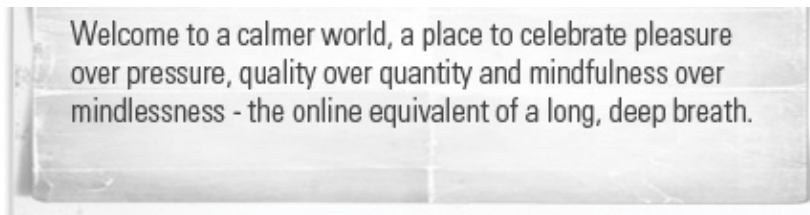


melbourne sydney



Friday, February 22, 2008

Garbology for Everybody



Sunday March 2 is Clean Up Australia Day. Among the 8000 tonnes of rubbish collected by over a million volunteers last year were: ciggy butts, a parking meter, drinks containers and a mannequin's leg. Visit the online registry and locate a local clean-up site

where you can muck-in. Someone will be there to issue you with gloves and rubbish bags. You can also nominate a new site, and yourself as coordinator of it. You'll also indirectly contribute to the national Rubbish Report which analyses our littering and recycling habits. For years plastic has been the most common source of rubbish, while wood, appropriately, won 2007's wooden spoon, pipping the previous winner, rubber, as the smallest source of rubbish.


posted by Martin at 9:12 PM | 0 comments

Thursday, February 21, 2008

Savouring Slow



What self-respecting guide to Slow wouldn't post a reminder for the Taste of Slow component of the Food & Wine Festival? Might see you at Fed Square this weekend mooching around the market stalls (Sat & Sun, 11am-6pm): Or at one of the free public talks: What is Slow? (Australian Slow Food members recount



The [National Gallery of Victoria](#) pays for our hay and water. All we have to do is experience the NGV slowly and report back on what lies beyond the high-profile temporary exhibitions. Wanna saddle up and join us? [Click here.](#)

Contribute

Email us to start a thread or share



their favourite aspects of the philosophy; 10.30-11.45am Sat 23 & Sun 24) and Eat Your City (a guide to Melbourne's sustainable food suppliers; 3.45-5.30pm

Sun 24). Slow-meister Martin will be there selling Slow Guides and looking slightly embarrassed.

posted by Martin at 1:11 PM | 0 comments

It's Sew Good



There's a particular strut on people wearing great clothes they know only *they* have. You'll see it on the fashionable folk walking in and out of Thread Den – a new shop with a 'sewing lounge'. Owned and operated by Melbourne designers and craftsfolk (whose locally made wares are stocked downstairs), they run sewing classes for absolute beginners (what does this knob do?), for op-shoppers (how do I alter this vintage dress?) and the more advanced (mastering foundation bodice patternmaking in three easy sessions). The lounge's Janomes and cutting tables are also available for hire on an hourly basis, including free assistance. It's a friendly non-threatening place dedicated to spreading the made-it-myself strut.

posted by Martin at 9:58 AM | 0 comments

Tuesday, February 19, 2008

Just Because it's...Frankly Hilarious



EMAIL US TO START A THREAD OR SHARE something slow.

Slow guides



The Slow Guides are for anybody who wants to slow down and live it up, seachange without shifting postcode. They celebrate all that's local, natural, traditional, sensory and most of all gratifying about living in Sydney and Melbourne. Click on a book for a preview.

How to buy a book

Start off slow and get your book the old-fashioned way; pop into a store and say g'day. But if you're too entranced with what's happening in your garden, or too preoccupied gazing on a cloud, you could always order one online.

Gallery

Photographer James Braund on his favourite photos from the book. Next month, *our* pick of the pics.



Links

- Dumbo Feather, Pass it On
- Slow Food
- The Idler



This notice was apparently posted by a well-meaning Japanese student in Brunswick.

posted by Martin at 6:46 PM | 0 comments

Thursday, February 14, 2008

Magnet Medicine



There's more than meets the eye at Rug Affair, an unassuming shop in Northcote's High Street. Among the rolls of carpets is the Magnet-EZE counter. It sells magnets for sticking to the fridge and to your body. No, not to make you more attractive. (There. We've said it.)

Magnetic Therapy dates back a few thousand years, and is believed to alleviate pain and promote healing. Spots of Gold (the deluxe gold-plated variety) sit on the skin and 'promote blood flow...which in turn provides the body with the tools it requires to promote healing'. Even if you don't need them for therapy, the array of magnets kept in unmarked wooden cases and handled with care make for an interesting visit.

posted by Martin at 3:51 PM | 1 comments

Previous Posts

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- It's Sew Good
- Just Because it's...Frankly Hilarious
- Magnet Medicine
- A Bright Idea
- Just Because...It's a Dear Little Video
- True Colours
- Still Pranking
- Festival of the Photocopier

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- September 2007
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About Affirm Press

Affirm Press is a new Melbourne-based publishing company committed to publishing books that have a positive impact on the community, that influence by delight rather than being earnest or right-on.

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Wednesday, February 13, 2008

A Bright Idea



The latest spectacle at the Arts Centre isn't in the Playhouse or the State Theatre; it's an attempt to stop a gang of sulphur-crested cockatoos from vandalising the 30,000 tiny lights of the centre's iconic spire. The cheeky delinquents of the bird world have taken a shine to the lights, pecking and dislodging the globes and fittings, and already running up a bill of some \$70,000. In the latest skirmish of the ongoing saga, man versus nature, the Arts Centre has hired falcons and eagles to perch on the roof and stare the pesky parrots down. And if they still fancy their chances, there's a recorded soundtrack of distressed cockies to make them think again.

posted by Martin at 11:55 AM | 2 comments

Monday, February 11, 2008

Just Because...It's a Dear Little Video

There's nothing especially slow about 100 years in three minutes, but it'll crack a smile.

posted by Martin at 10:48 AM | 1 comments

“ THE GREATEST THING A HUMAN SOUL EVER DOES IN THIS WORLD IS TO SEE SOMETHING...TO SEE CLEARLY IS POETRY, PROPHECY AND RELIGION ALL IN ONE. ”

John Ruskin, *Modern Painters*

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John Ruskin, *Modern Painters*