

# 3126

A guide to Canterbury living

ACTIVITIES  
EVENTS  
COURSES  
OUR LOCALS

Small Seeds –  
a community growing together  
See page 6

WINTER 2019

# \$5 million given back to our community



Shop 2, 143 Maling Road, Canterbury

T: (03) 9836 9466

# 3126

## Welcome to Winter

The skies may be grey and gloomy, but Canterbury streets are alive with colour as the autumn leaves drop and the azaleas and camellias burst into bloom. Today's very European gardens have replaced much of Canterbury's rich and diverse native flora, though remnants remain in some of Boroondara's parks and reserves. As a reminder of what the Canterbury area would have looked like pre-European settlement, this edition of 3126 features a fascinating article on the indigenous flora of the area.

Winter is a great time for comfort foods too, and this month 3126 introduces a recipe section featuring a delicious orange cake. It is warming and medicinal with that bug-busting vitamin C.

Are you a member of a local sporting club, community group or school in Canterbury? 3126 is keen to celebrate your organisation in print. Let us know what's happening at your place, be it an event, a good news story or just what you are all about. We will even write the story for you, contact details below.

Thank you to the 3126 editorial team for bringing 3126 together, and welcome to our new volunteer photographer Ray Gruncy. Thanks also to the committed volunteers from the Canterbury Community Action Group who distribute 3126 to every home in Canterbury.

**For further information and enquiries, volunteering or to submit a story: P: 9830 4214  
E: [3126@canterburynh.org.au](mailto:3126@canterburynh.org.au) W: [www.3126.org.au](http://www.3126.org.au)**



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Disclaimer: The views and opinions expressed in this publication are those of the businesses and companies represented in this issue and not necessarily of the editors nor the Canterbury Neighbourhood Centre.

### Front cover image:

Front cover image & page 19:  
Ray Grunchy

# Canterbury Neighbourhood Centre local short courses & activities



## **Puppetry performances for children 9-11yrs **NEW****

This class will introduce students to performing with large (half life-size) puppets in a group scenario. Students will build a basic prototype puppet. Each class will begin with stretching (basic yoga), ensemble work and physical theatre games. Following this, students will work on puppetry performance techniques including breath and movement of the puppet.

Next, students will work in small groups of 2-3 devising short scenarios. These will vary depending on ages of the participants and include dramatic sequences such as emotional responses to moments (for example receiving a letter with excellent news). At the end of each class students will showcase the work and provide each other with group feedback.  
Thursday 4pm – 5.30pm  
Starts 25 July (6wks) \$126

## Creative Pursuits

### Artists in conversation **NEW**

Join us over four evenings in August for artist talks by professional craft practitioners. Run in conjunction with Craft Victoria as part of Craft Cubed, these talks offer an insight into the lives and works of some of Melbourne's most talented crafts people. Free event but booking required.

Thursday 8 & 22 August 7pm – 8pm

### Beeswax wraps **NEW**

Be 'part of the solution' with this practical sustainability workshop. Participants will learn how to make and maintain their own beeswax wraps for keeping food fresh and hygienic without the use of single-use plastics such as cling-wrap. This is a hands-on workshop where participants will make their own ready-to-use beeswax wraps and learn skills that are transferable to the home environment. All materials are included and students will make two wraps. Emma Grace is a facilitator and contemporary jeweller passionate about incorporating sustainability into her work. She was featured in The Age Melbourne Magazine's Top 100 most inspiring and influential people for her initiatives combining craft and sustainability. Emma has taught workshops for schools, councils, community centres and festivals for over 10 years. She has extensive experience working with diverse groups of people and thrives on creating a positive environment in which participants can flourish.

Thursday 6.30pm – 8.30pm  
25 July (1wk) \$75



### Nature in art (beginners welcome)

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 22 July (8wks) \$216

### Watercolour (beginners to advanced)

Explore a range of mediums and techniques in this small class with our experienced and talented artist Deb Mawdsley. Tuesday 9.30am – 11.30am or 12.45pm – 2.45pm  
Starts 16 July (8wks) \$200

### Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new beanbag or cushion. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Some storage is available between classes. Suitable for all levels. Tuesday 9.45am – 12.45pm or 12.45pm – 3.45pm  
Starts 16 July (9wks) \$270

## Children and Families

### Playgroup – structured

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 and Tuesday 9.30am – 11.30am

Monday starts 15 July (10wks) \$140

Tuesday starts 16 July (10wks) \$140

### Play music

Fostering positive interactions between generations, this structured playgroup brings together children and seniors in a shared space. Designed by a music therapist, the class focuses on music and movement; activities include singing familiar songs, playing instruments and movement. A structured 45-minute session followed by morning tea and free play.

Friday 10.30am – 12pm

Starts 19 July (9wks) \$120

### Drama basics for children (5–7yrs) **NEW**

Children will learn the basics of drama to put together several short performances. Focusing on character, story telling and music.

Wednesday 4pm – 5pm

Starts 17 July (8wks) \$160



### Young Superstars – acting for children (3–4yrs) **NEW**

Students will be introduced to the basics of acting and encouraged to engage their imaginations, going on a dramatic adventure of outer space and pirate island. Robert is a theatre director and producer. He has worked with some of Australia's biggest theatre companies, including Melbourne Theatre Company, Bell Shakespeare Company and Opera Australia. He is an experienced facilitator and educator, specialising in working with young and school aged children. He has a Bachelor of Performing Arts from Monash University and a Masters of Directing from the Victorian College of the Arts.

Monday 10.45am – 11.45am

Starts 22 July (1wk) \$25



## Health and Wellbeing

### **Buff bones for osteoporosis**

A pilates based full body workout for bone strengthening and balance, integrated with strength training, functional and rehabilitative exercises. Please bring a yoga mat and a small towel.  
Monday 9.30am – 10.30am  
Starts 15 July (10wks) \$170

### **Dance Latino Style NEW**

These classes offer a variety of Latino styles such as Salsa, Samba, Cha Cha, Rumba among others. The movements are gentle and adapted to all shapes, sizes and ages and does not involve partner work. Join us in our fun classes that promotes fitness, focus and confidence. No experience necessary.  
Thursday 10.30am – 11.30am  
Starts 18 July (10wks) \$160

### **Fun fitness for the brain and body - Ageless grace**

A fun, seated exercise program to uplifting music, which is designed to focus on healthy longevity of the body and mind. It is fun, playful and for people of all ages and abilities.  
Friday 10am – 10.45am  
Starts 19 July (10wks) \$140



### **Pilates for flexibility NEW**

Improve your posture through correct alignment. Flexibility and strength will be a focus of the class with a variety of different Pilates props including Therabands, Franklin balls and Pilates rings. Suited to all ages and levels of mobility. Please bring a yoga mat and a small towel. Robyn is an experienced instructor who has worked in physiotherapy clinics in Singapore and the USA. She is passionate about helping her clients recover and maintain their fitness and vitality by improving their strength, flexibility, body awareness and posture.

Thursday 10.45am – 11.45am  
Starts 18 July (10wks) \$160



### **Tai Chi**

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

*Beginners*

Friday 11am – 12pm

Starts 19 July (10wks) \$140

*Ongoing*

Friday 9.30am – 10.30am

Starts 19 July (10wks) \$140

### **Walking groups**

Get fit and make friends. Enjoy a walk through the streets and gardens of Canterbury. Stop for a coffee along the way!

*Fast pace*

Thursday 9.30am – 11am

Starts 18 July, Free for CNC members

## Walking groups continued

*Gentle pace*

Thursday 9.30am – 11am

Starts 18 July. Free for CNC members

## Yoga (Beginners to experienced)

Hatha yoga uses gentle stretching techniques to release tension, increase flexibility create a sense of calm. Contact each centre for details.

Monday 9.30am – 10.30am

Starts 15 July (10wks) \$140

Tuesday 9.30am – 10.30am

Starts 16 July (10wks) \$14

## 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 10.45am – 11.45am

Starts 15 July (10wks) \$14

## Yoga – Prenatal **NEW**

This Hatha yoga class focuses on meditation, breathing and relaxation to promote health and well-being during pregnancy. Suited for those new or experienced, not recommended for women in their first trimester.

Tuesday 11am – 12pm

Starts 16 July (10wks) \$140

## Community

### Small Seeds

Help create and maintain a small raised garden and grow fresh vegetables in our community garden.

Tuesday 1.30pm – 2.30pm

Starts 16 July **Free**

## Language

### French for absolute beginners

Wednesday 10am – 12pm

Starts 17 July (9wks) \$207

### French for beginners (3–6mths exp)

Wednesday 12.30pm – 2.30pm

Starts 17 July (9wks) \$207

### French beginners plus (6+mths exp)

Tuesday 1.15pm – 3.15pm

Starts 16 July (9wks) \$207

### French intermediate (12mths exp)

Monday 1pm – 3pm

Starts 15 July (9wks) \$207

### French advanced (4+ yrs exp)

Monday 10.45am – 12.45pm

Starts 15 July (9wks) \$207

### Italian beginners (6mths+ exp)

Thursday 12.30pm – 2.30pm

Starts 18 July (9wks) \$207

### Italian beginners (6mths+ exp)

Thursday 9.45am – 11.45am

Starts 18 July (9wks) \$207

### Italian beginners (12mths+ exp)

Wednesday 3pm – 5pm

Starts 17 July (9wks) \$207

### Italian intermediate (12mths+ exp)

Wednesday 12.45pm – 2.45pm

Starts 17 July (9wks) \$207

### Italian intermediate (2yrs exp)

Thursday 12.20pm – 2.20pm

Starts 18 July (9wks) \$207

### Italian advanced

Thursday 10am – 12pm

Starts 18 July (9wks) \$207



### **Italian advanced (6yrs+ exp)**

Wednesday 9.30am – 11.30am  
Starts 17 July (9wks) \$207

### **Spanish absolute beginners**

Monday 1pm – 3pm  
Starts 15 July (9wks) \$207

### **Spanish intermediate (6mths+ exp)**

Monday 10.30am – 12.30pm  
Starts 15 July (9wks) \$207

## Writing and Literature

### **Book circles – Maling Rd & Bellevue**

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.

#### *Maling Rd*

1st Tuesday/month 10am – 11am

2nd Tuesday/month 10am – 11am

2rd Tuesday/month 2.30pm – 3.30pm

#### *Bellevue*

3rd Tuesday/month 10am – 11am

Free for CNC members

### **Literature – Jane Austen**

Nourish your mind exploring a broad range of written works and other media from literary, philosophical and other perspectives.

Wednesday 1pm – 3pm

Starts 31 July (8wks) \$184

### **Words of War **NEW****

Discover how extensively the global wars of the 20th century have made a lasting impact on the English language. No prior knowledge required.

Tuesday 10am – 12pm

Starts 23 July (4wks) \$92

### **Writing life**

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

Tuesday 10am – 12pm

Starts 30 July (8wks) \$184

## Technology

### **Tech and tea**

Learn more about how to use your smart phone or tablet in a relaxed, friendly local café. Call CNC for further details.

Monday 9.30am – 11.30am

Starts 15 July (2wks) \$20

### **To find out what's on at Canterbury Neighbourhood Centre follow us on**



[www.facebook.com/canterburynh/](http://www.facebook.com/canterburynh/)



[canterburync](https://www.instagram.com/canterburync/)



**Canterbury  
Neighbourhood  
Centre**

### **Talk to us**

Pop in: 1st floor, 2 Rochester Rd, Canterbury

**Call us:** 9830 4214

### **Send us an email:**

[office@canterburynh.org.au](mailto:office@canterburynh.org.au)

Visit the website: [canterburynh.org.au](http://canterburynh.org.au)

### **Become a member**

The Canterbury Neighbourhood Centre is a not-for-profit, community-led organisation. Membership is required to enrol in term-based courses. Your membership helps support the important work of the centre. Membership is \$15 per year.

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### **Camberwell Hockey Club –**

#### **A supporting community partnership**

For more information John Unkles

0417 258 396 or email

[board@camberwellhockeyclub.com.au](mailto:board@camberwellhockeyclub.com.au)

# The natural history of Canterbury

**Gary Presland\***

What did the Canterbury area look like when first seen by Europeans? What type of vegetation covered the ground, and what animal species would have been found locally? We can answer these questions in general terms through the use of historical records, paintings and drawings, and recent scientific studies.



Above: *Near Box Hill* – 1890 oil painting by Bartilini (Collection of State Library of Victoria)  
Right: *A white-footed Dunnart*. (*Sminthopsis leucopus*) Image: Wikipedia

The natural history of any area largely depends on the age and type of local geological formations, along with climatic factors such as temperature and rainfall. The shape of the landscape – its topography – and the type and depth of local soils greatly influence the type of vegetation that grows, and thus the range of animal life that can find local habitats.

Canterbury sits on rocks of two different ages. The lower areas are underlain by the common bedrock of Melbourne, 420+ million-year-old Silurian sandstone, mudstone and siltstone. In the more elevated areas, the bedrock has been overlain with another sandstone, laid down between 20 and 5 million years ago during Miocene and Pliocene times. The differences in elevation, topography, and in soil type and thickness between these two rock units were influential in the development of slightly different vegetation regimes.

In pre-European times, Canterbury was predominantly covered by grassy woodlands. These areas were dissected in various places by small streams, the margins of which carried a thicker, scrubby riparian vegetation, probably including teatree and wattles with an understorey of sedges, rushes and grasses.

In the lower areas of Canterbury the dominant trees were river red gum, with black wattle and blackwood often present. Other trees included rough-barked manna gum, drooping sheoak and black sheoak. There were also scattered shrubs, including hedge wattle, grey parrot-pea and prickly tea-tree. The ground cover was usually grassy and herbaceous with sedges and lilies also present.



In the higher parts the woodlands were dominated by drooping sheoak and black sheoak, or eucalypt species such as red stringybark, narrow-leaf peppermint and long-leaf box, as well as blackwood, cherry ballart, sweet bursaria, and common heath.

These open woodlands provided habitat for a diverse range of animals. Eastern grey kangaroos were found around the margins of open, grassy patches. Species of possum and other small mammals, such as a couple of bandicoot species and the white-footed dunnart, might have found homes here as well.

Birds were both more numerous and more visible. As recently as the 1960s at least 25 avian species were recorded in the general region of Canterbury. The insect species undoubtedly constituted the greater part of animal life in this locale, as they do everywhere, but they went largely unnoticed. This is partly because they are the smallest and thus least visible, and partly because insects are not as cute and cuddly as other animals.

*\* Dr Presland is a writer, historian and an authority on the Aboriginal and natural history of Melbourne. This article is based on a talk he gave to the Canterbury History Society on 29 April 2019*

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# Planning has begun!

**Architects have been appointed and concept planning is now underway for the Canterbury community precinct.**



Perkins Architects have over 30 years of experience in building community and children's centres. A combination of new and refurbished existing buildings will come together across the precinct to create a community space with the Canterbury Gardens at its heart.

The development will bring together services that are currently operating in different locations. These include maternal and child health, kindergarten, occasional care, toy library, Interchange

disability services, as well as the Canterbury, Balwyn and Surrey Hills historical societies, Canterbury Neighbourhood Centre and Canterbury Community Gardens.

Over the coming months these services will work with Boroondara Council and the architect to create a place where residents of Canterbury and beyond can connect and belong with each other, find support and a great range of activities to meet the needs of all generations.

# Local treasure:

## St Paul's Anglican Church World War 1 Memorial Honour Board



On the corner of Highfield and Church Roads immediately uphill from St Paul's Anglican Church stands Canterbury's Peace Memorial Hall, which was built to commemorate World War 2. If you step inside the foyer and look up to your right, you will see another, smaller memorial, to an earlier war, the St Paul's World War One Memorial Honour Board.

It is a particularly beautiful honour board. At its centre is a large cross on a pale background, both in marble and bordered by richly coloured mosaics. Inlaid into the cross and surrounds are the names of the seventy-two St Paul's Church parishioners who served in World War One. The names on the cross under the inscription FAITHFUL UNTO DEATH are of the twelve men who gave their lives. On either side of the cross are the names of the fifty-eight men and two women who returned safely.

The two women, sisters Daphne and Claudine Cadwallader, served as nursing sisters in war hospitals in India and Egypt. Their brother, Stanley Albert Moger, who was awarded the Military Medal and the Medal for Conspicuous Gallantry and Devotion to Duty while repairing telephone lines at Ypres, was not so fortunate. He contracted pneumonia and died in November 1918, just a few days before the signing of the Armistice.

Honour boards to commemorate those who served in the war were very popular during World War One. From the early years of the war they were installed in town halls, schools, churches, sporting clubs, workplaces and other venues all over the country.

The St Paul's Anglican Church Honour Board was commissioned in January 1918, ten months before Armistice Day. A 'house to house canvas' was conducted to raise funds for the design and manufacture of the honour board which was to be mounted in the church. The community contributed £63.8.9 and church funds made up the difference, with the overall cost being £65.

Mr Alf Carleton, vestryman and honorary architect of St Paul's, prepared the design for the board which was manufactured by Brooks, Robinson & Co, a leading local designer and manufacturer of stained glass who also designed a number of the stained glass windows in the church.

The honour board used the *opus sectile* mosaic design, one of the earliest honour boards made in this style in Melbourne. *Opus sectile* is mosaic technique popularised by the Romans and revived by the Arts and Crafts movement in Britain in the late 19th century. Unlike tessellated mosaic which uses uniformly-sized small pieces in different colours and materials to produce a design, *opus sectile* uses pieces that may be much larger and can be shaped to define different-sized parts of the design.

On 14 December 1919, the honour board was unveiled by Major-General Edwin Tivey, commander of the AIF 8th Infantry Brigade at Suez and on the Western Front. Initially the honour board was mounted on the west wall in the north transept of the church, but was moved to its present location in 1964.

*Research by Jill Bales, Leader of the Archive Group at St Paul's, Canterbury.*

*Sources: St Paul's Anglican Church Vestry Minutes, 1918-1920, and AWM Service Records.*

*Image: Ray Gruchy, 2019*



# #NEVERGIVEUP

## The Motor Neurone Disease Association of Victoria

The Motor Neurone Disease Association of Victoria (MNDV) was established in 1985 by a group of families as a way to support each other through their journey with motor neurone disease (MND). MND is a neurological disease that is always terminal. There is currently no known cause, active treatment or cure and on average the time from diagnosis to death is three years. Today MND Victoria employs twenty-eight staff dedicated to helping people with MND live the best life possible, supporting their carers and families, and funding research into its cause, treatment and cure. We also have some 130 volunteers who provide administrative and client and family support.

Our services include advisors who work with individual clients, their families and friends, health professionals, community organisations and carers. We also provide an information service, which includes group programs for individual clients, their families and carers such as Living Well, Living Through and Living On. Most importantly, our equipment service provides a variety of equipment on loan at no cost to the person with MND, no limit on the number of items loaned or the amount of time they can be kept. This service currently has an inventory worth over \$1.5 million with items ranging from manual wheelchairs valued at \$1,000 each through to tilt-in-space power wheelchairs at \$15,000 each.

MND Victoria employs twenty-eight staff dedicated to helping people with MND live the best life possible, supporting their carers and families, and funding research into its cause, treatment and cure.



We receive only about 25% of our funding from government. The balance comes from our wide range of fundraising activities, such as sponsored walks, concerts and special events, sausage sizzles and selling merchandise such as hoodies and scarves. We are very fortunate to have dedicated fundraisers who want to do whatever it takes to raise funds and every year we raise around \$3.5 million to underwrite our services.

**If you would like to find out more about MND or the activities of MNDV, if you would like to volunteer, hold or take part in a fundraising activity, buy or sell our merchandise, you can contact us as follows or just follow us on Instagram, Twitter or Facebook.**



**The Motor Neurone Disease Association of Victoria**

265 Canterbury Road,  
Canterbury, opposite  
Wattle Valley Road  
Email: [info@mnd.asn.au](mailto:info@mnd.asn.au)  
Tel: 9830 2122 or  
Freecall: 1800 806 632  
Website: [www.mnd.asn.au](http://www.mnd.asn.au)

## Winter recipe: Easy Orange Cake

**Brought to you by Ruby T's Café**

It's citrus season!  
This super easy, moist orange cake is the perfect way to bring some yum to cooler winter days. It makes fabulous cupcakes too.



### Ingredients

- 2 oranges
- 180g melted butter
- 3 eggs
- 1 cup of caster sugar
- 1 1/2 cups self raising flour

### Method

1. Preheat oven to 180°C.
2. Line a round 20cm cake tin with baking paper. (For cupcakes put the papers into the cupcake tray).
3. Place the whole orange into the food processor and puree.
4. Add the butter, eggs, sugar and flour and then blend until combined.
5. Bake for approximately 45-50 minutes or 15 minutes for cupcakes.
6. Test by pushing a skewer into the middle. If it comes out clean the cake is cooked. If not, return to oven for a few more minutes and test again.
7. Allow to cool slightly in tin and then remove cake and cool on a rack
8. Enjoy!

**Ruby T's Café is at 110 Maling Road, Canterbury  
Phone: 9836 1914**



# A true community partnership

Canterbury Surrey Hills Community Finance Limited operate the Canterbury, Ashburton, Balwyn and Surrey Hills Community Bank® branches under a franchise agreement with Bendigo Bank. Our model is a partnership between our community and Bendigo Bank. We have a franchise to operate each branch, which means we control the capital in our community and keep the profits in our local area.

The 'Community' in 'Community Bank®' is not just a name. The Community Bank® model, pioneered by Bendigo Bank some 21 years ago has long bucked a trend of banks closing branches across regional and metropolitan centres throughout Australia, sparking a community-led movement across the country, which has delivered \$183 million in profits back to local communities, generating jobs and local economic growth. Our Community Bank® network is no different, community members have been involved from the start, and are still the driving force behind our success.

... a community-led movement... has delivered \$183 million in profits back to local communities, generating jobs and local economic growth.

Our company is led by a Board of Directors, made up of committed members of our local community. They live locally, many of them work locally, and they're all involved in supporting local community groups.

Our local community is where we draw our business- the residents who have home loans and deposits, the local traders who use our business banking services, the community groups (sporting, clubs, welfare organisations, community groups, schools and early childhood providers) who bank with us.

We create employment in our local area contributing to continued economic growth. Many of our employees live locally, which means they spend locally.



Our local community is where we invest around 60% of our profits.

Since the opening of the Canterbury Branch 16 years ago, we have returned more than \$5million to the community across all areas—sporting, disability, aged care or youth to name a few. We are a business with firmly entrenched values of caring for the community and customers at its core.

Many local projects have been made possible by the contribution from the

Community Bank. When you support the Community Bank®, the community benefits.

**Please contact Canterbury Branch Manager, Shuro Shome and the friendly team at the Canterbury Branch to see how they can assist you.**

Shop 2, 143 Maling Road

Canterbury

Phone: 9836 9466

[canterburymailbox@bendigobank.com.au](mailto:canterburymailbox@bendigobank.com.au)

[www.supportingourcommunity.com.au](http://www.supportingourcommunity.com.au)

# Camberwell Grammar provides a recycling service to the local community recycling

Over the last couple of years, Camberwell Grammar School has been working hard to do its part in diverting waste from landfill, both within the school and for the local community.



During 2018 it introduced comingled recycling streams throughout the school and a mobile phone recycling station in its Senior School Library. Comingled recycling is the material we all put in our recycling bins at home for the Council to collect – paper, cardboard, glass, plastic, aluminium and steel.

This year they have extended the service to collect two other major sources of waste around our homes, which we often don't know what to do with – clothing and e-waste. To ensure that clothing collected does not end up in landfill, the school chose a family-owned operation, the SCR Group, which collects and

distributes clothes around Australia and offers it to charity shops in Australia, overseas markets and, as a last resort to be converted into fuel which is used to generate power.

The other great recycling service they have introduced is to help us all get rid of all those superannuated or broken electronic devices cluttering up cupboards and hiding in drawers, such as radios, video-recorders, cameras and TVs plus associated cords and batteries.

The other great recycling service they have introduced is to help us all get rid of all those superannuated or broken electronic devices...

The e-waste will be broken down and mined for minerals, which is more productive, tonne for tonne, than mining ore. Recycling clothing saves it from the extremely long process of decay in landfill and avoids the leaching into the soil of the toxic dyes and plastics which are used to make our modern clothes.

By sending unwanted goods to a new phase in their manufactured existence, the benefit gained from the energy spent on their creation is maximised, and the long-term impact of their toxic components is minimised.

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### Collection bins in Highton Carpark

Two collection bins have been placed in school's Highton Carpark. The **yellow bin** is for clothing, sheets and other items of manchester. The **purple bin** is for e-waste. The bins are accessible during school hours.



## Maling Road Pharmacy

We are a friendly neighbourhood pharmacy known throughout the district for our thorough, accurate and caring service.

We dispense prescriptions, give advice on medications and provide a range of diabetes, asthma and health monitoring support services as well as pharmacy vaccinations. We also stock a wide range of over-the-counter medicines as well as health, wellness and beauty products.

If you want professional healthcare advice, need a flu vaccination or are just looking for a gift, we'd love you to drop in and speak to our staff.



### Maling Road Pharmacy

131 Maling Rd Canterbury 3126

Ph: 9836 4039

malingrdpharmacy@hotmail.com

www.malingroadpharmacy.com.au

# Do you have niggling injuries?



**ALTA Fitness is a boutique fitness studio that offers personal training, rehabilitation, and coaching programs in strength and conditioning disciplines to nurture and inspire our community for the long term.**



## **ALTA Fitness**

233 Canterbury Rd, Canterbury 3126

Ph: 9077 8946

[www.altafitness.com.au](http://www.altafitness.com.au)

Mon – Fri: 6am–8pm

Sat: 6am–12.30pm

Sunday: Closed

Many of our clients have injuries or pain when they first come to see us, and one of our major roles at ALTA is getting people moving well.

If you're having pain in a specific area, for example the knee, first stretch and/or massage the muscles/facia below and above rather than focussing on the point of pain. Often this helps to release the tension on the joint by creating more fluid movement, eliminating or lessening the pain.

As another example, the feet are the doorway to the body and if you are experiencing pain in your knees, hips, back or shoulders it may be stemming from inflexibility and tightness in your feet.

Come and see us for your fitness needs and we'll review your movement patterns and get you moving well for life.

**Your first Fitness Assessment & 30 minute PT are free!**

Jean-Claude, Linda  
and the ALTA Fitness team.

## Canterbury Community Action Group (CCAG)

# Maling Road mural project

**In May 2018, Kenn Buckley and CCAG conceived the idea of painting a mural on the long blank side wall of Buckley's IGA Supermarket in Maling Road Shopping Centre.**

With the support of the Maling Road Business Association, Canterbury History Group and Canterbury Neighbourhood Centre, CCAG successfully applied for a Boroondara 2019 Community Strengthening Grant for the proposed mural.

Following receipt of the grant, CCAG held a meeting with interested community members who nominated their preferred mural themes for the site. Due to the enthusiastic input, the concept grew from one mural to a Maling Road Mural Precinct which would showcase a range of different mural themes and artists across seven sites around Maling Road, plus a historical laneway walk.

First and foremost we are forging ahead with our planning for the Buckley's mural. The CCAG grant will fund the development of three or four concepts from a range of artists which we will circulate and upload onto our website for comment in August. Importantly from there we will be seeking funding from various sources to complete the final painting of the IGA mural and begin planning for the other murals in the precinct.

We look forward to and welcome broad community input into the selection, development and funding of the preferred concept and mural project.

**For further information contact John at [john@jjcgroup.com.au](mailto:john@jjcgroup.com.au) or Jo at [joanne@marchese.net.au](mailto:joanne@marchese.net.au)  
W: [www.ccag.net.au](http://www.ccag.net.au)**

## Auto Classico entry form

Name: .....

Mobile: .....

Email: .....

Car details: .....

**To enter the Auto Classico fill in the form above and do one of the following:**

**Drop off at:** Maling Road Toyshop, 4 Theatre Place, Maling Road or

**Email:** [melbournevintagekombihire@gmail.com](mailto:melbournevintagekombihire@gmail.com) or

**Call Peter for more details:** 0417 338 438

# Call for entries!

See inside back page for entry form details

## Maling Road Canterbury

# AUTO classico

**SUNDAY**  
18th August 2019  
Starts 10am



Street Display  
of classic  
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dishan marikar  
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