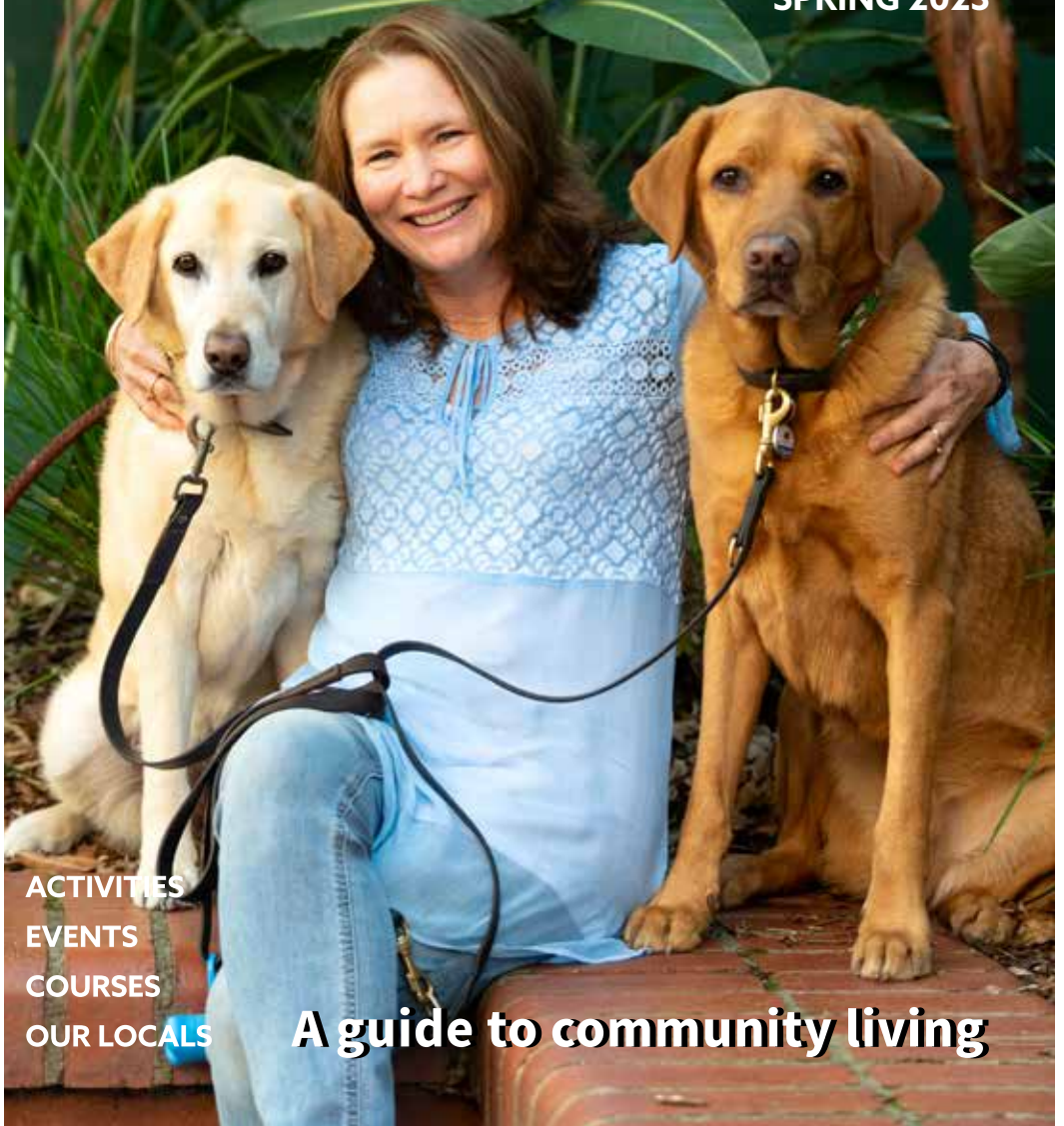


3126

SPRING 2023



ACTIVITIES
EVENTS
COURSES
OUR LOCALS

A guide to community living

3126

3126 MAGAZINE

2 Kendall Street Canterbury VIC 3126
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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

Front cover: *Angela Cartledge* – Canterbury local, see *article on page 6*.
Image by Ray Gruchy

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3126



Coming together and celebrating common interests, generosity of spirit, inclusion and diversity – these are the things that define community. Whether it be raising guide dog puppies, promoting inclusion, lending a hand through fundraising, or even just coming together around a common interest, this Spring edition of 3126 demonstrates community spirit.

It takes a generous heart to love and raise a puppy knowing that you must give it away. Volunteer puppy raiser Angela Cartledge talks about her experiences raising guide dog pups on page 6.

Camberwell Hockey club celebrates diversity and inclusion through dedicated rounds for Women and Girls, NAIDOC week, Men and Boys, and featured in this edition, Pride – raising awareness for the LGBTQIA+ community.

Craig McDonell and his family are well known Canterburians who have not only been big supporters of, but also supported by local community. And *Extracted* Café owner Steve McGinness shares his community spirit in sharing his skills supporting young people in Cambodia to find pathways to employment.

Canterbury Neighbourhood Centre is celebrating **Seniors** through October with a range of free or low-cost activities for Seniors Festival 2023, including our ever-popular historical walking tours. The Centre is also holding an information session on 21 September for anyone interested in volunteering to support a local Umbrella Dementia Café to start in early 2024. Please email office@canterburync.au to RSVP and further details.

3126 is always keen to share your local stories too, just drop us an email at 3126@canterburync.au

Short courses & activities at Canterbury Neighbourhood Centre

The Arts

Nature in art presents the Iris Flower Workshop **NEW**

Join artist Terry Napier for this special one-day workshop focusing on painting the iris flower.

Saturday 18 November (5hrs)

Cost: \$120

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 \$228

Art, tea and scones! **NEW**

Tap into your inner artist and enjoy a social art afternoon! Ideal for beginners and anyone looking for a guided creative experience. Artist Gemma Donnellan will inspire you to let go and start painting! Delicious afternoon tea included.

Saturday 28 October 1pm OR

Wednesday 22 November 1pm (3hrs)

Cost: \$85

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.

Tuesday 9.45am OR 12.45pm (3hrs)

Wednesday 9.45am OR 12.45pm (3hrs)

Term: 9wks \$275



Introduction to life and still drawing **NEW**

Explore the fundamentals of observational drawing including tone, proportion, line and value elements. Ideal for beginners and anyone who wants to improve their drawing skills.

Wednesday 10am (2hrs)

Term: 8wks \$208

Gardening & Sustainability

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

Children & Families

After school art (8yrs+)

Does your child have a passion for art? Enrol in our new weekly art class led by artist Sibone Heary. Students will learn the fundamentals of drawing, practicing portraits and still life with charcoal, pencil, and paint.

Open to kids (8+ years) and teens.

Monday 4pm (2 hrs)

Term: 8wks \$208

Structured playgroup (0-5yrs)

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

Steiner playgroup (0-5yrs)

Facilitated by an early childhood educator in the style of Steiner philosophy. Parents, grandparents or carers are encouraged to join in. Children under 12 months free.

Friday 9.30am (2hrs)

Term: 10wks \$150

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: 9wks \$216

Wellbeing

Yoga (beginners) NEW

Learn basic yoga asanas (physical postures), breathing techniques (pranayama) to help with relaxation, and experience different forms of meditation in a nurturing, small group environment. Ideal for beginners or anyone looking to incorporate yoga into their daily life.

Monday 9.30am (1hr) starting 2 October

Term: 10wks \$180

Yoga – evenings NEW

An evening yoga class suitable for all levels with our new tutor Efrat Priel.

Monday 7pm (1hr)

Term: 10wks \$180

Mat Pilates – evenings

Wind down at the end of a busy day with our mat-based pilates class.

Tuesday 7.30pm (1hr)

Term: 9wks \$162



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 \$180

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

beginners 3pm (1hr)

Term: 10wks \$180

Walking group

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) OR

NEW group 9.45am (1hr)

Free for CNC members

Yoga (beginners to intermediate)

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

Tuesday 9.15am OR 10.30am (1hr)

Term: 8wks \$144

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 \$180

Language



Languages for travel

Planning an overseas trip in 2024?

Register your interest in one of our absolute beginner classes in French or Italian starting in February 2024

French absolute beginners

Tuesday 10.30am (2hrs)

Starting February 2024

French intermediate (2+ years' experience)*

Tuesday 1pm (2hrs)

Term: 9wks \$220

French intermediate (3+ years' experience)*

Monday 1pm (2hrs)

Term: 9wks \$220

French advanced (4+ years' experience)*

Monday 10.30am (2hrs)

Term: 9wks \$220

Italian absolute beginners

Thursday 12pm (2hrs)

Starting February 2024

Italian advanced

(4+ years' experience; via Zoom)

Thursday 1pm (2hrs)

Term: 9wks \$220

Social

Community kitchenette FREE

Make yourself a coffee or tea and sit down and enjoy a magazine in our foyer.

Weekdays, 9am-4pm

Chatty café FREE

Get to know other locals and make new friends over a cup of tea or coffee.

All welcome.

Wednesday 10am (1hr)



Social crafters

Bring along your creative project and chat with other friendly makers who enjoy knitting, embroidery, crochet and more.

All crafts welcome.

Friday 10am (2hrs)

FREE for CNC members

Community library FREE

Take a book, share a book. Our community library is available weekdays from the foyer. We have a full range of thriller, history, biography, literature and more as well as children's books.

Weekdays, 9am-4pm

Mah Jong

A classic game of strategy and skill.

New players welcome.

Friday 10am (2hrs)

Term: 12wks \$50

Book circle

Meet up for lively discussions on books, films, community activities and events.

Second Tuesday of the month, 10am (2hrs)

Friday 10am (2hrs)

Bridge club

Wednesday 12pm (5hs)

Free trials available for all classes

How to book short courses and activities

Book online: www.canterburync.au

Call us: 9830 4214 during office hours

Visit us. 2 Kendall Street Canterbury

Email: office@canterburync.au

Follow us: facebook.com/canterburync

instagram.com/canterburync



Get to know your neighbours

Angela Cartledge

Volunteer guide dog puppy raiser

Angela Cartledge grew up on a dairy farm in sugar cane country in northern NSW. Despite having lived in cities for most of her life including Sydney, in New York and Melbourne, she is still a country girl at heart.

The Cartledge family moved to Canterbury 25 years ago, as they loved the amenity and the country community feel of Maling Road. Thirteen years, three daughters, two rabbits and a cat later, the family wanted a dog.

They decided that they wanted to raise guide dog puppies. 'But we were going to have to give the puppy back. Could we do it? We decided we'd like to try.'

'I'm a country girl. I'm a nurse. Raising guide dogs is similar to nursing. It's caring. It's helping others. I could never walk away from nursing. Now I focus on dogs.'

So, in February 2013, an adorable 7-week-old Labrador puppy called Flo came into their lives. Sadly, when Flo was 7 months old, she developed a serious condition which required major surgery.



I learnt from Guide Dogs Victoria that there are two types of guide dog. The first is able to shake off the pressures of their job, the second absorbs all the pressures.

She could no longer be a guide dog and was reclassified as a pet. To their absolute delight, the family was able to keep her.

Angela has raised five more guide dog puppies following Flo – Scottie, June Lorraine, Ella, Sue and Jacqui, and is awaiting her seventh later this year. Each has a story of love, devotion and service.

Angela tells Scottie’s story:

‘I learnt from Guide Dogs Victoria that there are two types of guide dog. The first is able to shake off the pressures of their job, the second absorbs all the pressures. Scottie is the second type.

‘Once he’d finished his training, Scottie’s new owner Marg got in touch with me, and we’ve grown close over the years. In that time, Scottie has saved Marg’s life on several occasions, the first on Chapel Street when a car raced through a tram stop. Scottie stopped Marg from stepping out



Sue as an energetic pup

Left: Angela with her dogs Flo and Scottie

Below: *Jacquie (left) with Sue (right)*

into the path of the speeding car, saving them both from certain death. Another time, waiting for a train at Glenferrie Station, Marg heard what she thought was the train arriving on her platform. She told Scottie to ‘find the door’ and went to step forward. Scottie rammed his shoulder into her thigh as he’d been trained to do years before, stopping her from falling onto the train tracks.

‘Last year, however, he was unable to save Marg from injury when a van unexpectedly reversed and ran over them both. Their physical injuries healed, but both Marg and Scottie developed PTSD. Scottie internalised the trauma and became too nervous to continue as a guide dog. He was retired and reclassified as a pet.

‘Seeing the work Scottie did for Marg, how he changed her life and the difference he has made, is the reason I’ve been able to keep raising guide dog puppies, because it’s really hard to give them up each time. We get attached to every single dog from the first day. How could you not? And I cry every single time I have to give them up.’

For information on how you can support Guide Dogs Victoria visit their website vic.guidedogs.com.au



Garden club

Members are enjoying a range of garden tour adventures.

The August garden club meeting was a 'grand day out' at Heide Museum of Modern Art, Bulleen.



On a magnificent winter's afternoon, the group was treated to a historical tour of the garden, conducted by Luke, one of the Museum's horticulturalists. Luke's passion and expertise was evident as he walked the group around the various sections of the Heide gardens, providing a fascinating and informative insight into the history, plantings, kitchen garden development and maintenance, significant trees and finally through to the latest part, the indigenous garden development. The ongoing vision for the future was inspirational, as was how they have managed the garden since the 1980s. The afternoon was topped off with a relaxing coffee in the café and for some, a stroll through the galleries.

Heide's gardener Luke Murchie revealing the latest scar tree found in Yaluk Langa – Heide's indigenous garden project at the river's edge.



Tour guide and gardener Luke with the garden club group in front of the Heide cottage and orchard

We hope that Heide excursion is just the start of many more adventures as the group dives into many activities, workshops and talks at CNC to help fuel great conversations, learning and the joy of gardens!

Anyone who has an interest in gardens or gardening is welcome to attend garden club meetings. For more information, contact Jo via email joanne@marchese.net.au

Garden club calendar 2023

19 September, 1pm –4pm Tool sharpening @ Canterbury Neighbourhood Centre

Bring along your garden tools, knives and scissors for a spring sharpen. Professional mobile tool sharpeners Hughes Bros. will be at the Centre offering a 15% discount.

17 October, 1pm – 2pm Local garden tour

Don is a CNC garden club member and is providing a tour of his garden.

21 November (All day) Cranbourne Gardens

Let's celebrate spring and our final meeting for the year at the truly amazing Cranbourne Botanical Gardens. Bookings essential. Register with CNC to attend.



Produce sharing

Have you excess lemons, limes, bay leaves or other plants to share? Bring them in!

Our garden club volunteers are coordinating produce sharing at Canterbury Neighbourhood Centre.

There is also an excellent range of garden books to enjoy over a cup of tea when you visit our lounge.

Everyone is welcome to donate, share and enjoy!



Craig and the McDonell family of Canterbury

When you see the ever-smiling face of Craig McDonnell selling *The Big Issue* on the corner of Bryson Street and Maling Road, outside the IGA, you are looking at someone who has spent most of his life in Canterbury.

From the mid 1970s, he grew up in the Canterbury stationmaster's house at 83 Maling Road, which was the McDonell family home. Craig's father, the late Al McDonell, had been a stationmaster who was posted across regional Victoria for many years and his family always went with him on each posting. When Al worked at Camberwell Station, the Canterbury stationmaster's house became the family home for Craig, his four brothers, Al and mother Rose.

Craig now lives in Box Hill. He enjoys taking his dog Fellow, a kelpie cross, for a walk and watching his team Melbourne

play football. When he is not selling *The Big Issue* or watching the football, he likes to watch television and is a fan of *NCIS*, Formula One and Supercars.

As a two-year-old, Craig fell five metres from a football grandstand and sustained serious lifelong injuries. When he left school he worked as a paper boy around the Canterbury area and for eighteen years sold newspapers and Metcards at Canterbury Station with his dad's help.

In 2015 the wheelchair he had used since he was eight needed to be replaced at a cost of \$25,000. Despite Federal Government funding, significantly more

Craig said his new wheelchair had given him freedom. 'I can raise it up to people's level to talk to everyone, and I'm not constantly being looked down on... which is fantastic.'

funds were needed. At this time Craig sold *The Big Issue* at the Rialto building in Melbourne. The Rialto community manager heard his story and reached out to tenants who were able to raise the remaining funds within just two weeks. Craig says his new wheelchair has given him freedom and enables him to be out and about through an entire day. 'And I can raise it up to people's level to talk to everyone, so I'm not constantly being looked down on, which is fantastic.'



The Canterbury stationmaster's house, where the McDonell family resided for many years.



Al McDonell, Tarrawingee Football Club circa 1960s

His father Al was a star footballer and cricketer who always played and coached in the country towns where he was posted. When he worked at Camberwell Station the Canterbury stationmaster's house became the family home for Craig, his four brothers, Al and mother Rose.

The entire family became legends at the Canterbury cricket and football clubs. At these clubs they played, scored, ran the boundary, worked the canteens and served on the committees – you name it, they did it. No surprise that Al and Rose were dubbed Mr and Mrs Canterbury at these clubs in the 1980s. Al and sons Dean and Craig worked hard for years at the Maling Road newsagency as well as at Canterbury Railway Station. Al and his boys were always up for banter and a good joke about their footy clubs and life in general. Al and Rose's friendliness and kindness to others in the area and their positivity was infectious making the family well known fixtures in Maling Road and the local community.

As well as living in Canterbury in his early years, Craig has sold *The Big Issue* in Maling Road for over 10 years. When you speak to Craig next, know you are buying this paper from a real old time Canterburyan who still has a strong connection with the local community.

Camberwell Hockey Club promoting



The Camberwell Hockey Club (CHC) has regularly been recognised for its role in bringing inclusion into sport. The club celebrates four key weeks during the winter season – Women and Girls’ Round, Pride Round, NAIDOC Week and Men and Boys’ Round.

Each of these rounds includes a series of presentations specifically highlighting key issues associated with the round. It is important to us at CHC that we are part of increasing awareness and education about these key rounds.

Pride Round was recently celebrated. The round helps send a message that everyone is welcome in our sport and at our club, regardless of their sexual orientation or gender identity. Pride Round also helps to raise awareness

about the challenges faced by LGBTQIA+ individuals. Young players in particular can often feel excluded and are less likely to participate in sports as they get older, and often do not see role models at the top of the sport.

Over 100 members attended two education sessions that focused on how to help us understand why we should and how to become better ‘allies’ to our CHC LGBTQIA+ friends, family and players. You can be an ‘active ally’ by promoting

inclusion in hockey



Above: *Players decked out in colourful socks. Below: Balloons literally bursting with PRIDE at Camberwell Hockey Club's Pride Round*



a welcoming space, calling out any homophobic or transphobic language or actions, or simply wearing a rainbow symbol. This was demonstrated by everyone over the weekend with our socks and ribbons!

These rounds are an integral part of the culture of the Camberwell Hockey Club and ensure that we continue to create a welcoming and inclusive environment for all.

Over 100 members attended two education sessions that focused on how to help us understand why we should and how to become better 'allies' to our CHC LGBTQIA+ friends, family and players.

Extracted

A cafe with great coffee and social mission at heart



Providing an imposing entrance to Maling Road, the historical Post and Telegraph Office building is now home to Canterbury's newest licensed café *Extracted* – a play on words for the process of making coffee.

Steve McGinness has more than twenty years experience in the coffee industry, both as a cafe owner in Fitzroy and wholesale supplier of hand-roasted coffee across Melbourne. A regular coffee judge at national and international events, Steve was a frequent visitor to Canterbury's original cafe on the site known as The Maling Room.

When he received a phone call to say The Maling Room was up for sale, he was very interested.

Before opening the business, Steve sat down with his co-owner daughter Jess and her long-term friend Amy, both with graphic design backgrounds, to plan the interior. Steve says, 'We wanted to respect the heritage of the building and make a bold statement, as well as create

We wanted to respect the heritage of the building and make a bold statement, as well as create a contemporary modern café.

a contemporary modern café.' The jarrah floorboards, which are more than one hundred years old, have been retained, and the white and navy-blue color scheme highlights the stunning original leadlight windows and building features of the ground floor café. This design has been extended to the other three floors, which house the new industrial kitchen, a function room and offices. To implement the design, Steve built the counter and the café tables himself.



In planning the menu, Steve says, 'We wanted a full menu to include Melbourne staples of café food with our own twist prepared by great chefs who also plate beautifully.' *Extracted* Benedict – panko coated eggs, bacon and sriracha hollandaise served on roti bread – is their signature dish and has become the most popular item of the menu.

Extracted also sells a wide range of different coffee bean varieties – Brazilian, Colombian, Rwandan, Costa Rican, Decaf and Home Brew packs for customers to enjoy at home.

Several times a year Steve, a qualified teacher, visits Siem Reap Cambodia to share his expertise providing barista training to scholarship students studying for the National Registered Certificate of Hospitality – a 12 month intensive program run by Dreams Training Centre, a not-for-profit Cambodian NGO charity. Sixty young people a year undertake this course, which entails eight months of schooling and a four-month internship at hotels with guaranteed work at the end of the course. Last year, two students were employed at The Grand Hyatt and some are managing departments in various hotels.

Feeding Dreams was established in 2012 to break the poverty cycle. *Extracted* donates all its tips to support the Dreams Training Centre and the Feeding Dreams Cambodia program.



Extracted Café owners, Jess and Steve McGinness

Extracted donates all its tips to support the Dreams Training Centre and the Feeding Dreams Cambodia program.



Extracted owner Steve providing barista training in Cambodia

Open from 7am to 3pm seven days a week, *Extracted* offers an extensive all-day menu including vegan, vegetarian and gluten free options. The cafe also offers a function room available for hire. Judging by the glowing reviews customers have left on the *Extracted* website, a new exciting chapter is beginning in Canterbury's historical and much-loved landmark.



COME &
TRY

The Swinburne Chorale invites you to join them for two free 'come and try' singing sessions to celebrate spring!

WHEN

Monday 23 October &
Monday 30 October
7.30pm – 9pm
Includes supper

WHERE

Canterbury
Neighbourhood Centre
2 Kendall Street
Canterbury Vic 3126

Riversdale Ward Cr Susan Biggar (left) with members of the Swinburne Chorale. Image supplied by City of Boroondara.

Spring Song Sessions

The Swinburne Chorale is a community choir and has been meeting for nearly 20 years. We are a friendly and informal group and always are looking for new members.

We sing a diverse range of acapella and accompanied songs including folk songs from around the world, spirituals, madrigals and contemporary pop songs. The choir performs in the local area with a family friendly end-of-year concert. We also make appearances at local events such as the Boroondara farmers market.

We welcome anyone who loves music and singing and no auditions necessary! Come along and join the fun! The choir meets Tuesday evenings at 7.30pm in Hawthorn.

For more information, visit swinburnechorale.com.au or email: choraleswinburne@gmail.com

ENROL
NOW!

Victorian Seniors Festival 2023

Victoria's largest seniors' festival returns this October with thousands of opportunities to participate in events. At Canterbury Neighbourhood Centre we are offering a range of special activities to celebrate.

Get active, try something new and make friends



Wellbeing & fitness

Tai Chi – Come and try beginners

Monday 2, 9, 16 October
3pm (1hr)
Cost: **Free**

Strength training – Come and try

Wednesday 4, 11, 18 & 25 October, 8.30am (1hr)
Cost: Free

Remedial massage (45mins)

Wednesday 4, 11, 18 & 25 October
Cost: **Free**

Social

Canterbury Chatty Café

Wednesdays 10am
Cost: **Free**

Local history

Canterbury Historical Walking Tour
Friday 20 October
10am or 2pm (2hrs)
Cost: \$5
including morning tea



Creative art

Art, scones and tea!

Saturday 28 October
1pm (3hrs)
Cost: \$80
(seniors discount)



We have free trials available for all our regular term programs. Bookings essential.



canterburync.au
03 9830 4214
office@canterburync.au





**MALING
ROAD**

Get
Ready
for Spring
2023

SHOP LOCAL & WIN

Spend at any Maling Road business and go into the draw to WIN one of 20 prizes. \$2300 prize pool.

September 18 - October 15



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