

# DOCKLANDS

## community news

APRIL - MAY 2008 | ISSUE 31 | Priceless

[www.docklandsnews.com.au](http://www.docklandsnews.com.au)

### Cool boarder

Docklands was the centre of the Moomba waterskiing action in March.



## The great skate debate

By Shane Scanlan



### Skaters are on thin ice at Docklands but escaped being banned at the latest Melbourne City Council meeting on March 25.

Councillor Peter Clark had proposed that skateboarding be banned from the entire Docklands precinct, but failed to get the support of the Council.

Cr Clark believes the skaters are destroying public property and have failed to respond to an education campaign. He also proposed a skate park for Docklands.

The Council's Community Services Committee had earlier reported "low resident tolerance" to skateboarding in Docklands as well as damage to public and private property.

But instead, the Council has opted to further educate skateboarders.

Council officers reported that current signs suggesting that skateboarding was not allowed in Docklands were, in fact, incorrect. Using a skateboard per se is not illegal in Docklands.

To be liable for prosecution, the skateboarder must be observed "to be endangering, intimidating or unduly obstructing or hindering any other person, causing a nuisance, adversely affecting the amenity of the public space, and/or destroying, damaging, marking, or defacing any property".

"Enforcement is also complicated by the fact that skaters are predominately young people and generally minors," the council's Community Services Committee report said.

The committee reported that local law officers had increased their presence in Docklands and had been passing on the message that skating in areas such as NewQuay was "not encouraged" and the officers had been requesting skaters to "move elsewhere".

Council management recommended three-months more education through its Skate Safe Ambassador Program at a cost of \$10,000. This has been accepted by the Council.

In its report to Council, the Community Services Committee pointed out that skateboarding had gained legitimacy as a means of sustainable transport for young people.

It also reminded the Council of its policy in relation to young people: "To create an inclusive, fair and healthy city where every young person can benefit from vibrant and cohesive communities, where young people are listened to, their right respected and their unique contribution and potential is realised."

#### Have your say

We want to know what you think. Should skateboarding be banned in Docklands? Go to [www.docklandsnews.com.au/skate](http://www.docklandsnews.com.au/skate)

### Wow, this is amazing

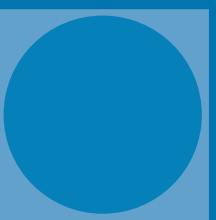
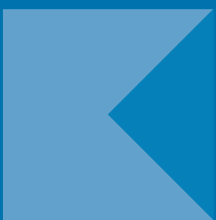
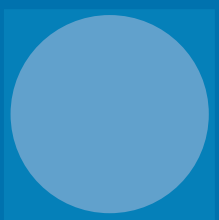
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**DOCKLANDS** community news

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**Deadline for June/July 2008  
edition is 16 May 2008**

# DOCKWORDS

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	R	E
U	O	S
E	W	H

Target: 21 words – Private  
31 words – Sergeant  
38 words – Captain

Solution to be supplied in next issue

**Solution to Puzzle from last edition**

abri, akin, aver, bake, bane, bank, bare, bark, barn, beak, bean, bear, brae, bran, earn, knar, nave, near, rain, rake, rank, rare, rave, rear, vain, vair, vane, vena, vina, airer, baker, barer, barre, brain, brake, brank, brave, break, briar, knave, naevi, naive, raker, raven, raver, ravin, reran, arrive, banker, barker, barren, braver, naiver, ranker, ravine, vainer, varier, barkier, riverbank,

# The parking paradox

**By Shane Scanlan**

**Parking – the great Docklands paradox – is the subject of a recently-released City of Melbourne report which indicates that there is both not enough of it and too much of it.**

While acknowledging resident concerns that parking is a scarce and precious commodity, the council doesn't really approve of it because parking encourages the environmentally unsustainable practice of motor car usage.

Its vision for Docklands is a place where residents, workers and visitors rely on public transport and innovations such as car-sharing schemes. The reality is vastly different.

The draft CBD Parking Plan (Incorporating Docklands) reveals that 34 per cent of visitors to Docklands drive. The CBD figure is 19 per cent. Some 51 per cent of all visitors to the CBD arrive by train. For Docklands, that figure is only 17 per cent.

For the last 30 years, the City of Melbourne has attempted to restrict motor car use through a parking limitation policy. Despite this policy, the number of car spaces in the city has doubled.

Under City Council planning rules, new commercial developments are restricted to providing only five car spaces per 1000 square metres of floor space. In Docklands, where the State Government controls planning through VicUrban, 30 spaces can be provided. The Council believes the figure in Docklands should be 11.

The report acknowledges that it has no real control of this but concludes: "Effective use and review of current planning scheme provisions will be an important tool to manage Docklands growth."

The Council also believes that Docklands is over supplied with residential parking. It is pushing for less than one space per dwelling in the CBD and of the maximum residential level of two per dwelling in Docklands, it says: "This may be higher than required in Docklands where there are alternative transport modes."

At the same time, the draft plan acknowledges Docklands residents' concerns about a scarcity of visitor parking, inappropriate restrictions and lack of enforcement.

There are 602 on-street parking spaces in Docklands. 30 spaces are less than 15 minutes, 280 are less than three hour, 91 are unrestricted, 57 are subject to ticket machines, 54 are loading zones, 17 are for the disabled, 29 are for taxis, 23 are for permit zone construction vehicles and 21 are classified as "other" – leaving 428 for visitors.

To help this situation, the Council proposes to:

- Remove parking restrictions after 7.30 pm, except near Telstra Dome;
- Charge for parking in areas of high-demand;

- Audit loading zones;
- Look at introducing one-way streets to get more space for parking.


It's solution for longer term visitors to Docklands is to "use more sustainable transport".

The report also acknowledges that potential visitor parking in residential blocks is scarce, expensive or is being sold as public parking. However, the Council says these are commercial matters for owners corporations to sort out.

For those illegally parking in disabled, taxi and loading zones or generally overstaying their allotted time, the draft plan says: "A stronger enforcement presence is required in Docklands."

And on the issue of the public illegally using off-street resident parking, the Council believes it can use Part 7A of the Road Safety Act to prosecute the offenders.

"The highest form of City of Melbourne participation would be for City of Melbourne officers to regularly patrol the parking facility," the draft plan says.



**onboard**  
docklands


## for local business

**Onboard Docklands, the Docklands Community Website, is the place to go to find details of Docklands-based businesses.**

Or, if you're a local business operator seeking to provide a service to the Docklands Community, then Onboard is the place to list your details. Onboard currently receives well over 3000 site visits each month.

Onboard is a free resource for the Docklands community. Visit the site to become a registered user and then you can add your information to the Onboard Directory.

You can find the site at [www.onboarddocklands.com.au](http://www.onboarddocklands.com.au)



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Artist's impression only







# Making Docklands your own ...

VicUrban has launched the first ever national brand campaign for Melbourne Docklands, promoting your inner-city waterfront domain for exactly what it is – a premier place to live, work and invest.

And what better way to do it, than to walk the talk – using real residents and workers who have already chosen to make Docklands their own.

The 'Make it your own' campaign comprises a series of print ads featuring a selection of Docklands locals espousing the benefits of the Docklands lifestyle. Shot in studio with elements of their own home or working environment around them, the images were later placed up against some stunning panoramic backdrops of Docklands – demonstrating how our chosen ambassadors have personalised the Docklands experience that is available to all.

So meet (if you haven't already) Emilio and Carol Bortignon, Paul and Sarah Cherny and Stephen Sacco – and find out how they have chosen to make Docklands their own ...

## Emilio and Carol Bortignon

Enjoying a passion for love, laughter and all things Italian, Emilio and Carol said 'arrivederci' to the family home in the suburbs and created a new nest at Docklands. The couple revel in their cosmopolitan lifestyle and value being part of a close, warm community.

"We always wanted to have a city view, to live by a river or to be near the sea. At Docklands we've ended up with all three. How fantastic!"

## Stephen Sacco

Stephen is the DVD Content Manager for BigPond Movies and works at Digital Harbour. An outdoorsman at every given opportunity, Stephen cycles to work and spends his lunchtimes running the 'Bolte Bolt' or simply strolling along the water's edge to admire the boats.

"Docklands has a relaxed, peaceful ambience about it. It's open and clean, full of great cafes, beautiful water views and with a great sense of space. I really like that."

The ads will run in The Age Good Weekend Magazine, The Weekend Australian Magazine, The Financial Review Magazine, the Qantas in-flight magazine, The Australian Way and BRW.

Developed in partnership with ING Real Estate (Waterfront City), MAB Corporation (NewQuay), Mirvac (Yarra's Edge), Lend Lease (Victoria Harbour), Atlantic Group (Central Pier) and Digital Harbour, VicUrban is aiming to both highlight the umbrella brand of Docklands as a whole, as well as the individual precinct offerings within it.

To find out more about the campaign or to register for the brochure, go to [www.docklands.com](http://www.docklands.com)

## Paul and Sarah Cherny

In 2004 Sunny Lifestyle Group Managing Director Paul Cherny decided to make Docklands home. Today the outlook has never been sunnier for Paul and Sarah. The newlyweds are in love with the convenience and diversity of their sparkling waterside location.

"Whether heading to the airport, going downstairs to grab a bite or picking up groceries... everything's easy at Docklands. Being near the water is brilliant and the views from our apartment are incredible. Life at Docklands looks and feels different everyday."

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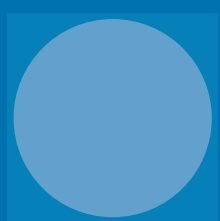
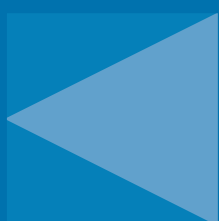
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# Nicole is picked by Pocket Book



Story & photo by  
Bart Strzebonski

**Talented Docklands writer Nicole Taylor has fulfilled a lifelong dream by having her short story published.**

Entitled "The Advertisement", the story takes place in post-war Sydney. The main character Anna, chances upon an advertisement too good to be true: rent-free accommodation. As she tries to ingratiate herself to the imposing writer of the advertisement, the truth about Anna's past and current circumstances begins to unravel.

The idea for the story came to Nicole after seeing an advertisement in the London Review of Books which offered rent-free accommodation in exchange for some light domestic duties.

"I thought this was very interesting and wondered what kind of a person would make such an offer. The story just grew from there and the finished product is quite different from what I started out writing and how I thought it would end up," she said.

The book has been published by 'Pick a Pocket Book' based in North Melbourne. The group specialises in short stories and provides support and guidance to up-and-coming writers.

Nicole stumbled upon the small independent publisher by chance. But she has been thrilled with the outcome of her fortuitous discovery.

"I approached the publisher, Marlene Meier hoping she could give me some feedback about my work but she ended up liking what I had written and decided to publish a story of mine," she said.

Writing has always been a passion for Nicole and having completed a degree in journalism, she found further success by having her work published in The Age and West Melbourne News. The talented writer also spent time co-writing and editing a play titled Fantasbojou which was performed in 2002.

Perhaps one of her greatest achievements was winning the 2000 VUT Award for Excellence in Creative Writing, a substantial achievement in a very competitive field.

Lovers of short stories are urged to visit the Pick a Pocket Book website which contains work from many aspiring artists.

"I believe 'Pick a Pocket Book' is a great means of publishing new writers as well as providing them with another outlet for their work," Nicole said.



For anyone wishing to obtain a copy of Nicole Taylor's short story 'The Advertisement' log onto [www.pickapocketbook.com](http://www.pickapocketbook.com)

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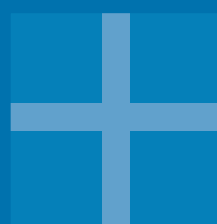
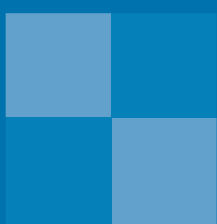
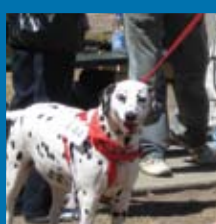
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# NewQuay goes to the dogs

**Hundreds of dogs will parade with their owners on the NewQuay Promenade at Docklands on April 13 as part of a fundraiser for Cancer In Kids @ the Royal Children's Hospital (CIKA).**

Consisting of 12 categories, Pooches on the Promenade will involve dogs of all shapes, colours and sizes, competing with their most fabulous hair do's and grooming prowess.

MAB Corporation's NewQuay General Manager Richard Cookesley said: "This event is a great, fun way for Melbourne residents to help raise funds for an important organisation such as CIKA."

CIKA, which is an auxiliary of the Royal Children's Hospital, works to increase the awareness of cancer in children and to encourage financial support to aid research into children's cancer.

"The event has previously been run on a smaller scale in Melbourne's suburbs, but relocating to Docklands makes it much more accessible for residents across the city," Mr Cookesley said.

To enter phone Don Jones on 0411 744 542. A \$10 entry fee applies.



## Pooches on Parade

**Popular Docklands vet Ann Dynon hosted the Flemington Pooches on Parade on March 2 which raised about \$2000 for Cancer In Kids @ the Royal Children's Hospital (CIKA).**

Some 53 dogs and their owners attended and were entertained by Mario Cassar and the Kuhuna Daddies.

Master of ceremonies Jim kept everyone informed as the day went on and Bernie was kept busy selling raffle tickets. The dogs were beautified prior to judging by Suzanna, Tenik and Karen in the dog pamper tent.

The humans were pampered in another part of the tent by Annette from Nutimetrix. There were some great stalls – home-made jams and chutneys, Royal Children's Hospital produce, jewelry, cakes and lemonade by Jude and Katie. The Rotary Club was kept busy cooking delicious sausages.

Some results were:

- Best dog in show and best groomed - June with Belle;
- Best dressed - Missy owned by Melissa Schone;
- Biggest dog - Axel owned by Brian Kelly;
- Smallest dog - Millie owned by Barbara Miller;
- Dog with most spots - Peggy owned by Kerrie Huy;
- Oldest dog - Isaac owned by Saltan Head; and
- Dog most like its owner - Rocky owned by the Dawson family.

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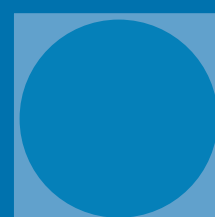
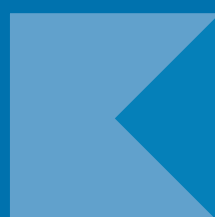
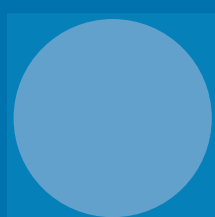
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# Minister **breaks new ground** at Victoria Harbour



**Planning Minister Justin Madden in March helped break ground on the latest residential development to get underway in Victoria Harbour, Docklands.**

Aboard a piling rig, Mr Madden helped drive in part of the concrete support base of The Montage – Victoria Harbour's third residential apartment building set to add another 85 dwellings to the approximately 3000 apartments currently built or under construction in Docklands.

Mr Madden said with the Docklands population expected to grow and diversify significantly over the life of the project, the recent bout of activity had been planned to ensure all the community's needs continue to be met.

"There is no doubt that Docklands is firmly establishing itself as a significant extension of Melbourne's CBD, with a stream of major corporations confirming they'll make it their home in recent times," Mr Madden said.

"However, a thriving successful community requires a balance and the right infrastructure and facilities can deliver that balance – and that's what we're seeing emerging behind the big business and residential towers that were among the first to become associated with Docklands."

Maurice Cococcia, General Manager Victoria of Lend Lease, said: "With the Safeway supermarket scheduled to open in April and the boutique specialty stores of the Merchant Street offering a unique retail strip tucked between parks and the waterfront area opening by mid-year, the area will be well and truly thriving by the time the Montage is completed in 2009."



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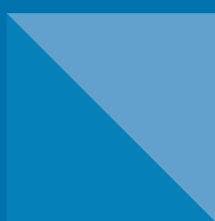
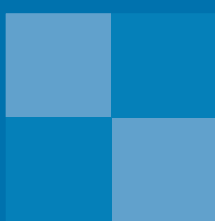
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# Lady Chelmsford **tragedy**

February 17 was a sad day for Docklands Chamber of Commerce President Keith Rankin as his 33 metre historic showboat Lady Chelmsford went to the bottom of Victoria Harbour.

Mr Rankin was driving through Lilydale when a call came through from Docklands that the vessel's automatic pumps were discharging water.

Twenty minutes later the former Sydney Harbour ferry was completely submerged.

Lady Chelmsford has been a feature of Docklands for many years. She featured in our first edition in May-June 2003.

According to Mr Rankin, it is not yet known what caused the tragedy. He said divers had inspected the vessel but she was lying on her port bilge and the rest of the hull could not be seen.



Lady Chelmsford was in the process of being restored and was due to be taken to Hastings for extensive refitting above the deck line.

Mr Rankin is in discussions with his insurers on the fate of the vessel. The cost and appropriate method of raising the vessel had not been determined.

When first commissioned in 1910, Lady Chelmsford was originally steam powered. In July 1933 she became Sydney Harbour's first diesel powered ferry.

Her varnished timbers, brass and copper fittings and general elegance will be sorely missed.



## Car sharing comes to Docklands

Docklands will soon benefit from car sharing with the introduction of nine car share spaces.

Since the City of Melbourne introduced a car sharing scheme in 2005, there has been a 25 per cent reduction in car usage and car ownership by car share members.

Car sharing allows members to rent cars by the hour or by the day. Rental includes petrol, insurance, cleaning, maintenance and registration.

Council provides car spaces reserved specifically for car share cars which can be accessed easily and returned for the next user.

The City of Melbourne has the highest number of car share spaces in Victoria with 29 locations distributed throughout its municipality. This forms part of its commitment to increase access to sustainable forms of transport.

The Council is continuing to work with car share providers to further extend the network of car sharing spaces into suburbs such as South Yarra, East Melbourne and Kensington.

To find out more, or to register to take part in the new car sharing scheme in Docklands, visit [www.flexicar.com.au](http://www.flexicar.com.au)

## Have a say on Future Melbourne

The City of Melbourne has been working with the Melbourne community over the past twelve months to develop a new long-term plan for the city.

Called Future Melbourne, this plan will guide the City of Melbourne's decisions and actions to 2020 and beyond.

The plan will include actions that need to be taken to ensure the city is prepared for future changes, as well as longer-term aspirations and ideas.

A draft of the plan is being developed in an online 'collaborative environment'. This is a website you can visit now to view and make comments on the working draft of the Future Melbourne plan.

The draft online plan will be open to public comment on Saturday 17 May.

Comments received before Saturday 14 June will be reviewed and considered for inclusion into the final plan.

Visit [www.futuremelbourne.com.au](http://www.futuremelbourne.com.au) to view the draft Future Melbourne plan. From 17 May, the plan will be available for comment online, at public libraries or from the Melbourne Town Hall.

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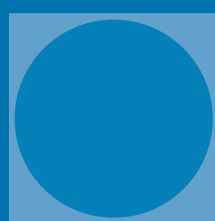
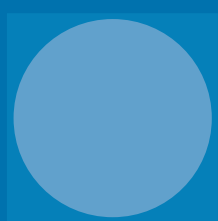
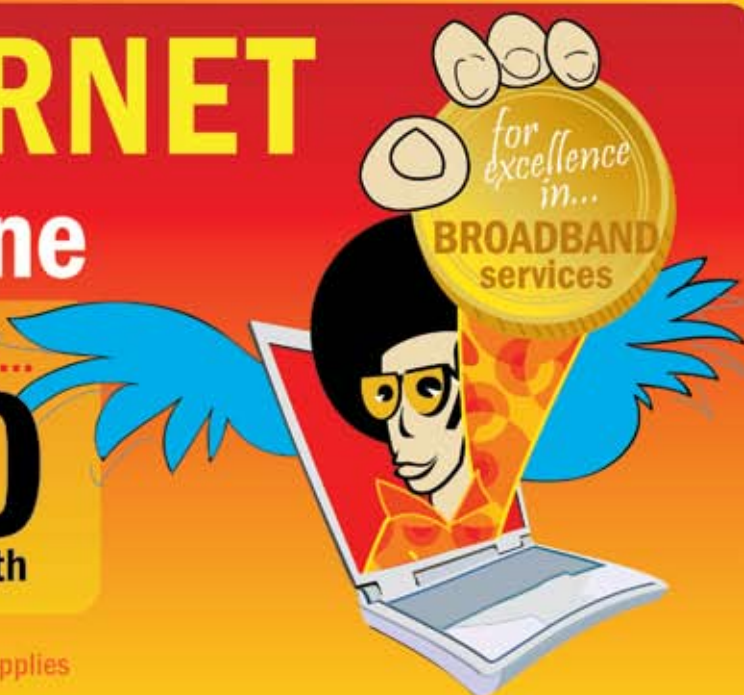
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# Showcasing our unique past, present and future

**Docklands locals, past and present, are currently recording their lives on video for the making of an exciting documentary about the people who live and work in the area.**

Talking Docklands is a collaborative project between Open Channel, the City of Melbourne and Portable Content. Open Channel's Executive Producer, Gai Dunlop said: "This project is a wonderful showcase for real Docklands stories. The idea of Talking Docklands is to inform and document this embryonic city within a city."

Following a recent call for entries, eight people have been chosen to undertake autobiographical video diaries that will culminate in the creation of a 'video quilt'. "It will let us into their world and give voice to the community living and working in Melbourne's most rapidly evolving precinct," Ms Dunlop said.

According to Project Manager, Sherwin Akbarzadeh of Portable Content, Talking Docklands would-be video diarists are a diverse bunch. Some have seen the area advance from its industrial, maritime roots, including a couple of old wharfies, a factory worker, and a seaman. There are others who know the docklands only as an exciting, modern hub and are represented by a student, an artist, a business owner and a young professional.

"We're providing the diarists with the equipment and, for those who don't have much experience, some basic training on how to use it. It is anticipated that we will use about two or three minutes worth of material from each participant," Mr Akbarzadeh said.

"By bringing these unique backgrounds and experiences together, the Talking Docklands project hopes to reflect the rich community tapestry in this diverse and ever-changing precinct."

Talking Docklands will be launched in June.

# Sustainable development for Stadium precinct

A \$300 million sustainable development has been announced for Docklands' North East Stadium Precinct (NESP).

**Planning Minister Justin Madden said the development known as the Lacrosse Docklands would receive the VicUrban Ecologically Sustainable Design (ESD) Award of Merit.**

Features will include:

- A blackwater treatment plan which will re-use 70 per cent of stormwater; and
- Rainwater from roofs will be used to flush toilets and podium water will be used for irrigation.

"The Lacrosse Docklands development will see 550-600 residents call the place home. As well, two new entry points have been created to the Telstra Dome concourse for people coming over the Latrobe St bridge," Mr Madden said.

VicUrban has entered into a development agreement with 675 La Trobe St Pty Ltd – a joint venture between Pan Urban and Halim Group, to develop the site.

"The Lacrosse Docklands will feature a 21-level city-facing tower and 18-level water-facing tower that will create a precinct to add to Melbourne's ever growing CBD community," Mr Madden said.

The development will also see 300 SoHo (small office/home office) apartments, 120 serviced apartments, and more than 5000 square metres of retail space.

VicUrban CEO Pru Sanderson said the development was in line with VicUrban's vision for the entire stadium area.

"The proximity to both Southern Cross Station and the CBD, combined with easy access to the Docklands waterfront makes this a prime area in which to deliver an active, integrated development unique to this part of the world," Ms Sanderson said.

"The project will also further strengthen the diversity of the Docklands wider community, bringing in additional residential, retail and commercial opportunities."

Construction is scheduled to begin in mid 2008 with completion in 2010.



# Farmers Market comes to Docklands

Docklands Farmers Market opened for business at Waterfront City on March 29 and will continue on the first Saturday of the month for the rest of the year.

With over 40 stalls selling fresh, locally made produce including organic fruit and vegetables, homemade condiments, bread, free range eggs, cheeses, local wines, herbs and spices, homemade pasta, honey and

fresh meats, Docklands Farmers Market offers something for every household.

Not only does the Farmers Market provide the Docklands community with quality fresh produce, it offers an opportunity to learn from the producers themselves about the nutrients and ingredients - plus you might even find out a few innovative recipes that are sure to impress at your next dinner party!





# Fashionable Docklands

Melbourne's newest waterfront destination, Central Pier Docklands, was a bustling fashion hub when it hosted this year's L'Oréal Melbourne Fashion Festival (LMFF) in March.

Having rolled out the red carpet for international A-list celebrities including Hugh Jackman and Giselle Bundchen, Central Pier is Melbourne's premier events, cultural and community precinct.

Famous faces were not the only people spotted clinking champagne flutes, as Central Pier opened the LMFF official bar and restaurant at Sumac in Shed 14 for all fashionistas to enjoy, before moving a few doors down to Peninsula for the major runway shows.

The party continued at Alumbra in Shed 9, where audiences were treated to a true VIP experience enjoying sumptuous cocktails and fabulous music.



Photos: Carla Gottgens

## Vale Len Reddoch

The Docklands Community News notes the sad passing of Dockland's oldest resident, 96 year-old Len Reddoch, who passed away in mid-March.

Len was one of the modern pioneers of Docklands, having moved into the Arkley building at NewQuay in 2002.

Many Docklands residents will remember seeing Len ambling toward the tram stop on Harbour Esplanade, or later whizzing along the esplanade towards the station on his red mobility scooter.

Active and acute right into his mid-90's, Len was also a regular at many local events.

His life had a progression of links to Melbourne Docklands which were outlined in an article that graced the front page of the first of the Docklands Community News.



Vale Len Reddoch, our oldest Docklander - we extend sympathies to his family and friends.

## Community Association meeting

The Docklands Community Association meeting will be held at The Hub on 9 April from 7pm. The agenda will include:

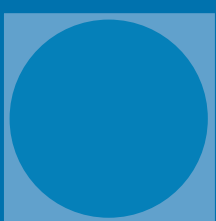
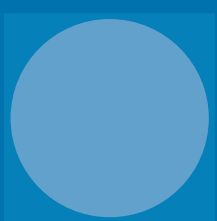
1. Development of full and social membership types;
2. Clarification of the status and voting rights of business entities that may wish to become members of the association; and
3. Clarification of anomalies in the election of committees and sub-committees.

The meeting is open to all DCA members and residents or home or business owners who join on the night.

## It's Espresso and Caramel crunch time...



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2008

# CONTEMPORA2



And the  
**winner**  
is....

Melbourne artist Dan Wollmering has taken out the \$10,000 first prize in this year's Contempora Sculpture Award for his piece Waterfront.

Originally from the USA, Dr Wollmering lectures in sculpture at Monash University and has been a participant in every Contempora since its inception in 2005.

The \$5000 second prize went to Cameron Robbins for his Wind Drawing Test Rig.

Some 33 large scale outdoor sculptures are on display at Docklands until April 20.



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# Motor Art

Contempora took on an automotive theme on March 15 with the opening of the "Motor" exhibition at Central Pier.

Curated by Jason Waterhouse, about a dozen artists gave their take on the time of year when Melbourne revs up.

Contempora Director Marg Harris said the artists transformed a blank space into something significant in an amazingly short space of time.



## Victoria Harbour Young Artist Initiative

The Victoria Harbour Young Artist Initiative is an exciting and unique addition to the Contempora Festival of Sculpture & Public Arts at Docklands.

Targeting our next generation of artists and in conjunction with the Victorian College of the Arts, it invites students to respond to a specific environment and develop a sculptural piece that connects and integrates with the surrounding public space.

The chosen environment is the Water Plaza, a just completed waterfront plaza located on the promenade of Victoria Harbour.

The young artists selected are: Klara Kelyv; Ben Woods; Ren Gregoric and Natalie Holloway; Marcin Wojcik; and Rachael Bauman and Aerin Langworthy

Their works are being displayed at the Water Plaza as part of the Contempora Festival from April 2 to 20.

An example of the work includes 'AS4602' which utilises existing pylons with an arrangement of fluorescent orange vests. This work is intended to become a light-hearted tribute to the tradesmen whom, while integral and highly visible during the construction phase, on completion of site projects can become a forgotten memory.

Sponsored by Lend Lease, the initiative is extremely important in providing the opportunity for students to develop their skills in looking at environments and responding to this in the work they create.

It allows artists to produce new works in relation to the sites context, informing them of the conceptual parameters involved and performance criteria of artworks once situated in the public realm.

Lend Lease Development General Manager, Maurice Cococcia, said he hoped the initiative continued as part of Contempora every year.



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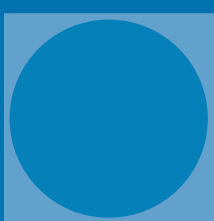
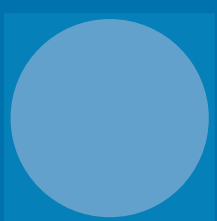
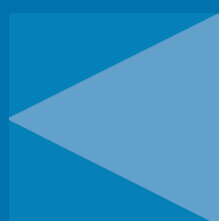
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# The Moment of Truth HAS ARRIVED!



By Guy Mason, Docklands Church Minister

## The highly controversial show, 'The Moment of Truth,' has hit Aussie shores with a bang.

For those who've not yet seen the show, here's the gist: contestants in search of big bucks answer questions about their work, family, relationships, sex life, hopes and dreams. Pretty straight forward stuff, right? But here's the catch; each question must be answered truthfully. If they lie, the polygraph test (taken before the show) will stop them in their tracks and they go home empty handed. As you can imagine, the tension is unbearable as people unmask their lives before billions of viewers at home – making it a ratings winner!

As I watched this program it became increasingly evident that we all have things in our lives that we don't want others to know about; so either we lie or avoid the questions. The *Moment of Truth* is yet to find anyone who's been willing to go the distance and answer all questions truthfully. This presents a deeper question for us; is there anyone who we can trust to be honest and open with us?

The Bible talks about a God-man from Nazareth in the first century named Jesus who performed amazing miracles and said powerful stuff about this world and our lives. Interestingly, he made bold claims, one of which was that he was without sin, ie, he loved God and others completely and perfectly. This of course means he never told a lie. Now I know in my life, that I could never make such a comment and mean it. But Jesus did, and what's more, no one ever proved this wrong. He was always honest, always loving, always generous, always serving and always perfect!

This is good news for many reasons. It means we can trust the things he had to say about life and the world we live in. It also means we can bring our questions to him, knowing we will also receive an honest and truthful response.

At Docklands Church we have been encouraging people to think about some of the bigger questions of life. We've had some great responses – why is there suffering in the world? What will heaven be like? What does the Bible say about divorce? Is it ok to be rich? What about sex outside of marriage? What does the Bible say about the spiritual realm, tarot cards, people who speak to the dead? And so on ...

This month we will choose the top 10 questions as voted by the community. These will become the basis of a series of talks at Docklands Church. This will be an exciting time and I encourage you to come along and be part of the fun. We meet every Sunday at 10.30am at James Squire Restaurant, Waterfront City.

In addition you might like to pose a question to this column which I would be happy to address in the next issue. Send your question to [guymason@docklandschurch.org.au](mailto:guymason@docklandschurch.org.au)

Peace and love,  
Guy Mason

# PICNIC TIME at Victoria Harbour

To celebrate the one year anniversary of Dock 5 and the impending arrival of The Mosaic and The Montage, Victoria Harbour hosted a harbour-side picnic for all purchasers and residents on February 24.

In addition to great food, Americas Cup hero John Bertrand attended representing the Alannah and Madeline foundation and played host for the day. There was Bocce, mini-golf, a live band and D'Albora Marinas took residents out on the water for tours of the harbour.

Maurice Cococcia, Lend Lease Development General Manager for Victoria said the day was a great opportunity to get everyone together and celebrate living at Victoria Harbour.

"It was a great success with nearly 250 purchasers and residents attending. Victoria Harbour is still an infant but the strength of community that already exists indicates to me that it will become a community that lasts forever," he said.



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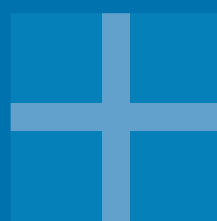
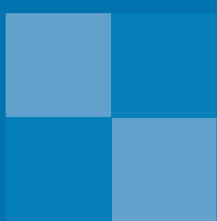


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# Mirvac unveils *Laanecoorie Reservoir 10:09am* at landmark urban art site



A photographic interpretation of Victoria's drought-ravaged landscape has been selected as the latest urban art installation at the Tower 1 billboard site at Yarra's Edge.

*Laanecoorie Reservoir 10:09am* by Rodney Dekker aims to illustrate the ramifications of drought.

Dekker has a strong interest in documenting social and environmental stories. Since December 2006 he has photographed various aspects of drought in New South Wales and Victoria in many separate road trips.

The Laanecoorie Reservoir image of parched earth was taken immediately following a summer storm in January 2007. A young girl is captured playfully running through the water overflow before it evaporated into the gaping cracks created by the drought.

"With empty reservoirs, dry watercourses, scant pasture and little soil moisture, farmers are increasingly finding themselves with failed harvests and having

to feed livestock with grain or relocating them. The last option is to sell and loose generations of breeding. This photograph aims to depict a consequence of that drought," Dekker said.

Mirvac's urban art program encourages artists to consider relevant themes, in particular, the strong water focus, urban interface and the indigenous and industrial history of the Docklands site.

## Networking Docklands Style

Docklands is to have its own networking club for business people.

Called Peer to Peer, the club will be run by magazine editor Tara Strong and will meet on the last Thursday of every month.

Its aim will be to create a regular informal meeting for networking and socialising in a relaxed environment.

Ms Strong said the idea for the club arose from conversations with local business owners, newly arrived workers and businesses who want to do business in Docklands.

"People have told me they want a place to go on a regular social and business networking level to meet other people who are working or have a business in Docklands, or are interested in doing business in Docklands," she said.

"Many small to medium businesses that operate out of apartments in Docklands can feel a little isolated, as they don't have a way to connect with the other businesses around them. Also, with the arrival of the large corporate companies and their employees and with more to come, people are searching for a way to get to know more about how they can be involved in Docklands, their new working environment."

In addition, Peer to Peer will offer companies the opportunity to sponsor nights, giving them a platform to introduce themselves to the Docklands corporate market or share their latest news, whether it be the launch of a new product, strategy or initiative, in a relaxed and informative environment.

For information regarding membership or sponsorship, call 0437 388 896.

## NEW BUZZ for this business



Docklands businesswoman Sandy Ewing recently won a jetski in a competition for Aquavista lessees.

In our photo MAB Corporation Managing Director Andrew Buxton presents Sandy with her Yamaha VX Cruiser jetski.

Sandy moved her personalised match-making business to Aquavista Towers in July 2007.

"The fantastic modern feel of Aquavista reflects our culture, while the location is perfect for our corporate business," Sandy said.

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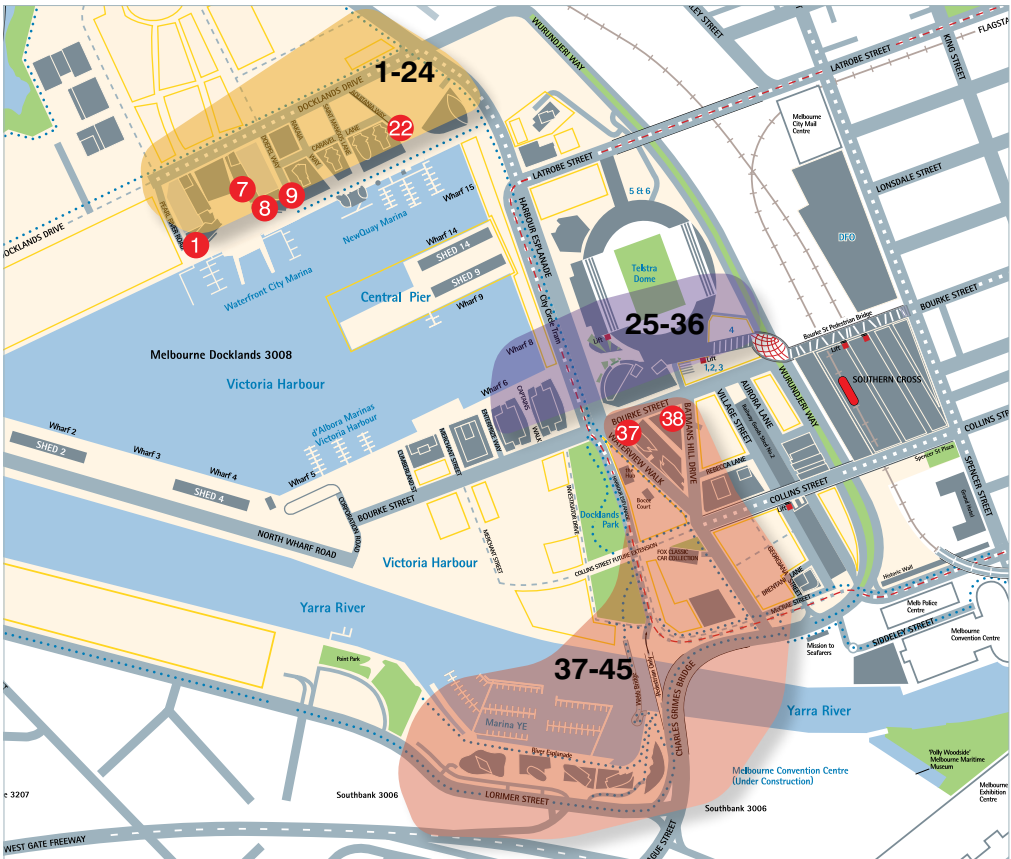
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# Docklands Worker's Guide To: “finding a great lunch”



## Legend

- |                     |                 |                     |                             |
|---------------------|-----------------|---------------------|-----------------------------|
| 1 James Squire      | 12 Bopha Devi   | 23 The Quay Bar     | 35 Centrocelli Café         |
| 2 Hot Chocolate     | 13 Liquid       | 24 Waterside Bistro | 36 Gusto Bakery             |
| 3 Starbucks         | 14 Renzo's café | 25 Livewire         | 37 Gloria Jeans             |
| 4 Kebabbque         | 15 Re Juice     | 26 Nandos           | 38 The Nixon                |
| 5 Red Rooster       | 16 Brot         | 27 Spud Bar         | 39 Lot 50                   |
| 6 Goodday Mate      | 17 Livebait     | 28 Souvlaki Way     | 40 Iku- Izakaya             |
| 7 Moored            | 18 Berth        | 29 Subway           | 41 Yarra's EdgeBar and Cafe |
| 8 BCM Bar           | 19 Medici       | 30 Sush- Noodles    | 42 Promenade Café           |
| 9 Kobe Jones        | 20 Lounge Room  | 31 Café 23          | 43 Café Bouquet             |
| 10 Bellissimo       | 21 Fish Bar     | 32 Scooters         | 44 Watergate Café           |
| 11 Victoria Harbour | 22 Achelya      | 33 Harbour Café     | 45 Summit                   |
|                     |                 | 34 Lamore           |                             |



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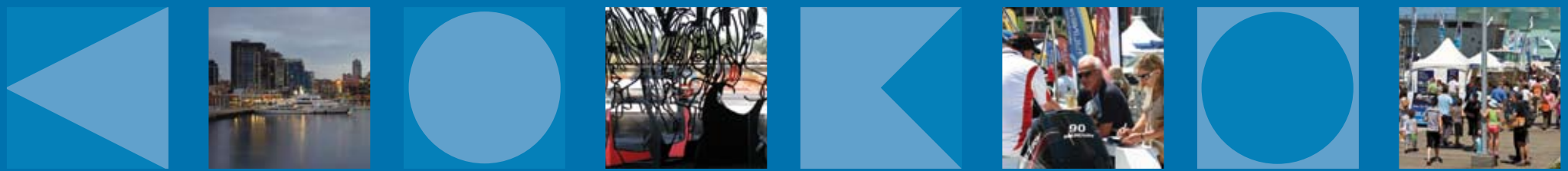
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# You are what you Stress!

By Sara Picken-Brown

Can't shift that tyre of fat from your stomach? It might not be what you put in your mouth that's fully to blame, but how you handle stress that's the culprit.

Richard S Lazarus defined stress as feeling that "demands exceed the personal and social resources the individual is able to mobilise." The "demand" can be a change of any kind which requires the body to adapt. The response is automatic and immediate. Eustress (good stress) helps us perform better and distress (negative stress) causes upset or makes us sick.

How is stress making you fat though? Put in simple terms, what you stick in your mouth winds up in your bloodstream and gets stored as fat if you have surplus. Under stressful situations the body releases glucocorticoid hormones (cortisol, insulin, adrenalin). One of the many roles of insulin is to store fat and prevent fat metabolism. This storage is generally most prevalent around the mid-section, cue spare tyre. Insulin resistance is developed over time with the constantly elevated levels of cortisol preventing the insulin hormones from behaving normally. The body over compensates and produces far more insulin than it really needs, fat burning stops for longer periods and more storage occurs.

At the very beginning of a stressful situation the body shuts down the gut. The glucocorticoids released by the pituitary gland suppress appetite. As do another

bunch of hormones called corticotrophin releasing factor (CRF). They're responsible for charging you up, increasing the heart rate and getting you ready to kick the sweet liberty out of your attacker or run for the hills. "Great," you might say. "I'll just stay stressed and I'll loose weight." I am afraid the prognosis is not quite so rosy. Many short bursts of stress increase the activity of the sympathetic nervous system, increasing the amount of insulin released into the body causing blood sugar levels to drop, thus prompting 'binge eat' when the stress has passed.

Ever had any of these symptoms when stressed? Tired, headache, insomnia, muscle aches/stiffness (especially neck, shoulders and low back), nausea, trembling, anxiety, anger, frustration, worry, fear, irritability, impatience, short tempered (we all know someone in the office like this), yelling, swearing, blaming, poking your finger in your eye ... just checking you were still reading. The long term build up of the glucocorticoid hormones actually begin to diminish memory and concentration. Regular exposure causes neuronal damage leading to memory loss (alzheimer's), high blood pressure, diabetes, immune and reproductive problems. So in a nut shell stress is actually killing your brain cells and damaging your body.

So don't stress man! Easier said, than done huh? Exercise is a good place to start as it creates an endorphin (feel good hormone) release into the body. Regular exercise helps as an outlet of frustration, muscular tension and it cultivates increased self-esteem and self-efficacy, low forms of which are a known source of psychological stress.

Ultimately the type of activity you undertake should be enjoyable and be a pursuit that you find fulfilling for social or goal oriented reasons. It is advised that you ask a professional Trainer at the gym for advice on what exercises and modalities are best for you.

As with anything, moderation and listening to your body is the key. Too much activity and the wrong type can be deemed stressful on the system so speak to a trainer about how to maintain balance.

If stress is becoming difficult to manage support is available. The Hub Docklands is an information service for the local community and more in depth advice is available from Beyond Blue or your GP.

[www.pocketrocketproductions.com.au](http://www.pocketrocketproductions.com.au)  
[www.mental.health.wa.gov.au](http://www.mental.health.wa.gov.au)  
[www.beyondblue.org.au](http://www.beyondblue.org.au)



## Health is on the agenda

Health conscious Docklands resident Sara Picken-Brown is looking to hold information seminars for locals on health, stress management, nutrition and exercise strategies.

For more information visit [www.pocketrocketproductions.com.au](http://www.pocketrocketproductions.com.au) or email [theleannshed@bigpond.com.au](mailto:theleannshed@bigpond.com.au)

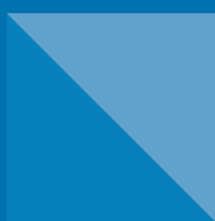
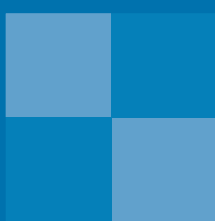
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# Docklands Community Calendar

Date and Time	Event	Venue and Location	Description & Contact details
Saturday, April 5 Doors open: 7.30am – close 9.30am Rally cars arrive from 7.30am – flag off 9am	RACV 2008 Fly the Flag Rally	Fox Classic Car Collection Cnr Batman's Hill Drive & Collins Street Docklands Entrance off Batman's Hill Drive	Over 150 classic vehicles will assemble at the Fox Classic Car Collection to start the RACV-sponsored 2008 Fly the Flag Rally. The car collection of trucking magnate Lindsay Fox will be open for viewing prior to the flag off.  Door donations for charity would be gratefully accepted.  Further information at: <a href="http://www.foxcollection.org">www.foxcollection.org</a>
Saturday, April 5 8.00am – 1.00pm	Farmers Market	Waterfront City Piazza, Waterfront City	Become passionate about the food you put on your table by heading down to Docklands Farmers Market to select from a smorgasbord of delicious fresh and gourmet produce.
Sunday, April 13 11am – 1.30pm Parade starts at 12.15pm	Pooches on the Promenade	NewQuay Promenade	As a fundraiser for Cancer In Kids @ the Royal Children's Hospital (CIKA), hundreds of dogs will parade with their owners on the NewQuay Promenade at Docklands.  All Pooches will be judged on their finest Sunday hair-do's and outfits. \$10 entry fee.  To enter phone Don Jones on 0411 744 542.
Until April 20	Contempora2 Festival of Sculpture 2008	Docklands	The Docklands will transform into a showcase of modern art when it hosts the exciting six week Contempora2 Festival of Sculpture 2008, which will see large scale sculpture, public art projects, events and forums taking place throughout the precinct.
Until June 22	Disco on Ice at Waterfront City	Waterfront City Pavilion, Waterfront City Docklands Drive Docklands	From \$7 for participants \$3 skate hire and spectators



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- Turkish bread roll

\$8.90

\$9.90

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Information current as at April 2008. Any application for credit is subject to Westpac's normal lending criteria. Westpac financial planners are not qualified to give tax advice. Your individual situation may differ and you should seek independent professional tax advice on any taxation matters. Westpac Banking Corporation, ABN 33 007 457 141. 131957 (03/08)

A decorative footer bar with a blue background. It features a series of geometric shapes: a large blue triangle pointing left, a square with a circular cutout, a solid blue circle, a square with a circular cutout, a large blue triangle pointing right, a square with a circular cutout, a solid blue circle, and a square with a circular cutout. Interspersed among these shapes are four small images of art installations: a sculpture of a person in a chair, a large circular sculpture, a sculpture of a person in a chair, and a large circular sculpture.





# City of Melbourne Welcome to International Students

The City of Melbourne recognises the contribution international students make to the cultural and social life of the city, and will be welcoming all international students with a free event on Sunday, 27 April 2008 from 11am to 4pm.

This year the event will be a fun-filled 'treasure hunt' where international students can get together to explore the city and learn about the products and services it has to offer. International students can walk and tram their way around Melbourne as they hunt for clues and prizes.

The event will begin at Melbourne Town Hall at 10am where students can pick up a passport and map before heading off at 11am. The treasure hunt will take students to key sites in the city and there will be spot prizes and clues along the way. The day will finish at Federation Square at 2pm with an official welcome by the Lord Mayor, prizes and entertainment.



## Get active and engaged

With the rapid expansion of the Docklands and more companies relocating their operations to the area, Melbourne City Sports (MCS) has started lunchtime programs.

MCS realised the need to expand its operations to ensure the corporate and residential communities have access to programs and services to get active and social within their community.

During February, MCS held its first Docklands Come 'n' Try Day at The Hub to give the Docklands community a taste of the lunchtime corporate activities available and promote the upcoming programs coming to the area.

Although the weather proved to be a little gloomy, attendance was promising with approximately 50-60 people from various organisations participating.

On offer were a range of activities including mini basketball, bocce, volleyball and a free yoga session. Giveaways included drinks, snacks and vouchers with one lucky participant walking away with a new pair of Brooks runners.

The Yoga session received great feedback and as a result, MCS is introducing Yoga-Pilates Fusion commencing Thursday, April 17 at The Hub. The program will run for 10 weeks, 12.00pm – 12.45pm at \$100 per participant. Keep your eyes out also for a new soccer program to commence later in the year.

MCS will also be conducting a series of FREE Community Movie Nights which are held outdoors on an inflatable movie screen with viewers welcome to bring along their own picnic dinner. The first of these events was April 4 at Yarra Park along Yarra's Edge. The next event will be on May 17.

For more information about the FREE movie nights or to register for Yoga-Pilates Fusion, contact Melbourne City Sports at [mcs@ymca.org.au](mailto:mcs@ymca.org.au), visit [www.melbournecitysports.ymca.org.au](http://www.melbournecitysports.ymca.org.au) or call 9347 3532.

## On tour for a cure

35 cyclists left Federation Square on March 31 on a 1200 km ride to raise money to fund cancer research.

Known as Tour for a Cure, the riders will raise money for the Prostate Cancer Foundation of Australia, the National Breast Cancer Foundation and Camp Quality.

Becoming a Tour de Cure cyclist is not to be taken lightly. Each cyclist must commit to raising \$10,000 in donations in order to participate, and must leave their families and business to participate in the 9 day event, as well as train aggressively in the months leading up to it.

The group hopes to raise \$2 million. To donate, visit [www.tourdecure.com.au](http://www.tourdecure.com.au).



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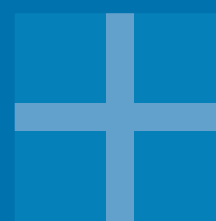
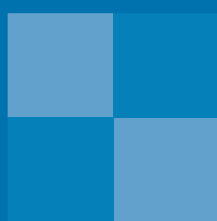
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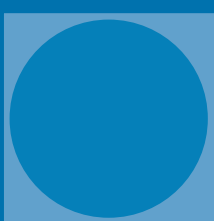
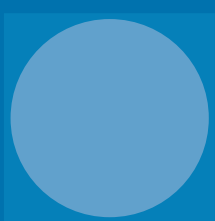
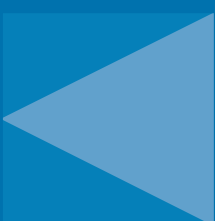
# SERVICE directory

To include your business details in the Community News Service Directory, phone 9602 2992.

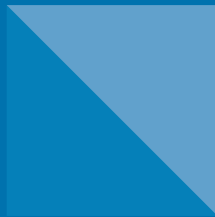
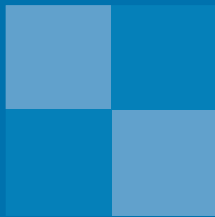
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Internet	Podiatry	Lucas Real Estate	
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# Docklands Community Sports Page

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## Pentanque season closing

There are only two more  
Pentanque dates for the year  
- 11 April and 9 May so  
come along to experience  
the sport.

**Venue:** Point Park, Yarra's  
Edge, Docklands  
**Time:** 5.30pm until 8.00pm  
**Contact:** Jackie and Rod Phillips  
Mob 0417 362 585  
**Dates:** Friday Evenings  
11 April and 9 May  
**Equipment  
and training:** Supplied free

## Unwind with the Coffee Ride

The Docklands Cycling Group has been enjoying a fortnightly social ride since the beginning of February. These rides have been selected along bike trails around inner Melbourne, and have been an easy 15km distance – suitable for anyone.

Cyclists have enjoyed these rides that combine exercise and socialising whilst seeing interesting sites of inner Melbourne from a cycling perspective. The Coffee Break during the ride is always a highlight where a quality café is chosen for the group to relax in, and enjoy the spoils of a well-earned drink.

The Coffee Ride is an initiative from the Docklands Church, which sees this venture as a great way to contribute to the life of the Docklands community, and all are welcome.

The rides start and finish at Docklands on Sunday afternoons (every fortnight).

Upcoming rides are:

**Sun April 6:** St Kilda  
**Sun April 20:** Carlton  
**Sun May 4:** Albert Park Lake  
**Sun May 18:** Along the Yarra River

Rides begin at 3pm and finish around 5pm – meeting at 'Cow in a Tree' (Central Pier, Docklands).

For more information please contact:  
Chris Griffioen 0421 075 009  
[christhegriff@yahoo.com](mailto:christhegriff@yahoo.com) or  
Heather Crow 9681 9726  
[heathercrow@fastmail.fm](mailto:heathercrow@fastmail.fm)



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