

MELBOURNE 2006
OFFICIAL PROVIDER

DOCKLANDS

community news

OCTOBER - NOVEMBER | ISSUE 15 | Priceless

HOME TO THE CITY'S ONLY BLUE PARK

Docklands Community Newspaper would like to gratefully acknowledge the contribution and continued support of Eamon McCarthy, without whom many of these wonderful images would not be available.

Bringing the **community spirit** alive this Christmas

Ho ho ho! VicUrban is proud to announce the commencement of the Docklands Community Intranet to be launched this Christmas.

The aim of this project is to keep the Docklands community informed and included; residents, retail outlets, the workforce and visitors alike. The Intranet will be the main communication hub for the area and will produce immediate positive local benefits by building on the existing vibrancy and community spirit here in Docklands. VicUrban has chosen Reading Room, the international, full-service digital agency for the task of developing the Docklands Community Intranet.

The Intranet will be easy to use and will provide information about local services, events and sporting fixtures to name but a few. For matters closer to home, residents will be able to find out about services in their building, get in touch with the resident manager, book a community meeting space, list items for sale or merely chat with neighbours and friends online. Those new to the area will feel like part of the community in minutes because they will be able to find new friends and facilities right at their fingertips. The Intranet will prove to be an invaluable source of information and a lot of fun.

It is an exciting task and we would especially like to know what you want and need from your Community Intranet. You can register your interest online at <http://community.docklands.com>. The team will be out and about in Docklands over the next few weeks, keen to hear ideas and suggestions.



Three Information Evenings will be held to enlist your support and gather your contributions:

- Wednesday October 5th at the Community Hub from 7.00 pm
- Thursday October 6th at the Lot 50 Café at Yarra's Edge from 7.00 pm.
- Monday October 10th at the Vic Harbour Kitchen & Bar at NewQuay from 7pm.

All are welcome to attend and participate in what will be a fun process. A Reference Group is also being formed to provide ongoing input into the Intranet design and implementation. If you would like to be part of this group, come along to an evening session or register at the site. Your contribution will strongly influence the project.

Have your say and be a real part of the Docklands community!

WORLD'S PREMIER OCEAN RACE GETS MELBOURNE CELEBRATING

Waterfront City will be the place to be this January with a four weekend long festival of celebrations planned to commemorate the Melbourne Stopover of the Volvo Ocean Race 2005-2006.

Waterfront City Race Village will be the focal point for both "on land" and "on water" activities expected to start on 17 February and running through to 12 February 2006.

See the Volvo Open 70s up close, meet the sailors, visit the interactive displays and learn more about this fascinating sporting, technological and human challenge while enjoying live entertainment, on-water activities, food and wine festivities and the Summer Boat Show.



Official Welcome Celebrations

On Saturday 21 January, restaurants and the promenade will be abuzz with musicians and street performers. As the sun fades, the race and teams will be welcomed to Melbourne with evening entertainment and festivities.

In-Port Race Celebrations

After the Volvo Open 70s have completed their race on Port Phillip on Saturday 4 February, celebrations including the public prize giving, followed by a night of live music, fireworks and roving performers will take place.

Farewell Celebrations

Before the yachts head back out to the southern ocean, join the carnivale style celebrations with an evening of music, colour, dancing and entertainment on Saturday 11 February. Sunday 12 February will see departure ceremonies, before the fleet sets sail for Rio, via Wellington.

Adding to these key weekend celebrations is a great line-up of food and wine activities.

Seafood Festival

Come by boat or land to enjoy the best of Melbourne's seafood on the opening weekend, 21 - 22 January, at Tastes of the Sea at Waterfront City. In a must see event, chefs will demonstrate their seafarer's skills with tasting from a range of the best Victorian seafood produce.

Spice Market

Spices were the lure that drove sailors to first circumnavigate the globe. Celebrate the prize that these early navigators were searching for and savour the tastes and smells at the Spice Market running from 5 - 7 February in Shed 14.

Wine at the Waterfront

To round off the palate, samples from vintages by some of Victoria's best wineries matched by regional tasting platters will be available at Wine at Waterfront on the final weekend. This open-air cellar door will take in Waterfront City's Piazza on 11 and 12 February.

For more information,
www.melbournestopover.com.au and
www.volvooceanrace.org

Docklands gets **SMART**

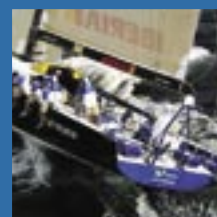
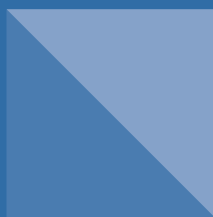
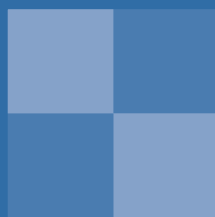
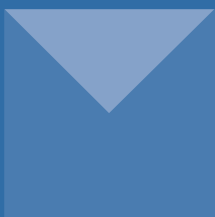
Security Services and community activity in Docklands will now come to you in a new, colourful and SMART manner – via a new fleet of Docklands-branded SMART cars.

Rated highly for occupant safety and fuel efficiency, the SMART cars can be parked in half the space required for a conventional vehicle and are a modern expression of VicUrban's agenda for Docklands.

Look out for these bright vehicles in your neighbourhood.



Dockland's new SMART fleet on show in Docklands Park.



The Docklands Community News

And so it starts Within this issue you'll get just a taste of the forthcoming period of new activity and fun in Docklands. The combination of major events, new business openings and new local developments will see activity, energy and life at unprecedented levels. The Docklands Community News is committed to bringing you latest information about life in Melbourne's newest inner city neighbourhood.

We welcome reader contributions. To contact this paper, telephone 8622 4821 or e-mail to docklands.communitynews@vicurban.vic.gov.au

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Editor – Peter Crowley

Deadline for the December issue : November 11

Advertising inquiries - Lorinda Sargent, Mediation Communications
email: lorinda@mediacomms.com.au Ph: 9602 2992 Fax: 9602 1445

Get creative this Spring with CAE...

Whether you want to write the next big Australian novel or learn how to use your new digital camera, CAE offers a short course for you:

Digital Photography

SLR cameras are passé - learn the tricks of the trade and understand the full potential of digital cameras in creating and manipulating high quality images. You will even have the opportunity to test your new found skills in a photo shoot around the picturesque Docklands precinct.

6 sessions Thursday 3 November – 8 December 6-8pm

plus photo shoot Sunday 13 November from 1-4pm

\$245 Conc. \$220



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6 sessions Thursday 3 November – 8 December 6-8pm

\$199 Conc. \$179

CAE offers a wide range of short courses, ranging from the arts, languages and wellbeing to computing, writing and publishing. For further information, visit www.cae.edu.au or contact CAE on 9652 0611.

CAE is looking for your input - do you have any ideas or further suggestions for courses to be conducted at The Hub or in a Docklands venue? Contact Giota Nikos on 9652 0756 or giotan@cae.edu.au to discuss your idea.



2005 ANL Art Maritime Art Prize promises to be bigger and better

Following the success of the 2004 ANL Maritime Art Prize and Exhibition, planning is underway at the Mission to Seafarers for a bigger and better exhibition in 2005.

John Lines the CEO of ANL Container Line was happy to announce that they have increased the 2005 Art Prize to \$15,000. There is also a Peoples Choice award of \$3,000 sponsored by Wallenius Wilhelmsen. This year's Gala Opening and presentation of awards will be on November 10th and the Exhibition will be open to the public from November 11th –December 2nd 11.00am-6.00pm and 9.00pm on Thursday & Fridays. Paintings will be exhibited in the Norla Dome which is in the process of being restored. This year there will be opportunities for organisations to arrange special functions and viewings with guided tours by Curator Annette Welkamp

Prospective entrants can find Entry Forms on the website www.missiontoseafarers.com or collect them directly from the Mission to Seafarers.



John Lines, CEO ANL Container Line
Annette Welkamp, Curator
Nigel Porteous Vice Chair, State Council of Victoria.

WHEN: Gala opening - 10 November, Exhibition November 11th- December 2nd 2005
WHERE: Mission to Seafarers, 717 Flinders Street, Docklands.

For further information on the ANL Art Prize or the Mission to Seafarers Victoria, contact Mark Sims, Tel: 9629 7499 email: mark.mtsmelb@swiftdsl.com.au

Central Pier opens up

Docklands' Central Pier is being given a new lease of life!

Two sheds have been removed from the end of the pier, leaving a magnificent 150m space for outdoor events and activities overlooking Victoria Harbour.

A coat of paint, additional lighting and landscaping will brighten up the whole area in time for Volvo Ocean Race events and Festival Victoria's youth program during the Commonwealth Games.

Check out the December edition of the Docklands Community News for a comprehensive run down of the activation plan for this area.



Dr. Joseph Moussa is a member of the Australian Dental Association, Australian Society of Implant Dentistry, and the Ossio Integration Society. Having over twenty years of experience in general dentistry, with a special interest in cosmetic dentistry.

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Art of Docklands - CONTINUUM

The installation of the art piece "Continuum" represents the first stage of the development of a landscaped piazza at the corner of Bourke Street and Harbour Esplanade in Docklands.

This towering representation of intertwined figures is as much a reflection of the spirit of Melbourne as it is of the artist, Michael Snape.

About his work, the artist states, "The figures in Continuum are mostly separately identified. From nearby and underneath, we see the features; the rise and fall of flesh and muscle strain - hair and face,

brushing past and brushed aside. From further off, the figures give way to a community. As we walk past or drive, the shapes move past each other and interact again. They configure in no specific relationship with gravity or the ground. They are employed in various human activities such as lying down or walking, talking together, moving to a particular place or to nowhere in particular.

I have sought a context in which the figures would interact. They are not unified by race, age or issue and are not overtly fighting or loving. They are not bound by ideology or religion. There is a sense of happy emptiness, tranquility and even silence. There is an ease of being together without condition or expectation.

The work can be enjoyed at a distance and up close. You can enter it. It is large enough to have impact in relation to the scale of the surrounding architecture. It will hold the intersection and will function as a marker and meeting place".



Walking the Talk in Docklands

Docklands residents celebrated Adult Learners' Week in September by participating in a free walking tour of the Docklands precinct.

The Sunday morning walk took in all nine Docklands precincts and focused on the rich heritage of the area. Walkers discussed the past, present and future of the Docklands, and enjoyed the urban art dotted around Docklands.

The theme of Adult Learners' Week was "sharing between the generations". Residents ranging in age from 4 to 64 participated in the guided walk to discover the rich heritage of Docklands, from the time of John Batman to the development of Waterfront City.

One of the younger walkers Lauren said, "I loved the walk, especially the "Cow up a Tree", it looked so funny".

The event was sponsored by the Docklands Skilling and Employment network and the Hornery Institute. The tour helped to raise the profile of adult learning and highlight its value to the Docklands community.

Adult Learners' Week is an annual opportunity to celebrate, promote and advance all forms of adult learning. The week takes place in over forty countries around the world and has been held in Australia since 1992.



Jane Coker, second from left, leads local residents Len Wright, Kirsten Howe and Cherril Barclay in song

Singing in the City

A small but energetic group of local residents attended the first Singing In The City session, held at the Hub in late August.

Singing in the City is about coming together to have fun through music and song. Led by Jane Coker from Community Music Victoria, local singers warbled their way through warm-ups and songs that left everyone eager for more.

The Singing in the City program continues with **sessions scheduled at 7.30 pm on the last Thursday in September and October**. Everyone is welcome. Bring your voice, your instruments and come along to the Community Hub for a night of music, song and fun.

Community Association Evening

The Docklands Community Association will host a get-together function to be held at Vic Harbour Café at NewQuay on Monday, October 17, commencing at 7.00 pm.

All interested members of the Docklands community are invited to come along to enjoy a meal and meet other community members. An additional feature of the evening will be a guest speaker delivering a presentation about the exciting Melbourne Stopover of the Volvo Ocean race coming to Docklands in January 2006.

For additional information, contact Community Association President, Michelle Anderson.

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Docklands is a wonderful place to maintain a healthy lifestyle. The diversity with which to explore the avenues for activity are boundless; residential and commercial gym facilities, plenty of group activities and park areas to enjoy.

Local trainer Sara Picken-Brown, who can often be seen putting Docklands residents through their paces both in the parks and in the gyms, has been working equally hard on achieving her goals.

Affectionately called 'the pocket-rocket', this dynamo trainer has been pumping iron over the past 6 months with the lead up to The All Female Classic INBA Body Building Competition. In July Sara won the Overall Figure title. Considering the standard of the competition and that this was Sara's first competition, the result was commendable. With no rest for the wicked, Sara is training hard for the lead up to the Australian titles in October, which are held at the Camberwell Civic Centre.

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New Community Elements in Docklands

Spring has seen extensive works occurring in the area around the Community Hub in Docklands. With an extensive new deck and new entry facing Waterview Walk, the Hub now has extra space to offer the community. Works in adjacent land incorporate new parks space that will feature pleasant native gardens, extended areas of outdoor seating and picnic spaces, plus an international standard Bocce pitch. Not 80 metres away, to the north of the Hub, the graceful artwork "Continuum" completes the transformation of this central area of Docklands

Across the tram tracks in Docklands Park the much anticipated play elements are now being installed adjacent to the southern wetlands. Exciting new

play equipment unlike anything seen in inner Melbourne will make this area a great location for Docklands families and visitors to the precinct. With the highly colourful park amenities and the mesmerizing, wind-activated "Blowhole" nearby, this area delights the senses with an explosion of fun and colour.

Refer to Page 5 for details of forthcoming Community Opening events for the new Playspaces, artworks and the extensions to the Community Hub

DOCKLANDS' PART OF AUSTRALIA'S BIGGEST CULTURAL FESTIVAL

The streets of Melbourne and regional Victoria will host Australia's biggest ever festival of arts and culture as part of the Melbourne 2006 Commonwealth Games celebrations.

Funded by the Victorian and Federal Governments, Festival Melbourne 2006 will bring together artists and performers from across Australia and the Commonwealth for a celebration of contemporary music, dance, exhibitions, circus and street theatre.

As part of Festival Melbourne 2006, a spectacular youth program will be presented that will bring together a diverse and colourful program of dance, music, fashion, community art projects, street theatre and visual arts. It will be based on a theme that explores the connections – both historical and contemporary – between the 71 nations of the Commonwealth.

Docklands will be treated to this exciting program made for, by and with young people. It all happens at The Zone in Shed 14, Central Pier.

The Zone provides a space for young people to soak up some incredible music and artwork. It will house a series of commissioned works by young Australian artists.

As part of the Containers Project, Shed 14 will host international artists – each with their own shipping container as an exhibition, presentation or work space.

The Victorian Government is also presenting a series of live sites across Melbourne and regional Victoria. These will be hubs of festival events and performances as well as broadcasting live coverage of the Opening and Closing ceremonies and competition events.

Docklands will host one of the six metropolitan live sites over the Games period from 15 – 26 March 2006.

For more information, visit www.melbourne2006.com.au

Special Feature in December

Docklands is expanding as a business district at an unprecedented rate. Add to that the fact that some 600 new dwellings have opened in the past 6 months plus the arrival of new corporate tenants and it's clear that there's a lot of new information in circulation.

The Docklands Community News will be preparing a special insert for the December issue – The Complete Docklands Business Directory. This directory will attempt to list details for every business in Docklands. To ensure your business is included in the directory, contact the Docklands Community News by e-mail at docklands.communitynews@vicurban.vic.gov.au

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Date	Event	Location	Time	Description	More information
5, 7, 9 October 2005	Johnny Walker Super Series - Australia v the ICC World XI one day cricket	Telstra Dome		The Johnnie Walker Super Series of cricket has already drawn huge interest both locally and internationally, with cricket followers worldwide eagerly anticipating this showcase event. Telstra Dome will host the series of three day / night games, with play guaranteed under the venue's retractable roof.	www.telstradome.com.au
16 October	Portfolio Partners 2005 Around the Bay in a Day® – Get Sponsored for The Smith Family 210km Classic, Family Century (100k) or Family Half Century (50k)	210k and 50k departs Harbour Esplanade and returns to Victoria Harbour Green Space, 100k departs Sorrento and returns to Victoria Harbour Green Space	210k departs between 5am and 6am, 100k & 50k departs 8am.	The 210km Classic is Australia's biggest cycling dare. It involves riding a complete circuit around Port Phillip Bay, with a ferry crossing between Queenscliff and Sorrento.	www.bv.com.au
28 October 2005	Foster's International Rules Game – Australia v Ireland	Telstra Dome		The International Rules game is back and Telstra Dome plays host to Australia as they take on Ireland. This game is scheduled for Derby Eve and will no doubt share the excitement and atmosphere leading up to the Melbourne Cup Carnival the following week.	www.telstradome.com.au
19 – 20 November 2005	Australian Corporate Games	NewQuay/Victoria Harbour	Saturday 19 November 8am – 5pm, Sunday November 20, 8am – 10am	The 13 th Australian Corporate Games includes a Dragon Boat and Outrigger Canoe championship in Victoria Harbour on Saturday and on Sunday morning a Triathlon Championship with 300m swim, 10k cycle and 3k run.	www.corporategames.net.au
20 November 2005	Warming Up for the Games	NewQuay Promenade	10am – 3pm	Come and be part of an active countdown to the Melbourne 2006 Commonwealth Games with the Docklands community. Docklands is hosting a day of free fun family events and activities including a walking event with elite walker Nathan Deakes, rugby clinic, come and try sailing activity and a Wakeboarding competition. So come and join the celebration.	www.docklands.com
2, 3 & 4 December 2005	Yamaha Tribe Gathering	Waterfront City	Friday Dec 2, 1pm – 8pm Saturday Dec 3 & Sunday Dec 4, 9am – 5pm	Waterfront City hosts the 50 th anniversary of the Yamaha Motor Company with 3 days of celebration. Enjoy the displays at the FREE Yamaha Lifestyle Expo, meet the Yamaha race teams, catch all the action with Off Road Riding demonstrations and celebrity challenges, and entertainment from Australia's leading performers brought to you by Yamaha Music.	https://tribe.yamaha-motor.com.au or call 1800 001 299
9 December 2005	Carols by the Cow	Central Pier, Docklands	7.30pm – 10pm	Carols and cocktails, Santa and snacks – Christmas revelry on Central Pier	
10 December 2005	Santa by the Sea	Central Pier, Docklands	11am – 4pm	Enjoy a unique Christmas overlooking the Docklands waterfront with top entertainment from Dorothy the Dinosaur's Dance Party, Santa's grand arrival by boat, fun Christmas craft activities and sailing with the elves.	www.docklands.com
10 December 2005	M2006 Workforce Warm Up	Telstra Dome	1pm – 4pm	The volunteers and workforce for the 2006 Commonwealth Games come together for their first training session.	www.telstradome.com.au
14 December	RMIT Graduation	Telstra Dome	Evening	Private event	www.telstradome.com.au
31 December 2005	New Year's Eve	NewQuay, Waterfront City & Victoria Harbour	8pm – Midnight	Join the festivities and welcome in the New Year at Docklands. Make a booking for dinner at one of the many restaurants. Stay on to enjoy great entertainment and spectacular fireworks displays over Victoria Harbour.	www.thatsmelbourne.com.au

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IN BRIEF

Docklands Tram Services

Docklands residents and workers will soon benefit from the resumption of tram services which have been disrupted by local development.

With work nearing completion at Spencer Street Station, tram services will resume along the Collins Street extension and into Docklands, effective in early November. At the same time, the completion of works to remove the King Street overpass will enable the tram services in Flinders Street to again extend into Docklands.

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CITY AMBASSADOR PROGRAM COMING TO DOCKLANDS

Yarra's Edge residents, Judy Tonini and Glen Johnson are passionate about Docklands, enjoy talking to people and like being outdoors. Both have registered to become City Ambassadors to assist visitors in Docklands over the summer months.

The City Ambassadors program is a successful City of Melbourne initiative where trained volunteers rove the city centre in distinctive red uniforms answering questions and providing directions and information to international and interstate visitors as well as local Melburnians.

They offer a friendly and welcoming service in the CBD and at events and help make Melbourne more accessible to visitors who are not familiar with the area.

Docklands is expecting a huge number of visitors this summer with the opening of Waterfront City and a bumper program of events including New Year's Eve, Melbourne Stopover for the Volvo Ocean Race, Food and Wine events, Summer Boat Show and Melbourne 2006 Commonwealth Games.

To assist these visitors, the City Ambassador program plans to operate in Docklands each weekend from 19 November 2005 to 3 April 2006.

We are looking to recruit more enthusiastic, friendly and knowledgeable volunteers like Judy and Glen to be trained as a City Ambassadors in Docklands. Volunteers are required to commit to 4 hours every fortnight on either a Saturday or Sunday afternoon, only in Docklands. A full training program and uniform will be supplied to successful applicants.

For more information and to register your interest, please contact The Hub @ Docklands on Tel: 8622 4822, email: info@docklands.com



CREATIVITY COMES TO DOCKLANDS

Docklands is primed for a burst of creativity with the recent arrival of OPENChannel to Victoria Harbour. After almost thirty years at its former Fitzroy home, the Victorian Screen Resource organisation has made an exciting move to its new waterside venue, where it will deliver training, advice and resources to thousands of Victorian filmmakers and digital media artists.

Working with VicUrban and Lend Lease, OPENChannel is leading the charge to establish a cultural precinct at Docklands, bringing an abundance of creative activity to its new home.

In addition to equipment hire and an on-going short course program, the move to Docklands saw the launch of OPENChannel's new flagship Specialist Directing' course, with leading Australian actors and directors visiting the Docklands to train aspiring directors. Director Alkinos Tsilimidos (*Tom White*) and actors Jane Allsop (*MDA, Last Man Standing*) and the ever-charming Bud Tingwell were some of the famous faces offering first hand knowledge to new directors.

Teenagers had their chance to try filmmaking at OPENChannel too, with Young Filmmakers' Holiday Workshops running throughout the September School holidays. Thanks to *The Age* budding young film reviewers had the opportunity to learn more about life on the other side of the lens, at these workshops. These young writers were awarded places in the workshop for writing prize-winning film reviews at the Melbourne International Children's Film Festival in June, 2005.

In October, Dockland locals will have the chance to mix and mingle with up and coming Australian filmmakers at OPENChannel's *Short & Sharp* short film pitching competition. *Short & Sharp* offers independent filmmakers a chance to win filmmaking resources by pitching their short film idea at this public event to be held at AFL House on Wednesday October 26th at 6.30 pm.

Further information is available at www.openchannel.org.au or contact OPENChannel on 8610 9300 or info@openchannel.org.au

New Businesses in Docklands

The recent opening of parts of the development at Victoria Point has brought several significant new businesses to Docklands and seen business activation in some new precincts.

At 120 Harbour Esplanade some 250 staff members now work at the new offices of Bendigo Bank. Arguably one of the best located workplaces in Melbourne, Bendigo Bank's offices look across splendid views of Victoria Harbour and the Bolte Bridge. Recently the bank has also opened its Docklands branch with a special welcome to families and children.

Around the corner in Bourke Street, Quest Apartments has opened 133 splendid new serviced apartments. With their central location in Docklands and proximity to Telstra Dome, these apartments are bound to become a highly sought after accommodation option for visitors to the city.

The recent opening of the stylish Summit café and bar, at the base of 700 Collins Street signifies the first business activation in the Docklands precinct of Batman's Hill. A café is a welcome addition in a new office building and Summit's interesting, good value menu ensures that there is a steady stream of workers through its doors.

In the established business district of NewQuay, new Cambodian restaurant Bopha Devi will soon open in Rakala Way. An expansion of an existing business which formerly operated in Yarraville, Bopha Devi has been highly rated by the Age Cheap Eats Guide and will add to the eclectic dining mix that is found at NewQuay.



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How many words of four or more letters can you make from the letters in this grid?

All words must contain the centre letter. No proper nouns, foreign words, or plurals ending in 's'.

A	B	C	D
E	F	G	H
I	E	N	
A	M	S	
H	R	F	
M	N	O	P

Target: 36 words – Good, 48 words – Very Good, 60 words – Excellent

Solution to be supplied in next issue

Solution to Puzzle from last edition

aero, arose, arouse, ashore, erase, ewer, hare, hawser, hear, hearse, here, hero, hoar, hoarse, hora, horse, hour, rash, rehouse, resew, reshoe, reshow, rewash, rhea, rose, rouse, rues, ruse, rush, sear, sear, sere, sewer, share, shear, sheer, shoe, shore, shrew, shower, soar, sour, sure, swear, swore, urea, user, usher, ware, WAREHOUSE, washer, wear, were, where, whereas, whore, wore, worse

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MIAA

Exciting openings not to be missed...

By Nicqui Merlino

You're invited to be part of two new community events in the Docklands precinct.

On **Sunday 13th November** at 11am the long awaited children's **Play Elements in Docklands Park** will be officially opened.

The play area will include equipment such as a five way swing, a sandpit and water feature, slide and tunnel and hydraulic pads that move up and down as children stand on top of them. Situated in the southern end of the park, the playground sits directly beside the unique urban art feature, 'Blowhole' - also be launched that same day.

One of the latest pieces in the Docklands Urban Art Program, Blowhole is a stunning structure that stands an impressive 15 metres in height with a series of coloured caps that rotate in the wind.

Thursday 24th November at 6pm marks the official opening of the new extensions to the **Community Hub**.

The Hub has undergone a major upgrade featuring a new entrance located on Waterview Walk, extra meeting rooms and a wide public deck. Only a few metres south try your hand at Petanque on the newly completed, world standard courts.

Another major piece of art has been installed at the front of the Hub near the corner of Bourke Street and Waterview Walk. 'Continuum' is a 12 metre metallic sculpture featuring an intricate pattern of human figures intertwined. This most interesting piece will also be launched on the same evening.

Be sure to be part of this special evening that includes live music, petanque lessons, roving entertainment and sumptuous food and beverages.

We look forward to celebrating the opening of these very special spaces with you - Call 86224822 for information or to RSVP.

Healthwatch – Check your Cholesterol!

Can you believe that 51% of Adult Australians have an elevated Cholesterol level! Yes it's a lot, and it equates to 6.4 million Australians. An elevated Cholesterol level increases the risk of Coronary Heart Disease, Peripheral Vascular Disease and Stroke. The prevalence of these three conditions has risen a staggering 18.2% in the last decade.

But there is some good news. The incidence of actual coronary events (AKA 'Heart Attacks') is dropping. This is probably due to less people smoking, as well as better medical treatment. However, little credit can be given to healthy eating. A whopping 60% of Australian adults are over-weight. Feel free to watch the movie 'Super-size Me' for the American statistics.



Basically there are 5 key risk factors to vascular Disease.

- 1) **Family History** – Can't change your parents
- 2) **Smoking** – Just don't do it!
- 3) **Blood Pressure** – see GP
- 4) **Diabetes** – see GP
- 5) **Cholesterol** – Continue reading this article!

According to the Heart Foundation, it's recommend that everyone from the age of forty-five be tested. However if your parents or siblings have suffered a 'Heart Attack' under the age of sixty years, it's recommend that you get tested earlier. This is because there is a condition called Familial Hypercholesterolaemia which can cause raised Cholesterol in people under forty-five years.

If you get your Cholesterol checked the results will show a 'Total Cholesterol' level as well as the sub-groups of 'LDL' and 'HDL'. In a nutshell LDL is the stuff that clogs arteries, while HDL actually protects arteries, and a high figure is desirable. Having explained this, in broad terms the target for Total Cholesterol is less than 4.0. Your GP will be able to specifically assess your Cholesterol reading.

What can be done to reduce cholesterol? Here are some simple tips to get started...

- **Use reduced fat dairy products.**
- **Choose leaner cuts of meat.**
- **Eat fish at least twice a week. Can be canned or fresh. The fatty acids in fish can help lower Cholesterol. Fish oil capsules are yet to be proven as superior to a diet that regularly includes fish.**
- **Try using alternative spreads to butter. Some of the Margarines include similar fatty acids to the ones found in fish.**
- **Reduce intake of Saturated Fat. This type of fat is mostly derived from animal fats and ends up in all those yummy processed foods.**

What do I do if my cholesterol test is elevated? If you're otherwise well, most GPs will recommend some fine tuning of your diet and exercise regime, followed by a repeat test in six to twelve weeks. For stubborn Cholesterol levels, your GP may feel it's appropriate to start a Cholesterol lowering medication. Remember, the inconvenience of taking a tablet can be better than the inconvenience of a 'heart attack'!



CRUISE INTO THE CITY'S SHORES



Now can cruise right into the city for an adventure at Melbourne Docklands. One of the world's most dynamic urban domains just got better with the launch of **Melbourne's Blue Park @ Docklands**. Boat and yacht owners are invited to come and enjoy our new world-class marinas and facilities that are shaping Docklands to become Victoria's most significant integrated boating destination.

You can select from **public and private berthing facilities** at Marina YE, NewQuay Marina and Waterfront City Marina (expected to be completed by December 2005). Each marina offers dedicated visitor berthing for daytrippers and overnighters and is easily accessed from Port Phillip Bay.

Docklands is now Australia's newest superyacht destination. The new state-of-the-art, purpose-built **superyacht berthing** facilities will be located at Waterfront City and available for the Melbourne Stopover of the Volvo Ocean Race in January 2006.

Melbourne's Blue Park @ Docklands offers 40 hectares of **deep sheltered waters** in Victoria Harbour and the Yarra River at Yarra's Edge. This makes it easy for yachting and boats to come by boat and attend New Year's Eve or Melbourne Stopover celebrations or to spend lazy days or romantic nights dining at one of the waterfront restaurant and bars this summer.

Bookings are essential for visitor berths. For information and bookings, contact Marina YE at www.marinaye.com.au or Tel: 9681 8394; NewQuay Marina at www.newquay.com.au or Tel: 9600 2049; Waterfront City Marina at www.docklands.com

Dockland Serviced Apartments

Docklands Serviced Apartments at NewQuay and Watergate is experiencing huge demands for accommodation requests and we invite all owners of properties to call us if you are considering turning your apartment into a serviced apartment.

Since last July we have added 30 apartments to our program and we continue to achieve great occupancy levels and a significant and steady income stream for all of our owners that has not dropped since we started. After over 3 years in business we are fast approaching 130 apartments and our Marketing is reaching a worldwide audience,

The Dockland's area has become Melbourne's favourite destination for both Corporate and Tourist visitors and with the introduction of the extended tram services to NewQuay it will only get better. The free City Circle Tram virtually goes past both Watergate and NewQuay and it is opening up a fabulous holiday type location for visitors to Melbourne and we invite you to join our very successful Docklands' Serviced Apartments. Become part of Docklands leading service apartment provider and reap the rewards on offer.

Visit us on www.docklandsservicedapartments.com.au and check us out with everything on offer to our guests and while there have a glance at our constantly updated news page.

Call Lyn or Peter on 1300 789 200 or email to peter@docklandsservicedapartments.com.au to see how we can work successfully together.



docklands property update

ROBUST GROWTH IN DOCKLANDS RENTAL MARKET

Despite recent reports, demand for rental accommodation in the Docklands' residential apartment market is rapidly increasing. This rise is being primarily driven by tenants' desire for the benefits of waterfront living within a convenient stroll from the CBD. In August, vacancies within Docklands' rental apartments held at 3.2%, well below the Inner Melbourne Vacancy rate of 4%.

Only 35 apartments were advertised for rent within the entire Docklands area in August, despite the recent settlement of the Village Docklands apartments. Lucas Real Estate has registered a record number of rental inquiries for apartments within the Docklands for the period between May to August this year, despite this typically being a slower rental season, to the extent that Director, Glen Lucas, is now offering tenants the opportunity to pre-register their interest so as not to miss out.



The market expects rental rates within the Docklands to increase over the next two years with existing precincts such as New Quay and Yarra's Edge moving into the next stage of the rental cycle with existing rentals being re-leased over a wider-spread time frame.

Despite the on-going supply of new apartments in the area, one bedroom apartments managed by Lucas Real Estate are currently being leased at \$270 - \$360 per week, with two bedroom apartments leased at \$350 - \$500 per week and three bedroom apartments leased at \$500 - \$680 per week. Higher rental returns are resultant of larger living spaces and the inclusion of study areas or fully furnished accommodation as well as multiple secure car spaces and, of course, spectacular waterfront and city views.

Statistical information has been generously supplied by the VicUrban Research Department. This property update has been sponsored by Lucas Real Estate in the interests of keeping the Docklands community informed on current property matters. Landlords or tenants who would like further information regarding leasing or rental opportunities within the Docklands may contact Lucas Real Estate on 9640 0222.

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As You Like It

by Inouk Arnall

The Starfish Rating System



Superb – A dining experience to remember
Highly Recommended



Recommended
Beats cooking for yourself



Below Average – Stay home and order Takeaways

Talking Plonk



Curry On The Docks

Overall rating: ★★★★★
Wine List: ★★★★★☆
Atmosphere: ★★★★★☆
Décor: ★★★★★☆
Variety: ★★★★★☆
Value: ★★★★★
Price Range: Entrées \$5.90-\$24.90
Mains \$10.90-\$29.90



Mmm...Naan bread, dipped in Tikka sauce, then over to double-dip in the Korma sauce with not an ounce of remorse. Poetry in the mouth! I must admit, usually when I feel like Indian, it means some quality take-away spread out in front of the telly! Not very glamorous I know, but it allows you to dip, mix and delight in your food without needing any, well, manners actually. Recently however, I discovered an Indian restaurant that actually enticed me to eat out. Curry On The Docks, next to the World Trade Centre, is strikingly decorated, traditionally authentic and the great waterfront views alone make dining there worthwhile.

Owner Ruban Murugesu is no stranger to hospitality. He's been serving up his North and South Indian cuisine at the popular Curry Lobby on Collins Street for nearly 5 years, and was keen to expand into the "soon to be bustling" new area around the Flinders Wharf Apartments. The new addition to the stable has all the ingredients for being successful; a great location overlooking both the Yarra River and the newly developed parklands, a winning menu offering authentic North and South Indian cuisine (soon to include Malaysian dishes as well), and an inviting, well-appointed interior.

With the intention of "creating something different", Ruben has spent a small fortune decorating his



light-filled venue with beautiful pieces. Stunning Indian carvings adorn the walls, wood carved tables that took a year to make are a big feature across the floor, and the ceiling is covered with hanging lanterns which, combined with the waitresses wearing traditional sari's, creates an ambient luxurious feel.

What a culinary adventure we had, starting with two very different Tandoori dishes; the vegetarian *Tandoori Paneer Tikka* (4 pcs, \$12.90), home made cottage cheese flavoured with ajwain and cooked in the tandoori oven. I found it strangely tofu-like, yet it was pleasantly smoky, delicately spiced and

sat on fresh tomato and cucumber. The other, an old western favourite, was the *Tandoori Chicken Tikka* (4 pcs, \$12.90), boneless pieces of chicken marinated with tandoori masala that were tender and delicious. With this we drank the LeGrys Sauvignon Blanc (from Marlborough, NZ), a great choice at \$8 per glass.

With so much variety, we went for a trio of mains, with obligatory Naan breads to match. The *Lamb Chop Curry* (\$22.90) consisted of tender lamb cutlets cooked in special South Indian spices and coconut in the tandoori oven and then added to the curry, making them succulent and quite spicy. The *Aloo Gobi* (\$14.90), cubes of potato and cauliflower cooked with an exotic Indian curry sauce is a great vegetarian dish. The cauliflower was slightly firm, mildly spiced and pleasurably sweet. Different again was the *Mushroom Masala* (\$14.90), fresh mushrooms cooked with capsicum, onion and green peas in a mild but rich and tasty tomato based sauce.

For the purpose of dipping (and so as not to miss out on the whole living room experience), we chose one of my favourites, the *Onion Kulcha* (\$3.90). This is Naan stuffed with onion, herbs and fresh coriander, simply delightful! The other was a *plain Roti* (\$2.50), perfectly cooked, stone ground, wholemeal Indian bread baked in the Tandoor. To compliment our dishes we tried a glass of *Scarpantoni 'School Block' Cab/Merlot/Shiraz* (\$7). This red had enough spice to hold its own against the strong food flavours, hailing from McLaren Vale it was a top choice.

Speaking of wine, there are 16 whites and 18 reds on offer here, 5 of each are available by the glass. The imported beer list is substantial too, which can be enticing if you're into the hot curries. To complete your meal there's a small dessert menu that I note is entirely dairy-oriented. We tried the *Pista Kuli* (\$4.90), a firm but favourable home made Indian ice cream, made green with pistachio nuts, and melting in your mouth to a rich creamy texture.

Curry On The Docks offers an all round authentic Indian dining experience. The venue can hold 120

people indoors for a function and more outside if required. A great "value for money" way to try their food is via their special Mon-Fri lunch deal. For \$14.50 you can eat as much as you like and choose from 6 different curries, Naan bread, chutney and raita. Sounds like a good deal to me, and perhaps one best savoured over a long lunch, rather than at a time when you want curry in a hurry! Be it dine-in, or take away if you must, head down to this newer Docklands precinct and check out another great addition to the Docklands dining landscape.



Task: Inouk and her dad Bruce share a bottle of wine from Dock on The Rocks.

Plonk: Lost Valley Winery, Hazy Mountain Merlot, 2003 RRP. \$32.99

Background: Nestled on the high slopes of Victoria's Great Dividing Range in the beautiful Victorian High Country, Lost Valley Winery produces unique cool climate wines from 5 hectares of hand picked, hand pruned, estate grown fruit.

Conversation:

- B:** This wine has a lovely dark cherry colour to it.
- I:** Yes, with tones of red currant. The nose indicates quality fruit; it just keeps opening up in the glass.
- B:** First impressions are that this is a well-balanced wine. It's aged in French Oak and then in American, which have given it a nice balance of tannins without the bitterness.
- I:** No doubt it would cellar very well. I think it's smooth with an attractive soft finish.
- B:** A good Merlot is an underestimated wine. This one is not cheap, but if you want to see how good a straight Merlot can be, then I'd definitely try this.
- I:** Forget those 'Merlot-bashing' lines from movies like Sideways, it's all about quality and this is a substantially complex wine.
- B:** So, how do you think my 'Porcupine Meatballs' go with it?
- I:** Dad, they've been a favourite since I was a little girl, so it's never hard to like them, but the sweetish tomato sauce actually brings out the fruit flavours of the Merlot quite well.
- B:** Good to know you're not too grown up for Meatballs.
- I:** As long as you keep serving them with this delightful wine, I'll never get sick of them!

You'll find this wine at **Docks On The Rocks**, which specializes in boutique and smaller wine producers, particularly from around Victoria.

Shop 23-25 Rakaia Way, Docklands Tel: 9642 3070

SNAPSHOT

Venue: Curry On The Docks
Location: Shop 5, 40-66 Siddeley Street, Docklands.
Head Chef: Basker Kannan-Udaiyar
Open: Dinner 7 Nights 5.30pm-10.30pm, Lunch Mon-Fri 12pm-2.30pm, Sunday Lunch- Special South Indian Buffet
Cards: All major cards and EFTPOS, no Diners Club
Other: Fully Licensed, Outdoor Seating, Take-away and free delivery to Docklands.



3 Main Dishes



Tandoori Chicken Tikka



Tandoori Paneer Tikka

"Fast & fresh"

Venue: Broadcast Cafe

Where: 160 Harbour Esplanade, Docklands (part of Telstra Dome and Channel 7)

What: Freshly made sandwiches, baguettes & foccacias, daily gourmet salads, quality soups, pastas and chef's specials, vegetarian dishes, fruit salads, cakes, muffins, snacks and Vittoria Coffee.

What we tried: Battered Fish (moist and fresh), Chicken Caesar Salad (with tender chicken, chunks of egg and crispy croutons), delicious Spinach & Ricotta Cannelloni (with a lovely rich Mediterranean style tomato sauce), Chicken & Salad Baguette (soft and fresh) and flavoursome Mediterranean Roasted Vegetables.

The Verdict: A bit hard to access the first time, but well worth a visit for great harbour views and good value café fare. You might even spot a TV star while you're there? Try anything Mediterranean, as this is one of the café's specialties.

Venue Features: Take away or dine in, floor to ceiling windows, outdoors balcony dining.

Open: 7.30am-4pm: Mon- Fri.

Special Offer for DCN readers: Get a free Vittoria coffee with any lunch purchase, upon presentation of this DCN copy.

As You Like It Competitions

WIN WIN WIN

Next edition competition:

Win dinner for two at Curry On The Docks!

To win dinner for two, with a glass of wine, please answer the following question:

Which Docklands restaurant would you like to see reviewed for an upcoming issue of As You Like It? The restaurant with the most entries chosen by readers will indeed be reviewed.

OR, to win a bottle of **Lost Valley Winery, Hazy Mountain Merlot, 2003** valued at \$32.99, please answer the following question:

What style of wine would you most like to see reviewed for my Christmas Edition of Talking Plonk?

All entries to: inouk.m@bigpond.net.au (by Oct. 31st)

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\$250,000	\$364	\$374	\$384	\$393	\$403
\$300,000	\$437	\$449	\$460	\$472	\$484
\$350,000	\$510	\$524	\$537	\$551	\$564
\$400,000	\$583	\$598	\$614	\$629	\$645
\$450,000	\$656	\$673	\$690	\$708	\$726
\$500,000	\$729	\$748	\$767	\$787	\$806
\$550,000	\$802	\$823	\$844	\$865	\$887
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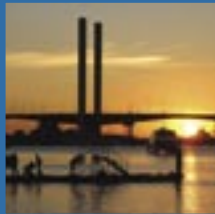
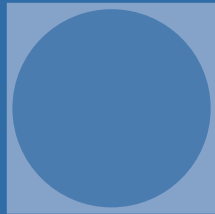
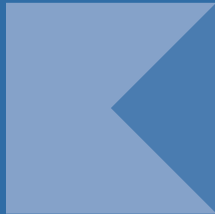
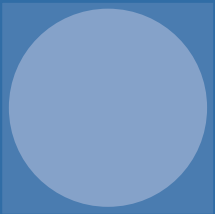
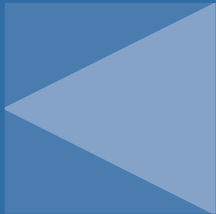
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