



Maribyrnong
CITY COUNCIL

MARIBYRNONG

MESSENGER

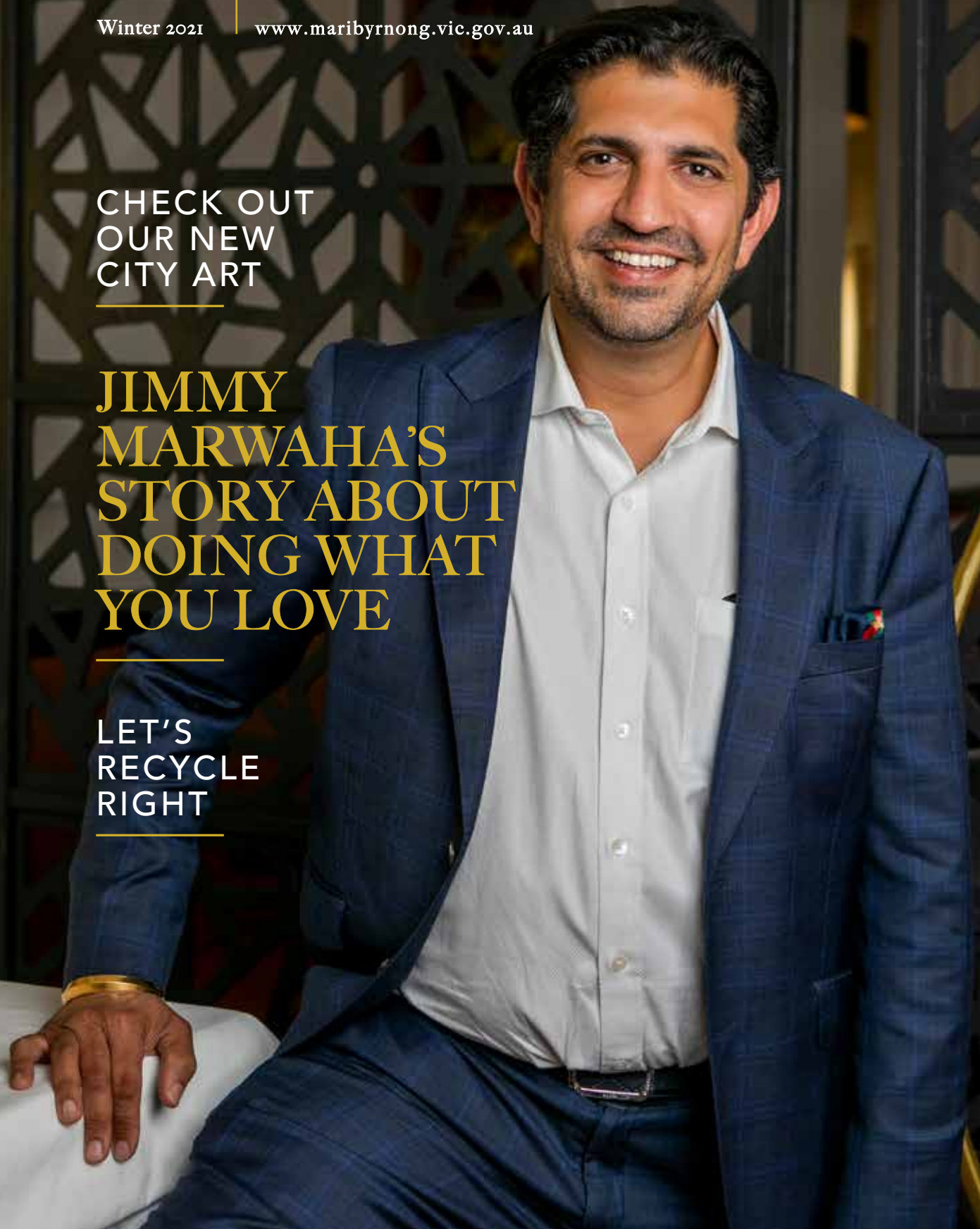
Winter 2021

www.maribyrnong.vic.gov.au

CHECK OUT
OUR NEW
CITY ART

JIMMY
MARWAHA'S
STORY ABOUT
DOING WHAT
YOU LOVE

LET'S
RECYCLE
RIGHT



A MESSAGE FROM THE MAYOR

Welcome to the winter issue of the Maribyrnong Messenger.

I would like to thank the community for participating in community engagement on the Draft Council Plan 2021-25, Proposed Budget for 2021-22 and Revenue and Rating Plan.

The Draft Council Plan is the strategic document that guides us over the next four years and focuses on key issues that matter to our community. We have heard that our community wants better roads and footpaths and more trees, facilities, amenities, and services – especially for the young, aged and disadvantaged.

The Draft Council Plan outlines how Council intends to address these challenges, along with our commitment to: enhancing liveability, being clean and green, responding to the climate emergency, providing open spaces, and building a well maintained city that will meet the needs of our diverse community over the next four years and beyond.

Your feedback is the foundation of all of our work and we are committed to getting it right. You can read more about the update on page 3 to see how your feedback has been incorporated.

If you're in Footscray, you'd have noticed that construction on the Hyde Street Integrated Early Learning Centre is well underway! Once complete the \$8 million facility will provide kindergarten for three and four-year-olds and long day care; along with Maternal and Child Health services. The new centre will include large outdoor play and education spaces. To keep up to date on the construction and to view the design head to schoolbuildings.vic.gov.au

Cr Michael Clarke
Mayor of the City
of Maribyrnong



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COUNCIL MEETINGS

Meetings are held at Maribyrnong Council Offices, corner Hyde and Napier Streets, Footscray.

JUNE

Tuesday 15, 6.30pm: Council Meeting

Tuesday 22, 6.30pm: City Development Delegated Committee

JULY

Tuesday 6, 4.30pm: Enterprise Maribyrnong Delegated Committee

Tuesday 20, 6.30pm: Council Meeting

Tuesday 27, 6.30pm: City Development Delegated Committee

AUGUST

Tuesday 17, 6.30pm: Council Meeting

Tuesday 24, 6.30pm: City Development Delegated Committee

Please note the meeting process and schedule is current at the time of printing. Visit maribyrnong.vic.gov.au/meetings or phone **9688 0200** for more information.

COUNCIL PLAN UPDATE

Our community provided strong feedback that helped develop the draft Council Plan 2021-2025 that went out for consultation from 21 April to 20 May.

The Council Plan is a key strategic document that guides the planning, development, allocation of resources and provision of services to the Maribyrnong community over the next four years.

It describes the strategic objectives, ways to achieve the objectives, indicators for measuring progress, and the resources required to implement the plan for at least four years.

To support development of the draft document, Council began engaging with the community in December 2020 to understand their aspirations. All Councillors participated in three Councillor workshops to determine both a vision and the proposed strategic objectives.

More than 1,000 members of the community provided comments during two phases of community engagement. This feedback was themed and further analysed during the reflective phase, it included two focus groups and a workshop. Feedback generally aligned with the direction of the plan and has been reflected across the key strategic objectives and actions outlined:

- > Safe Climate and Healthy Environment
- > Liveable Neighbourhoods
- > A Place for All
- > Future Focussed
- > Ethical Leadership

The Municipal Public Health and Wellbeing Plan was also integrated

into the draft Council Plan. Following engagement with key stakeholders and the community, three broad wellbeing outcomes were identified:

- > A healthy and active Maribyrnong
- > A fair and inclusive Maribyrnong; and
- > A green and sustainable Maribyrnong

In light of the pandemic, effective social recovery and building community resilience are also seen as crucial components of Council's health and wellbeing responses over the next four years. For more information visit Council's website at

maribyrnong.vic.gov.au

A man with dark hair and a beard, smiling, stands in front of a brick wall covered in colorful graffiti. He is wearing a dark blue suit jacket over a light-colored shirt and a grey and white striped scarf. His hands are clasped in front of him, and he is wearing a gold bracelet on his right wrist. The graffiti includes a large eye on the left and various abstract shapes in blue, pink, and yellow on the right.

RISK DOING WHAT YOU
LOVE

Jimmy Marwaha flicks his phone open and scrolls through the photos he's taken that morning at a Bollywood-esque wedding, complete with the groom riding a decorated white horse. The photos, taken at a wine farm in the outer west, are a shimmer of gold and jewels but the real gems lay on the serving platters – chicken tikka croissants.

Jimmy and his wife Deepti, are the owners of Tandoori Flames, a restaurant tucked away in South Kingsville. They serve traditional Indian food with a twist.

"It is fusion food," Jimmy explains. "Drunken prawns [prawns cooked in tequila and then flambéed with tequila], battered kebabs, and mango chili kulfi ice cream are some examples."

The menu dream team are Jimmy, Deepti and their chefs, including head chef Gulshan Kumar. Their success in the kitchen has summoned travelling Bollywood stars to their South Kingsville table, like Slum Dog Millionaire's Anil Kapoor to name just one.

Jimmy also has a restaurant in West Footscray and the Ultima Functions Centre in Keilor, in addition to a catering service that pulls out the stops for big and small events.

Jimmy, with three Masters in IT under his belt when he moved to Australia from India at aged 23, did not expect to enter the hospitality business.

"I wanted to come and start my own journey so I wanted to come to Australia," Jimmy reflects.

It is a journey that has seen him reach great highs and great lows. A risk taker, Jimmy started a hospitality business with a friend in Melbourne, a venture that didn't progress in that partnership. But the experience gave him a taste for enterprise and in 2009 he established Tandoori Flames.

"Comfort is the biggest enemy of growth," Jimmy explains his life philosophy. "When being uncomfortable becomes comfortable, it's time for reaching the next level. Every time I achieve something, I want a new challenge for myself."

But Jimmy's biggest challenge was in 2013 when he was hit by a car, while driving to the Sikh place of worship in the outer west. The accident left him bedridden with a fractured spine.

Complications with the injury meant doctors couldn't operate and he was required to heal naturally. The mindless pain through months of recovery took him to a low point where he felt like he couldn't go on.

Deepti ran the two restaurants, the catering business that had just started and took care of their two young children Gurnoor and Harnoor doing the school run while also tending to her bed ridden husband.

He valued the tireless efforts of his wife to keep the family together but saw himself as a burden. "I felt very shameful," he said of his inability to work. It was his daughter's tears that changed his thinking. "One day my daughter came from school and I could hear her crying by the door. I was immobilised, I couldn't see her, but I knew then that someone needed me more than I needed myself."

It was a turning point that made him promise his wife that he'd defy doctors' expectations and be out of bed in three months to be with her in the restaurant on Valentine's Day.

“

I was there on Valentine's Day, I had a full plaster cast around me and a big shirt, but it meant to me that anything is possible.

”

His courage was tested again in 2016 when he slipped in the restaurant kitchen, falling in a way that his neck hit the edge of the door. He required major surgery on his neck with seven plates in his spine damaged. This time his mindset was stronger and he was able to go through the months of recovery with a continued sense of purpose.

"I've made a lot of decisions that are tough and really costed me a lot of money but I think, if you don't take a step then you regret you never took a step," Jimmy says. "Risks are very, very important to me."

"Look at me, I just lived across the road and I came and fell in my kitchen. I've walked into this business for the last seven years and then I got injured but I didn't have regrets."

He's also a firm believer in sharing. "I am a Sikh and the Sikh religion believes in sharing. The first Guru Nanak said when you share with someone you get ten-fold back."

At his daughter's request Jimmy put this teaching into practise at the height of the pandemic. He gave away free meals to people who rang the restaurant's side door bell, a sign under the bell promoted the opportunity and he gave away about 80 meals a week. Jimmy continues to support the community in this way.

Food means more to Jimmy than sustenance, he equates it to an expression of emotion. What he wants to share is warmth – in his work and with his community. It's an extension of the love he feels for his work.

"Do the thing that you really love and you are passionate about. Don't worry about the money, it will definitely follow and success will also follow you," Jimmy advises.

*The West Footscray restaurant will be reopening mid-year.

For those dealing with depression, there's help available with: Lifeline 13 11 14 and Beyond Blue 1300 22 46 36

NEW SCULPTURE TO BECOME GATEWAY TO THE CITY

Renowned Melbourne sculptor and academic Geoffrey Bartlett will create a large-scale permanent sculpture titled *Maribyrnong*, which will become a dynamic gateway to the City of Maribyrnong on Hopkins Bridge, Footscray.



Photo credit: Emily Bartlett.

Maribyrnong is a 10-metre vertical sculpture that will be created in durable painted steel, copper and bronze. The iconic proportions are a visual reference to the area's boat making past, with abstracted steel sail forms at its peak that appear to be in constant motion. Bartlett has often created artworks that have drawn inspiration from ship building, river ways and navigation. The dynamism of the work was what drew the selection panel to *Maribyrnong*, and Bartlett commented that, "The work is effectively a form that is sailing. It's as if it were being blown from one point to another. It's in transition."

Bartlett's distinguished career, spanning over 40 years, includes a high profile sculpture at the entrance portal to the National Gallery of Victoria, and is held in many national and international collections.

The design was selected as part of the *Boat House Public Art Commission* through an open and competitive two-part process, which received 39 high calibre submissions from across Australia. The artwork will become part of the City of Maribyrnong's Art and Heritage Collection and was funded by Boat House Developer Jubilee Apartments.



An example of the statue, *Maribyrnong*.



Photo courtesy of VU in the Community, photographer Dennis Murphy Photo.

LOCAL STUDENTS HELP PAINT FOOTSCRAY

Footscray City Primary School has received a fresh lick of paint as students joined renowned artists, Heesco and Chuck Mayfield, to paint a large 40 metre wide by 10 metre high mural on the back wall of the school's gym.

Activating the corridor nestled between the gym and train line for pedestrians and train travellers, the mural, which was co-designed by students and artists, celebrates life-long learning and the benefits of STEAM (science, technology, engineering, art and mathematics) focused education.

The mural features an astronaut in a colourfully decorated suit moving from the past into a bright future, led by Bunjil the Eagle as a welcome and optimistic symbol for our community moving forward. The prominent emblems embedded into the mural reflect the STEAM approach to learning and celebrate the local area. The design emerged from a series of weekly workshops with 60 students from Footscray Primary School, Footscray City Primary School and Footscray High School. Through the workshop process the students learnt about street and public art, developed

visual concepts about STEAM learning and gained practical experience using stencils, rollers and other street art techniques.

The project is part of Maribyrnong City Council's StreetWORKS program and was delivered in partnership with Victoria University, Footscray City Primary School and the Footscray Learning Precinct. The initiative supports and promotes the arts while contributing to the visual amenity of our neighbourhoods and has the added benefit of reducing graffiti and tagging.



PROPOSED BUDGET 2021-22, REVENUE AND RATING PLAN

The Proposed Budget 2021-22 and Revenue and Rating Plan went out for community consultation, from 21 April to 20 May. They were developed to meet the needs of local residents and businesses, recognising the ongoing impacts of the COVID-19 pandemic on our community. Our community's economic and community recovery is high on the agenda, as is delivering the services and facilities that are important.

With this in mind, Council endeavoured to deliver a budget that is responsible and balanced, provides a strong capital program and is responsive to the growing needs of our community. This has been no easy task – especially given the decision last financial year to implement a zero rates increase to the total rates revenue collected by Council, divert \$11 million dollars over two years to COVID relief and a seven million dollar shortfall in revenue.

Council's Proposed Budget invests in a vision for an inclusive, flourishing, progressive city that cares for both its residents and its environment as outlined in our Draft Council Plan 2021-25. We heard through feedback on the Council Plan that our community wants better roads and footpaths and more trees, facilities, amenities, and services – especially for the young, aged and disadvantaged.

To receive feedback on the Proposed Budget 2021-22, Revenue and Rating Plan, a live Question and Answer webinar session was held in late April, questions and comments are invited via Council's online consultation platform yourcityyourvoice.com.au. Additionally, written submissions are invited via the consultation platform, email and the post by 20 May.

HOW TO CORRECTLY RECYCLE BATTERIES



Batteries cannot be disposed of in any kerbside bin – they contain toxic metals and when they are compressed in collection trucks or come into contact with other metal, they can overheat or become punctured, causing recycling and waste loads to catch fire in trucks or at the sorting facility.

Fortunately, there are many places in and close to the City of Maribyrnong where you can drop off old batteries for free, so that they can be recycled safely.

ALDI STORES

AA, AAA, C, D and 9V sized batteries (rechargeable and non-rechargeable) batteries can be recycled at Aldi stores. The nearest Aldi stores are:

- > Aldi Maribyrnong, 11 Edgewater Blvd, Maribyrnong
- > Aldi West Footscray, 67 Ashley St, West Footscray

OFFICE WORKS

AA, AAA, C, D and 9V sized batteries (rechargeable and non-rechargeable) batteries, laptop batteries and mobile phone batteries can be recycled at Officeworks. The nearest Officeworks stores are:

- > Officeworks Maribyrnong, Unit 2/169 Rosamond Rd, Maribyrnong
- > Officeworks Yarraville, 377 Williamstown Rd, Yarraville

- > Officeworks Altona North, 300-330 Millers Rd, Altona North
- Other household batteries – including single use batteries and batteries in toys and appliances – can be disposed of at local waste drop-off points and transfer stations, including:

- > Green Collect Yarraville, 71 Anderson St, Yarraville
- > Green Collect Braybrook, 1/75A Ashley St, Braybrook
- > Brooklyn Transfer Station, 174 Old Geelong Rd, Brooklyn
- > Moonee Valley Transfer Station, 188 Holmes Rd, Aberfeldie

Visit the website or download the Maribyrnong Bins and Recycling app to locate the recycling drop off point nearest to you and check which items they accept.

Using rechargeable batteries is a great way to save money and protect the environment.

It is important to remember that batteries need to be handled and stored correctly too. If you are storing used batteries at home, please remember to:

- > keep batteries in a cool, dry place at room temperature and away from direct sunlight, heat and water
- > keep batteries out of reach of children

- > be cautious when changing batteries and check for damages or leaks – some materials inside batteries are toxic and could result in poisoning
- > place batteries in individual plastic bags or sleeves to reduce fire risk, or tape over the terminals of any lithium-based batteries, such as button cells, phone, camera and laptop batteries, or batteries with both terminals on one side.

For more information about how to find your local battery drop off point, visit the website: maribyrnong.vic.gov.au/waste or contact Council's Customer Service team on **9688 0200**.

POWER SAVING BONUS

Did you know that between 1 February 2021 and 31 January 2022, eligible residents can access a \$250 Power Saving Bonus from the Victorian Government? This is to provide direct support to households experiencing energy bill stress due to COVID-19.

For more information, call **1800 000 832** or visit the Victorian Energy Compare website compare.energy.vic.gov.au.

LIBRARIES AND COMMUNITY CENTRES EVENTS AND UPDATES



IN CONVERSATION: ALICE PUNG AND BRUNO LETTIERI

Join Alice Pung and Bruno Lettieri for an In Conversation event at Braybrook Library, to celebrate the release of Alice's latest novel *One Hundred Days*. Alice is an award-winning Australian writer, editor and lawyer who was born in Footscray and grew up within walking distance from Braybrook Library – unfortunately, this library did not exist when she was growing up! Her books include the bestselling memoirs *Unpolished Gem* (2006) and *Her Father's Daughter* (2011).

2 – 3pm Thursday 22 July, Braybrook Library

Register online via maribyrnong.vic.gov.au/library

LIBRARIES ARE NOW OPEN FOR EXTENDED HOURS

All five Maribyrnong Libraries branches are now open for extended hours! Learn more about the full hours and what's on at the libraries at maribyrnong.vic.gov.au/library

INTRODUCING THE YOUNG WRITERS' CLUB

Prepare to take your writing to the next level and share your passion for words with others. You may be a seasoned writer, or a complete novice. The Young Writers' Club meets on the first Thursday of the month via Zoom, and the third Thursday of the month at Footscray Library. Ages 10 – 15.

Register online via maribyrnong.vic.gov.au/library

BEANSTACK APP

Have you downloaded the Beanstack app? It's like a FitBit for reading! You can sign up for reading challenges with Maribyrnong Libraries, track the books you've read, receive book recommendations, and more! Sign up at maribyrnonglibraries.beanstack.org or download the Beanstack app on your phone or tablet.

GLOBAL BREAD MAKING WORKSHOP

There's something magical about making bread at home. Come and learn how to make Anjera, a popular breakfast flat bread, eaten in Kenya and Somalia, spiced with cumin, fennel, nigella seeds, garlic and turmeric powder. A delicious spongy sourdough flat bread, crusty white dinner rolls and a wholemeal pita bread for falafels and salad. An aromatic vegetable curry will be whipped up to accompany the breads.

Time: 11am – 1pm

Date: Wednesday 2 June

Location: Maidstone Community Centre

Cost: \$15

Register online via maribyrnong.vic.gov.au/communitycentres



ART AND ABOUT TOUR

Come and join this fabulous street art walking tour throughout Maidstone, West Footscray and Seddon with local Artist/tour guide Amanda Neville, and guest artist Justine McAllister. These artworks reveal our vibrant history. You'll also get to hang out in a local café and have afternoon tea provided while discussing what you've seen and its value and significance to the City.

Time: 1 – 2pm **Date:** Thursday 10 June **Cost:** \$10

Register online via maribyrnong.vic.gov.au/communitycentres



ETHIOPIAN COOKING WITH A TWIST

Join us for an Ethiopian cooking class, but not as you know it. Think Ethiopian baos with a dori wot and tibbs filling. You'll also be tempted by an aromatic Buddha bowl including Alichia (potatoes, carrots, cabbage and green beans) a beetroot salad, a spicy lentil dahl, chickpeas and toasted injera.

Time: 11am – 1pm **Date:** Thursday 17 June **Location:** Maidstone Community Centre **Cost:** \$15. Register online via maribyrnong.vic.gov.au/communitycentres

SCHOOL HOLIDAY CLASSES

SLIME MAKING WORKSHOP

In this super fun workshop you will have access to ingredients to make one fluffy slime and one clear slime where you can add colour, glitters, foam beads and more! Book in early. Ages 5 – 10yrs.

Time: 10 – 11am **Date:** Friday 2 July

Location: Maidstone Community Centre **Cost:** \$10 (\$5 concession)

Register online via maribyrnong.vic.gov.au/communitycentres

KIDS CAN COOK VEGETARIAN

This fun filled vegetarian four week class will get your kids making pizza, pasta, smoothies, muffins, soufflés and more while learning basic knife handling skills. Ages 6 – 12yrs.

Time: 10 – 11.30am **Date:** Wednesday 30 June and Thursday 1 July

Cost: \$40 (4 sessions) Register online via trybooking.com/eventlist/maidstonecommunitycentre

MARIBYRNONG KOGO – KNIT ONE GIVE ONE

Join our KOGO Group who meet weekly to knit warm winter woollies for distribution to vulnerable people. An enjoyable social activity suitable for all levels of knitters.

Time: Wednesdays 1 – 3pm **Location:** Maribyrnong Community Centre

THE LIVING PORTRAIT

The Living Portrait project originally commenced in March 2020, with the aim of taking 100 living portraits of community members. This was cut short due to the pandemic, though we are now looking forward to it recommencing.

Artists David Wells and Carla Gottgens will bring the Living Portrait studio back to the Braybrook Community Hub in May and June 2021.

With COVIDsafe measures you will get to dress up as your 'other self' for a stunning portrait that will become part of an exhibition that adorns the walls and public spaces of the Hub. Keep your eyes open for session times and dates for May/June 2021.



SOUL KITCHEN

Soul Kitchen is a free community dinner held every Sunday night. This is a wonderful way to connect with other community members whilst sharing a beautiful home cooked meal.

To book, email sk@300blankets.org.au with the following information:

- > Name and contact number
- > Number of adults and children attending

You can also text to register on **0459 294 980** leaving the same details as above.

Time: 7pm

Date: Every Sunday

Cost: Free

Location: Braybrook Community Centre

GARDEN TO KITCHEN PROGRAM WINTER/SPRING GARDEN

The Garden to Kitchen program aims to encourage and teach the community about how not only to grow seasonal produce, but how to harvest the produce and create nutritional meals.

YOUR WINTER/SPRING GARDEN: WORKSHOP 3

In this workshop we will complete an early harvest of some baby vegetables, preparing liquid plants feeds and tonics to boost growth, organic pest control, getting an early start on your tomatoes and other spring crops (propagation from seed).

Time: 9.30am – 12pm **Date:** Tuesday 1 June **Cost:** \$35 (\$25 concession)

COOKING WITH YOUR WINTER/SPRING GARDEN HARVEST: WORKSHOP 4

Create garden fresh soup and Okonomiyaki; a Japanese-style vegetable pancake.

Time: 9.30am – 12pm **Date:** Tuesday 15 June **Cost:** \$35 (\$25 concession).

To book, please register online: trybooking.com/BPWLY

FESTIVAL CITY

WEST SET

The magic of live music is back, celebrate the return of West Set, our program of live music that will be held in Footscray 10-20 June will be free except for the opening night act!

We'll have acclaimed singer songwriter Angie McMahon open who will ignite Melbourne's west as part of the line up of spectacular performances.

We have something for everyone, our culturally diverse artists will bring you indie; hip hop; alt country; glam rock; grunge; Irish fiddle; Gypsy swing; jazz, folk; pop post punk; grunge; guitar heavy blues; traditional African drumming and contemporary music.

You can enjoy multiple acts in one night, as all venues are within walking distance from each other and Footscray Train Station. Support our artists by welcoming back the live music scene in Melbourne's west with West Set! For more information visit

festivalcity.com.au



Baby Snakes is this year's official West Set Festival Club at 30 Chambers Street, Footscray.

Located in the heart of Footscray and a five minute walk from Footscray Train Station, this unique and contemporary bar is the perfect spot to meet up before you enjoy a night out on the West Set circuit – or for when you're not quite ready for the night to end.

Enjoy a line-up of local artists and DJs accompanied by a delicious food and drinks menu!



THE SETTING SUN FILM FESTIVAL

The Setting Sun Film Festival (SSFF) is back, it will run from 18 – 26 June. This year, the festival will screen at the Sun Theatre and online in a nine-day hybrid festival that aims to deliver filmmaker forums, and a short film program that includes animations, documentaries, comedies, drama and more.

Founded in 2013, it is now a popular Melbourne film festival with an international reputation. It delivers an extensive short film program and premieres a Victorian made feature film every year and over a third of the festival's filmmakers are women.

The introduction of the Cultural Diversity Award in 2014 has attracted many films that reflect the richness of Australia's communities. It has provided mainstream exposure to films highlighting diversity regarding sexuality, gender identity, disability, age, race, ethnicity, and religion. The festival also screens a large youth program, sponsored by Victoria University.

For the full program and to book tickets visit:

settingsunshortfilmfestival.com.au

THE BLACKSMITHING & METAL ART FESTIVAL RETURNS 19-20 JUNE

Come and see our blacksmiths create their art, participate in a metal forging class and feel the heat of metal making with many interactive displays to enjoy. Marvel as blacksmiths work together to create a group sculpture that is earmarked to be installed on the new Footscray Wharf.

There'll be high quality food on offer with drinks, live music and professional entertainers. The festival is a free family friendly event and the incredibly popular

kidsmith zone will provide opportunities for children (5-12yrs) to cold forge small items under the guidance of experienced blacksmiths. Additionally, a forged art exhibition called the 150mm Challenge AUS – Blacksmiths Festival will be on display in the Gabriel Gallery, Footscray Community Arts Centre.

The festival will be staged immediately outside the Waterside Metal Art Studio, Maribyrnong St, Footscray. For further detail visit: **blacksmithsfestival.com**

INTRODUCING



A new meal delivery kit recently hit the streets of Maribyrnong, but with a difference – all recipes were supplied by members of our community, plus all ingredients sourced from local businesses!

As part of a pilot program, Mari Feeds called on locals to share their favourite family recipes – the ones that might have been passed down through generations or a signature dish. All recipes were required to be healthy, six steps or less, use basic ingredients and cooking utensils. A plethora of deliciously diverse recipes were submitted by our vibrant community members and ranged from Singapore Hokkien Mee noodles to Qorma curry and fan favourite Spaghetti Carbonara.

The meal kit was available to residents in Braybrook, Maidstone and West Footscray to purchase from April through to June of this year. This pilot program also provides the community with the opportunity to pay it forward and support the purchase of a meal box for locals in need, as well as providing discounts for concession card holders.

Mari Feeds aims to create long lasting healthy habits through education and behaviour change beyond the pilot, by giving participants the knowledge and skills to access and prepare healthy food options at home on a limited budget.

This project is made possible by VicHealth's Reimaging Health grant and delivered in partnership with Central West Shopping Centre.



Qorma

SERVES 6 PEOPLE

Recipe by Nazish from Seddon.

"It's (this recipe) from my childhood I saw my mum to cook for guests, it needs a lot of oil which sometimes we were not able to afford so my mum doesn't make usually for family, just when we have special guests coming. So in Australia it's very easy for me to make as ingredients are not that expensive like when I was little, I make couple of times for my kids and they love it. Now my 13 year old child also knows how to cook." Nazish

INGREDIENTS

1kg of chicken thighs, skin off	150ml vegetable oil
1½ cups plain Greek yoghurt	2 onions
Small piece (3cm) fresh ginger	6 cardamoms whole
1 large garlic clove	6 cloves
½ teaspoon red peppers or chilli flakes	1 cinnamon stick
½ teaspoon cumin powder	2 cups uncooked rice
½ teaspoon coriander powder	3 green chillies (optional)
1 tablespoon cumin seeds	Salt to taste

METHOD

1. Peel and finely grate ginger and crush garlic. In a large bowl, mix yoghurt, the ginger, garlic, red pepper and the cumin and coriander powders together. Add the chicken, mix until all chicken is coated, cover and set aside for 15mins.
2. Peel and slice the onions. In a large pan heat oil and fry onions over a medium heat until golden brown, add cumin seeds. Remove ½ of the onions from the pan and set aside.
3. Whilst still on the heat, add to the pan the cardamom, cloves and cinnamon stick. Add the marinated chicken and all of the yoghurt mixture (if sauce is too dry, add a small amount of water). Cover and cook until the chicken is cooked through, around 25 mins.
4. While chicken is cooking, cook rice as per packet instructions.
5. Slice the green chillies and add these to the pan (if using). Return the rest of the onions to the pan and stir through. Cook for a further 3 mins, or until the oil is fully separated.

Traditionally served with Naan, Turkish or Afghani Bread. Not traditional, but this dish can also be served with rice as a great way to stretch your budget and the meal further.



TIP: You can make this recipe with any type of meat. Other meats will require longer marination (1 hour) and longer to cook to ensure they are tender.

SPORTS, HEALTH AND WELLBEING UPDATES

SKINNER RESERVE

Council is partnering with the Western Bulldogs to construct a high quality training and community facility in the heart of Braybrook at Skinner Reserve.

After engaging with the local community it was evident there is strong support for the \$3 million project that will result in a new AFL standard oval, a two lane running track, and new fencing and competition lighting for the whole community to enjoy.

Thank you to everyone who provided input to the proposal. To stay up to date on the project, head to yourcityyourvoice.com.au



UPGRADES AT MARIBYRNONG AQUATIC CENTRE

The entry foyer, customer service desk and main male and female change rooms are being completely refurbished to provide an improved customer experience for MAC members and visitors.

The entry foyer is being redesigned to enhance visibility to the pools and gym, and the popular El Toucan Café will now be accessed without having to pay an entry fee. The changing rooms will look brand new with modern fixtures and fittings, and a new temperature specific air handling system will make changing after a swim or work out a pleasant and comfortable experience. We appreciate the patience of all MAC users while the works are underway and hope you get to enjoy the new facilities by July 2021.



MAPPING A SAFER MARIBYRNONG FOR WOMEN AND GENDER DIVERSE PEOPLE

Maribyrnong residents will now have an opportunity to help Council understand how public spaces can be more inclusive for everyone in Maribyrnong to enjoy leisure, sport and play. YourGround will give our residents the opportunity to share their experiences of local streets, parks, trails and recreational spaces through an interactive map.

Statistics show that movement and access is restricted for women and gender-diverse people due to fear, violence and harassment. With the implementation of Victoria's Gender Equality Act 2020, creating inclusive spaces for women and gender-diverse people is a priority state-wide, and Council's Towards Gender Equity 2030 Strategy demonstrates our commitment to this.

Maribyrnong is joining with Monash University's gender, design and space specialists, XYXLab, and digital consultancy, CrowdSpot, to gather perceptions of safety in public space and inform real change in our local area and highlight the often hidden experiences of safety for women and gender-diverse people. Visit the YourGround website to find out how you can contribute yourground.org

DAUGHTERS OF THE WEST

Daughters of the West is a free 10-week women's health program for all women over the age of 18 who live, work, study and recreate in the City of Maribyrnong. The 2021 program will commence in July and provide the opportunity to participate online or at one of our two locations in Maribyrnong. The program includes weekly education on a variety of women's health topics and a range of fun group physical activities guided by a personal trainer and exercise physiologist. All women will also have access to a provisional psychologist each week and learn about local opportunities within Maribyrnong that will help to improve their health and wellbeing.

Some of the health topics covered include:

- > **Nutrition**
- > **Mental health**
- > **Gender equity**
- > **Inspirational women**
- > **Alcohol harm**
- > **Sexual and reproductive health**
- > **Heart health**

This is an innovative program to learn about women's health issues, become more aware of your own health and how to make improvements, and have fun building new friendships with other women in the Maribyrnong community.

If you are interested in finding out more about this program and wish to receive updates, please email info@daughtersofthewest.com.au

CAPITAL WORKS UPDATE

\$1.7 MILLION UPGRADES TO HOCKEY IN FOOTSCRAY

The recently reconstructed eastern hockey pitch at the Footscray Hockey Centre, located at McIvor Reserve, Yarraville is now complete and open in time for the 2021 Hockey Season. The sand filled pitch has been fully reconstructed and received a brand new synthetic surface – meeting International Hockey Federation Certification, making it perfect for local competitions, tournaments, finals and community use. The reconstruction includes a new in-situ shock pad underneath the synthetic surface and subsurface drainage, and new concrete footpaths and fencing installed around the perimeter. A new player dugout and tech bench will be constructed adjacent the new pitch in the coming months.

SAFER LOCAL ROADS IN BRAYBROOK, MAIDSTONE AND WEST FOOTSCRAY

To help improve pedestrian, driver and cyclist safety on and around local roads, Council, in partnership with VicRoads has recently lowered the speed to 40km/hr on some Council owned roads in Braybrook, Maidstone and West Footscray as part of the Safer Local Roads project.

The project was endorsed in 2017 and is based on traffic studies in the municipality coupled with feedback from residents feeling unsafe when walking or cycling in their local streets due to cars travelling at high speeds. It is a staged program that will see speed limits reduced between 2019 and 2022.

By lowering the speed on Council owned roads, we can help ensure the safety of all road users while providing a safe space that encourages residents to use more sustainable modes of transport such as walking or cycling. For more information, visit maribyrnong.vic.gov.au/SaferLocalRoads

NEW INTEGRATED EARLY LEARNING CENTRE

Construction of the new Integrated Early Learning Centre at 10A Hyde Street, which is set to open in 2022, has commenced. The new Centre is being built in partnership with the Victorian School Building Authority, and will offer 3 year old and 4 year old kindergarten programs, long day care, and Maternal and Child Health services.

For more information, visit maribyrnong.vic.gov.au/IELC



WHAT'S HAPPENING ON AND AROUND ROADS IN MARIBYRNONG

- > We recently laid a new asphalt trial at Gibb Street, Maidstone which comprises of recycled Australian-made tyres – reducing the amount of tyres going into landfill. The surface boasts a range of benefits, including additional elasticity properties which help increase flexibility and durability, and reduce cracking of the surface.
- > We reconstructed Jerrold Street, Footscray, replacing the road base pavement, laying new asphalt on the surface of the road, and completely reconstructing the footpaths, kerbs, underground drainage systems and central median islands to improve pedestrian, cyclist and driver safety and accessibility.

WEST GATE TUNNEL PROJECT: WEST GATE NEIGHBOURHOOD FUND

Council has been successful in receiving three grants as part of the West Gate Neighbourhood Fund – a \$10 million community grants program established to support communities in Melbourne's inner west.

- > \$400,000 for new multi-purpose cricket nets at Hanmer Reserve, Yarraville
- > \$1.8 million for facility upgrades at Yarraville Glory Soccer Club, McIvor Reserve, Yarraville
- > \$120,000 for pedestrian safety improvements near three schools on Somerville Road, Yarraville

Artist impression





SUPPORT OUR LOCAL BUSINESSES

The Love Your Local Campaign is one of a number of initiatives by Council to support our local businesses that have been hit hard by COVID-19, head to the website to find a list of our parklets, extended footpath dining and the locations where streets have been opened to pedestrians and closed to traffic to facilitate street dining. You will find an interactive map highlighting all the business operating in your neighbourhood so you can connect and give them your support, helping to boost businesses. We've said it before, local businesses are the life blood of our community.

A diary of events will let you know what's happening near you, it might be a festival, a special sale or another event to inspire you to take a quick trip to your local! Over the next few months we'll be spreading the word about the new portal and we encourage you to get your friends and neighbours to visit the site.

There's three simple steps to Love Your Local

- 1: Jump online at maribyrnong.vic.gov.au/loveyourlocal
- 2: Explore our new interactive map that lists the boutique and bustling businesses in your neighbourhood
- 3: Show some love by visiting a local retailer or make a booking to dine in or take advantage of the new outdoor dining opportunities, snap a photograph and post on Instagram, tagging @cityofmaribyrnong and #LoveYourLocal

For requests, comments and questions about Council services and programs, go to www.maribyrnong.vic.gov.au or call Customer Service on 9688 0200.

Disclaimer: Although all due care has been taken in the preparation of the Maribyrnong Messenger and its contents, Maribyrnong City Council does not accept any liability for any statement, opinions, errors or omissions contained herein. Fees quoted are subject to change without notice. Event details are subject to change without notice. All information has been collected according to privacy information guidelines.



<http://twitter.com/MaribyrnongCC> / www.facebook.com/Maribyrnong

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You can also write to your Ward Councillor:
c/- Maribyrnong City Council, PO Box 58, Footscray 3011.
If you don't know who your Ward Councillor is, please contact Customer Service on 9688 0200 or fax 9687 7793.

MARIBYRNONG CITY COUNCIL

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Maribyrnong
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