

3126

A guide to Community living

AUTUMN 2022

ACTIVITIES

EVENTS

COURSES

OUR LOCALS

3126

About the magazine

3126 is an independent community magazine produced quarterly by a small team of local volunteers, supported by Canterbury Neighbourhood Centre (CNC).

The editorial team welcomes feature article ideas and suggestions, as well as more volunteers to assist with the publication.

The magazine is loyally distributed by a group of volunteers co-ordinated through the Canterbury Community Action Group (CCAG) www.ccag.net.au

3126 MAGAZINE

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Front cover image: Vivian Qiu, artist

Page 1: Canterbury History Group plaque unveiling with Douglas Golding (left) and Boroondara Mayor, Jane Addis (right). Image by Ray Gruchy

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Share, Connect, Thrive

Have you ever considered art as a mindful practice? Arts and crafts encourage us to be present, to relax, focus and enjoy, and this mindfulness helps relieve the stress and anxiety of everyday life. Canterbury Neighbourhood Centre (CNC) invites you to explore a series of unique feel-good craft workshops in the relaxing surrounds of the Canterbury Gardens. More details are on page 13. One of our workshop artists, Vivian Qui, shares her personal story of healing and art on page 14.

In our story on Grandmothers for Refugees, Joanne talks of her connection to one refugee in particular and how it has helped him thrive. And Boroondara mamas Natasha and Kacey have created an online community to connect families and share tips, resources and advice.

Umbrella Dementia Cafes are informal peer support gatherings for people living with dementia and their families to connect and share. CNC is calling for volunteers to start a café in Canterbury. Details on page 7.

And what better way to connect, share and thrive than through gardening. A new gardening club is coming to Canterbury, details on page 7.

3126 welcomes your stories too. Be it a local group, project, interesting local characters, or skills to share. Let us know at 3126@canterburynh.org.au



Canterbury Neighbourhood Centre local short courses & activities

The Arts

Nature in art

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.
 Monday 9.30am – 12pm or 12.30pm – 3pm
 Starts 2 May (7wks) \$193

Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Suitable for all levels.
 Wednesday 9.45am – 12.15pm OR
 12.45pm – 3.15pm
 Starts 27 April (7wks) \$195 OR
 Wednesday 6.45pm – 8.45pm (via Zoom)
 Starts 27 April (7wks) \$195

Canterbury Neighbourhood Centre's local short courses & activities – Term 2 2022

Introduction to Watercolour

Join our watercolour group and explore your creativity. Bring your own project and learn at your own pace.
 Tuesday 10am – 12pm
 Starts 3 May (9wks) \$234

Open Art

Explore your own creative style in your chosen art medium – including drawing, watercolour, acrylic, oil or copic markers with art tutor Karen Nield.
 Tuesday 12.30pm – 2.30pm
 Starts 3 May (9wks) \$234

ART IN THE PARK



MAY - JUNE 2022

Art in the Park series

- Slow Stitching – Log Cabin Patchwork**
Wednesday 4 May, 10am – 12.30pm \$65
- Linocut Printing – Nature Designs**
Tuesday 17 May, 10am – 12.30pm \$65
- Sentimental Rice Fabric Jewellery**
Wednesday 25 May, 10am – 12.30pm \$65
- Visible Mending**
Wednesday 8 June, 10am – 12.30pm \$65
- Punch Needle Botanicals**
Wednesday 15 June, 10am – 12.30pm \$65
- Etched Ceramic Vases**
Tuesday 21 June, 10am – 12.30pm \$65






The Written Word

Writing life (ongoing)*

Structured lessons to guide you in capturing and sharing your valuable memories and anecdotes from your life and family history.

Tuesday 10am – 12pm
Starts 3 May (9wks) \$210

The Written Word with Sue Braint (via Zoom)*

Alphabet Quiz. Gymnastics for the brain! Join us in the Alphabet Quiz and enjoy sharing your General Knowledge with the class.

Tuesday 10am – 12pm
Starts 10 May (4wks) \$90

Book circles – Maling Rd

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference! Call CNC for further details. 2nd Tuesday of the month 10am – 12pm



Children

Structured playgroup

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in.

Children under 12 months free.
Monday OR Tuesday 9.30am – 11.30am
Starts 2 May (7wks) \$119 OR
3 May (9wks) \$153



Wellbeing

Buff bones for osteoporosis*

A Pilates-based full body workout for bone strengthening and balance, integrated with strength training and functional and rehabilitative exercises.

Monday 9.30am – 10.30am
Starts 2 May (8wks) \$158
Thursday 9.30am – 10.30am OR
10.45am – 11.45am
Starts 5 May (9wks) \$158

Tai Chi

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.

Monday 12.45pm – 1.45pm (beginners) OR
1.45pm – 2.45pm OR 2.45pm – 3.45pm
Starts 2 May (7wks) \$123

Walking groups

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury, ending with a coffee at one of our local cafes.

Thursday 9.45am – 10.30am (fast pace)
OR 9.30am – 10.30am (gentle pace)
Starts 5 May (ongoing).
Free for CNC members

Yoga (beginners to experienced)*

Hatha yoga uses stretching techniques to release tension, increase flexibility and create a sense of calm.

Tuesday 9.15am – 10.15am OR
10.30am – 11.30am
Starts 3 May (9wks) \$158

Zumba Gold **NEW!**

Zumba Gold combines Latin and International music with a fun and effective workout system designed for lower impact than traditional Zumba.

Wednesday 9.30am – 10.30am
Starts 4 May (9wks) \$158

Yoga – chair based

Strengthen and stretch your body while being comfortably supported by a chair. This Hatha-based yoga class includes breath work, short meditations and seated relaxations. Suited to low mobility.

Monday 12pm – 1pm
Starts 2 May (7wks) \$123

Social

Mahjong

A classic game of strategy and skill. New players welcome.

Friday 10am – 12pm
Starts 6 May \$5 per session



Language

French absolute beginners

Thursday 1pm – 3pm
Starts 5 May (9wks) \$215

French intermediate (2+ years' experience)*

Tuesday 1pm – 3pm
Starts 3 May (9wks) \$215

French intermediate (3+ years' experience)*

Monday 1pm – 3pm
Starts 2 May (7wks) \$167

French advanced (4+ years' experience)*

Monday 10.30am – 12.30pm
Starts 2 May (7wks) \$167

Italian absolute beginners

Wednesday 12.30pm – 2.30pm
Starts 4 May (9wks) \$215

Italian beginners (6 months experience)*

Thursday 9.30pm – 11.30pm
Starts 5 May (9wks) \$215

Italian beginners/intermediate (2 years' experience)*

Wednesday 3pm – 5pm
Starts 4 May (9wks) \$215

Italian intermediate/advanced (3 years+ experience)*

Wednesday 12.30pm – 2.30pm
Starts 4 May (9wks) \$215

Italian advanced (4 years+ experience; via Zoom)

Thursday 12pm – 2pm
Starts 5 May (9wks) \$215

Italian advanced – Language & Conversation (6 years+ experience)*

Wednesday 9.30am – 11.30am
Starts 4 May (9wks) \$215

Free trials available for all classes

To find out what's on at Canterbury Neighbourhood Centre

Visit our website:

www.canterburync.org.au

Call us: 9830 4214

Send us an email:

office@canterburynh.org.au

Follow us: facebook.com/canterburynh



Have you heard about the new Canterbury Precinct?

From 2023 workshops, courses and events will be held in our beautiful new home in Canterbury Gardens.

Join our email list (www.canterburynh.org.au) to receive updates via email.



Canterbury Neighbourhood Centre

Classes marked with * can be taken face to face or via Zoom.

Call for Volunteers

Canterbury Neighbourhood Centre, in partnership with Umbrella Dementia Cafés, are seeking volunteers interested in establishing a community support group for families and people living with dementia.



For more information contact:

Canterbury Neighbourhood Centre
phone: 9830 4214 or email: office@canterburynh.org.au

Love to Garden? Join our new Canterbury Garden Club

Wed 18 May 10am
8 Rochester Rd Canterbury

Enjoy guest speakers, exchange plants or seeds and chat with fellow gardeners over morning tea.

Beginners to experienced green thumbs welcome!

To register or learn more contact:

Canterbury Neighbourhood Centre
phone: 9830 4214 or email: office@canterburynh.org.au





Grandmothers for Refugees

My name is Joanne, and I have been supporting refugees, asylum seekers and other vulnerable people in the community for many years.

I had heard about **Grandmothers for Refugees**, and as a grandmother with a commitment to supporting refugees, I felt that this was a worthwhile group to join. I first joined the Higgins branch in 2019, and later joined the Chisholm branch when I moved into that area. I have also worked with the Kooyong group.

As part of Grandmothers for Refugees, our main work is campaigning — phoning, leafleting, rallying and advocating for freedom through members of parliament.

Through going to the vigils held by Grandmothers for Refugees at the hotels where the Medevac refugees have been detained, I was introduced, via phone contact, to one of the detainees, a man named Mano. Mano was persecuted in Myanmar due to his ethnicity and religion. He suffered terrible injuries and was lucky to survive. He was faced with the choice to stay and possibly be killed, or to flee and leave his family behind. He fled by boat and arrived on Christmas Island in 2013.

Although he was granted refugee status, he was locked up in a detention centre in Australia for eight years.

Mano and I had long conversations throughout 2020 and into early 2021. I was eventually granted permission to visit him. Visiting was challenging because it was hard to watch the detained men being treated as criminals, and the hoops visitors had to jump through seemed to be designed mainly to discourage visits. On the upside though, even with a screen separating us, it was a very emotional experience meeting Mano. He showed me photos of his family who are still in Myanmar, and who at this stage are not allowed to join him in Australia.

In January 2021, Mano was released on a bridging visa, which must be renewed every six months. On his release, I was able to offer him a place to stay. Having him to stay in my house has been a privilege, and I am proud to say he calls me Mum. It has also been a joy to watch him navigate his way in a country where everything is totally foreign to him. He has already found permanent employment and has purchased his own car. I have also learnt so much about his country and culture, and I feel honoured to be part of his journey.

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Grandmothers for Refugees is a non-political grassroots movement advocating for compassionate welcome and safe settlement of people seeking asylum. We are appalled by Australia's practice of locking up innocent people and the inhumane treatment of refugees and asylum seekers since 2013.

We Grandmothers believe Australia can, and must, be better than this.

To join Grandmothers for Refugees, simply email:

info@grandmothersforrefugees.org

or visit our website: www.grandmothersforrefugees.com

The organisation also welcomes non-Grandmothers, affectionally known as FROGS (Friends of Grandmothers for Refugees).

There are many ways you can support refugees, including through volunteering, fundraising, collecting donated items or community action. For how you can help, visit the Asylum Seeker Resource Centre website at: <https://asrc.org.au>

Boroondara Mama

Most mums will tell you that when it comes to caring for kids, there is nothing quite as useful as advice from another mum, particularly one who lives in your neighbourhood.



For sisters **Natasha Kuperman** and **Kacey Smith**, a Facebook group seemed an easy way to connect socially with other mums. “At the time there were a few similar Facebook groups but not one for us” says Natasha, “so we decided to create one, invite all the mums we knew in the area to join, and it has continued to grow from there.”

Boroondara Mama provides a virtual village for raising kids in Boroondara. What began as a small group in 2016 has grown to just under 4,000 members across all suburbs in Boroondara, with an average of 12 posts per day from members.

... benefits for the community have been enormous ...

The benefits for the community have been enormous - from finding lost toys and lost dogs, to finding jobs, houses and last-minute kids’ costumes for Book Week. Word of mouth is gold, and group members’ support for local businesses, particularly those run by local mamas, has had a significant positive impact. For parents new to the area, the group offers an easy way for people to become oriented and welcomed to the community, find park dates and arrange meet-ups.

It includes local recommendations on everything from childcare to the best family-friendly cafes.

‘What stands out is the generosity of the group and the wealth of information our members have that they are willing to share’, says Natasha. This was especially true during COVID-19 lockdowns where there was an influx of members and posts.

The sisters share an entrepreneurial streak and run their own small businesses in addition to juggling family life and kids. Kacey is the owner of Kula Yoga in Hawthorn and Hampton, and mum to a 7-year-old daughter and 4-year-old son. Natasha runs her own home sewing studio (Miss Cooper Makes), plus she works part-time for Ashburton Community Centre and cares for her two daughters, aged 12 and 14. A keen gardener, Natasha also manages a large edible garden and coordinates the monthly Burwood/Hartwell Food Swap where local gardeners can swap produce, seeds and household items over a cup of tea.



In addition to ad hoc posts from members, the page offers regular weekly posts:

- **Marketplace Monday** – members can advertise any household, children’s or family-related items either for sale or free to other local mamas
- **Wanted Wednesday** – members seeking particular items can ask other mamas first before hitting the shops; and finally
- **Fri-Yay Promo** – members can recommend a local business, community group or service.

These types of posts help to build awareness and support for the wider Boroondara community.

Management of the page is shared between Kacey, Natasha and Simone Flanagan, who recently joined the page to help moderate content. ‘We check in at least once a day - to moderate content, comment, review new member requests and respond to messages. It’s not overly time-intensive and it’s now part of our everyday life.’

When asked what they value most about Boroondara Mama, it’s meeting other members in real life! ‘We’re easy to find and we love it when people let us know they are another Boroondara Mama.’

Boroondara Mama welcomes mamas living in the Boroondara area to join via Facebook @boroondaramama

Boroondara Mama @boroondaramama Facebook group (Founded 2016)
3.9K members

Marketplace Monday: local goods for sale/swap

Wanted Wednesday: for members seeking items

Fri-Yay Promo: for local business or service recommendations

Golding's Hall and Factory Commemorated

For 70 years until 1967, Alfred Golding's large two-storey weatherboard Hall and Boot Factory was a fixture up on Canterbury Road above Canterbury Gardens; although, it passed out of the family's hands in 1929, two years after Alfred's death.



This factory manufactured rubber and leather goods, and older residents still remember the sound of its siren. The hall, which was above the factory, with a verandah looking over the Gardens, was the centre of community life in Canterbury until its incorporation into the factory in 1910. It was used for dances, concerts, school speech days, election meetings, the first motion pictures and a very successful gymnasium. The factory is long gone now, replaced first by Chaucer's Reception Centre and now by Abingdon Apartments.

Alfred Golding ran several businesses apart from his factory, and his wife, Kate, ran a shoe outlet shop in The Canterbury Buildings. The couple were both actively involved in the community and were known as generous benefactors of the Methodist Church.

Now the great grandson of Alfred and Kate Golding, Douglas Golding, has donated a

plaque to commemorate the Goldings' achievements and the role played by the Hall and Boot Factory in the life of the Canterbury community. The plaque is also in memory of Douglas' grandfather, Herbert Golding, the second son of Alfred and Kate. Private Herbert Golding, 4 Btn 1st AIF, survived Gallipoli but died of wounds on the Somme in August 1916.

The plaque was unveiled by Boroondara Mayor and Canterbury resident, Jane Addis, on 17 March in the presence of twenty of the Goldings' descendants as well as community representatives. It will be attached to the front fence of Abingdon Apartments in Canterbury Road.

The Golding family and Canterbury History Group wish to acknowledge the work of Jo Marchese, who designed and made possible the beautiful plaque. Jo is also the graphic designer and producer of this publication.

A series of mindful craft workshops held in the beautiful surrounds of Canterbury Gardens.

Take a moment to relax and enjoy learning a new skill from one of our six guest artists.

- 4 MAY Slow Stitching - Log Cabin Patchwork
with Tamara @karina_textileart
- 17 MAY Lincocut Printing - Nature Designs
with Deb @making_makers
- 25 MAY Sentimental Rice Jewellery
with Vivian @vivian_qui_studio
- 8 JUN Visible Mending
with Serene @thecraftreport
- 15 JUN Punch Needle Botanicals
with Anna @thestudioworkshops
- 21 JUN Etched ceramic vases
with Jen @villageinteriorsandhomewares

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MAY - JUNE 2022

Healing through art



When we think of art, we don't always think of healing. For emerging jewellery artist, **Vivian Qiu**, the practice of art during COVID had a profound healing aspect. As an RMIT student and artist living alone in the city, the experience of ongoing lockdowns was especially challenging. For comfort, she found herself turning inwards, remembering her childhood and the culture of her hometown, Chaozhou, China.

One recurring memory was of how her mother would prepare rice congee when she was sick. In Chinese culture, rice is a comforting and healing food. Vivian started experimenting by using cooked rice to make her own unique fabric, combining her cultural heritage and understanding of healing with her design study in Australia. Using gouache and Japanese paints, Vivian explored

dyeing the fabric and creating flowers and jewellery.

This work led to the **Sentimental Rice Jewellery** project, presented as part of Melbourne Fashion Festival and Melbourne Design Week in 2021. Rice fabric is the essence of the sentimental/self-healing design journey. It is crispy, crunchy and has a natural rice aroma.

For Vivian, the creation of rice fabric is deeply personal, as it acknowledges her own experience of the cultural clash between China and Australia and her expectations of herself as an artist. 'My family were not keen for me to become an artist and they couldn't understand why I didn't want to study law or medicine. For them, a well-paying job was the most important goal. They didn't understand or care about art.'

After completing her Bachelor of Fashion Design (Honours) at RMIT, Vivian has since started a Bachelor of Fine Arts (Gold and Silversmithing). As an artist, she explores a range of non-traditional materials in her practice, including rice fabric, recycled electrical wires, treated fabric and plastics, to produce what her family affectionately refers to as "rubbish art". Her goal is to eventually undertake her PhD, combining art, design and fashion with research into new materials. In the meantime, she enjoys teaching workshops and has recently collaborated with Signal, City of Melbourne, Immigration Museum, RMIT First Site Gallery and Geelong Wool Museum.

When asked about how her family now views her art, Vivian laughs and says that her family is more accepting now of her career 'but my dad still asks me if I am making any money'.



...her practice, including rice fabric, recycled electrical wires, treated fabric and plastics, to produce what her family affectionately refers to as "rubbish art".



Vivian is teaching a special workshop **Sentimental Rice Jewellery** as part of the Canterbury Neighbourhood Centre's Art in the Park series. In the two-hour workshop, participants learn hands-on techniques and make a wearable piece (necklace, bracelet, earrings or pendant) to take home. For bookings, visit: www.canterburyinc.org.au or call 9830 4214.



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Learn all the secrets of Canterbury's past with local guide James Nicolas. Tour ends with devonshire tea in Canterbury Gardens.

Bookings are essential and can be made via scanning QR code with your phone camera or calling 9830 4214.

