The voice of Docklands | 道克蘭之音

DOCKLANDS & NEWS

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A meeting of the minds

A new public artwork has been added to the Docklands collection.

MAB Corporation unveiled Wang Shugang's *Meeting 1* at NewQuay last month and it's already attracting plenty of interest.

Maria Valente (pictured) was in Docklands

last month when she spotted the sculpture.

"I think it's a really interesting artwork. It definitely caught my eye," she said.

Read the full story on page 8.

Plan moves in the right direction

Docklands will receive a \$36 million investment into transport infrastructure, according to a plan released by Places Victoria and City of Melbourne last month.

Access Docklands outlines a range of transport initiatives including the \$20 million extension of the Collins St tramline, currently under construction in Victoria Harbour.

According to the plan, \$150,000 has been committed to increasing traffic capacity on Bourke St and Batmans Hill Drive to improve traffic movements from Docklands to Wurundjeri Way.

Funding has also been confirmed for the establishment of an Access Docklands Travel Management Association with Docklands employers, community representatives and government agencies.

The report also confirms plans for a feasibility study into a pedestrian and cycling link between North Melbourne Station, E-Gate and Docklands and into the potential for a Lonsdale St extension through to Etihad Stadium.

The plan also commits to starting design and feasibility studies for Docklands' water transport systems, including the proposed Yarra River ferry and Docklands shuttles.

A range of transport initiatives received funding and other plans have been noted for further development.

"Access Docklands will ensure the right transport infrastructure is available for more than 60,000 employees and 20,000 residents who will call Docklands home by 2025," Planning Minister Matthew Guy said.

Lord Mayor Robert Doyle said *Access Docklands* was an important blueprint, which integrated with the City of Melbourne's transport strategy.

Release of the *Access Docklands* report followed an 18-month consultation with Docklands businesses, workers, residents and government agencies.

In July and August of 2011, travel behaviour surveys were issued to more than 19,000 Docklands workers, 6500 residents, 2500 football spectators and 900 visitors.

Participants were asked to rank the importance of potential improvements to the transport network.

Nearly 100 per cent of participants ranked enhanced tram services as a top priority for Docklands. Over three quarters of respondent said enhanced weather protection was a high priority.

The survey revealed that 34 per cent of Docklands residents walk to work, ten times more than the metropolitan average of 3 per cent.

It also showed that 70 per cent of residents use sustainable transport to travel to work compared to 24 per cent for metropolitan Melbourne and 59 per cent for inner Melbourne.

And only 30 per cent of Docklands residents travel to work by car in contrast with 75 per cent of metropolitan Melburnians.



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DOCKLANDS A NEWS Short stay operators fight on

By Bethany Williams

Docklands Executive Apartments operator Paul Salter is fighting a "weak" decision of the Building Appeals Board (BAB) and is confident of winning in the Supreme Court.

In March the BAB upheld the City of Melbourne's 2011 action against owners of short term apartments in the Watergate.

The Watergate building is a Class 2 residential building according to the Building Code of Australia, but council argued that short stay apartments fall within the Class 3 classification, usually reserved for hotels and rooming houses.

Council's 2011 building orders demanded the owners comply with building regulations applicable to Class 3 buildings or to cease

Mr Salter operates his business in the Watergate building and has lodged a Supreme Court appeal against the BAB decision.

Following the release of the determination in March, the short stay industry community rallied around Mr Salter to raise the \$200,000 necessary to launch the Supreme Court action.

Mr Salter said the BAB determination was weak as it focused on duration of stay.

He said it ignored a South Australian court decision that found no justification for distinguishing between Class 2 and Class 3 buildings based on length of stay.

He said the BAB decision also focused on the commerciality of the transaction, which was no different to a long-term rental.

"The appeals board dismissed expert opinion and ignored relevant evidence, so I am confident that the determination will be overturned in a higher court," Mr Salter said.

"I am taking the case to the Supreme Court to fight for our property rights, consumer choices and to protect the competitiveness of Australia's tourism industry."

The case returned to the BAB last month after both the council and Watergate Owners Corporation made applications for costs.

But the BAB ruled against awarding costs to either party.



Despite the BAB determining the building orders should have been issued, it found that the applications for Mr Salter to pay council's costs of \$135,443 and the OC's cost of \$122,991 were not justified.

During the costs hearing Mr Salter's lawyer Richard Niall said there was a statutory presumption that each party would pay its own costs.

He said there had to be something significant to prompt the panel to change this standard and argued there was nothing to justify Mr Salter paying costs for either party.

The BAB agreed with this and its costs determination stated that no party should have expected to be entitled to the costs of the proceedings should the determination be issued in its favour.

Mr Niall also said, considering the nature of the proceedings as a test case, council had a bigger agenda than just the case itself.

Accordingly, he implied that council's use of the case as a test meant it should bear its costs itself as it would continue to use the results for further action unrelated to Docklands Executive Apartments.

The BAB panel didn't agree with this

submission and the determination stated that Mr Salter had launched the appeal due to commercial interests and that it had been launched rather than pursuing options such as building upgrades.

The determination also stated that many cases were relied upon as precedents and that this was an underlying principle of common law.

Additionally, the determination stated that there was no evidence provided during the hearings of other businesses operating which were similar to Mr Salter's.

Mr Niall also contended that the Watergate OC should not be able to claim costs as it was not a necessary part of the appeal process. The Watergate OC joined the proceedings after the appeal had started.

The BAB panel found that the OC was not content to rely on City of Melbourne alone in defending the appeal and chose to continue to be a protagonist in the appeal.

Accordingly, the BAB dismissed the application for costs and found there would be no order as to costs in favour of any party.



Lawyers explain Watergate

The team of lawyers who represented the Watergate Owner's Corporation (OC) during the Building Appeals Board serviced apartment case held a public briefing on the implications of the decision last month.

The presentation, on April 23 in Docklands, was attended by owners corporations, strata managers, residents and lawyers and focused on the decision and its wider consequences.

Tom Bacon, who represented the OC during the appeal, presented information about the BAB decision and explained why the OC had joined the appeal.

He also commented on the building upgrades now necessary should serviced apartments operate at Watergate.

He said in order for the building to be upgraded to Class 3 specifications (as the BAB determination found was necessary), OCs must pass a special resolution.

Accordingly, the result of Paul Salter's Supreme Court action (reported on page 2) will determine if serviced apartments will continue to operate in the Watergate building.

If, like the BAB, the Supreme Court finds that building upgrades are necessary for serviced apartments to operate in Class 2 buildings it is very unlikely the OC would pass the resolution necessary to allow upgrades of common property.

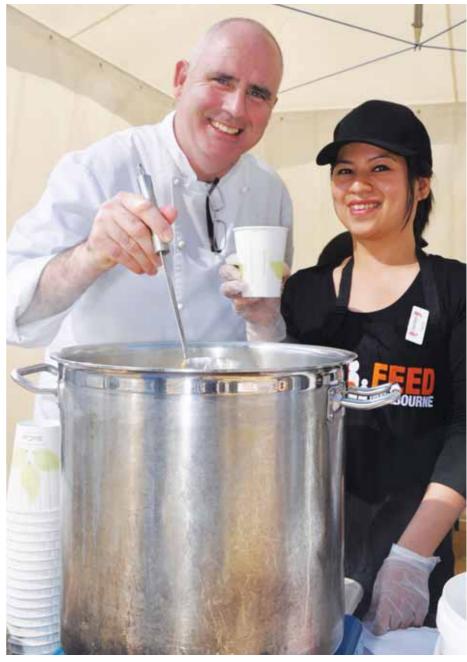
Michael Teys, founder and principal lawyer of the firm that represented the OC, also spoke about the wider implications of the Watergate decision.

"Once or twice a year there is a decision that affects the way we manage our strata property. This year that case is Watergate," Mr Teys said.

He reminded OCs of their obligation to inform insurers if serviced apartments are operating in their buildings.

He said OCs must advise insurers if the nature of occupation changes as to increase the risk of loss, damage or the likelihood of liability losses. He said if OCs failed to do so, their policies could be voided.

Mr Teys also announced the firm would be opening an office in Docklands, a sign that further action by owners corporations against serviced apartment operators could soon be expected.



Super soup in Docklands

Docklands was treated to a gourmet soup lunch last month when Feed Melbourne set up shop on Harbour Esplanade.

A range of delicious soups, prepared by chefs from a range of Melbourne restaurants, were on sale with all funds raised going towards local food charities.

Executive chef of Docklands-based Atlantic Group [V], Tom Milligan, served up a

delicious chicken and sweet corn soup.

Through events like the Docklands soup lunch, Feed Melbourne has raised more than \$1 million over the past four years which has been distributed to 85 community food programs.

Hub horticultural happenings

Head down to The Hub this month and learn some handy gardening tips for apartment living.

Horticulturalist Sandra Pullman is this month's lunchbox presenter and will be speaking about growing herbs in pots.

She'll share information about which herbs

are suitable for pots, what type of potting mix you'll need and how to make them thrive.

When: May 9, 2013 at 12.30pm. Where: The Hub, 80 Harbour Esplanade. Cost: Free.



Places Victoria back on track

By Bethany Williams

Places Victoria CEO Peter Seamer aims to put the embattled organisation back on a more positive footing during his six-month term.

Places Victoria's tumultuous recent history, including board restructures and job cuts, has been well publicised.

Mr Seamer's appointment as CEO in March followed the resignation of Sam Sangster from the position in November last year, after just a year in the role.

He's currently the CEO of the Growth Areas Authority (GAA) and is on loan to Places Victoria to get the organisation back on track

Although he's not with Places Victoria for the long-term he hopes that his time with the organisation will result in it running a lot more smoothly.

"My job here is to put this organisation back on a far more dynamic and positive foot," Mr Seamer said.

"It has got problems, but those problems are fixable, and it's going to be a damn good organisation once I'm through."

And with an extensive planning, engineering and management background, it seems he's up to the job.

Mr Seamer has been CEO of a number of councils including Essendon, greater Bendigo, Whitehorse and Sydney. He was also the CEO of Federation Square during its construction and first few years of operation and is currently the CEO of the GAA.

While balancing two CEO positions might seem like a difficult job, Mr Seamer said he had a great team at GAA who made it possible for him to commit time to Places Victoria.

He said he was currently spending about 90 per cent of his time with Places Victoria.

Mr Seamer said when he left the organisation he'd like it to be a smaller but much stronger organisation.

He said one of his key priorities was getting the organisation to a point where it could afford its staff costs, which had been high.

He also mentioned that Places Victoria had some write-downs in terms of its bottom line and that these would be announced in the coming months.

According to Mr Seamer, the organisation's problem areas were not within its Docklands department.

"The Docklands portfolio is very separate from the rest of the organisation be we have come into problems with spending too much money and not making enough money on infill projects," Mr Seamer said.

While the organisation's recent history has



Places Victoria CEO Peter Seamer

been tumultuous, Mr Seamer said things had now settled down.

"I want to create a management environment where people can get on with the job and not get distracted by politics, restructures, new boards, ex-chairman, new chairman," Mr Seamer said. Restructures have included the whittling down of the board of directors, which is now down from nine members to just four.

The current board is comprised of chairperson Ken Fehily, David Webster, Graeme Parton and William Bowness.

And the organisation is set for more changes in the near future with Mr Seamer confirming it was likely to move from its current home at the Goods Shed on Collins St.

"I would prefer not to be in this building, because basically we're not a big enough organisation," Mr Seamer said.

"We're looking at moving, I'd like to move into Docklands somewhere else," he said.

Mr Seamer said there was nothing keeping the organisation in the Goods Shed, but a time-frame for the move would depend on the management of the financial arrangements.

According to Mr Seamer, Places Victoria aims to have a new CEO in place by September 1 and will advertise the position in due course.

Mr Seamer said the aim was to have Places Victoria fully operational and successful by the time the new CEO started.

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Q: There is an apartment in our block which has a lot of people living in it more than the number of bedrooms? This doesn't seem legal, what can be done about it?

A: Overcrowding in apartments occurs where landlords or tenants sub-let to more people than the apartment can realistically hold.

Check the model rules as they may prohibit the number of people permitted to live in each lot. This may provide a remedy for the situation.

Unfortunately in cities like Melbourne there is a strong demand for housing in certain areas, which outstrip the supply. Opportunists see this and fill a need in the market. Often it is poor students, mostly from overseas who end up in this situation. The issue continues because they are desperate for accommodation, may be they are used to sharing spaces, or they simply don't know how to deal with the situation in a foreign country.

There are a number of risks associated with overcrowding such as fire and health. While these issues can be raised with local councils and the fire services, gaining entry to undertake fire safety or health inspections can be difficult, can take time and ultimately the problem may just move somewhere else.

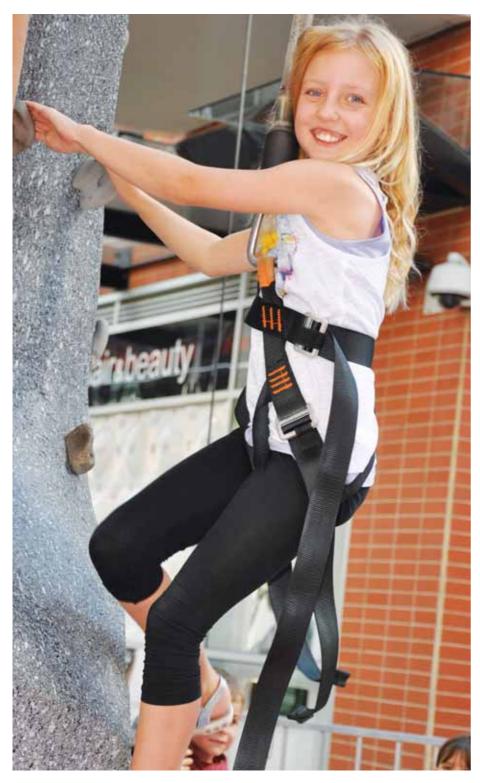
At present there are no laws limiting the number of people who can occupy an apartment. One solution put forward by a NSW parliamentarian would be applied where no "more persons over the age of 18 years [are] to reside on the lot than the number obtained by multiplying by 2 the number of rooms in the lot that were constructed for the purpose of bedrooms or sleeping areas."

A breach of this provision would enable the matter to be dealt with through the mediation and tribunal system.

NSW is currently looking at this issue in its law review after which we may encourage the Victorian Government to also explore potential changes to the legislation.

Of course if you're in doubt about anything to do with the management of the property you're welcome to call your BCS strata manager.

Body Corporate Services



Holiday fun in Docklands

Docklands was a hive of activity over the Easter school holidays.

Families flooded into Docklands over the two-week school break to take advantage of the wide range of kid-friendly fun.

Rather than the kids climbing the walls at home, Harbour Town's free rock-climbing wall proved to be the perfect antidote to school holiday boredom.

Renée Savery (pictured) was one of the many visitors to Docklands who joined in the fun.

Harbour Town also hosted the everpopular animal farm along with a circus skills workshop and a dinosaur bones discovery workshop.

Clive heads for a new destination

Clive Dwyer has resigned as Destination Docklands chair after less than seven months in the role.

Mr Dwyer was appointed to the position in November last year but resigned last month after accepting a job in Abu Dhabi.

Destination Docklands CEO Anita Donnelly said she couldn't confirm details of Mr Dwyer's new position or the company he was working for.

Docklands News was unable to contact Mr Dwyer.

Deputy chairperson Darren Walls has now taken on the role of acting chairperson.

A decision on the new chair is unlikely to be made before Destination Docklands funding is secured.

The organisations' funding agreement with council expires in June and it presented a three-year funding proposal to council in March.

Council is expected to announce its decision on the proposal this month, following the 2013-2014 budget deliberations.

Docklands Chamber of Commerce president Stephen Clement has announced that he has also accepted a new role.



Former Destination Docklands chair Clive Dwyer.

The position is outside of Docklands but Mr Clement has made a commitment to continue his role as chamber president.

Fuel leaks into harbour

About 500 litres of diesel fuel was spilt across Harbour Esplanade last month, with some of the fuel making its way into the harbour.

According to a spokesperson from the Melbourne Fire Brigade (MFB), the fuel spill happened when a trucks' fuel tank was pierced as it travelled along Harbour Esplanade at around 1pm on April 21.

The Environmental Protection Agency and MFB, MFB fireboat and City of Melbourne attended the scene to assist in the clean-up. Transpacific also attended to clean out the drain system.

Docklands charter boat operator Jeff Gordon

said the area of the harbour in front of *Cow Up a Tree* was full of diesel.

"We had a wedding onboard and anyone who went outside was overwhelmed with the smell of the fuel," Mr Gordon said.

According to Mr Gordon, it's not the first time diesel fuel has leaked into the harbour.

He said trucks shouldn't be allowed to travel down Harbour Esplanade because it wasn't designed to accommodate them.







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The Bomb Squad robot retrieves the abandoned suitcase.

Abandoned suitcase prompts lockdown

An unattended suitcase prompted police to close part of Harbour Esplanade for over three hours last month.

The suitcase was found around 9.30am on April 16 near the Channel Seven sign on Harbour Esplanade.

Police closed access to Harbour Esplanade between Dudley St and Bourke St while safety checks were conducted on the piece of luggage.

17 Mckillop St Melb, 3000

The Channel Seven building was also evacuated as a precaution.

At around 12.40pm the item was declared non-suspicious and police cleared the scene and reopened the road.

(Enter via Merchant st)

Hub site zoned for community

The Docklands Hub site will continue to be used by the community even after its current activities move to a new site.

Last month council approved funding for a Docklands family services facility to be integrated into the planned community boating hub in Victoria Harbour.

Docklands' family services program currently operates at both the Hub in Harbour Esplanade and the Harbour Family and Children's Centre in Seafarers Lane.

The planned facility will allow the program to be integrated into one site.

A report presented at the council meeting in March stated that the lease for the Hub expired at the end of June and could only be extended for three years.

City of Melbourne has leased The Hub from Places Victoria since 2007.

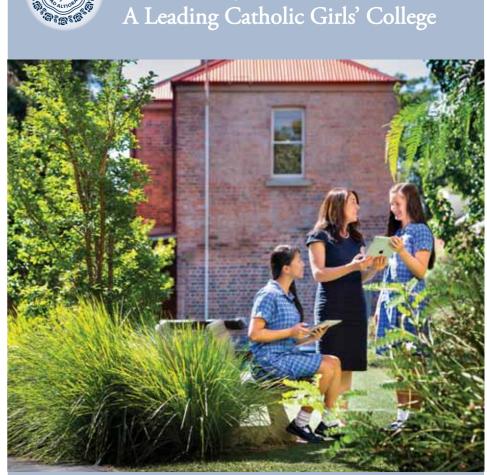
A City of Melbourne spokesperson said the initial indication was that the lease could only be extended for three years however it was now understood there was no specific time limit on the length of the lease.

Places Victoria general manager Simon Wilson said Places Victoria was in discussions with the City of Melbourne regarding a new lease for the Hub.



"The site is zoned for community or education use and Places Victoria will continue to work with the City of Melbourne to plan for the final use of the site, which is anticipated to be realised within the next five years," Mr Wilson said.





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North Wharf inspires art

For artist Maggie Cowling there's a sense of romanticism about North Wharf.

"Walking down the wharf, being by the water, the noises of the seagulls, the noises of the craftsmen, the dragonboat races at the weekends, I really cherish it," Maggie said.

She usually spends about one day a week at North Wharf painting and sketching historic sailing ship the Alma Doepel, which is being restored by a team of volunteers at Shed 2.

Maggie discovered Alma, as she's affectionately known, on her first visit to Docklands a few years ago.

"I really knew nothing about Docklands and I felt it was my duty to explore and find out what this new development was all about. I headed down North Wharf kind of by accident and saw her and I just thought her lines were terrific, so harmonious," Maggie said.

"There's nothing like Alma. She's unique and very beautiful and I thought wow I've got to come back with my paints," she said.

Before long Maggie was such a regular face around North Wharf that Alma Doepel restoration director Peter Harris asked her to be the honorary artist-in-residence.

She continued to paint and sketch the Alma and her restoration and last year held an exhibition of her work at the Ocean Education Centre at Shed 2, donating 30 per cent of the profits to the restoration fund.

Maggie held another exhibition at Shed 2 last



Artist Maggie Cowling is inspired by North Wharf.

month, donating 100 per cent of her profits to the restoration.

This time her work had a greater focus on the

work of the volunteers who are restoring the Alma Doepel.

"There are people who are putting in

extraordinary hours with wonderful skills and effort, it's a real little community down here," Maggie said.

The exhibition also featured recent sketches and painting of Alma on her barge.

"Now she's up on her barge she's just so epic," Maggie said.

Maggie hopes the next exhibition at Shed 2 will be a group exhibition featuring the work of various artists who at different points in time have painted the Alma Doepel.

Over Alma's 110 year history a range of artists have painted the ship and Maggie said she was currently working on getting in touch with artists.

Artists who are interested in being involved in the exhibition are encouraged to contact Maggie via maggiechiara@iprimus.com.au or 0438 298 741.

Maggie will continue to document Alma's restoration and said she was glad the Alma would remain in Docklands after work on her was completed.

"I know this area will eventually be developed, but the Alma will be here to represent the history of this place and its atmosphere," she said.

"I hope the Alma will be a vestige of that romance."

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MAB



MAB Corporation managing director Andrew Buxton and councillor Ken Ong join the meeting.

Art brings life to NewQuay

A new public artwork is hoped to help kick-start the reinvigoration of New Quay West.

MAB Corporation managing director Andrew Buxton and Cr Ken Ong last month unveiled *Meeting 1* by Beijing artist Wang Shugang.

The sculpture, located at NewQuay Promenade on the western side of the NewQuay piazza, features eight identical crouching red men arranged in a circle.

The bronze sculptures weigh 100 kilograms each and were cast from a mould created from a life-size model.

In Chinese culture, the number eight is believed to bring good luck while the artist considered red to be a multicultural colour.

The artwork was first exhibited at the G8 Summit meeting of world leaders in Germany in 2007 and then at the "Sculptures by the Sea" exhibitions in Sydney and Perth.

Mr Buxton said he had seen the artwork at the "Sculptures by the Sea" exhibition at Bondi and had been amazed by the way people of all ages were drawn to it.

"This is exactly the sort of interactive experience we want to offer people at Docklands," Mr Buxton said.

The artwork is hoped to help reinvigorate the area and create activity as development continues at the western end of NewQuay during Docklands' second decade.

"The red men are here to watch over us and make sure we do a good job," Mr Buxton said.

The City of Melbourne will be custodian of the sculpture and Cr Ong was present at the unveiling. At the unveiling he said jokingly if there were 11 men rather than eight in the sculpture then its name could be "council meeting".

"Docklands hosts a fascinating outdoor art collection and this will be an addition that will appeal to people of all ages," Cr Ong said.

NewQuay Promenade is already home to the sculpture *Silence* by Adrian Mauriks and at the unveiling Mr Buxton said a third public artwork would be added to the promenade.

He said MAB was currently in talks with artist Callum Morton regarding the creation of an interactive artwork at the eastern end of NewQuay Promenade.

Survey defines river hazard

A Parks Victoria survey has found that the Yarra River is less than three-metres deep at some points near Yarra's Edge.

The area between Yarra's Edge and Collins Landing has become notorious amongst boat operators for its high levels of silt, with many now avoiding the area.

The issue of silting at Yarra's Edge was highlighted in early 2012 when a Port of Melbourne fire-fighting tugboat ran aground while attempting to put out a boat fire.

The survey of the Yarra's Edge area, which was part of a wider look at the Yarra and Maribyrnong rivers, was completed in September last year and found that the deepest water level was 7.9 metres.

A Parks Victoria spokesperson said silting in both rivers was the result of a natural build up of sand, silt or other materials deposited as a result of the rivers water flow.

According to the spokesperson, Parks Victoria is now analysing the results of the survey to determine priority areas where dredging may be required, the most effective techniques to use and the potential cost.

The party responsible for carrying out the dredging remains unclear because multiple groups have different levels of agency over the waterways.

The Parks Victoria spokesperson confirmed the organisation would work with the Port of Melbourne Corporation, City of Melbourne, Melbourne Water and the Environmental Protection Authority to determine a sustainable long-term dredging strategy that achieved safe boating access and sound environmental outcomes.

The spokesperson was unable to comment on when dredging of the Yarra's Edge area was expected to start.





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Building approval anticipated

Planning Minister Matthew Guy is expected to soon approve two more of the buildings featured in MAB's NewQuay Central masterplan.

The masterplan was originally unveiled in 2011 under the working title NewQuay Central, but is now being marketed as NewQuay Promenade.

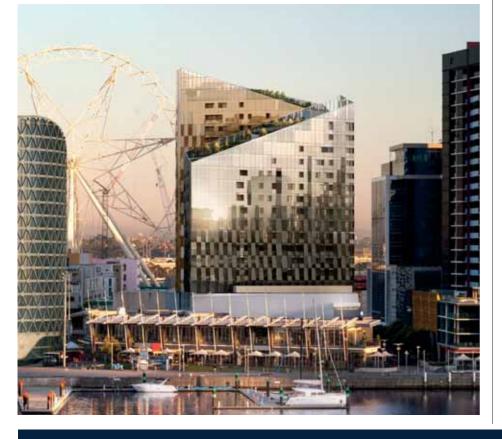
The development involves four residential towers and a fifth building, which may be used as a hotel or residential tower, to be built on what is currently the NewQuay Piazza.

The development plans were met with public protest in 2011, with locals arguing that the buildings would cause overshadowing and would eat up public space.

A spokesperson for MAB said approval of the 18-storey silver tower and 22-storey bronze tower, to be built on the eastern side of the piazza, was expected in the near future.

This will follow Minister Guy's approval in January of a 43-storey tower and a 16-storey tower, to be built on the western side of the piazza.

A fifth building, to be built at the front of the piazza, and to be used for a residential tower or a hotel, is yet to receive approval.





Sachin is one of Docklands' regular share bike users.

Docklanders take to share bikes

Docklands is truly a cycling suburb, with one of the highest takeups of share bikes in Melbourne.

According to a spokesperson from RACV, which operates the program, 225 Docklands residents have share bike subscriptions, making up approximately 10 per cent of total subscriptions.

Additionally, about 10 per cent of all rides originate from Docklands. In contrast the average amount of departures from stations outside of Docklands is less than 2 per cent.

And Docklands' ANZ and NAB stations are the two top stations in terms of subscriber use.

Local worker Sachin said he had an annual subscription and used the sharebikes everyday to get to work and to travel between offices throughout the city.

Sachin said the sharebikes were a great service. "It's very handy," he said.

Roads Minister Terry Mulder visited the NAB bike station in March to announce a trial of free helmets.

Mr Mulder announced that 200 helmets would be circulated throughout the bike share system over the following three months.

"Just as the bikes are moved around the network daily, to manage demand, the same will apply for the free helmets, ensuring some are available at most stations and are being cleaned and checked regularly," Mr Mulder said.

The Melbourne bike share scheme currently consists of 51 bike stations and 600 bikes.

Docklands is home to seven bike share stations located at Docklands Drive, NewQuay Promenade, NAB, ANZ and North Wharf and Yarra's Edge.

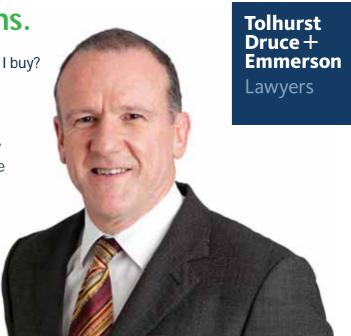
Paul Webster answers your legal questions.

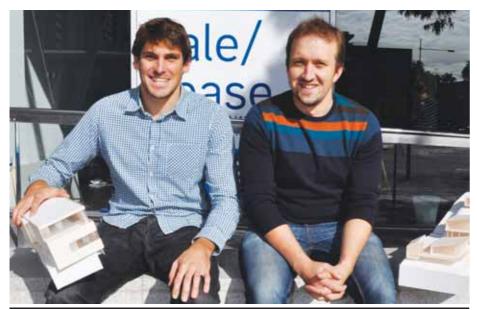
Q I am looking at buying an apartment in a high rise complex. What should I do before I buy?

A Before entering into an unconditional contract for the purchase of any property you should ensure that your finance is in place, that the building is structurally sound and, most importantly, have the proposed contract checked by your lawyer. Purchasers of high rise apartments should also ask their lawyer to check the owners' corporation documentation and the minutes of any recent meetings. This will ensure that you are fully apprised of any decisions of the owners' corporation, or circumstances at the complex, which may result in additional charges being levied, or may affect the use of the apartment or the common property in the future.

Call for advice on wills, probate, estates and trusts; conveyancing and property law; family law; commercial law; litigation and dispute resolution.

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Daniel Yusko and Hannes McNamara hope to enliven the NewQuay precinct through the Docklands Spaces project.

Renewal rolls on

Docklands Spaces continues to grow with a third project moving into the NewQuay Piazza last month.

Musk Architecture Studio has moved into a retail space in the piazza in hope of promoting its business, enlivening the precinct and building a creative community.

Docklands Spaces is an initiative of Renew Australia and involves landlords allowing creative enterprises to use unleased spaces on a short-term basis.

Properties are made available on a monthto-month basis, allowing landlords to reclaim their property quickly should they get a commercial offer.

Landlords bear no cost, with insurance and overheads covered by not-for-profit Renew Australia, which is funded by City of Melbourne, Places Victoria and MAB Corporation.

The first two projects, 3D printers Studio Batch and hamper company Bird & Plane moved into the piazza in March.

Musk Architecture Studio, comprised of architects Hannes McNamara, Daniel Yusko, Chris Le Page and Loris Rebeschini, is now sharing Studio Batch's large retail space.

"We wanted to be in a studio space with other creatives like batch so we can work with them and collaborate a bit more," Mr Yusko said.

The four architects have been working together for about 18 months and focus primarily on residential architecture.

"This is the first time the team has worked in

a larger studio space so it's good to be in an area that's starting to regenerate," Mr Yusko said.

"It's going through a bit of a transition phase so we're glad to be down here while there's a bit of activity and construction going on."

Docklands Spaces has allowed the group to move from a small home office in Abbotsford into a bigger space where it can experiment with architecture exhibitions and teaching opportunities.

Mr McNamara said the group planned to run student workshops and invite architecture students to also use the space.

While they don't know how long they'll have access to the space, Mr McNamara said they might consider sticking around.

"If we become comfortable in Docklands and it works and we get kicked out of here then we might look at finding something else in the area," he said.

More creative enterprises are soon expected to move into the piazza, with Renew Australia receiving 80 expressions of interest before first round applications closed in January.

Renew Australia is continuing negotiations with property owners to finalise license agreements for access to other unused properties.

Hope for Hortus

The Harbour Esplanade glasshouse will not open in autumn as expected but construction is hoped to start by mid-year.

The glasshouse is a temporary installation commissioned by Places Victoria and developed by a group called Utopian Folk.

Places Victoria general manager Simon Wilson said construction of the glasshouse, to be known as "Hortus", was expected to take about 10 weeks.

The glasshouse will feature an edible plant installation, a unique outdoor environment and a cafe. It's hoped the installation will

help to activate the esplanade.

It was originally anticipated that Hortus would open last September. However a raft of problems, including difficulty obtaining a permit to operate on Crown land and the original cafe operator backing out, has delayed delivery.

Mr Wilson said Places Victoria anticipated announcing Hortus' cafe operator within



An artist's impression of the planned Harbour Esplanade glasshouse.

Wharves fenced off

Places Victoria has fenced off wharves along Harbour Esplanade in preparation for planned rectification works.

According to Places Victoria general manager Simon Wilson, a recent engineering assessment showed the 100-year-old wharves had reached the end of their useful lives.

He said the temporary fencing had been installed in the interests of public safety and would remain until the wharves are demolished.

Places Victoria plans to remove the wharves, construct a new sea wall, install a litter trap and perform minor landscaping work.

Mr Wilson said, subject to approval, the work was planned to start in the second half of this year and was likely to take six to 12 months.

He said reconstruction of the wharf decks was being considered as part of the masterplan currently being developed by Places Victoria and City of Melbourne

He said the community would have an opportunity to comment on the masterplan design and this was likely to happen in late 2013.



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Parker the postie

Over the past 10 years, local postie Parker Maloney has seen Docklands emerge from the ground.

A postie for 20 years, Parker has been delivering mail in Docklands for the past decade and in that time has watched Docklands evolve.

"I've really enjoyed seeing it grow," Parker

Each morning he travels by tram from the city delivery centre and hops off on the LaTrobe St bridge to start his deliveries.

Parker delivers to the NewQuay precinct and surrounding areas, and starts each day at the Lacrosse building at 673 LaTrobe St.

From there he heads down to NewQuay and delivers mail to various businesses, all of the apartment towers, throughout Harbour Town and to the Docklands Studios.

According to Parker, one of the most interesting places in Docklands that he's delivered mail to was a boat.

"One of the boats in the harbour used to have a letterbox on the pier. It's been removed now and the mail redirected, but that was something a little bit different that you wouldn't find anywhere else," Parker said.

Along his route Parker picks up an average of 10 mailbags that have been left at various depot points.

He estimates that he delivers about 2500 standard letters per day, a number that continues to grow as development in Docklands continues.

Parker said his deliveries generally take about three-and-a-half to four-and-a-half hours to complete each day.

And come rain, hail or shine, he and the two other posties who deliver to different parts of Docklands pound the pavement to ensure each and every piece of mail gets delivered.

Parker said he'd personally been lucky that Melbourne had had less than average rainfall over the past 10 years.

He said he enjoyed being able to work near the water and preferred the fresh air in Docklands to being in the midle of the city.

But according to Parker, the best part about working in Docklands was meeting the local residents and workers.

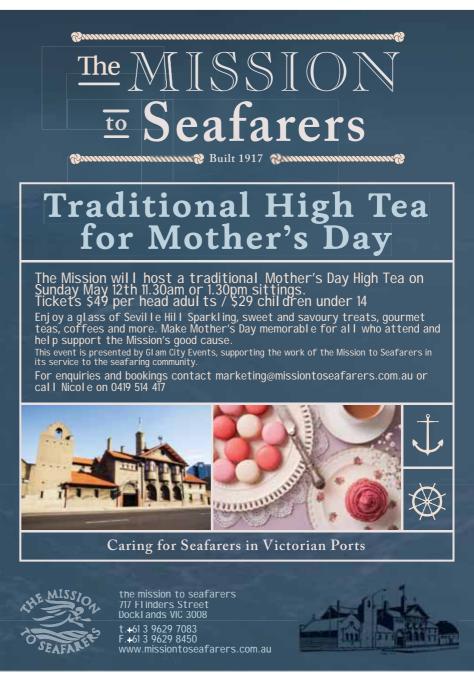
"I really enjoy doing my round because I get to journey through Harbour Town and there's so much activity and life," Parker said.

"I meet a lot of people through my job and they're all lovely."



Parker Maloney thinks Docklands is a great place to work





Good real estate news

Docklands' real estate market could get a boost with Victorian first home buyers set to receive an extra \$3000 when they buy a newly-built home.

The State Government last month announced the First Home Owner Grant would increase from \$7000 to \$10,000 from July for eligible newly-constructed homes under \$750,000.

But the \$7000 First Home Buyers Grant for existing homes will finish at the end of June.

While this may not be the best news for owners looking to sell existing apartments it's good news for first home buyers looking at purchasing in Docklands.

Barry Plant Docklands sales manager Lyle Dean said the business hoped to see more interest from first home buyers and said the grant was good news for off-the-plan buyers and major developers Lend Lease, MAB and Mirvac.

"Any positive news is going to assist Docklands' real estate environment and attract interest from first home buyers," he said

Lucas Real Estate managing director Glen Lucas said the bonus was great for Docklands.

"It should see a more positive market emerge, although recent activity has also been encouraging," Mr Lucas said.

The State Government is also bringing forward stamp duty cut of 40 per cent for all first home owners taking effect from July.

The combination of the \$10,000 First Home Owners Grant and stamp duty cuts means Victorians buying a newly-constructed home worth \$400,000 would save over \$16,500.

Treasurer Michael O'Brien said targeting the grants to newly-constructed homes would stimulate the economy and create jobs in the construction sector.

"These measures will promote more housing construction leading to more employment, greater housing supply and reduced residential price pressure for Victorian families," he said.



Baby boom

Yarra's Edge experienced a baby boom in February with the arrival of two new lads.

Zac David McNeil (pictured left with mum Kellie Meddings) was born on February 15 and was followed two days later by Gabe Austin Hicks-Davies (pictured with mum Jaimie Hicks).

Zac and Gabe aren't quite neighbours.

Zac lives in Tower 3 while Gabe lives in

Docklands News caught up with the gang as they were returning from a new-mums session at The Hub.

Management shuffle

Places Victoria's senior leadership team has been restructured under new CEO Peter Seamer.

In an email to stakeholders, Mr Seamer said an organisational reform had led to a review of management structures and staffing levels, with an overall plan of having 70 fulltime employees.

According to the email, the review meant some senior positions were different to what they had been, resulting in a number of general managers moving on from the organisation.

Places Victoria has now finalised its five general manager roles and has appointed its senior management team.

Joanne Wandel, who most recently worked on Places Victoria's Docklands projects, has been appointed head of Urban Infill.

Paul Healey will continue on as chief financial officer and Simon Wilson will continue his Docklands management role.

Peter Armstrong has been appointed general manager of general projects.

Recent Places Victoria addition Sebastian Catalfamo will manage major projects.

Winter is on its way

With just a month of autumn left, winter is starting to close in and it's beginning to get a little chilly in Docklands.

But a family fun day in Docklands is sure to help ease the way into the cooler months.

Destination Docklands is hosting a free welcome-to-winter event from 2pm until 6pm at the NewQuay Piazza on June 1.

The event will feature kite-making, paper crafts, dance performances and roving entertainers.

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DOCKLANDS COMMUNITY FORUM

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MEETING INFORMATION

DATE: Wednesday 29 May TIME: 6pm-8pm VENUE: Places Victoria

The Goods Shed North, 710 Collins Street Docklands

For more information about the Docklands Community Forum, please visit melbourne.vic.gov.au/docklands or www.docklands.com.au

The Docklands Community Forum supports ongoing and diverse community input into the future of Docklands.

Places Victoria





Paddlers compete

Docklands-based dragon boat teams have battled it out for victory at two racing events over the past month.

Melbourne's largest club, the Melbourne Flames made club history at the Australian National Championships in Penrith last month

The team won a medal in every event it entered, a feat it had never achieved before.

The Flames brought home 10 medals, including six gold, two of which were won in the Trans-Tasman championships against New Zealand.

According to Melbourne Flames captain Georgina Wakim, the team competed against over 100 other clubs made up of 3000individual competitors.

Ms Wakim put the team's success down to its close-knit nature.

"We are such a closely-connected team, we believe in each other, we respect each other and we trust each other in a way that I've never experienced before," Ms Wakim said.

"It was such an overwhelming result. Once upon a time we would have been thrilled just to make a final," she said.

The success at the national event followed the team's winning streak at the Melbourne International Dragon Boat Festival (also known as the Victorian State Championships) held in Docklands last

The team took out every event it entered at the festival, winning the 500 metres in three divisions, the 200 metres in four divisions

and the 2000 metres mixed premiers sweeps race. Other Docklands-based teams also had success at the Victorian and Australian championships.

The Dragon Masters brought home two golds, a silver and a bronze from small boat racing events at the Australian championship.

They also won gold in the mixed grand masters 500 metres and a silver in the mixed masters 200 metre race at the state championship.

Local clubs the Yarra River Dragons, Southern Storm and CYSM Sea Dragons also competed and had varying levels of success in both events.

DOCKLANDS NETWORKING LUNCH

Networking lunch approaching

The June Docklands News Networking lunch is fast approaching so you'd better get in quick if you want to secure your place.

The networking lunch is a quarterly event and is a great way to meet Docklands business owners and stakeholders.

The next lunch is on June 21 at Va Bene, at Central Pier.

Va Bene is a popular venue and numbers are restricted to 48. Seats will be filled in order of booking so don't wait too long to book.

As usual, the cost of the lunch will be \$60. Bookings and payments need to be received by June 14.

To book ring Docklands News on 8689 7979 or email lunch@docklandsnews.com.au.

The lunch will include a three-course sharing-style menu featuring: Chef's seasonal selection entrées; Chef's choice pizza and pasta selection; a dessert trio option; along with beer, wine, soft drinks, tea and coffee.

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Rising returns to Victoria Harbour

A unique temporary public art exhibition will return to Victoria Harbour this month.

Rising: the Victorian Harbour Young Artists *Initiative* is a four-week exhibition that has been held in Docklands for the past five

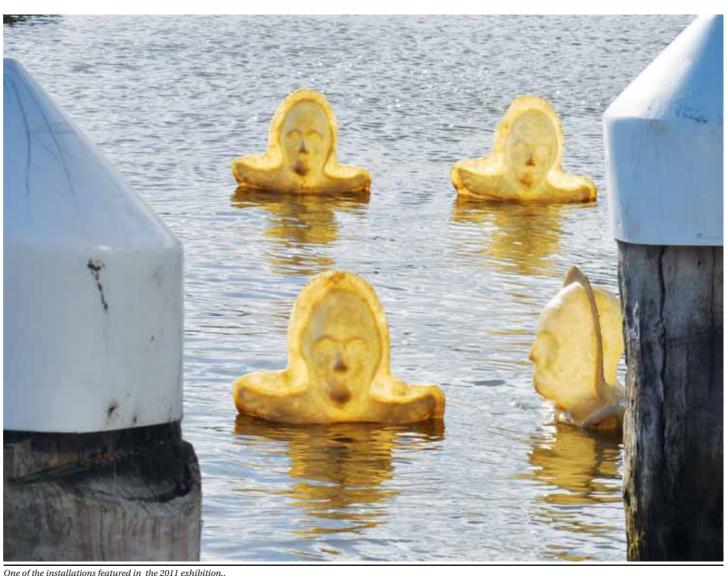
The exhibition features the work of students who study sculpture and spatial practice at the Victorian College of the Arts at the University of Melbourne.

In its sixth year, the exhibition will include sculptural forms, performative pieces, soundscapes, a moving image work and experiential installations.

The exhibition will run from May 9 until June 2 along Victoria Harbour Promenade.



 $\hbox{\it ``To occupy'' featured in last year's exhibition.}$



One of the installations featured in the 2011 exhibition.





ANUETTA DI BATTISTA, 23

Anuetta loves the diversity of people that pass through Docklands everyday. "It's not just people in suits working in the tall buildings, it's also the tourists, families and kids, older and younger generations as well," she said.



JESSE SELLARS. 19

Jesse enjoys working in Docklands for its convenient location. Being so close to the city and the train station makes it a great place to be based for work. "It's really close to the city, after work you can go for a few drinks and its easy to get to the



Mustafa was a former resident however, after moving away from the city he has learned to appreciate Docklands from a different perspective. "I enjoy coming in every morning because basically the train station is downstairs with the V/Line as well so you $\,$ get a lot of transient customers coming in."



The people are what make Docklands great according to Reddy, who has been a head chef at Gate 10 Café for a year and a half now. "The customers we get are really polite and are down to earth and really friendly," he said.



Being the owner of the café for sometime now, Li said his regular customers and the people passing through make Docklands a fascinating and enjoyable place to work.

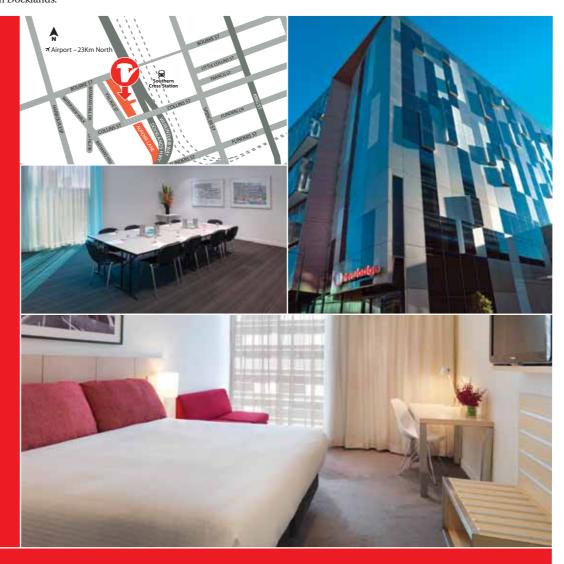


As a manager of a busy store Vipul enjoys how the busy nature of the area makes it a hard working environment. Vipul also loves the atmosphere of being surrounded by offices and constant activity. He also said when the weather was nice and sunny there was no better place to be than Docklands.

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Live, work and play

Between living and working in Docklands, Akhil Chimnani spends most of his time in postcode 3008.

So it's lucky the 22-year-old thinks Docklands is a beautiful place.

Akhil moved to Docklands last year in order to join his father Sanjay in business at Bob's Steak and Chop House on Bourke St.

Born and raised in Hyderabad in India, Akhil was encouraged by his parents to study internationally after finishing high school.

He studied marketing and media at Boston's Bentley University for four and a half years and after graduating decided Docklands would be a great place to put his skills to use.

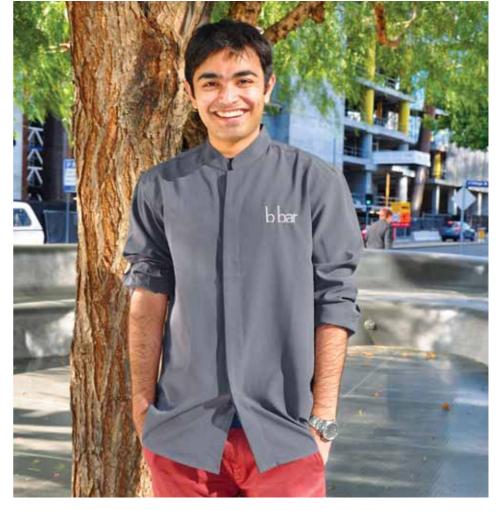
His father has been running the restaurant in Docklands for the past three and a half years so Akhil's first charge was to learn all there is to know about the business from the ground up.

After a few months of learning the ropes of the business and helping with marketing and social media Akhil was primed for his first project.

He's now focusing his attention on a new concept for the restaurant called the B-Bar.

"I'll definitely stay in Docklands for at least a few more years because this is my first project and I'm absolutely dedicated to it and want to make it work," Akhil said.

Although he's putting in the hard yards at



work Akhil still has plenty of time to enjoy the Docklands lifestyle.

"My favourite part about Docklands is walking by the water along Harbour Esplanade," Akhil said.

Akhil said he loved to meet friends by the water or take his 8-month-old beagle puppy for a walk along the harbour. Akhil said he also loved the convenience of living in Docklands.

"It's just so easy to get into the city. Hop on a tram and you're there in five minutes," Akhil

An added bonus, according to Akhil, is that although Docklands is right next to the city it has a quiet and calm vibe.

"It's a beautiful place to live and there's so much more potential for it to grow," Akhil said.

"I'm looking forwards to seeing what Docklands has to offer."



Profile by

Bethany Williams

The Docklands Chamber of Commerce continues to grow in size with well over 100 members to date.

We will be delivering monthly events for our members to provide an opportunity for Docklands businesses to mingle with one another as well as provide valuable businessrelated information to our members.

Coming up in the second week in May we are delivering a digital marketing workshop courtesy of Tourism Victoria. This workshop is aimed at providing businesses with hands-on experience to get their brands out there. This follows on from a successful event we held earlier in the year on the same topic when Tourism Victoria and City of Melbourne speakers explained how their specific online portals could be utilised to effect by local businesses. An announcement on date and venue will be made shortly, so ensure that you are a member of the chamber so as not to miss out on an early announcement. Numbers will be limited and seats will strictly be offered to members first.

The City of Melbourne has advised the chamber that it is about to announce new online digital marketing tools and these will become available to businesses in mid-June. The Chamber will work closely with the City of Melbourne to ensure Docklands businesses learn of these opportunities as they are released. We hope to offer further hands-on courses to help businesses better appreciate what help is freely available.

The chamber has recently had the pleasure of welcoming several new members on board including a number of Harbour Town tenants, Dial an Angel, Docklands Executive Apartments and LinQ Property. This is a very exciting new phase for the chamber - particularly in connecting with the local

The chamber is very excited to announce an exclusive arrangement negotiated with AMP - which itself is a large Docklands organisation. AMP will soon be offering a superannuation package to chamber

Docklands Chamber of Commerce report

members that will give them access to a super fund which is normally only available to larger clients. Members can demonstrate to AMP that they are part of a larger organisation as a recognised association and have access to those association benefits. On the subject of superannuation, it is worth noting also that the chamber is a member of VECCI/VTIC and, as such, we are able to offer members access to VECCI information sessions on the changes to super regulations check your member newsletter for details.

On the topic of end of financial year, the chamber will be announcing details of an EOFY event in the second week of June. It will feature a high-profile business, Government bodies and representatives from superannuation, accounting and legal practices to offer practical advice to businesses on their end of year positioning. This is a must-attend event and members will be advised about the details.

The chamber's executive committee is currently working away behind the scenes drafting and submitting an application to the new precincts program, which will include a

calendar of upcoming events and activities that will benefit members and the precinct.

To this end, I can announce that we have lined up a great calendar for the next 12 months and businesses are approaching us and asking for opportunities to sponsor events. There has never been a better time to be a member of the chamber.

The President of the Chamber of Commerce, Stephen Clement of ING, has recently announced he has accepted a new role and opportunity outside Docklands. Stephen remains involved in Docklands and will continue to be a passionate and dedicated advocate for the precinct. The chamber's executive committee is pleased to announce that Stephen has made a solid commitment to his role as chamber president. We congratulate him on the expansion of his professional horizons and look forward to his continued leadership.

For full information on chamber activities and business announcements, visit our website www.docklandscc.com.au and email admin@docklandscc.com.au.



GREETINGS FROM THE DOCKLANDS COMMUNITY ASSOCIATION



Greetings everybody

The mornings are getting cooler but we have had a great autumn!

The DCA is planning a mid-year "Meet and Greet" party for July 25. Stand by for further details in the next issue.

The next meeting of the Docklands Community Forum is scheduled for May 29. We hope that our suggestions are being heeded by Places Victoria and the City of Melbourne. We are given a number of presentations by them on relevant topics such as progress with community facilities and expenditure on Docklands.

The forum needs to be less of a classroom and more of a discussion group. Forum representatives have varying priorities but there is agreement on some items such as the need for a school and for waterways activation. The DCA has asked for the provision of a ferry service and update on the Esplanade redevelopment to be put on the agenda.

As reported in the last issue, Docklands

has lost two major events so far due to the replacement of the Waterfront City Piazza with a hotel to be built on the site. Minister Guy approved the hotel going at the front despite community opposition with the general agreement being that it should be built at the rear where the big tent was. As there appears to be no other suitable central place in Docklands for these major events, the event organisers have had to find other sites in Melbourne. This is a regrettable loss due to another bad planning decision.

Arrangements have been made for representatives of combined inner city resident groups to meet with Minister Guy later in May on planning issues particularly high-rise development and infrastructure. A specific agenda is to be decided on at the next CoRBA (Coalition of Resident and Business Associations) meeting on May 8.

I met with Peter Seamer, the CEO of Places Victoria, on April 24 to give him a run-down on DCA and other matters. Peter, a long standing personal friend of mine, has been seconded to Places Victoria by Minister Guy for a period of six months. He will then return to his position of CEO of the Growth Areas Authority. Amongst other things, he

confirmed the Esplanade from NewQuay to Victoria Harbour has been fenced off for public safety preparatory to extensive repair works. This work has to be done before the redevelopment phase is started. Given also the high cost, the project will take a long time, but needs to be given priority for the sake of Docklands' vitality.

It will be good to see the Jim Stynes bridge constructed to add to development down on the Yarra. The boating hub is due to be constructed later. The library building is due for completion by the end of the year with the opening scheduled early in 2014. So provision of amenities is happening-gradually.

We'd like to see tennis courts at some stage. I believe the new multi purpose sports courts near the Hub are being used extensively for basketball and football. My wife and I attended the official opening of the Melbourne International Dragon Boat Festival at Victoria Harbour on April 7.

Following the win by residents against serviced apartments in the Watergate complex, we understand that action will be progressively taken in other buildings.

A letter objecting to additional high-rise density in NewQuay has been forwarded by owners corporations to Places Victoria with copies to the Minister, Lord Mayor and local MPs

Following the demise some time ago of the police and community co-ordination committee for the Docklands area, I am following up with Victoria Police to seek attendance at another existing security committee. It is desirable that we keep track of level of offences and policing activities in Docklands and have the opportunity for input as appropriate.

If any reader would like to become a member of the DCA or has any suggestions they wish to put forward regarding activities or issues, they are welcome to contact us on docklandscommunityassociation@gmail.com If you would like to talk to me about any aspect you are welcome to call me on 0412 097 706. You can also keep up with things on our website www.docklandscommunityassociation.com

Regards to all Roger Gardner President DCA



Teleconnection

In Docklands, we might be comforted by the thought that we have a lower environmental impact as a consequence of living in smaller dwellings compared with other residences within the greater city of Melbourne.

New research published by *Nature: Climate Change* earlier this year found that the energy used to heat buildings/apartments and drive cars in cities during winter could be influencing the weather patterns of regions thousands of kilometres away. Specifically, the study found that the energy used in cities during winter causes increases of temperature by as much as 1 degree Celsius in remote regions.

This might sound incomprehensible. However, this phenomenon is commonly referred to as "teleconnection" by climate scientists. Teleconnection is where the climate of one region influences the climate of another region that it is geographically far apart from.

Melburnians have observed this phenomenon for a long time. The weather event of increased ocean temperatures in the central to eastern Pacific Ocean region is called El Nino. El Nino, though occurring far away, has been a contributing factor to some of the devastating drought that has been observed since the end of the 20th century in mostly the eastern parts of Australia.

El Nino and the heating of cities during winter have similar mechanics. Each event



influences the atmospheric pressure and air circulation of the region, which has an impact on regions thousands of kilometres away.

The take-home message here is this: as we are approaching winter, think twice before reaching out to turn on the heater. Though Docklands and other Australian inner city

dwellings weren't implicated in the research, turning your heater down in winter can have a dual benefit: lower electricity bills and a reduced environmental impact locally and potentially abroad.

David Sibenaler is a Docklands resident and science communicator.



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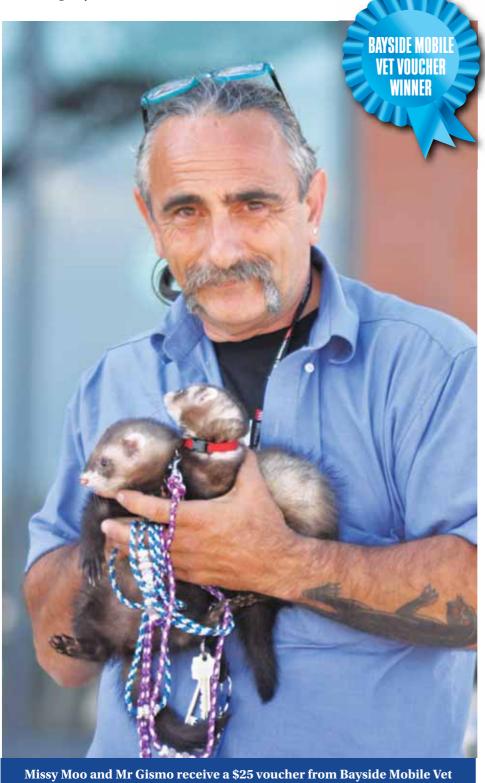
Fester's ferrets

Friendly Docklands worker and biker Vince "Fester" Failla has two new pets to introduce to Docklands.

Ferrets Missy Moo and Mr Gizmo accompanied Fester to work last month at the Digital Harbour carpark and met some Docklands locals and workers.

Fester broke the stereotype of the tough biker as he gently held the ferrets, his newest pride and joy, and introduced them to Docklands News.

Fester said the three-month-old brother and sister were great pets and were very easy to



JUCKLANDS

People I've met, places I've been & things I've seen

Randomness of Melbourne in love

By Nandita Chakraborty

The one thing that ticks in all of us is not food, not shelter, not money, but love.

We defy nature against all odds to find love. But what is love? Do we know it yet or do we all hang somewhere between the dictionary meaning of love and our feelings?

Love as we know it enlightens our mood, for rich or for poor, in health or sickness. It overlaps our entire quest for belonging. Sometimes, though, love becomes too much to handle and we separate ourselves from whatever we believe is love. The sense of loss and our need to belong ebbs into the flow and the equation is nothing more than feeling ...

Engulfed by fury at our loss, love leaves us with nothing but to succumb. As humans, we all fall too easily into that sweet, intoxicating illusion. Love is blind and like perfume, we smell but cannot see. Some see it in the eyes, or in the lips. For others, it's some other reason and feelings.

Some months ago I was rushing for an appointment and running behind schedule. Knowing the traffic would be my worst enemy on a Friday and racing against time, I decided to hail a cab.

Jumping in to the first taxi in waiting, I began to relax when suddenly the conversation between the cabbie and I became more than a greeting and social chit chat. After we exchanged stories such as how he came to study in Melbourne and the cities we came from back in India, he began to talk of his overpowering love for the woman he had married a few months ago.

She was Australian and he was in total awe of how she took care of him with the brilliance of perfection.

She kept his house clean and would wait for him after late shifts to share meals with him. He then made comment that

not even an Indian woman would have done that for him.

I had to stop him there, not that he scratched my ego nor did I have much pride in defending Indian women. This was not political agenda. I told him that it had nothing to do with nationality; it had everything to do with love. "Mate you have found the right woman and you are in love."

He looked at me from the rear view mirror and I looked at him with conviction. He seemed powerless and nodded with approval. "You are right! But what is love?" I looked away.

I had been asked this question many times but this time a total stranger had asked and perhaps seen me more clearly than I had seen myself. Had I been summoned to ponder my own feelings? Was I asking the same question myself?

I reached my destination and wished him good luck and didn't even check the dashboard for his name.

I'll never forget that cab driver. I don't remember his face but that's not important. What is important is the intermittent connection that the universe sends us, a messenger, a teacher or a guide. For me it was the cab driver. That's the way we are, love drives Melbourne and cab drivers and

Four weeks later, I am on a plane to India, who would guess, the passenger by my side is the taxi driver...

This time I asked him a question ..." What is



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It's about forgiveness

It would seem at times, that the secret to happiness is about forgiveness.

It seems to me that if you can just let go of the way things have hurt you, or how people have disappointed you, or the situations that have not evolved the way they seemed to promise to – if you could just let go of that disappointment – you'd be a lot happier. And to let go of them completely, the hurt would need to be "healed" – and I think to do that, you have to forgive.

Hmmm. I know, you're wondering what on earth has happened this time for me to be adopting such a higher-road view.

It might sound like I'm suggesting that if we all just forgave each other and let go of our pain, we'd be happy. Well I'm not. I'm not adopting it for a second. It's simply not that easy. I don't understand the point of forgiving, unless it's genuine. And I don't see the point of letting go of things that have

hurt if it means you're letting go of your own values, or standards – or even dreams.

In life, we have so many things to be proud of: our choices, our morals, our beliefs, our own code of conduct. We all have our own set of these, and it doesn't mean that we all have to match – not at all. Of course I'm not meaning it's okay if people have their own set of morals and standards and set out to intentionally hurt or bully others, or breaking society's laws, or have belief systems that inflict their views on others. I'm meaning that in the day-to-day world, friend to friend, colleague to colleague, lover to lover ... that we can have different ideas but still all aspire to being the best we can be, that we can embrace and even love our differences.

Where this can become painful is when someone or some organisation or situation lets you down so badly when you thought you were playing on a level field of standards.

You thought you were with the good guys and you trusted them and felt that you'd really done your due diligence.

Without realising it, you've set these incredible expectations. You are excited that you are feeling like you are a team, like you are working towards a mutual goal, like your intentions are intertwined.

And then, out of cloud nine, you plummet when the other party behaves in a way that makes you question their very moral fibre.

Everyone makes mistakes, I make them all the time – it's how we learn and deal with the mistakes and their aftermath that counts just as much as how or why we made them. But if someone who you love makes a colossal mistake, and hurts you – do you forgive them?

I think it depends on whether you believe that it was a genuine mistake – or whether you're starting to, reluctantly, hear "alarm bells". Hopefully, it's an out of character mistake, promptly followed by a sincere apology – and maybe even a little bit of grovelling.

You know in your heart you're going to forgive them, but you just play out your timing to ensure the point is made. But if the apology comes with a bunch of excuses, and

you realise that, as much as you don't want to admit it, there's been a few things that are making this more of a trend than a one-off, then I believe that forgiving them to just keep the peace and put things back on track is a waste of time.

It's telling them it's okay to behave like that and, if it is indeed part of their character, then it's only going to happen again. If you forgive simply to keep the peace, then you are lowering your standards.

I believe, sadly, that sometimes the key to happiness is not about forgiveness. It's about having the strength to let go.

I was asked recently "Why is it so hard for you to forgive". My answer is simply "why is it so hard to be honest". What a woman wants is to be loved, but what she needs to remember is that love without trust is not worth a thing.

Here's to a better month!

Abby xx

Letters to the Holiton



Send your letters to news@docklandsnews.com.au

Where are the people?

I paddle dragon boats at Docklands each Monday and Wednesday evening and really enjoy the views and atmosphere it provides.

The strange thing that I have noticed looking up is that so few apartments appear to be occupied.

As darkness falls, lights can be seen from only a third of all buildings? I know people may work late or close some curtains but if this is a reflection of occupancy its no wonder Docklands is a wasteland.

Where are the people?

Are they owned by investors out of town/ state/country?

Robert Irvine



Late night court noise

I wish to bring to your attention an ongoing problem relating to the new Docklands sports courts adjacent to The Hub on Waterview Walk.

We live in the Watergate apartments directly opposite the courts and are regularly subjected to noise from courts use late into the evening and early morning.

Last Saturday night/Sunday morning there was a group of players "shooting baskets" until 2.45am, shouting and clapping in enthusiasm. They only stopped after we rang Docklands Security and their staff arrived and moved them on, we have had to do this at late hours on several occasions.

People using the courts after midnight is not uncommon, on average several nights each week.

I would suggest the following:

■ Erect prominent signs limiting the hours of use for the courts; and

 Complete the black fencing that partially surrounds the courts and have gates which are locked after a reasonable time each evening;

and/or

 Have regular security patrols, particularly during weekends and late night hours.

Despite signs prohibiting skateboarding the Hub is quite often a gathering place for skateboarders who make considerable noise and sometimes damage the facility by using their skateboards to remove the plastic nonslip buttons on the decking.

More regular security patrols would also help to reduce this problem and damage to the facility.

Graham Mercer





Camille Le Heron

LOCATION?

Collins St.

WEARS?

Top shop jeans black skinny jeans, Vanilla Ink long sleeve black tunic and Miss Shop platform shoes.

DESCRIBE YOUR OUTFIT?

I'm looking very 'Melbourne' black, but it goes with everything! Today's outfit is, comfortable, easy and stylish. Perfect for stylish workwear.

WHAT BRINGS YOU TO DOCKLANDS?

I work in Docklands

WHAT IS YOUR FAVOURITE PIECE OF **CLOTHING?**

Any of my shoes. It's a guilty pleasure of mine, but the perfect way to accentuate an outfit.

WHAT MAKES A GOOD OUTFIT?

Being confident wearing it.

Collins St.

WEARS?

Cream Sportsgirl bomber jacket, a sheer black shirt, Country Road metallic jeans and Tony Bianco boots.

DESCRIBE YOUR OUTFIT?

Today I'd say it's a bit punky with the black but breaking it up with the gold and the bling.

WHAT BRINGS YOU TO **DOCKLANDS?**

I work in Docklands.

WHAT IS YOUR FAVOURITE PIECE OF **CLOTHING?**

It would have to be my new watch. I think I wear it with just about everything.

WHAT MAKES A GOOD OUTFIT?

I think if it's true to your style and suits you as a person. It might not suit everyone but if it suits you then that makes it a good

Neuvy Geraldyne

LOCATION?

Harbour Town

WEARS?

Everything I'm wearing is from France. I'm wearing H&M floral pants, a H&M oversized knit jumper and studded black ankle boots.

DESCRIBE YOUR OUTFIT?

Comfy and warm.

WHAT BRINGS YOU TO **DOCKLANDS?**

I'm in Australia on a working holiday but today I'm in Docklands for the shopping.

WHAT IS YOUR FAVOURITE PIECE OF **CLOTHING?**

I love all of my shoes.

WHAT MAKES A GOOD OUTFIT?

Something that suits you.

Over & Under

By Nicola St John

As spring's vibrant colours fade, we start to see a return to the monochrome fashion palette of winters past.

But underneath all those grey layers, there's plenty of room to shine bright, says Amanda Lee, manager at lingerie store Simone Perele at Harbour Town in Docklands

"Foundation garments have that name for a reason, they are the base layer upon which a woman's image is built," Amanda said.

What we wear on the inside can change how we feel on the outside. So when the weather gets cold, brighten yourself up with something perhaps a bit fiery, steamy or some lovely French lace.

"Whilst bras are of course offered in the basic colours every season, most women like to look for something eye catching and special and, of course, they will be influenced by current fashion trends," she said.

"Electric blue has had a big presence on the runways for Spring-Summer 13 as well as bright oranges and both of these are represented in the collection currently in store."

Wearing elegant and luxurious outerlayers should also be reflected in what's underneath them. Lingerie often delicately toes the line between old-fashioned nostalgia and modern style.

"One of the sources of inspiration for the current season was the Simone Perele archives, and the glamour and detail in the foundation garments of generations past."

"In the past few years high-waisted briefs have been making a steady comeback in fashion, and not just for reasons of constraint. This retro-lingerie look is a reflection of the general 50s trend that is becoming more common in fashion," Amanda said.

Amanda also expresses the importance of a correctly fitted bra.

"The great thing about a well-made and cleverly-designed bra is that it can give you the right level of support without sacrificing aesthetics. Not having to wear a daggy supportive bra is a huge confidence booster. We believe in making women feel good about their bodies and encourage them to embrace their unique shape and celebrate it with refined lingerie."



Dr. Joseph Moussa is a member of the Australian Dental Association, the Internatinal Team for Implantology 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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Dr. Anne Dynon





Beat the lack of heat

You wake up and look outside the window and notice it is cold, wet and, worst of all, it's dark! With daylight saving now finished and winter rapidly approaching, the majority of people will find that their motivation for exercise will always start to wavier.

As the weather starts to become colder, here is why it becomes even more important to engage in physical activity.

Heat is the byproduct of metabolic reactions such as exercise, with nearly 75 per cent of energy created released as heat. From numerous studies it is well established that your body temperature will rise during exercise. As a result your body will try to counteract this increase in heat production by undergoing vasodilation, where your blood flow is redirected to the skin. This will result in an overall warming sensation of the body.

This warming sensation continues after exercise until you eventually reach your temperature equilibrium.

As a result, you will feel warmer post exercise making it easier to cope with whatever winter throws at you. Remember this wisdom from Tom Lehrer next time you are thinking of skipping exercise: "Bad weather always looks worse through a window".

Hydration 101

The amount of sports science-related information that is available to the general public is mind-blowing. In previous years, this sort of information was only available to professional athletes and those in the medical profession.

Take hydration for example. We all know that it is important to hydrate during exercise and it plays a role in recovery. But what are the impacts of not hydrating to the required

Physical performance is impaired when a body fluid deficit of a little as 2 per cent exists (this would be 1.6kg for an 80kg athlete).

A 1 per cent fluid loss can result in an elevation of 0.3 - 0.4 degrees Celsius in core body temperature during exercise.

So what can you do to avoid these negative impacts? Some targets to keep in mind are drinking 400-500mL before exercise, drinking 150ml every 20 minutes you exercise and drink approximately 600mL-1L post exercise (depending on how long you exercised). With these targets in mind, you will be preforming and recovering like the professionals in no time!

Wheel Women Ride Bikes

A regular ride group starting at designated start points in Docklands, Federation Square and Kensington (Bellair St coffee shops). No lycra necessary and coffee and cake is the desired destination ... a social ride at a casual and non-elite pace.

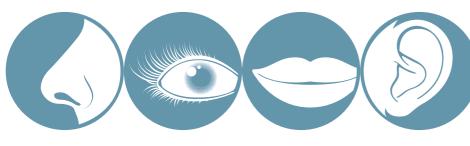
Wheel Women Ride Bikes Programs are a beginner/intermediate course, excellent for those wanting some focused learning and to develop some serious ride skills.

To get involved, meet at the big dinosaur opposite the Ice House in Docklands on Saturdays. This amazing concept starts on May 4 and is conducted between 9.30am-11. For more information or to register please contact info@wheelwomen.com.au

with Peter

from Active Melbourne City Sports

O'Rourke



DOCKLANDS SECRETS

If you listen closely, you can hear the whisper of the Kelly Gang in Docklands.

As the wind blows past the Nolan building in NewQuay, the artwork Ned and Dan by Alexander Knox slowly moves in the breeze.

The artwork, on the façade of the Nolan building, was inspired by Sidney Nolan's 1946 Ned Kelly paintings.

The golden perforated panels symbolise Australia's landscape, while the black helmet-like panels on the corners depict the infamous Kelly masks.

The mirrored sculptures within the masks move slowly in the wind and represent rolling waves.

Sometimes the wind causes the sculpture to move in such a way that it appears a pair of eyes are looking out, silently watching Docklands pass by.



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To the snow, driver, and don't spare the horsepower

By Greg Hackett

For travellers, getting there usually is half the fun. This is no less true when heading to Victoria's snowfields, as you pass through some of the state's most beautiful and picturesque countryside.

But, half way up the icy mountain, try fitting fidgety snow chains to your car's tyres in minus 10 degrees as nightfall approaches, with a howling wind and snow that's almost sleet. This is just one of the reasons I prefer to be "chauffeured" to the peak and back in the cosy comfort of a coach. Let someone else take care of the snow chains, I say! And the fuel cost ... and the tortuous mountain roads in the dark ... and the slippery bends with black ice ... and the varying speed limits ... and the tiredness at the end of a stressful working week ... and so on.

It just couldn't be any easier, for those who work, live and play in Melbourne's Docklands. The snowfields coaches depart and return to their main city terminal, smack bang on our doorstep at Southern Cross Station. It's only a five-minute tram ride from your hi-rise apartment or office. Finish work early on a Friday, grab your gear, jump on a tram and, before you know it, you are relaxing in a plush seat on a heated coach, watching a new-release movie on DVD, and

either making new friends with others on board or simply chilling out while thinking of a weekend of snow fun.

Heath and Jan Fallon, who have operated Falls Creek Coach Service for more than a decade, expect to carry up to 20,000 passengers this snow season. "We operate anywhere from five to 10 vehicles, depending on passenger numbers and private transfers," Jan said. "With our private transfer service, we can pick up from one to 50 people in our coaches, mini-buses and four-wheel drive vehicles from any place, any time."

Jan said the "park and ride" service had become increasingly popular, where drivers park their cars in a secure, undercover car park at the Tawonga South depot, near Mt Beauty, and ride the coach up and down the mountain. "People can leave all their worries here and forget about chains and dangerous driving conditions," she said.

The busy winter service from Melbourne (Southern Cross Station via Melbourne Airport) starts on June 4, is in full swing by June 23, and finishes on September 29. There are off-peak services all year round. "Passengers must book in advance which they can do online or by calling our office," Jan said. "Our most popular time is the July school holidays. "Contact us now for our early-booking discounts. Also, see our Facebook page for special prices during the season."

On a standard fare, each passenger can take two suitcases, a pair of skis/snowboard and boots. It's a relaxed six-hour trip which

includes a half-hour meal stop at the Pickled Olive café in Euroa. The driver can place orders ahead (so try a Pickled Olive pizza!) and there's no rush.

Falls Creek is a ski-to-your-door resort, where "snow plough" taxis must transfer passengers from the coach terminus in the village to their accommodation.

Falls Creek Coach Service can book this for you. Their Tawonga South depot has a Caltex service station which sells basic groceries and hires out snow chains. It is compulsory to carry chains when entering Victoria's

Alpine parks during the snow season, even if they are not used. "We have a large variety of chains to fit almost any vehicle," Heath said. "Our friendly staff can offer advice and will show you how to fit the chains to your car, making sure you drive into the snow with the correct chains for you."

But hey, I reckon catch the coach and let the driver worry about that!

Falls Creek Coach Service is at 233 Kiewa Valley Highway, Tawonga South (just before Mt Beauty). Call 5754 4024, or visit www. fallscreekcoachservice.com.au







Amid the dynamics of current and future developments of the North Wharf and broader Docklands precinct, rests the stories of Melbourne's maritime heritage.

On the evening of Thursday April 18, a group of maritime historians and interested parties met at the splendid facilities of Polly Woodside for The Future of Melbourne's Maritime Conference, hosted by The National Trust.

From the North Wharf, the view across Seafarers' Bridge, is a beautiful vista at sunset with Polly Woodside set amid a glow of afternoon light and timber hue and people like schools of colourful fish walking busily or otherwise by her.

However, the wind was cold and wild and rain fell heavily across the gloomy waters beneath Seafarers' Bridge and for those attending the conference, Polly Woodside provided a haven from the stormy bluster.

The meeting addressed, in no uncertain

terms, the challenges of preserving Melbourne's maritime assets and, with these, the stories of sea travel, trade and migration that has contributed to the city we enjoy today and are at risk of being lost forever.

Since 1999, a strong partnership between the Victorian Government and the private sector has seen over \$6 billion of investment occurring at Docklands and, whilst around 98 per cent of the developable land at Docklands is contracted to private developers, Docklanders might ask what contribution these investments have made to the preservation of maritime heritage.

Undeniable at the meeting, however, was the polite forgiveness that planning for the preservation of our maritime heritage has been largely overlooked. The impact of tall ship movements and berthing fees were discussed, and whilst all adoring the plum positioning of Polly Woodside on the South Wharf and the contribution she makes, a quiet empathy was shared for the vessel and its unfortunate position of being landlocked and being required to pay her way even if it is in the wrong position.

Maritime heritage links the North Wharf and South Wharf areas. The Shed 5 and Mission to Seafarers on the North Wharf have together served in history and today present unique opportunities to restore the balance back towards preservation of maritime history.

The iconic dome structure of the mission building is a notable landmark for seafarers and many visitors daily. The dome and Shed 5 are earmarked for restoration and will become even more noticeable. But what if the mission building was not there?

In October 2010, the vision for Melbourne's Docklands was developed as a result of an extensive consultation program conducted

by VicUrban (now Places Victoria) and the City of Melbourne.

The vision recognised and builds on Docklands' unique qualities and positions it to play a vital part in maintaining and enhancing Melbourne's role as a global city.

The second decade of Docklands developments is underway on Melbourne's urban waterfront, including plans for the North Wharf area.

We invite you to take a stroll across Seafarers Bridge at sunset and capture the view from both sides, a view that changes with each sunrise. Imagine how special it would be when Melbourne's maritime history is properly recognised and adequately protected.

Andrea Fleming, CEO, Mission to Seafarers

and

Philip Hill, strategic director, WTC Asset 1

MADE IN HEAVEN *

WITH ANGELINA MAY

What are the working dynamics of your relationship?

Check the astrological charts by emailing yours and your partner's birth date and time to heeven@docklandsnews.com.au

This month it is with a heavy heart that I write this column for a wonderful friend.

James Diamond passed away suddenly this week and his wit, charm and sense of humour will always be remembered. This column is dedicated to James and his partner Maggie



November 17, January 2, 1960 1955 Sun in Capricorn Sun in Scorpio North Node in Virgo Sagittarius

James

The lives that you've touched in this lifetime are automatically stimulated to a higher consciousness. You incarnated without any prejudices and you have helped Maggie and other fellow beings to clarify their own awareness and guide them on their own journeys with the freedom to travel the path they have chosen. You've had the strength and the understanding to assist people on their chosen paths without the ego involvement that might have tempted you to bring them to your path. Through allowing Maggie and others in your environment true freedom of expression you received the reward of bringing out the highest and the best in those around you. Through your innate ability to see the underlying truth in everything around you, you have taught others to remove the veils of illusion that obstruct clear thinking. Using logical deduction, you were able to see a more exact reality and you taught these techniques to others. This enabled them to perceive truthful and precise information and thus to make intelligent decisions. You had the ability to see the truth and to distill information and you helped those around you to reach their goals by tuning in to the wider perspective that you showed them. You had the wisdom and discrimination to know life was not about acquisitions or status, but about a truth in each of us that is more rewarding. Because of this, you often attracted those that needed to hear your truth. You will be missed enormously James. RIP

Maggie

In James you found someone very different to anyone you have been attracted to previously. He stimulated your individual characteristics, without judgement and with humour, compassion and insight. He gave you back your self-identity by understanding and supporting you to successfully assert and express yourself. Just by his presence, he made you aware of the importance of following your own sense of independence and truth. In essence, he motivated you to develop a stronger and more effective self-identity which freed you to take assertive action in your life.

This relationship centred on the principles of freedom, expansion and exploration.

Regardless of how you operate on your own, this relationship brought out your direct, good-natured and optimistic side. Travel, educational and other higher-minded pursuits came naturally to both of you. You spent a lot of your shared time in nature, in your own hub, perhaps cooking talking and bantering. Sometimes disagreeing, but always and easily tapping into an enthusiasm that was contagious to those around you. Together you shared a high-minded attitude, while remaining fun-loving and full of laughter, even at your own expense.

Together

You both emphasise the socially-conscious and scientifically-oriented aspects of your relationship. You two work well with groups, and share high-mindedness together and strong humanitarian ideals.

Together, you experience growth and expansion through inventive and original activity, and are able to motivate others by your example. Your relationship does well in diplomatic and political realms.

In a romantic connection, your sense of friendship with each other makes a firm foundation and you find an easy harmony in the way you chose to spend your free time and discretionary money while together.

You are attracted to group endeavours and may enjoy friendships with others outside of the relationship as well as the one within it. As a partnership, you didn't value security on a personal level, but tended to focus your joint ideals on the betterment of society, with a value-system that was uniquely your own. Your relationship has a reputation as being unique, and you certainly value being able to march to the beat of your own drum.

Relationships are usually sent to us "for a reason, for a season, or for a lifetime".

In James you found a reason and a season, so Maggie I hope you cherish the gifts he left you. I know those of us who knew him will remember and cherish his gifts.

DOCKLANDS COMMUNITY CALENDAR





DOCKLANDS WRITERS

talks and fun.

Last Tuesday of the month

The Hub, 80 Harbour Esplanade "Writerly" issues, workshopping, author

Enquiries to: jane.x.hutchinson@gmail. com or at The Hub.



DOCKLANDS SUNDAY MARKET

Every Sunday, 10am to 4pm

Waterfront City Docklands Drive Discover treasures from the hoards of some of Melbourne's finest antique and pre-loved specialists, including art, jewellery, retro-clothing, vintage books and car-boot sales.

DOCKLANDS WELCOMES WINTER

Saturday 1st June, 2pm - 6pm NewQuay Plaza

Docklands welcomes winter on Saturday 1 June with a family fun day embracing the breeze with free kite making workshops and other children's activities from 2pm -6pm at NewQuay Piazza.

LUNCHTIME TABLE TENNIS

Wednesday and Fridays

The Hub, 80 Harbour Esplanade Cost: No charge.

Table tennis continues to grow in popularity. BYO lunch. For details **8622 4822** or

docklandshub@melbourne.vic.gov.au



DOCKLANDS TOASTMASTERS

Every 2nd and 4th Monday of the month

The Hub, 80 Harbour Esplanade Boost your public speaking and

leadership skills.

Contact: email docklandstoastmasters@ yahoo.com.au or visit www.docklands. freetoasthost.org



FINE LINE DRAWING AND BOTANICAL ART CLASSES

Monday and Thursday

Wharf Hotel, Siddeley Street

The Hub, 80 Harbour Esplanade

The University of the 3rd Age offers two classes on Mondays and Thursdays. To make an enquiry regarding the classes, please ring U3A on 9639 5209



MEN'S HEALTH URBANATHLON

May 26, 7.30am

Central Pier, Harbour Esplanade

Tackle 10 gruelling obstacles and take on 11 kilometres of challenging course through Sydney's and Melbourne's city streets. The 2013 Urbanathlon will be bigger than ever.

DOCKLANDS WALKING TOUR

Every day at 10.30am, bookings essential

Etihad Stadium 130 Harbour Esplanade Explore Docklands on a walking tour. Be mesmerised by the artwork, history and architecture of the Docklands area. Contact **0448 270 023** or email amwt@live.com.au



DOCKLANDS BRAZILIAN JIU-JITSU

The Hub, 80 Harbour Esplanade

BJJ is a style popularised by media such as the UFC and is proven as an extremely effective form of martial arts. Phone 9016 8471, email info@docklandsbjj. com.au or visit www.docklandsbjj.com.au

DISCOVER SAILING

Club sailing days every 2nd and 4th Sunday

Docklands Yacht Club, Shed No. 2 North Wharf Rd

Visitors welcome. For further information email docklandsyachtclub@gmail.com





YOGA IN THE DOCKLANDS

The Hub, 80 Harbour Esplanade

Cost: \$20 per class or

\$175 for a ten-class pass.

Hatha Yoga suitable for all ages and levels of experience. Phone Brooke McGlinchey on 0403 668 705 or muditayogamelb@ gmail.com

DRAGON MASTERS DRAGONBOATING

Wednesdays at 5.30pm and Saturdays at 8.30am

Shed 2 North Wharf Road Victoria Harbour (Melways map 2E B6)

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CITY ON A HILL

Church Services

Sunday 8.45am, 10.30am, 6pm.

Hoyts, Melbourne Central

Sunday evening 6pm

Arrow on Swanston (488 Swanston St) Contact cityonahill.com.au

JEWISH MYSTICISM... A WEEKLY INSIGHT Every Thursday, 7.30pm

Chabad Jewish Community Centre, 198 Clark St, Port Melbourne

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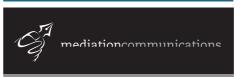
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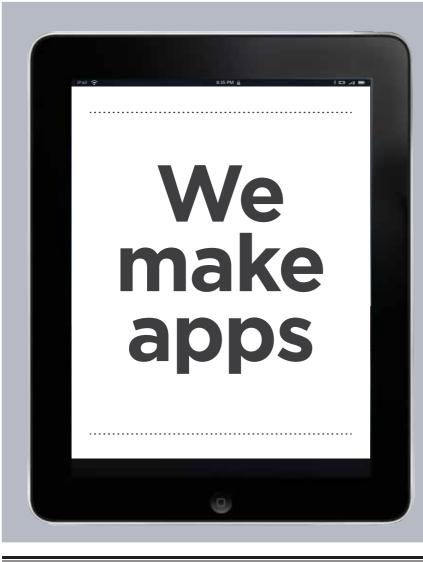
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DOCKLANDS SPORTS PAGE

Ice hockey scores Foxtel deal

By Robert Bremner

Docklands' Icehouse is about to become more well-known throughout Australia, thanks to a new TV deal between the Australian Ice Hockey League (AIHL) and Fox Sports.

In one of the biggest sporting countries in the world, it is a small step in the right direction for an organisation that already has to compete with the AFL, NRL, netball and the rugby union for spectators. It will showcase the amateur league across over 2 million households nationwide. The program will consist of highlights, news surrounding the league and the featured match of the week.

The channel will do a weekly 60-minute game of the round that will be shown every Thursday. This means that there will be 20 games going to air over the course of the season, plus the finals series.

Melbourne Ice president Emma Poynton said: "The games will be filmed on the weekend then screened the following Thursday. Foxtel aims to back the AIHL games onto the NHL games so NHL hockey fans can see what our own AIHL has to offer".

According to Ms Poynton, by screening the two leagues back to back, it will help create awareness for the Melbourne Ice on a national level.

She also couldn't thank ATC productions and James Morgan enough. ATC is a small production house which brought the hockey coverage up to a level that interested Foxtel.

The Foxtel deal will increase the viewership of ice hockey across Australia and will hopefully bring more people to the matches.

The inaugural broadcast was aired at 12.30 on Anzac Day and showed the highlights from the Melbourne Ice versus Melbourne Mustangs clash, which the Ice won 7-2.

In the weekend's other matches, last year's grand finalists New Castle started the year in great fashion crushing the Sydney Ice Dogs 6-2. The Canberra Knights just got over the line against Adelaide Adrenaline 3-2 before, Adelaide went on to smash the Sydney Bears 9-2.

The next Melbourne Ice game to be filmed will be on May 11 when they meet Adelaide Adrenaline.

To find the list of games that will be telecast on Fox Sports, just visit the AIHL website.



James Pretto crosses the finish line at Yarra's Edge.

Photo credit: Super Sport Image

Happy to see Docklands

Yarra's Edge was a sight for sore eyes (and a relief for sore legs and arms) for competitors competing in the Marysville to Melbourne challenge last month.

About 700 people took part in the gruelling challenge, which involved a 155km one day trek involving trail running, road cycling and flat water paddling.

Competitors started on foot in Marysville and ended by paddling into Yarra's Edge.

James Pretto was first to cross the finish line with a time of 7 hours and 53 minutes.



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