

The voice of Docklands | 道克蘭之音

# DOCKLANDS NEWS

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City of Melbourne councillor Jackie Watts with Library at the Dock branch team leader Kathryn Donkin, operations librarian Vanessa Hasler and library technician Adrian Lloyd.

## Hip, hip, hooray!

*Docklands' own Library at the Dock celebrates its first birthday this month.*

May 31 will mark 365 days since the library opened its doors to the Docklands community.

And in that time the library has well and truly become a key part of the neighbourhood.

According to City of Melbourne councillor Jackie Watts the library is "clearly on the mark".

"It's a terrific piece of architecture and a wonderful concept, but you have to think 'is this going to work? Is it right for this particular stage in the development of Docklands?' Cr Watts said.

"But the numbers certainly speak for themselves."

*Continued on page 9.*

# Concerns remain over Fishermans Bend

*While the Yarra's Edge community can breathe a sigh of relief over the demise of the Fishermans Bend tram bridge, concerns remain over the potential heights of neighbouring buildings.*

Planning Minister Richard Wynne last month announced a review of the Fishermans Bend plan and imposed interim height controls of 40-storeys in the Lorimer precinct, which neighbours Yarra's Edge.

However, existing permit applications, including a proposal for a 74-storey tower at 85 Lorimer St, will be decided by the minister in accordance with pre-existing planning conditions for Fishermans Bend.

These planning conditions included recommended height limits as opposed to

mandatory height limits.

Yarra's Edge resident Phillip Spender was one of the key figures in the campaign against the tram bridge and said he was "greatly concerned" by the fact existing planning applications would be considered under the original planning conditions.

"We're very disappointed that 85 Lorimer St and other developments in the pipeline will be considered under the old rules," Mr Spender said. "We will fight this."

If approved, the 74-storey residential

building would soar above nearby buildings at Yarra's Edge, which average 40 storeys.

However, Mr Spender said he was pleased the government was sticking by its promise to oppose the tram bridge.

"With respect to the tram bridge we're encouraged that the government is standing by its election promise, however we would like to see this reflected in official documentation," he said.

While no specific mention was made of the bridge when Mr Wynne announced the

Fishermans Bend review, his spokesperson later confirmed the tram bridge concept was off the table.

While in opposition, the Labor government said it would not support the proposed tram bridge if elected.

The tram bridge has continued to appear in some Fishermans Bend imagery since the Labor government's election in November last year but a spokesperson for Planning Minister Richard Wynne said its no bridge stance remained.

*Continued on page 7.*





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# Lacrosse class action mooted

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The deadline for the June edition is  
May 29.

Published by Shane Scanlan  
Edited by Bethany Williams

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**A class action is on the cards and a construction company is under investigation after the Metropolitan Fire Brigade (MFB) last month released the outcome of its investigation into the Lacrosse apartment building fire.**

The Victorian Building Authority (VBA) will investigate construction company LU Simon and the building surveyor after the MFB found that non-compliant, combustible materials used in the external cladding of the building contributed to the spread of the fire.

Slater and Gordon commercial and project litigation lawyer Ben Hardwick said more than 100 Lacrosse residents and owners had contacted the firm.

Mr Hardwick said following the release of the MFB's report, the Council was likely to issue building notices to owners, requiring them to replace external cladding or otherwise make the building safe.

"At this stage owners are completely in the dark as to how much these works are likely to cost," Mr Hardwick said.

"Owners and residents understandably feel that they should not have to bear the cost of these works and should be compensated for the losses they have already suffered as a result of the fire."

"We are investigating whether owners and residents have claims against the builder, who used the non-compliant Alucobest cladding and the relevant building surveyor, who issued the occupancy permit for the building," Mr Hardwick said.

The fire, which took place in the early hours of November 25 last year, saw flames spread rapidly up the exterior of the building, causing around \$5 million worth of damage and leading to the evacuation of more than 400 residents.

No one was seriously injured during the fire, but apartments and possessions sustained significant smoke, fire and water damage. Some residents were displaced from their homes for months.

According to MFB chief officer Peter Rau,

CSIRO testing of the Alucobest external cladding used in the building found that it did not comply with combustibility requirements for a high-rise building.

"The external cladding material on this building did not prevent the spread of the fire as required by the Building Code of Australia (BCA)," Mr Rau said.

Under the BCA the external walls of apartment buildings are not required to be fire-resistant if they are non-load bearing and are situated more than three metres from a fire source feature.

However, they are required to be non-combustible.

Managing director of LU Simon Builders Peter Devitt said aluminium composite panels (ACP) such as Alucobest have been used widely in Australia and internationally. He said ACP conformed to Australian building codes and standards, including compulsory fire requirements.

"It was a requirement of the building contract that we use ACP and this was documented on the planning and building permits. A sample of Alucobest, clearly marked as such was submitted, which received written approval."

He said ACP was compliant with tests for ignitability, spread of flame, heat and smoke. However, Mr Devitt said when the building was commissioned in 2010 there was no ACP that passed the test relating to combustibility.

The VBA's director of technical and regulation Jarrod Edwards said the VBA was acting on the outcomes of the investigation into the fire.

"Based on the findings of the MFB's investigation, the VBA has commenced an investigation into the conduct of the builder

and building surveyor in relation to the Lacrosse building."

Mr Edwards said the VBA would take steps to identify use of non-compliant cladding elsewhere.

"The VBA has begun contacting all relevant building practitioners and will work with them to determine if non-compliant building material has been used incorrectly during the construction of other buildings in Victoria," Mr Edwards said.

If other buildings are found to be using non-compliant cladding product, the VBA will work with the local council and relevant building surveyor to resolve the issue.

A dedicated phone line (136 186) has been set up for anyone who is unsure if the external cladding used in their building is compliant.

Aside from determining what caused the rapid spread of the fire, the MFB's investigations also uncovered what caused the fire to start.

According to the MFB's report, the fire began accidentally on an eighth floor balcony and was caused by a cigarette that had not been disposed of correctly.

The MFB found that a large amount of material stored on the balcony fuelled the fire and it then ignited the external cladding, spreading quickly up the building.

Mr Rau said fire fighters found high occupancy rates of residents in some of the apartments and excessive amounts of combustible material stored on the balconies.

The MFB also found that the emergency warning and intercommunications system failed during the fire, meaning some residents did not hear fire alarms or an emergency evacuation announcement.



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## Total eclipse of the harbour

*Docklands was a great place to watch the total eclipse and blood moon last month.*

Resident and photographer Hannah Weddell shared this amazing image she created of the rare event.

The eclipse was visible across Australia on April 4 and lasted for around five minutes.

An lunar eclipse occurs when the moon enters the Earth's shadow.

The next total lunar eclipse visible in Australia won't happen until 2018.

# Docklands at risk from future flooding

***Buildings across Docklands could be vulnerable to water damage and flooding if current sea level rise predictions are accurate.***

Since 2008, the State Government has required authorities to plan for a sea level rise of no less than 0.8 metres by 2100.

Accordingly, all new buildings in areas such as Docklands, which is considered to be within the sea level rise zone, are required to have a floor level 2.4 metres higher than the average sea level.

However, many building in Docklands were built before the guidelines were introduced and, while some of them won't be affected by the predicted sea level rise, others could be facing significant problems.

*Docklands News* took measurements

around Docklands in March and calculated how high above the water level buildings' entrances were located.

Despite the majority of NewQuay being constructed pre-2008, *Docklands News* found that the precinct's residential towers met the new flood level requirements with floor levels approximately 2.9 metres above water level.

Even wharf's edge retailers, such as the ice cream and fish and chip outlets, met the flood level requirements, sitting around 2.4 metres off the water.

Unfortunately the same can't be said for waterfront restaurants Berth and Cargo, which, at 1.6 metres above the water, would be flooded if sea level rise predictions are reached.

Harbour Esplanade is also lower than the required flood level, sitting at 1.4 metres, according to Places Victoria's Harbour Esplanade masterplan.

However, the urban renewal authority plans to reinstate 2.6 metre high raised decks at sections to allow for development along parts of the esplanade.

Many buildings opposite the Harbour Esplanade waterfront, such as those in the Digital Harbour precinct could visually be perceived as sitting at the same 1.4 metre floor level.

But Digital Harbour director David Napier told *Docklands News* this was not the case.

Mr Napier said the Life.lab building on Harbour Esplanade had a floor level of 3.1 metres (above water level) and the Customs building next door had a floor level of 3 metres.

In Victoria Harbour, buildings along the eastern end of Victoria Harbour Promenade are estimated to sit around 2.3 metres above water level, almost reaching the flood level requirement.

In contrast, newer buildings at the western

end of the promenade well and truly clear the 2.4 metre requirement. The Library at the Dock sits around 2.9 metres above water level.

The water-side of ANZ is also safe, with the building sitting at approximately 2.6 metres above the water level.

But on the other side of the river at Yarra's Edge things might not be so rosy if sea levels rise.

Older buildings along Yarra's Edge could be at risk as they are estimated to have a floor level of 1.9 metres above water.

But Mirvac's newest building at Yarra's Edge, Arra and Yarra Point, will be safe – sitting at 2.4 metres above water level.

A Mirvac spokesperson confirmed all Yarra's Edge towers complied with Melbourne Water's flood level requirements current at the time of building permit applications.

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# VCAT hears Watergate case

*The Watergate short-stay saga continued last month at the Victorian Civil and Administrative Tribunal (VCAT).*

A decision is yet to be made, with lawyers representing both the Watergate owners' corporation (OC) and short-stay operator Paul Salter to make their closing submissions at a VCAT hearing next month.

While the Building Appeals Board (BAB) case concluded last year, the Watergate owners' corporation (OC) has taken VCAT action against nine owners of short-stay apartments in its building.

The OC alleges that the nine owners have breached multiple OC rules by allowing their apartments to be used as short-stay accommodation through the Docklands Executive Apartments (DEA) business.

DEA operator Paul Salter represented all nine owners at the VCAT hearing, which was heard by member Linda Rowland on April 13 and 14.

VCAT is the third tribunal or court to deal with the issue of short-stays in the Watergate building, with the matter having previously been heard at the Building Appeals Board and the Supreme Court and Court of Appeals.

However, the current VCAT hearing is being brought by the OC, whereas the previous case was between Mr Salter and the City of Melbourne.

Alleged breaches recorded by the OC include leasing apartments for less than 30 days, using apartments for commercial purposes and moving items likely to cause damage or obstruction through the common property without notifying the building manager.

The OC's lawyer Tim Margetts, who had previously represented the Council at the BAB and the Supreme Court, told the tribunal the short-stay business was a breach of OC rules because it was conducting trade from apartments.

He also maintained that the behavioural characteristics of short-term residents were different to those of long-term residents and that damage was caused to common property in the building as a result of the short-stay apartments.

"We say there really can't be any dispute that



the use of the apartments for letting short or long-term is conducting a business," Mr Margetts said.

He said the "line has been crossed" because the number of short-stay apartments operated by DEA had increased from three to 11. Nine of the apartments are the subject of the current VCAT proceedings.

However, Mr Salter's lawyer David Fairweather said while DEA was a business, the business itself was not being operated within the apartments.

Mr Fairweather also contended that the rule restricting commercial activity was discriminatory in its effect.

He asserted that the rule relating to commercial activity related to activity within the apartments not the surroundings.

Mr Fairweather said the apartments in question were equipped solely for the purpose of habitation or dwelling and that tribunal should look at the use of the occupier rather than the owner.

"If we looked into the apartments and saw no facilities for living but saw facilities for office or trade than it would be commercial," Mr Fairweather said.

"Central to the case is that short-term accommodation is not commercial in nature simply because its short-term. What you need to do is look at the activity that's occurring on the land."

However, Member Rowland appeared to reject this, saying "commonsense and practicality suggests it's a business".

The Watergate short-stay saga began in 2011, when the council issued building orders against owners of short-stay apartments, which Mr Salter unsuccessfully appealed at the BAB.

However, a successful appeal by Mr Salter

to the Supreme Court, followed by an unsuccessful appeal at the Court of Appeals by the council resulted in the case returning to the BAB to be reheard.

In October 2014, after two and a half years, the case reached a conclusion at the BAB with the council and Mr Salter reaching an agreement that he would install smoke alarms and evacuation signage in short-stay apartments.

However, not content to wait on the outcome of the BAB case, the Watergate OC had already issued multiple breaches against short-stay owners and filed the current VCAT action against the owners.

The original BAB case was used as a test-case by the council and focused on the Building Code of Australia, meaning the outcome potentially had national significance.

Mr Margetts spoke at VCAT about the significance of the issues surrounding short-stay accommodation in residential buildings at VCAT saying: "there are numerous residential towers being constructed in Melbourne at the moment, it can safely be assumed that all of these buildings will have rules dealing with the issue of short-term accommodation."

However, Member Rowlands responded by saying "this case will be decided on the law, not the politics."

The current VCAT action focuses specifically on the rules of the Watergate OC, which do not allow stays of less than 30 days.

Significantly, not all OCs have this rule, and the mechanism for adding new rules is difficult due to the necessity of a special resolution, which is rarely achieved in inner-city high-rises due to the high number of non-resident or off-shore owners.

Both parties will make their final submissions at a VCAT hearing on May 20.

## Book in now for networking

*Get in quick to secure your seat at the June networking lunch.*

Jointly hosted by Docklands News and the Docklands Chamber of Commerce, the quarterly lunch is a great way to meet other local stakeholders.

The June Docklands Networking Lunch is from 12 noon on Friday, June 12 at Merchant Society, 71 Merchant St, Docklands.

Merchant Society is new to Docklands but proprietor Charles Ng has a string of successful restaurants behind him. His new Asian fusion offering in Docklands has filled a badly-need gap and is quickly gaining a reputation for freshness and quality.

The menu for the June lunch is:

Entrée: Vegetable spring rolls; chicken satay; prawn cakes.

Mains (alternating): Beef cashew and chicken spare ribs. Vegetarian option: mixed seasonal stir-fry.

Dessert: to come.

Beverages: White and red wine, heavy and light beers.

As always the lunch is \$60 and must be paid in advance.

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Connor Jolley and Katie Johnston want to know what you think about Docklands waterways.

## Step forward in water governance battle

*The push for a single body to govern Docklands' waterways was strengthened last month when Minister for Environment, Climate Change and Water Lisa Neville agreed to champion the cause.*

Docklands Chamber of Commerce president Joh Maxwell, vice-president Bill Reid and Docklands resident Kay Setches met with Ms Neville last month to explain why a single governance structure was needed in Docklands and the Lower Yarra.

Currently there are at least 15 intersecting Acts governing various parts of the Lower Yarra and Docklands waterways, resulting in bureaucratic paralysis and difficulty introducing reforms that would activate the waterways.

"The outcome of the meeting is that Minister Neville has confirmed that she will be our champion for change to a single model of governance," Mrs Maxwell said.

"Minister Neville indicated that she will be discussing this with the Ministers for ports, tourism and planning and will confirm with them that she is enthusiastic in her support."

Ms Maxwell said a senior member of Minister Neville's team would continue to work with the chamber to facilitate the next steps in the process.

Meanwhile, the Lower Yarra River Use Future Directions Group, is expected to make its report to the government this month.

The group, which includes representatives from industry and government groups, is charged with making recommendations regarding the future governance and management of the waterways.

## Experiencing our waterways

*Docklands' waterways are often considered its most significant asset and a group of students are currently investigating how local residents interact with this valuable feature.*

RMIT environmental and social science students Connor Jolley, Emily Gayfer and Katie Johnston are working on behalf of Yarra Riverkeeper Andrew Kelly to find out more about Docklands' relationship with the river.

"We're predominantly interested in who the residents of Docklands are, particularly in the context of how they use the water or how they'd like to use it," Ms Johnston said.

Through a survey, observational study and interviews, the students hope to establish what kind of groups live in Docklands and how these different groups interact with the water.

"From our perspective as environmental students, we're interested in the urban space and how people do actually get a chance to interact with nature," Mr Jolley said.

"That's why we're really drawn to it, because you have a situation where you've got this great natural space in the middle of Melbourne and it would be really interesting to know how that grabs people and what can be gleaned from that in terms of how we can improve the urban landscape."

According to Yarra Riverkeeper Andrew Kelly, the results of the research project will help his organisation to continue its advocacy work in a way that incorporates Docklands' residents.

Yarra Riverkeepers is an independent association that works to protect and advocate for the Yarra River.

"I want to know how we should advocate for the river in Docklands," Mr Kelly said.

"I'm keen to know what their (Docklands residents) expectations of the river were

when they moved in and whether their expectations have been met."

Mr Kelly said he wanted to improve the way people connect with the river and listed a number of concerns about the river in Docklands.

These include barriers between people and the waterfront, the high proportion of private marinas in Docklands, a lack of indigenous vegetation and the risk of overshadowing of the river.

He hopes to ascertain whether Docklands residents share similar concerns, engage them in the Yarra Riverkeepers' advocacy efforts and encourage them to become more involved with the river.

To participate in the research project visit <http://goo.gl/nxyW9s> or email [melbournedocklandsresearch@gmail.com](mailto:melbournedocklandsresearch@gmail.com)



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# Following a seafarer's journey

*Thousands of seafarers visit Victorian ports each year, but where do they go once they re-board their ships?*

An installation launching at the Mission to Seafarers' Norla Dome this month seeks to track the movements of seafarers and the souvenirs they carry with them.

The installation, *The sea is all around us: Sensing the remote at the Norla Dome*, by Margaret Woodward, is part of an ongoing research project into the "social life" of souvenirs.

Ms Woodward is an associate professor of design at Charles Sturt University and has previously created installations on the idea of souvenirs in Wagga Wagga and Iceland.

In her current installation, Ms Woodward will use chalk to transform the Norla Dome into a large-scale compass.

"I'm using the project to explore themes connected to geography, tourism, travel and welfare," Ms Woodward said.

"When seafarers come into the space I'll be talking to them about where they've come from and where they're going and marking this with chalk on the floor."

Opening on May 11, the installation will develop throughout its duration as seafarer's journeys are added to the compass.

Ms Woodward will also be sharing tea and cake with seafarers who visit the installation and will offer them the mug they drink from as a souvenir.

Each mug is marked with a QR code and seafarers who choose to participate can scan the code to allow Ms Woodward to track both the souvenir and the seafarer's journeys.

Ms Woodward said she had been playing with the idea of following the journey of souvenirs for some time and this project offered the perfect opportunity.

"The bigger aims are in keeping with the spirit of the Mission to Seafarers in witnessing and recognising the work of seafarers, who are so often isolated and away from their families for long periods of time."



Margaret Woodward will create a large-scale chalk compass at the Mission to Seafarers' Norla Dome.

"This is about showing seafarers we're interested in their journeys and we're interested in them."

According to Ms Woodward the Norla Dome has played a large part in creating the project, with the idea for the installation emerging after she visited the space.

"I visited the Norla Dome and my eyes almost popped out of my head because it's such a perfect space," Ms Woodward said.

"It's not a normal exhibition space because it's a working environment. It provides a way to connect with the seafaring community and the more I know about seafarers the more I become aware of how hard their existence is."

*The sea is all around us: Sensing the remote at the Norla Dome* opens at the Mission to Seafarer's Norla Dome at 717 Flinders St on May 11 and closes on May 22.

Ms Woodward will be available in the Norla Dome from 11am to 4pm throughout the installation.



Some 245 bike messengers raced through Docklands last month during the CMCW.

Photo by Julie Fraser

## Bike messengers hit Docklands' streets

*Some 245 bike messengers from around the world converged on Docklands last month for the annual Cycle Messenger World Championships (CMWC).*

The event is described as "the ultimate urban cycling competition" and is held in different locations each year.

This year's championships took place from April 2 - April 6 on a closed course in Docklands, with cyclists battling it out in a range of events.

"Holding the main race in Docklands really made the event for us," CMWC chairman Alan Macgill said. "Racers from all over the world couldn't stop raving about the course and how much they enjoyed competing on real city streets."



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# Concerns remain over Fishermans Bend

Continued from page 1.

“The no bridge stance was promised in opposition and that stance will not change,” the spokesperson said.

“A detailed infrastructure plan will be developed by the Metropolitan Planning Authority with the councils. It will include transport planning, community services, open space, environmental guidelines, developer contributions – the very detail the previous government’s plans sorely lacked.”

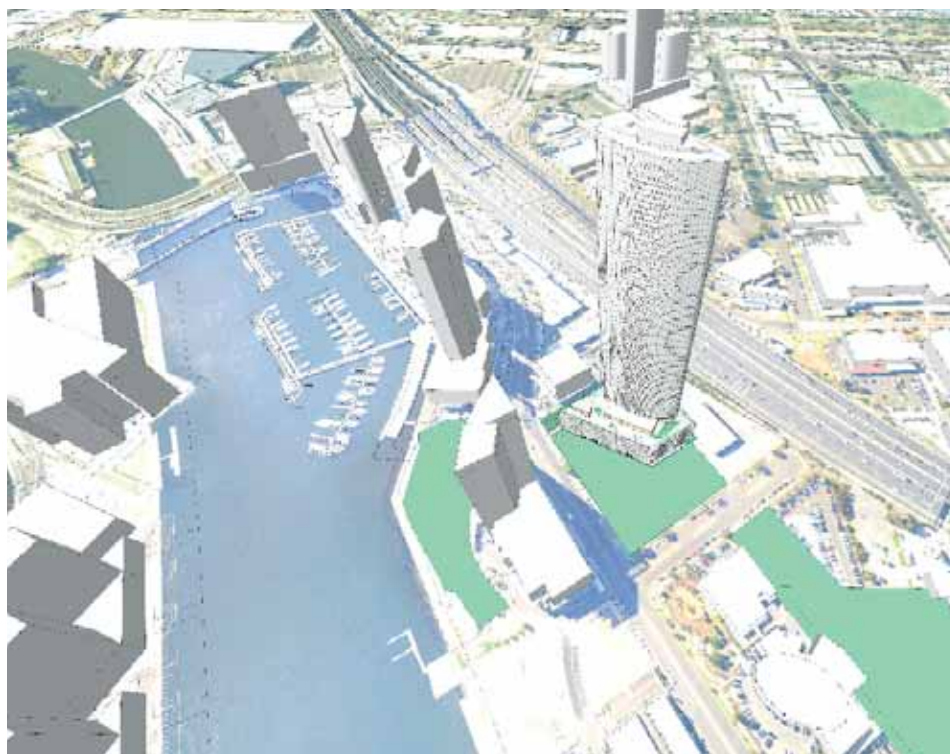
According to Mr Spender, the Yarra’s Edge community welcomes “sensible development” of Fishermans Bend.

“Clearly our annoyance came from plans that would have ruined our neighbourhood to achieve the tram bridge.”

“We became very disenchanted with the previous government’s processes and we continue our call for more transparency and community involvement in future plans,” he said.

“As a community we stand ready to participate and be a positive force for planning of a Fishermans Bend that we can all be proud of,” Mr Spender said.

The proposed tram bridge first appeared in the Access Docklands Plan in April 2013 and the Fishermans Bend Urban Renewal Area draft vision in September 2013. It also remained a “long-term option” in the Fishermans Bend Strategic Plan released in July last year.



The 74-storey tower proposed for 85 Lorimer St would soar above neighbouring buildings at Yarra’s Edge.

The bridge would have extended from Collins St across the river, through Point Park at Yarra’s Edge and continued on to Fishermans Bend, effectively cutting off the Yarra’s Edge marina and impacting on the only park in the precinct.

Unsurprisingly, the proposal was met with major opposition from the Yarra’s Edge community and Marina YE tenants, with the major concerns being the restrictions on

boat access, loss of vessels from the marina, loss of green space, and the noise and visual impact of a frequent tram service running through the area.

In addition to ruling out the tram bridge, the State Government’s review of Fishermans Bend will also see the urban renewal area almost double in size.

A new business precinct has been added,

increasing the size of Fishermans Bend from 250 hectares to 455 hectares and from four precincts to five.

“By getting on with our promise for five distinct neighbourhoods in Fishermans Bend, we’re developing a blue-print for overhauling industrial land and creating places close to the city where people actually want to work and live,” Planning Minister Richard Wynne said.

The Minister for Planning will be the authority for developments bigger than 25,000 sqm and interim mandatory height controls have replaced discretionary and preferred limits while strategic planning work is completed.

The interim height limits are 40 storeys in the Montague and Lorimer precincts and 18 storeys in the Sandridge and Wirraway precincts.

The government is also putting into place a Ministerial Advisory Committee, which will include experts in statutory planning, urban economics, urban renewal, transport planning and environmental planning, a representative of the City of Port Phillip, a representative of the City of Melbourne and three community-based representatives.

Expressions of interest for positions on the committee are expected to be advertised in the near future.

It’s anticipated that the Fishermans Bend review will take up to 18 months to complete.

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**Private Sale** \$770,000  
**Inspect** By appointment

This spectacular and luxurious 2 bedroom apartment is now available for sale. Located on the 5th level, this apartment includes Modern kitchen fittings, generous stainless steel appliances including cook-top, oven, range-hood and dishwasher. This immaculate apartment has two generous size bedrooms with BIR in master bedroom and second bedroom. Additional features include blinds to all windows, laundry facilities located in the bathroom, video intercom, storage cage and resort style facilities.



**Docklands** 2706/241 Harbour Esp  
**THIS WILL NOT LAST LONG**  
 2 bed 2 bath 1 car  
**Private Sale** \$700,000  
**Inspect** By appointment

Located on the 27th floor in The Quays building and has a car park and a storage cage. Located on the harbour in New Quay and minutes from Melbourne City Centre, The Quays harbour-side development puts you in a location that is close to everything. You will be only minutes away from fantastic shopping, great food and Etihad Stadium in Docklands, as well as tram stops literally at your front door. Residents have exclusive access to The Quays Health Club - complete with gym, swimming pool and spa, rooftop garden.



**Docklands** 1705 / 60 Siddeley Street  
**FANTASTIC VIEWS OVER DOCKLANDS**  
 2 bed 2 bath 1 car  
**Private Sale** \$690,000  
**Inspect** By appointment

Perfectly located on the North bank of the Yarra is this impressive 17th floor apartment which is spacious, light filled and has an extremely functional floor plan. Consisting of 2 bedrooms, 2 toilets, a modern and stylish kitchen with stainless steel appliances, glass splash back, granite bench tops and plenty of storage. The two bedrooms have built in robes, perfect for entertaining family and friends before heading into the City for a night of fun. Includes fully equipped gymnasium, steam and sauna rooms & spa.



**Docklands** 1309 / 39 Caravel Lane  
**NEW QUAY GEM**  
 1 Bed 1 Bath 1 Car  
**Private Sale** \$420,000  
**Inspect** By appointment

Situated in New Quay's prized and much sought after "Nolan" residential complex is this 13th floor versatile designed apartment. The "Nolan" offers the resident an incredible life-style where you have a waterfront location, surrounded by superb restaurants, specialty shopping and 15 minutes from the city centre. What a lifestyle!! The apartment itself is spacious and has a contemporary styled bathroom with European type laundry. The hostess kitchen with s/s appliances adjoins the spacious living room.



**Docklands** 1402 / 8 McCrae Street  
**SUIT BOTH OWNER OR INVESTOR**  
 2 bed 1 bath 1 car  
**Private Sale** \$530,000  
**Inspect** By appointment

A stunning property where you not only get water views from every room of this home, you also get 2 bedrooms with built in robes and a large living room. But wait there's more! Storage cage, balcony, stone bench tops, integrated fridge and the use of the stunning leisure centre that Lorimer Street has been renowned for. The facilities include access to Mirvac's Rekdek which includes indoor heated lap pool, spa, steam and sauna room, and fully equipped gymnasium.



**Docklands** 705 / 1 Point Park Cres  
**ABSOLUTE WATERFRONT**  
 1 bed 1 bath 1 car  
**Private Sale** \$590,000  
**Inspect** By appointment

Fully furnished north facing luxurious apartment with spectacular panoramic views of the harbour, Docklands and Melbourne's dynamic cityscape; This light filled luxury apartment on the 7th floor of this near new Yarra Point development boasts a spacious 63 sq.m of internal space, plus 7 sqm of balcony ideal for entertaining family and friends. The bedroom has amazing views and soaks up the sunlight through glorious floor to ceiling windows. This prestigious apartment / home consists of: 1 car park, spacious living area and dining.



**Docklands** 402 / 1 Encounter Way  
**IMMACULATE APARTMENT**  
 1 bed 1 bath  
**Private Sale** \$410,000  
**Inspect** By appointment

Located in The Montage low-rise residential complex, situated in an ideal location right near the water with shopping, dining, Etihad Stadium and transport at your doorstep. Features include a bright and spacious open plan living area extending onto the balcony, a modern kitchen with an abundance of storage and stainless steel appliances, a generously sized master bedroom with large built in wardrobes and a stylish bathroom, European style laundry and split system heating and cooling.



**Docklands** 204 / 80 Lorimer Street  
**STUNNING PODIUM APARTMENT**  
 2 bed 2 bath 2 car  
**Private Sale** \$770,000  
**Inspect** By appointment

Offering state-of-the-art finishes podium apartment comprises high quality designer kitchen with stainless steel appliances, stone bench tops and ample cupboard space, open plan to a huge living-family room leading to large terrace ideal for entertaining guests, huge master bedroom with exquisite ensuite, second double bedroom and second bathroom. Features include 2 secure car park spaces located on the same level, European style laundry and resident access to the famous RekDek with heated indoor pool, spa, sauna, and fully equipped gymnasium.



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# 888 Collins St lights up

By Kara Bertocini

**Docklands will become home to a world-first lighting design when Victoria Harbour's 888 Collins St is completed.**

Currently under construction at the corner of Collins and Bourke Streets, a dramatic lighting feature inspired by Melbourne's own weather patterns will illuminate the building's façade.

The lighting design is the expression of Canadian-born designer Bruce Ramus and will feature 35 vertical beams of LED light.

Apart from its aesthetic appeal, in the evening the lighting installation will interpret and display an abstract weather forecast every half hour, as well as interpreting the current weather in real-time.

"On the roof of the building is a weather station and a connection to the Bureau of Meteorology," Mr Ramus said.

"The goal is to reflect how the weather feels, and represent that with movement, colour and patterns."

Maintaining a balance between creative and technical processes allows data readings to be recognised in various artistic forms.

"It has a really wide range of expression which is not literal; it is figurative. People can bring their own interpretation to it," he said.

The world-first project will be environmentally friendly and sustainable, as it will be run by solar power.

"The lights themselves have a life span of approximately 100,000 hours which equates to about 30 years of use, and it's powered by solar panels, so it is very sustainable," Mr Ramus said.

While this lighting innovation has never been used before, all design steps are being taken to ensure it is a low maintenance project.

"This is really meant as a unique expression of what was to me both a historical



An artist's impression of the planned lighting installation at 888 Collins St.

opportunity where Bourke and Collins Streets finally meet, and a playful response to Melburnians' obsession with the weather."

"It's really about the community having a point of connection to the architecture of their community and understand that it

reflects them and their environment," Mr Ramus said.

888 Collins St is a Lend Lease development designed by Australian architectural firm Woods Bagot.

It is scheduled for completion in early 2017.

## Hip, hip, hooray!

Continued from page 1.

Throughout its first year of operation 123,000 people have visited the library and 15,000 people have attended library events.

"I'm an ex-librarian myself and I can tell you now that it feels really good to work in a place that's buzzing. If you're going to run a public-service like this what you want is users," Cr Watts said.

Since opening, 4000 new members have signed up at the Library at the Dock, a third of who are Docklands residents, while the remainder live elsewhere.

"We are a capital city, so one would expect that our facilities would have a wider usage," Cr Watts said. "It's great to see the library is fulfilling this role."

In addition, 161,180 books have been borrowed from the library during its first year.

According to Cr Watts, library staff reported a number of highlights from the library's first year including the children's program, young writers master classes and a high-level of visitation from Myer, ANZ and Ericson staff.

For Cr Watts personally, one of the highlights from the past year was an exhibition of the work of an artist from Tianjin, one of City of Melbourne's sister cities.

She also enjoyed bringing her four grandchildren to visit the library during the school holidays.

"At first I couldn't get them out of the playground but then I couldn't get them out of the library," Cr Watts said.

She said the green space Buluk Park provided was also becoming a very important part of Docklands.

Overall, Cr Watts said one year down the track, the Library at the Dock was delivering everything the council had expected it to.

"I think it feels good to have something like this in your neighbourhood," Cr Watts said.

"It's definitely an iconic piece of Docklands."

## Annette Esposito answers your legal questions.

Q Is it important that I have a Will?

A Everyone over 18 should have a Will. A Will allows you to determine what happens to your affairs when you die. If you die without a Will, you die intestate and your estate is distributed in accordance with the State's intestacy rules. Even if you don't have any assets, you may be entitled to a superannuation death benefit which may flow into your estate. Wills should be updated regularly - or upon certain life stages; such as marriage, co-habitation or divorce, having a baby, a change in financial status or owning a business.

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# Historic World War One photographs on display

By Louis Blake

*A moving photography exhibition depicting the work of WWI era photographer Josiah Barnes launches at the Library at the Dock this month.*

Barnes became known as the “embarkation photographer” as he captured the moments before young Australian soldiers and nurses were shipped to Gallipoli or, later, the Western front.

Barnes’ early work, capturing the excitement and optimism of a patriotic youth untainted by the horror of the new mechanical warfare, is in stark contrast with the sombre pictures of broken men returning home.

Through his photographs of young men and women, Barnes charts the growth of Australia as a whole, from young idealistic nation to a people well and truly jaded by the realities of war.

Supplementing the selection of Barnes’ work is an interactive display table that will enable visitors to view the full 1400-piece collection that is in the trust of the Australian War Memorial.

On Tuesday, April 21 at 6pm the Docklands History Group will be hosting a special opening night presentation of Barnes’ work. Featuring Deakin University history lecturer Dr Bart Ziino in a guest-speaking role, the night will delve even deeper into the significance of Barnes’ work.

“The bright faces of men, boys and young female nurses as they set off in their new uniforms are unforgettable, and are begging to be seen and remembered,” exhibition curator Bronwyn Roper said.

*The Call: Melbourne Responds to the Great War* opens on level two of the Library at The Dock on April 21, and will run until the June 21. Entry is free.



*A soldier writes a letter prior to boarding the HMAS Aeneas at the Port of Melbourne on October 30, 1917.*



*Two unidentified nurses prior to embarkation on the transport HMAS Wiltshire at Port of Melbourne on November 18, 1915.*

## TEDx comes to Docklands

*Docklands is joining the TEDx revolution, with the first event Setting Sail launching at the Library at the Dock this month.*

TEDx is an independent, locally organised event that brings people together to share a TED-like experience.

TEDx Docklands is being organised by licensee and curator Tracey Habron and local volunteers.

“We want to bring people together to spark conversation with new people, expand minds and challenge thinking through listening to these talks,” Ms Habron said.

“Who knows how far one idea can travel and the change it can create.”

Confirmed speakers for TEDx Docklands are:

- Pinky McKay, author of Parenting by Heart;
- Wei-Li Wong, diversity program manager at MCIE;
- Zara Swindells-Grose, director of Humour Australia;
- Mariam Issa, human rights advocate;
- Dr Melissa Weinburg, principal research fellow of Australian Unity wellbeing Index;
- Rich Hungerford, survival and bushcraft instructor; and
- Jeff Bollow, author of WritingFAST: how to write anything at lightning speed.

TEDx Docklands *Setting Sail* will also feature performances from The Shuffle Show and Nithya Nagarajan.

The first TEDx Docklands event will be held at the Library at the Dock on May 3 and runs from 12 – 5pm.

For more information and for tickets visit [www.tedxdocklands.com.au](http://www.tedxdocklands.com.au)



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# NewQuay tower approved

*The City of Melbourne last month approved a 17-storey residential tower, to be built at the NewQuay Piazza site.*

The apartment building proposed by MAB Corporation was met with unanimous approval from councillors at the April 21 Future Melbourne Committee meeting.

However, Cr Rohan Leppert raised some concerns about the development, saying there were a few aspects of the proposal he was "quite uncomfortable about".

The tower will be located at the southern end of what is currently the NewQuay Piazza, on a site originally earmarked as a hotel in the development plan for the piazza precinct.

The proposal also includes plans for a 2000sqm public park to the north of the building above a basement car park associated with the residential tower.

"I'm uncomfortable with willingly creating a whole lot of double ownership spaces within the City of Melbourne, where they'll be privately owned underground but publicly owned above ground," Cr Leppert said.

He also raised questions about the fact the use was now residential as opposed to the hotel originally proposed in the development plan for the precinct.

However, a council officer said the development plan allowed for a hotel or apartments on the site and a hotel would be built within the development precinct (in the Hiap Hoe development on the western side of the piazza), therefore achieving the intent of the development plan.

Cr Aaron Wood welcomed news of the park saying the "green open space will be a welcome addition to Docklands."

The proposed tower will include 116 apartments and 2 penthouses along with a rooftop pool, lounge, kitchen and dining area.

The distinctive egg-shaped tower has been envisaged as an "iconic building" according



*An artist's impression of the proposed NewQuay Development.*

to the council report presented at the Future Melbourne Committee meeting.

The public park to the north of the building will include temporary art installations, a large lawn area, feature garden beds, trees, rain gardens and native and indigenous plant species.

A 65sqm ground floor kiosk will overlook the

park, while a 180sqm ground floor kiosk will overlook NewQuay Promenade.

As the development is under 25,000sqm the City of Melbourne is the responsible authority for approving the application. Council approved the planning application subject to a number of conditions outlined in the council report.

## Commendation nominations close this month

*Time is running out for local business owners wishing to nominate themselves for the 2015 Lord Mayor's Commendations.*

Applications for the commendations, which recognise small business proprietors operating in Melbourne, close this month.

The commendations began 10 years ago and aim to acknowledge and celebrate the contributions long-term small businesses have made to the city.

Business owners are eligible to apply for a bronze commendation after 10 or more years of operation in Melbourne, a silver commendation after 25 or more years of operation, a gold commendation after 40 or more years and a platinum commendation after 50 or more years.

Businesses that have been operating within the same family for three generations are eligible for the Generational Family Business Commendation.

Since 2005, more than 450 of Melbourne's small business proprietors and 15 generational family businesses have received commendations.

Applications for the Lord Mayor's Commendations close on May 22 and can be made by visiting <http://www.melbourne.vic.gov.au/enterprisemelbourne/BusinessSupport/lmcommendations/Pages/Applications.aspx>

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# Alma Doepel update

*As work on the restoration of historic top-sail schooner the Alma Doepel continues at Shed 2, the restoration team and Docklands Chamber of Commerce continue to call for donations towards the project.*

Around \$1.7 million is needed to complete the restoration project, which would see the ship become an iconic part of Docklands.

The Docklands Chamber of Commerce is planning to hold a gala fundraising luncheon on August 28 to assist the fundraising efforts.

The event is likely to be held at Etihad Stadium and will include auctions, key-note speakers and a VIP guest list.

Enquiries about the gala lunch can be made to Docklands Chamber of Commerce vice-president Bill Reid on 0416 153 116.

The total fundraising tally for April is \$3385.

Donation from Michael Morris to the National Trust Alma Doepel Appeal Fund: \$250.

Donation from The Company of Master Mariners to the National Trust Alma Doepel Appeal Fund: \$1000.

Alma Doepel Supporters Club barbeque at Bunnings Port Melbourne: \$1500.

Alma Doepel Supporters Club donations from National Trust Heritage Week open day at Shed 2: \$635.

For more information about the Alma Doepel visit <http://almadoepel.com.au>



## Ena to be auctioned

*Edwardian steam yacht Ena will be auctioned this month.*

The S.Y. Ena has been moored in Victoria Harbour since June last year after owner Jonathan Turner relocated the historic yacht from Sydney.

Built in 1901, the S.Y. Ena has had a varied history, serving as a luxury yacht, undertaking war service as the HMAS Sleuth in World War 1 and working as a fishing vessel, before undergoing major restoration work in the 1980s.


The 29.76 metre steam yacht is considered one of only three of its kind remaining in the world.

The historic yacht will be auctioned at Mossgreen on May 19.




Mossgreen's Paul Sumner said the boat had attracted "considerable interest" from around Australia.

"While we have had international interest the vessel comes under Australian cultural heritage and so would not be able to be exported," Mr Sumner said.

The boat is tipped to sell for around \$1.2 million.



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MAB Corporation is proud to introduce our new vision for the NewQuay West precinct.

We welcome all local residents, business owners, retailers and stakeholders to view the proposed plans and provide feedback.

**Where:** Library at The Dock  
107 Victoria Harbour Promenade,  
Docklands

**Date:** Thursday 21st May

**View between:** 10am-3pm  
Informal viewing at your leisure

**Formal Presentation:** 6pm-8pm  
Includes presentations from MAB,  
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We look forward to sharing our vision with you and hearing your thoughts on the proposed Development Plan.




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## Wharves to be removed

*Work to remove sections of collapsing wharves at North Wharf will begin at the end of this month.*

According to Places Victoria general manager Simon Wilson, parts of the old wharves in Docklands have reached the end of their life and are prone to collapsing.

Mr Wilson said 15,000sqm of concrete and timber wharf will be removed over the next four to six months.

“The works will be conducted from the land, not within the Yarra River’s navigable water zone, and are not anticipated to disrupt boats,” Mr Wilson said.

According to Mr Wilson, residents and workers may experience minor noise and dust disturbance during the works.

The demolition work at North Wharf wharves will be followed by further wharf removal in other parts of Docklands.

“The eastern part of North Wharf was recently demolished by Lend Lease and is currently being replaced with the new wharf structure,” Mr Wilson said.

“Places Victoria plans to demolish the old concrete wharves in NewQuay West later this year, subject to planning and Heritage Victoria approvals.”



*Sandy (wearing pink) practises a skydiving formation.*

## Parachuting into the record books

By Louis Blake

*Docklands resident and medical scientist Sandy Glenday is set to throw herself into a record-breaking attempt next month.*

Sandy, 48, along with 120 other Australians will be traveling to California this month to help break the Australian large formation skydiving record, which currently stands at 112 people.

Sandy will plummet hundreds of metres while attempting to cling on to other Aussie daredevils and hold a “flat fly” formation.

After being given her first jump as a present 13 years ago, Sandy was immediately hooked and has completed 864 jumps since.

Sandy has also competed in formation skydiving in Victoria and holds two silvers and a gold medal. Sandy says she loves the

feeling of freedom and the fact that she has no constraints while flying through the air.

There are plenty of other ways to describe the feeling of throwing oneself out of a perfectly good plane, Sandy describes flying over a drop zone as “an incredibly happy place to be”.

Her team has been training for the record attempt for 12 months and will be undergoing more intensive training in the US before their attempt.

We would like to wish our fellow Docklander all the best in her record-breaking attempt. Break a leg! Or, you know, preferably don’t.

## Join in the choir fun

*Docklanders have jumped at the chance to take part in a local choir project currently taking place at the Library at the Dock.*

The eight-week project is being run by not-for-profit choir organisation Open Door Singers and kicked off with the first rehearsal session on April 14.

“We’ve been delighted by the response we’ve had so far,” Open Doors Singers vice-president Lynn Grantham said.

According to Ms Grantham around 30 Docklands community members attended the first rehearsal and ten more came to the second rehearsal. Existing members of the Open Doors Singers choir also joined the group.

“The sound was just amazing,” Ms Grantham said.

Rehearsals for the eight-week project will be held each Tuesday night at the Library at the Dock from 5.45pm to 7.30pm.

Through the support of the City of Melbourne rehearsals for the eight-week program are free for Docklands community members to attend.

Thereafter, Open Doors Singers hopes the choir will continue on a self-funding basis, with a small weekly rehearsal fee and annual membership fee.



*Lynn Grantham invites you to join the new choir.*

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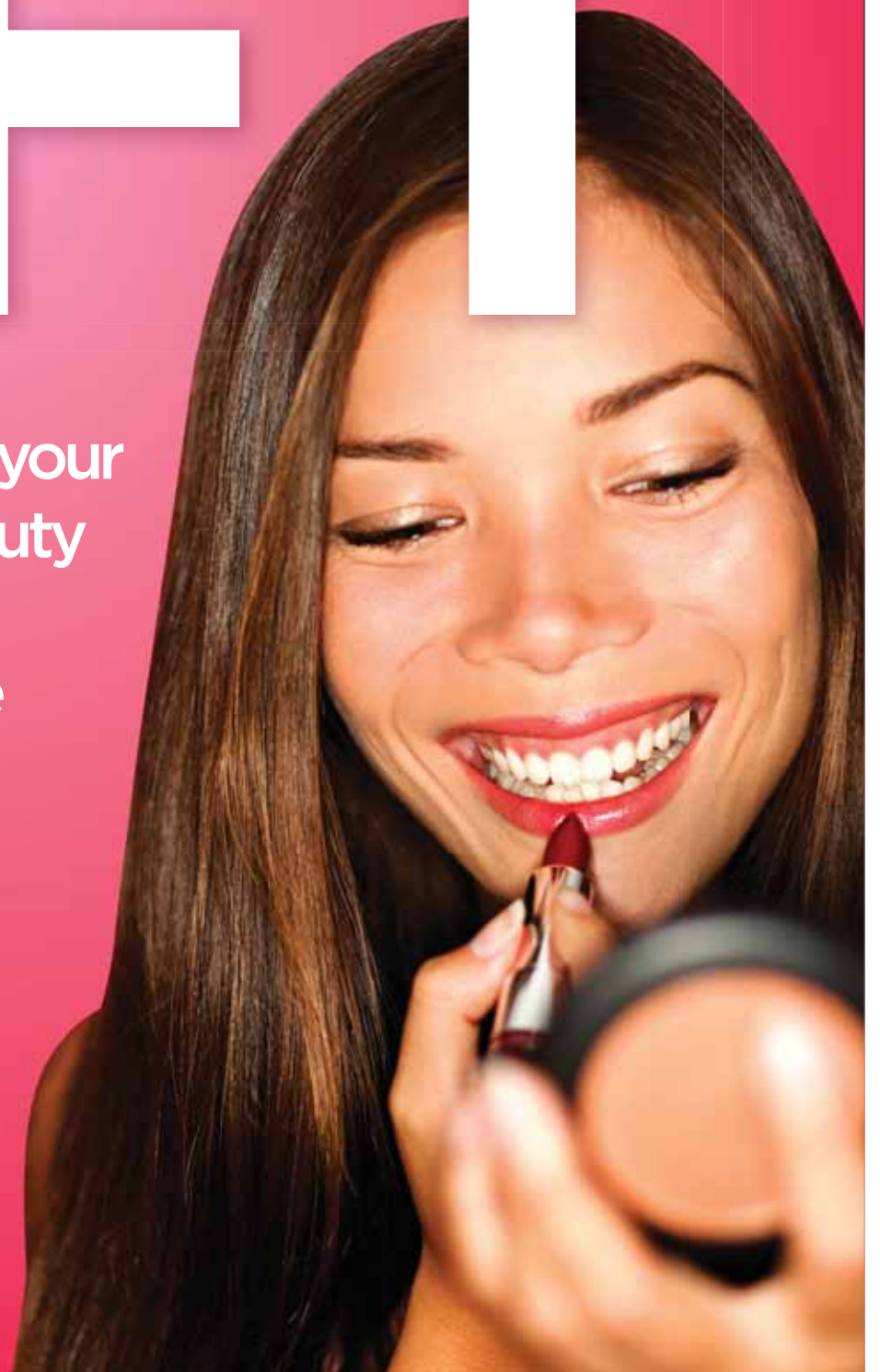


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## Legal advice at the library

*An information session at the library this month will offer advice on making better legal decisions about life choices.*

Lawyer Helen Wellard and mediator Rebecca Carroll-Bell will present the free session, *Planning for Life Changes*, on Wednesday, May 13 as part of Law Week.

The pair will share their insights into a range of topics, including:

- Talking to your family about selling, buying and moving;
- Claiming the one-off pensioner's stamp duty concession or exemption;
- Rights and responsibility of an owners' corporation;
- Updating your will and recent changes to succession law;
- Enduring Powers of Attorney and Guardianship; and
- Working together to make good decisions.

The session will be held in the activities room at the Library at the Dock from 1pm to 2pm on Wednesday, May 13. The session is free to attend but bookings are essential and can be made at [www.planlifechanges.eventbrite.com.au](http://www.planlifechanges.eventbrite.com.au)



Foundation for Young Australians community program manager Alex Snow (left) pictured with some of the "Change it Up" participants.

## Changing the future

*A group of young Melburnians came together in Docklands last month with the aim of changing the future of the city they live in.*

A joint initiative between the Foundation for Young Australians (FYA) and the City of Melbourne saw 40 young people, aged between 14 and 18 gather at the Library at the Dock for the "Change it up Melbourne" program.

Across two days participants from Frontyard Youth Services, Cohealth and The Drum Youth Services explored issues that mattered to them and worked on ideas to create positive change.

Both the City of Melbourne and the Lord Mayor's Charitable Foundation provided

funding for the program. The council also provided \$1000 seed funding to each of the youth services to support the participants to enact their ideas for change.

FYA CEO Jan Owen said the project was all about connecting young people with community leaders and decision makers in an effective and engaging way.

"Australian cities face major challenges as they strive for the perfect balance between economic progress and social cohesion. The key to tackling these challenges is making sure young people are part of the journey," Ms Owen said.

## Protecting our canine friends

*A fundraising event in Docklands this month will raise money for abused dogs.*

Justine Camilleri founded the "2getherdogs Foundation" after she witnessed the reality of abused dogs while working on overseas volunteer projects in Asia.

The organisation's primary focus is to provide support for the Bali Adoption and Rehabilitation Centre (BARC), which works to alleviate the suffering of Bali street dogs.

"2getherdogs aims to bring the Australian community together through art, music and soul. They hope to inspire you to make a difference and generate a powerful stance against the harsh existence of dogs living in Indonesia," Ms Camilleri said.

A fundraising event will be held at The Food Court on May 8, with tickets available for \$10.

The event will include an artwork exhibition (with artwork available for purchase on the night), music, live painting, performance art, guest speakers and both live and silent auctions.

Contact Justine Camilleri on 0431 367 264 or [2getherdogs@gmail.com](mailto:2getherdogs@gmail.com) or visit <https://www.facebook.com/events/767439223363746/> for more information.

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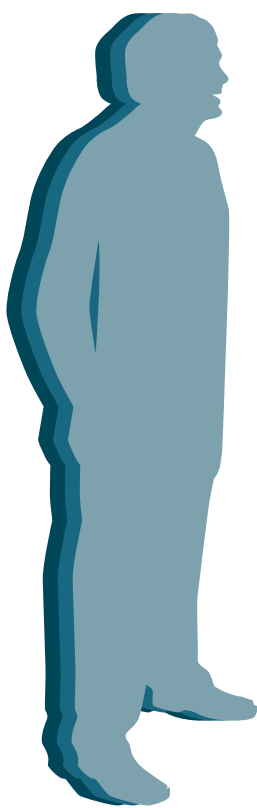
For over a decade, the awards have recognised contributions in the areas of environmental sustainability, community and profile.

### WHO WILL YOU NOMINATE?

Nominations are open until Tuesday 9 June.







# DOCKLANDER

Profile by  
Bethany Williams

## On your bike

*For Caroline Streeter, the best part about living in Docklands is the fact that she very rarely has to drive anywhere.*

"It's two wheels or two feet, my car doesn't leave the garage very often," Ms Streeter said.

With walking and cycling being her usual mode of transport, it comes as no surprise that Ms Streeter took part in the MS Melbourne Cycle last month.

The annual event raises funds to support people with multiple sclerosis (MS), which is the most common neurological condition in young adults.

MS affects the central nervous system and results in damage to the nerves in the brain and spinal cord, which can cause a range of symptoms.

Ms Streeter was diagnosed with MS ten years ago but says so far she has been "almost untouched" by the disease.

"I'm very fortunate so what I like to do is just stand up and be counted now," Ms Streeter said.

"From what they tell me there aren't too many people with MS who can do the bike ride so it's nice to show people that it's not all doom and gloom and to raise awareness."

Ms Streeter says she has taken part in the event most years since her diagnosis and will participate with one of her daughters and a group of friends in this year's 50 kilometre cycle.

Living with her husband and two daughters in the townhouse section of Yarra's Edge, Ms Streeter said she was looking forward to watching the area develop during the Wharf's Entrance project.

"I think it will be great when we have a café and a gym down this end," Ms Streeter said.

The family moved from Port Melbourne to Docklands four and a half years ago in search of a bigger home closer to the city.

"I was right on the beach before and now I'm

on the river," Ms Streeter said.

Having moved to the area in search of a bigger house as her children grew older, Ms Streeter says she'll likely stay in Docklands even after her daughters move out of the family home.

"Having lived on this side of town for so long I couldn't imagine leaving. I think we'll stay but probably move into an apartment instead. I love being so close to town and being so close to the freeway."

"I love it here, I love the fact that I can hop on my bike or walk just about anywhere."

Donations to the MS Melbourne Cycle can be made at <http://www.msmelbourncycle.org.au/>

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# FACES OF DOCKLANDS

*If you could trade places with anyone for a day, who would it be and why?*



**SYMPHONI SUBRITZKY, 20**  
Customer Service

Why are you in Docklands? I'm on holiday from Sydney.

If you could trade places with anyone for a day, who would it be and why? Beyonce, because she has an amazing voice.



**TYMARA RITETE, 25**  
Warehouse Worker

Why are you in Docklands? I'm in Melbourne for a hen's party.

If you could trade places with anyone for a day, who would it be and why? Jessica Alba, because she's hot.



**BRAD WRIGHT, 29**  
Sales

Why are you in Docklands? I'm having lunch with my wife.

If you could trade places with anyone for a day, who would it be and why? Tony Robbins, because he changes people's lives.



**RENATE BUMBAK, 30**  
Operations Support

Why are you in Docklands? I'm here on holiday.

If you could trade places with anyone for a day, who would it be and why? Marilyn Monroe, because she had such an interesting life and said lots of famous quotes.



**BRETT LACEY, 30**  
Financial Manager

Why are you in Docklands? I'm here on holiday.

If you could trade places with anyone for a day, who would it be and why? Ricky Ponting, because he has so much determination and skill and he is the best in cricketer in the world.



**NIKKI ZINNA, 29**  
Leasing Officer

Why are you in Docklands? Work.

If you could trade places with anyone for a day, who would it be and why? Oprah because she has lots of money and helps people.



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# DOCKLANDS FASHION

## The 'trickle down effect' explained

By Laura Timberlake

*Where does fashion come from? This might sound like a silly question, but fashion is actually influenced by almost everything.*

A lot of inspiration comes from a company called WGSN (Worth Global Style Network).

WGSN is a trend-forecasting service that compiles lists of all possible future trends, and relates them back to the fashion and textiles industry. (For example, a random computer gaming trend could be affecting the prints that will hit clothing stores in a year.)

Many global companies use WGSN or similar trend forecasting services to try to predict what will be popular in the future. They will also compile their own trend research notes, attend trade shows and go on buying trips to see what's popular on the opposite side of the world.

If a large company picks a trend and it appears on the catwalks, the smaller companies also pick up on this trend and run with it. This is often described as the "trickle down" effect.

It's also the reason why you might see a print from a Louis Vuitton fashion show suddenly appear in Zara. Zara is actually a great example, because they are one of the quickest labels to pick up on trends. (Let's face it, they have to be - they change their stock weekly!)

The obvious difference here between the various brands is in the quality - fashion houses with a smaller budget will cut corners. For example, a zip detail on a high street garment might be turned into a motif on a cheaper item.

Then there is the "trickle up" effect. The "trickle up" effect is a trend that starts from the street. Bloggers have had a significant impact on this.

Fashion companies now have direct access to street photos from all over the world - and if one person with a large following starts a trend, they'll know about it!

So the next time you laugh at a silly cat meme that's trending online, it's worth considering if it might affect your purchase decisions in a few months.



### Ben Guthrie, 24

**LOCATION:** Outside Etihad Stadium.

**DESCRIBE WHAT YOU ARE WEARING:**

White tee, camel chinos, Nike kicks and a slap watch.

**WHAT IS YOUR FAVOURITE ITEM OF CLOTHING:**

Hoodies.

**WHAT BRINGS YOU TO DOCKLANDS:**

Work.

**WHAT MAKES A GOOD OUTFIT:**

Keeping the outfit in-line with trends.

### Lucy Smith, 22

**LOCATION:** Outside Etihad Stadium.

**DESCRIBE WHAT YOU ARE WEARING:**

A Witchery jumper, Zara skirt and ASOS shoes.

**WHAT IS YOUR FAVOURITE ITEM OF CLOTHING:**

My Senso "Riley" shoes.

**WHAT BRINGS YOU TO DOCKLANDS:**

Work.

**WHAT MAKES A GOOD OUTFIT:**

If it's flattering and comfortable.

### Eddy Painter, 23

**LOCATION:** Outside Etihad Stadium.

**DESCRIBE WHAT YOU ARE WEARING:**

A hand-me-down shirt from my uncle, Bronze Snake pants, kicks and a watch.

**WHAT IS YOUR FAVOURITE ITEM OF CLOTHING:**

Quirky shirts.

**WHAT BRINGS YOU TO DOCKLANDS:**

Work.

**WHAT MAKES A GOOD OUTFIT:**

Comfort.



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# What *With* Women *Abby* Want *Crawford*

## All we need is just a little patience ... (patience) mmm yeah

*This month has been about patience, and for the first time in my life, this Guns N' Roses song has been on repeat play in my brain.*

All we need is just a little patience ... the soothing melody eases me into forming my mantra, and reassures me of my capacity to be patient when it comes to things I truly care about. It makes me feel there is a great road to follow, a road that I am destined to be on. But first I must ensure that the road will actually open up properly, that I'm not running towards a dead end. I see my patience as a significant part of the process in allowing my destiny to be fulfilled, in its own measure, of its own accord, without human control. I see my 'space' as a wonderland of faith and hope that could lead to one of the greatest stories of my life. But it must arrive at the right time, at the time the universe dictates, when the stars line up, when what is meant to be will be. And no matter how much I may want it to be now, I can't will it to happen sooner.

It's like trying to fall asleep immediately,

you can lie down and dim the lights, but it doesn't guarantee instant sleep. You must relax, almost pretend you don't care about sleep, and surrender to the wave that takes you to dreamland when it's ready to. You can no sooner control when it arrives than when it departs. You must simply be ready to accept it when it's here. Which is true in life, and love.

It's not always easy, it's like biting your tongue to hold back the truth or containing your joy when things start to look promising. Keeping it in perspective, knowing the truth is it's just not quite time, is like giving a kid a lollypop and telling them not to lick it. Having patience sounds so noble. And perhaps it is. But here's what I think - the more you want something, the harder it is to be patient. Yet, at the same time, some things grab your heart and soul and you just know that there is nothing you won't do to

give it every chance possible. You just know it's worth it, however hard it is to wait.

I've found that believing in a higher purpose, believing that everything happens for a reason, makes patience a little easier to exhibit. I've started to truly believe that whatever the outcome is, it is the right outcome. Even though I am very clear on what I want, I recognise there are many possibilities and it may not go the way I so dearly wish. So I tell myself, each night, that patience is a virtue. I pat myself on the back for not trying to control the situation. I'm proud of my dedication to letting life run its course. I've focused on letting life show me what it wants to reveal, exposing the journey it has in store for me. Don't get me wrong, I want to know the ending - but I don't want the story to be spoiled. I'm focusing on enjoying each day for what it holds, the beauty of pausing and reflecting,

the discipline in calming the mind to see the truth of the possibilities ahead. And whilst I hold my dreams and hopes close to my heart, I also embrace acceptance of whatever the future may hold.

So, if there's something you really want to happen in your life, and it's something you can't activate yourself, hang in there. Let life unfold, and try to enjoy the delightful suspense of what just may be around the corner. Everything comes to you at the right moment. Be patient.

Until next month

Abby x

Don't forget you can email me [life@docklandsnews.com.au](mailto:life@docklandsnews.com.au). Thank you for your all your responses and sharing your stories. x



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## REPORTING FROM THE DOCKLANDS CHAMBER OF COMMERCE

*The Docklands Chamber of Commerce has been very busy throughout April.*

A deputation from the Docklands chamber had a productive meeting with Minister Lisa Neville in relation to the Waterways Governance for the Lower Yarra and Victoria Harbour. This was attended by Joh Maxwell, Kay Setches and Bill Reid. We thank the Hon Lisa Neville for meeting with us and we received an exceptionally positive response.

The outcome of the meeting was that Minister Neville has confirmed she will be our CHAMPION for change to a single model of governance. Minister Neville indicated that she will be discussing this with the Ministers for Ports, Tourism and Planning and will confirm with them that she is enthusiastic in her support. Minister Neville also advised that she would be allocating a senior member of her team to work with us to assist in facilitating the next steps in this process, along with the outcomes of the work undertaken by the Lower Yarra River Use Future Directions Group. Jeff Gordon who is an executive member of the Docklands Chamber of Commerce, is representing the Charter Boat Association on this committee.

In April we welcomed our new executive officer, Stefanie Shultz.

Stefanie has extensive experience in this role having worked with a chamber of commerce in Canada. In her role as executive officer, Stefanie oversaw the chamber grow to 600+ members and instigated strong governance and support for business. We look forward to Stefanie bringing this knowledge to the DCC. We thank Alan Maxwell for undertaking the acting role of executive officer in the interim. Stefanie is looking forward to meeting and working with our

members and will be another positive influence within the Docklands Chamber of Commerce.

The chamber is delighted to announce the Messaging Project, a training program for all Chamber members. John Douglas from Brand Clarity will facilitate an interactive workshop on Docklands messaging. The Messaging Project will deliver a number of defined approaches to marketing messages, which can act as a foundation for all communications for our business community involved in Docklands. Getting the message out in a consistent format will benefit all. Ensure you attend this workshop and find out how your business can benefit. This is a members only opportunity, so make sure you are a member. Invitations to members have been issued. Make sure you RSVP as numbers are limited. The workshop will be held on Tuesday, May 12 from 6pm-8pm.

The Chamber has lodged its 2015-16 funding application to the City of Melbourne. This funding enables the Chamber to deliver more training and business information sessions to our membership.

Docklands Aged Friendly Precinct Program continues to develop and the Chamber will be hosting a number of training sessions in May in relation to this program. The Department of Human Services and the City of Melbourne will assist in the facilitation of this training. Docklands will this year host the closing festival for Seniors Week and the Chamber is currently working on a program of events for the weekend of October 10 and 11. A festival of music, ferry services and intergenerational activities is currently being planned. Last

year's Seniors Festival was a huge success and we anticipate this year's festival to be even bigger. As a business, are you part of the Seniors Program? If not it's time to join the program. Contact the Chamber for information and assistance with applying to be a Seniors Program Partner.

The City of Melbourne has just announced plans for winter fireworks in Docklands. There will be nine dates throughout July and August scheduled for the normal Friday nights. As always, these displays bring a good crowd to Docklands and it represents a great opportunity to activate the various precincts around the harbour. If you are a business that could benefit from the fireworks, it would be advantageous to run special fireworks packages to attract customers through your doors. The Chamber and Destination Docklands are here to help you get that message out, so contact us today for more information on how to activate during the fireworks.

The Chamber has lent its support to help the dedicated team at Alma Doepel achieve their objective of having the iconic tall ship back in the water by 2016. Restoration is well underway with most of the initial work complete. However, there is still plenty to do to reconstruct the vessel, and it is only a matter of money! The Chamber, along with Alma Doepel supporters, announce a Gala Lunch on Friday, August 28 at Etihad Stadium. Etihad Stadium management have generously offered the venue for the event and we are asking the business community to purchase tables of ten to attend. There will be a notable key guest speaker and

VIPs in attendance. Final arrangements will be announced next month. It will be a memorable lunch and will be a lead up to the Melbourne Regatta and Blessing of the Fleet festivities scheduled for Saturday, August 29 and Sunday, August 30, being Melbourne's 180th birthday. The Alma Doepel will be berthed in Victoria Harbour on her barge. Visitors will be able to get close and view the work being done. Contact Bill Reid for further information on the Gala Lunch - 0416 153 116.

Chamber members enjoyed an evening of networking and entertainment at the Wonderland Spiegeltent in April. Melissa and Colin of Wonderland Fun Park put on a great evening with entertainment and provided yet another opportunity for businesses to meet and mingle. Thank you to Colin and Melissa.

All in all a great month for Chamber members, and there is much more happening as we speak. All members are welcome to attend our networking lunches and evenings where you can learn more about what is happening in Docklands and the work we are doing to make Docklands the destination of choice for Melburnians and visitors.



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# Izzy visits Docklands

*My friends Mikey and Ivan have been giving me grief over the number of times I mention my kids in this column, which is unashamedly numerous and occasionally self-indulgent.*

Why self-indulgent? Because it gives me the opportunity to re-live the little moments of amusement, clarity, presence and joy that I share with them. Little jewels in the everyday grind that remind me of the 'why' behind everything.

Because they are my children, I appreciate that, while I may find these moments endlessly amusing and poignant, they may be eye-glazingly boring to anyone other than myself and their father...and maybe their grandparents (friends and family may feign intense interest but we all know its fake, right?).

So...I won't dwell too much on my boys in this column, but I will mention another furrier, smellier and scratchier element of my life ... my dog, Izzy.

Izzy is a Staffordshire bull terrier brought into our family two years ago from a Gumtree ad under the strict condition that my boys take full responsibility for her care, grooming and cleaning up.

I know you know that I am the only one who feeds, waters, cleans, cleans up after and walks Izzy.

No point in dwelling on that because it just makes me feel defeated.

So what's my excuse for bringing her into my Docklands-based column? Because she came to work with me the other day and (animal lovers and experts may condemn me for this) slept in the car while I went to work and then walked with myself and Mikey at lunchtime.

She gets lonely at home during the day and is so much more content in the car that I simply had to bring her in. (She has big caramel-brown eyes that actually look like they are tearing up when I leave the house and quite frankly it breaks my heart.) Soo...I bundled her into the car one particularly heart-wrenching morning and took her to work with me.

When I left her in the car she didn't batten an eyelid, so convinced was she that I would return shortly with a full itinerary of doggy adventures to be had and an implementation plan.

I suspect she spent the morning snoozing, snuffling, and chewing at her bone toy thingy that's supposed to be soft enough for the dog to chew and get some bits off but is actually hard as a rock and just as unappetising.

When Mikey and I went to pick her up at lunchtime some sort of doggy sixth sense

must have kicked in because she was standing up, looking out of the window and waiting for us expectantly.

We walked down beside the river, past the ANZ, over the bridge and along the other side of the river towards the Bolte Bridge, Izzy, Mikey and I. We stopped at a little grassy park and let Izzy (and Mikey) off leash so they could run around together with a great deal of joy and abandonment.

It was beautiful to see. Up hills - or hillocks really - across the park, and round and round in circles they ran.

Or at least Mikey did, with Izzy sporadically joining in, in-between dragging her belly across the rough grass and being distracted by flies. She's not the smartest of dogs but she must be the cutest.

It was probably one of the most relaxing lunch breaks I have ever taken. Dunno about Mikey - he was worn out from the running... but I reckon he enjoyed it too.

As for Izzy, she couldn't stop thanking me. She went on and on about her day out in Docklands for weeks after. So much so I had to tell her to put a sock in it. Or a bone...or a chew toy.

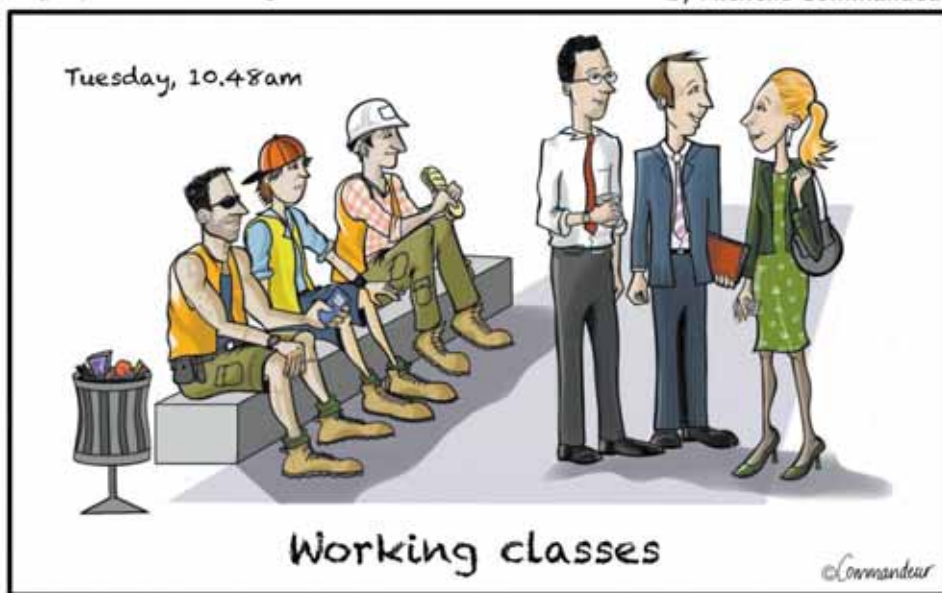
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With Maria Doogan

## DOCKLANDS DAZE

by Michelle Commandeur



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# COUNCILLOR PROFILE

By Shane Scanlan

## Rabble-rouser finds his niche

*Cr Stephen Mayne had outgrown the City of Melbourne almost before he got there.*

With peerless credentials in media, business and politics he has effortlessly grasped the role of capital city councillor and has already left an indelible mark by making the council more publicly accountable.

And while there are plenty of good political performers in all spheres of government, very few of them are as independent as Cr Mayne.

Independence can't be bought. In fact, it comes at personal cost and must be crafted and honed over many, many years.

Now in his mid-40s, Cr Mayne draws on many life lessons to acutely understand the wider political process and, most importantly, his role within it.

"I've come to realise that my core strength is as that independent person on the site, not being the chairman. I'm a good contradictor, a good contrarian - constructive, but also prepared to take them on if necessary," he said explaining that the Senate might be his next contest.

"If there was any more ambition, it would be a Xenophon-style independent senator," he said. "I don't think I'd ever run for lord mayor because I don't think I could do the job."

"I'd love Xenophon to set up his party and I'd love to run for Xenophon. He is the Don Chip of today. He's in the middle. He's sensible. He's a known quantity."

Cr Mayne has spent most his career questioning and holding the authorities to account - both as a journalist and as a shareholders advocate.

As a journalist, his independent streak eventually made him unemployable and led to the establishment of the nation's premier alternative online news site Crikey.

"I was a natural rabble-rouser and I had high energy levels so I could keep it up.

I basically had no other option because I couldn't get a job back in the mainstream," he said.

Three trips to the Supreme Court to defend defamation writs, losing his house, starting a family, renting, moving house five times in 30 months and 100-hour working weeks were eventually rewarded with a \$1 million sale price for Crikey.

Shareholder advocacy and activism followed a similar path.

Cr Mayne was a councillor at Manningham before contesting a seat at the City of Melbourne. Again, the experience



was heightened by the intensity of the engagement and so the learning came quicker.

"It was brutal. It was the Somme and I took them on. I admit that I provoked them and probably went in a bit too hard myself," he said.

The experience has led to extremely harmonious relations with fellow councillors at Melbourne.

"I am probably the only councillor who hasn't had an ongoing dispute with another councillor. I get along well with everyone and I treat every issue on its merits and I'm not doing deals," he said.

"The council gig is the perfect gig for me at the moment," he said. "You are in government. But you're not in charge.

You're working with others to get a better outcome for the city."

"It's better being on council than being in opposition (as a party politician), because I think you just get sucked in with political point scoring and negativity."

Cr Mayne likens his role as a councillor to the work he used to do as a shareholder advocate.

"Being not afraid to speak truth to power - that's probably at the core of it," he said. "Being fearlessly independent and outspoken but, fundamentally, you're not like a green group trying to send a mining company broke."

"You're not there as a shareholder to destroy. You want the company to succeed. You want

there to be profits but you also want good governance, fair treatment of minorities, inclusion of all stakeholders, good transparency and accountability. When you have all these things, you get better performance anyway."

"If you do that, any institution, from your kindergarten to your federal government, will perform well."

Cr Mayne is attracted to politics by what he calls a "psychic wage" - an enjoyment that falls outside financial remuneration.

"I think I'm good at it and there's a lot of intellectual stimulation from the diversity of council," he said. "No two days are the same, and I like politics."

"Being a councillor allows you to bring together that knowledge of politics, business and media and, hopefully, contribute positively to the city."

"And I am really enjoying it the most because of the stuff I've managed to achieve on the transparency and accountability front."

"When people look back I hope they will see a series of practical, real transparency measures that will set the standard for the sector," he said.

Cr Mayne said he has been so successful in getting council to adopt transparency measures that he had almost run out of new ideas.

Such transparency and governance measures include: Audio recording of council meetings; public questions at council meetings; banning meetings between councillors and developers without an officer present; an extra member on the audit committee; the people's panel; disclosing the lease register; disclosing more valuable buildings; putting all registers online; recording executive pay in annual reports; and slashed discretionary spending for councillors.

Cr Mayne summarises his position as: "Don't be afraid to lift the skirt and tell people what is going on. Be as open and transparent as you possibly can."



**In next month's Councillor Profile we look at:**  
Cr Susan Riley



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# PET'S CORNER

## Puppy of the flies

*Kira Shen and her three-and-a-half-year-old King Charles Spaniel Kaka are out soaking up the beautiful sunshine in Docklands.*

Most days they love going to Docklands Park because Kaka has a lot of friends he meets there.

"I love to play with him at Docklands Park. He has a lot of friends there. We actually met them just before," Kira said.

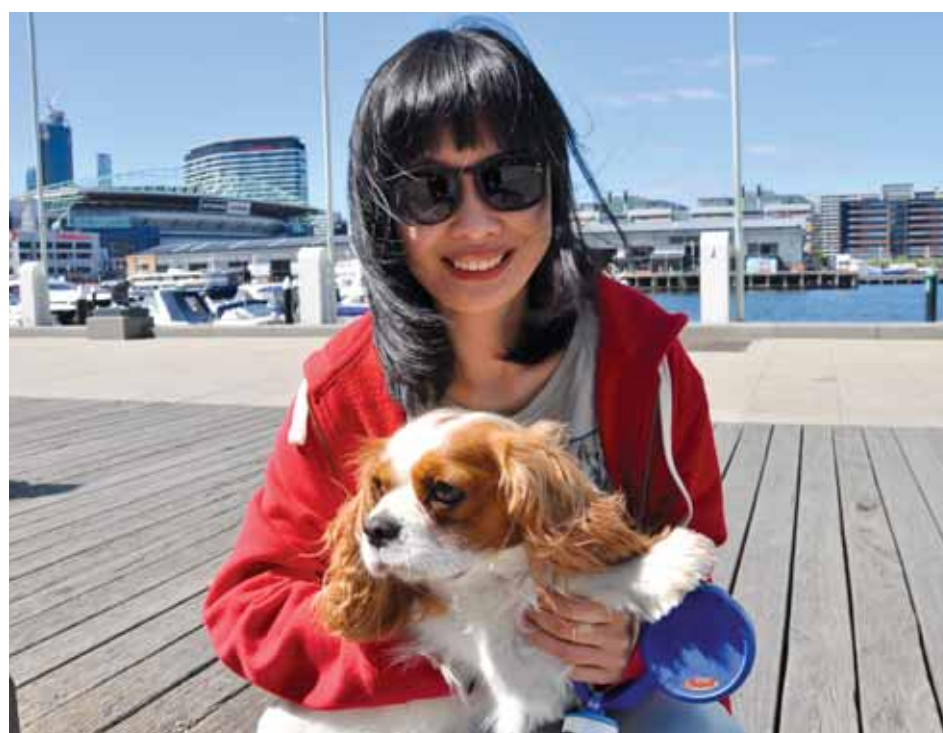
Kaka loves playing with balls and, interestingly, flies.

"It's a bit gross but it's only sometimes," Kira said.

Kira loves living in Docklands because of the warm neighbourly vibe and of course because there are a lot of pets.

"The people are nice in Docklands and a lot of them have pets," she said.

While most think apartment-style living can



be a little hard when having a pet, Kira says it isn't a factor at all.

"People think living in an apartment is small

and not good for a puppy but actually, Kaka is quiet and friendly and an apartment is convenient. We have made lots of friends in the complex too," she said.

# Businesses in Docklands

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## HOME IS WHERE THE JUICE IS

*Looking for a healthy and nutritious lunchtime option that also tastes great? Why not try Home Juice?*



Home Juice owner and founder Scott Parry with Home Juice manager Kersti Kroon.

Opening in Docklands last year, Home Juice is all about offering healthy options that also taste amazing.

"It's great tasting and guilt-free," Home Juice owner and founder Scott Parry said.

According to Mr Parry, Home Juice was founded with the aim of providing people with a way of boosting their nutrition intake in a delicious way.

"The whole mindset has been how we can help people improve their lives and give them something healthy and nutritious, without them feeling like they're still hungry," Mr Parry said.

He said the response from the community since opening the flagship store in Docklands last year had been great. "We've got lots of regular customers."

Located close to both the Medibank and NAB buildings, on the Etihad Stadium concourse, Home Juice is well situated to provide afternoon pick-me-ups for busy corporates.

"There are so many people who are becoming health conscious and want to take better care of their bodies," Mr Parry said.

Home Juice offers a range of cold-pressed

fruit and vegetable juices, smoothies, superfood smoothies, and alkaline waters.

But it's not all liquid at Home Juice, with raw salads and raw desserts also on offer.

"You'll be eating our raw desserts and thinking 'how is this not bad for me?'" Mr Parry said.

According to Mr Parry, all the Home Juice products, from the juices to the desserts and salads, are made in-store every day.

"We are really set apart (from other juice shops) by our knowledge of juices, our fantastic organic meals and our raw desserts," Mr Parry said.

Last month Home Juice also launched its juice cleanse program, offering one, three and five day cleanses.

"With those cleanses you get five juices, two alkaline healing waters and also an almond milk for each day," Mr Parry said.

According to Mr Parry juice cleanses can help to clear the mind and boost energy.

"When the body doesn't have to chew food to digest it can spend its energy on healing the body and repairing," Mr Parry said.

He said Home Juice staff could assist customers with advice about juice cleanses or about what kind of juices might be most beneficial for them.

Home Juice is open Monday to Friday from 9am to 5pm and is located at shop 9, 720 Bourke St, Docklands.

Visit [www.homejuice.com.au](http://www.homejuice.com.au) for more information.





## GREETINGS FROM THE DOCKLANDS COMMUNITY ASSOCIATION



### Greetings Everybody,

Trust you are all well. April was a big month with Easter, Anzac Day and the start of the AFL season.

#### DCA Committee added members

I am delighted with the response from a number of members nominating to join the committee. This was in response to a call for nominations following a number resigning due to moving out of Docklands, including our long standing Treasurer Dr Jessie Xin Zu who has taken up a position in Canberra Base Hospital. Such relocations are not uncommon in Docklands due to the transient nature of much of the population. On your behalf I would like to thank Jessie and other members for their contributions. The responses to fill positions means we will be able to continue strongly.

#### Cage fighting proposed at Etihad Stadium

The online survey of resident opinion resulted in well over 100 responses with the result being 75 per cent against the proposal to hold the event in Docklands. The survey site told us this was a significant response. We had our concerns over staging the event at Etihad Stadium because of the concentrated residential nature of the Docklands area and concerns for safety, security and anti-social behaviour in surrounding places and bars, as well as apartments. Police are already opposed to the activity being staged in Victoria much

less Docklands. Etihad Stadium has plenty of events without adding that. We will pass on the concerns and survey result to Etihad Stadium management and authorities.

#### Short-stay/ serviced apartments panel of enquiry

The panel of enquiry, of which I am a member, set up by the State Government to review short-stay operations in residential apartment buildings in inner Melbourne has met three times and is due to finalise recommendations by end May.

#### NSW judgements

In relation to apartment buildings, the following, highly interesting, reports of two Court judgements in NSW have been forwarded by our NSW counterpart to the Owner's Corporation Network of Victoria (OCNV):

Firstly, the Botany Council took a developer to Court for proposing to build apartments smaller in size than required under the NSW State Environment and Planning Policy. The Court decided in favour of the Council thus requiring the developer to build larger sizes required under the Policy. There are no similar regulations as yet in Victoria, although the issue of small apartments has been raised here.

Secondly, short-term letting has been banned in the Bridgeport apartment

building in central Sydney. Managers of the building have been ordered to stop weekend rentals immediately and cease holiday rentals from October this year. The NSW Land and Environment Court has given Australian Executive Apartments, managers in the building until September to stop letting apartments as short-term rentals. They were also ordered to pay \$10,000 costs to City of Sydney who took the action.

#### The Esplanade

The report in last month's Docklands News echoed our call for retention of the public open space as originally planned and for proper public consultation. Places Victoria has steadfastly refused to budge from their plan to put a number of buildings along the stretch despite our call for a linear park.

#### Lorimer Street/ Yarra's Edge

We support the call by residents of Yarra's Edge for removal of the planned tram bridge over the river and for consideration to be given to the adequate retention of amenity for Yarra's Edge residents in the planning of development of Fisherman's Bend, including overshadowing, traffic and other infrastructure.

#### Owners Corporation Network Victoria

At the last committee meeting in April it was agreed there needs to be more compliance and better regulatory powers to control strata

apartments being developed in Melbourne. Currently developers are able to build apartments of one bedroom 42 sqm and two bedrooms 50 sqm, which is unacceptably small. Council seems to be doing nothing to fix it. The glut of high-rise development in inner Melbourne is adding to infrastructure problems, which include increased traffic congestion, passenger congestion on public transport, lack of governance with regard to building protocols, with some apartments poorly constructed and with little or no ventilation. The State Government and Council need to take action in these matters. The OCNV is also raising these issues with the authorities.

#### Events during May

Scheduled is a Duathlon event of running and cycling May 1 -4

If any reader would like to become a member of the DCA or has any suggestions they wish to put forward regarding activities or issues, they are welcome to contact us on [docklandscommunityassociation@gmail.com](mailto:docklandscommunityassociation@gmail.com). We're also on Facebook.

If you would like to contact me about any aspect or becoming a committee member you are welcome to email as above.

Regards to All  
Roger Gardner  
President DCA



## OWNERS CORPORATION LAW

With Tom Bacon

Tom Bacon is the principal lawyer of Strata Title Lawyers.  
[Tom@stratatitlelawyers.com.au](mailto:Tom@stratatitlelawyers.com.au)

### Owners' corporations are a powerful democratic force – if only they knew.

I've said this before, and I'll say it again – it is well worthwhile and overdue for an in-depth analysis of owners' corporations from policy analysts in the government sector on the affordability, sustainability, amenity, privacy and livability of persons living in and communities living together in high-rise towers.

We have all seen the cranes around town, and the real estate advertisements in the papers – Melbourne has a glut of residential apartment buildings, with many more on the way.

For too long, the government policy in this area went too far in favour of developers, leading to the creation of those shoebox 30sqm apartments with little or no natural light. In some extreme circumstances, developers would assign long-term management rights agreements

to themselves, their friends or subsidiary companies they control and for un-commercial terms and remuneration.

We saw in the latest round of state elections late last year, that the City of Melbourne seat became a closely-run contest between Labor and the Greens. In the lead-up to that election, both candidates pledged sweeping reforms in key areas of concern for owners' corporations.

However, as is often the case, once governments are formed and agendas are set, things move fairly slowly. It is time for owners' corporations throughout Melbourne to form a cohesive, committed and effective lobbying group, and to open the lines of communication with the political sphere.

Take for example – the short-term letting issue in Victoria. There has been much media attention about an owner's right to

let or license their apartment for short-term stays. However, any reform in this area will take years – despite the recommendations that will come out of the working party formed for this inquiry.

In 2014, Airbnb, the giant accommodation service provider, raised \$800 million US in venture capital, the majority of which it has pledged to spend on securing and shoring up their business model. Airbnb will spend hundreds of millions this year on lobbyists, public relations firms, and on teams of lawyers whose sole aim will be to ensure that Airbnb is neither legislated against nor otherwise outlawed. In addition, the business giant will bombard the public with soft advertising campaigns, sponsorship deals, fundraising initiatives and other types of marketing in the UK, Europe, South America and Australia.

Any owner or resident living in a tower that struggles with the effects of short-term letting will shortly not have an effective and audible voice in this campaign, and will not be able to raise their voice above the cacophony of the lobbyists and slick PR machines that Airbnb and others employ to scream at the policymakers and politicians.

The question is – can the owners' corporations of Victoria band together as a unified voice on this topic and others, and in time to make a difference?

As a single block of voters comprising may thousand residents, the owners' corporation 'vote' can and would make a difference to the outcome of any election in this state.

It is a pity there is not another election anytime soon.



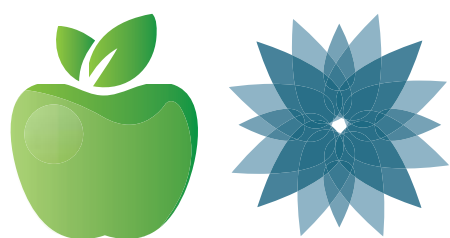
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# HEALTH & WELLBEING



By Andrew Ward  
YMCA Docklands manager

## Exercise and fat loss

Losing weight, more specifically losing body fat, is a common health and fitness goal amongst most of us. I can't remember the last time anyone approached me for advice and asked 'How can I put on just a little more fat around my tummy?'. It just doesn't happen. And the reality is that we, as a culture and broad community, have a problem with weight gain and the continually increasing levels of obesity that relate to over consumption and lack of physical activity.

So here are some updated tips for you when it comes to planning your exercise routines and schedule:

Fasted exercise - early morning is better exercise for body fat loss. This doesn't mean you have to fast for 40 days before you exercise. What recent research shows is that exercising before you eat in the morning (in a fasted state) results in greater levels of fat oxidization. After the consumption of food, the presence of higher levels of insulin will inhibit your ability to oxidize fat.

Green tea and coffee - they are not your enemy, and can neutralise or even assist in body fat loss, but don't over consume! Also, don't get 'coffee' confused with a double choc latte with cream.

## High intensity exercise - do I have to?

I am sure we have all heard of high-intensity interval training or HIIT as a way of working out - right now it is HOT. The reality is though that high-intensity interval training, done properly is extremely taxing on you and your body. It's literally taking you to your physical limits and sometimes beyond - it is also mostly very uncomfortable.

Once you have built up your fitness levels, you should increase the intensity, and, if you are at that level, it can be high. But don't think that the only good workout is the one that you cannot walk home from. And that message goes to the trainers out there; we don't need to smash our clients to get them the results they need.

As a trainer or someone working in the industry; your challenge is to make sure your people and your community exercise today, tomorrow and the day after. When they begin to advocate their healthy lifestyle to others, that's when you have done your job. Not when the people you work with become injured or can't get off the floor after your so-called high-intensity workout.

## Increasing your flexibility, mobility and wellbeing

One of the most physically impressive athletes has to be the prima ballerina, or any ballet dancer for that matter. Their grace, posture, power and strength come from years of disciplined training. If you have participated in yoga, pilates or stretch class recently you will be able to pick the dancers a mile away. They are the ones that just seem to fall into the splits as if they were born that way, and we were not. No, the reality is they have probably stretched every day of their lives since they could walk and talk. And we, well, not so much.

I am not saying we should all start stretching every day for two hours for the rest of our lives. What I am saying is that we must start to incorporate some stretching, mobility and relaxation exercises into our weekly routine in the interest of our own wellbeing.

Let's start with some basics - we should all be exercising, or at least be physically active for 30-45 minutes per day, every day. Now you may be close or even on top of this, but have you incorporated your stretching and mobility exercises into this routine? If you are taking yoga, stretching and pilates classes regularly you most likely have this covered. If not, your regular exercise without stretching and mobility exercises will be great for building muscles, muscle tone and strength, and improving your cardiovascular fitness. But without stretching, it is likely to be having an adverse impact on your mobility and flexibility.

## Letters to the Editor



### To the editor

I wish to set the record straight about some of the comments made with the Harbour Esplanade Master Plan ('Harbour Esplanade - the real story', *Docklands News*, 1 April 2015).

Calling our consultation process 'deceitful' diminishes the voice of those who took part in the Harbour Esplanade community engagement in 2014. This includes those who live and work in Docklands and members of the wider community who rightfully had a say given the significance of Harbour Esplanade to Melbourne.

The majority of those who took part told us that they would be comfortable with 40 per cent built form on Harbour Esplanade and 60 per cent open space. When you take into account the public spaces in the master plan, the continuous eight metre wide waterfront promenade, the protected view zone at the end of La Trobe Street and the three metre wide eastern edge pathway, the actual ratio of built form to open space is about 22:78 (22% built form and 78% open space).

Having some buildings on Harbour Esplanade will mean visitors can buy a drink or an ice-cream, or see a show or an exhibition. The community told us they wanted to see things like fresh food and seafood markets, restaurants, event and performance spaces and gallery spaces. These are the things that will help to bring Harbour Esplanade to life. Buildings will also provide a link to Docklands' history through the potential reinstatement of heritage sheds and support proposed water uses such as a ferry terminal.

No large structures are planned. In fact, the master plan includes a maximum height of nine metres (or the equivalent of a reinstated goods shed) on the waterfront and ten metres on the street. The level of RL2.4 was determined in consultation with Melbourne Water to meet the Victorian Government's requirements for authorities to future-proof new buildings against a minimum sea level rise of no less than 0.8 metres by 2100.

The heights of the proposed new decks also have this in mind but we will look to minimise the number of level changes for pedestrians when we move to more detailed design.

Consistent with the delivery of Docklands, the redevelopment of Harbour Esplanade will be delivered with both private and public funds. To state that we are trading land to developers to pay for new infrastructure unjustly criticises the backbone that Docklands was built on. Docklands' developer contributions have assisted in paying for valuable public infrastructure such as Library at The Dock and the new Family Services and Boating Hub, one of the largest public art collections in the world and many parks and playgrounds. It's hard to argue that there is no public benefit in that.

Simon Wilson  
Places Victoria General Manager

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Dr. Anne Dynon



# 2015 WHAT'S ON COMMUNITY CALENDAR

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



**TUESDAYS 5.45PM - 7.30PM**

**LIBRARY AT THE DOCK**

**SINGING PROJECT**

Starting April 14, Open Door Singers is running a free eight-week community singing project. Open to residents and workers.

**MAY 13, 1PM - 2PM**

**LIBRARY AT THE DOCK**

**PLANNING FOR LIFE CHANGES**

A free session held by lawyer Helen Wellard and mediator Rebecca Carroll-Bell as part of Law Week. Bookings essential - [www.planlifechanges.eventbrite.com.au](http://www.planlifechanges.eventbrite.com.au)

**SUNDAY WORSHIP**

City Lights Methodist Church at St Peter the Mariner's Chapel. Mission to Seafarers, 717 Flinders St.

11am English service  
5pm Chinese service 中文

**EVERY SUNDAY FROM 10AM UNTIL 5PM  
NEWQUAY PROMENADE**  
**DOCKLANDS SUNDAY MARKET**  
A variety market featuring arts and crafts, books and more. More info, ring **0412 910 496**



**TUESDAY 7.30PM - 9.30 PM  
WEDNESDAY - FRIDAY 12PM - 2PM**

**LIBRARY AT THE DOCK**

**TABLE TENNIS**

Join in a free and social game of table tennis at the library. Bookings are essential.



**TUESDAYS 12.30PM - 1.30PM**  
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Probus Clubs for men and women over 50. Meet new friends, share interests and enjoy activities. Contact membership officer Sue at [weddsuzanne@gmail.com](mailto:weddsuzanne@gmail.com)

**WEDNESDAYS 6.30PM TO 7.30PM**  
**THE LIBRARY AT THE DOCK**  
**ALCOHOLICS ANONYMOUS**  
Docklands Daily Reflections group meets in meeting rooms two and three on level two.  
**VISIT AATIMES.ORG.AU FOR MORE INFORMATION.**

**WEDNESDAYS AT 5.30PM AND SATURDAYS AT 8.30AM  
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**LIBRARY AT THE DOCK - WEEKLY PROGRAMS**



**PRESCHOOL STORYTIME**  
Fridays at 10.30am  
Come and share the wonder of books with us. Enjoy 40-50 minutes of fun stories, songs, rhymes and activities with your three to five year olds.

**STOMPERS**  
Mondays at 10.30am  
Encourage your child to have a life-long love of books by coming along to Stompers, Melbourne Library Services weekly program for toddlers aged 18 months to three years.

**SONGBIRDS**  
Wednesdays at 10.30am  
Come along for songs, rhymes and stories to engage your budding book worm's mind and introduce them to the fun and rhythm of language. Suitable for babies and toddlers aged up to 18 months old.

**CREATIVE KIDS AFTER SCHOOL CLUB**  
Wednesdays 4.30pm to 5.30 pm.  
Ever wanted to 3D print your own superhero figurine? At the Creative Kids After School Club you can. Come hang out and create in our maker's space. Projects will include jewellery making, game design, paper crafts, comics and more.

**BABY BYTES**  
Last Thursday of the month 10.30am to 11.15am. Ground floor activity room.  
Come and join our monthly iPad program for 18 month to three year olds. Learn fun, educational ways to use technology with children. We will be exploring different games and apps every session in a small group. If possible please bring your own iPad.



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# DOCKLANDS SPORTS PAGE

## Local dragon boaters make history

*The Melbourne Flames made history last month, when it was named Australia's premier dragon boat club at the national championships.*

The Docklands-based club was awarded the Trevor Huggard trophy, an accolade that has never before been won by a Victorian team.

The Flames also brought home 10 Gold and 2 silver medals from the Australian championships, which were held in Perth from April 14 to 18.

Melbourne Flames captain Georgina Wakim said the whole club was on a "complete high" after its success. "This is our dream come true," she said.

Ms Wakim put the team's success down to the commitment of each and every team member and the guidance of coach Serghei Cusca.

"There was a strong focus on helping each other as much as we could on and off the water," Ms Wakim said. "It was pure sportsmanship."

"Everybody did what they could do individually to help the team as a whole."

Through its success at the national championships, the Melbourne Flames have now qualified to compete in the Club Crew World Championships in Adelaide in April next year.

"Now we need to take our experience from the nationals and repeat it at the Club Crew World Championships next year," Ms Wakim said.

Local clubs the Dragon Masters and Yarra River Dragons also enjoyed success at the



The Melbourne Flames take the lead.

Photo by Bing Ren

national championships, which saw 2000 paddlers and 50 dragon boat clubs from across Australia compete.

According to Dragon Boat Victoria spokesperson Melissa O'Brien, the Dragon Masters hauled a swag of medals in the Masters category and the Yarra River Dragons earned their first ever medal, with a

second place in the women's 2000m race.

"Victorian clubs are well and truly on the map in Australian dragon boat racing," Ms O'Brien said.

The national championships also saw Docklands-based Yarra River Dragon member David Abel named the incoming

president of the Australian Dragon Boat Federation.

Docklands paddlers and Victorian board members Melissa O'Brien and Eliza Campbell were also named the joint recipients of the 2015 Jon Taylor Award for outstanding contribution to the growth and development of dragon boating in Australia.

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