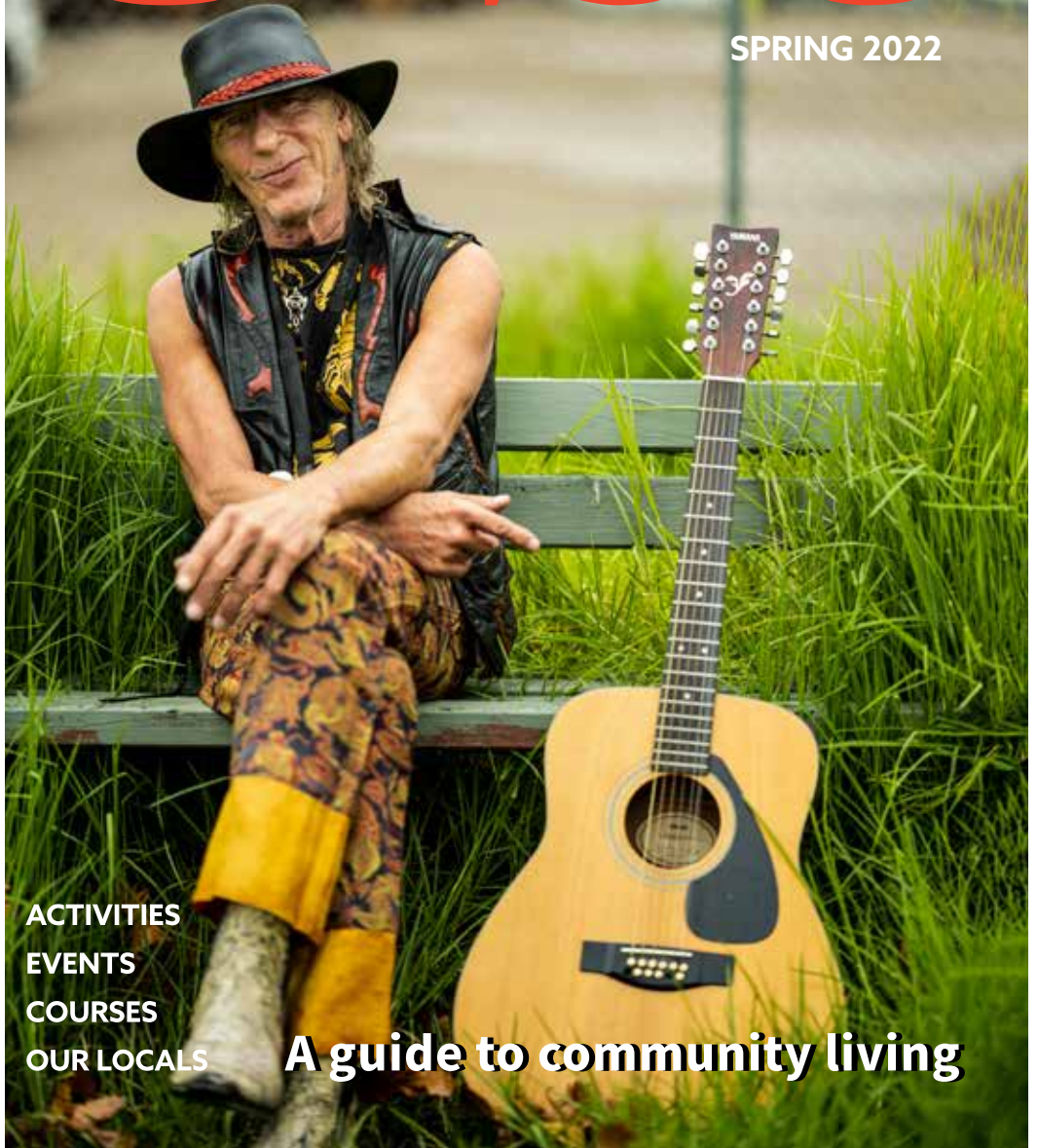


3126

SPRING 2022

ACTIVITIES
EVENTS
COURSES
OUR LOCALS

A guide to community living



3126



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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: Mark Greig, rock 'n' roll local.
Image by Ray Gruchy

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3126

As Spring slowly warms the air and our mood lifts, it would seem that the humble park bench is the place for optimism, reflection and connection. By divine coincidence, a number of our stories highlight this unassuming piece of our landscapes.

Our cover features local musician Mark Greig who reflects on his life in the Australian Rock scene – referring to the bench as a metaphor for that journey. Joyce Brown and her band of ‘Muppets’ share their *Tales from the Bench*, short stories of friendship and connection from a local park on page 16.

Rob Ewing’s significant volunteer work in the community with the Canterbury Community Action Group is recognised with the dedication of a bench. Another outstanding volunteer contribution from Camberwell Hockey Club member Paul Dixon is acknowledged on page 11.

Local artist and business owner Dimitris Landouris considers connection key in portraying the subjects he paints. Connection is also a key theme of *Happy Together, the story of a friendship through culture* on page 10.

And Diane Beddison reminds us that optimism can be found in the garden by adding a little colour and a bench seat.



1 to 5 years

Canterbury playgroup

Mondays
9.30-11.30 am
Canterbury Guide Hall
1A Faversham Road
Canterbury

Playgroup provides a special environment for early learning, meeting other families and making friends.

Enjoy weekly arts and crafts, activities, story time and music, led by Janina, our Early Childhood Educator.

Bookings: call 9830 4214 or visit: www.canterburync.org.au



SHARE - CONNECT - THRIVE

Canterbury Neighbourhood Centre 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 OR 12.30pm (2.5hrs)
Term: 8wks \$220

Upholstery and soft furnishing
Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will give you the skills and confidence to tackle a range of projects.
Wednesday 9.45am OR 12.45pm (2.25hrs)
Term 9wks \$250
OR Wednesday 6.45pm (via Zoom)
Term: 9wks \$234

Watercolour (beginners welcome)
Join our watercolour group and explore your creativity. Bring your own project and learn at your own pace.
Tuesday 10am (2hrs)
Term: 7wks \$182 or sessional \$30

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 (2hrs)
Term: 7wks \$182 or sessional \$30

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.
Thursday 9.30am OR 10.45am (1hr)
Term: 10wks \$175 or sessional \$20

Tai Chi
A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.
Monday 12.30pm OR 1.45pm OR 3pm (1hr)
Term: 10wks \$175 or sessional \$20

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 9.30am (1hr)
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 OR 10.30am (1hr)
Term: 9wks \$158 or sessional \$20

Zumba Gold
Zumba Gold combines Latin and International music with a fun and effective workout system designed for lower impact than traditional Zumba.
Wednesday 9.30am (1hr)
Term: 10wks \$175 or sessional \$20

COMMUNITY WORKSHOP

Preparing your garden for the Summer Bounty

with Maria Ciavarella from My Green Garden

Spring is an exciting time to be in the garden and the best time to prepare for the bountiful summer. We cover soil preparation, seeds vs seedlings, choice of plants and how to keep them growing well over the hot summer months.



Saturday 1 October

When: 10am (2hrs)

Where: 2 Rochester Rd Canterbury

Cost: \$30

Bookings: via the QR code or call 9830 4214



Lifestyle Workshops & Events

Preparing your Garden for the Summer Bounty – with Maria Ciavarella

Spring is an exciting time to be in the garden and the best time to prepare for the bountiful summer. We cover soil preparation, choice of plants, seed vs seedlings and tips for plants to survive summer heat.

Saturday 1 October 10am (2hrs)

Ticket: \$30

Declutter your life! – via Zoom

Are you drowning in clutter? Or simply need help getting organised? Organisation expert, Julie Cliff, will take you through her 6-step system for ditching the clutter. Participants will receive an electronic copy of resources.

Thursday 6 October 7pm (2hrs)

online via Zoom

Ticket: \$20

Painting with Dot Mandalas

Learn how to make beautiful patterns using dot painting techniques with acrylic paints.

Tuesday 18 October 10am (2hrs)

Ticket: \$65 or

Seniors Festival Special: \$10

Canterbury Historical Walking Tour

Take a walk back in time and learn all about Canterbury's characters and buildings, led by James Nicholls.

Wednesday 19 October

10am or 2pm (1.5hrs)

Ticket: Free, registration essential

Rice Clay Workshop at Home – all ages via Zoom

Artist Vivian Qiu will show you how to make rice clay from simple materials from home. This workshop is ideal for all ages and is a unique opportunity to play and create beautiful sculptural forms.

Thursday 20 October 7pm (1hr)

online via Zoom

Ticket: \$10

Alcohol Ink Coasters

Make a collection of 4 stunning abstract coasters using alcohol ink techniques. Perfect Christmas DIY gift idea!

Sunday 27 November 1pm (2hrs)

Ticket: \$65

Social

Garden Club

Enjoy guest speakers, exchange plants or seeds and chat with fellow gardeners over afternoon tea. Beginners to experienced green thumbs welcome.

Third Tuesday of the month 1pm (2hrs)

Annual fee: \$20

Mahjong

A classic game of strategy and skill.

New players welcome.

Friday 10am (2hrs)

Session: \$5

Bridge Club

Wednesday 12pm (5hs)

Children & Families

Structured playgroup – all ages

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 9.30am (2hrs) Term: 10wks \$150

Language

French absolute beginners

Thursday 1pm (2hrs) Term: 9wks \$215

French intermediate (2+ years' exp)*

Tuesday 1pm (2hrs) Term: 9wks \$215

French intermediate (3+ years' exp)*

Monday 1pm (2hrs) Term: 9wks \$215

French advanced (4+ years' exp)*

Monday 10.30am (2hrs) Term: 9wks \$215

Italian beginners

Wednesday 12.30pm (2hrs) Term: 9wks \$215

Italian beginners/intermediate (2 years' exp)*

Wednesday 3pm (2hrs) Term: 9wks \$215

Italian advanced (4 years+ exp; via Zoom)

Thursday 1pm (2hrs) Term: 9wks \$215

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

Wednesday 9.30am(2hrs) Term: 9wks \$215



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

The Written Word

Writing life*

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

Tuesday 10am (2hrs) Term: 8wks \$191

The Written Word with Sue Braint (via Zoom)

Myth and Legend. King Arthur and Camelot is one of the enduring myths in the Western history. Join us to explore its fascination through the centuries.

Tuesday 10am (2hrs) Term: 4wks \$90

Book circles – Maling Rd

Meet at a local coffee shop for lively discussions on books, films, community activities and events.

Second Tuesday of the month

10am (2hrs)

Free for CNC members

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Free trials available for all classes
For class bookings, scan the QR code or 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.canterburync.org.au to receive updates via email.

Rob Ewing

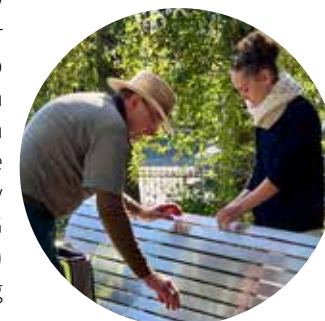
Recognising years of volunteering and local support



On 13th August, members of the Canterbury community came together to recognise the great contribution made by Rob Ewing.

Rob Ewing with John Constable, CCAG (left) and Jane Addis, City of Boroondara Mayor (right) at his plaque ceremony.

Rob was a founding member of the Canterbury Community Action Group (CCAG) and served as director for several years until ill health forced him to retire. Rob and his family attended a brief ceremony at which a plaque acknowledging Rob's service was affixed to a bench in the gardens under the railway arch. Mayor Jane Addis and Councillor Lisa Hollingsworth spoke warmly of Rob's work for the community. John Constable (CCAG past President) and Gordon Black (CCAG President) recalled how much they enjoyed and valued working with Rob.



Tim Wilkinson, CCAG with Sarah Ewing, (Rob's daughter) affixing the plaque to Rob's seat.

Mark Greig: Portrait of a Rock Guitar Slinger

Story and photography by Ray Gruchy

You may have seen Mark Greig in his distinctive rock 'n' roll gear strolling around Canterbury where he has lived for the last five years. Mark is the 'real deal'. He lives rock 'n' roll 24 hours a day, 7 days a week, and dresses accordingly.



He and his guitar have shared the stage with Australian Crawl, The Giants, Runners, The Glee Club, The Paul Naughton Band, Mick Peeling (another Canterbury resident who was instrumental in helping Mark's early career), Matt Taylor, Angry Anderson, Renee Geyer, Wendy Stapleton, Wilbur Wilde, and Mike Rudd, just to mention a few. He has supported the cream of Australian rock, and toured extensively around Australia, the United States and Germany. He is a bona fide 'Guitar Slinger'

and has dedicated his life to playing music. Do yourself a favour and look at The Giants' 'Live at Lipton Drive' videos on YouTube (links below). You can see for yourself that Mark is a talented rock guitarist.

In 1985 in front of a huge crowd and Australia-wide television, Australian Crawl, with Mark Greig on guitar, played the Priority One Summer Rock Concert at the Domain. A little later that year, their concert at the Sydney Entertainment Centre was televised and beamed across the world as part of the 'Live Aid' benefit concerts organised by Bob Geldof.

Mark grew up in the northern suburbs of Melbourne, and at school was quite an accomplished student. However, once he got a guitar in his hands, it all started making sense and the guitar took over his life from then on. He has worked in the music industry for over 45 years and paid his musical dues. He now has the reputation as a respected professional rock guitarist. He still performs, and his next gig is a bit of a distance from Canterbury, in Mackay in Queensland.

Mark also likes growing things and has carved out garden spaces in the most

unlikely places, both providing a bit of beauty and producing edible crops. He has volunteered some of his time and expertise to the Canterbury Neighbourhood Centre to help with their Small Seeds program.

When he is not behind his guitar, Mark is a very private person, and while very friendly, doesn't like to brag about his accomplishments. As a musician as well as a photographer, I have been engaged in a personal photographic project to capture formal portraits of musicians and other creatives. I was keen to photograph Mark for the project, but it took me four years to persuade him. Finally, he felt that it was the right time, and he chose the location for the shoot as he felt that the long, unkempt grass shows how long he has been waiting for professional recognition – for "his train to arrive". I guess many creatives can resonate with his feelings. Thanks for trusting me, Mark, and may you keep on rocking for many years to come!

Australian Crawl with Mark Greig Errol - Priority One Concert 1985 <https://www.youtube.com/watch?v=WHZC8vdMkxo>

The Giants with Mark Greig, Radar Love – Live at Lipton Drive, 2013 (Great Solo & Playing by Mark) <https://www.youtube.com/watch?v=Yxc8vGL2QCw>

The Giants with Mark Greig Taking Care of Business - Live at Lipton Drive, 2013 <https://www.youtube.com/watch?v=4Ffw-10GHaw>



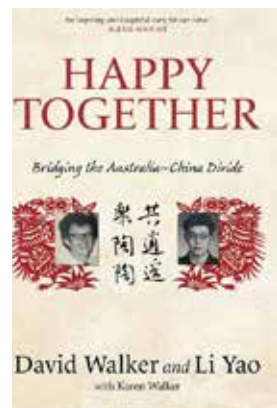
He has worked in the music industry for over 45 years and paid his musical dues. He now has the reputation as a respected professional rock guitarist.



Some of Mark's guitar collection

Happy Together: Bridging the Australia-China Divide

David Walker and Li Yao, with Karen Walker



A fresh perspective on the Australia-China relationship told through the lens of memoir, culture and friendship.

Canterbury resident and retired Professor of Australian Studies at Deakin University, David Walker, has long been interested in Australia's relations with Asia and has written several books on this subject. In 2013 he took up a 3-year appointment as Inaugural BHP Chair of Australian Studies at Peking University in Beijing. During his stay, he met Professor Li Yao, a member of the Chinese Writers' Association, who has translated almost 40 Australian books into Chinese.

When Li Yao agreed to translate David's book, *Not Dark Yet: a personal history* (2011) into Chinese, the two formed a close and enduring friendship. They discussed the translation while they travelled together through northern China and Li Yao persuaded David that his next book should be a joint memoir telling their parallel stories. The result is *Happy Together: Bridging the Australia China divide* (MUP, 2022).

The book interweaves the life stories of the two men, the more traumatic story of Li Yao whose family came from the grasslands of Inner Mongolia and who grew up during the cruel and destructive years of China's Cultural Revolution; and the story of David who grew up in rural South Australia and whose early emigrant family first settled in the grasslands in the area around Burra.

The book explores their differences whilst looking for the common ground in their lives growing up – their teacher parents, their sense of humour and their shared love of literature and history. Along the way their stories illustrate the two nations' different paths to modernity. At a time when relations between the two countries are strained, it is refreshing to read the stories of these two men whose friendship over the years has been enriched by getting to know and understand each other's culture.

Happy Together: Bridging the Australia China Divide: Melbourne University Press 2022
<https://www.mup.com.au/books/happy-together-paperback-softback>

Recognising a local volunteer

Paul Dixon

Volunteers are the glue that make communities work. There are so many things that volunteers do – the list is quite exhausting! Sporting clubs can only function with the great volunteers who freely give their time.



Recently the Camberwell Hockey Club (CHC) decided to list everyone who volunteers at the club. Over 170 individuals were listed! One of those 170 was Paul Dixon.

Paul, or "Dicko" as he is affectionately known, was born and raised in Canterbury. He arrived at CHC at the age of 10, over 40 years ago. Since that moment, he has given unstintingly to hockey at all levels. Dicko has played, coached and umpired many hundreds of games and coordinated even more!

As a player, Dicko was never A Grade, but his efforts on the field at whatever level have always been A Grade. He will play

multiple games to ensure every club team can compete.

But it is not only as a player that Dicko is so respected – it is his constant preparedness to step in whether it be umpiring, coaching or coordinating. For many years, Dicko has volunteered to umpire CHC matches where no umpires have been rostered by Hockey Victoria or there have been no umpires available to umpire at the last moment.

Dicko has coached many teams for girls, boys, women, men and masters. He has coached 6-year-olds and 60-year-olds, all with the same enthusiasm for the game he loves. He has been coaching continually at CHC for over 30 years, and CHC is all the better for it.

His understanding of players at all levels and his natural empathy ensure high quality input...

In addition, Dicko is a highly valued member of the Mental Health First Aid Committee. His understanding of players at all levels and his natural empathy ensure high quality input into this most important area.

A true volunteer.



Looking for optimism? It's at the bottom of the garden!

Spring is my favourite time in the garden as it's the hopeful season. It offers us all a sense of better things ahead. Gardens big or small can provide much needed optimism and connection to nature. After all, spring offers the 'wow factor' in the garden and more importantly, provides renewal. As the soil warms, delicate juvenile leaves unfurl on deciduous trees and shrubs, and herbaceous perennials erupt from the soil. Bulbs brighten our spirits and fill the air with their scent. The garden comes alive as insects and birds become more active.

Diane from Beddison Garden Designs

- **Add colour**
Plant a packet of mixed flower seeds in an under-used part of the garden. Plant some annual flowers in a pot for quick colour and watch them grow. If you are impatient, purchase long flowering potted plants from your local nursery.
- **Attract beneficial insects**
Reduce dependence on insecticides by introducing plants such as cosmos, alyssum, cornflower and borage that attract beneficial insects. Bees love rosemary.
- **Garden furniture**
Put a timber bench under a shady tree, pour a tea or coffee and take some time out.
- **Plant edibles**
Find a sunny spot in your garden to grow herbs such as rosemary, sage and thyme, which are drought tolerant. Vietnamese mint is easy to grow, and parsley will self-seed in light shade.

Raised garden beds and pots are good for growing vegetables, provided they get enough sun and regular water. Nurseries with landscaping sections sell readymade vegetable beds and everything you need to get started.
- **Play areas**
Create a safe area for children to play where you can see them or a corner for older children and young adults to relax. Use tough plants in these spaces and provide some shade.
- **Water-saving planting**
Add heat and drought tolerant plants to a sunny area. Mediterranean

'We may think we are nurturing our garden, but of course our garden is nurturing us.' Jenny Uglow



plants cope well with Melbourne's hot summers. Choose from salvia, lavender, Cistus, Gaura, Phlomis, Ballota and Santolina. *Salvia africana-lutea* is a tough, attractive, small shrub with rusty coloured flowers.

- **Bird attracting**
Australian natives are ideal for attracting birds. Create several layers of plants, including plenty of ground covers, and the birds will love you. Native shrubs such as smaller banksias look fantastic in a smart pot.
- **Greening your neighbourhood**
Plant a new shade tree now to improve the liveability of your home and suburb. Trees moderate the temperature around homes; provide food, habitat and shade; and are a legacy for the future.

Beddison Garden Designs
PO Box 444, Canterbury Vic 3126
M: 0422 190 309
W: www.beddisongardendesigns.com

Dimitris Landouris – Frames n’ Things



Dimitris has operated his business, Frames n’ Things, in Canterbury for the past 18 years. He has always loved art and is an accomplished painter.

Dimitris loves to make people happy and has always had the desire to create something out of nothing while enjoying the creative process. He has a great eye for detail, and is skilled in matching colour with texture and finding exactly the right

framing materials to set off the artwork. His many talents extend into music, and has always kept his drum kit tucked away in his workspace.

Dimitris has seen many changes to picture framing over his time in the business. He believes that the materials are now easier to work with and more readily available. The tools he uses in framing have also improved greatly. When he started, almost everything had to be done by hand. Modern tools allow a higher degree of precision, but you still need the creative skill to achieve the level of quality required.

Dimitris finds that one of the most satisfying aspects of his job is painting portraits of present and past customers’ loved ones. In some cases, his portraits are for family members who are grieving over the loss of a loved one or relative. Painting this style of portrait is a very emotional journey from start to finish for both the family and Dimitris. However, it is a great experience for everyone and very much a labour of love while bringing joy to his clients.

He firmly believes that establishing a connection with his subject is the secret to creating great art.

Being able to relate to his portrait clients is a very important aspect of his work. He firmly believes that establishing a connection with his subject is the secret to creating great art. Interestingly, he has never been asked to ‘improve’ the looks of his subjects. His customers expect him to capture them or their loved ones as realistically as possible without modifications.

Dimitris offers a range of services, including custom framing, art works, custom mirrors, medals and memorabilia. One of his highlights was being commissioned to create a custom frame to house Keith Richards’ original guitar.



Frames n’ Things is currently moving into new, more modern facilities a few doors down in Canterbury Road. While the address may change a little, Dimitris’ passion and expertise to deliver high quality framing and associated services will remain.

Frames n’ Things
189 Canterbury Road
Canterbury VIC 312
Phone: (03) 9830 4038
W: www.framesnthings.com.au

Instead of seeing the rug being pulled from under us, we can learn to dance on the shifting carpet – **Thomas Crum**

Tales from the Bench



During the long months of COVID-19 restrictions, a walk to the local park was a daily highlight. It was at the park where we went to escape Zoom, to savour that take away coffee, to picnic and to play. The park became a carnival – restless locals congregating in masks, fitness-lovers power walking, dogs running and balls flying.

For Canterbury resident Joyce Brown, her daily lockdown walks with her friend Jan led to a surprising range of new friendships and even inspired a book, *From a Park Bench*.

Finding themselves resting on the same park bench each morning, Joyce and Jan formed a friendship with two other

women gathering at the same time each day, calling themselves the Muppets of the Bench.

As Joyce explains, “We are like the old muppet chaps who sit in the theatre box and comment on the acts on the stage. Our box is the Bench, and our stage is the Park. We are spectators disguised as four old cronies on a bench, feeling the full flow of movement all around us.”

From a Park Bench is a collection of observations and anecdotes about the characters of the park, including the “oodles of oodles” (dogs bred with poodles) and musings by Monty (Kiki’s dog), the associate member of the Muppets on the Bench. As the reader,

we immediately feel part of the muppet gang, co-conspirators in their commentary, safely on the sidelines.

We observe a movable feast of human and dog characters and behaviours, crazy, swooping and screeching birds in season, and an occasional invasion by a massive mower or fertilizer spreader. It’s a joy from the Muppet Bench to be unnoticed and to comment without hurt. We laugh a lot.

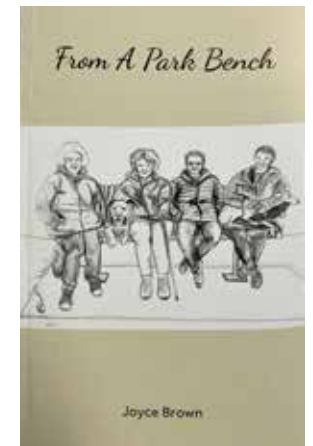
The book is a glimpse into a unique moment in time, where the experience of COVID-19 elevated the mundane of everyday life. Delightfully illustrated by Elly Johnson, *From a Park Bench* is a reminder of the simple things, the importance of community and friendship particularly during challenging times: “I hope to encourage [others] to think more positively and learn to dance on the shifting carpet.”

When asked about her background, the spritely 84-year-old Joyce Brown is hesitant to mention her extraordinary sporting career that includes her induction to the Sport Australia Hall of Fame, as well as the Medal of the Order of Australia (OAM) in 1992. Instead, she delights in describing the recent launch of the book in the park from the bench (decorated with balloons), attended by group members, family, friends and park characters.

Illustration by Elly Johnson

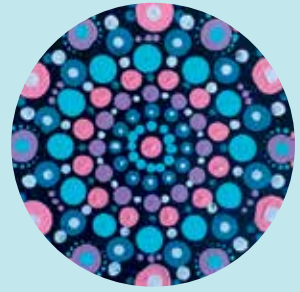


Copies of From a Park Bench are \$20 with all sale proceeds donated to the Fred Hollows Foundation. To purchase your copy, contact Joyce via email: varena@bigpond.com Copies are also available from Canterbury Neighbourhood Centre by phone on 9830 4214, or email: enquiries@canterburynh.org.au



ART WORKSHOP

Painting with Dot Mandalas



Get your creative juices flowing and come along to an art workshop this Spring!

Learn how to make beautiful patterns using dot painting techniques with acrylic paints on paper.

TUESDAY 18 OCTOBER

Special workshop celebrating
**VICTORIAN SENIORS
FESTIVAL 2022**

Seniors Card holders: \$10
2 hour workshop with morning tea

When: Tuesday 18 October, 10am

Where: 2 Rochester Rd Canterbury

Bookings: via QR or call 9830 4214



**Victorian
Seniors
Festival
40 Years
2022**



CNC **Canterbury
Neighbourhood
Centre**

