



Minister greenlights 900 new apartments for Collins Wharf

“The final three towers forming part of Lendlease’s Collins Wharf precinct have been approved, with the developer set to deliver a total of six residential buildings when the project is completed.”

WORDS BY
JON FLEETWOOD



The new towers, approved by Victorian planning minister Sonya Kilkenny in October, will deliver an additional 915 apartments.

The first of these three towers has been designed by Ewert Leaf & Kennon architects and will feature 349 apartments spanning 28 levels.

The second and third developments are designed by Architectus, with one comprising 375 apartments and 28 levels, while the other consists of 191 apartments over 16 levels.

Lendlease director development executive Daniel Dugina said that “the approval of the final stage of Collins Wharf will help support the ongoing demand we are experiencing in the area.”

He noted that the precinct is desirable for those buyers who want to live near some of the world’s best food, arts, sports and entertainment in Melbourne.

Planning approval has also been received for a neighbouring public park, designed by Aspect Studios, that will make more than 1,500sqm of open green space available to the broader community.

The park will include a large central lawn surrounded by a terraced timber lounge, and native planting overlooking the Yarra River.

The Collins Wharf project’s first tower, No. 1 Collins Wharf, has already welcomed residents, and Lendlease has secured strong pre-sales for the other two buildings in the initial half of the overall development that are currently under construction.

The Regatta has achieved greater than 80 per cent of pre-sales while Ancora has sold over 40 per cent since launching in April this year. Both buildings are scheduled to be finished by 2027.

With Collins Wharf completed, Lendlease will have supplied over 5,000 homes in total to Victoria Harbour and more than 6,500 homes to Docklands, including residences in the Melbourne Quarter precinct, across build-to-sell and build-to-rent apartments. ●

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New pedestrian bridge opens in Docklands



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Nick Reece sworn in as Melbourne’s Lord Mayor

In what was a tight race for Town Hall amid one of the most stacked and competitive fields in recent memory, incumbent Lord Mayor Nick Reece has emerged successful and was sworn in as Melbourne’s Lord Mayor on November 19.

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CONTACT

Suite 208, 198 Harbour Esplanade
Docklands 3008
docklandsnews.com.au
Tel: 8689 7980

EDITOR

Sean Car

PUBLISHER

Hyperlocal News Pty Ltd
ABN: 57 623 558 725

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First stage of “futuristic wellness utopia” project approved

The Victorian Planning Minister has given the green light to the development of the first three towers of the controversial \$1.7 billion “Elysium Fields” precinct.

WORDS BY
SABRINA CAIRES



The first sod was turned at the Docklands site on November 6.

Joint developers Gurner Group and City Harbour have described the project as a “futuristic wellness and anti-ageing utopia”, with planned local facilities including cryotherapy, IV (intravenous) infusions, infrared saunas and red light therapy.

The Elysium Fields site, at 208-226 Harbour Esplanade, spans 27,000 square metres.

During the project’s first stage, 700 new dwellings will be built across three buildings, of which 42 will be affordable homes.

Public sales for homes in the first tower, which will be built by construction firm Hamilton Marino, are projected to launch early next year.

Planning Minister Sonya Kilkeny’s approval of the plans came through on October 14 during the recent Victorian local government caretaker period, during which municipal councils must not produce material that could impact voting at their respective elections.

A lack of plans for affordable housing within the precinct was previously a point of contention when the project proposal was referred to the City of Melbourne earlier this year.

During an August 20 Future Melbourne Committee (FMC) meeting, councillors voted unanimously to advise the Minister



that the council did not approve of the plans as they stood.

Councillors said the proposal was significantly different to the plans originally approved for the site in 2021.

The council produced a delegate report recommending the addition of affordable housing, a new school, and the redesign of some apartments to correct poor layouts and dimensions.

At the FMC meeting, then-Cr Jamal Hakim expressed disappointment in the proposal, saying, “we need to make sure that we are delivering applications that recognise our community needs, that recognise the controls, that deliver on the basics.”

Lord Mayor Nick Reece said at the time that Docklands “desperately needs more educational facilities”.

Gurner Group has detailed additional facilities that are planned for the precinct, which was designed by Fraser & Partners.

Elysium Fields residents will have access to a planned new location of Gurner Group’s Saint Haven Private Club, which already has outposts in Collingwood, South Yarra and Toorak.

Existing club locations offer personal training, group fitness, meditation, nutrition services, recovery treatments, and more.

A planned bathhouse will offer “15 different types of enriched water for optimum health”.

Plans also include a walking path running north to south through the precinct, a rooftop sports court, a pool club, the precinct’s own botanical gardens, and a “futuristic glass dome, modelled on the concept of Elysium being the utopian afterlife”.

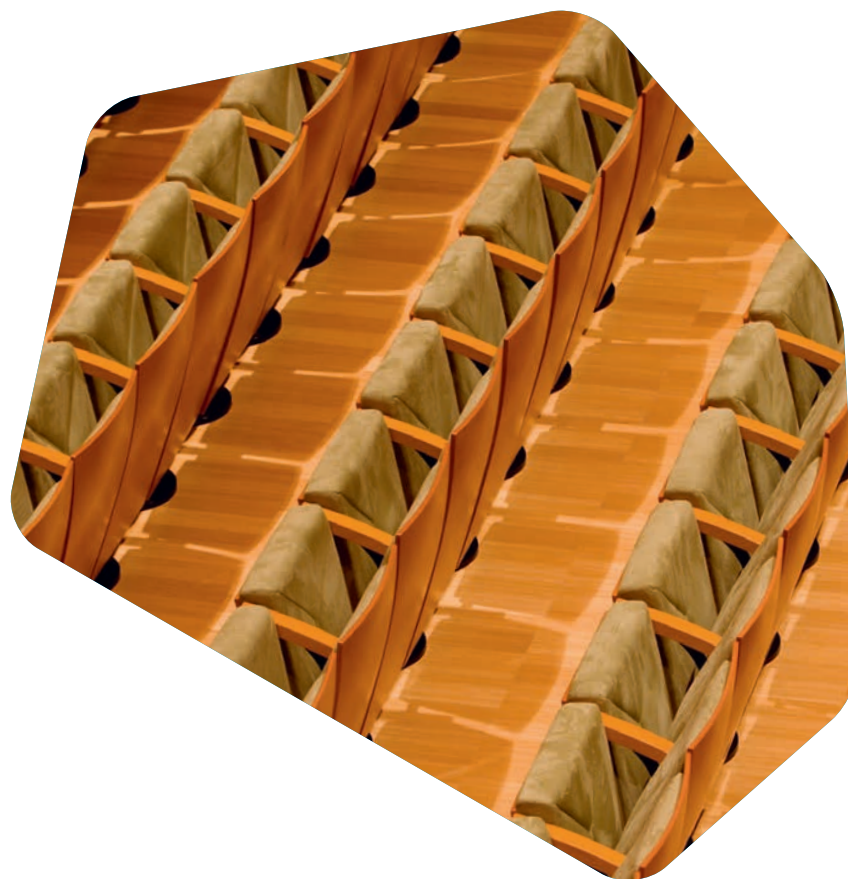
“It has been an incredibly tough 18 months for the construction industry, but we have worked closely with Hamilton Marino at every step of the process to ensure this unique and game-changing project can and will be built,” Gurner Group founder and executive chairman Tim Gurner said.

“This project is a once-in-a-lifetime transformation precinct and one of the last remaining major developable land parcels in Docklands,” he said.

“We are excited to have the opportunity to re-shape the future of the Docklands and create a world-class, 24-hour destination this city deserves.” ●

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2024 Melbourne Awards honour local trailblazers

“

The 2024 Melbourne Awards, held on November 9, celebrated prominent figures from the city, presenting them with Melbourne's highest honour in recognition of their exceptional contributions to the community.

”

WORDS BY
GEORGIE ATKINS



The annual event acknowledges individuals and organisations that have made a lasting impact on the city, including the presentation of the highly regarded Melburnian of the Year and Young Melburnian of the Year awards.

The awards also recognise achievements across eight key areas that are vital to Melbourne's evolution, in the categories of Aboriginal Melbourne (ganbu guljin), Access and Inclusion, City Design, Arts and Events, Community, Knowledge and Innovation, LGBTQIA+, and Sustainability.

This year, the Melbourne Awards honoured Rebecca Scott OAM, a co-founder of Melbourne-based social enterprise STREAT, as Melburnian of the Year, for her exceptional leadership in helping young people in Melbourne secure meaningful jobs and housing, while also tackling climate-related challenges.

The not-for-profit has helped more than 500 young people secure employment in the hospitality and horticulture sectors.

STREAT has also seen 1,500 others benefit from its outreach initiatives and gain new skills through short courses and practical training programs.

"I'm so humbled and chuffed to receive

this award, especially as a scruffy kid who grew up in the countryside of New South Wales," Ms Scott said.

"There's so much unfinished business here, and that's where I love to put on my metaphorical gumboots and get out into the mud. I want us all to see we've got this one precious little life where we get the opportunity to co-create this city as our home," she said.

"Together, we can make Melbourne kinder, fairer and greener."

The Young Melburnian of the Year award was presented to Alex Dekker, the 24-year-old founder of local not-for-profit Alex Makes Meals, in recognition of his innovative work addressing food insecurity across Melbourne.

Alex Makes Meals evolved from a one-man mission in 2020 to now providing more than 3,000 nutritious meals each week to vulnerable individuals and families across the city.

"I am deeply honoured to receive this recognition," Mr Dekker said. "Alex Makes Meals is about so much more than just providing food; it's about fostering connections and helping people find stability through community support."

"Since embarking on this journey, I've been continually inspired by those who have transformed my small contribution into a meaningful resource for Melbourne's most vulnerable," he said.



"This award reflects the tireless dedication of our volunteers and supporters, who have made this mission possible every step of the way."

Other notable winners included The Beruk Exhibition, which was honoured with the Aboriginal Melbourne – ganbu guljin award, Travellers Aid Australia, which received the Access and Inclusion award, and Orygen winning the Knowledge and Innovation award.

Blender Studios triumphed in the Arts and Events category, while the Koorie Heritage Trust Stage II, designed by Lyons, Greenaway Architects, and Architecture Associates, claimed the City Design award. The Lort Smith Animal Hospital was recognised with the Community award.

Additionally, Queer Town was celebrated with the LGBTQIA+ award, and Urban Tree Recovery was acknowledged for its excellence in Sustainability. ●

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Residents fight for improved air quality at Southern Cross

For many city dwellers, their apartment's balcony is a place where they can sit back and soak up the bustle of the city. However, for Paul Smitz this is not the case.

WORDS BY
JON FLEETWOOD



Paul, like many other residents at 620 Collins Street, refuses to spend time on his balcony due to the stench of diesel fumes drifting up from the neighbouring Southern Cross railway station. He has even found soot caked on the railings and the outdoor furniture.

"You can move your finger through it and leave a trail and the residue on your finger," Paul told *Docklands News*.

When Paul and his partner Catherine moved into their apartment two-and-a-half years ago, they bought an air purifier to clean up and improve the air quality of their new home. However, this action only increased their concerns, due to the purifier detecting that the air quality was very poor.

While the Docklands residents feel lucky to own an apartment in the city, the air quality around Southern Cross station certainly has tainted their purchase, but they are attempting to change this.

Earlier this year, Paul and Catherine created a petition calling on the Victorian government to address the air pollution issues within the station.

The petition received close to 600 signatures and was tabled in the Legislative Assembly in November.

It recommended that the state government prohibit the idling of diesel trains and buses for any longer than five minutes and install extractor fans to remove harmful diesel fumes.

But with no response required by the Legislative Assembly, questions still loom around whether or not appropriate measures will be taken to improve the air quality at and around the station.

Last year, the Southern Cross Station Air Quality Working Group was formed, which includes representatives of the Victorian Department of Transport and Planning, station owner Civic Nexus, and V/Line.

However, the creators of the petition believe that the working group should also include a representative of the Environmental Protection Authority (EPA) Victoria.

To date, the group has sought to find ways to improve the air quality of the station, with Civic Nexus undertaking ongoing monitoring and reporting its regular air quality data findings to the Department of Transport and Planning.

Additionally, in 2022 new air quality sensors and more sophisticated controllers were installed to improve the measurement of nitrogen dioxide in the Bus Interchange Facility (NO2).

Reducing idling time has also been a priority of the working group according to a spokesperson from the Department of Transport and Planning.

Any bus idling longer than 5 minutes is switched off and V/Line has been working to further reduce idling times of trains where "operationally" possible.

However, a source who has been involved in consultations with the working group said that despite the quality of data improving and idling measures enforced, the workplace exposure standards for NO2 levels set by Safe Work need to be stronger.

Earlier this year, an ABC investigation revealed that under the current standards, the NO2 levels are more than 90 times the World Health Organisation's guidelines.

Melbourne MLA and Victorian Greens leader Ellen Sandell, told *Docklands News* that, "locals and the Greens have been demanding better ventilation at Southern Cross Station for years, but there's been no meaningful response from the Labor State Government."

Ms Sandell also raised concerns over there being no government response to the Inquiry into air pollution's health impacts, which was tabled more than three years ago. ●



Victoria to introduce the nation's "toughest" tobacco laws

Vendors will face a new and stricter licensing scheme with greater penalties as the Victorian government seeks to crack down on the illegal tobacco trade.

WORDS BY
JON FLEETWOOD



The new licensing scheme, thought to be the toughest in Australia, will mean that tobacco can only be sold by licensed retailers and that applicants can be refused a licence based on their history and known associates.

A licence will only be available to "fit and proper persons" who pass a strict test. The scheme aims to protect legitimate businesses from getting undercut by criminal syndicates.

Businesses that are found to be selling illicit tobacco will face fines of more than \$1.7 million, while individuals face fines of more than \$355,000 or up to 15 years in jail.

State Casino, Gaming and Liquor Regulation Minister Melissa Horne said, "these reforms will better protect businesses who are operating legitimately and will ensure greater oversight of the tobacco retail and wholesale industries in Victoria."

The harsher penalties build on the work of Victoria Police Taskforce Lunar, which was established in October 2023 to tackle organised crime syndicates associated with the illegal tobacco trade.

The taskforce has so far made more than 90 arrests and has executed some 200 search warrants, with a number of shops within the City of Melbourne targeted.

To better support Victoria Police efforts, the State government will also be putting more "boots on the ground" by increasing official search powers to make it easier and quicker to raid, search and seize illicit products from a retailer with suspected links with organised crime syndicates.

State Police Minister Anthony Carlines said, "Victoria Police has been tireless in its work to disrupt and dismantle organised crime."

"These new search powers will give police new ways to crack down on crime lords and keep the community safe."

Alongside Victoria Police, a new tobacco regulator will also be established to administer the licensing scheme and will be responsible for enforcement and compliance of licences.

Inspectors will support police with extra intelligence gathering in the fight against organised crime and will have the power to search shops, suspend licences, and seize illegal items.

Victoria Police Commissioner, Shane Patton, told ABC Radio Melbourne that the measures are welcomed, but they won't be a band-aid fix for the tobacco wars.

"While it by itself won't stop what we have in terms of the conflict at the moment ... this will add to our ability to really make a difference," he said.

If the bill passes, the new penalties will roll out once the amendments to the relevant act come into effect. The State government plans for the new tobacco licensing scheme to begin mid-2025.

However, Liberal MP, James Newbury, believes the government has had a delayed response to tobacco-related crime.

He said that "we need action now" and has raised concerns over how quickly the government will be able to implement the new penalties. ●

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JOURNEY BEYOND

Nick Reece sworn in as Melbourne's Lord Mayor

In what was a tight race for Town Hall amid one of the most stacked and competitive fields in recent memory, incumbent Lord Mayor Nick Reece has emerged successful and was sworn in as Melbourne's Lord Mayor on November 19.

WORDS BY
JON FLEETWOOD



Together with new Deputy Lord Mayor and former Team Capp councillor Roshena Cambell, Cr Reece has promised to make Melbourne the "best and fairest" city in the world through an ambitious policy agenda.

Among a long list of pledges made over the course of his campaign to "Get Good Done" includes deploying new city safety officers, installing more CCTV cameras, a freeze on rates, \$2 swimming pool entry, new parks, and establishing Australia's largest bulk purchasing renewable energy scheme.

The election results were calculated by the Victorian Electoral Commission (VEC) at the Drill Hall near the Queen Victoria Market (QVM) on November 7, with Team Reece also managing to secure places for two of its councillor candidates on the next council.

Cr Kevin Louey has found his way back onto the City of Melbourne for an impressive fifth consecutive term, and he'll be joined by fellow Team Reece compatriot in QVM trader Mark Scott, who has been elected for the first time.

Three further incumbent councillors

were also re-elected, including Dr Olivia Ball from the Greens and Labor's Davydd Griffiths, who both return for a second term, while Phil Le Liu won a third consecutive term after securing his seat through Team Wood.

Alongside Cr Scott, four other new councillors were elected: Owen Guest from the Liberals, Gladys Liu from Team Kouta, Rafael Camillo from Team Morgan, and North Melbourne local Andrew Rowse from Innovate Melbourne.

Despite ultimately securing the same number of team members on council as his predecessor Sally Capp, Cr Reece described his campaign as a "hard-fought win", saying there hadn't been such a competitive field in modern times.

"[Throughout the campaign] there wasn't a street or neighbourhood that we didn't reach out to and connect with," Cr Reece said. "No one worked harder than us."

"I will build a Melbourne that is cleaner, greener, safer and more prosperous. I will build a Melbourne that is inclusive and diverse."

Early in the count, AFL great Anthony Koutafides potentially looked like pulling off a miraculous victory due to benefitting from preferences from the Liberal ticket, which itself exceeded all expectations by securing more than 13 per cent of the primary vote.

But Team Kouta would ultimately finish fourth in the race because of a late surge from the Greens led by Lord Mayoral candidate Roxane Ingleton, who finished a distant second to Cr Reece following preferences, with 38.51 per cent in comparison to Cr Reece's 61.49 per cent.

Team Reece comfortably won the primary vote count in the end with 20,523 votes, well ahead of the Greens on 12,445 votes, while first-time Liberal Lord Mayoral candidate Mariam Riza did incredibly well to finish

third with 11,985 votes. Mr Koutafides came fourth with 11,345 votes.

The great surprise of this election was the underperformance of former Deputy Lord Mayor Arron Wood who despite being considered as Cr Reece's main rival in the contest ended up in fifth position with just 8856 primary votes.

The outcome for Mr Wood, who went into the contest benefitting from Greens and Labor preferences, reflects the conservative swing in this election with Team Reece, the Liberals and Team Kouta all doing better than many had predicted.

The Greens, Labor and now former councillor Jamal Hakim's Team Hakim ticket meanwhile all underachieved based on the progressive vote seen in recent elections, with Cr Dr Olivia Ball now the sole Green on the next council.

Despite being a member of the Labor Party, Cr Reece's decision to run alongside Liberal Party member Roshena Campbell and so secure preferences from the Liberals, as well as Team Kouta, Team Morgan and Rip up the Bike Lanes, has ultimately paid dividends.

It was an ambitious campaign that has proven to resonate with many across the city, and it will be interesting to see how the more moderate Cr Reece pursues his policy agenda on what looks set to be a much more conservative council.

Councillors Guest, Liu and Campbell are all established members of the Liberal Party, while Cr Le Liu is a former Liberal Party member, and councillors Louey and Camillo are renowned for their largely conservative stances.

There is a clear divide between the more moderate to the progressive members of the new council team, with Cr Dr Ball, Cr Griffiths and first-time independent Cr Rowse to be significantly outnumbered.

During the campaign, Cr Reece also made



a number of announcements that didn't all bode well with the public, namely his call to sell the council's share in The Regent Theatre, which appears to have fallen on deaf ears within the creative industry.

Veteran election analyst Roy Collins said the Liberal Party's decision to run its first-ever endorsed Lord Mayoral ticket has shown the party's brand had the potential to win a lot of people's votes.

The result also perhaps sums up changing attitudes towards the current Labor Victorian Government, with Premier Jacinta Allan continuing to slump in the polls. The Greens brand has also taken a hit in other recent election results across the country.

Mr Collins also noted that Team Reece and the other conservative tickets had gained from the gerrymander that exists under the current City of Melbourne Act, where businesses are given two votes to residents' one. After the final results were known, Cr Reece conceded that the legislation "needs a refresh". ●

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Charting the future for Docklands

“
As I look back on my journey as a City of Melbourne councillor and recent Lord Mayoral candidate, I feel immense pride and gratitude for the incredible Docklands community.”

WORDS BY
JAMAL HAKIM
DOCKLANDS RESIDENT
AND FORMER COUNCILLOR

Over the past four years, we've worked hard to elevate Docklands' voice within the City of Melbourne. Together, we've achieved significant milestones, and while the campaign may be over, my commitment to Docklands and its future is stronger than ever.

Docklands has grown into a dynamic and diverse neighbourhood, but we know its full potential is yet to be realised. It's a unique precinct with challenges and opportunities that deserve tailored solutions.

Through conversations with residents, businesses, and community groups, one thing has become abundantly clear: Docklands must be a place that is liveable, family-friendly, accessible, and reflective of its rich maritime heritage.

Over the years, I've listened to your concerns and aspirations. Whether it's enhancing public spaces, ensuring better education options, or making the area greener, these are priorities that must remain at the forefront of the council's agenda. The

commitments I've made reflect these priorities and the deep connection I feel to this community.

Let's talk about the future. As we charge into the new year, here's what Docklands needs to thrive and how we can ensure it happens. (Hint to the new councillors; here's some quick wins.)

Public spaces should serve the community, not just private interests. That's why I've been advocating for changes to the Docklands Act, ensuring new developments include public spaces from the start. No more retrofitting or making do; it's time to ensure the needs of residents are part of the conversation.

This includes consideration of things like public toilets and managing trolleys effectively in our public spaces. For the latter, simply - just put a lock on it.

Docklands is one of Melbourne's most urbanised precincts, but it doesn't have to feel that way. Greening Harbour Esplanade with shade trees, canopy and a continuous green belt can transform it into a walkable and inviting space.

Imagine an arts trail winding through the esplanade, connecting NewQuay to Yarra's Edge, showcasing public art, and hosting cultural events. It's not just about aesthetics - it's about creating spaces that people want to be in.

And let's not forget Central Pier. We need a future for this iconic site that respects its history, embraces its potential, and regenerates the neighbourhood. Greening Central Pier and anchoring it with family-friendly and heritage-focused outcomes, like a maritime museum or cultural centre, would make it a real treasure for Melbourne.

Docklands has a proud maritime history, and we must protect it. From championing the restoration of historic vessels like the Alma Doepel to supporting the boat-building school, there's so much we can do to honour this heritage.



Families are at the heart of every great community, but Docklands needs more to truly support them. I've been pushing for a high school to serve Docklands and the surrounding areas, recognising the growing number of families calling this precinct home.

A strong community is built on connections, and Docklands needs more spaces and events that bring people together. A dedicated community centre is a must—a space for recreation, gatherings, and support. This could be one way the AFL can regain trust from their "Wall of Shame" project on Harbour Esplanade.

Traffic management in Victoria Harbour needs an overhaul. Residents shouldn't have to bear the brunt of congestion during major events like AFL games. And our public transport must be accessible and reliable for everyone, especially families, seniors, and people with disabilities.

While these commitments lay the

foundation for Docklands' future, I also want to celebrate the progress we've made. Initiatives like the Docklands Stakeholder Group have shown what we can achieve when we work together. From new greening projects to community groups like Community 3008 inc., every step forward has been a result of your passion and dedication.

In fact, the Docklands Farmers' Market, launches on Sunday, December 1, and is the perfect example of what's possible when we prioritise community-driven outcomes. I encourage you to come along, enjoy the atmosphere, and celebrate this new addition to Docklands.

Finally, to the residents of Docklands: thank you. Your commitment to this community inspires me every day. While the election may be over, my commitment to Docklands and Melbourne continues. For now, have a fantastic holiday and Christmas season. ●

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<p>\$139⁹⁹ EACH \$125.01 OFF RRP†</p>  <p>Gucci Flora Gorgeous Gardenia or Jasmine 100ml edp</p>	<p>\$149⁹⁹ \$32.01 OFF RRP†</p>  <p>Gucci Bloom 100ml edp</p>	<p>\$159⁹⁹ \$66.01 OFF RRP†</p>  <p>Christian Dior Dolce Vita 100ml edt</p>	<p>\$169⁹⁹ \$125.01 OFF RRP†</p>  <p>Giorgio Armani Si Intense 100ml edp Refillable</p>	<p>\$179⁹⁹ \$95.01 OFF RRP†</p>  <p>Prada Paradoxe 90ml edp</p>

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SALE START DATE: 2ND DECEMBER 2024
SALE END DATE: 15TH DECEMBER 2024

New pedestrian bridge opens in Docklands

A new bridge dedicated to the use of walkers and cyclists has opened alongside Footscray Rd, offering a safer and easier journey across Moonee Ponds Creek.

WORDS BY
JON FLEETWOOD



The 100-metre-long multi-coloured bridge situated across from the Docklands Costco, separates cyclists and pedestrians from traffic along Footscray Rd.

It is part of more than 14km of new and upgraded paths being built as part of the West Gate Tunnel Project.

Construction of the three-metre-wide structure began in late 2023, along a permanent alignment for the walking and cycling path, which has replaced a number of temporary paths used during widening works on this section of Footscray Rd.

The new path is broader than the original path, making it easier for cyclists and

pedestrians to navigate, and it is also fully separated from road traffic by a railing.

Vibrantly coloured urban design is another feature of the path.

The new bridge connects with the path that follows Footscray Rd all the way to the Maribyrnong River, providing improved and safer walking and cycling routes from east to west.

A West Gate Tunnel Project spokesperson said, "we are giving local communities more choice about how they move around, providing better connections."

As the project continues there will be a number of changes for pedestrians commuting into the city during the coming months.

Commuters can expect short-term temporary path closures between Shepherd Bridge and Pearl River Road before the end of the year for minor works around the bridge, and additional work along Footscray Road, including veloway installation.

During any of Footscray Rd's shared user path closures, cyclists and pedestrians will detour via the Moonee Ponds Creek Trail to Dynon Road.

The community will be advised of such closures in advance. ●



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Our annual Kickstart Day is a highlight, featuring renowned guest speakers and workshops designed to inspire and motivate. As well as this, we provide on-demand training from some of the best real estate coaches the country has to offer, enabling employees to reach new heights in their careers.

This focus on development is one of the many ways Lucas ensures every team member feels supported and valued.

A culture rooted in connection

We understand for a team to function well, everyone

needs to get along and genuinely connect with one another.

This is why we've put in the time to build the culture at Lucas into one of the pillars to our success. This has allowed us not only to consistently outperform other agencies, but also to maintain high retention rates, especially in an industry where turnover is often high.

The team here all genuinely get along, and often catch up outside of work hours. It's not just about offering a job but also offering a sustainable fulfilling lifestyle.

Flexible work, balanced life

Lucas Real Estate believes that a balanced life is key to a successful career.

Recognising the importance of flexibility, we offer varied and accommodating working arrangements to help suit our team's varied lifestyles.

A healthy work-life balance means a healthy life. This flexibility lets the team prioritise family, personal time, and well-being. And ultimately means they actually enjoy coming into work and are more energised to hit the ground running.

So, if you're looking to enter the next stage in your real estate career, backed by tools and time you need to be successful, Lucas might be the right move for you.

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STREET SMART MELBURNIAN OF THE YEAR PUTS PEOPLE AND PLANET FIRST

Rebecca Scott OAM at the STREAT cafe in East Melbourne

How does a “scrappy country kid” go on to be Melburnian of the Year? It’s a long and winding road for social entrepreneur Rebecca Scott OAM.

While travelling in Vietnam, science communicator Rebecca Scott found a stone in her shoe. The type of stone that compels you to change your life and strive to make life better for those around you.

“In a fairly stark way, I saw the issue of youth homelessness in Vietnam, and you know how once you’ve seen something you can’t unsee it?” Rebecca said.

“Youth homelessness became a thing I couldn’t unsee.”

“I came to think of it as the stone in my shoe. I couldn’t keep walking along with that stone in my shoe, even after I returned home to Canberra and went back to my job at the CSIRO.”

“It felt like such a foundational thing that every human needs: a safe, affordable, loving home. It’s so critical to a life of wellbeing: it’s so much more than a home.”

In her downtime, Rebecca researched the complex youth homelessness sector and eventually found a missing

piece of the puzzle: training, education and a sense of belonging.

“You can’t afford a house to live in if you don’t have a job,” Rebecca said.

“It made me and my partner Kate think we needed to build a holistic solution to homelessness that included training and employment pathways.”

So they took a leap, quit their Canberra jobs and moved to Melbourne in 2009 to set up hospitality enterprise STREAT.

Since welcoming its first class of trainees, STREAT has now supported more than 5210 young people and offered 351,753 hours of training, support and work experience.

“I’m a really unexpected social entrepreneur. My training was in science as a plant biologist and then a science communicator. I stumbled into being a social innovator.” Rebecca said.

Buoyed by her enthusiasm, generosity and curiosity, STREAT has expanded to run 12 cafes, a coffee roastery, an artisan bakery, and a catering and events business.

The whole thing is engineered to support young people who might otherwise fall through the gaps.

HOW A SENSE OF BELONGING CAN TRANSFORM A LIFE

Twice a year, a class of young people assembles at STREAT through referrals from the prison system, detox facilities, homelessness and mental health services. Many have been in out-of-home care from a very young age.

“I love watching a new class start,” Rebecca said.

“They’ve come to the program because they’ve got lots of barriers, and we’ll walk alongside them for the next year to give them a bunch of skills and confidence, and most importantly a sense of belonging.”

As the team begins to address those barriers – such as drug and alcohol addiction or homelessness – the person underneath begins to shine.

“Something magical happens when a young person starts to see that those hopes and dreams might be possible,” Rebecca said.

CREATING MORE THAN HOSPO HEROES

Nearly 15 years after the first graduate class at STREAT, many participants have flourished in varied careers, using hospitality as a stepping stone to follow their passions.

“We’re not here to create ‘hospo heroes’! We’re teaching you a bunch of transferrable life and employability skills. It just happens to be that hospo is a good industry to get those skills,” Rebecca said.

A collaborator at heart, Rebecca is always looking for ways to connect with other social innovators and inspire the next generation of citizens into living a purposeful life.

When STREAT was off to a flying start, she turned her mind to building an ecosystem to support nascent social enterprises.



The Purpose Precinct

Enter The Purpose Precinct at Queen Victoria Market, the front door to a sector that includes more than 3000 social enterprises across Victoria.

It’s a collaboration between STREAT, Good Cycles, and other businesses that put the planet and people before profit.

Here, you’ll find shops, a cafe, workshop space and the new Moving Feast Kitchen, which brings together social enterprise farms and kitchens, caterers and hospitality providers.

“We’re all working together as this little ecosystem, thinking about food systems,” Rebecca said.

“The Moving Feast Kitchen is designed not only to rescue lots of unsold produce from the market, but also create new products in the kitchen.

“It makes no sense to throw out food when it could be eaten, especially when we have people in the city who are hungry. Bringing those two things together is part of the reason why we put that kitchen together.”

MELBOURNE AWARDS

We’re proud to announce the winners of the **Melbourne Awards 2024**. These remarkable individuals and groups are committed to making our city an inclusive, creative and forward-thinking place.

Meet the winners at melbourne.vic.gov.au/melbourne-awards



A class group at STREAT



KEEP YOUR COOL THIS SUMMER

It is important to adapt our behaviours to prevent heat stress

Melburnians are urged to prepare for a hot summer and reminded of the dangers posed by heatwaves in our city.

By 2050 Melbourne will experience an average 16 days over 35 degrees each year.

The City of Melbourne is committed to reducing the threat of extreme urban heat for vulnerable people.

Our goal in Melbourne is to provide places of respite for residents and visitors during extreme heat events.

WE HAVE ALREADY STARTED ACTING TO:

- Cool the city through urban greening
- Host heat health information sessions and distribute cool kits to help support at-risk members of the community
- Help keep you cool and hydrated with the use of our Cool Routes map to find drinking fountains and cool places of respite in the city.

All our efforts combined aim to cool Melbourne by four degrees, to improve liveability, resilience, and community health.

Keep an eye out for heat health alerts on City of Melbourne's social media channels and from the Department of Health, or be aware of upcoming weather.

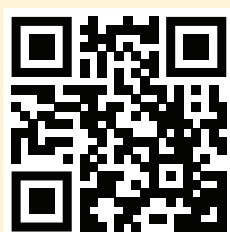
For tips on how to stay safe during the heat visit melbourne.vic.gov.au/heatwaves



Drink cool water regularly, even if not thirsty

Explore your neighbourhood

Whether you live, work, study or play in our city, we have information to help you get the best out of your area.



Access community grants, and find local news and events in Docklands at participate.melbourne.vic.gov.au/docklands





Ambitious plans for Docklands' new monthly farmers' market

“Seafood stalls, water taxis, live music, community events and fresh produce from across Victoria are planned for Docklands' new monthly farmers' market.”

“It's also a great opportunity for Docklanders to get together, bring families and dogs, have a chat with their neighbours and make a community connection.”

Mr Hibberd said the DCC would work with local organisations and businesses in the hope that the farmers market can also become a local showcase.

“We're hoping to have a couple of community tents there from day one,” Mr Hibberd said.

“If [Docklands Primary] school or other community organisations or events want to have the ability to promote themselves on market day, we'd love to host them.”

Plans for the market include buskers, live entertainment, and pop-up stalls offering fare from Docklands restaurants and wares from local businesses.

The inaugural market will feature a water taxi to ferry people from Yarra's Edge.

Organisers are hopeful future market days will include a seafood aspect to help promote the Docklands waterfront even further.

Mr Hibberd said the DCC is encouraging locals to give feedback on the first market.

“We really want some strong community feedback after the first markets on how we can make this something right for the Docklands community,” he said.

The market will operate from 8am to 12:30pm on Sunday, December 1 and then on the first Sunday of every month ongoing.

The Docklands farmers' market is supported by the Docklands Chamber of Commerce, City of Melbourne, Docklands Precinct Association, MAB Corporation and Victorian Farmers' Market Association. ●

WORDS BY
DAVID ALLEN



The first market will see more than 40 stalls hosted along NewQuay Promenade on Sunday, December 1.

The event is an initiative of the Docklands Chamber of Commerce (DCC) and is certified by the Victorian Farmers' Market Association.

All stalls will feature Victorian farmers selling own-grown produce.

DCC president Daniel Hibberd said he hoped the market would become “a long running, self-sustaining community event” that would boost up foot traffic across the Docklands area.

“The idea is to create a town square-style offering where people can get good quality, healthy food every month,” Mr Hibberd said.



Wyndham Harbour: your summer playground by the water

“Nestled between Geelong and Williamstown, Wyndham Harbour is quickly becoming one of Melbourne's must-visit waterfront destinations.”



Located on the northwestern shores of Port Phillip Bay, this vibrant new harbour suburb offers the perfect escape for a summer day trip, just a short drive from the city.

At the heart of Wyndham Harbour lies its world-class marina, with its 150 secure vessel berths, dedicated personal watercraft (PWC) storage, and comprehensive facilities including a maintenance and fish cleaning station.

The marina also boasts a range of leisure amenities, such as a waterfront restaurant and a mini-golf course, making it the perfect destination for both boating enthusiasts and those looking to relax and unwind by the water.

“We are an accredited clean marina of the highest standard, an accredited five gold anchor marina, and an accredited sustainable tourist business,” Wyndham Harbour marina manager Allan said.

“Having all of those accreditations takes a lot of work, but it's essential to me that we maintain a high standard and operate as a world-class facility.”

For those spending the day on the water, the marina offers convenient bathroom and laundry facilities, as well as water and fuel services, allowing boats to replenish and refuel without needing to come ashore.



But even if you're not arriving by boat, there's plenty to enjoy at Wyndham Harbour.

“The restaurant is an integral part of our operation here. You can certainly come by boat, but we also have people come for the weekend to go to the restaurant,” Allan told Docklands News.

Wyndham Harbour's children's sailing program, run in partnership with nearby Alamanda College, includes both educational and recreational sailing opportunities, providing a fun and engaging way for young sailors to develop their skills on the water.

“We're a multifaceted marina, and we're here for everyone to use,” Allan said.

“I encourage not only boat owners to come down and enjoy the facilities for the weekend, but it's a lovely drive down here and a great spot to enjoy the restaurant, mini golf and all that Wyndham Harbour has to offer.” ●

Melbourne City Council elections

Declaration of results

The following candidates were elected to Melbourne City Council at the general election held in October 2024:

Leadership Team

Lord Mayor
REECE, Nick

Deputy Lord Mayor
CAMPBELL, Roshena

Councillors

LOUEY, Kevin (1st elected)
GUEST, Owen (2nd elected)
BALL, Olivia (3rd elected)
LIU, Gladys (4th elected)
LIU, Philip Le (5th elected)
SCOTT, Mark (6th elected)

CAMILLO, Rafael (7th elected)
ROWSE, Andrew (8th elected)
GRIFFITHS, Davydd (9th elected)



Further details about the results are available at vec.vic.gov.au

Brenda Novak
Election Manager
8 November 2024



THECHO!R unites Docklands at Norla Dome concert

THECHO!R, a vibrant choir based in Docklands, brought an evening of music and joy to the Norla Dome at the Mission to Seafarers on November 17, uniting the local community in song and celebration.

WORDS BY
GEORGIE ATKINS



Founded in 2009, THECHO!R is Melbourne's largest non-auditioned choir, welcoming singers over the age of 18 from any background and of every ability.

With a strong focus on community, THECHO!R creates a space for people to connect, share knowledge, and forge social bonds through their love of music.

The group's members also support various charities by raising funds through their concerts and performances.

Their latest concert, Both Sides Now, featured an eclectic mix of songs by Joni Mitchell, Billy Joel, Karl Jenkins, and other timeless classics, alongside contemporary gems.

"THECHO!R exemplifies the most wonderful aspects of community music – a diverse group of people coming together each week to sing and

share the joy of making music, and they love getting to share performances with audiences," conductor Patrick Burns said.

Currently made up of around 40 choristers from all walks of life, THECHO!R's members come together every Wednesday night at the Community Hub in Docklands to rehearse.

The group is inclusive, with participants of all ages and backgrounds, many of whom live or work in the Docklands precinct.

"I have been living and working in Docklands for over 15 years - singing for our local community is one of the highlights of my life," choir member Dr Yvonne Zhou Grundy said.

THECHO!R has performed in a wide range of venues, including the Library at the Dock and Mission to Seafarers, as well as iconic locations such as the Melbourne Recital Centre, Sydney Opera House, and Melbourne Town Hall.

Their diverse repertoire spans everything from classical and contemporary music to jazz, swing, opera, musical theatre, rock, and even original works.

The group is always looking for new members and invites anyone interested to come along and experience the joy of singing at one of their weekly rehearsals.

THECHO!R is currently rehearsing on Wednesday evenings during school terms. For more information, visit playitforward.org.au/thechoir ●

Australia's top figure skaters gear up for 2024 nationals

The Australian Figure Skating Championships are set to take place at O'Brien Icehouse in Docklands from November 29 to December 6.

WORDS BY
GEORGIE ATKINS



The event will bring together Australia's top athletes in singles, pairs, ice dance, and synchronised skating as they compete for the coveted title of Australian Champion.

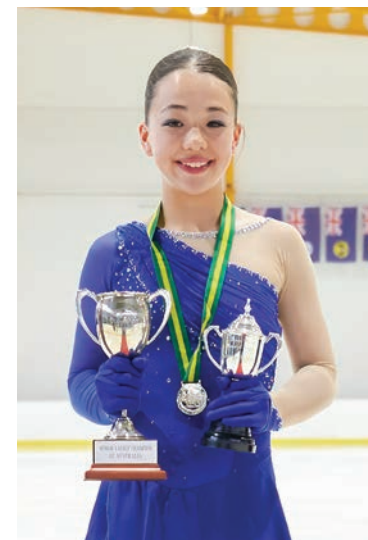
Each year, the championships are held in a different state, and this year, Melbourne is the host city.

During the course of the week, more than 100 elite skaters will take to the ice, vying for the opportunity to represent Australia on the international stage.

With fierce competition across multiple disciplines, the country's best figure skaters will showcase their years of dedication, skill, and artistry.

"It takes about 12 years to grow a senior-level figure skater. Some of our Olympians have been skating for 20 years," event organiser Wendy Meik said.

Due to the high cost and limited availability of ice time in Australia, many skaters supplement their training with other forms of fitness, such as ballet, to refine their technique.



"People try to maximise their skill level off the ice before they get on it," Ms Meik added.

While all of the performances at the championships are sure to impress, Ms Meik says one category in particular promises to be an unforgettable spectator experience.

"The synchro skaters are such a thrill - they're fast and furious, with 16 people on the ice at once. They're well worth seeing," she said.

As a volunteer-run organisation, Ice Skating Victoria is always looking for passionate individuals to help with events like the championships.

Ms Meik hopes the Docklands community will turn out to support local athletes as they perform on home ice. ●



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JOURNEY BEYOND

Docklands Sunday Market calls time after ten years

“ Docklands Sunday Markets will wrap up after ten years of serving the local community. ”

WORDS BY DAVID ALLEN



A final twilight Christmas market event will be held on Sunday, December 8.

Market manager Eileen Fiederling said the event had struggled for some time and eventually she was left with no choice but to bring it to a close.

The veteran market promoter said she was grateful to event sponsor MAB Corporation for its ongoing support throughout the history of the markets as well as to the City of Melbourne for its assistance.

“I put my own money into the markets to keep them running as long as I could,” Ms Feiderling said.

“Ultimately I have to think of my stallholders, they’re not just cash cows.”

Ms Fiederling said the number of shops closing across Docklands in the wake of the COVID pandemic had cut into foot traffic.

The City of Melbourne also withdrew support for a farmers’ market it was hoped could accompany the existing Sunday market.

Ms Fiederling says she was told there were concerns a Docklands-based

farmers market would cut into the trade of the Queen Victoria Market.

“The death blow came when the City of Melbourne reduced the size of the space we could use and stopped stallholders being able to bring in cars all the way.”

Ms Fiederling said cars had helped sellers move more goods to their stalls and that the vehicles had also provided a buffer on days with strong winds.

“It’s such a shame to see the final market come,” she said.

“Docklands is such a beautiful area, and I believe locals are more ambitious for its use than gets credit.”

Docklands’ free Christmas Market will run from 12pm to 7pm on Sunday, December 8 along the NewQuay Promenade.

Ms Fiederling said she expected a good turnout, with many market stalls already booked. ●



Central Pier update: Shed Nine to go this year, Esplanade disruptions ongoing

The realignment of services along Harbour Esplanade affected by the removal of Central Pier will not be complete until well into next year, a state government agency says.

WORDS BY DAVID ALLEN



Development Victoria’s acting precincts group head Imogen Lewis told Docklands News that works to take the 105-year-old pier away from Victoria Harbour were “progressing well”.

“The removal of the concrete area on the west and south of Shed 14 will continue into 2025, along with important works to realign services along Harbour Esplanade,” Ms Lewis said.

Pedestrian areas along the esplanade have long been impacted by removal works at the pier, with stretches of temporary fencing coming and going as work progresses.

Ms Lewis said removal of the pier’s Shed Nine was “on track for completion by the end of the year”.

Docklands News has long reported on the progress of the Central Pier removal project and proposals for what could replace it to

activate Victoria Harbour as a waterfront destination.

Melbourne Maritime Heritage Network has this year campaigned to replace Central Pier with a multi-story floating pier featuring a maritime garden.

The organisation has also criticised Development Victoria for what it labelled a lack of “vision” for the vital heritage site.

An online community survey conducted in late 2022 received only 250 responses.

Victoria Harbour was excavated from a large swamp, a former Indigenous hunting ground, at the foot of the colonial Hoddle Grid between 1887 and 1892 and remains the oldest and largest surviving single dock in the world.

Central Pier was built in 1919 and was closed in August 2019 in controversial circumstances after being declared unsafe and immediately evacuated.

A \$42 million lawsuit by former pier tenants against Development Victoria was settled in February this year.

Maritime firm Fitzgerald Constructions Australia Pty Ltd was contracted to remove the pier, and the work started in 2022.

The process is expected to take “several years” due to the unsafe nature of the structure.

Old timber, metals and concrete removed from the site are being recycled and reused in other Melbourne projects where possible. ●



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Docklands News in 2024: a year in review

“ Take a step back in time as we feature some of the highlights from every edition of *Docklands News* over the course of 2024 ... ”



▲ March: The Docklands Community Garden celebrated its 15th birthday.



▲ February: A bold plan was announced to explore a “major new development opportunity” at Marvel Stadium and AFL House.



▲ April: Developer Gurner Group submitted plans for the first stage of its Docklands mega-project “Elysium Fields” on Harbour Esplanade, which it has described as a “futuristic wellness and anti-ageing utopia”.



▲ June: Firelight Festival returned to Docklands, illuminating the suburb with live music, fire performers, flame jets, fire sculptures and a world-first underground light show at Marvel Stadium.



▲ July: Yarra’s Edge residents called on the state government to consider adding a new train station for the growing Lorimer precinct as part of plans for Metro 2.



▲ September: The next chapter of Collins Wharf was marked with breaking ground for the developer’s latest Docklands apartment project Regatta.



▲ October: Lord Mayoral candidates laid out their plans for Docklands at a Meet the Candidates event hosted by Community3008 inc. ahead of the elections in November.



▲ May: Docklands Primary School principal Adam Bright led by example at the school’s annual Colour Run, which helped to raise money for a new playground.



▲ August: A Docklands local nominated Marvel Stadium for consideration by Heritage Victoria, in response to its proposed redevelopment.



▲ November: 20,000 visitors flocked to Docklands for Melbourne’s Diwali Festival at Marvel Stadium.

Big builds? Past Docklands maritime “Big Builds” and a “Big Build” MMHN

The Docklands precinct community may or may not be aware of the crucially important role of Victoria Harbour in the evolving story of Melbourne’s port infrastructure.

The harbour’s growth, by way of a series of “Big Builds”, to use today’s terminology, continues to underpin the prosperity of Victoria to this day.

Take a moment to consider: why does the Melbourne Maritime Heritage Network (MMHN) so strongly advocate for due recognition of maritime heritage Big Builds located in the Docklands precinct?

The answer: maritime trade drove important investment in port infrastructure. The Docklands precinct has been crucial in the evolution of the port since colonial settlement.

Major ports world-wide evolve over time, but what makes the port of Melbourne evolution unique?

The answer lies in the extraordinary speed at which the port developed, shaped by a number of factors that arose during what was a transformative period in global maritime history.

Colonial expansion; the discovery of gold in Victoria; the opening of the Suez Canal, enabling new, faster maritime trade routes south; technical innovations in wharf operations; ship propulsion methods shifting from sail to coal-powered steam – all of these events played a role in Victoria Harbour’s evolution.

The time was right for maritime trade in the port of Melbourne, far down in the south, to thrive, and so, the whole state of Victoria rapidly flourished.

This economic prosperity, based on maritime trade, led to a series of ambitious Big Builds in the evolving Melbourne port story.

Melbourne’s port story thus far has three distinct parts, and all feature Big Builds. And furthermore, MMHN is proposing a fourth part, indeed another new Big Build, so do read on ...

Part 1 – Riverport

The tale commences with Melbourne

being settled in 1835 as a tiny colonial riverport outpost of the vast British Empire.

In a very short time span, this remote riverport upstream of the Birrarung/Yarra, began to boom. Immigrant population numbers also boomed thanks to the gold rush and the city spread out to the north, east and south. Increased population stimulated the colonial economy, both in terms of production and consumption of goods.

The Melbourne Harbor Trust commissioned world-renowned British engineer Sir John Coode to straighten and dredge a section of the Birrarung/Yarra, which cleverly eliminated a long looping bend in the river. Ships could now make a straight, easy passage upstream from Port Phillip Bay.

This section became known as the Coode Canal and was an ambitious investment in the riverport for the time period. This Big Build project greatly enhanced maritime trade prospects, bringing them closer to the burgeoning city centre.

Maritime trade exploded, and very soon, demand for wharf berths in Melbourne’s riverport began to exceed supply.

Part 2 – Victoria Dock

It quickly became necessary to meet the demand for berths in order to sustain Victoria’s extraordinary prosperity.

This led the Melbourne Harbour Trust to optimistically invest in another Big Build downstream. The at-capacity riverport of Melbourne was, to a great extent, blocked by a series of low railway and vehicular bridges spanning the river.

Between 1887 and 1892, Sir John Coode, assisted by local Melbourne Harbour Trust engineer, Joseph Brady, excavated West Melbourne’s intermittent wetlands to construct Victoria Dock – a new 37.6-hectare port.

When Victoria Dock opened, it was the second largest single dock in the world. Yet, its 21 available berths still proved to be insufficient to meet demand. Arriving or departing cargo vessels simply could not waste time waiting for wharf space.

To address this “problem” of maritime trade success in the new port, another Big Build project was constructed in 1919 – Central Pier.



Without dispute, Victoria Dock (Victoria Harbour) was a Very Big Build indeed! But it was also one that the prosperous port city could fund.

Part 3 – Birrarung/Yarra estuary port

Victoria Dock very successfully sustained the maritime trade boom in Melbourne right up until the 1970s.

The Shipping Control Tower, technologically advanced for the time, was capable of managing complex port operations along the Birrarung/Yarra River, Victoria Harbour, the estuary and into the Port Philip Bay. However, it ceased operating in 1980.

Victoria Harbour was ultimately stymied in 1999 by the problematic Bolte Bridge Big Build. Spanning the Birrarung/Yarra, the Bolte was simply too low for modern merchant vessels.

Once again, the formerly cutting-edge Victoria Harbour was rendered largely redundant, incapable of providing for “modern era” port operations. The Port of Melbourne subsequently left Victoria Harbour and expanded, shifting downstream to Fishermans Bend and further west to Swanston and Appleton Docks.

MMHN notes that, since 1835, these Big Builds, situated in various reaches of the Birrarung/Yarra River, have resulted in Melbourne being the largest container port in Australia today.

In this island nation, without due support for ports and maritime trade, we cannot prosper.

Part 4 – MMHN’s proposed future Big Build Demolition of heritage-listed Central Pier in Victoria Harbour raises the question: what could happen with Central Pier?

Recently MMHN invited the Docklands precinct community to discuss the form and feasibility of the MMHN proposal Big Build; that Central Pier be replaced by a large floating pontoon/pier.

The project would be constructed off-site without nuisance to residents, and provide a perfect, environmentally sustainable base for a Maritime Experience Centre (MEC) surrounded by a promenade and a maritime garden overlooking the harbour at its tip. There’s more detail available on this proposal, which aims to celebrate the unique maritime status of Docklands Precinct – past, present and future. ●



Jackie Watts

CHAIR

INFO@MMHN.ORG.AU



COMMUNITY3008 INC.

A successful year

As we round out the year, we hope that the Docklands community has found the Community3008 inc. meetings helpful and informative.

Docklands is still a changing landscape, and the group hopes to continue to provide support and information to our residents and small businesses into 2025.

We have a range of proposed speakers for next year, but always welcome suggestions from the Docklands community should you have specific topics you would like to address in a community forum.

To join Community3008 inc. go to our website at community3008.org.au and follow the prompts. Cost is only \$5 per person per year so we encourage anyone with an interest in knowing more about the suburb, making social connections, and helping advocate for the needs of our community to join up.

For further information about the group, email us on contact@community3008.org.au or find us on Facebook at www.facebook.com/community3008inc ●

HEALTH & WELLBEING

How your food might be causing inflammation

Inflammation can be synonymous with frustration.

It might cause swelling, aching, and joint and muscle aggravation that prevent you from doing regular activities and have you wondering where it’s coming from and why.

But when inflammation is persistent and doesn’t have an apparent cause, you may need to start paying attention to the food you’re eating.

There are good reasons why medical professionals don’t recommend high consumption of certain foods and it’s not all about whether your pants stop fitting!

Here’s a list of common foods that can cause inflammation in the body.

Sugar

Put ... the doughnut ... down.

It might come as no surprise that garden-variety sugars such as sucrose (processed sugar) and high-fructose corn syrup (found in a scary number of food items, such as soft drinks, chocolate, and sauces) can cause an inflammatory response in our muscles and organs.

When we eat sugar, it also goes to our blood stream where the body produces insulin to convert it to energy – too much

sugar means your body stores it in your fat cells and leads to those cells enlarging.

Processed meats

They may be delicious and convenient, but processed meats such as ham, bacon, cured meats, and sausages all share one inflammatory thing in more abundance than your average meat – advanced glycation end products (AGEs).

With a controlled and small amount of consumption, your body can naturally deal with and dispose of AGEs.

But, when you’re wolfing them down at a higher-than-average pace, AGEs start to build up and your body can’t keep up. When they accumulate at higher levels, they can lead to damaging inflammation and disease such as diabetes, high blood pressure, kidney failure, and Alzheimer’s, just to name a few.

Artificial trans fats

Trans fats can be naturally occurring in some foods, but it’s when those fats are meddled with to make them artificially formed, the trouble can begin. Artificial trans fats are made by adding hydrogen to vegetable oil, causing it to solidify at room temperature.

You’ll find them in common foodstuffs such as margarine, fried foods, baked goods

such as cakes and pies, and doughs that require refrigeration.

Trans fats affect your good cholesterol (HDL) by lowering the amount in your body while actively raising your levels of bad cholesterol (LDL), leading to inflammation in the body that over time can cause serious illness.

Refined carbohydrates

Refined carbs have found their way into most household pantries as staple items such as bread, white rice, pastries, pastas, and breakfast cereals.

Although they’re not considered potential inflammatory foods in moderation, they’re fast making up a large percentage of the average diet. They’re similar to sugar in that they enter the blood stream and give a quick insulin spike but are stored in fat cells if the body can’t keep up with consumption.

Is it time to revisit your diet? ●

Dr Mike Edgley

CHIROPRACTOR

DOCKLANDS HEALTH



A great start for The Cauldron craft program

Our Docklands community crafting program has had a great start this year.

We've gone from the first few months of social crafting being held once a week in a hired room at The Hub to now expanding into a magical, comforting, inclusive, creative, crafting space in our shopfront at The District Docklands.

This "community connection" program has grown each month and now has craft teaching classes added into the mix of social and charity crafting.

In October our talented group of volunteers gifted a fantastic bundle of knitted and crocheted goodies to the charity KOGO, which stands for knit one give one, with more than 40 toys, 20 beanies, cot and capsule blankets and other items such as scarves sent to those in need of comfort and warmth.

We hope those of you who wander through Wharf St, in The District Docklands, have had a chance to notice our changing creative windows and we encourage you to walk by to see our latest Christmas themed instalments.

It's important to note this is a community

connection program, so if you have suggestions for future classes, want to suggest alternate times for social crafting, or even want to sign up to teach a craft we'd love to hear from you. Hearing from, and accommodating the community is an integral part of the program.

Our new craft classes are now able to be booked via the Try Booking website and we have classes running throughout both December and January.

If you are interested in group sessions for "hens' crafternoon", work bonding or any other craft-based group activity, we may be able to tailor a package to suit your needs. Support from local residents and businesses will keep the program alive and expanding so we can continue to be a creative community asset for Docklands.

For those of you who are thinking of joining our social crafting evenings, you can stop by on Tuesday and Wednesday nights from 5-7pm at Shop 11, Wharf St, The District Docklands, 440 Docklands Drive.

For further details please contact us:
thecauldroncraftconnect@gmail.com
 Instagram: @thecauldroncraftconnect
 Facebook: The Cauldron – craft connect:
facebook.com/profile.php?id=61557615314083 ●



OWNERS' CORPORATION LAW

What to expect from the new Victorian Building & Plumbing Commission

An independent review that exposed serious failures in how the Victorian Building Authority (VBA) handled complaints from homeowners facing years of financial distress over defective or homes was the final straw for the State Government.

Its swift response was to announce it will replace the VBA with a new, more powerful watchdog with greater powers to tackle sub-standard building work.

The Victorian Building & Plumbing Commission (VBPC) will be given tough new legislative powers to protect homeowners and owners' corporations against builders and plumbers who carry out sub-standard works.

The VBPC will handle all aspects of building quality control, including regulation, insurance and dispute resolution, into a single agency.

Currently, the VBA could only direct builders to fix substandard work before occupants moved in.

However, under new rules the VBPC will be able to direct builders and plumbers to fix work not just before move-in day – but also beyond. The state government will work with industry to define the eligible time period.

New powers will also enable the VBPC to stop apartments in new buildings with serious defects from being sold, as well as increased reporting requirements before occupancy certificates are signed off on new builds.

The new agency will be resourced with new boots on the ground, with a 50 per cent increase in the number of auditors and frontline inspectors, as part of a \$63.3 million investment in this year's Budget.

The VBPC will also be tasked with leading an inspection blitz, including a crackdown on unregistered building and plumbing work.

The state government's press release announcing the new VBPC stated that homeowners will have better access to insurance if things go wrong, potentially reducing the need for complex and costly legal claims against builders who do the wrong thing.

Apartment buyers will also have stronger financial protection, with developers



required to provide a bond to cover the cost of fixing poor work for buildings over three storeys. The new bond will be the first step towards introducing a new ten-year insurance policy for apartment buildings, with next steps to be developed in consultation with an industry working group.

It remains to be seen as to whether the new VBPC will be anything other than simply the old Victorian Building Authority dressed up in new clothes and attire.

However, any improvement on the current structure will be an overall improvement and will lead to better outcomes for homeowners. ●

Tom Bacon

STRATA TITLE LAWYERS

TOM@STRATATITELAWYERS.COM.AU



DOCKLANDS REPRESENTATIVE GROUP



Advocating for residential strata: an overdue focus on energy efficiency

November marked a significant event for energy-conscious communities, with Melbourne hosting the 2024 Energy Efficiency Council (EEC) Buildings Energy Performance Summit.

This year, the event cast a much-needed spotlight on a long-overlooked area: residential strata.

For years, the challenge of improving energy efficiency in strata buildings has been dismissed as "too hard." However, change may finally be in the air.

With one in four Victorians already living in residential strata, and the government's Housing Statement proposing 25 new activity centres, the number of apartment dwellers is set to soar.

And, whether embraced or not, this growth demands urgent attention to sustainability in residential strata.

At the very least, the hope is that new developments will integrate basic sustainable features. Take, for instance, drying clothes on balconies – a cost-effective, eco-friendly alternative to energy-hungry dryers.

Despite its benefits, many owners' corporations oppose the practice, citing concerns about aesthetics. After all, few really want "tighty-whities" on public display! A simple solution, such as opaque balcony barriers, could satisfy all parties, yet transparent designs remain the norm in new builds.

Beyond these simple fixes, more ambitious energy-saving measures are gaining traction. Transitioning away from gas is a

prime example, with some initiatives helping lot owners install induction cooktops or supporting owners' corporations in adopting electric hot water systems.

As a representative of Owners Corporation Network (OCN), I had the privilege of speaking at the summit, where I outlined the regulatory context for owners' corporations.

Unfortunately, a persistent lack of understanding about how strata-title properties operate continues to hinder progress. In one memorable exchange (outside of the conference) a senior utilities provider incorrectly described residential strata as "not owning the ground."

This highlights the knowledge gap among service providers and policymakers - a gap that must be addressed for meaningful change.

While challenges remain, the growing focus on energy efficiency in residential strata is a step in the right direction.

For those looking to stay informed about these and other strata-related issues, I encourage you to subscribe for free to the OCN Strata Newsletter & Events to receive insights each month, such as notifications of webinars on key topics at www.ocn.org.au

Together, we can build a future where sustainable living is woven into the fabric of all homes – strata included. ●

Janette Corcoran

MEMBER

JCORCORAN@DOCKLANDS.ORG.AU



WHAT'S ON December & January



There are lots of festivities around Docklands in December and January to see you through the holidays.



DOCKLANDS SUNDAY MARKET
Walk by the harbour and support local artisans at the Docklands Sunday Market. After 10 years, the market will celebrate its final event with a twilight Christmas market.
NewQuay Promenade, Docklands
SUNDAY 8 DECEMBER, 12PM – 7PM



SANTA PHOTOGRAPHY
Deck the office halls with joy and laughter and get your corporate crew together for a snap with Santa. No bookings are required, simply visit Collins Square during the event dates and times.
Retail Plaza, Collins Square
9 – 12 DECEMBER, 11AM – 2PM



MIFF SUMMER RESIDENCY
Melbourne Quarter is hosting a two-part MIFF Summer Residency featuring an exclusive screening of the award-winning film *LOOK > SEE*. This event offers culture, drinks, and food in an outdoor setting.
Melbourne Quarter Square, 699 Collins St
28 NOV & 5 DEC, 4.30PM – 6.30PM



AUSTRALIAN FIGURE SKATING CHAMPIONSHIPS
Watch Australia's elite singles, dance, pairs and synchronised figure skating athletes battle it out for the title of Australian champion.
O'Brien Icehouse
29 NOVEMBER – 6 DECEMBER



CHRISTMAS CRAFTERNOON
Drop by Library at The Dock and get into the Christmas spirit with some fun Christmas-themed craft activities. For ages 5 to 12.
Library at The Dock
MONDAY 9 DECEMBER, 4PM – 5PM



BOURNE LOCAL FESTIVE MARKETS
With 30 local makers, find the perfect gift to give, or keep, during your work day. Have your gifts wrapped with a donation to the Property Industry Foundation – providing homes for homeless youth.
Retail Plaza, Collins Square
10 – 12 DECEMBER, 10AM – 2PM



NTH POLE
Family and friends can enjoy a magical holiday event featuring a 360° cinema, 18 AFL club-themed Christmas trees, Santa photography with AFL club colours and much more.
Marvel Stadium
3 – 23 DECEMBER, 10AM – 6PM


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