

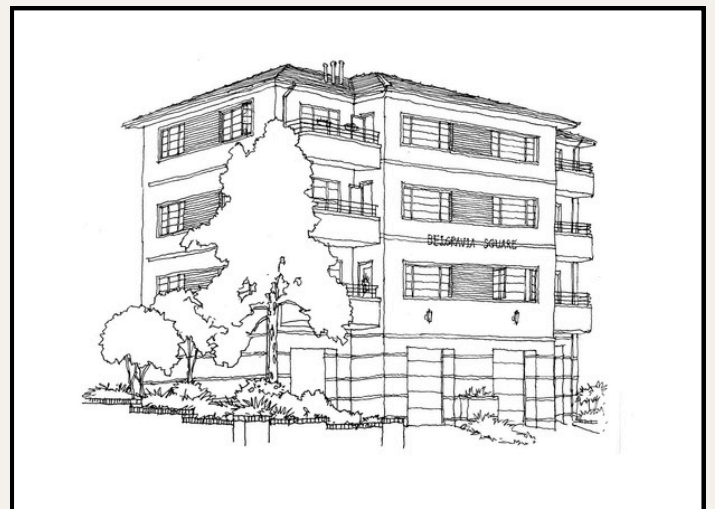
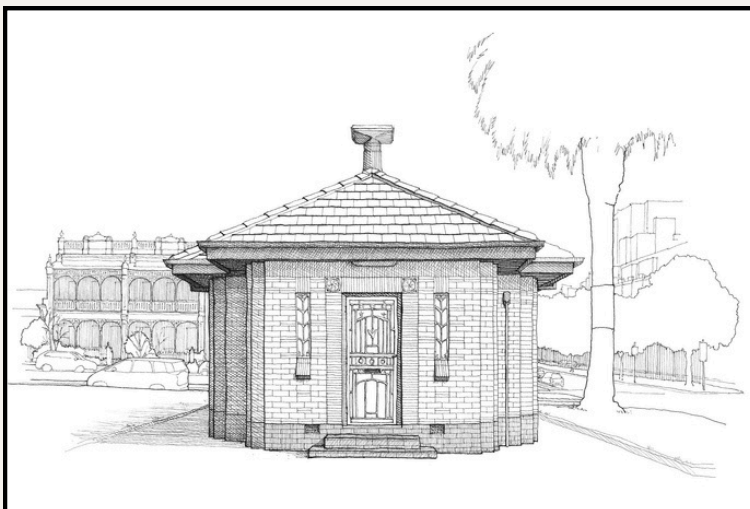
3002 INSIDER

ISSUE NO.03

NOV 2024

PRODUCED BY GUS & THE TEAM AT

The
TIPPLER
Co



Cover: Artwork Emma Stevens Top: Hotham St Terrace Left: Powlett Hut Right: Belgravia Apartments

A MAGAZINE FOR THE 3002 COMMUNITY

A NOTE FROM THE EDITOR

Welcome to the Third Issue of the 3002 Insider Magazine

Hello, everyone! My name is Gus McAllister, and as the owner of The Tippler & Co, I've been absolutely delighted to watch this little magazine take shape. It feels like we're starting to find our rhythm with the 3002 Insider, and your continued support and feedback have been wonderful to receive.



As we move into this third issue, it's fantastic to see East Melbourne buzzing with new and exciting events on the calendar. A warm welcome to new supporters, Eastbourne, VCPS and Sinclair Dermatology—all proudly rooted in our community for many years.

Don't miss our new addition, 'Quirky Corner,' which promises to bring a bit of fun and interesting trivia to each issue. Keep an eye out for those little stories that make East Melbourne such a unique place to live.

If you have a story, an event, or a piece of history to share, I'd love to hear from you. Your contributions are what make this publication feel like a true reflection of our community.

Cheers, Gus McAllister, Owner of The Tippler & Co

PEOPLE & PETS

Hello I'm George, your friendly neighbourhood social butterfly.



Alia



You might have spotted me strutting my stuff through the charming streets and parks of East Melbourne—perhaps with a little wiggle, photo above to jog your memory!

If you've seen a pup stopping in his tracks, giving you a curious look for not showering him with attention, or barking for more affection, that's likely me! You may even have heard my mum say, "Stop barking!"—but naturally with my long ears and good hearing, I catch that all too well. However, I can't help but strut to the tune of Fleetwood Mac's "Go Your Own Way," which always brings a smile to her face. She just can't stay mad at my handsome face. Woof!

With my long nose and discerning palate, I favour a long lunch (at Tippler of course!), long snoozes and long walks. Most importantly, I love a good chat, especially with my East Melbourne neighbours.

I can't wait to meet many of you this summer. Just remember to look down; I'll be right there, ready for a friendly chat! - By George's dad.

Originally from Russia, Alia immigrated to Australia in 2014 and lived in East Melbourne, where she spent many hours sketching at a cafe table in the East Melbourne General Store. Inspired by the kindness and atmosphere surrounding her, her art reflects deep connections to nature, mythology, and spirituality.

Alia's latest works are currently on display at the East Melbourne Library until October 30th. Each piece tells a unique story and invites viewers to explore their own connection with the natural world. All artworks are available for sale at the library and if you miss out view more at www.alluminalia.com

PAINTING WITH FLOWERS



Written by Trudi McIntosh

The plantation, 2024

This is a record of a flower-scented dream. It all began with a quest to beautify a small corner in the village of East Melbourne. The Covid pandemic had descended and suddenly, green spaces became precious. So, in early 2021, two roundabout plantations were transformed with a mixture of natives and cottage garden plants. Soon after, with the help of a neighbour, the remaining two plantations were tackled. Gazanias, daisies, lavender and rosemary jostled with cuphea, hebe, grevillea, African iris, silvery moon, salvia, the WA wax flower and kangaroo paws (those that are left!). My goal was to combine the wild crowded scenes from Helen Allingham's beautiful water colours of overgrown Victorian gardens, with Edith Holden's exquisite drawings of birds and wildflowers in "The Country Diary of An Edwardian Lady"; and, of course, Frances Hodgson Burnett's "The Secret Garden".

As I planted lavenders and daisies, the bees settled on my fingers, waiting for the plants to find their new home. What joy! It has all been a wondrous journey – some plants have come and gone and new ones appeared.

Throughout the pandemic and to this day, many people, young and older, stop to say how the gardens have cheered them up. Three years on, the gardens are singing with joy.

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Trudi McIntosh, long-time resident of East Melbourne, is a former journalist with 30 years experience on the Herald, The Australian, The Age, News Limited London Bureau and The Times (London).



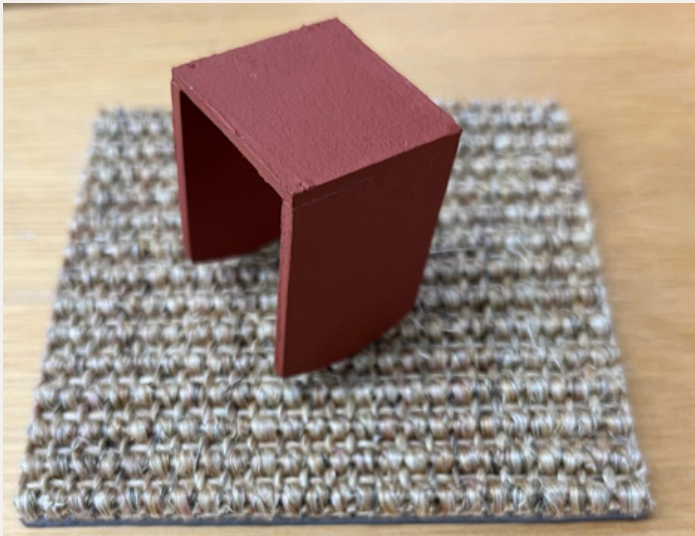
Trudi in the plantation, 2021

DISCOVERING ART AT SAMPLE

Written by **Rebecca Jones**

From the 8th of November, for three days only, my fellow artists and I will be presenting **SAMPLE** at Neon Parlour Gallery in Thornbury. This pop-up show is intentionally short and sharp, giving you a fleeting glimpse into our current artistic explorations.

The exhibition brings together eight of us—Shannon, Britt, Helvi, Jacinta, James, Samantha, Jasmine, and myself—each with our own focus in our art practices. Shannon, Britt, and Helvi work with textiles, Jacinta creates pieces from found objects, James crafts soundscapes, Samantha is a printmaker, and Jasmine and I work primarily with paper. We first connected while studying for our Masters in Contemporary Art at Melbourne University, and this is our first opportunity to exhibit together since finishing our course last year.



Shannon has taken on the role of curator and has thoughtfully designed **SAMPLE** to be a space for experimentation and playful thinking—a testing ground for new ideas. When it comes to creating, there's something delightful about the process of making; it's about stumbling across unexpected possibilities within the materials. The works we're presenting are like small snapshots of our ongoing investigations—pieces that may evolve into something larger or condense into something more refined as our journeys progress.



You can experience **SAMPLE** at Neon Parlour Gallery, 791 High Street, Thornbury. We'll be kicking off with an opening night on Friday, 8th November, from 5.30pm to 7.30pm. The gallery will also be open on Saturday, 9th November, and Sunday, 10th November, from 12pm to 4pm.

* * * * *

About me: I've been living in East Melbourne for what feels like eons, and you can usually find me riding my Dutch cargo bike around the neighborhood, loaded with art supplies, groceries, or an extra human passenger!



Top: Rebecca Jones, 'Body Image'
Above: Helvi Apted, 'Skull Studies' 2024,
Left: Britt Salt, 'Living Grid (model)'

QUIRKY CORNER

Welcome to Quirky Corner East Melbourne, a space for local stories and quirky facts that celebrate the character of our suburb. Submitted by residents, these tales blend history, myth, and local lore. While not all details can be confirmed, we encourage you to enjoy the charm and spirit of these narratives!

Early East Melbourne

While East Melbourne may have been established later than its neighbors like Collingwood, Fitzroy, and Port Melbourne, its roots run deep. Eastern Hill, on the northwest corner of our suburb, has been inhabited for over 30,000 years. Known as Ngár-go, or "high ground," by the Wurundjeri people, it served as an important central meeting point.

East Melbourne's 'Ilumni' Anomaly

According to census data, East Melbourne is home to twice as many Bachelor's degree holders compared to the rest of Victoria. Yet, it also has one-third fewer Year 12 (matriculation) graduates than the state average. Does this suggest many of us pursued higher education later in life, or perhaps attended night school?

East Melbourne - School Central

Once a hub of education, East Melbourne was home to several prestigious schools before they moved to the suburbs. Scotch College, Catholic Ladies College (CLC), Presbyterian Ladies College (PLC), Parade College, St Kevin's College, and St Patrick's College (now part of Xavier) all called our suburb home. If each of these institutions, averaging over 1,500 students each, were still here, we'd be welcoming over 9,000 students into our village every morning!

A Love of Bluestone

In East Melbourne's early days, bluestone was the material of choice for churches, schools, and street paving. The Old Melbourne Gaol on the edge of our suburb was built from bluestone, as was its younger counterpart, Pentridge Prison in Coburg. Interestingly, Gregory David Roberts, the author of *Shantaram*, experienced both: the old Parade College, known as the "Bluestone Pile," and later, Pentridge, also nicknamed "Bluestone College." Clearly eager to leave the latter, Roberts famously escaped in 1982 and fled to India.

Tippler's Unsavoury Environs

Just a drop punt from our favorite wine bar lie two addresses tied to century-old murder mysteries. One involved a woman who tragically died following an abortion by a local doctor, and the other was the site of a fatal shooting inside a prominent home. However, compared to our neighboring suburbs of Richmond, Collingwood, Fitzroy, and Carlton, our record in the "murder stakes" remains relatively tame.



Illustration by Emma Stevens of Eastbourne House, site of Mary Davies' 1911 murder.

Got a Quirky Tale or Fascinating Fact?

We're always on the lookout for intriguing stories and hidden gems from around East Melbourne! If you've got a unique piece of history, a curious fact, or an unforgettable tale about our suburb, we'd love to hear from you. Get in touch at info@thetipplerandco.com and help us uncover the quirks and character of our community.

GALA NIGHT FOR THE EAST MELBOURNE GROUP

The East Melbourne Group recently gathered at the Alexandra Club for their popular annual gala dinner.

Set within the elegant and historic Alexandra Club on Collins Street, 70 guests arrived in their finest attire. They enjoyed pre-dinner drinks and canapés, followed by a delectable menu featuring the best of Gippsland produce and finishing with the highlight of the evening—individual soufflés, widely considered the finest dessert in town. Throughout the evening, the finest Australian wines and bubbles were served, adding to the celebratory atmosphere.





east melbourne group

THE LONGEST RUNNING RESIDENTS' GROUP IN VICTORIA WITH OVER 500 MEMBERS.

WORKING TOGETHER TO

- Help preserve all you love about East Melbourne and Jolimont
- Connect to the community through partnerships and events
- Add your voice and influence decision makers.



RECEIVE

- ✓ Regular community updates and newsletters
- ✓ Invitations to social and community events
- ✓ Opportunities to join enthusiastic people and sub-committees committed to improving life in East Melbourne and Jolimont

Annual Subscription is \$60 per person, \$120 per household and \$33 for concession card holders.

Join through emg.org.au or contact Greg Bisinella, President, by emailing president@emg.org.au



UPCOMING EVENT

East Melbourne Community Christmas Picnic

The annual Community Christmas Picnic will be held in the picturesque gardens of Bishops court on Clarendon Street, East Melbourne, from 2 pm to 5 pm on Sunday, 15th December.

This family-friendly event will feature craft stalls, a cake stall, face painting, balloons, choir and opera performances, raffles, and more. Santa will make a special appearance, arriving on a fire truck around 3 pm. Everyone is welcome!

A group of five professionals (three men and two women) standing in front of a modern building. The man second from the left is wearing a blue blazer and white shirt. The man in the center is wearing a dark blazer and white shirt, with his arms crossed. The woman second from the right is wearing a black dress. The man on the far right is wearing a dark blazer and white shirt. The woman on the far left is wearing a light blue shirt and black pants. The background is a modern building with large windows and greenery.

RayWhite.

RAY WHITE CRE

Same team.
New chapter.
Ray White CRE

raywhitecre.com

WHAT'S ON AT THE EAST MELBOURNE LIBRARY

Written By **Linda Longley**

Christmas Cheer at East Melbourne Library

Saturday 7 December 10.30am – 2pm

Please join us in a fun local Christmas celebration at East Melbourne Library. The East Melbourne Group will be running the Community BBQ and there will be a variety of pop-up stores and Christmas children's activities with Santa and his Elf helpers! There will be a Christmas musician, a free hands-on cooking workshop with Jean Silk - make it and eat it, and Dr Louise Box from The Johnston Collection will be giving a talk about some of the treasures of The Johnston Collection from 1pm to 1.30pm.



The Johnston Collection: East Melbourne's 'secret treasure house' with Dr Louise Voll Box

Saturday 7th December 1.00pm – 1.30pm

Some say The Johnston Collection (TJC) is Melbourne's best kept secret. Housed discretely in an 1860s townhouse, the museum holds a superb collection of English and European fine and decorative arts, predominantly from the 1600s – 1800s, and hosts an active program of guided tours, lectures, and events.

Join TJC CEO, Dr Louise Voll Box, to learn more about the history and treasures of this unique cultural institution in the heart of East Melbourne. Hear about the museum's current exhibition, Inspired by Women, which features historical textiles from The Embroiderers Guild Victoria, as well as beautiful objects created by female silversmiths, painters, and artisans.



January School Holiday activities at the East Melbourne Library

Fruity Fans

Keep cool this summer as you make your very own fruity fan.

Thursday 9th Jan, 3:30pm – 4:30pm

Age: 6 – 12

Bookings required

Summer Lego Challenge

Ready, Set, Lego! We've got the bricks and you've got the skills.

What can you make in one hour?

Tuesday 14th Jan, 3pm – 4pm

Ages 6 – 12 years

No Bookings Required

Summer Craft

Join us at the library for an afternoon of crafting some fun summery creations.

Thursday 23rd January 3:30–4:30

Ages 6 – 12 years

Bookings required



Discover Mental & Physical Wellness at Eastbourne House – A Heritage of Care

Have you ever passed by the beautiful Eastbourne House, standing gracefully at the corner of Wellington Parade and Simpson Street, and felt captivated by its charm?

Designed in 1900 by architect Robert Haddon for Dr. Samuel Peacock, this heritage building began as a women's hospital with sixteen rooms and has evolved into a vibrant centre for mental health and holistic care. Its unique architectural features, including a corner turret, cantilever balconettes, wrought iron balustrades, and a grand timber staircase beneath a skylight, reflect a seamless blend of history and modern purpose.

Under the leadership of Robert Lizza, a father and entrepreneur deeply connected to East Melbourne, Eastbourne House has become a trusted space for care and support. For nineteen years, the Lizza family has nurtured this building, transforming it into a place where people feel safe and understood, whether seeking help for mental health, physical wellbeing, or personal development.

Victorian Counselling & Psychological Services (VCPS) and Eastbourne Professional Health Suites offer specialised services from experienced psychologists, psychotherapists, and psychiatrists. The centre also provides NDIS support, group therapy, neuropsychology, EMDR, physiotherapy, remedial massage, dietitian services, executive coaching, cosmetic procedures, and hair and scalp treatments, ensuring a holistic approach to health. Eastbourne House features 45 consulting suites, waiting areas, and a kitchen and lounge used for group work and events. Practitioners can lease flexible consulting spaces, balancing professional goals with personal needs.

Located at 62 Wellington Parade, Eastbourne welcomes those seeking support, and new practitioners seeking a base from which to work.

To make an appointment, call (03) 9419 7172, visit vcps.com.au or eastbourne.com.au, or email reception@vcps.com.au



Robert Lizza
Psychologist & Director

KEREKERE CELEBRATES 10 YEARS OF COMMUNITY CONNECTION



For a decade, KereKere Green Café has been a beloved sanctuary in East Melbourne's Fitzroy Gardens, bringing locals, workers, and tourists together. Led by manager and pastry chef Panee Woodruff (pictured above), the café continues its mission to give back, embodying the Fijian meaning of "Kere Kere"—to give without expectation. Panee, who joined KereKere two years ago found her passion in connecting with customers and supporting the local community.

Under her guidance, the café has hosted community events, from French conversation meet-ups to new mum gatherings, while also providing fresh produce and supporting local initiatives. Reflecting on her journey, Panee says, "It's about creating a space where everyone feels welcome and connected."

Congratulations to Panee and KereKere on a wonderful 10 years of fostering community spirit!

FRONT COVER

Emma Stevens is an Australian mixed-media artist. Her works comprise both digital creations and traditional pen & ink illustrations that largely celebrate Melbourne. She was fortunate to call East Melbourne home for over a decade, and spent many an hour walking the streets and sketching the local scenes. The front cover comprises some of these artworks.

Instagram: @emms_stagram

A NEW TASTE OF TRADITION ON WELLINGTON PARADE

Hanashi, a new Japanese restaurant on Wellington Parade, is the creation of three friends who came together to bring their vision to life. Opened in August, Hanashi draws its name from the Japanese word for "talk" or "story," reflecting the founders' goal of creating a space for people to share moments and experiences over delicious food.

The restaurant's cozy setting and welcoming atmosphere make it an ideal spot for gatherings with friends. On the menu, you'll find a variety of traditional Japanese dishes, from Yakitori to Sukiyaki, offering authentic flavours that capture the essence of Japanese cuisine.

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*Hanashi is open from Tuesday - Sunday
17:00 - 23:00*



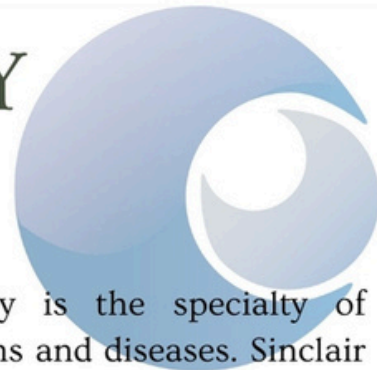
The team at Hanashi



Fitzroy Gardens by Emma Stevens

SINCLAIR DERMATOLOGY

East Melbourne's local skin and hair specialists



SKIN

As you may know, dermatology is the specialty of medicine that treats skin conditions and diseases. Sinclair Dermatology is your local clinic providing convenient access to dermatologists who can treat skin disorders and perform skin cancer checks with our AI-assisted, whole-body 3D imaging system specifically designed for dermatology - the Vectra WB360.

HAIR & HAIR LOSS

Many people are not aware that another important specialty of dermatology is treating hair conditions and hair disorders? Our founder Professor Rodney Sinclair is a world-renowned specialist in hair loss treatments and has been practicing in East Melbourne since 1994. Professor Sinclair loves the history, the heritage architecture and the relaxed tempo of life in East Melbourne, and the clinic at 2 Wellington Parade has grown to have over 20 dermatology practitioners seeing patients every day, for advice and treatment for both skin and hair problems. Sinclair Dermatology's breadth of talent allows us to offer you rapid access to appointments if you need to see a dermatologist quickly. We also offer the convenience of Telehealth appointments.




HAIR CARE

In addition, Sinclair Dermatology has established a Kérastase hair clinic - to complement our full-service philosophy - to provide superior care for a range of hair and scalp conditions. This Kérastase salon is open to our patients and the general public, including on Saturdays. As well as regular hair cutting, colouring and styling, here you will find speciality services offered by our qualified trichologist (for hair and scalp treatments) and hair-piece artist to give you the special care and attention you need in response to your hair care needs.



We invite you to visit us at Level 1 at 2 Wellington Parade to meet hair care specialists in our luxe salon on your doorstep, or to experience the convenience of having a neighbourhood dermatologist so close by.

You can call for dermatology appointments on 9654 2426 or book using  HotDoc

NEWS AT THE TIPPLER & CO

As we embrace the warmer months, we'd like to extend a heartfelt thank you for your continued support and the warm response to our recent changes. The courtyard is looking greener than ever, and our refreshed menu offers a lot to explore and enjoy.

A Piece of History Rediscovered

Recently, we were honoured to receive a rare and beautiful photo of Georges Mora (pictured below) from the Georges Mora Fellowship, a not-for-profit organisation dedicated to promoting contemporary art and artists in Australia. This gift is particularly special, as very few photos remain from when Georges & Mirka Mora ran the venue as the Balzac. We're delighted to add this piece to our collection, celebrating both the venue's history and its ongoing connection to Melbourne's artistic community.



Embracing Tradition with a Twist

After a brief departure, we've fully embraced our original gnocchi recipe from 2013. This distinctive version features steamed and then pan fried gnocchi made with regenerative potatoes—grown using sustainable farming practices that restore soil health and biodiversity. The result is a gnocchi with a crispy, pan-fried exterior that guests have long loved. You can enjoy it every Wednesday for half price (just \$14)—our recommended pairing is the '24 Fiano from Varney Wines from Langhorne Creek.



Seasonal Offerings and New Flavours

After much research, we're now truly embracing what it means to be The Tippler, pairing each of our dishes with a carefully selected wine or cocktail to create a richer dining experience. Standout pairings include our stracciatella (pictured above) with basil-infused tomatoes, perfectly complemented by a Basil Gimlet, and it's hard to beat our Barramundi dish paired with the '23 vintage Crabtree Estate Riesling. But my personal favourite is the grilled octopus toast with chorizo jam, paired with a Whisky Sour — an unforgettable combination!

WE'D LOVE TO HEAR FROM YOU

Calling all residents and workers! We're eager to feature new voices in our upcoming issue, so if you have stories, ideas, or feedback, please reach out to us at info@thetipplerandco.com.

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We acknowledge the Wurundjeri people of the Kulin Nation, and their Elders past and present, who are the Traditional Owners of the land this magazine is produced.