearing the little badge around, so it's good to feel like you're a part of a bigger picture and you can build on that go for the next medal in a few years time!"



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Safety concerns raised for bike path

Recent changes made to the bike path running alongside the Melbourne Exhibition and Convention Centre have been questioned by local cyclists.

Members of the online forum 'Melbourne Cyclist,' have raised safety concerns over the two new shared use lanes for cyclists and pedestrians, replacing what was a previously a separated path.

An administrator of the online forum expressed concerns over the merging of pedestrians and cyclists, stating that it had created a far more hazardous journey between Seafarer's Bridge and Clarendon St.

"Pedestrians and cyclists largely respected the separated paths," he said. "In just a few days of co-mingled use, I've seen many more hazards than in five years of commuting down the separated paths."

Members also raised concerns over the metal grate situated at the apex of Polly Woodside, arguing that the sharp corner it creates has the potential to cause collisions in slippery or damp conditions.

The Plenary Group, which is responsible for commissioning the changes, stated it did so in the wake of two minor incidents that occurred last year involving pedestrian and cyclist conflict.

The group's marketing manager Lydia Richards, said the changes were made following consultation with the Melbourne Exhibition and Convention Centre and Bicycle Network Victoria.



The shared directional pathway, which runs alongside the front of the Melbourne Exhibition and Convention Centre.

"As manager of the area, Plenary Group proposed a change to the pedestrian and cyclist pathway conditions, endorsed by Melbourne Convention and Exhibition Trust and State Government," she said.

"We haven't heard of any incidents occurring on the path since the change was

implemented and continue to monitor both pedestrians' and cyclists' behaviour closely."

Ms Richards said Plenary Group also installed new path signage in consultation with the City of Melbourne, which is consistent with other similar shared pathways in the CBD.

Green means free trams

The State Government has revealed new green signage, which will signify free tram travel within the CBD and Docklands.

The new free zone comes into effect on New Year's Day. More than 70 tram stops will have bright green signage.

The Premier Denis Napthine unveiled the new signage on September 21 on an Elizabeth St tram stop.

"Vibrant signage will catch the eye, providing an instant reminder to passengers that they are in the zone and don't need to touch on their myki," Dr Napthine said.

The new free tram zone follows the traditional CBD grid and stretches from Flinders St to Victoria St, and from Spring St to Docklands in the west.

"People will be able to travel much of the city without a ticket and visit some of our best landmarks such as the Queen Victoria Market and Federation Square," Dr Napthine said.

"Free city tram travel is a major benefit for visitors and enables them to discover all that Melbourne city has to offer by public transport, but at no cost."

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People given say on future

In a ground-breaking initiative, the City of Melbourne has devised its first ever People's Panel, which will assist in creating the city's first 10-year financial plan.

Having received more than 700 expressions of interest from the public, the inaugural panel has since been narrowed down to a group of 47.

Despite finishing the last financial year in its strongest ever financial position with a large asset base and zero debt, council funding is finite.

As one of Australia's fastest-growing municipalities, Cr Stephen Mayne said the City of Melbourne launched the initiative as a response to increased population growth and subsequent demand on services and infrastructure.

"We wanted to hear from regular people who represent a broad cross-section of the community," he said.

"The people's panel is impartial; they're everyday Melburnians who don't necessarily have a vested interest. They are completely independent and they can give us some fresh, independent, well-informed advice."

Cr Mayne said rather than reviewing spending on a conventional yearly basis, council was creating its first 10-year plan to ensure Melbourne remained one of the world's most livable cities.

Each year, the council's budget is based on

five service streams, which are categorised under services, city activation, advancing Melbourne, designing, building and managing assets and regulation.

Cr Mayne said the purpose of the panel was to prioritise spending based on these streams, engage with council and provide recommendations that reflected community interest.

As the sole member from Southbank, barrister Bruce Shaw described the panel as positive initiative.

"There's nobody there with an axe to grind, everyone is randomly selected so there are no interest groups of people with an agenda," he said.

"It's a far more effective way of gauging

community perspective than what you would get from an opinion poll."

Mr Shaw said while he hoped to provide a voice for Southbank where possible, he was using his position to push for improving public transport, reducing traffic in the CBD and helping disadvantaged communities.

After hearing its final round of expert presentations on October 4, Cr Mayne said the focus of the next two panel meetings would be on deliberating to form recommendations for council.

By late November, the panel will present its recommendations to the City of Melbourne for consideration as it developed a draft 10-year financial plan.



The People's Panel officially met for the first time in October, to devise recommendations for the City of Melbourne.



Trees injected

Melbourne City Council is injecting plane trees with plant hormones to deter allergies.

The trials are being undertaken in Lygon St, Carlton in response to concerns raised by local restaurant traders.

According to allergenic specialists, while pollen from plane trees does not cause an allergic reaction for most people, open seed pods and fine hairs on the back of leaves produce a physical irritant by getting into people's throats and eyes.

A CoM spokesperson said to date, two naturally occurring plant hormones and four application methods had been trialled.

"We are trialling a naturally occurring hormone to inhibit flowering in the trees."

"The trunk injection application method used last year proved unsuccessful so this year we are trialling soil injection and foliar spray methodology on a total of 18 trees."

Should the trial prove successful in decreasing fruit set, it would be expanded to Southbank and the CBD next year.


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Student takes on the world

21-year-old Southbank student Matthew Sinclair has recently been selected to travel to Geneva, Switzerland to take part in the World Trade Organisation's (WTO) Public Forum.

As a third-year commerce student at Melbourne University, Matthew said he had always been interested in public policy and international affairs.

He said the opportunity to engage with such a major economic institution such as the WTO would allow him to tie all of his passions together and help him make a difference.

"It's very exciting, it's a great opportunity to learn a lot about international affairs and trade and hopefully meet a lot of inspirational people," he said.

"I look forward to learning about how other countries are using innovative techniques to respond to trade-related issues."

Sponsored by not-for-profit organisation Global Voices, Matthew's latest achievement is just one of many on what is already becoming a decorated resume.

On top of his studies, the 21-year-old is currently completing a research fellowship on multilateral trade, an internship with a city-based management and consultancy firm and recently just returned from a conference in Canberra hosted by Prime Minister Tony Abbott.

He joins five other young Australians who make up the WTO Australian Youth Delegation.

The World Trade Organisation is one of the three major international financial institutions, which was established with the purpose to reduce artificial trade barriers to all countries around the world.

This year's youth conference focuses on trade in Africa and, while Matthew is first to acknowledge the well-documented shortcomings of the WTO, he said the institution was still vitally important to

solving global issues.

"Organisations such as the WTO are incredibly important. They definitely have limitations and one of the key criticisms of the WTO at the moment is that the agreement of every single member nation is required for a resolution to be passed."

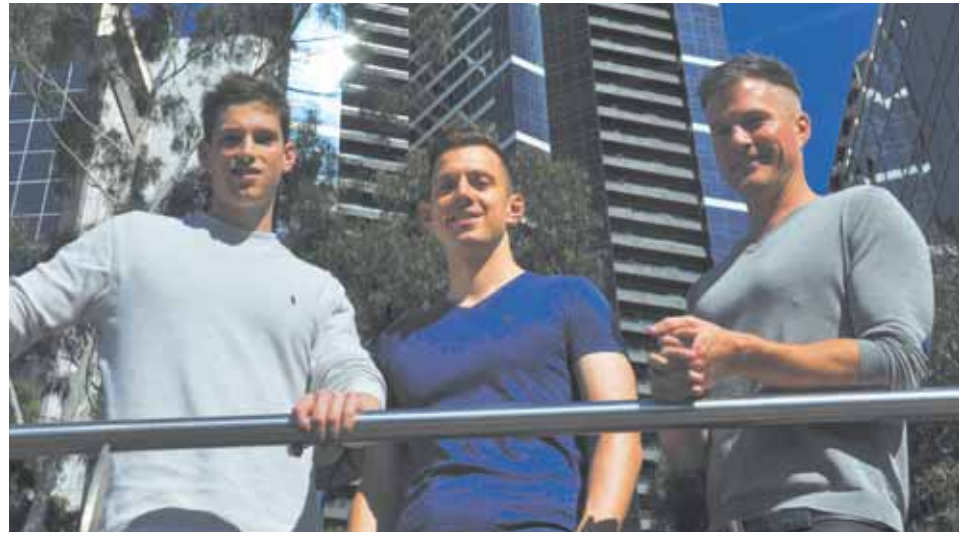
"But it does show that we need global solutions to solve global problems, to make sure everyone understands the benefits of trade."

Of course in amongst what is a busy schedule for such a young man, he said Southbank was a wonderful place to call home.

"I love living in Southbank, it's just so convenient. It's easy to get to work, it's easy to get to university and it's got a great vibe and culture. There are so many restaurants and cafes and things to see and do."



21-year-old Southbank student Matthew Sinclair.



Harvey Scott, Matthew Trigg and Nigel Smith will take on Melbourne's tallest building in November.

Climb for a cause

Three Southbank residents will race up Melbourne's tallest building in November in a bid to help build a better future for young people.

23-year-old Harvey Scott, 30-year-old Matthew Trigg and 39-year-old Nigel Smith will climb 88 levels to raise money for youth charities Whitelion and Interplast Australia.

Along with fourth team member, 29-year-old Aron d'Souza, team "Stairway from Hell" is looking to raise as much as possible as it tackles one of the highest vertical races in the world.

And according to Harvey Scott, the group is looking to have as much fun as possible while doing so.

"We are planning to wear some red lycra and body paint on the day with devil horns and capes," he said.

"We should look suitably ridiculous but it's a great excuse to do so!"

The Eureka Climb will involve participants walking, running or climbing the 1642 stairs to the level 88 Skydeck - the highest observation deck in the southern hemisphere.

Mr Scott said he and fellow first time climber Nigel had drawn off the experience of teammates Matthew and Aron in preparation for the event.

"This is the first time I have done the climb along with Nigel, the other two members have done it once before and described it as fairly exhausting to say the least!" he said.

The Freshwater Place resident said he hoped the team's rigorous weekly training sessions running up his building would be enough to get them through.

"As a group we ran up my building to level 44 taking the group five to six minutes and we were coughing for a few hours afterwards," he said.

"I'm very much hoping to wing it, presume things will be alright and turn up ready to find out!"

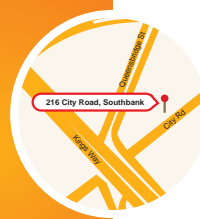
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The City of Melbourne is creating more open space in Southbank, with a new park planned on the site of the Boyd Community Hub.

We are asking the community to join the conversation and guide the design of the new park.

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Visit melbourne.vic.gov.au/participate or drop into the hub and share your ideas on our feedback wall by Monday 17 November 2014.

FOR FURTHER INFORMATION CALL 9658 9658.



Southbank votes

Southbank Residents Group President Tony Penna predicts Southbank will have a big influence in the outcome of the seat of Albert Park in November.

"I roughly estimate about 10,000 residents living in Southbank. There is something like 42,000 registered voters in the electorate, so Southbank makes up almost a quarter of that," he said.

"So bearing in mind that a quarter is all based in one spot, you'd want to look after them wouldn't you?"

Later this month, the group has invited Labor MP Martin Foley, Liberal candidate Shannon Eeles and Greens candidate David Collis to the Boyd Community Hub to take part in a Southbank community forum.

However, while Mr Penna is the first to concede that life in Southbank is pretty good, he said from a political perspective, it all came back to where candidates stand on principle.

"I don't think there are a lot of issues in Southbank, we're generally pretty happy here but it's more about when we feel we've just been screwed - it's principle," he said.

"So I think the election issues in Southbank will revolve around principles, where do people stand on principles?"

While overshadowing and education pose as the two major election issues, the Southbank

Residents Group president believes the Southbank vote will be based on three key areas.

"It will be all about what these candidates are offering Southbank and the issues in Southbank will all be about planning, design and amenity," he said.

"It will be interesting to see the arguments they put together and the vision that they put together."

Mr Penna said he anticipated the development of Fishermans Bend and the East-West Link would also provide interesting points of discussion for the event.

He encouraged as many Southbank residents as possible to come along and participate in the forum, in what he believes could be a potential vote decider.

"I don't know what the figures are but I've heard there is about 0.6 per cent in it, which is pretty thin - only a few hundred votes," he said.

The "meet the candidates" community question and answer forum will be held on Tuesday, October 28 at the Boyd Community Hub starting at 6pm.



Queensbridge Square in Southbank stages the October installment of the 1st Friday Dance Club.

Dancers swing into spring

Local dance lovers converged on Queensbridge Square in Southbank on October 3, for the monthly installment of the City of Melbourne's 1st Friday Dance Club.

With the start of daylight saving bringing longer days and warmer nights, residents, workers and passers-by flocked to the red steps to soak up the festive atmosphere.

With local dance company Jhoom-Bollywood leading this month's Bollywood inspired theme, dance lovers were given a chance to learn some new skills with guidance from professionals.

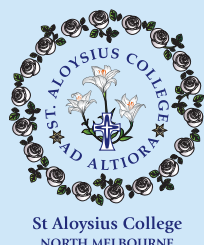
Chair of Melbourne City Council's Art and Culture, Cr Rohan Leppert said the public dance classes provided great opportunities for

people to learn, share and experience dance.

"The 1st Friday Dance Club is a free and fun event where everyone can learn some new dance moves in the spring air," he said.

Led by community and professional dance groups, the club is produced by the City of Melbourne and inspired by a similar practice that takes place in many Chinese cities where citizens gather in public places to dance.

For more information visit www.melbourne.vic.gov.au/whatson



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Festival goers get into Oktoberfest spirit at the inaugural event at South Wharf Promenade earlier this month.

German frenzy hits South Wharf

Thousands converged on South Wharf Promenade in Southbank on Saturday October 4, for the inaugural precinct-wide Oktoberfest Festival.

Visitors were treated to a magnificent day of German-inspired food, fun and activities as the promenade was transformed into something of a bustling Munich village.

Timed to coincide with the final weekend of the real Oktoberfest in Germany, the festival featured all things German, including slap-dancers, keg tapping and bratwurst eating contests.

The day also featured a variety of live entertainment and free activities, in an effort to showcase the precinct's newest venue Munich Brauhaus.

Organisers are expecting the event to become an annual favourite on Melbourne's cultural calendar.

Local business rallies for diabetes

Southgate courtyard sprang into life on Friday, October 10, as a Southbank-based business put on a community sausage sizzle fundraiser to raise much-needed funds for diabetes research.

For a fifth year in a row, Shadforth Financial Group Ltd is participating in the Ride to Cure Diabetes - an event, which raises money to find a cure for type 1 diabetes.

The group is aiming to raise \$30,000 for the cause, with each team member committing to a bike ride of either 35km, 80km or 160km

in early 2015.

More than \$1,100 was raised at the sausage sizzle and the group is calling on the community to help reach its target.

For more information and to donate visit www.jdrf.org.au



The team from Shadforth Financial Group twirl the tongs at Southgate Courtyard to raise money for Diabetes research.



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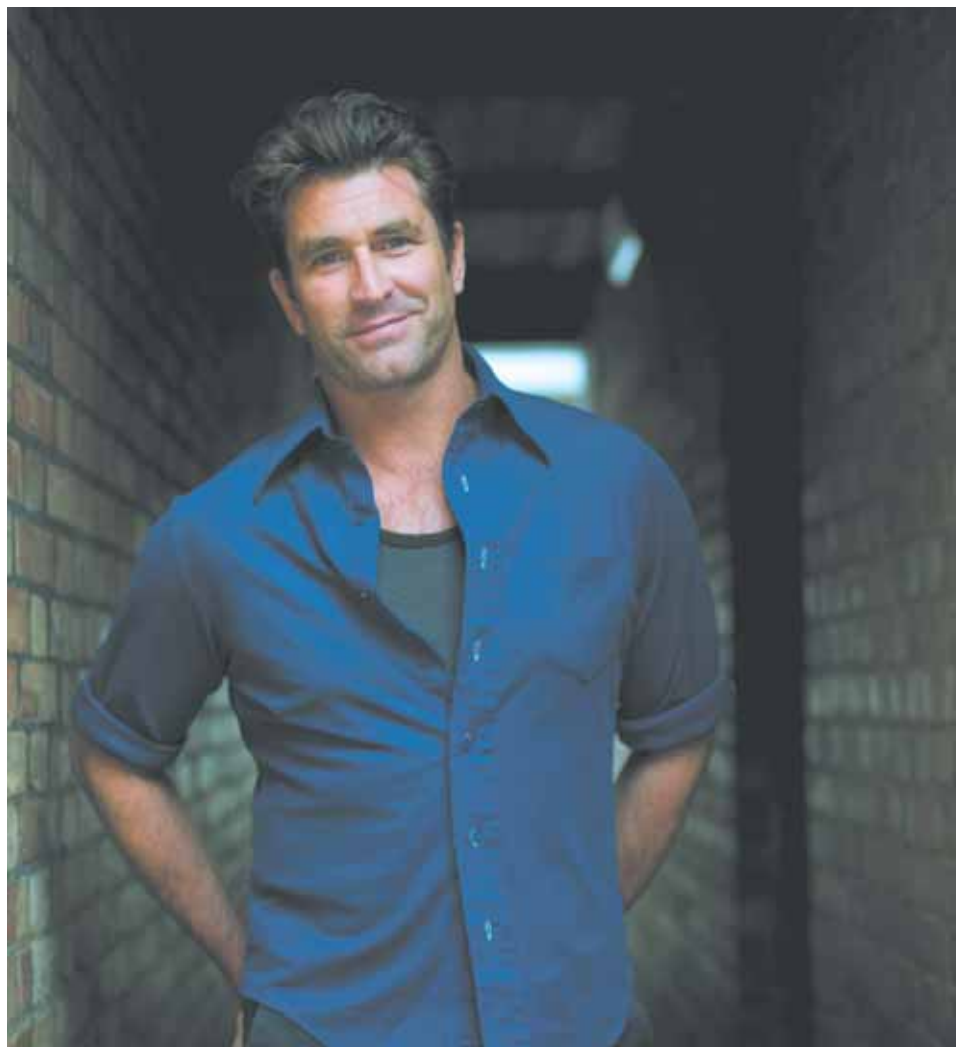
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PETE MURRAY



By Chloe Strahan

Pete Murray is coming to Melbourne on November 13 to headline the opening night of the Australian Worldwide Music Expo (AWME) at the Playhouse.

On the back of his national Feeler 10 Year Anniversary Tour that has just wrapped up around Australia, Pete will return to join a range of artists in Melbourne to celebrate some of the finest roots music from around the globe.

AWME attracts more than 500 national and international music industry delegates. The expo creates opportunities for artists to network and showcase their music, and to build stronger relationships between international music industry members and artists.

The Feeler tour saw Pete playing 25 shows across Australia, selling-out iconic theatres such as the Forum Theatre in Melbourne. Pete has also returned from a series of headline shows in the UK, Netherlands and Canada.

Pete Murray has sold more than a million records, and with three number-one albums under his belt, this upcoming performance will demonstrate his remarkable talent.

Accompanying Murray will be Victorian singer/songwriter Benny Walker.

This rising star has performed at some of Australia's most loved festivals, including Moomba, St Kilda Festival, and Blue Mountains Music Festival.

Benny describes his performances alongside Pete Murray as the biggest buzz, saying that in his early musical days while working in a bank, Pete was definitely an influence.

"I would sit in this office out the back of the bank counting money, and I had a little CD player in there. That was around the time Pete's See The Sun record came out and I pretty much had it on repeat for months," Benny said.

As well as Murray, some other influences of Benny's include Ryan Adams, Ray la Montagne and Neil Young as well as a

love for blues music.

"I just love music. I listen to any genre as long as it moves me in some way," Benny said, adding that the music could be emotional or simply made him want to strut.

It is clear that Walker has a passion for folk, blues, summer vibes and deep grooves. He often incorporates influences from his indigenous background, which tell stories of the people and the land.

"I subconsciously feel a real connection to the land. I definitely think about the earth as something we should protect," Benny said.

Walker's soulful performances won him the award for the Best New Talent at the Victorian Indigenous Performing Arts Awards in 2012.

Other performances will be held over the four-day AWME expo include gigs by Ash Grunwald, Bonjah, Hiatus Kaiyote, Ms Murphy and many more, at music venues all around Melbourne.

**DAVID JONES WITH EVRI
EVRIPIDOU**
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MOOD INDIGO SERIES



THIRD EAR MUSIC

By Chloe Strahan

Two master musicians, David Jones and Evri Epiridou, invite you to their magical Third Ear Music performance at the Melbourne Recital Centre.

Having played together since 2000, David and Evri create a blissful atmosphere on stage, which explores music in its purest form.

"Evri is quite a maestro of bass and composition. He really is one of the world's greatest musicians," David said. Eliminating nearly all visuals, the musicians will perform for 70 minutes, in what David calls a "continuous stream of consciousness". The lighting in the room will be subdued with short periods of complete darkness.

David said the idea of Third Ear Music was to emphasise even the subtlest sounds, which could often go unnoticed during live musical performances.

"If you are playing a small sound in a fully-lit room, that might be missed. Visually there may be something that is more stimulating."

The performance will be accompanied by some beautiful visuals in the semi-

darkened room for a cinematic experience.

"Every sound has such a significant power and beauty," David said.

Using their expertise in drums and bass, the pair incorporates synthesisers and looping to create the illusion of having three or four people on stage. Both musicians have mastered their instrument to the extreme, leaping out of the box to create music not normally associated with drums and bass.

The duo will be improvising the majority of their set, with aims to generate an ambient and meditative atmosphere, while incorporating groove and rhythmic beats.

"The aim is to create beauty," David said. "Everyone will have a different experience, which is hopefully a beautiful and even blissful experience."

David has been a successful musician for over four decades, and has supported big name artists such as James Morrison and John Farnham.

"When we are improvising together, all the different influences from the different people that Evri and I have

played with really come through in the music," David said.

"Because we are playing from an improvisational point of view we really get to explore these influences."

Never knowing exactly what to expect, the audience will have the opportunity to be a part of the music, with David hinting at a clever technologic trick that gives the audience a chance to join in.

David said he was thrilled to perform with Evri again, and excited to connect with the audience through sound.

"Every time we play there has been beautiful music made that is never to be repeated, and this will be the same," David said.

The performance is part of the Recital Centre's Mood Indigo program, which is dedicated to exploring the genres of jazz, blues and their offspring (funk, soul, fusion and pop). Mood Indigo features intimate concerts from Australian and International jazz artists.

REVIEW By Tina Thorburn

The Australian Ballet's production of *The Nutcracker* transports the audience from Southbank in spring, to the magic of a European Christmas celebration.

It is Christmas Eve and Clara, a young ballerina, and her family host a party in their lavish home.

To the tune of one Tchaikovsky's most famous works, guests dance and the story unfolds. An interesting addition to the production, a Jack-in-the-Box leaps across the stage before Clara is given a nutcracker as a gift from a visiting magician, Drosselmeyer. After the guests leave, the clock strikes midnight, and as expected the enchantment begins.

The real magic of this production is in the set. As the Christmas tree grows to simulate a shrinking Clara, a battle unfolds between rats and life size toy soldiers.

The rat costumes and dance is dramatic, and offers a suitable contrast for Clara's intimate dance with her nutcracker after the battle.

Act two opens with Clara flying over a snow-covered land of her imagination on a white goose. Drosselmeyer takes Clara's hand and transports her and the audience all over the world.

The production includes the traditional tea dance of the Chinese and chocolate dance of the Spanish. The costumes are a flurry of lace and colour.

As the sugar plum fairy takes the stage, every child ballerina in the audience sighs in unison. A rose fairy makes a debut appearance in this production of the *Nutcracker*.

The dancers were impressive and graceful, accompanied by a full orchestra.



Grigoryan Brothers with Ralph Towner & Wolfgang Muthspiel

Australian guitar heroes Slava and Leonard Grigoryan welcome international guitar virtuosos Towner and Muthspiel. This performance brings together the range and diversity of their outstanding talents in solo, duo and trio sets. Expect jazz-meets-classical bliss as heard on the acclaimed album *Travel Guide*.

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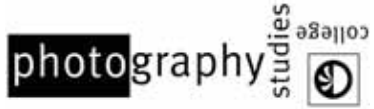
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PROFILE PICTURE

MARION ABADA



CAPTURING ARCHITECTURE

HAVING HELD A LIFE-LONG INTEREST IN ART, DESIGN AND SPACE, FINAL YEAR PHOTOGRAPHY STUDENT MARION ABADA SAYS SHE DRAWS ON ARCHITECTURE AS HER MAIN SOURCE OF INSPIRATION.



"When I started college I thought I was going to do all the arty kind of stuff but I found myself really interested in architecture," she said.

"I was always interested in the idea of being able to capture what the architects were thinking about when designing those spaces and to see if I could replicate those ideas with photography and try and represent them."

According to Marion, her latest body of work was all captured while on holiday with her family at iconic European landmarks, including Notre Dame Cathedral and Musee d'Orsay (pictured) in Paris and the Natural History Museum in London.

Now in her fifth year of study, Marion's architectural inspired imagery has recently earned her the Victorian Student Photographer of the Year at the Australian Professional Photography Awards 2014.

Having worked in the corporate world for more than 20 years as a management consultant, the mother of two says her decision to take on an advanced diploma in 2010 has helped fulfill a life-long passion.

"The award was a real confidence booster," she said. "I had always wanted to study photography and to have the opportunity to get back to doing something creative rather than something so commercial has been

amazing."

Marion says the award is a true reflection of how much she has enjoyed her education at the Photography Studies College, which itself has just been acknowledged as Australian Tertiary Photography Institution of the Year.

"I love it, it's been really good," she said. "The teachers have been fantastic, there are some really quality teachers who work in the industry and know from experience how to help shape what you're doing."

For more information and to view Marion's work head to www.marionabada.com.au

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PAUL GRABOWSKY

Nov 14 - Salon

Paul Grabowsky is a prominent feature in Australia's jazz landscape as a pianist, composer, arranger, conductor and programmer. Grabowsky has won four ARIA awards, two Helpmann awards, several Bell Awards and a Deadly award.

www.melbournerecital.com.au



BEN FOLDS

Dec 19 - Dec 20 - Hamer Hall

American singer-songwriter Ben Folds brings his pop-rock flair to the classical stage in a unique performance with the MSO, transforming the traditional orchestra into a stellar back-up band.

www.mso.com.au

THE COCKCROW SONATA

Nov 5 - Salon

One of Australia's leading pianists, Kristian Chong teams up with one of Australia's foremost violinists, Natsuko Yoshimoto for a breathtaking and mystical program which celebrates Beethoven's grand legacy.

www.melbournerecital.com.au

HELLO, GOODBYE & HAPPY BIRTHDAY

Oct 9 - Oct 26 - Beckett Theatre

This play celebrates two epic birthdays – eighteen and eighty – the bookends of adult life. One represents untold potential; the other, the accumulation of a lifetime of experiences – the aspirations, fears and memories.

www.malthousetheatre.com.au

JEAN PAUL GAULTIER - OPENING WEEKEND

Oct 18 - Oct 19 - NGV International

Curators and industry experts celebrate the opening with a series of floor talks exploring the main themes of the exhibition.

www.ngv.vic.gov.au

STAR TREK LIVE IN CONCERT

Jan 31 & Feb 1 - Plenary

The recent rebooting of the legendary Star Trek film franchise, launched to widespread critical acclaim and box office success, brought forth an extraordinary collaboration between film and the Melbourne Symphony Orchestra

www.mso.com.au



DECIBEL

Nov 10 - Salon

Perth based, Decibel is a new music ensemble devoted to performing works that explore the nexus of acoustic and electronic instruments.

www.melbournerecital.com.au



JAMES EHNES WITH SIR ANDEW DAVIS

Nov 7 - Nov 8 - Plenary

Sir Andrew's survey of Berlioz's major works continues in the company of violinist James Ehnes.

www.mso.com.au



CALPURNIA DESCENDING

Nov 13 - Nov 30 - Merlyn Theatre

Calpurnia Descending sends up the dangers of fame with the tale of Beverly Dumont – a reclusive, drunken, Depression-era Broadway washout. Beverly limps towards obscurity until a naive ingénue appears offering a final shot at glory.

www.malthousetheatre.com.au



JOHN EDWARDS - PSYCHIC MEDIUM

Nov 9 - Hamer Hall

Psychic Medium John Edward has captivated audiences' worldwide on his TV shows Crossing Over and Cross Country. He is the world's foremost psychic medium and author of numerous critically acclaimed New York Times best sellers.

www.artscentremelbourne.com.au

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Calories are your friend

In today's health conscious world, most people are working out the basics behind weight management.

HEALTH & WELLBEING

with Anton Pilli
Genesis Southbank

That is, to create weight loss we simply need to ensure that we burn more calories (or kilojoules) each day than we consume.

If we achieve this - BOOM! Some fat will disappear as our body metabolises it for the extra energy it needs to keep running.

Obviously there's the bit about ensuring we get the full range of nutritional components within our daily intake, like all those vitamins and minerals that they always used to talk about. The above mentioned science is definitely workable when seeking to generate weight loss - or should I say, fat loss?

For those of you though, that seek to achieve the body beautiful through a calorie deprivation and the application of copious exercise, much more needs to be thought about. The same goes for those that are seeking to recover from injury.

Consider this, if you consume just 2500 calories per day and burn all of it and some surplus body fat to keep you going through your rigorous training regime, where does your body get the protein it needs to help your muscles and any other stressed and damaged cells recover from your training sessions?

Also consider that, if you're in constant daily deficit and recovering from an acute injury, where is your body going to obtain the full spectrum of elements it needs to grow and repair your body tissue?

Not from your daily dietary intake, that's for sure. You just burnt it all for energy and saved none for your aching body. The only other place these important chemical compounds exist is within your existing body tissue. If your body requires extra calcium to regenerate bone tissue, it's going to take it from calcium stores or compounds from within your body - your bones! Ever heard of osteoporosis?

There's one way of increasing your risk to this



disease. Apply the same theory when you think of your body's protein needs - same outcome. You start eating yourself to feed yourself.

Losing weight is what many of us are recommended to do to achieve better health, as apparently most of us are overweight. With the above considerations, there needs to be a few key points adhered to so this healthy lifestyle advice doesn't become a pitfall.

For the active fat loss crusader or injury rehab individual, here's some basic advice:

If you're going to seek a daily calorie deficit, accept longer timelines and try not to exceed a deficit of 500 calories a day. If you're getting married on November 19, don't start your 5kg weight loss program on November 1. (As fat loss, that would actually require a 2138 calorie daily deficit - ouch!)

If you're skimping on calories over the course of the day, DO NOT do it before, during or just after vigorous exercise. Your body needs energy and sustenance to work with and then potentially even more to recover with. Starve your body at this time of the day and you will definitely eat away at your important and required body tissue and you will feel crap.

If you're injured, strive for a calorie balance and be intent on acquiring your daily protein and calcium requirements, along with any other nutrient that even sounds like it's a compound or element that your body needs - like sodium! This is not a good time to starve your body. Seek fat loss once you are up and about again.

If you're already of a healthy BMI and like to train hard, consider a slight daily surplus. The surplus needs to be in the form of healthy and usable calories - even carbs! It may be the difference in getting into the "shape" that you were after as finally your muscles are able to develop a little tone and size. Once active and growing, those same muscles will also consume a lot more calories on a daily basis.

If you train hard and want to lose fat, ensure that on training days you always hit a calorie surplus of quality nutrient loaded around your training. On non-training days seek a minor calorie deficit. Over the course of a week, this will always result in a deficit for the individual that trains three to four times per week and it will have you feeling a lot better!

For everyone else, calories are your friend, all the time. Just the right amount is all. If your body gets all the energy it needs to function its systems and its special little brain each day, you will actually feel pretty good. Combine that energy content with a broad spectrum of foods and nutrients and you will feel even better.

Anton

If you want to know more about how Anton and the team at Genesis Southbank can help you with your health and fitness needs please feel free to drop a line to anton.pilli@genesissouthbank.com.au or pop into the club at Level 3, 4 Freshwater Place, Southbank (PWC building).

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LOCATION: CORAL ATOLL PRICE: \$139PP

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CHRISTMAS COCKTAILS AT THE AQUARIUM

DATES: FRI 21 NOV / FRI 12 DEC / SAT 13 DEC TIME: 19:00 - 23:00

LOCATION: UPPER DECK PRICE: \$125PP

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OWNERS with Tom Bacon CORPORATION LAW

Risks involved in providing gymnasiums

As developers and urban planners continue to create and build 'vertical communities' in the form of large residential buildings, it stands to reason that there is a great need to provide services and amenities.

This is both from a marketing point of view and also to retain quality tenants and improve the quality of life for residents.

Common property gymnasiums have long been provided by owners' corporations as an amenity or service to residents, and the health and welfare benefits are numerous.

However, it becomes tricky to manage and regulate access to all residents with tenants constantly moving in and out of the building.

An induction briefing by a personal trainer or the building manager is considered essential and mandatory by many insurers providing insurance to owners' corporations.

Consider this: an owners' corporation is an unlimited liability entity in law. If a resident seriously injures themselves using gymnasium equipment, then the owners' corporation and all of its members could be sued by the resident for failing to reasonably safeguard against a foreseeable injury.

An insurer may cover the owners' corporation's liability, so long as the owners' corporation did its best to ensure that all residents were adequately briefed on all safety matters, and otherwise maintained and cleaned and repaired the gymnasium area and equipment, and was not negligent in any aspect.

Risk management dictates that an owners' corporation should ensure it observes the following checklist as a minimum:

- Pass a rule in the owners' corporation additional rules setting out the terms of use for the gymnasium, including hours of operation, minimum age for entry,

standard of dress, etc;

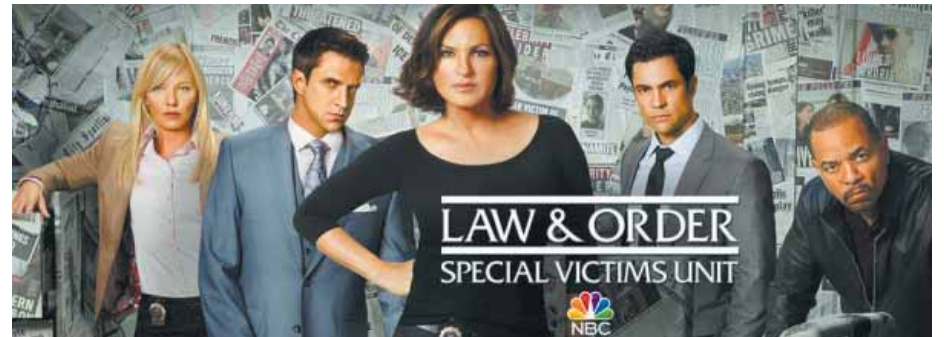
- Introduce a rigorous induction policy and ensure that all permanent residents undergo the induction;
- Ensure that the induction is administered by a personal trainer (who holds adequate indemnity insurance). If the induction is carried out by the building manager, ensure that he or she is trained professionally by an appropriate entity before they induct any residents;
- Instruct cleaners to clean the gym and equipment at least daily;
- Engage a service provider to inspect, maintain and repair the gymnasium equipment several times per year;
- Engage a health and safety consultant to advise on potential hazards relating to layout of the gymnasium; and
- Enforce the induction policy by performing regular audits and inspections and removing persons who have not been inducted (guests from serviced apartments, under-age residents, etc).

Only a robust risk management system would save an owners' corporation from exposure to liability in the event of a major accident or incident on common property, and a laissez-faire attitude to these types of matters could cost all owners dearly.

Tom Bacon is the principal lawyer of Strata Title Lawyers.
tom@stratatitlelawyers.com.au



ON THE BOX with Korey Fernando



Law, order and entertainment

Now in its 16th season, 'Law and Order SVU' is just as engaging as it was back when they had the guy from Oz in it.

Indeed, not too much has changed over the years, bar the odd cast change and that isn't necessarily a bad thing. The *Law and Order* model of the hard-nosed cops catching the criminals and the legal-eagle-types putting them away, all in an hour-long escapade, has become legendary and similarly changed the procedural crime drama. *Law and Order SVU* has survived many copycats and even rival spin-offs. In fact, *Law and Order SVU* has spun off and outlived the original *Law and Order* program. This offshoot deals with the special victims involved in crimes, usually of a sexual nature.

It's the cases that really take the spotlight in SVU. The episodic format of the program revolves around each unique week's case and this has led to most of the entertainment world being featured as a guest star at one point or other as a "victim" or "perp".

One of the things that I personally find to be most compelling about the show, is the now much-parodied formula of the detectives' personal lives only really being referred to off-hand. The personal drama that so many other crime dramas tap into

really isn't explored all too much in SVU. It's all business at SVU, with small details revealed about the detectives becoming rare and tasty morsels of information.

There are a number of standout performances on this show, but it must be said that without Mariska Hargitay's performance as Olivia Benson (a character so popular that Taylor Swift named her cat after her) there wouldn't be a show. Raul Esperanza is dry and hilarious as the DA and the rapper-turned actor Ice T may not be the greatest actor in the world, but he's definitely entertaining.

This season's premiere sees Hargitay's Benson at the centre of an investigation into a murdered young woman (continuing last season's plotline). Benson and her team will investigate, there'll be a new face on the team and Ice T will be at his best.

Law and Order SVU is a show that continues to be compelling, even in its 16th year. You've most likely caught an episode before, but if you've since fallen off the bandwagon, this is the perfect time to get back on. *Law and Order SVU* can be found on Channel Ten on Wednesdays at 9.30pm. Repeats can be found at midnight on Mondays on One.



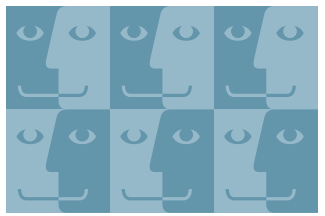
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FACES OF SOUTHBANK

"If you could have a superpower, which would you choose and why?"



LUCA TRIPODI, 5
Visiting from Canberra.

Imaginative little Luca says he would love the ability to fly, because he would be able to get to anywhere he wants to go really fast. Luca said that, in particular, he would love to fly to the beach or the snow everyday. As well as being airborne, Luca said it would be great to turn invisible, so that he could be very good at playing "hide and seek".



GRETA WHYTE, 23
Just moved to Melbourne, works at Red Cross.

Greta decided that she would like the ability to read people's minds. However, she was unsure if this would be a good superpower to have, in case people thought bad things that she did not want to know. Greta's second superpower would be teleportation, so that she could send herself to Barcelona where she once lived while studying.



ELISSA LEE, 11
On school holidays, visiting the Old Melbourne Gaol.

Cheeky Elissa wants the power of invisibility. She thinks it would be great fun because she can cause mischief and not get caught. Her big sister Georgia, 14, would love the ability to fly, so that she could get to places faster and enjoy the scenery on the way. Georgia would fly herself to Hawaii in a heartbeat!



SHARON SINGH, 32
Visiting from England.

Sharon loves the idea of time travel. If travelling back in time, she would go back to Ibiza where she used to live, and spend another night in her favourite nightclub Amnesia. If travelling into the future, she would be more practical and assess how her life will turn out. If she does not like what she sees, she will use that knowledge to change her circumstances in the present.



ELIZABETH VAN ROOYEN, 18
Visiting from Canada.

Elizabeth says that she is always curious to know what other people are thinking, so she would love the ability to read people's minds. Elizabeth thinks it would be nice to not have to play mind games or guess what other people are thinking.



PATRICK FOSTER, 17
On holidays from Hobart.

As a big Marvel comics fan, Patrick would choose the power of Telekinesis, which is the ability to move objects without physical contact. He got this idea from an X-men character Phoenix, but insists that he would use the power for mundane reasons like not having to get up for the TV remote. Patrick is hoping to move to Melbourne to study media, saying that he loves how hip the city is.

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WOULD YOU LIKE TO SEE IT EVOLVE AND CONTRIBUTE?**

The Southbank Residents Group

AGM

NOVEMBER 18 - 6PM

BOYD COMMUNITY HUB, 207 CITY RD

We are seeking motivated and passionate Southbank residents to be a part of our committee to drive Southbank into the future.

Or maybe you would just like to support our community advocacy and become a member?

Come along to our AGM and hear what your local not-for-profit community group is doing for you.



www.southbankresidents.com.au
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**SOUTHBANK
RESIDENTS GROUP
WITH TONY PENNA**

Holding them accountable

As the state election approaches we need to hold the parties to account and ensure they are not just providing us lip service.

There are a few issues which affect Southbank and should clearly be on their agenda. Southbank voters make up at least a quarter of the Albert Park electorate and therefore our concerns should not be brushed over.

As such, SRG has arranged exclusively for the residents of Southbank a "Meet the Candidates" question and answer session with Martin Foley (Labor), Shannon Eeles (Liberal) and David Collis (Greens) all confirming their attendance.

So get on over to Boyd Community Hub, 207 City Rd, at 6pm on Tuesday, October 28 and ask the questions that matter to you.

After last month's appalling council consideration for Southbank, I met with the Greens candidate, David Collis, and he has asked his party to move a disallowance motion in Parliament to stop the Planning Minister, Matthew Guy, from approving an

amendment to the planning scheme to allow CBUS to build an enormous development on Collins St, which would overshadow the public open space on the Crown Promenade and Queensbridge Square.

However, for this motion to get up, it will require the support of Labor. I know how passionate Martin Foley is about protecting the scarce public open space in Southbank so I certainly hope he will be supporting this motion.

I will also be lobbying for amendments to the notice provisions in the Capital City Zone asking for notice to at least be given to surrounding businesses and residents for any development applications.

At present, since there are no rights of appeal, notice is not required. However I still think that it would be nice to know so that potential objections/concerns can be voiced allowing consideration by the responsible authority.

Council was nicer to us this month voicing their objection to an atrocious development proposal at 248-250 Sturt St. However I also attended council arguing against this application as the previous month has taught me we cannot rely on council to see things in the same light.

The AGM date has been set - Tuesday, November 18 - also in Boyd Community Hub at 6pm. Please mark this into your diary and come along. In particular we are looking for committee members, so if you have a passion for Southbank and would like to assist with ensuring our voice is heard, please consider joining the team.

See you at the Q and A on October 28.

Tony Penna
President



with Pastor Ian Vainikka

Freedom in Christ

In Acts 16 we witness an amazing event — Paul and Silas are flogged and thrown into prison. At midnight, an earthquake shook the foundation of the prison and everyone's chains became loose.

What is striking is what these two men were doing just before the earthquake — they were praying and singing hymns to God (verse 25). They were free even in prison, under the worst of circumstances. Paul reveals that sin has enslaved us — we are the prisoners of sin until Christ sets us free. That's why he came to this world — to unlock and open the door. Our being set free cost Christ everything.

We often seek to escape reality only to find ourselves in prisons of indifference, materialism and self-righteousness and we look back to the freedom Christ made possible, an inner freedom that helps us to be victorious regardless of

our circumstances. In the epistle to the Galatians, St Paul writes: "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (5:1).

Freedom is life controlled by truth and motivated by love. Bondage is life controlled by lies and motivated by self-interest. Self-righteousness is also fuelled by lies and is borne into a heart filled with self-interest.

A really good question to ask is, "why am I a Christian?" A typical answer would enlist a lot of benefits, such as security of eternal life, happier life and earthly success. While these benefits often follow a Christian life, they should never be regarded as sole motivation

for identifying ourselves with Christianity.

We are Christians because God in his son broke open the door of the prison cell of sin and self-righteousness and freed us from the bondage of sin. He did all this for us, "while we were still in our sin" (Romans 5:6).

Christ came into our world and broke the door of our sin open at the point of our baptism and now declares us, "Your sins are forgiven. Go in peace." That is true freedom and that is the message that we carry with us into this world enslaved by sin.

Pastor Ian

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Sunday 26th October
9am Bach Cantata Service
Reformation Festival Eucharist
Christen, ätztet diesen Tag (BWV 63)
for 4 soloists, chorus, strings, 3 oboes,
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St Johns Bach Choir and Orchestra
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Service includes the dedication of the new
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The art of cruising



The cruising industry is taking off phenomenally within Australia, with the 2014-2015 season seeing more Australians heading for a cruise than a traditional family holiday.

With so many different ships, itineraries and offers it becomes quite a daunting prospect to choose a cruise that is right for you.

Here are some tips to maximise the value of your cruise:

- Avoid travelling over the school holidays if possible;

- Look for special offers that include things such as on board credit (OBC), cabin upgrades or bonuses such as included flights;
- Add a cruise to an existing holiday destination. If you're headed to Europe why not add in a cruise to get the full benefit of the long haul fare;
- Ask your travel agent for a current cruise offer or deal; and
- Use an agent with cruising experience. They will have the knowledge to give you the best advice.

The other most daunting prospect is making sure that the "luxury" cruise you choose isn't a glorified ferry. There are a number of ways to research a cruise line and find out what other people think of the ships they offer,

and what there is to do and see.

The website www.cruisecritic.com offers readers a chance to see personal reviews of ships, itineraries and destinations. It also offers the facility to talk to other people who have the answers to most of your questions in a forum style.

After heading out on more than 60 cruises, which is my favourite? To me there are two competitors for that title and it's really difficult to decide which is best. Silversea cruises and The Yachts of Seabourn are probably the two best luxury shipping lines. Standard within these two lines are complimentary drinks (yes free grog!) and world class dining opportunities. The cabins are spacious and most offer the ultimate in sea going luxury ... a balcony. If you've never had one, then you need to experience that next trip!

The main-stream lines are also very good value for money. P&O and Carnival offer itineraries from Melbourne, Sydney and Perth to various worldwide locations. This is ideal if the idea of a long-haul flight puts you off cruising in far flung countries.

Next year there are going to be more return cruises to Melbourne than ever before. Together with RCCL, Celebrity, Holland America and Princess are now making their way to Australia regularly. Now is really a good time to go on a cruise!



Endorsement from Peaches

Little Peaches was lapping up the sun with Cobe in Southbank over the school holidays.

No stranger to warm climates, Peaches was on a holiday with owner Karen from Queensland visiting family, and nephew Cobe was happy to show them both around Southbank.

"Peaches is on holidays from Brisbane!" said Karen. "Her sister Gracie is unwell at the vet today, but lucky Peaches gets to enjoy the holidays."

This 14-month-old mini dachshund is very friendly, warmly welcoming pats from passers-by as she lazed about on the promenade.

"She is loving the attention," said Karen as Peaches lay back receiving a belly rub from a stranger. "It must be tiring being the star!"

Peaches and the family were enjoying a sunny day of sightseeing in Melbourne. After a walk along Southbank, they were heading to Degraves St for a bite to eat at The Soup Place.

According to Karen, Peaches is loving her trip to Melbourne.

"She is having a great time, especially with the seagulls. She keeps chasing them," she said.



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PAMPERING FOR YOUR CAR

With more than 12 years experience in the car wash industry, owner Naresh Kumar has built a reputation on putting special care into every vehicle.

While having only recently taken over the business six months ago, Mr Kumar said he has made it a priority to continue delivering outstanding service to the local area.

"The Carrera Car Wash here in South Melbourne has been operating for 20 years, so there is a very good history with the customers," he said.

"This car wash is special because unlike a normal hand car wash, every car gets fresh soap instead of having a bucket full of soap in the morning until evening washing 100 cars."

"Even after 10 cars the soap gets dirty and dust goes in there, which can scratch the cars as well."

Mr Kumar said Carrera Car Wash uses a spray gun, which dispenses a fresh high-quality Belgian soap on each individual car.

Using tested and certified spray on clothes and hand polish products from its award-winning supplier, he said every car receives the best possible care without the use of harsh chemicals.

"The use of chemicals can harm the cars, whether it be the wheels or any part of the car including the interior," he said.

"We also have a special triple interceptor, where we clarify the soap before it goes into the drains, so it's all very safe for the environment as well."

Mr Kumar said all staff members who are hired go through strict training measures, to ensure the highest level of professionalism is maintained.

"The team that is working here is very qualified in all aspects of what we do here," he said.

"We are sometimes dealing with \$200,000 cars - everyone who works here has to be very well trained before they can go anywhere near a car so they know what they're doing."

While their cars are being detailed, customers can unwind at Carrera Car Wash's cafe, which comes equipped with free Wi-Fi and even massage chairs.



According to Naresh Kumar, Carrera Car Wash puts special care into every car.

While having only operated in the area for a short time, Naresh said he and his team have quickly established a great relationship with the locals.

"People are really very relaxed here and they really love their cars," he said.

"They come, they give you keys, tell you stories and wait with no fuss!"

Carrera Car Wash is located at 160/164 Montague St, South Melbourne.

For more information visit www.carreracarwash.com.au

A PASSION FOR HEALTH AND WELLBEING



Justin Moran - bringing fitness to Southbank.

Personal trainer and health expert Justin Moran could think of no better place to ply his trade than in Southbank.

"Working here in Southbank everyday as I do five to six days a week is just an absolute

dream and a pleasure," he said.

"Having the backdrop of the river, the green open space and also having such things as the Boyd Community Hub and being close to the Botanical Gardens - the whole area is a Mecca for health, fitness and wellbeing."

Justin's philosophy for his personal training business, Just In Time PT, encapsulates far more than just an intense workout,

but rather a holistic approach that applies science and education.

Having worked for more than 15 years in the industry before launching his own business two years ago, the former Coburg VFL footballer said his goal had always been to make a difference to people's health.

"When I started my own business I wanted to take the strengths of what I know works in the industry and what doesn't work," he said.

"Applying this approach makes people aware of how to do things and be immersed in the process of behavior change - understanding that they need to look at things such as sleep, diet, adrenaline, cortisol and issues with long hours at work."

Adding to its unique business model, Just In Time's trainers come directly to the client, operating at gyms inside many of Southbank's residential apartment towers, including Eureka Tower and Freshwater Place.

Like Justin, all trainers require a certain level of tertiary education as well a shared passion for health and wellbeing.

"All of my trainers and myself have gone through three or four years of human movement, PE or at least one associated exercise science degree and that therefore

encompasses all the elements of how the body should work," he said.

"It's a passion for what I love doing that I want to see from my trainers working with me and that's why I've been successful with the trainers that I have."

Another driving focus of business for Justin is the importance he places on engaging with the local community.

Next month, he and his team will be hosting a nutrition seminar at the Boyd Community Hub in Southbank, with 100 per cent of the \$15 door entry going directly to food rescue charity FareShare.

"I've always been big on not only providing services to clients that can afford it but to also filter that back down to lower levels," he said.

"All the profits on the night will go to FareShare, which will give back to people that don't have access to healthy eating habits and I want the night to offer more back to the Southbank community."

Leading AFL dietician Lisa Middleton will present at the seminar, which will take place on Wednesday, October 29, at 6.30pm.

For more information visit www.justintimept.com

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Businesses in Southbank

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PUT SOME SOUTHBANK ART ON YOUR FACE

It may be just a short trip from Albert Park, but Scoogle's brand-new premises in Wells St, Southbank is vastly different than its predecessor.

As proprietor Josie Redmond puts it, after six years in the designer-spectacle space, Scoogle has "grown up".

This is evidenced by her new approach to matching frames to faces – which doesn't involve the actual product being on display.

As long-term clients attest, Josie's talent is suggesting what is going to work best for each individual, so it's now a consultation rather than a retail experience that is on offer.

"It's a service approach where the customer is the absolute focus," Josie said. "I guess it comes down to having the type of trust that our returning customers have."

"Over the years we've heard them say so many times: 'I love these frames but I would never have tried them on.'"

Another aspect of Scoogle's development is the in-store optometry provided by contact lens specialist Loan Vu. Loan's other strengths include expertise in orthokeratology, a technique of correcting vision through wearing contact lenses.

Scoogle is a great match with Southbank's cosmopolitan feel and artistic tendencies.

Stocking just three brands, Scoogle is confident and relaxed that it is the destination for people with the most discerning taste.

"All our frames are hand-made so we appeal to people who approach life from a design perspective," she said.

"If you're going to have to wear glasses, then why not wear a piece of art that has been created by a craftsman?"

Scoogle stocks Belgian brands Theo and Hoek, with Hoek making only 200 pieces of each frame worldwide.

And Scoogle is also the global flagship store for up-and-coming Australian brand Niloca. According to Josie, Niloca is turning heads at the European shows this year but she may be biased, as the range has been created by her industrial-designer-husband Colin.

Niloca is a Southbank success story, with the locally-designed, French-manufactured product being available in 40 stockists globally and being heralded with critical acclaim.

Colin has also applied his design talents to the shop fit-out. Inspired by the Guilfoyle-designed botanical gardens, the store has an indoor-outdoor feel encased in a vaulted, raw-steel industrial conservatory which could be mistaken for an apocalyptic gothic cathedral.

Scoogle is a destinational retail outlet, with loyal customers returning from wider metropolitan Melbourne, regional Victoria,



Josie Redmond (left) and Loan Vu in their new Wells St, Southbank premises.

interstate and even internationally.

Josie says the new Southbank location brings the store closer to the centre of Melbourne and makes it even more accessible due to ample parking and proximity to St Kilda Rd trams.

"It boils down to having a personal consultation to get the best frame and the best script for your face," she said.

Scoogle can be found at 131 Wells St, Southbank. **Ph: 9077 9883**

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COUNCILLOR PROFILE

Profile by Shane Scanlan

Meet Melbourne's experimental politician

Councillor Arron Wood has an amazing CV but it remains to be seen whether "politician" will be added to the list.

His current term as a City of Melbourne councillor is largely an experiment to determine whether or not he is suited to political life.

"I thought I'll dip my toe in the water with a metro council which is supposedly at a more strategic level and see what it's like. And if it's something I like maybe I'll head down that path further, otherwise I'll return to my normal life," he said.

At the half-way point in the four-year term, the jury is out. But he gives the impression that the experience is not pushing him further up the political food chain to Spring St or Canberra.

For starters, he has an obvious problem with honesty and straight talking. He's got way too much of it for his own good.

And he's also in trouble because of pesky principles that become a burden when he is supposed to be playing for the "team".

The laconic, but polished, Cr Wood was elected on the "Team Doyle" ticket and is often obliged to vote accordingly.

"I do find on most things if you put a good argument and argue on its merits then you can get some things across but there are those times when things fall on political lines. And that's the stuff I struggle most with," he said.

Cr Wood came into the Doyle camp before

the 2012 almost as a celebrity candidate. As a youth, he came to national prominence for his successes in sustainable waterways programs. He still runs the renowned "Kids Teaching Kids" program.

He had a meteoric rise to stardom winning numerous national awards and ended up hosting television and radio programs.

In 2001 he was Young Australian of the Year, in 2006 won the United Nations' Individual Award for Outstanding Service to the Environment and in 2007 he won the Prime Minister's Environmentalist of the Year award. He's on numerous boards, works the professional speakers circuit and has a page on Wikipedia.

Growing up in the country and being courted at a young age by the National Party, Cr Wood finds himself in 2014 marooned in a political no-man's-land because of his environmental focus and deep beliefs.

He bemoans the demonisation of environmental issues by today's conservative parties and says he could clearly not work with them.

Even within the relatively moderately flavoured town hall politics Cr Wood struggles at times.

"I've got a lot of respect for Robert (Doyle) as a meeting chairperson, as an advocate for the city and as a mentor for me in terms of how politics works. He's also quite a pragmatic Liberal," Cr Wood said.

"But, at the end of the day, if you have to put me in a box politically, my politics is probably further to the left, it's safe to say."

"What I find most difficult is a loyalty to a person for whom I have a huge amount of

respect for but in also finding my own voice in the council."

Cr Wood doesn't describe himself as a left-winger though – more of a business person with a love of nature.

"There are a lot of small 'I' Libs who have a business focus but love the natural environment," he said.

"I've got a far more mainstream view of environmentalism. I think most of the best environmental decisions are also good business decisions and vice versa."

"I think it's a great shame that, for some reason, the environment is heavily politicised because, back in the day, national parks and having a clean beach, etc, all parties agreed on."

Another major factor in whether or not Cr Wood's political career starts and finishes at the City of Melbourne is his health.

At the peak of his "fame", and perhaps because of it, he suffered a serious mental breakdown some years ago and still encounters anxiety and panic attacks.

He uses daily meditation rather than prescription drugs to keep on top of his condition but agrees it is not the best situation to take into an unforgiving political arena.

A recent unexpected loss in the council chamber made him question whether he was cut out for the role.

"What started out as a winning position in the morning was a losing position by the end of the day. You live and learn!" he said.

"Probably everyone went home and forgot all about it. I spent the whole night analysing where it went wrong and why people didn't



stand up and want to make a stand."

"I know there are some very good operators who can divorce the emotional aspects for whom 'politics is politics' but for me, if I move a motion, I've got a lot of emotional investment in it."

"That stuff is difficult not to take to heart. Maybe I'll learn that over time. Maybe that's not something I want to learn over time?"

"I understand that compromise is important – that's what a democratic society is all about – but there are certain lines in the sand that I'll draw where my values and what I believe in are going to cut through pretty strongly."

Next month's Councillor Profile looks at Cr Richard Foster

SOUTHBANK SUDOKU

A variation of Sudoku, with the letters SOUTHBANK replacing the numbers.

	T	O				S		
			O					U
H		A		U		B		N
			S	T	N			H
		N	K		O	U		
	K		A	H	U			
S		U		K		H		T
K					S			
		H				O	S	

The rules are the same as regular Sudoku, each line of the must contain the letters 'SOUTHBANK' as must each 9-square box. This Sudoku is medium! Good Luck!

Last month's Sudoku solution

N	U	O	A	H	T	B	S	K
B	S	H	O	K	U	N	A	T
A	T	K	S	B	N	O	U	H
S	H	A	U	O	K	T	N	B
U	N	B	H	T	S	K	O	A
K	O	T	B	N	A	S	H	U
O	A	S	T	U	B	H	K	N
T	K	U	N	S	H	A	B	O
H	B	N	K	A	O	U	T	S

STREET SMARTS



Power Street – Southbank

Power St in Southbank was supposedly named after a man called William Power.

William was a councillor in Melbourne, between the years of 1869 and 1872. It is believed that during his time as a councillor, William Power may also have

been the licensee of the Clarendon Hotel, which was on the corner of Clarendon and Ross streets.

This was as much information as we could find while researching the meaning behind naming Power St.

If any readers have more information, you are welcome to contact us at Southbank Local News.



SOUTHBANK FASHION

Spring racing in southbank

The Spring Racing Carnival has kicked off in Melbourne and those in the know are already making plans for this year's calendar.

If you are looking for a unique hat, or an event to attend away from the hustle and bustle of Flemington, Southbank is the place to be.

Positioned in a loft studio just up the road in South Melbourne, milliner Phillip Rhodes is regularly engaged to create hats, putting together exclusive pieces he calls "like plum pudding on Christmas Day".

This year he notes that smaller hats reign, both for their simplicity and ease of wear. Your hat should be comfortable from the moment you put the piece on, until you return home many hours later. Keep the design fresh, yet classic, and you will be able to enjoy it for years to come.

The Melba Restaurant at the Langham Hotel will be hosting events on Cup Day and Oaks Day, with prizes for best dressed and



best hat. \$125 will get you a delicious array of dishes for lunch with sparkling wine on arrival on Cup Day, and free flowing wine over lunch on Oaks Day.

World Restaurant and Bar is celebrating Cup and Oaks Days with three-course lunches, for \$70pp. Champagne on arrival, live entertainment and door prizes will create a party atmosphere, together with a free photo booth on Cup Day and manicures and

massages on Oaks Day.

If the nightlife is more your scene, Eureka 89 is planning a Cup Eve party, from 8pm, for \$30pp. With sparkling wine on arrival, live entertainment and a spectacular view of the city, the pop-up will set the atmosphere for the coming days.

Whether you head to Flemington, or a fabulous party by the Yarra, spring racing is a wonderful time to enjoy Southbank.



MARKET UPDATE

with Sarah Robins

There are 10 weeks until Christmas

For some this will mean shrieks, panic and horror at this impending date; others will think, "that's miles off, plenty of time to shop, wrap and make".

Farmers' markets tend to focus on the here-and-now; what's in season this week? However, Christmas is one of the few times we look ahead as demand tends to outstrip supply, especially when it comes to the main course. Even if you don't celebrate Christmas, it can be important to consider ordering ahead, simply due to the frenzy at that time of the year with so many people entertaining guests and extra family members visiting.

If roast beef is your traditional family

favourite, Matt from Maldon Biodynamic Meats is the chap to speak to. Biodynamic farming shares much in common with organic agriculture, with no synthetic chemicals used in production and sustainability at its heart.

Matt's family raise Hereford beef and, if lamb appeals to you instead, white Suffolk-cross sheep. Mallee Dorper Saltbush Lamb is also at the market with its lamb, which reflects the drought-hardy feed that sustains the flavour of the meat. For pork, visit Bronwyn and Michael at Gypsy Pig, which has four different rare-breed pigs on their farm. Buying and eating rare breed meats enables farmers to be viable business owners while ensuring the breeds and their genetics continue into the future.

Creative cooks will be inspired to look into using Camboer Goat. Those who view December 25 as a day for rest and relaxation

could take cooking out of the equation altogether with some ready-to-eat Mr Duk roast peking duck.

Pescetarians will look to Westernport Mussels and the vegetarian and vegan crowd are spoiled for choice with plenty of fresh vegetable options that can be selected just before the big day. Order ahead to avoid disappointment.

Meantime, the fresh asparagus and new season strawberries are what we're loving right now. The navel oranges are also particularly good. Combine segments with finely sliced fennel in a simple salad that awakens your tastebuds.

Good Food Month coincides with our next Southbank Farmers' Market on November 1. Cup weekend traditionally marks the last day you should get tomatoes in the ground, so we'll be celebrating with plenty of tomato seedlings at the market. See you there.

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WHAT'S ON

COMMUNITY CALENDAR

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | **OCT** | NOV | DEC



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Meeting on selected dates and various locations, IMLAC takes in the city's parks, its culture, fabulous eating options as well as festivals, galleries and concerts.

Visit our website www.life.org.au/imlac or call Carolyn on 9696 1090 for more.



OCTOBER 18 - OCTOBER 19

SPRING PLANT SALE

The Growing Friends Group holds two public plant sales each year. These are the only opportunities for members of the public to buy rare plants propagated from Royal Botanic Gardens' stock.

MONDAY - THURSDAYS & SATURDAYS

CHUNKY MOVE DANCE CLASS

Mondays to Thursdays and Saturdays at 111 Sturt Street. Chunky Move dance classes are the perfect way to unwind, get fit and improve flexibility and strength. www.chunkymove.com



WEDNESDAYS

BOOT CAMP @ BOYD

If you're looking for a great way to start the day, come along to Boot Camp at Boyd. Active Melbourne Instructors will take you through a series of fun and challenging exercises. Starts at 6:45am



OCTOBER 10 - OCTOBER 26

MELBOURNE FESTIVAL

Melbourne Festival is one of the world's leading arts festivals and Australia's premier celebration of art and culture from around the world.

TUESDAYS

SOUTHBANK ROTARY

Rotary Club of Southbank Inc meets weekly for dinner on most Tuesday evenings throughout the year at Various locations. Visitors are always welcome. www.southbank.org.au

OCTOBER 17 - OCTOBER 18
ROYAL EXHIBITION BUILDING

FINDERS KEEPERS MARKET

This season, the markets will host over 220 design and art stalls, from local designers to talented folk from all over Australia.



MONDAYS & SATURDAYS

YOGA WITH ALISON @ BOYD

Looking to improve both your physical and mental well-being? Instructor Alison Corsie hosts classes at Boyd every Monday at 6:15pm and Saturdays at 9am. alison@inner-rhythms.com.au

SUNDAYS

ARTS CENTRE MARKET

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. www.artscentremelbourne.com.au.



MONDAY - FRIDAY

KIDS COOKING CLASSES

Entertaining cooking program the children will love. They will cut, bake, knead and roll. The kids receive a certificate at the end. www.itsybitsychef.com.au



FIRST THURSDAY OF THE MONTH, 10AM

MELBOURNE SUNRISE PROBUS CLUB

The Docklands Library, Dock Square Probus Clubs for men and women over 50. Keep your mind active, meet new friends, share interests and enjoy activities. Joan on rksalesaustptyltd@bigpond.com



SATURDAY NOVEMBER 1

FARMERS MARKET

On the first Saturday of every month, the market will be setting up the stalls at Boyd Community Hub. Buy direct from the farmers, enjoy live music and experience a little bit of country right here in the city.

TUESDAYS & THURSDAYS

PHOTOGRAPHY WORKSHOP

This night photography class runs in Melbourne's city centre and has all the night photography tips you'll ever need. At 3 Southbank Promenade. www.pennykoulas.com

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