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CBD CITY NEWS

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Party time at Viva Victoria

Performers from the Caribbean Association of Victoria dance up a storm at the Viva Victoria Multicultural Festival at Federation Square on March 22. Photo: Jorge de Araujo

Residents are the big spenders

By Shane Scanlan

City of Melbourne residents spend four times as much as city workers in Melbourne's shops, cafes and bars, new research has revealed.

SGS Economics & Planning research shows that residents each spend \$10,000 on retail and hospitality each year within the city.

Workers spend \$2500 each year on retail and hospitality, while students spend just \$1800.

The research was commissioned by the City of Melbourne as part of its recently-released Retail and Hospitality Strategy First Year Report.

The research shows that, as a group, workers spend the most in the city on retail and hospitality - \$1.09 billion annually.

But there are about 500,000 workers and only 105,000 residents. Despite their numerical disadvantage, residents spend only slightly less than workers - estimated by SGS at \$1.04 billion.

Students were estimated to spend \$459 million as a group on retail and hospitality within the city each year.

The Retail and Hospitality Expenditure Study, City of Melbourne/SGS Economics & Planning 2014 research also showed that visitors to Melbourne spend an estimated \$885 million.

The researchers also looked at "leakage" and found that, again, residents were the most loyal group of retail and hospitality customers within the city. Residents expend 85 per cent of their total spend within the city, and forked out only \$150 million (15 per cent of their total spend) on retail and hospitality in other places.

In contrast, students and workers were found to spend four times as much as they spent in the city in other places. Workers annually spend \$4.2 billion elsewhere, while students spend \$1.6 billion in places other than the City of Melbourne.

The report's researchers pointed out that there was considerable overlap between these groups.

The City of Melbourne's marketing chair, Cr Beverley Pinder-Mortimer, said: "There is tremendous need for the city to continue to market to its residents given that this group has been identified as the strongest supporter of local business."

City Precinct president Gerard Kelly said: "The City Precinct Committee, supports the findings that residents would be for some businesses their key market and most loyal customers."

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The City of Melbourne has warned the Federal Government to keep its fingers out of the property-based taxation pie.

The Federal Government has announced an intention to raise \$200 million annually from foreign property investors.

But the council says such a tax would be counterproductive and would lead to diminished new property supply and, therefore, higher prices.

Council's finance chair, Cr Stephen Mayne, told last month's Future Melbourne Committee the proposed tax would fail on multiple fronts.

"If you introduce a new tax which targets a particular category of buyer, you will have higher prices because you have fewer buyers and less supply," Cr Mayne said.

"This would hit supply, which is the biggest factor in making Melbourne housing more affordable."

"It sends a signal against foreign investment and Melbourne, in particular, has been a very big beneficiary of inward foreign investment in our property sector."

"I think the strongest argument against it is the incursion of the Federal Government into the property tax game," Cr Mayne said.

"We are a property franchise and councils

traditionally rely on property-based rates to collect our revenue. We've had the State Government move into this area in a big way in recent years with land tax and congestion tax and fire services levies and now we have the third level of government also getting into the property tax game."

"Melbourne currently has more than 40 per cent of all new apartments and a lot of that is inward foreign property investment."

"This is an excessive new tax targeted at one class of investor which sends signals which are negative or contrary to the 'open for business', 'engagement with the region' support for inward investment which has been a key part of our prosperity and success in recent years," Cr Mayne said.

All councillors, except Greens councillors Rohan Leppert and Cathy Oke, supported Cr Mayne's motion to tell the Federal Government to drop the proposed tax.

Lord Mayor Robert Doyle agreed, saying: "People might ask 'why is it that a local government authority is commenting on a Federal Government taxation policy?' And for me, (the answer is because) this is primarily about us."

"Last year at the City of Melbourne, we issued building permits which were worth \$3.4 billion, the vast majority of which was in new housing stock. So we're undergoing a residential boom and there's no signs in the next few years of that abating."

"The City of Melbourne has the lion's share of the residential boom which is about to be taxed. Leave the existing system alone. It's working pretty well and achieving what we want."

"While I would support the Foreign Investment Review Board having the resources to do its job, I'm not sure that the way to do that is by imposing another federal tax," Cr Doyle said.

Cr Ken Ong said: "There is a lot of talk about auctions being won by foreigners because they see a lot on non-white faces. I'm going to be blunt here. I think this is pretty much along the lines of xenophobia."

"If there was a problem with foreigners buying existing properties, we would have seen thousands picked up for breaking the rules but, so far, there has only been one," Cr Ong said.

Clustering for success

Working together is a formula for success in any enterprise, so when multiple businesses co-operate, the results are even better.

On March 12, Lord Mayor Robert Doyle (centre) opened "The Cluster's" second shared workplace space at 31 Queen St. The Cluster is home to more than 250 business who turn over more than \$200 million.

In our picture, Cr Doyle is flanked by Cluster founders Kirsten Koci and Chris Moseley.



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Q I have been diagnosed with tendinosis or tendinitis. What should I do next?

A Tendinosis (or tendinitis as it was previously called) can affect different areas of the body, most commonly the elbow (tennis or golfers elbow), knee (jumper's knee), the Achilles or the shoulder (rotator cuff tendons). Tendinosis can be a tricky thing to overcome as often the onset is slow and usually occurs because of biomechanical faults in that area.

There are two phases to overcoming tendinosis successfully – phase one which includes resting, using ice, physiotherapy and stretching and phase two which involves correcting the biomechanical reason behind the overload. Occasionally we refer to sports doctors for other intervention such as steroid injections however the success of these varies accordingly to the location of the problem.



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Minister is aiming for a positive legacy

By Shane Scanlan

New Planning Minister Richard Wynne says he's got the best job in town.

"People say I've been training for this for 20 years and maybe I have," he said. "So I want to bring all of what I've learnt to try to use this term of government to put into place longer-term strategies for our city."

These are the sort of words that CBD residents have been longing to hear from a State Planning Minister, so let's hope we can look back in four years with gratitude for a job well done.

"I am very passionate about the city. I was the lord mayor of this city. I know this city intimately. I know it as well as anyone knows it. I walk it. I live it. It's where I have grown up," Mr Wynne said.

"I've lost none of my enthusiasm for it and that's why you enter public life - to put in place good things, good structures."

From a CBD perspective, Mr Wynne is on the money. He is talking design standards - "We have lower standards than Sydney. It's both physical size and urban amenity. They go together."

He is talking amenity: "In terms of light and overshadowing, I have a position which is very clear on this. I am looking towards amenity. What gets approved during my time as a minister will be high-quality development which addresses the street and is active on the street level, that deals with some of the impacts of wind, and overshadowing."

"I will not approve developments that rely on borrowed light. I simply will not approve them. That is just not on."

"Similarly, developments that over-shadow our parks, over-shadow the bay, over-shadow the rivers I won't approve."

"And you don't want to be looking out of



New Planning Minister Richard Wynne ... saying all the right things from a residential perspective.

your apartment into someone's kitchen or their lounge room. You want at least a civilised level of space between them."

"I am very cognizant that in all these CBD residential developments that you get quality, amenity, a decent size of apartment to live in, which is activated at the ground floor level and which contributes to the public realm," he said.

But, just as he is very happy to talk about amenity, he is equally tightlipped about what might be in the wings regarding his relationship with the City of Melbourne.

Apart from saying that he is retaining the right to determine planning applications for buildings greater than 25,000sqm, the minister gives the impression that something significant is happening.

He warms up with: "I've met with the Lord Mayor and we see a crucial role for the City of Melbourne and the State Architect in terms of the decision-making around that."

The council has been asking for significant developer contributions to pay for the social infrastructure to support the current population boom. On this subject, Mr Wynne said: "We're looking at that all at the moment and it's probably wise that I don't go much further at the moment."

And, when asked specifically, whether or not he would support a CBD structure plan to clearly articulate and define future development, he said: "In my conversations with the Lord Mayor, I couldn't have found a more willing or co-operative partner in this."

"That's why you will see, over time, not only a mature and respectful conversation with the

City of Melbourne, but very much moving towards partnership around many of these strategic issues."

Asked whether or not that meant we could expect a CBD structure plan during his term, the minister said: "I've answered that question. That's all I'll say."

Mr Wynne says he not against height, as long as it ticks the various amenity boxes. And he certainly appreciates the wisdom of urban renewal close the city centre.

"When you think about the fact that the demographics suggest we are going to have to house 100,000 people a year until 2050, that's a massive challenge for any government," he said.

"We've probably got, within 5km of the GPO, 30 year's worth of developable land. We're not short of it, but let's get it right."

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It's night and I've got garbage on my mind

By Shane Scanlan

Until you move to the CBD, you don't really think much about garbage.

It becomes a major issue, however, on your first night of sleeplessness, so the City of Melbourne's current review of its integrated waste strategy is a locally compelling subject.

Residents looking for a policy shift away from the nightly carte blanche procession of myriad contractors bustling their monster trucks through streets and lanes designed for a gentler era will be disappointed.

The council has no appetite to monopolise collections. But it has at least piloted a collaborative exercise in Sniders Lane and continues to add a small number of compactors and conduct other aggregation and waste reduction experiments.

Environment chair, Cr Arron Wood, is responsible to the community for this issue.

Being a business-focused pragmatist as well as a greenie, Cr Wood understands the macro-economics of the issue and points to waste reduction as our greatest hope.

For example, he says half of the city's rubbish bins are full of organic waste. So, he says, if you can divert the waste stream, you immediately halve the nightly disturbance, halve emissions, halve the costs and double the life of the remaining landfill sites.

"What city and state governments have to do is work out where we are going to find end markets for these (recovered) products," he said. "The two key things are to find an end-use and also to aggregate the raw product so there's enough of it to make it work."

"I think we're hitting this critical juncture where the next integrated waste management plan is going to go a lot further than previous incarnations," he said.

Cr Wood points to the Degraeves St central collection exercise as an example of what could, over time, be rolled out on a precinct-by-precinct basis throughout the CBD. Degraeves St has a compactor as well as a composter.

"When we looked at Degraeves St we found that 90 per cent of all waste could be diverted from landfill altogether," he said.



Restaurateur Tony Roussos, recycling officer Darryl Eyles and Cr Arron Wood.

"We are currently treating 700kg of food waste a day. So this didn't need to go into the bins in the first place."

"Since the project began, 100 tonnes of food waste has been processed, 132 tonnes of co-mingled waste and 141 tonnes of cardboard has been diverted.

It's become an entire waste solution for that precinct."

"And another good thing is that we turn the

compost into soil conditioner and we use that on our parks and gardens."

But, while the council can point to its Degraeves St example as well as three compactors elsewhere in the CBD, they are demonstration projects only.

The major amenity policy issue of allowing dozens (Cr Wood thinks it could be 50) different waste collection companies to ply their trade through CBD streets each night is not even on the agenda.

The council believes it would be prevented by anti-competitive regulations from taking on these companies. But it has never tested the theory.

"That idea of it being anti-competitive has been floated," Cr Wood said. "But I think there's a heck of a lot more we can do reduce the amount of waste in the first place."

In Sniders Lane, the number of bins for collection has been reduced from 40 to 19.

Cr Wood said a waste audit there revealed that most bins were being collected either by a single contractor or the council, and admits it was "low hanging fruit".

"As well as the win on amenity, we've also now got a communal system for co-mingled recycling," he said.

"Sniders Lane is a good way of tackling an issue that is going to give multiple benefits."

"That being said, there will be no single solution in the new integrated waste management plan. We won't be able to do Sniders Lane in every single patch of the city."

"The reason there are so many pick-ups is that we haven't done as much as we could on getting our businesses to actually separate their waste and (we are) often sending stuff off to landfill that doesn't need to be there."

Cr Wood expects to get support later this year to trial two different types of organic waste collection in two apartment towers.

"If you can get whole-of-building solutions, that would be a good outcome," he said. "We'll trial some different approaches and some difference technologies."

"If you take all the moisture out of it by putting it through a composter, you are looking at a reduction the volume by about 70 to 90 per cent."

In the meantime, our increasing population means ever more nightly truck movements.

"The other side of it is more sophisticated trucks," Cr Wood said. "I mean some of these trucks are pretty old. There are other ways - such as much smaller trucks, trucks with noise dampeners or electric trucks - so at least you remove the engine noise."

Cr Wood encourages readers to make a submission when the integrated waste management strategy goes to the Future Melbourne Committee in May.



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Reverse discrimination on graves

By Shane Scanlan

Aboriginal graves are to be given special respect and significance not afforded to the remains of thousands of Melbourne's first European settlers under City of Melbourne plans for the redevelopment of Queen Victoria Market (QVM).

Under the council's recently-released master plan for the market, the small Aboriginal section to the north of the Old Melbourne Cemetery will be protected from disturbance.

The council further proposes to engage with the local indigenous community with possible outcomes to include:

- Commemoration of the area via the naming of a walkway;
- Reservation of part of the area as public space, which could be programmed from time to time with local story telling and other community initiatives;
- Dedication of stall area or shop for display, interpretation, exhibition and or sale of locally-produced goods (e.g. arts, crafts and souvenirs); and
- Physical recognition of the significance of the place in the form of interpretive signage, design treatment, materials, creative installation, etc.

In contrast, the council proposes to put a road through and a "mixed use development" in the more heavily-populated Anglican and Presbyterian sections at the

south end of the cemetery.

The council proposes to realign Franklin St through the cemetery despite human remains lying just 36cm under the ground.

And the master plan is largely silent on the fate of the souls interred below the circa 1930 Franklin Stores building, which are earmarked as a development site.

The Franklin Stores land is to be consolidated with the State Government land containing car parking and the current Franklin St to the south of the market for the "mixed use development".

The development and sale of this land is expected to fund the ambitious market redevelopment.

However, the master plan gives little detail about the level of disturbance to the graves lying under the Franklin St Stores building.

Apart from a small section at the northern end of the market, most of the QVM site sits above the cemetery, which was Melbourne's original main burial ground.

When the market was expanded in the 1920s, less than 1000 bodies were exhumed and

moved, leaving behind an estimated 7500 souls.

The master plan says that the new Franklin St will be built through the cemetery by 2019 and that the other land parcels (including the Franklin St Stores and portions of the Franklin St road reserve) will be reconfigured to create mixed-use development sites by 2026.

The master plan says of the site: "Explore, independently or as part of the larger development site, opportunities for reuse of existing buildings for retail, hospitality, education, etc."

However, the council's 2012 City North Structure Plan "recognises and encourages strategic renewal opportunity of the area to the south of QVM".

A new structure of a size required to return sufficient funds to the council will no doubt result in significant excavation of the southern end of the cemetery.

The master plan admits that "the need became clear to review existing development controls to progress the precinct renewal".

But, rather than address the development issues, the master plan says: "A separate

consultation on a draft planning scheme amendment will commence in April."

An accompanying *Precinct Renewal Strategic Brief* says: "The creation of freehold development sites in the south of the market precinct means that the Franklin St Stores would no longer be available for market operations as they would form part of the freehold land parcels."

The strategic brief outlines "clear principles to direct the management and protection of human remains located beneath the current market".

The first such principle is to avoid or minimise sub-surface works altogether.

Where remains are dug up, the council aims to reinter within the Old Melbourne Cemetery site.

"Where possible the association between a burial and its original place of interment should be preserved," the guidelines state.

The guidelines go on to state that qualified people should be involved in the operation, that legislative approval will be necessary and that the council should "engage", "consult" and "communicate".

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Council tackles city flood risk

The City of Melbourne is about to spend \$20 million on a series of environmental initiatives, which will mitigate flood risk in the Elizabeth St catchment.

Endorsing the Elizabeth Street Catchment Integrated Water Cycle Management Plan at last month's Future Melbourne Committee meeting, Cr Cathy Oke said the council's work was leading the world.

She said she had been invited to lead three sessions at an upcoming international conference to explain the concepts involved.

"We've been asked to present in three sessions because we are doing more with integrated water management than any other city in the world," Cr Oke said.

Council's environment chair, Cr Arron Wood, said: "The plan identifies about \$20 million of council investment, so it's not a small sum we're talking about, and also about \$13 million of works on private land. So it's really going to be a collaborative effort to implement this plan."

"These are not small numbers, but when you throw in all the other co-benefits - the open space, the drought-proofing of our parks and gardens - you see that green infrastructure stacks up really well."

The key objectives of the plan include reducing flood risk rating in the Elizabeth St catchment from extreme to high, improving management of water use, reducing storm water runoff, increasing open space, soil permeability and moisture, increasing canopy cover and improving vegetation health through availability of alternative water sources.

Cr Wood said: "While bringing the flood level down to high, there is the ability to capture storm water, there is the ability to treat our pavements - those hard surfaces that are the



really difficult issue when it comes to run-off - things like porous paving, things like better treatment for our street trees, and things like open space, which are all amenity benefits that will flow from this."

"So what we are intending to do with this integrated water management plan is to better mimic the natural water cycle. That is about capturing more to the water in the upper catchment before it becomes an issue as it flows down Elizabeth St."

"We want to improve the existing vegetation that is already there but taking the threat of flooding and turning that into a resource for our street trees and parks and gardens."



Natsoko Kitamura (third from left) was the lucky door-prize winner of a suite of Ikea furniture at the City of Melbourne-sponsored Accommodation and Living Fair on March 12. Also pictured are Residents 3000 president John Dall'aAmico, Ikea marketing manager Leonardo Ortiz and Leading Snr Constable Glenn McFarlane.

Place Theatre update

Comment on local heritage significance of the former Palace Theatre in Bourke St closed on March 20.

The City of Melbourne advertised an amendment to the Melbourne Planning Scheme following a decision late last year to support some aspects of the building's heritage significance.

Specifically, amendment C241 - Palace Theatre Heritage Review - suggested three changes to the planning scheme:

- Amending the Schedule to Clause 43.01 (Heritage Overlay) to insert a new entry

for the Palace Theatre which ticks the 'External Paint Controls Apply?' box;

- Amending Clause 22.04 - Heritage Places within the Capital City Zone, by the addition of a policy reference titled Palace Theatre, Bourke St, Melbourne: Heritage Assessment for the City of Melbourne, December 2014; and
- Amending the incorporated document, Central City (Hoddle Grid) Heritage Review: Statements of Significance June 2013, by including the Statement of Significance for 20-30 Bourke St, Melbourne at page 91.

Save the Palace activists say the amendment does not go far enough to recognise the building's heritage significance.

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Police 'insult' cuts deep

Police have upset long-standing members of a CBD safety committee by inviting them to an event to commemorate its closure.

Don Parsons has chaired the Police and Community Consultative Committee (PCCC) since 1993 and says he has never in his life been treated so poorly.

On March 13, Acting Inspector Rhonda Brown emailed committee members: "I formally invite you attend the closure of Melbourne Police Consultative Community Committee on Tuesday, March 31 2015. It will be held at the Melbourne Town Hall, Council Meeting Room at 3.30pm. There will be refreshments and presentations."

Mr Parsons said this came "out of the blue" and he is highly offended.

The police have been frustrated with the monthly PCCC for some time now and had stopped attending. They have established a quarterly Melbourne Safety and Security Committee starting in July which, they say, will yield better community outcomes.

Mr Parsons acknowledges the strained recent history but says at a meeting on March 4 police agreed to an alternative compromise approach.

Under the compromise position, Mr Parsons would continue to chair the committee, but it would meet quarterly.

Cr Richard Foster corroborates this, saying he personally brokered the compromise at

the March 4 meeting and is equally surprised by Acting Inspector Brown's actions.

"To just can it without any further discussion is just so insulting to people like Don and the others," Cr Foster said. "It's just not on."

Cr Foster acknowledged that there were problems with the PCCC structure and that police needed to get value from their investment of time and resources.

"But there is a right way and the wrong way to go about this," he said. "To book a room at the town hall to celebrate the committee's demise is pretty rough."

Mr Parsons said: "If the police have decided to walk away from the agreed March 4 format, I would have expected the courtesy of a call to me from the Acting Inspector."

"Frankly, I have never been treated by anyone in such a cavalier manner!"

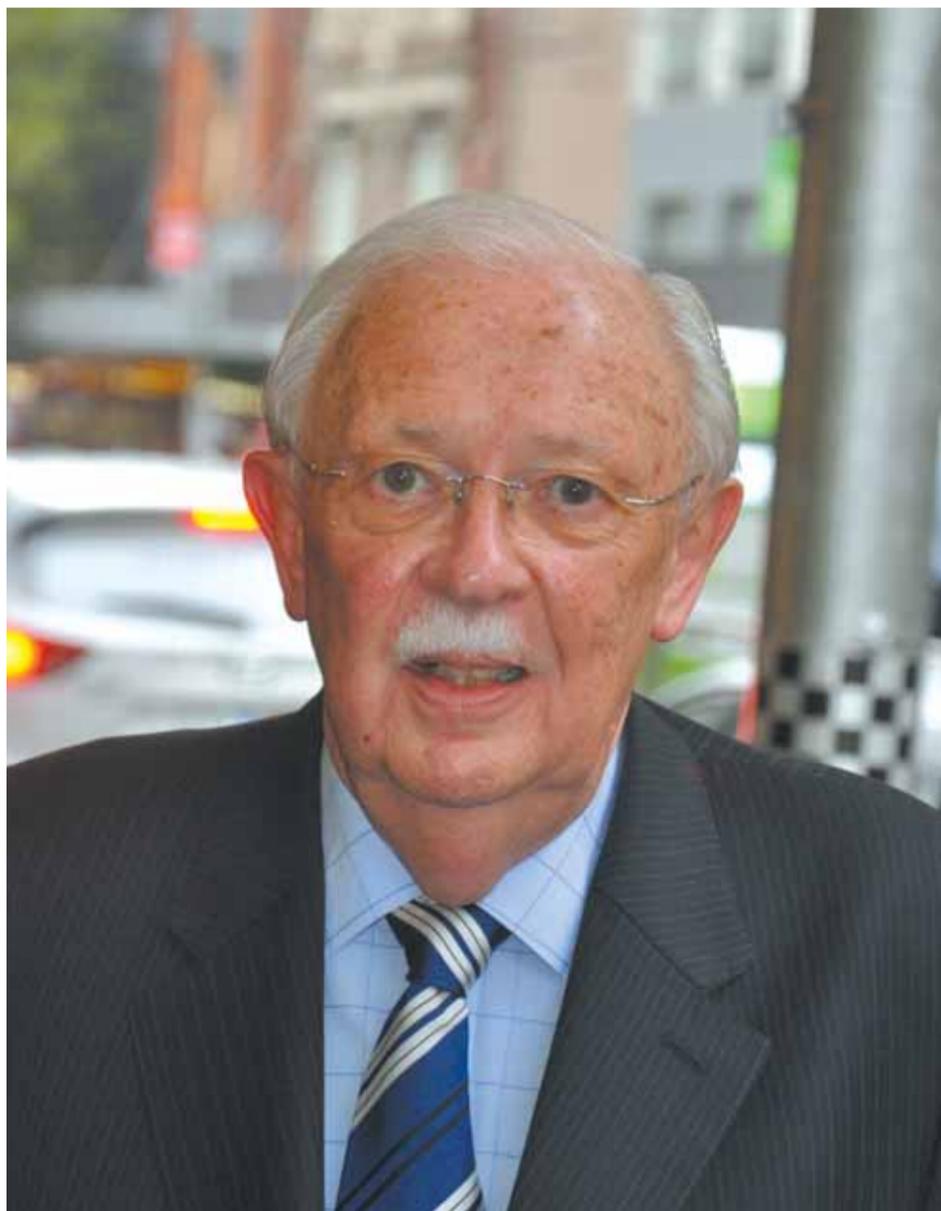
Mr Parsons said the CBD community would suffer without the PCCC, but Melbourne East Police Station commander Sen Sgt Dale Huntington says the new structure will deliver better results.

He said the PCCC had been "inquisitorial" with police on the back foot defending what they may or may not have done about various perceived problems in the city.

He said the new structure would involve more representative groups and would look at a broader range of community issues.

Acting Inspector Brown agrees but acknowledges that Mr Parsons has done a great job over many years.

"He has put his heart and soul into it and we recognise and respect that," she said.



Don Parsons is hurt by the way he was dumped after chairing the PCCC for 20 years.

Freight innovations sought to solve the final kilometre

By Louis Blake

The City of Melbourne is looking for strategies to upgrade and update the ways in which freight is delivered and received in the CBD.

Some 840,000 people and nearly 9000 trucks visit the city each day. This means that more and more people are using the footpaths, roads and public transport each day.

If left unattended, this human congestion could have grave consequences for the efficiency of freight delivery within central Melbourne.

In a report, entitled *Innovate Freight*, the

council sets out a program to improve the way in which Last Kilometre Freight (LKF) is handled in Melbourne.

According to the report, LKF is defined as the last leg of a product's journey - be it office, supermarket, café or store.

The overarching aims of the project are to "foster innovative low-impact freight" and to enhance the overall effectiveness of freight in the CBD.

The council also hopes that by innovating deliveries it will be able to reduce costs, improve reliability, lower green house gas emissions and reduce the numbers of vehicles.

The council is holding a forum at Melbourne Town Hall at 7.30am on March 27. For the full report, tickets for the forum and to leave feedback visit participate.melbourne.vic.gov.au/projects/innovate-freight

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Special CBD ANZAC connection

The nation's oldest RSL club in Melbourne's CBD turns 100 this year, created only months after the AIF landings at Gallipoli.

The Melbourne sub-branch in Spencer St is probably one of the smallest clubs now with only 82 members. But, during the 1930s, the club was forced to cap its membership at 2500 returned soldiers and the club's magazine once had a subscription list of 6000.

The club covered the whole of the state in the beginning. Other clubs formed in the major regional centres during World War I and, in 1919, a state branch was established to sit above the various sub-branches.

These days the club house is more like a cubby house, having a small entrance on Spencer St and a modest office upstairs.

Club president Mike Moroney explained that the club made use of the bar facilities next door at the Mail Exchange Hotel where members were treated to discounted drinks.

Melbourne RSL has had many homes within the CBD since being formed on August 8, 1915 at the Orient Hotel, on the corner of Bourke and Swanston streets.

Mr Moroney said soldiers who had returned from Egypt were instrumental in forming the club. The club also had the support of veterans from the earlier Boer War in South Africa.

Over the journey, the club has been housed in the Block Arcade, the Alexander Building and the Overseas Club. But its spiritual home was Duckboard House at 91 Flinders Lane, which it occupied from 1939 until 2005 when the building was sold.

The club had a couple of other temporary homes before being offered the Spencer St site by hotelier Alex Robertson about two years ago.

"I think it was a storeroom or something like that," Mr Moroney said. "Alex heard we were in need of a home and we are indebted to him for finding room for us here and decking the place out."

While the club has realistic ambitions about any future expansion, it is content to continue operating to primarily look after the welfare of its remaining members.

"It's a great place for us because it is so close to the station and the association with the hotel next door works well," Mr Moroney said.

"A lot of our members are getting on in age and, without a bar or kitchen, we can't really expect to attract new people."

Right: Local RSL club stalwarts, Mike Moroney and Don Eastwood.



Napier Waller town hall murals to get a facelift

By Louis Blake

The murals adorning Melbourne Town Hall are getting a facelift.

Originally painted in 1927, the murals have been restored periodically since then, with the last restoration being about 20 years ago.

Much like the works themselves, the artist is worthy of far greater public attention.

Born in 1893, Napier Waller lost his dominant right arm during World War I.

Showing grit and determination, Waller was still determined to pursue his art. After re-learning his craft with his non-preferred

hand Waller would go on to create several large-scale pieces around Melbourne.

His work can be found in the State Library of Victoria, Melbourne University, the Australian War Memorial in Canberra and

on Newspaper House on Collins St. All in all, Waller has 11 pieces around the CBD.

The restoration of Waller's work is expected to run over 12 weeks and will cost about \$30,000.

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Living Mindfully 11am, April 17

Learn breathing techniques and meditation exercises for mindfulness from Dr Debra Campbell-Tunks.

Tickets: \$10

Stress Less, Laugh More 6.30pm, May 7

Infamous comedian Anthony Akroyd presents a hilarious and educational evening exploring stress and laughter.

Tickets: \$20/\$30

What Makes Couples Stick? 6.30pm, May 14

In conjunction with National Law Week this seminar is dedicated to exploring the psychological and legal minfield of relationships.

Tickets: Pay-What-You-Can

Spirituality in Clinical Practice 6.30pm, May 21 & 28 & Jun 4

Dr Francis Macnab, Dr Lynette Kramer and Dr Debra Campbell-Tunks discuss the connection between clinical psychology and spirituality.

Tickets: \$10 per seminar
\$25 for the whole series

ST MICHAEL'S

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Council set for more 'ambitious' bans

Bolstered by overwhelming support, the City of Melbourne is set to become "more ambitious" in declaring smoke-free zones.

Councillors last month voted to extend smoking bans to three more CBD laneways but flagged dissatisfaction with incremental progress.

Cr Cathy Oke said councillors should aim for a statewide ban on smoking.

"I fully support this but, if we're only going to do six each year, we are never going to get to a statewide ban," she told the Future Melbourne Committee in support of banning smoking in three more lanes.

"In 50 or 100 years time I think people will look back and wonder why we didn't ban it completely in the first place," she said.

Council is to prescribe Howey Place, Equitable Place and Block Place as permanent smoke-free areas under Clause 3A.3 of its Activities Local Law 2009.

And it is due to declare three more areas smoke-free by the end of the financial year.

Lord Mayor Robert Doyle said: "Given the success to date, maybe it is time for us as a council to be more ambitious and think about how we can increase this footprint."

"Maybe we could be more ambitious and tackle, for instance, alfresco dining and we'd have to do that, I think, in concert with the State Government."

Cr Richard Foster, who has championed the anti-smoking ban within the council, said: "Council has already agreed to consultation on an additional three zones in this financial year, so that may be the time to take on some of the Lord Mayor's suggestions about what those areas might look like."

"And they may not, potentially, be limited to laneways and we may have an opportunity to take up that suggestion and be a little more ambitious," Cr Foster said.

Cr Foster said the first of council's smoke-free outdoor zones, The Causeway, had been a financial success for traders.

"The Causeway is the smoke-free environment that people want to be at and businesses have recorded an increase in takings," he said.

"Families have returned to the area. Families are sitting down and having meals there and traders are happy about it."



CBRE successfully mixed footy with property on March 12 when it hosted a seminar with current and former Hawthorn players Brad Hodge and Daniel Elstone (second and third from left) who have formed a finance company. Also present in our photo are Josh Rutman, Nick Lower and Nic Cuni.

Help for rough-sleepers

HomeGround is employing two more case managers and a part-time nurse for the next six months to bolster a campaign to end homelessness in Melbourne.

The State Government last month pledged \$147,000 to help get rough sleepers into long-term housing. When announcing the funding, Housing

Minister Martin Foley said: "Homelessness is a struggle with complex causes, including rising cost of living, family violence, health issues and unemployment."

What's on at the Wonderland Spiegelent

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CITY SAFETY MELBOURNE — 2015

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RESIDENTS 3000
MELBOURNE

Audit an 'eye-opener'

A security assessment of a CBD apartment block by Residents 3000 has revealed a substantial list of potential safety and security improvements.

Working with the former owners' corporation chair and building manager, the audit was an "eye-opener" for all concerned.

Residents 3000 vice-president Dr Sue Saunders said a number of improvements had flowed from the exercise, but that OC members responsible for the building and its safety should probably conduct the self-assessment annually.

"With training and guidance, there's no reason why committee members and residents can't conduct their own audits in subsequent years," Dr Saunders said.

The assessment covers general issues, fences and gates, landscaping, security lighting, mailboxes and essential services, doors, windows, property identification, telephone systems, fire exit doors, and alarm systems.

The 89-point self-assessment tool has been developed by Victoria Police specifically for inner-city residential apartments.

Residents 3000 has adopted the project as part of the wider City Safety 2015 campaign.

Real estate agents Hocking Stuart last month offered to come on board to support the campaign.

CBD office director Scott McElroy said his company saw great benefit in working with Residents 3000 and local residents to improve city safety.

"The CBD is a great place to live, but it also comes with some specific challenges which we need to address," Mr McElroy said.

Victoria Police crime prevention officer Glenn McFarlane is conducting a session for residents on the principles of Crime Prevention Through Environmental Design (CPTED) later this month.

Leading Snr Constable McFarlane said these principles, which included natural surveillance, access control, territoriality, target hardening and capable guardians, were at the heart of the self-assessment tool.

Residents 3000 wants to hear from other buildings within the CBD wishing to conduct a safety audit.

OC Committees and individual residents wishing to know more about the April 27 session should contact Residents 3000 via sue@residents3000.com.au



Scott McElroy, Dr Sue Saunders and building manager Suzie Husidic

CBD crime rate is steady

The CBD has the highest rate of crime within the Melbourne area, according to crime data released last month.

Some 21,524 offences were recorded in the postcode 3000 last year, comprising 66 per cent of the 32,301 crimes recorded in the City of Melbourne.

The statistics were released last month as part of the Crime Statistics Agency first quarterly report. The Crime Statistics Agency assumed the role of reporting crime statistics from Victoria Police on January 1.

Although it recorded the highest level of offences within Melbourne, the good news is there's been no increase in CBD crime rates over the past five years.

The 21,524 offences recorded in the CBD in 2014 almost match the 21,791 CBD-based offences recorded in 2010.

And in the intervening years crime levels have remained relatively stable in the city, peaking with 24,908 offences in 2012.

The most common offence recorded in the Melbourne LGA in 2014 was theft, with 9765 offences recorded. However, theft offences have decreased from 13,683 offences in 2012 and 10,284 offences in 2013.

Other common offences in the Melbourne LGA included deception (4676 offences), disorderly and offensive conduct (3924 offences), breaches of orders (3312 offences) and assault and related offences (2308 offences).

Overall property and deception offences, which include theft, arson and bribery, have dropped from 20,716 offences in 2012 to 17,569 offences in 2014.

Crimes against the person, which include homicide, sexual offences and assaults have remained stable, with 3648 offences recorded, almost the same as the 3644 offences recorded in 2012.

Some 11 homicides were recorded in the Melbourne region in 2014, matching the 2012 statistics but an increase on the four homicides recorded in 2013.

Public order and security offences such as public nuisance and disorderly and offensive conduct have decreased gradually over the past three years from 6186 offences in 2012, 5541 offences in 2013 and 4990 offences in 2012.

Pedestrian safety a priority

Local police say they are striving towards fewer injuries to 'vulnerable road users' in CBD streets.

Melbourne East Police Station commander Sen Sgt Dale Huntington says the number of serious injuries to pedestrians and cyclists has fallen 13 per cent in the last 12 months.

"Numbers are down, but we are determined to see these statistics fall even further," Sen Sgt Huntington said.

"The city is getting busier and it's harder than ever to protect pedestrians at crossings because they are not taken seriously."

Sen Sgt Huntington said many pedestrians considered traffic lights as "advisory" and would walk against a red signal if they thought it safe.

"A lot of these people are walking around with music playing through headphones," he said. "They step out because they see someone else do it and the next minute they are struck by a car."

Sen Sgt Huntington said police were determined to change the culture around disregard for traffic signals.

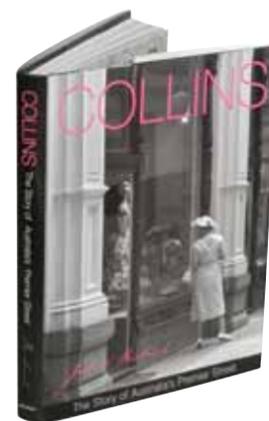
A slice of history

Time is running out to purchase the magnificent *COLLINS The Story of Australia's Premier Street* coffee-table book.

First printed in 2005 and since reprinted by popular demand, the book traces the colourful history of Collins St and its characters.

It contains amazing details on the wonderful buildings, hotels, retailers, clubs, the medical faculty, transport, art and culture.

Author Dr Judith Buckrich is renowned for her local histories but it's the generous illustrations and photography which completes the book.



The book can be ordered online at www.collinsstreet.com.au and costs \$69.95 (inc GST and postage within Australia). It can also be purchased at good bookshops including Readers Feast, 162 Collins St.



LUNCH TIME

TO BE FEATURED IN THIS SECTION CALL 8689 7980



LUNCH TIME, AFTER WORK AND THE WEEKEND WITH

Lifestyle editor
Sarah Harrison

lifestyle@cbdnews.com.au

2015 has seen a healthy number of new and diverse lunch options open doors to hungry city workers, from the recently launched Rosa's Canteen to Five Points Café and Magic Mountain Saloon.



LUNCH BENEATH THE ARBORY LEAVES

Amongst this flurry of activity is a new riverside alternative, Arbory Eatery, launched in mid-March.

Perched beneath the Arbory trees lining the Yarra (hence the name), this timber clad, architecturally designed venue can be found wedged between Flinders St Station and the Yarra in place of the former and now disused Sandridge line.

A joint project between HQ Group and Metro Trains, the inspiration for the site flows from the concept of joining the city to the Yarra and utilising an otherwise much-underutilised area.

Open from 7.30am til late seven days a week, and with over 120m of seating beneath large

custom-made umbrellas, Arbory Eatery offers a good spot for a business lunch or casual midday meal that's within the CBD yet worlds away from the office.

Lunch options range from reliable sandwiches and burgers like the crumbed mushroom and haloumi burger (\$15) or sobrasada and mozzarella toastie (\$13), smaller eats such as pea and herb arancini (\$9) and steak tartare (\$16), to larger dishes including spaghetti (\$26), rare roasted salmon (\$26) or pork chop (\$28).

The elongated eatery comes as a welcome addition to the riverfront with not too distant neighbours, Riverside, previously monopolising the absolute city-side waterfront location. It now shares this

stretch with the less than a year old Pilgrim Bar and, under the other side of the bridge, Arbory Eatery.

For the city, it marks an exciting development indicative of expansion and progress. For hungry workers, visitors or residents of Melbourne, it means a leafy, lunch-to-late destination with crisp views across the water.

What are the plans for tackling the cooler months ahead? "It's an outdoor venue which we'll make more comfortable and warmer for winter," said Tim Botterill, director at HQ Group. "We've got some big stuff planned so bring your jacket, bring your beanie and come down to Arbory Eatery."

HIGHLIGHTS



SUN MOTH CANTEEN

Niagra Lane's newest venue offers coffee, wine, beer and delicious seasonal comfort food. It'll quickly become your new breakfast, lunch and dinner favourite.

Shop 3, 377 Lonsdale St
www.sunmoth.com.au



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www.embiggenbooks.com



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State Library of Victoria, 328 Swanston St
www.slv.vic.gov.au



AFTER WORK

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OLD-SCHOOL FUN AT BARTRONICA

A new kind of bar emerged in Melbourne last month and is set to be a mean contender for the most fun.

Officially launched in March, Bartronica has emerged on Flinders Lane as Melbourne's only retro arcade bar in the city – and the owners are taking it very seriously.

With classics like Street Fighter 2, Mortal Kombat and Mario Kart on Nintendo 64, Bartronica has more than 300 sqm of old-school entertainment for up to 200 people, built to appeal to the video and arcade games generations.

The basement location lends a museum-like atmosphere of games and their histories, including a timeline of console games (think Sega Megadrive and Super Nintendo). Game enthusiasts will also find Roadblasters, Moon Cresta, 1942, Gun Fight, Ice Cold Beer and, their rarest, Fire Escape.

Inspiration for the bar came from the United States. Part owner, Joshua Egan, explained: "I saw what the venues in the United States had done and thought we could do it much better! More atmosphere, better drinks and much rarer games."



The city location was a natural choice for Bartronica as, according to Joshua, "Melbourne's CBD has a wonderful atmosphere with a really strong energy".

"We also want to create an international tourist attraction in Melbourne by appealing to fans from the USA, Japan, and Europe," he said.

Joining the already established Beta Bar on Russell St – known for its more modern games and as a "unique hub for geeks,

gamers and members of the industry" – the addition of Bartronica makes for just two gaming bars in the city.

In contrast with Beta Bar, Bartronica looks to appeal to a wider, more mainstream and somewhat nostalgic audience. The challenge will be attracting an even crowd of gamers as well as the less tech-obsessed people of Melbourne – not to mention a good gender balance. But the owners seem confident.

"Bartronica has something for everyone,"

Mr Egan assured. "Craft beer, cocktails, high quality spirits and very rare games – it's actually a really great place for a date."

Bartronica serves punters eight bespoke cocktails, a range of spirits, craft beers, Little Creatures on tap, plus bar snacks and nachos.

The quirkiness of the bar adds character and appeal while emitting excitable fun. With winter on the horizon, Bartronica will offer an escape from the gloomy weather and add a bit of retro "pew pew" to the shorter days ahead.

HIGHLIGHTS



FRIDAY NIGHT FOOTY!

\$8 pizzas while you watch the game and enjoy double happy hours from 5pm! Join our Footy Tipping competition to win!

The Metropolitan Hotel
263 William St, cnr Lt Lonsdale St
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March 26 – April 19, Trades Hall, tickets via www.comedyfestival.com.au



POLITICAL ASYLUM

Featuring a fantastic line-up of smart and acerbic stand-up comics, this is the night for Abbott denialism, Labor lamentations and Palmer Party prophesising, all wrapped up in a flaming bundle of hilarity.

11 Apr, Melbourne Town Hall
www.politicalasylum.com.au



BATMANIA

See 200 flying bat sculptures suspended from the cavernous heights of The Atrium in an awe-inspiring new exhibition by Melbourne artist, Kathy Holowko.

April 1-28, Fed Square Atrium
www.fedsquare.com/events/batmania



WONDERLAND

Wonderland Carnivale is world class Australian stand-up comedy headliners and astounding spiegelicious circus live in the exciting, beautiful Salon de Elegance Spiegeltent

Mar 27 – April 18, Wonderland Spiegeltent
www.wonderlandspiegeltent.com.au



ALTRUISM

Effective altruism is based on a simple idea: we should do the most good we can. But what counts as "the most good"? Hear acclaimed moral philosopher Peter Singer explore this in conversation with Leslie Cannold.

April 28, National Gallery of Victoria
www.theschooloflife.com



IN NEED OF A WEEKEND ESCAPE, WITHOUT LEAVING THE CITY?



Get a dose of cult culture all under one roof.

On Saturdays, the city has public access to a series of galleries passionate about hosting and showcasing emerging and established artists. Escape the hustle and bustle of the city to a completely different world. Here are a few of the galleries that you can discover within the Nicholas Building at 35 Swanston St on your weekend.



Da Bronx Gallery ... one of many within the fascinating Nicholas Building.

1. Da Bronx Gallery - Level 7

Da Bronx Gallery specialises in photographic works but also often features sculpture and painting. A boutique space of just 25sqm, Da Bronx overlooks St Paul's cathedral and the City Square allowing you to experience the city sounds drifting through the gallery as you peruse through what's on show. Currently it's Photographic Subjects with architectural and landscape photography appearing until the end of April. Open Saturdays 2-6pm.

2. Stephen McLaughlan Gallery - Level 8

An airy space that sits above and across from Flinders St Station, Stephen McLaughlan Gallery has been showcasing contemporary artists in the Nicholas Building since the '90s. Exhibitions change every three weeks so there's always something fresh to see.

From April 8-25, you'll find Catherine Clover's Shooting the Breeze, with a multi-faceted exhibition incorporating sound, text and a musical performance that will

draw on elements from both in and outside of the gallery. Join an animated host who will happily regale you with stories about Melbourne artists and the city itself. Open Saturdays 11am-5pm.

3. Blindside - Level 7

This busy, independent gallery presents an ever-changing plethora of exhibitions, screenings, events and workshops showcasing contemporary artists. Passionate about supporting artistic experimentation,

innovation and critical dialogue, you can expect an interesting mix of solo and curated group shows from emerging and established artists at Blindside.

In April, Future Communication explores the communication and language of future Australia in 50 years' time. Additionally, Opera & Art in Question presents a final opera score as performed by artists who have undertaken opera singing training to examine the process of questioning art as a medium, as based on text from the book Art in Question. Open Saturdays 12noon-6pm.

HIGHLIGHTS



DAWN SERVICE

On the 100th anniversary of the Gallipoli landings, join millions across the world to honour Australian service and sacrifice.

Assemble on the Shrine Forecourt by 4.30am
Birdwood Ave, www.shrine.org.au



CYCLE CHAMPIONSHIPS

The Melbourne Bicycle Courier Association are presenting the 23rd Cycle Messenger World Championships, the ultimate urban cycling competition.

April 4-5
www.cmwc2015.com



BREAKFAST UNDER THE SEA

With arts and crafts activities for the kids and an Easter egg for every child, Easter breakfast at the aquarium is sure to be awesome fun!

www.melbourneaquarium.com.au



NOEL FIELDING

Noel Fielding, one half of the award winning comedy duo The Mighty Boosh, team captain of Never Mind the Buzzcocks and the star behind Luxury Comedy is heading to Australia in 2015.

3 shows - April 15-19 | Hamer Hall
www.comedyfestival.com.au



GUERRILLA KINDNESS 3

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April 4, 11 and 18
www.melbourne.vic.gov.au/Signal



CLASSIC FILM FEST

Enjoy a weekend of seven classic films, curated by U3A Melbourne City film tutor John Waldie, with an opening night champagne reception.

April 17-19, Treasury Theatre
www.thatsmelbourne.com.au/Whatson/Films/FilmFestivals

Planning

Gathering speed

In mid-March it was announced that Kuala Lumpur-based developer UEM Sunrise had chosen Probuild as its preferred builder for Aurora Melbourne Central.

The development will consist of 940 residential units, about 250 serviced apartments, a direct link to Melbourne Central Station and retail/office components through the podium levels.

Speaking from Kuala Lumpur, UEM Sunrise CEO, Mr Anwar Syahrin Abdul Ajib, said: "For the next three months there will be detailed contract negotiations with Probuild on design refinements, contract costs and contract details."

The Elenberg Fraser-designed building will stand 270 metres above LaTrobe St and the development is reportedly near 100 per cent sold with construction completion due in 2019.

The Urban Melbourne biannual crane count of the metropolitan area was published in March and for the CBD there are currently 16 in use. Excluding one commercial development, all cranes are operating on residential sites – and this figure is expected to increase in six months with more projects expected to start.

Collins House, a 57-level residential proposal located at 464-466 Collins St has this month crept back up onto the development radar with the announcement of a refined proposal and a joint venture between Asian Pacific Group and Golden Age Group.

First revealed in planning application documents in September 2013, the "pencil" skyscraper has had its format refined to include 263 units.

Given the tower's tiny width of 11 metres and height of 195 metres, a unique structural engineering format, first used in the smaller Phoenix Apartments on Flinders St, is expected to be used during construction. Construction is expected to be complete on Collins House by 2018.

The City of Melbourne's Future Melbourne (Planning) Committee recently met to consider the planning application for

Mirvac's 40-level commercial tower at 477 Collins Street.

The committee resolved to notify the Department of Environment, Land, Water and Planning of its support for the Grimshaw-designed tower, subject to minor stipulations. The office tower is expected to have a net leasable area of 54,000 sqm, 409 tenant car parks and about 500 bicycle spaces plus end-of-trip facilities for employees.

The West End of Collins St is quite literally all the rage at present with a multitude of developments progressing. 568 Collins St, a Bruce Henderson-designed 224 m residential tower has topped out and across the road at 567 Collins St, an office tower designed by Cox Architecture/Spowers is nearing completion.

At 555 Collins St – on the intersection with King Street – a newer, shorter, planning application was lodged by the Singapore-based Fragrance Group in September 2014 and the details of which came to light in March.

Earlier thoughts of a 400 m commercial tower which drew criticism for overshadowing of the Yarra have made way for a more modest scheme seeking approval for a 300 m mixed-use tower.

In total, the planning application will have 91 levels with six dedicated to commercial/office, a 15-level hotel plus 60 levels of residential units – that equates to 11,280 sqm of office space, 300 hotel rooms and 1020 apartments.



Alastair Taylor

Is a director of Urban Melbourne - www.urbanmelbourne.info

Street Art



Paintup 2

In 2013, Hosier Inc, a group of 10 active members, including residents, artists, business owners, community members and anyone with an interest in the lanes, applied for a Melbourne City Arts and Cultural Grant to fund the PAINTUP Project.

Matt Adnate was commissioned for the inaugural PAINTUP. This took place in Hosier Lane in February 2014.

His mural features a young indigenous boy gazing over to Birrarung Marr, a sacred site for the Wurundjeri people. See *CBD News* Issue 2, September 2014.

PAINTUP 2 was put out to public tender and drew submissions Australia wide. DVATE, a Melbourne-born artist and graphic designer, known for his photo-realism as well as his abstract writing, was the successful applicant. DVATE has been painting since 1996 and is well respected in the Street Art scene. The following is an extract from his submission:

"The flying fox is an animal that we are surrounded by in our urban spaces but we know very little about them. The same can be said of graffiti. Both are primarily nocturnal, living their lives after dark and leaving their marks on trees and walls to be discovered by society the next day."

"When present in urban areas, flying foxes (fruit bats), are sometimes perceived as a

nuisance, yet play an important part in our environment."

"Similarly, graffiti is also treated as a pest by many. However, without it, our streets would be lifeless."

DVATE's mural was designed to showcase the similarities between the two.

The chosen site for PAINTUP 2 was Rutledge Lane, the lane that runs off Hosier Lane. Painting of this mural took place over three days in January 2015.

As for a PAINTUP 3 and the future of this project, a suitable site and further funding are required!

Finally, I would like to acknowledge and thank Luke McManus, president of Hosier Inc, for his time and invaluable insights.



Lorraine Ellis

If you are interested in Melbourne street art there is more on my Facebook page, **StreetsmART**



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'Extra' policies of buy peace of mind for owners

At every annual general meeting, there will be a standard motion on the agenda to renew the policy of insurance for the owners' corporation (OC).

An owners' corporation is required by the legislation to hold a minimum of \$10 million coverage for acts that involve public liability, as well as replacement and reinstatement insurance for the value of all buildings and structures on the common property.

However, there are many other types of insurance that can be taken out by OCs, and owners should carefully review the policies and decide whether any of these extra types of insurance ought to be added to the policy.

Factors such as the age of the building and whether there are any legal disputes on the horizon ought to influence the type of insurance coverage that an OC should elect to add to its policy. I should point out, however, that OCs are required to

comply with the utmost duty of good faith in disclosing any actual and potential issues to an insurer prior to entering into any policy.

In addition, owners ought to instruct their managers to obtain at least two quotes from different insurance providers, or otherwise use a broker. There are rumours that a large foreign-owned insurer will enter the market soon, offering competitive rates which may lead to lower insurance premiums in the coming 12 months or so. Watch this space.

By ordinary resolution at an AGM, the OC can decide to take out additional policies to cover things such as:

- Office bearers' (committee) legal liability;
- Workers compensation;

- Fidelity guarantee;
- Machinery Breakdown;
- Catastrophes;
- Legal defence expenses;
- Government audit costs;
- Appeal expenses; and
- Common property contents (for items such as art, floor coverings and furniture in the lobby areas).

Recent events such as the fire in the Lacrosse building in Docklands should serve as a sobering reminder to all that the operation of these types of policies ought to be of paramount to the OC.

Having good legal advice to translate the general and specific exclusions of each policy will also assist owners to understand exactly what level of coverage might be expected.

A comprehensive policy will provide ease of mind for both residents and owners alike. If owners are unsure about what policies will be right for them, a number of managers and brokers can organise a meeting and personal briefing with committees to discuss their options.



Tom Bacon

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

Health & Wellbeing



Premier's Active April

Are you looking for a month-long commitment to your health this April? Well you're in luck as April is the "Premier's Active" month.

Our Premier is calling on all Victorians to commit to 30 minutes of active physical activity on each day in April. It's a great way to not only get yourself fit, but also develop solid exercise habits that will shape your future health. Formerly the Premier's Active Family Challenge, the new name focuses on families as well as individuals and schools to adopt a healthy and sustainable approach to exercise.

If you're looking for some extra motivation, there's some amazing offers available to all registrants including discounts at Sportsmart, one hour free tennis court hire at Melbourne Park or Albert Reserve, two-for-one ticket offers to the Melbourne Aquarium, 10 free YMCA passes, plus a chance to win 2015 AFL Grand Final Tickets!

As a regular attendee of my local YMCA I can attest that the classes are fantastic and the gyms are well appointed. There's even extra prizes for referring a friend.

Register your interest at www.activeapril.vic.gov.au

The effect of extra weight

Being pregnant with my second child, as my due date rapidly approaches, I have had an opportunity to think about the effect of carrying extra weight on our musculoskeletal injuries. Having put on about the recommend 12kg during this pregnancy, I have been surprised and even shocked at the increased incidence of what most would consider normal physio-style injuries.

The physiotherapy world has been long preaching the importance of core stability in preventing back pain, neck pain and other overuse injuries, however, with even the expansion of an extra few cms around your middle, the ability of your stomach muscles

to effectively hold your core and lower back is diminished.

Secondly, as I've approached the 10-12kg mark, I've been amazed at the number of "overuse" niggles I have felt in my legs such as cartilage pain in my knees, plantar fasciitis in my feet and a change in the general biomechanics of my walking stride.

It's not difficult for the average office worker to gain 5-10kg just through a few months of poor lifestyle and so I appeal to you to keep the kgs down before it's too late!

AFL injury update

Us physios always find this is an interesting time of year to watch the AFL injury list. We, of course, would be millionaires if we had an unconditional answer, but the question always exists at this time of year as to why Hawthorn has only has two injuries whereas St Kilda hold 11 players on its injury list.

Firstly it can't be denied that there are plenty of bad-luck cases in AFL. The nature of the

sport and the contact involved means you'll always get bruises, contusions and falls which result in traumatic injuries.

However, many AFL injuries are of an overuse nature rather than traumatic. Which brings me to an interesting anecdote from a few years ago at the Fremantle Football Club.

With a very high incidence of the debilitating condition, osteitis pubis, Freo overhauled its pre-season program to include hurdle requirements on glut and core strength and virtually turned their injury list from 12 to zero in a season.

The moral of the story is prepare your body for the specific forces required by your sport and reap the rewards! More info can be found at www.afl.com.au/news/injury-news/injury-list



Kathryn Anderson

Is the principal of Viva Physiotherapy, Flinders Lane. Ph: 9663 2043 www.vivaphysiotherapy.com

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Councillor Profile

Kevin is the connected councillor

By Shane Scanlan

Cr Kevin Louey has made a career out of being connected.

He has been around the town hall for longer than any of his contemporaries but has very little to say on most things.

He is in his second term as a councillor, but has another two terms under his belt as chief of staff to former lord mayor John So.

After 13 years, he says his achievements are in helping individuals with their City of Melbourne issues.

"I believe my achievements are all the small things, the non-sexy stuff. I don't jump up and down and I'm not a grandstander. But I'm happy to go out and get my hands dirty," he said.

Cr Louey was the first councillor to be elected in 2012, having negotiated the top spot on the successful Team Doyle ticket. In local politics, the terms of trade are measured in connections.

Cr Louey's "day job" also comes on the back of long-term connections. He says his major source of income is derived from being on "a couple" of advisory boards of booming, high-tech Chinese manufacturers.

The owners or senior executives of these companies are friends he made in the late 1980s and 90s when he went to China to explore opportunities.

At the time, his own business interests had collapsed due to failed family restaurant ventures. It was also a period which coincided with a China-liaison position he held with the New South Wales Business Chamber (formerly called Australian Business Limited).

Cr Louey said the board positions involved travelling to China for "a couple of board meetings and a couple of dinners" each year.

"They like my feel for it and, because I've known them for so long I'm honest with them so they like my ideas about which is the correct direction to go," Cr Louey said.

"I put it down to luck and I also believe in karma as well," he said.

Cr Louey said he befriended his current benefactors when they were recent graduates, doing their required service in state-run enterprises.

He happened to be at these state enterprises at the same time because of his English skills and thanks to connections via his former Chinese wife's networks.

"This friend of mine, for whom I sit on his advisory board, started in an old farm stables. He developed new technology there and has done wonders in this business," Cr Louey said.

Cr Louey came to Australia from Hong Kong when he was seven years old. His dad had a restaurant in Box Hill "for decades and decades" and the family first settled in East Burwood.

But the family knew a lot about this country. Cr Louey's grandfather was Australian, having been born in Bendigo and later "reverse-migrating" to China.

Cr Louey's father also spent time in both countries, as well as migrating to Hong Kong. During his early years in Melbourne, Cr Louey's father helped his dad run a restaurant in Smith St, Collingwood.

Having being educated in state primary and high schools, Cr Louey attended Monash University where he promptly dropped out. "I was a terrible uni student," he said. "I couldn't concentrate."

This led to his "rise" through the real estate world - starting in rentals with suburban agents, and then sales and ending up in city development - industrial, commercial and shopping centres.

"That's why I can work out on the back of a matchbox where the opportunity is," he said.

The good times didn't last though and his family "lost more than just a packet" on Chinatown restaurant ventures.

"We failed miserably. We lost everything and had to rebuild. But you learn from that for the next phase and you learn how to trust people," Cr Louey said.

It was during this period that he connected with Cr So, who later invited him to run his lord mayoral office. It was also this experience which generated his empathy for struggling small businesses.

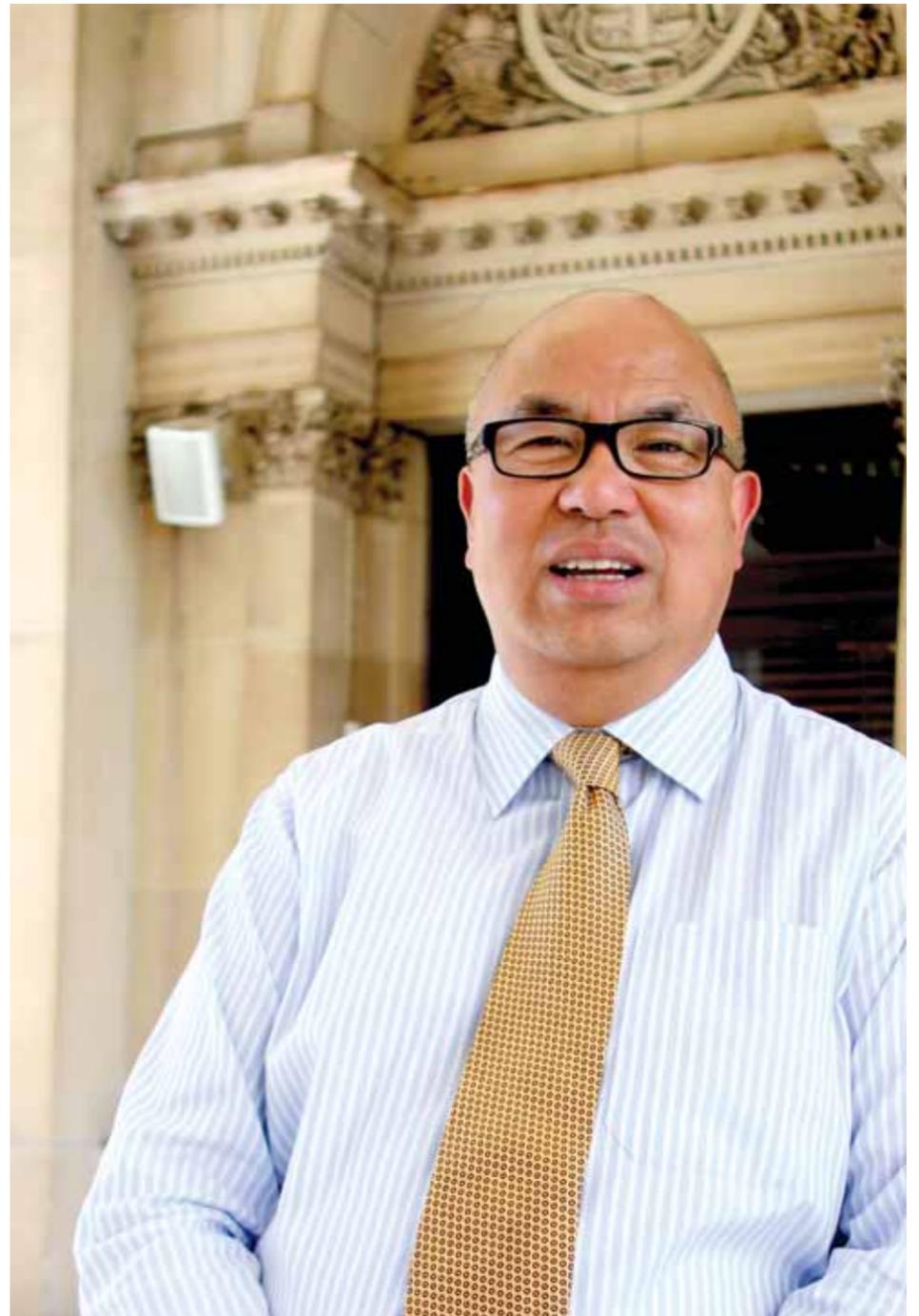
As Cr So's chief of staff, he experienced the full breadth of what local government in Melbourne had to offer. It has given him a positive perspective on the current council.

"Council was not so harmonious in those days," he said.

By contrast, he says the current council is well balanced which, he says, is evidence that the electoral system is working.

"You just have to look at the individuals who have been elected. We haven't gone one end or the other," he said.

"There's no harm in having diverse views as long as you are all able to work



harmoniously. And there's no shouting or swearing and there has been in the past."

"It's very collegiate because I think Robert (Lord Mayor, Cr Doyle) has got that knack of bringing people into the camp."

Cr Louey enjoys being a councillor but says he hasn't decided whether or not to stand for re-election next year.

"It gets into your blood," he said. "I like to give people a voice. The interactions with people are tangible. You can't always get a result, but you can always get an answer from management."

"I've enjoyed it. It's rewarding. I've got extensive networks and some made some great friendships."



In next month's Councillor Profile we look at: Cr Stephen Mayne

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TOM EGAN

Dancer

LOCATION: Little Collins St.

WHAT ARE YOU WEARING: Billionaire's Boy Club top, tan chinos and Nike kicks.

WHAT BRINGS YOU TO THE CITY: Strolling around and having breakfast.

WHERE ARE YOU FROM: Sydney.

FAVOURITE CLOTHING ITEM: My hat.

WHAT MAKES A GOOD OUTFIT: Good fabrics.

TRENDING NOW: Facial hair.

ELYSHA MANIK

Dancer

LOCATION: Little Collins St.

WHAT ARE YOU WEARING: A bit of everything - it's "opshoptastic" with some ASOS and a jacket from London.

WHAT BRINGS YOU TO THE CITY: Strolling around and having breakfast.

WHERE ARE YOU FROM: Sydney.

FAVOURITE CLOTHING ITEM: This jacket.

WHAT MAKES A GOOD OUTFIT: The person in it.

TRENDING NOW: Hats.



NICK MENA

Dancer

LOCATION: Swanston St.

WHAT ARE YOU WEARING: A bit of Ksubi, Cheap Monday and Adidas.

WHAT BRINGS YOU TO THE CITY: Work.

WHERE ARE YOU FROM: Chile.

FAVOURITE CLOTHING ITEM: Rollers overalls.

WHAT MAKES A GOOD OUTFIT: Details.

TRENDING NOW: Black. Always.

How to shop online

Online shopping has opened a new world for Australia. It's easier to get excellent quality clothes at bargain prices – and half the time the international post arrives before the Australian packages do!

Some people in Australia still view online shopping with distrust. After all, what do you do if you don't like an item? What if it doesn't fit?

Easy! Shop with companies who you can trust. Research. Read reviews, ask your friends, or do a Google search – the information is nearly always at your fingertips.

Consumer feedback counts. No one is going to shop at a website if it has a terrible reputation! Even Net-a-Porter was once just a company experimenting with sending gift-wrapped luxury items (except that consumers loved it and now it is a leader in its market).

So, what to look for in a good online shopping website? Try websites that offer free returns (they should offer them within 10-14 days from the delivery date).

It's also a good idea to shop on websites that can give you an indication of size measurements (e.g. bust, waist and hips). In this instance owning a tape measure to check your size is also handy!

If you like a particular website, sign up to their newsletter. Yes, there will be the usual spam that you have to delete; but they also give you a heads up about any

decent sales.

Here are some of my favourite websites to help get you started:

The Outnet (theoutnet.com)

This is like the sale version of Net-a-Porter (great brands at cheaper prices).

Yoox (yoox.com)

Items are available at up to 90 per cent off the original retail price. 'Nuff said.

The RealReal (therealreal.com)

This is a massive online consignment store where Chanel jackets miraculously become affordable.

Now for a final tip: remember to limit your online shopping time. Apart from eating up your wallet, it's addictive!



Laura Timberlake

Laura is a fashion and lifestyle writer who enjoys hunting down the latest trends in Melbourne to share them with the world.

Observation

Tram inspectors - fringe dwellers

Since the introduction of the free tram zone local commuters have reported been targeted by tram inspectors just outside the boundary zone. Watch out for the below inspectors.



Drawing by Chris Vernon

Fiona is reaping the rewards of advocacy

By Shane Scanlan

According to long-term resident Fiona McLeod, CBD living is so good, it is worth fighting for.

After 20 years in the city, McLeod can't envisage living anywhere else in Melbourne. She just loves it. But that doesn't mean she loves everything about it.

As all CBD residents will attest to, being in the middle of the metropolis brings myriad rewards. On the other side of the coin is noise.

When the equation is in balance, life is sweet. But, as Ms McLeod has found, it is residents alone who must constantly fight for an appropriate level of peace and quiet.

The former Equal Opportunity Commissioner and Victorian Energy and Water Ombudsman moved to the city in 1995.

"I was really excited by the Postcode 3000 campaign and the idea of living in a converted warehouse in the heart of the action," she said.

After four years of research and searching, she finally settled on her dream home in the Hardware Precinct.

"What clinched it for me was when I asked the owner of the café downstairs when he emptied his bottles and he said 9am," Ms McLeod said. "He was a little perplexed by my question, but his answer was music to my ears."

Of course, nothing stays the same. And Ms McLeod responded to a growing presence of ill-disciplined bars and nightclubs in the precinct with double-glazing and moving her bedroom to the back of the premises.

As convenor of the Hardware Precinct Residents and Tenants Association she has dedicated countless hours working with locals battling various challenges to the liveability of the precinct.

The unification of the local community has

brought the greatest rewards.

"The sense of community in the Hardware Precinct is amazing," she said. "I've never known so many local friends and neighbours."

"I can't walk down the street without running into people I know for a chat."

Ms McLeod said there were many times in the past when she was almost ready to leave, but the community had always managed to work together to overcome even the most intractable issue.

"Residents have worked really hard over many, many years to get to where we are today," she said. "Vigilance will be required to keep the correct balance between the rights of businesses and residential amenity."

She said night-time disturbance was no longer a major issue in the precinct, but overshadowing had become the pre-eminent problem.

"I am aghast at the previous planning minister's unconscionable behaviour in approving very tall, 50-storey plus, towers in the CBD," she said.

She said the standard for measuring shadow of proposed developments needed to be moved from September to mid-winter.

"This weird legal principle has to change," she said. "I bet there are scores of people who don't even know that towers have been approved to the north of them which will rob them of all their winter sun."

"We are in real danger of becoming a city of wind tunnels and shade. You can already see it in some streets."

On reflection, Ms McLeod said the Postcode 3000 program had been a success. But, she said, it hadn't been thought through.

"Here we were, being invited and encouraged to move here, but the ground work had not been done," she said.

She pointed to the nightly garbage collection stampede of mechanised monsters as a policy failure, which should have been



solved before residents were invited to co-exist with it.

"They really need to rethink the provision of services before embarking on Postcode 3000," she said.

"But, all things considered, how could you possibly live anywhere else in Melbourne after experiencing this?" she asked.

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CBD NEWS



Business Profile

The special skills of business broking

It takes a special combination of skills to sell a business and it would appear that Ahmet Ali, Director of AA Business Brokers has them all.

He brings diplomacy and discretion to business deals from his long and successful career as an Australian Diplomat.

He understands small business because he's owned and run a Tattsлото agency, a newsagency and a licensed post office.

Today, AA Business Brokers dominates the Victorian marketplace in the sale of high quality franchises and business and is the preferred selling agent for dozens of franchised brands and hundred of private sellers.

"I put our success down to our attention to detail, rigorous systems and our integrity," he said.

"We are passionate about the work we do and strive to achieve the best results possible for both our vendors and buyers. Our clients just keep coming back to us because they know we offer total commitment to achieve their commercial and business goals."

Ahmet and his wife Vesna started the business in June 2007 and quickly moved it to their current location in Lorimer St, Docklands (Yarra's Edge). They are also very happy residents at Yarra's Edge. "We wouldn't live anywhere else," Vesna said.



Melbourne's Leading Business Broker Ahmet Ali and his lovely wife Vesna Petkovska-Ali

"We just love it here."

Vesna too has had an interesting career in retail and distribution as well as some senior public service positions.

The business now employs a team of business sales consultants with a wide variety of specialties and strengths.

"While our bread and butter is franchised businesses across all sectors, we do sell all types of businesses, from under 50k to over \$10 million," Ahmet said.

"The businesses may differ, but the fundamental principles remain the same."

"It's about being committed, accountable,

professional and honest," Ahmet said. "If you get those things right, everything else falls into the place and the sales continue to grow."

AA Business Brokers thrived in the aftermath of the global financial crisis - a time which was particularly tough on small hospitality businesses.

"I'm not saying it was easy, but we kept focused on the customer and the customer's needs," Ahmet said. "In the end, the dedication has paid off and we have a very dedicated following to show for it."

Ahmet said his firm was equally qualified to help both potential business buyers or vendors looking to sell.

"We are very happy to meet and advise anyone in the strictest confidence on a no-obligation basis," he said.

"It's far better to get a realistic appraisal from us before you start than to go down a long and difficult path only to be disappointed at the other end."

Ahmet and his team of specialists can be contacted at their Docklands office at Suite 88b/ 90 Lorimer St on **9645 2988** or **0400 650 770** or email sales@aabusinessbrokers.com.au

Business Profile

Keeping the noise down

With noise providing a constant issue for residents living in apartments in inner Melbourne, Stop Noise director Ron Adams said his company had tapped into a niche market.

"It was an idea I had 20 years ago so I started it up and we just started from a small factory and just worked our way up," he said. "We wanted to target people who have noise problems as we felt there was a need for that."

"There wasn't really any noise products out there because when I started it was just double-glazing. So my research was basically the price of the product, what they could get and the result that they get."

Established in 1995, Stop Noise's add-on double-glazing is a family-owned business, which operates out of its showroom and warehouse at Carrum Downs in Melbourne's south east.

Rather than double-glazing windows, which only reduce noise by an average of 25 to 30 per cent, the Stop Noise product reduces noise by up to 50 to 70 per cent and, according to Ron, for half the price!

He said the product had proven a sweeping



Stop Noise director Ron Adams.

success in apartments where, mostly, it was against body corporate rules to change existing windows.

"There's noise everywhere but we try to target the city and the high-density apartments," he said.

"Obviously we're not a supplier of replacement double-glazing. If their windows are faulty, well then they'll need a whole new

window. We just do the add on system."

"So they can still open their windows, they can still get fresh air, they can still lift the panels out and clean them. So it's just a more cost effective solution to the problem that they've got."

The key to the system involves having a large airspace between the two windows, which works as a cushioning effect.

Using a strong and effective 6.38mm laminated safety glass, the use of the two different thickness of glass helps change the frequency of sound.

The add-on system also acts as an effective form of insulation with the capability to stop up to 60 per cent of heat-loss.

According to Ron, while the average window takes only an hour to put in, installation was never carried out unless a worthwhile result could be delivered for the customer.

"We won't do a job unless we think we can get a good result out of it," he said. "If they've got problems with the building for example, unless you fix those there is no point in doing the windows," he said.

"We give people an idea of what level of reduction we can get them, whether it be for noise reduction or insulation, and then we give them some idea of what we think we can cut it down by."

Having established a strong connection with businesses and residents in the area for the past 20 years, Ron said he and his team always enjoyed working in what was a "constantly evolving area."

"It's just a very fast-growing area and I think there are so many opportunities to make the place better," he said.

For more information visit www.stopnoise.com.au

Will this market oversupply be different?

Dire warnings of a price correction in the Melbourne CBD apartment market fail to take into account the extraordinary changes in both the developer and buyer profiles.

Hocking Stuart director Scott McElroy said the last apartment oversupply in the early 2000s was controlled by local developers and funded by local banks which kept a tight rein on the market fundamentals that kept the oversupply in check.

People with a long memory may recall that the "Chicken Littles" in the 2003 market claimed no new apartments would be built in the CBD for a decade, however new towers were starting to rise within three years of the bottom as supply drove demand

and capital values rose to the point that development was feasible again.

That was the start of the current market boom that has now continued virtually uninterrupted since that time.

Recently BIS Shrapnel forecast that by June 2016 there will be a surplus of 14,300 multi-residential dwellings in Victoria with the vast majority in Melbourne – particularly in the CBD.

It said if construction doesn't begin to ease back significantly in the next 12 to 18 months there will be a "long, long downturn" where prices are depressed for a period of up to seven years, or a "very significant correction in price".

A BIS Shrapnel report on the inner-Melbourne apartment market found that an annual average of 6212 apartments are set to be delivered between 2012/13 and 2016/17, which is more than double the long term average of 2563 apartments a year in the 16

years to 2011/12.

Mr McElroy said this comparison of bald figures failed to take into account that the CBD apartment market was now being controlled by foreign developers and funded by foreign banks that didn't work to the same local market requirements.

In addition, he said the buyers of these apartments were from offshore and had different investment requirements which would insulate the local buyers from the worst of the downturn.

While Mr McElroy agrees that there is a supply issue, he believes many of the apartments bought by offshore investors are for their student children or for a safe haven investment and will never be placed into the rental market minimising their impact on rentals and, therefore, helping to support capital values.

He also believes that the oversupply will be quarantined to the mega towers that offer

hundreds of mainly small apartments in identical buildings.

"The local market is still searching for 'boutique' apartments and remains very competitive in the owner occupier segment," he said.

Mr McElroy qualified his optimism by saying nobody should buy for a short-term gain.

"People need to look at the property market the same way they look at shares. The property market will go up and down but buyers need to keep the long-term view to realise capital gain in any market," he said.



Grant Müller

Grant has been reporting on the property market for more years than he would care to admit.

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WHAT'S ON

COMMUNITY CALENDAR

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Dawn Service

April 25, 06:00AM
The Shrine Forecourt

On the 100th anniversary of the Gallipoli landings, join millions across the world to honour Australian service and sacrifice. One minute of silence will be observed. It is recommended that visitors assemble on the Shrine Forecourt between 4am - 5am.

www.shrine.org.au/Remembrance/Ceremonies/ANZAC-Day-2015

WRITERS VICTORIA

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Write-ability

April 14
The Wheeler Centre

Write-ability aims to support writers with disability wishing to develop their skills and writing careers.

Please join us for one of our fortnightly Write-ability Writers Group sessions from 1-3pm on Tuesdays 10 & 24 February, 10 & 24 March, 14 & 21 April, 5 & 19 May, 9 & 23 June.

www.writersvictoria.org.au/what-s-on/event/write-ability-writers-group-5/



Comedy Festival For Kids

March 28 - April 12
The Cloak Room
Melbourne Town Hall

Faced with the cancellation of her once top rated variety television hour, Madeleine has promised her disillusioned audience all the entertainment in the world! Can she save her show?

<http://www.ticketmaster.com.au/Madeleine-Culp>



MICF: Thomas Jaspers

March 26 - April 18
Gin Palace - The Swamp

Thomas Jaspers spent the last six months tracking down everyone he has slept with in a quest to find out what went wrong. He hopes that he will be able to perfect his flaws and find 'the one', he just needs to weed through the couple hundred 'ones' he already met. His mother isn't invited to this show.

<http://www.comedyfestival.com.au/2015/season/shows/always-the-bridesmaid-thomas-jaspers>

World Record Store Day

April 18 | Various record stores located in the CBD

Record Store Day was conceived in 2007 at a gathering of independent record store owners and employees as a way to celebrate and spread the word about the unique culture surrounding nearly 1400 independently owned record stores in the US and thousands of similar stores internationally. There are Record Store Day participating stores on every continent except Antarctica.

www.recordstoreday.com/



Melbourne Sunrise Probus Club

First Thursday of the month, 10am
The Docklands Library,
Dock Square

Probus Clubs for men and women over 50. Keep your mind active, meet new friends, share interests and enjoy activities. Contact Joan on

rksalesaustptyltd@bigpond.com



MSO: Photography Exhibition

March 11 - April 30 | Sofitel Melbourne | 25 Collins Street

As one of this city's great cultural icons, the Melbourne Symphony Orchestra is the focus of a stunning photographic exhibition at Sofitel Melbourne On Collins, featuring the work of renowned Melbourne photographer Matt Irwin.

<http://www.thatsmelbourne.com.au/Whatson/Exhibitions/Art/Pages/16ef52f0-35f4-4126-b7b6-54d950bdf1e4.aspx>

PRAYER TIMES

St Michael's
120 Collins St, Melbourne, 3000
Ph: 9654 5120
Easter service times:
Palm Sunday: 29 March, 10am
Maundy Thursday: 2 April, 7pm
Good Friday: 3 April, 9am
Easter Sunday: 5 April, 10am

Chabad of Melbourne
Suite 301, 343 Lt Collins St
Ph: 9525-9929
Chabad of Melbourne CBD hosts regular lunchtime lecture series on various topics.

City on a Hill
Sundays at 9am, 10.30am and 6pm.
Hoyts Cinemas, Melbourne Central

Collins Street Baptist Church
174 Collins St
Ph: 9650 1180
Sundays services: 10.30am and 5.00pm

Hillsong City Youth
Krimper Cafe, 20 Guildford Lane, Melbourne
- Every Friday 7pm-9pm

Holy Cross Orthodox Mission
261/265 Spring St
Ph: 9639 0260

Scots' Church
156, Collins St
Ph: 9650 9903
Sundays 10:30 am (Indonesian), 11:00 am (Traditional) and 5:00 pm (Contemporary)

St Francis' Church
326 Lonsdale St | 9663 2495
Sunday: 7, 8, 9, 11 am (St Francis' Choir) and 12.30, 1.30, 4.30, 6.00 pm
Filipino Community Mass: Second Sunday of the month at 2.30pm
Indonesian Community Mass: Third Sunday of the month at 2.30pm

St Paul's Cathedral
Cnr Flinders and Swanston Streets
Ph: 9653 4333
Sundays: 8.00am, 9.00am, 10.30am, 6.00pm (Choral Evensong)

St. Augustine's Catholic Church
631 Bourke St. Melb.
Ph: 9614 1722
Sundays Mass 10.30am & 8.00pm
Mon-Fri Mass 1.05pm
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