

3126

A guide to Canterbury living

ACTIVITIES

EVENTS

COURSES

OUR LOCALS

SUMMER 2019-20

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fresh asian salad
page 13



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3126 Camille Claudel Story attracts local and overseas interest

Ray Gruchy

The last issue of 3126 attracted local and international interest with our story unravelling some of the mystery surrounding the shrine of Camille Claudel. The shrine – a bronze bust of the artist, set on a brick wall behind Canterbury Mansions in Wattle Valley Road.

As mentioned in the article, I wrote to the Rodin-Claudel Museum in France. They replied after 3126 was published and wanted to know more. I sent them the details of my findings as well as photos and copies of 3126, which they have shared with the Camille Claudel Museum. So now there is a bit of Canterbury history in two marvellous museums in France.

As I had also contacted the Victorian Sculptors Association seeking information, I sent details back to them. I was pleased to learn that they had already read the article on Camille in 3126 – a small world indeed.

A little bit more on the back story. Not long after the old stables behind Canterbury Mansions (Malone's Hotel) were refurbished, a resident commissioned local sculptor, Graeme Foote, to create the sculpture of Camille Claudel. I have learnt that the resident was a retired architect who lived in the stables until his death at the ripe old age of 96. I also learnt that there is a fountain sculpted by Graeme inside the Canterbury Mansions building.

A neighbour who read the article told me she knew Graeme and his wife Angie, as they lived locally and their children went through school together. She enjoyed reading about the Claudel memorial and Graeme's role in it. A further surprise was that another neighbour has a couple of Graeme's sculptures on his balcony.

It is obvious that the story has stirred local interest and I have also been invited to speak at the local Probus meeting. It is quite fitting that the desire of one person to honour the creativity of another can reach across time and the globe to provide a story of genuine local interest.

3126

Contents

| | |
|---|----|
| Canterbury Neighbourhood Centre's local short courses & activities – term 1, 2020 | 2 |
| History of Canterbury by much loved local historian | 8 |
| Majid Christmas Sale & FAQs | 10 |
| Maling Rd Autoclassico 2019 | 12 |
| Asian Tofu salad | 13 |
| Mindfulness | 14 |
| Keeping Fit and the Festive Summer Season – Alta Fitness | 15 |
| A boutique with the best | 16 |
| CCAG AGM | 16 |
| Shaping the future of the Maling Road Precinct | 17 |
| A new look for Canterbury Eyecare | 18 |
| Showcasing Australia's best - Canterbury Art Exhibition | 19 |
| Canterbury Medical Clinic | 20 |
| Alan Ku celebrates ten years as Maling Road's pharmacist | 21 |
| Maling Road Kristkindl | BC |

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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
by Ray Gruchy, food prepared by The Good Food Collective.

Images by Ray Gruchy:
pages 2, 6, 13, 16 & 17



Canterbury Neighbourhood Centre local short courses & activities



The Arts

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 3rd Feb (7wks) \$196

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 Tuesday 4th Feb (8wks) \$208

Creative drawing

Using graphite, charcoal, pens and watercolour this class will break down techniques of drawing.

Emphasis is placed equally on what the eye sees, and on expression, description and the pleasure of making. Suitable for beginners to advanced alike.

Wednesday 10am – 12pm
Starts 5th Feb (8wks) \$208



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. Some storage is available between classes. Suitable for all levels.
Tuesday 9.45am – 12.45pm or
12.45pm – 3.45pm
Starts 4th Feb (8wks) \$244

Children

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 3rd Feb (7wks) \$109
Tuesday starts 4th Feb (8wks) \$124

Young Superstars – acting for children (3–4yrs)

Learning the basics of acting, children will go on a journey to outer space and a pirate island.
Friday 9.30am – 10.30am
Starts 28th Feb (1wk) \$25

Drama basics for children (5–7yrs)
Children will learn the basics of drama to be able to go on to put together several short performances. Focusing on character, storytelling and music.
Wednesday 4pm – 5pm
Starts 5th Feb (8wks) \$160

Clay play-hand built ceramics for children 8–12yrs

Have fun learning about ceramics and sculpture as you make creative artworks in clay. Students will learn a range of hand building techniques to make sculptures, pots and other objects. They will learn about working with clay and develop skills through structured activities and creative projects. Activities are age appropriate and focus on creativity, experimentation and having fun. Students will complete several projects and some artworks will be kiln-fired and glazed. Materials included.
Wednesday 4.15pm – 5.45pm
Starts 19th Feb (6wk) \$186



Cooking

Chinese dumplings for lunch

Learn how to make Chinese dumplings for a simple meal. Class will cover selection of ingredients, preparation and cooking, followed by sharing a meal with fellow students. You will learn how to make meat and vegetarian dumplings with gluten free options.
Wednesday 10.30am – 12.30pm
Starts 26th Feb (1wk) \$75

Asian grocery shopping

Would you like to confidently walk into an Asian style store to make your gourmet purchase? Ruby will take you shopping at a local Asian supermarket and explain what's what. Students will be encouraged to have morning tea afterwards to continue discussions about their delicious purchases.
Wednesday 10am – 11.30pm
Starts 4th March (1wk) \$20
(\$15 for members)



Sustainability

Acting Sustainably

#Where do I start?

This evidence-based program presented by technical experts explores best environmental practice that can be applied now for a more sustainable lifestyle. Presented on the third Wednesday of each month, we discuss a variety of topics that influence carbon emissions, energy and water usage, transport, gardening and food production.



Water, water everywhere

Consider the different types of water that come into an urban property and how each can be used, reused or reduced appropriately to make best use of the available water.

Wednesday 6pm – 8pm
19th Feb (1wk) \$20

People have the power

Discuss alternative sources of energy commonly used in homes and consider the main ways in which we can decrease usage.

Wednesday 6pm – 8pm
18th March (1wk) \$20

How green is my garden

Learn how to garden without pesticides and create bee and insect friendly gardens.

Wednesday 6pm – 8pm
15th April (1wk) \$20

Fitness

Silver Sneakers

Incorporating strength training using lightweight equipment and body movement to increase muscle strength, this program is led by a skilled personal trainer. Each session includes morning tea and handouts for follow-up exercises at home. Also, each month a guest speaker will present topics such as nutrition and managing specific health issues.

Thursday 9.30am – 10.30am
Starts 6th Feb (8wks) \$136



Strength and wellbeing for men

With a focus on strength and weight training to build muscle and maintain or improve mobility, this program is tailored specifically to men's needs. Also, each month a guest speaker will present topics such as nutrition, pain management, falls prevention, osteoarthritis and self-help strategies.

Friday 10.45am – 11.45am
Starts 7th Feb (8wk) \$136



Pink Ribbon Pilates

Endorsed by the National Breast Cancer Foundation, the Pink Ribbon Program was created to enhance recovery for breast cancer patients. Utilising pilates this program helps stretch and strengthen shoulder, chest and back allowing the patient to improve range of motion and strength to those areas most affected by breast cancer surgery, treatment and reconstruction.

Doctor's clearance required.
Monday 10.45am – 11.45am
Starts 3rd Feb (7wks) \$126

Buff bones for osteoporosis

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

Monday 9.30am – 10.30am

Starts 3rd Feb (7wks) \$119

Thursday 9.30am – 10.30am

Starts 6th Feb (8wks) \$136

Dance Latino Style

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.

Tuesday 10.45am – 11.45am

Starts 4th Feb (8wks) \$128

Fun fitness for the brain and body – Ageless grace

An uplifting holistic program for wellbeing which is beneficial for stress and anxiety relief, memory retention, coordination, balance, and promotes creativity. Suitable for people of all ages and abilities who are interested in maintaining their brain health.

Friday 10am – 10.45am

Starts 7th Feb (8wks) \$128

Pilates for flexibility

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.

Thursday 10.45am – 11.45am

Starts 6th Feb (8wks) \$136

Tai Chi

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

Beginners

Friday 10.45am – 12pm

Starts 7th Feb (8wks) \$128

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.

Fast pace

Thursday 9.30am – 11am

Starts 6th Feb

Free for CNC members

Gentle pace

Thursday 10am – 11am

Starts 6th Feb

Free for CNC members

South Melbourne Walking Tour

Join us for a leisurely stroll around South Melbourne. We will visit Coventry Bookstore, The Australian Tapestry Workshop, Emerald Hill Branch Library and South Melbourne Market, walking interesting and historic streets.

Friday 11am – 1pm

Starts 13th March (1 wk)

\$15/CNC members \$20/non-members



Yoga (Beginners to experienced)

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

Monday 9.30am – 10.30am

Starts 3rd Feb (7 wks) \$98

Tuesday 9.30am – 10.30am

Starts 4th Feb (8wks) \$112

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 3rd Feb (7wks) \$98

Gardening

Small Seeds – Wicking Bed design

Wicking beds are an increasingly popular way to grow vegetables. Learn how to design and construct your own wicking bed in this 2 hour presentation.

Wednesday 11th March 10am – 12pm \$20

Tuesday 3rd March 1.30pm – 2.30pm Free

Small Seeds – Autumn in my garden

Discover what to plant and how to rejuvenate your garden in autumn. Presented by a local landscape designer and followed by afternoon tea.

Tuesday 3rd March 1.30pm – 2.30pm Free



Language

French for absolute beginners

Friday 10am – 12pm

Starts 7th Feb (8wks) \$192

French beginners plus (18+mths exp)

Tuesday 1.15pm – 3.15pm

Starts 4th Feb (8wks) \$192

French intermediate (2yrs exp)

Monday 1pm – 3pm

Starts 3rd Feb (7wks) \$168

French advanced (4+ yrs exp)

Monday 10.45am – 12.45pm

Starts 3rd Feb (7wks) \$168

Italian absolute beginners

Friday 9.30am – 11.30am

Starts 7th Feb (8wks) \$192

Italian beginners (6mths exp)

Thursday 12.30pm – 2.30pm

Starts 6th Feb (8wks) \$192

Italian beginners (12mths+ exp)

Thursday 9.45am – 11.45am

Starts 6th Feb (8wks) \$192

Italian beginners (2yrs exp)

Wednesday 3pm – 5pm

Starts 5th Feb (8wks) \$192

Italian intermediate (3yrs+ exp)

Wednesday 12.45pm – 2.45pm

Starts 5th Feb (8wks) \$192

Italian intermediate (2yrs exp)

Thursday 12.20pm – 2.20pm

Starts 6th Feb (8wks) \$192

Italian advanced

Thursday 10am – 12pm

Starts 6th Feb (8wks) \$192

Italian advanced – Language & Conversation (6yrs+ exp)

Wednesday 9.30am – 11.30am

Starts 5th Feb (8wks) \$192

Spanish absolute beginners

Monday 1pm – 3pm

Starts 3rd Feb(7wks) \$168

Spanish intermediate (6mths+ exp)

Monday 10.30am – 12.30pm

Starts 3rd Feb(7wks) \$168

Literature

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.

Maling Rd

1st Tuesday/month 10am – 11am

2nd Tuesday/month 10am – 11am

2nd Tuesday/month 2.30pm – 3.30pm

Technology

Get online

New to the world of digital technology, or just wanting to improve your skills? Learn the essentials of how to use computers, smartphones and accessing the internet. One topic every second week.

Setting up & managing Facebook securely

Monday 9.30am – 11.30am

Starts 3rd Feb (1wks) \$10

Sending & receiving text messages

Monday 9.30am – 11.30am

Starts 17th Feb (1wks) \$10

Managing overseas smart phone use while travelling

Monday 9.30am – 11.30am

Starts 2nd March (1wks) \$10

Using a Smart Phone Camera

Monday 9.30am – 11.30am

Starts 16th March (1wks) \$10

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

 www.facebook.com/canterburynh/

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



Canterbury
Neighbourhood
Centre

Talk to us

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

Call us: 9830 4214

Send us an email:

office@canterburynh.org.au

Visit the website: canterburynh.org.au



Become a member: Canterbury Neighbourhood Centre is not for profit and community led. Membership is required for ongoing term based courses which helps support our work.



About to be published:

History of Canterbury by much loved local historian

‘Canterbury A History’, the first complete history of the suburb written by distinguished local historian, Professor Don Gibb, will be published and available for purchase from 4 December this year.

Professor Don Gibb was a local resident for many years, working as a teacher at Camberwell High School before working as an Associate Professor of History at Deakin University. He was also a foundation member and leading light in the Canterbury History Group. He has previously written about the suburb he loved in his book, ‘Visions of a Village’, illustrated by Stuart Warmington, in which he wrote about the shopping centres in Canterbury and Maling Road.

Don had started writing a comprehensive history of Canterbury, but it was still unfinished when he died in 2017. It was to be the first history of Canterbury from pre-European settlement until the 1950s.

Don’s friends in the Canterbury History Group (CHG) were determined that this

much-needed book be published, and they were prepared to fund a historian to complete it.

Don’s family and his colleagues in the Royal Historical Society of Victoria chose historian, Jill Barnard, to do the difficult job of finishing what Don had started and adding extra chapters, taking the history well into the 1950s. They have also spent many hours editing it.

Members of the CHG helped locate old photos and maps. Finally, a Community Strengthening Grant from Boroondara Council meant that it could be published at an affordable price. For those of us who love Canterbury, it makes an ideal Christmas present. If we raise sufficient funds from sales, we will be able to print a soft cover edition down the track.

Professor Don Gibb was a local resident for many years, working as a teacher at Camberwell High School before working as an Associate Professor of History at Deakin University. He was also a foundation member and leading light in the Canterbury History Group.

To buy a copy of the book:

'Canterbury A History', by Don Gibb with Jill Barnard, will be available in hard-back for \$39.95.

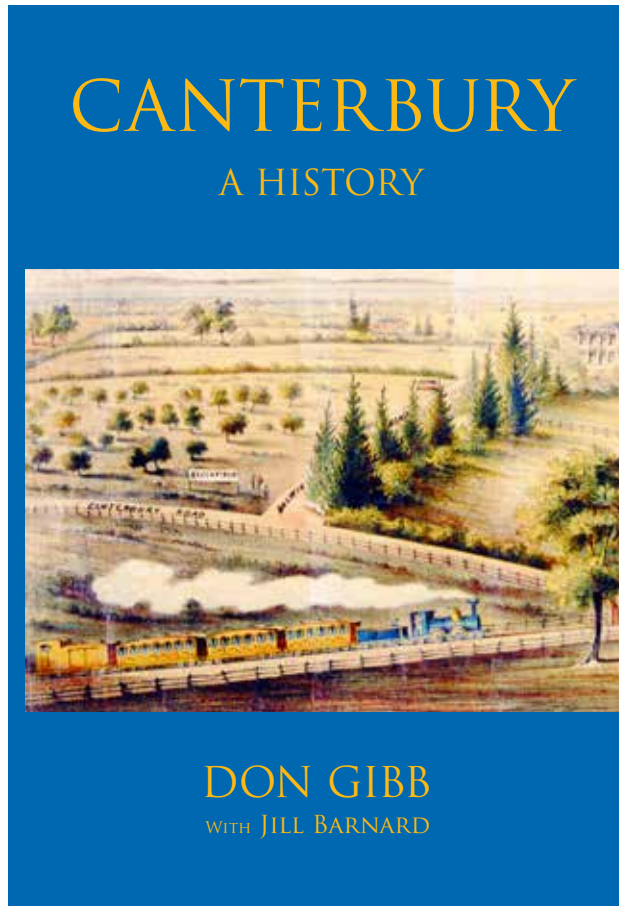
Canterbury History Group can deliver the book within Canterbury or post a copy.

You can phone us on 9830 5896 or email wilsonoz@optusnet.com.au.

We also hope that our new website with a shop will be up and running in the new year.

The book will also be available in Maling Road at Ruby T's and the Newsagency, or from the Royal History Society of Victoria at its bookshop, 239 A'Beckett Street Melbourne, Vic 3000; by phone on 9326 9288; or through its website historyvictoria.org.au.

*Libby Wilson, Secretary
Canterbury History Group*



Above: Cover of the Don Gibb's latest book on the history of Canterbury.

Above left: Author, Don Gibb

2019 Christmas Sale



**Exclusive offers at special prices
to our valuable customers who have
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**Superfine Persian quality and
modern design rugs at the lowest
prices possible.**

We sell **only** traditional technique hand-knotted carpets.
No hand-tufted or hand-loomed rugs.



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Email: info@majidcarpets.com
Ph: 9830 7755 Ah: 0412 378 798**

FAQs about

Why are Persian rugs so expensive?

For a hand-knotted rug, which takes many hours, days, and years to complete, today's market prices are remarkably low. There are numerous processes involved in the creation of a single carpet. To make a carpet, you need first to get a loom specialist to create a loom, which takes over a month, then you need to ask a draftsman to create a design for the piece you want to create, then you need to spin the yarns. In most cases wool or silk yarns are hand-spun. Yarns are then dyed, sometimes multiple times, to produce the correct shade. The rug is then knotted, with each individual knot being made by hand. There is then a process of cutting each row, shooting the weft cords between each row of knots, and beating the pile after putting in the weft cord to achieve a compact weave and shape the design.

.... Persian Rugs

What country makes the best rugs?

There are good quality rugs being made in all the traditional weaving centres in Eastern Asia: Iran, India, Pakistan Turkey, Caucasus regions and Afghanistan. There has traditionally been a rivalry between Persia and Turkey to make the best quality pieces.

Why is there much variation in the prices of Persian rugs?

The price of a hand-knotted rug is based on the quality of the materials, and how fine, durable and rare the piece is.

What is a Persian rug made out of?

Wool, or a combination of wool and pure silk, or pure silk. The foundation of each rug can also be wool, silk or cotton. With the arrival of modern design handmade rugs, and for the purpose of lowering the cost, shiny viscose, banana silk or bamboo silk are now used as well. In the long run, these materials are not as durable as real mulberry silk.

What's so special about Persian rugs?

Persian carpets have been a central part of the culture and economy of Iran for centuries. They are especially valued for their creative qualities, and the fact that these hand-made products, using all natural fibres, last for generations.

Are Persian rugs valuable?

If you buy a good quality rug it will not only last across a number of generations, it will improve in appearance as it ages, and also retain a strong resale value. Many collectors seek out older pieces for the special patina in their look, which is not found in new products.

How long do Persian rugs last?

A good quality hand-knotted rug needs care to last for generations. Every five years the carpet needs to be inspected, restored (if necessary), and washed. These precautions will add greatly to the longevity of your carpet.

What is the best quality rug?

The quality of a carpet is determined by the number of knots per square/ inch, and the quality of its materials and dyes.

Can you vacuum a Persian rug?

You can regularly vacuum your rug, and a yearly airing of the carpet under the sunlight is also recommended.

What is the most expensive Persian rug?

The most expensive and oldest existing rug belongs to the Hermitage museum in St Petersburg. This Persian rug is called Pызiryk rug and dates back to 600 BC.



Majid Mirmohamadi
Director
Majid Co Pty Ltd

Maling Road Autoclassico 2019

Peter R Hill



How far would you travel to admire a priceless Mercedes Benz 300SL Gullwing; a Lotus 6; a Ferrari tractor; beautiful pre-war Alfa Romeos; a gorgeous Delage; and every 1970s boy's poster car – a Lamborghini Countach? Or less exotic but no less interesting: a fleet of sixties minis of various types; Vespa ice cream and crepe vendor vehicles; three rare Bristols and a line of '70s Lotuses. Well, if you live around Canterbury, these treasures are right at your doorstep.

Local Canterbury resident Peter Barclay, has spent untold hours over the last four years organising the annual Maling Road Autoclassico. This one-day event attracts around 250 precious cars and motor bikes, and several thousand people.

This year, the Autoclassico was held on Sunday 18th August. As locals and visitors strolled along Maling Road with their ice creams or take-away coffee, I wondered

whether they realised just how special this event is. The array of rare machinery is truly stunning, and yet here they all are parked in our famous shopping street for us all to enjoy.

There's something for everyone at Autoclassico. Families attend in numbers, and while some simply enjoy the shops and boutiques, most wander amongst the cars uttering, "Oooh," "Ah," and "My dad used to have one of those." Even the youngest of children recognised the "Back to the Future" DeLorean sports cars, with their gullwing doors reaching up to the sky.

With the name Autoclassico, there has to be an abundance of Italian exotic machinery: Ferraris, Lamborghinis, Lancias, Alfa Romeos, Maseratis, Fiats and even Vespa scooters. But makes from other lands are not forgotten, with great displays from Mercedes, Lotus, Mini, Jaguar and Porsche.

After very carefully parking the Maserati Ghibli in Theatre Place for its absent owner, David Evans, the owner of Motor Book World, gave up his Sunday to open



his shop for the enthusiasts who cross Canterbury Road to ferret amongst his shelves searching for a book on the car of their dreams.

This year in the morning sunshine, thousands of people turned up to stroll, admire and enjoy. It really is surprising

that so many prized vehicles live in and around Canterbury, belonging to owners who are happy to display them for us all to enjoy.

Peter Hill is a Canterbury resident and motoring writer. His blog is: <http://www.speedsportblog.com>

Asian Tofu Salad with Peanut sauce

By Chris at The Good Food Collective (front cover)

Satay Sauce

Brown onion, diced
Bullet chilli, deseeded
Half a bunch of coriander
Small knob of ginger
1 large clove of garlic
1 tablespoon sesame oil
4 tablespoons veg oil
4 large tablespoons of peanut butter
100g peanuts
2 tablespoons curry powder
2 tablespoons coriander powder (ground)
1 tablespoon turmeric (ground)
100mls oyster sauce
50mls fish sauce
50mls ABC soy sauce (sweet soy)
50g palm sugar
1 tin coconut milk

Method Satay Sauce

Sweat onion, garlic, ginger, chilli with vegetable oil then add spices and chopped coriander. Cook for 30 seconds only, then add coconut milk and sesame oil. Add oyster sauce, fish sauce, palm sugar and ABC soy sauce. Roast peanuts till golden brown then pulse blend peanuts so they are chunky, add to sauce. Cook sauce for about an hour on low heat.



Tofu Marinade

100ml Sweet chilli sauce
20ml oyster sauce
10 mls sesame oil
1 packet firm tofu (cut into cubes)

Mix ingredients together and marinate tofu overnight.

Salad

1 wombok cabbage
3 carrots
10 spring onions
1 packet bean shoots
Half a bunch coriander
1 lemon juiced
150gm roasted peanuts

Cut wombok in half lengthways and finely slice. Peel carrots, cut in half, slice on a mandolin then finely chop into julienne. Wash spring onions and cut on an angle. Wash coriander, keep a small amount for garnish and rough chop the rest. Add all ingredients to bowl, add lemon and layer salad with tofu, satay sauce and peanuts. Garnish with coriander.

Mindfulness

How it helped me in my search for meaning

Phil Chen

For many of us there comes a point when we feel the need to find more meaning in our lives. Mine started during the time when I found myself going through a midlife crisis. I had a good job, my house was almost paid off, and I had a fantastic wife and three beautiful daughters. Yet I felt very strongly that something important was missing. In my attempt to find a reason for being, I started my search into religion and God.

I grew up exposed to many religions. My mother was born in India and my father in China. My mother followed Hinduism and Buddhism, whilst my father followed Buddhism and Taoism. And I went to a Catholic school. Imagine the soup of dogma and beliefs that I had to deal with!

Added to the confusion, my training in engineering had made my logical mind need logical explanations and proof before I could accept and believe. I therefore struggled to find meaning from my search into religion.

One thing that became clear to me at that point was that I might achieve better job satisfaction if it involved improving other people's lives in a personal way. Whilst my job was technical and challenging, I did not seem to get the same level of satisfaction as my wife, who is a nurse. I came to the realisation that I wanted to do something related to helping others.

My original intention was to become a volunteer counsellor at Lifeline. I enrolled in a psychology course and subsequently a

Masters in Counselling. But life has its own way of affecting our journey in ways that we can never predict. Instead of Lifeline, I ended up running a stress management course at work, in response to the high level of stress reflected in an annual employee survey.

As I progressed into my Masters in Counselling course I discovered 'mindfulness.' It became obvious very quickly that mindfulness offered me a pathway to find meaning in my life. Since I have adopted mindfulness practice, my whole world has changed for the better. I am so much calmer and enjoy living much more than before. I am less stressed by things that are not important and am able not to allow things which I cannot control get to me.

However, the journey has not been easy. It took effort, belief and perseverance to achieve progress. But I am definitely now more content with life and with what I've got. And during the past five years I've been trying to share this hidden jewel with as many people as I can. I am now a mindfulness teacher and have trained over a thousand people.

In future 3126 editions, I will share what I have learnt through my Mindfulness journey with the hope that it might help others who are also searching for meaning in their lives and a pathway to a more contented existence.

Phil holds a Grad. Dip. Psychology and a Master of Counselling, and is a Board member of CNC.

Keeping Fit and the Festive Summer Season

At this festive time of year it'd be crazy not to expect to indulge a little. To help you enjoy yourselves we've some helpful hints to keep up your fitness.

Take a break. Identify a week or two where you are not going to train, just relax.

Identify ONE activity that takes little effort. Commit to this on the days where normal training simply isn't an option, like walking the dog, a short jog, stretch, dance.

Choose the time you are going to commit: 30 minutes a day walk/jog, or stretch for 10 minutes.

Turn your workout time into adventure time. Get outside, get on your bike and ride to a café or go for a swim. Even "fun" activities are a workout.

Keep moving – as you'll be sitting at dinners or watching the cricket, enlist your kids/grandkids or spouse to do some star jumps during the commercials; even better, run around on the grass barefoot.

First 2 sessions free during Dec, Jan & Feb when you mention 3126.

Jean-Claude, Linda and the ALTA Fitness team.



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 Road Canterbury 3126

Ph: 9077 8946

www.altafitness.com.au

Mon – Fri: 6am–8pm

Sat: 6am–12.30pm Sunday: Closed

A boutique with the best

On 5 August, Bella Fabrics opened its doors joining the many other boutique businesses within the prestigious 3126 postcode.

Bella Fabrics specialises in the sale of beautiful fabric and other sewing essentials for quilting, dressmaking and other sewing craft activities. Bella Fabrics also holds classes on a range of sewing craft activities as well as “sit and sew” evenings (every Thursday from 4.30pm to 9pm).

The staff at Bella Fabrics, Jeannie, Carolyn and Tracey, all long time quilters, welcome you to come and visit Bella Fabrics at 195 Canterbury Road (directly opposite Canterbury Gardens). Also, feel free to call us on 03 9830 2121.



For more information or to check on upcoming classes, go to **Bella Fabrics' website www.bellafabrics.com.au**.

Alternatively, you can follow what's happening at Bella Fabrics on Instagram ([bella.fabrics](https://www.instagram.com/bella.fabrics)) and Facebook ([bellafabricscanterbury](https://www.facebook.com/bellafabricscanterbury)).



Have your say!

An invitation to all the Canterbury community to attend the CCAG AGM for a presentation of the concepts for the Buckleys IGA Mural.

AGM and Maling Precinct Murals Presentation

Tuesday 3 December 2019, 6.30pm

**Wilson and Walsh Fine Foods
129 Maling Road Canterbury**

The presentation will follow the AGM and commence around 7pm.

RSVP for catering purposes secretary@ccag.net.au

Shaping the future of the Maling Road Precinct

You may have seen Council staff out on the street and at community events around Maling Road recently. Staff have been speaking with the community about their vision for Maling Road, to learn about what makes the precinct unique, what improvements could be made and how might it evolve in the future.

This process forms the first stage of exploring placemaking for the Maling Road Precinct.

Placemaking involves reimagining spaces to create vibrant, memorable places where people gather and feel a sense of belonging. It recognises the unique qualities of a place and uses short or long term activations to build on these existing qualities.

Placemaking works best when done in partnership with those who live, work and regularly spend time in a place. So, Council are working collaboratively with our key partners - the Maling Road Traders Association - and the wider community to help shape the future of the precinct.

Visit www.boroondara.vic.gov.au/placemaking to join in the journey and share your vision. Here, you can also learn more about the project and keep up to date with activations and opportunities to get involved.



**For more information, please contact
City of Boroondara's Placemaking Team
at placemaking@boroondara.vic.gov.au**

Survey closes 20 December 2019



A new look for Canterbury Eyecare

Your local Maling Road optometry practice, Canterbury Eyecare, has a whole new look! During August and September, we renovated the shop floor with a new colour scheme, lighting and frame displays. Come in and see our refreshed practice with its soft blue tones and gorgeous warm lighting.



We have also had an update to our logo. We are still in the same heritage location, so look out for our bright new signs when you are walking along Maling Road.

Canterbury Eyecare optometrists, Chris Katopodis and Genevieve Hastings, have welcomed a new optometrist, Laura Carson, to the team. Laura offers a broad range of optometry care, and also specialises in dry eye, progressive myopia in children and orthokeratology. Laura is available for appointments on Wednesdays, Thursdays and Saturdays.

Ensure you receive the full benefit of your private health insurance before the year's end: come in for an eye examination, see

our new look store and meet Laura. Appointments can be made by phone, email or via our website. Follow us on Facebook and Instagram.



Canterbury Eyecare

124 Maling Road, Canterbury 3126

Ph: 9888 6377

Email: look@canterburyeyecare.com.au

Website: www.canterburyeyecare.com.au

Facebook: [canterburyeyecare](https://www.facebook.com/canterburyeyecare)

Instagram: [@canterburyeyecare](https://www.instagram.com/canterburyeyecare)

Showcasing Australia's best

The 48th annual Canterbury Art Exhibition will be held from 20–22 March, 2020. The 2020 Exhibition will showcase hundreds of pieces of contemporary Australian art from more than 100 talented Australian artists.

From its inception in 1973, the exhibition has gained a reputation for its contemporary aesthetic and the high-quality artistic standards, drawing thousands of visitors over its time. The exhibition has a vibrant atmosphere, providing an opportunity to view and buy excellent original Australian art while supporting Canterbury Primary School. The exhibition has been the major fundraiser for the school for almost half a century and requires input from the whole school community to succeed along with the ongoing support of residents and businesses of Canterbury.

The exhibition is delighted to host talented Melbourne artists Melinda Pile and Carolyn Sroczynski as the 2020 feature artists.



The three-day event begins on Friday night, March 20 with an opening night gala celebration and the show continues over the weekend. The café and gift shop will be open, and there will be a range of activities for kids. All art works are sold on a commission basis with the proceeds directly benefiting the Canterbury Primary School.



For more information, visit www.canterburyart.com find us on Instagram at @cpsartshow or facebook Canterbury Art Exhibition.



Canterbury Medical Clinic

Providing care to the residents of Canterbury for many decades

Canterbury Medical Clinic has long been a part of the local community. It was established in the late 1940s and has been providing medical care from its current building in Canterbury Road opposite Canterbury Gardens for over 45 years. It is the only medical centre in Canterbury.



Our senior GP, Dr John Addis, lives locally, and is widely respected for the service he has given to the local community', says Dr Tania Siddiqui, one of the three GPs at the clinic. 'He has built the practice into what it is today, with a philosophy of providing holistic and caring services to our patients.'

'We are a family practice, not corporate, and we spend as much time as is necessary to provide care to our patients. We aim to give our patients peace of mind by providing comprehensive medical services and continuity of care.'

Above from right to left: Dr John Addis, GP, Dr Colleen Wood GP, Sally Charlton, receptionist, Dr Tania Siddiqui, GP, Margie Johnson, nurse, Jenny Kelly, receptionist, Patricia O'Connell, practice manager.

Dr John Addis, lives locally... He has built the practice into what it is today, with a philosophy of providing holistic and caring services to our patients.

Our patients aren't just from Canterbury, but across Boroondara – Deepdene, Balwyn, Surrey Hills, Camberwell, as well as Hawthorn.'

The clinic offers a full range of GP services for all medical conditions – plus travel medicine, emergency medicine and paramedical services. As well as Drs Addis and Siddiqui, there is a third GP, Dr Colleen Wood. Attached to the practice are two psychologists, a podiatrist, an audiologist, and excellent nursing services.

Our GP Services include:

- Children's health
- Women's health
- Seniors' health
- Men's health
- Diabetes management
- Asthma management
- Mental Health Assessment
- Travel medicines
- Work Cover

Opening hours:

Monday – Friday: 8am – 6pm
Saturday: 9am – 12pm
Sundays & public holidays: Closed

Canterbury Medical Clinic

215 Canterbury Road
Canterbury 3126
Ph: (03) 9836 2402
Fax: (03) 9836 1041
Reception@canterburymedical.com.au
Melway reference: 46D11

**Please check our website at
www.canterburymedicalclinic.com.au**

We are situated close to Canterbury Station and Maling Road. Patients can park at the rear of our building in the public car park behind us – accessible from Canterbury Road or Delaney Close.

Alan Ku celebrates ten years as Maling Road's pharmacist

Ten years ago last May, Alan Ku became the proud proprietor of Maling Road Pharmacy.

'I have really enjoyed my time being the pharmacist here', says Alan. 'I have found it very satisfying to be able to build personal and professional relationships with customers and maintain a strong working relationship with the nearby Canterbury Medical Centre.'

Over the years, Alan has gotten to know local families and their stories, see children grow up and come back with their children. Trust is a word that Alan mentions often. 'Because I have been here for a long time, I can get to know customers and build a relationship of trust. They can feel reassured when they are seeking advice or medication because I know their history. When new residents ask about local GP services, I can refer them to the Canterbury Medical Centre, assuring them that I have been going there for years and always receive a professional medical service.'

A service is nothing without its customers, and Alan wishes to thank his customers for being with the pharmacy over the years. Alan invites you to drop in for a chat, for advice or to purchase one of his 10th anniversary mugs.



Maling Road Pharmacy

131 Maling Road Canterbury 3126
Ph: (03) 9836 4039
malingrdpharmacy@hotmail.com
www.malingroadpharmacy.com.au



CHRISTMAS FESTIVAL



MALING ROAD

KRISTKINDL



FRIDAY 6TH DECEMBER 2019
4PM - 9PM

Come to one of Melbourne's best street events.
Fun for all the family. Bring your kids and friends.

SANTA | RIDES | LIVE ENTERTAINMENT
QUALITY FOOD | CRAFT | ANIMAL FARM
REPTILES | GAMES | DOGGY DRESSUP CONTEST

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