

3126

A guide to Community living

ACTIVITIES

EVENTS

COURSES

OUR LOCALS

AUTUMN 2021



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

The magazine is about fostering a sense of neighbourhood and community connection, raising awareness of local activities and classes, services, businesses and community organisations.

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

3126 MAGAZINE

2 Rochester Road, Canterbury VIC 3126
3126@canterburynh.org.au
Phone: 03 9830 4214



**Canterbury
Neighbourhood
Centre**

Cover image: Annie Abley

Above: View from Canterbury Station



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3126

Autumn is magical in Melbourne and after the challenges we had last year, it feels even more special to see the city coming alive again with cafes open, shops busy and people spending time together.

This edition contains Canterbury Neighbourhood Centre's program of local classes and activities. There are also articles on keeping bees, doing a bit of autumn gardening, how the Camberwell Hockey Club engaged its members during lockdown, a celebration of the 40th anniversary of Buckley's Supermarket and an introduction to one of Maling Road's special dogs.

Canterbury Neighbourhood Centre local short courses & activities



The Arts

Nature in art

Renowned botanical artist Terry Napier will guide you through watercolour techniques to illustrate the botanical world.

Monday 9.30am – 12pm

OR 12.30pm – 3pm

Starts 26 April (8wks) \$220



Mitchell Cockies by Sue Gorman, watercolour

Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will guide you through the basics and give you the skills and confidence to tackle a range of projects. Suitable for all levels.

Tuesday 9.45am – 12.15pm

OR 12.45pm – 3.15pm

Wednesday 9.45am – 12pm

OR 12.15pm – 2.30pm

Starts 20/4 **OR** 21/4 (9wks) \$275

OR Tuesday 6.45pm – 8.45pm (via Zoom)

Starts 20 April (9wks) \$230

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 12.30pm – 2.30pm

Starts 20 April (8wks) \$230

Children

Structured playgroup

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in. Children under 12 months free.

Monday **OR** Tuesday 9.30am – 11.30am

Starts 19 April (9wks) \$144

OR 20 April (10wks) \$160

Wellbeing

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 19 April (9wks) \$158

Thursday 9.30am – 10.30am **OR**

10.45am – 11.45am

Starts 22 April (10wks) \$175

Tai Chi

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

Monday 1.45pm – 2.45pm **OR** 3pm – 4pm

Starts 19 April (10 weeks) \$175

Walking groups

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

Thursday 9.30am – 10.30am (fast pace)

Starts 22 April (ongoing).

Free for CNC members



Yoga (beginners to experienced)

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

Tuesday 9.15am – 10.15am **OR**

10.30am – 11.30am

Starts 20 April (10wks) \$175

Yoga (gentle)

A lighter version of traditional Hatha yoga ideal for anyone recovering from injury or looking for a slower paced yoga program.

Monday 10.45am – 11.45am

Starts 19 April (9wks) \$158

Yoga – chair based

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

Monday 12pm – 1pm

Starts 19 April (9wks) \$158



Language

French intermediate (2+ years experience)

Tuesday 1pm – 3pm
Starts 20 April (9wks) \$210

French intermediate (3+ years experience)

Monday 1pm – 3pm
Starts 19 April (9wks) \$210

French advanced (4+ years experience)

Monday 10.30am – 12.30pm
Starts 19 April (9wks) \$210

Italian absolute beginners

Thursday 12.30pm – 2.30pm
Starts 22 April (9wks) \$210

Italian beginners

(6 months experience)
Thursday 9.30pm – 11.30pm
Starts 22 April (9wks) \$210

Italian intermediate (2 years experience)

Wednesday 3pm – 5pm
Starts 21 April (9wks) \$210

Italian intermediate (3 years+ experience)

Wednesday 12.30pm – 2.30pm
Starts 21 April (9wks) \$210

Italian advanced (via Zoom)

Thursday 10am – 12pm
Starts 22 April (9wks) \$210

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

Wednesday 9.30am – 11.30am
Starts 21 April (9wks) \$210

Spanish intermediate (blended mode) (6 months+ experience)

Monday 11am – 1pm
Starts 19 April (9wks) \$210

Social

Mahjong

A classic game of strategy and skill.
New players welcome.
Friday 10am – 12pm
Starts 23 April

The Written Word

Writing life (ongoing)

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

Tuesday 10am – 12pm

Starts 20 April (9wks) \$210

The Written Word with Sue Braint (via Zoom)

A journey of discovery into sonnets old and new, one of literatures most enduring art forms.

Tuesday 10am – 11.30am

Starts 11 May (4wks) \$90

Book circles – Maling Rd

Meet at a local coffee shop for lively discussions on books, films, community activities and events. Book circles with a real difference! Call CNC for further details.

1st Tuesday of the month 10am – 12pm

2nd Tuesday of the month 10am – 12pm



To find out what's on at Canterbury Neighbourhood Centre

Visit our website:

www.canterburynh.org.au

Call us: 9830 4214

Send us an email:

office@canterburynh.org.au

Follow us: facebook.com/canterburynh



Have you heard about the new Canterbury Precinct?

From 2022 workshops, courses and events will be held in our beautiful new home in Canterbury Gardens. Join our email list (www.canterburynh.org.au) to receive updates via email.



**Canterbury
Neighbourhood
Centre**

Get to know your neighbours

Jane Lawless, bee enthusiast



My late husband and I bought our home 26 years ago and we have raised our son here in Canterbury. My dog, Willow, and I enjoy the many beautiful parks and gardens in a locale perfect for keeping bees.

I have kept beehives for 8 years. Having bees and watching them at work, the changes that happen every day around the hive, and learning constantly about bees is fascinating. As I have said to friends many times, I can bore a dinner party very quickly once I start talking about bees!

I really enjoy sitting and watching the bees at work, particularly observing the changes in their behaviour with the seasons – the frantic comings and goings over summer, the settling down for winter, how they cool the hive on a hot day or watching a new bee learn her surroundings when she first leaves the hive. When you have bees, you

tend to slow down. I certainly cannot run through my garden – you need to give the bees time to see you!

I try to have a bee-friendly garden for as much of the year as possible, with a range of nectar and pollen sources. I have a small suburban backyard with a few fruit trees including plum, quince, apple and lemon. I also grow a wide range of flowering plants including lavender, salvias, buddleia, borage, lemon myrtle, grevilleas and camellias. Bees need water to drink and to keep cool on hot days, so I keep several water sources throughout the garden for them too.

Peter Dwyer, from Backyard Honey, manages the health of the hive and harvests the honey, of which I get a percentage. It's the ideal arrangement as I have the joy and the benefits of bees without needing all the equipment.

My job as a hive host is quite important. My observations can alert Peter to problems. Observations in spring are essential to prevent swarming, which is a natural occurrence but can be managed.

Having bees in my garden is very satisfying and I feel it is my practical contribution to the environment.

Incredibly, bees are endangered. As with all fauna, loss of habitat, disease and human encroachment have an impact on the health of our bees and consequently

our food security. Having bees in my garden is very satisfying and I feel it is my practical contribution to the environment. It is also very productive as a single hive can produce up to 20kgs of honey annually!

My honey is 100% pure, all-natural and very healthy. Raw honey is a good source of antioxidants and has antibacterial properties, making it great for colds, coughs and sore throats. It's also delicious on buttered toast, scones, and in smoothies and yoghurt. Honey adds more moisture than sugar and baked goods keep longer when honey is used. Nothing tastes as good as raw honey from my own backyard!

Interested in becoming a beehive host?

Backyard Honey is an urban beekeeping service that supports locals in hosting beehives and provides a full range of apiry services.

Backyard Honey

W: www.backyardhoney.com.au

P: 0451 411 621

E: peter@backyardhoney.com.au



Honey-soaked Lavender & Poppyseed Cake

Serves 6-8

Ingredients

1½ cups (250g) self-raising flour
1 tsp baking powder
2 fresh, unsprayed lavender sprigs, or
1 tbs lavender seeds
125g castor sugar
250g unsalted butter, softened
4 large eggs
2 tbs poppyseeds
1/3 cup (115g) orange-blossom honey
(or ordinary honey with 1 tbs orange-flower water)

Method

Preheat oven to 160°C. Line the base of a 24cm springform pan and grease.

Sift the flour and baking powder into a bowl.

If using fresh lavender sprigs, pick purple heads off stalks. Process lavender or seeds and sugar in a food processor, or bash in a mortar and pestle until fine. Sift the mixture, discarding the lavender.

Place lavender, sugar and butter in an electric mixer, then beat for 5-6 minutes until light and fluffy (the lighter the butter mixture the better the cake).

Beat in the eggs, then the poppyseeds, then the flour mixture.

Spread batter in pan. Bake on the middle shelf of the oven for 50 mins-1 hour until a skewer inserted in the centre comes out clean.

Cool in the pan for 10 minutes.

Mix the honey with 1 tbs of boiling water to melt the honey (I use 1 tbs orange-flower water and melt the two together in a saucepan).

Turn the cake out onto a plate. Pierce surface a few times to allow honey to soak in. Slowly spoon the honey over a little at a time, making sure it's absorbed into the cake.

Cool completely, then serve topped with thick cream.

Source: Puttock, Tobie 2007 *Delicious* magazine, 'Flower power', August p.46



FANCY A DAY OUT?

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MELBOURNEVINTAGEKOMBIHIRE.COM.AU

Kombi Van Winery Tours

- GET RETRO - BOOK A KOMBI TODAY -



*Have fun!
Stand out!*

Why fitness for women is unique



Most research underpinning traditional fitness programs has been based on men. As a result, women's fitness training is often simply a modified version of male exercise programs. However, what works for a male fitness training program isn't necessarily right for women, especially after having children.

Smaller joints, thinner cartilage and shorter femoral length (quadriceps to knees) have significant implications for exercise that can lead to pronation in the feet, tracking of knees, muscle imbalances and improper shock absorption (jumping). Women are also more likely to suffer from hypermobility and mechanical dysfunctions of

the shoulders, lower back, hips, knees and feet.

After 30, women naturally start to decline in muscle strength at about 1% each year and if inactive can lose up to 8% in muscle mass. However, it's not all bad news. Female muscle is more fatigue resistant and typically has quicker recovery than male muscle.

At ALTA, we are passionate about women's health and exercise. We can provide invaluable support for you to reach your goals safely and successfully through our individually tailored women's programs. We welcome you to call us and find out more about what we do.

Jean-Claude, Linda and the ALTA Fitness team

ALTA Fitness is a boutique fitness studio that offers personal training, small group sessions, rehabilitation and coaching programs to nurture and inspire our community.



ALTA Fitness

233 Canterbury Road, Canterbury 3126

Ph: 9077 8946

www.altafitness.com.au

Mon, Tue, Wed: 6am to 8pm

Thu, Fri: 6am to 4pm

Sat: 6am to 12.30pm Sunday: Closed

Canterbury volunteers

Canterbury Community Action Group

Following 8 years on the Canterbury Community Action Group (CCAG) committee, John Constable stepped down as President at the recent Annual General Meeting. John has made a significant contribution to the Canterbury community and CCAG, serving as Committee Secretary for 4 years and then President between 2016-2020.

John will remain actively involved with CCAG through leadership of Canterbury Stationeers and Canterbury Friends.

Canterbury Friends

Canterbury Friends is a new CCAG sponsored volunteer group formed under the Boroondara Council Volunteer Program. The group will assist with the refurbishment and ongoing maintenance of gardens in the Maling Road precinct and they recently completed a refreshment of Theatre Place gardens with new grass plantings.

CCAG invites members of the community to join Canterbury Friends. Visit the Canterbury Friends page of the CCAG web site at ccag.net.au



Above: Volunteers from the newly formed Canterbury Friends assisted with refurbishment in the Theatre Place gardens

working together

Canterbury Stationeers

Canterbury Stationeers were active again on the weekend of March 14 for Clean Up Australia Day.

The regular stationeers' crew was complemented by a number of new faces with a total crew of 18 attending. Work undertaken included a clean-up of the station precinct and the establishment two new garden beds, including a bed of clivea plants adjacent to the access stairs to platforms one and two and a bed of aloe located adjacent to the Canterbury village sign. A proposal to install seating

in the area is awaiting approval by Metro Trains.

Canterbury Stationeers welcomes new members.

If you are interested in joining, please send your contact details to secretary@ccag.net.au so we can advise you of our next working bee. Alternately please contact John Constable on 0407 553 663 or Tim Wilkinson on 0409 360 237.

Below: Garden beds freshly planted out and completed under Canterbury railway station



Gardening

Why autumn is the perfect season to get your hands dirty



Most people get excited about gardening in spring and summer- when the sun is shining and the flowers are blooming – but it’s autumn that is the ideal time to be in the garden, especially if you are new to veggie planting.

It’s an opportunity to grow different plants at a relaxed pace, without the daily stresses of heat waves and constant watering.

The cooler weather is perfect for leafy greens such as silver beet, lettuce and spinach as well as brassicas such as cauliflower, broccoli and cabbage. For smaller gardens, look out for Waltham or De Cicco sprouting broccoli varieties that produce small side shoots for harvest and can be grown in pots. Snow peas are also

Autumn that is the ideal time to be in the garden ...

It’s an opportunity to grow different plants at a relaxed pace, without the daily stresses of heat waves and constant watering.

ideal for small courtyards or balcony gardens as they can grow vertically on trellis against a wall. Peas don't like to be moved; grow from seed for best results.

Autumn is also the best time to plant coriander as it grows best during the cool season when there are more hours of darkness. Plant seedlings now and let them go through to flower. Once the flowers have died off, collect the seeds for your next season.

Want to try something different? Organic Australian garlic bulbs are available from nurseries and should be planted in autumn. Break apart the bulb and plant each garlic clove with the pointy side up, approximately 7cm apart. Garlic doesn't play nicely with other vegetables, so plant them on their own in a large pot or a separate patch in the garden. Leave them throughout winter and by summer you will have a bounty of homegrown garlic to enjoy.

Meet Annie, kitchen garden guru

Annie Abley is a passionate edible garden expert, who helps locals start and maintain their own kitchen gardens. Trained in permaculture design, Annie loves to share the joy of home-grown produce and believes you don't need to be a gardener to grow your own veggies.

Annie offers:

- **Veggie bed makeovers** — giving your tired veggie patch some TLC and getting it productive again
- **Regular edible garden maintenance** — weeding, pruning, tying up/training plants, fertilising, conditioning soil and feeding plants
- **Consultations and design** — expert advice for setting up your own kitchen garden

Annie's Edible Gardens

Grow your own food for a healthy life.

P: 0409 145 329 E: annie@anniesediblegardens.com.au W: anniesediblegardens.com.au

What to plant now

Broccoli
Broad beans
Cabbage
Carrot
Celery
Coriander
Garlic
Kale
Lettuce
Leek
Mint
Parsley
Radish
Sage
Silver beet
Snow peas
Spinach





Buckley's – Celebrating 40 years on Maling Road

June Buckley remembers the day her husband came home and told her he had bought a supermarket.

Working part-time as a nurse with two small children, she was more than a little surprised. Kenn was completing a degree in accounting at night school when a change in regulations meant that after five years, he would need to complete further subjects for registration. So instead, when the opportunity to purchase the variety store from P.C. Thomas in Maling Rd came up, Kenn thought he would give small business a crack.

Buckley's supermarket opened in January 1981.

June, Kenn, daughter Michelle and now grandson Bruce all work in the family business. The family also likes to make a point of employing locals. Over the years, Kenn has worked tirelessly to support the preservation of the heritage character of Maling Road and his enthusiasm for Canterbury's unique shopping strip is only matched by his passion for the Richmond Tigers. After 37 years of trading amongst Hawthorn supporters, Kenn is thrilled to see the club back on top.



Forty years of business in Maling Road

Left: Kenn, Bruce and June celebrating the business milestone



SNAP SHOT: Dogs of Canterbury

Meet Zoe, a 12-month-old toy poodle who greets customers in Suzi-Que Lingerie in Maling Road. Her favourite treats are pig's ears and sneaky golden eclairs. Zoe has impeccable taste in lingerie, and a penchant for handbags and shoes, preferably French.





CAMBERWELL HOCKEY CLUB

Supporting the sporting community on and off the field

For many sporting clubs across Melbourne, 2020 was a year they would rather forget. Extended periods of lockdown, frequently changing levels of restrictions, and the burden of new COVID-19 regulations left little time for enjoying sport on the field.

However, it was amid the global pandemic that **Camberwell Hockey Club** was able to deliver much more than a place to play sport to its members and to the wider community.

During lockdown, the club's communication group introduced an array of new initiatives including Flashback Fridays, Instagram challenges, and regular profiles. The team also introduced a podcast series that gave listeners insights into local, national and international personalities from sport and the professions. Club grade players, juniors and elite sportspeople all made contributions. Hosted by Club members, these weekly podcasts were eagerly awaited almost as much as the courier arriving with the latest online purchase.

The creation of the Mental Health First Aid (MHFA) Group was also a highlight. Following an MHFA Workshop in March 2020, this committee introduced a new service for all members, providing assistance for anyone experiencing mental health issues and those concerned about the mental health of others. The club also offered a series of Mental Health Webinars

from Dr Michael Carr-Gregg and extended support to the wider community, including the delivery of flowers to neighbours.

The club was particularly mindful of the impact of the lockdown on its teen members who were missing the regular social and physical benefits of weekly sport.

The club was particularly mindful of the impact of the lockdown on its teen members who were missing the regular social and physical benefits of weekly sport. As the end of year final exams approached, the club organised delivery of special 'survival kits' and messages of support for all their Year 12 members.

As the 2021 season opens, the club is proud that it supported more than the game of hockey: it also supported a community.

Camberwell Hockey Club

Matlock Reserve

15 Carinda Road, Canterbury Vic 3126

P: 0413 729 366

E: clubadmin@camberwellhockeyclub.com.au

W: www.camberwell.hockey

Junior & Senior Winter 2021 registrations now open online. Visit our website for more information and registration details.

SURREY HILLS
ANZAC DAY
DAWN SERVICE
25 APRIL 2021

Lest We Forget

ANZAC DAY

**Assemble at 5.45am for 6am start
The Shrine, Surrey Gardens
88-90 Union Road Surrey Hills**

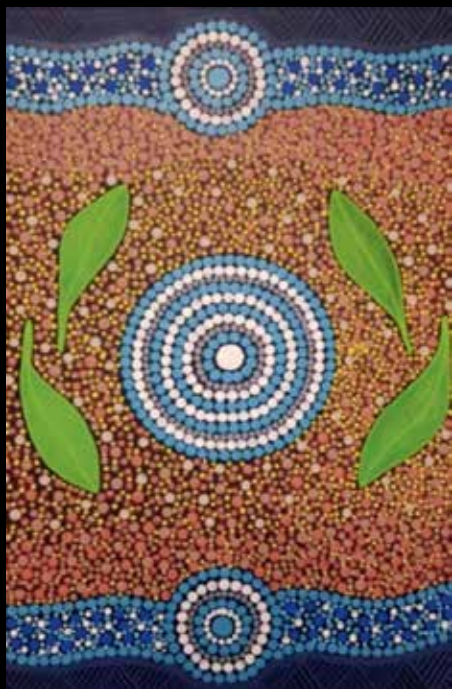
Please visit www.surreyhillsnc.org.au before attending this event and check current COVID-19 restrictions

Pre-arranged priority seating is available upon request. Apply by email to enquiries@surreyhillsnc.org.au or phone 9890 2467



ARTIST THE ROOM

Introducing
Ch'i Eco Organic Hair and
Sacred Grove Apothecary
hair treatments using
Australian plant extracts
and botanicals



The Artist Room has joined forces with Nicole Garnaut of Ch'i Eco Organic Hair.

An award-winning colourist and stylist, Nicole also brings to the salon the **Sacred Grove Apothecary** range of natural, organic hair, skin and face treatments which she developed herself.

Instead of using overseas-sourced essences and oils, Nicole drew on the knowledge of the Wadawurrung indigenous community in her hometown of Geelong to develop her products. A young Wadawurrung artist, Billy-Jay O'Toole, also designed the artwork for her brand.

Her treatments use as a base the essences and botanicals from indigenous trees and plants, such as sandalwood, desert lime, river mint and various myrtles.

The result is luxury hair and skin care based on uniquely Australian plant extracts, all sustainably sourced as well as being sulphate and paraben free.

The Artist Room adds the talents of Nicole to its existing expert team, and her range of organic, natural hair treatments to its existing Oway biodynamic hair products and its non-organic hair treatments.

ARTIST  THE ROOM

191 Canterbury Road, Canterbury
(opposite Canterbury Gardens)

T: 9078 8971

W: theartistroom.com.au