

# 3126

A guide to Community living

WINTER 2022

ACTIVITIES

EVENTS

COURSES

OUR LOCALS

# 3126

## About the magazine

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

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

The magazine is loyally distributed by a group of volunteers co-ordinated through the Canterbury Community Action Group (CCAG) [www.ccag.net.au](http://www.ccag.net.au)

## 3126 MAGAZINE

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**Front cover image:** Raphael Love, local singer-songwriter

**Page 1:** Mural (detail) by Strathcona Girls Grammar located under the railway bridge wall on Canterbury Rd between The Maling Room and Outlaw Café. Image by Ray Gruchy

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## Characters Creativity Community

Canterbury is rich with local historical characters, some of whom were brought to life by James Nicolas on our Historical Walking Tour. Tales of these community founders are shared on page 10.

In Get to Know Your Neighbour we introduce Raphael Love. Raphael found his creative passion for music and poetry at an early age and shares some of his recent work with us on page 13.

Guiding creates a safe community for girls and young women. The Canterbury chapter encourages members to create, learn and explore their own way with experienced volunteers. Learn more about the community impact of guiding on page 14.

On page 16 we reflect on the life and work of local artist and sculptor, Graeme Foote, who left a timeless, creative legacy for Canterbury and beyond.

KNITWHITS, a creative group of crafters, demonstrate the power of community in supporting each other and helping those in need.

Canterbury Neighbourhood Centre introduces a range of new lifestyle workshops for all ages, a taste of what's to come when the Canterbury Community Precinct opens in late 2022. See pages 5-7 for all the details.

And give Chris's Red Lentil soup a try, guaranteed to warm you up!

# Canterbury Neighbourhood Centre local short courses & activities

Canterbury Neighbourhood Centre's local short courses & activities – Term 3 2022



## The Arts

### Nature in art

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

Monday 9.30am OR 12.30pm (2.5hrs)

Term: 8wks \$220

### Upholstery and soft furnishing

Reinvigorate that tired piece of furniture or create a new cushion and accessories. Our professional upholsterer will give you the skills and confidence to tackle a range of projects.

Tuesday 9.45am OR 12.45pm (3hrs)

Term: 9wks \$275

Wednesday 9.45am OR 12.15pm (2.25hrs)

Term 9wks \$250

OR Wednesday 6.45pm (2hrs via Zoom)

Term: 9wks \$234

### Watercolour (beginners welcome)

Join our watercolour group and explore your creativity. Bring your own project and learn at your own pace.

Tuesday 10am (2hrs)

Term: 9wks \$234 or sessional \$35

### Open art

Explore your own creative style in your chosen art medium – including drawing, watercolour, acrylic, oil or copic markers with art tutor Karen Nield.

Tuesday 1pm (2hrs)

Term: 9wks \$234 or sessional \$35

### Expression through art **NEW**

Feeling a little stuck? Need some creative inspiration? Or perhaps you are looking to make some life changes? Artist Kerrie Jacobs will guide you through a series of simple creative exercises to re-energise and focus.

Wednesday 10am (2hrs)

Term: 6wks \$180

## Wellbeing

### Buff Bones for osteoporosis\*

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

Monday 9.30am (1hr)

Term: 10wks \$175

Thursday 9.30am OR 10.45am (1hr)

Term: 9wks \$158 or sessional \$20

### Tai Chi

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

Monday 12.30pm OR 1.45pm OR

2.45pm (1hr)

Term: 10wks \$175 or sessional \$20

### Walking groups

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

Thursday 9.30am (1hr)

Free for CNC members

### Yoga (beginners to experienced)\*

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

Tuesday 9.15am OR 10.30am (1hr)

Term: 10wks \$175 or sessional \$20

### Zumba Gold

Zumba Gold combines Latin and international music with a fun and effective workout designed for lower impact than a traditional Zumba.

Wednesday 9.30am (1hr)

Term: 10wks \$175 or sessional \$20



## Children & Families

*See also Lifestyle Workshops suitable for families*

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

### Mandarin playgroup **NEW**

Meet other families in this friendly playgroup, actively engaging babies, toddlers, parents and grandparents in music, storytelling and games in Mandarin. Facilitated by qualified Mandarin early childhood educator, Jessica Zhuang.  
Tuesday 9.30am (2hrs)  
Term: 10wks \$150



## Language

### French absolute beginners

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

### French intermediate (2+ years' experience)\*

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

### French intermediate (3+ years' experience)\*

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

### French advanced (4+ years' experience)\*

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

### Italian beginners

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

### Italian beginners/intermediate (2 years' experience)\*

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

### Italian advanced (4+ years' experience; via Zoom)

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

### Italian advanced – Language & Conversation (6+ years' experience)\*

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

## Lifestyle Workshops

### Daytime classes

#### Dot Mandalas

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

**Tuesday 19 July 10am (2hrs)**

Workshop: \$65 or Bring a Friend ticket: \$60

#### Introduction to Alcohol Ink

A playful introduction to using alcohol inks to create stunning abstract art.

**Tuesday 16 August 10am (2hrs)**

Ticket: \$65 or Bring a Friend ticket: \$60

#### Floral Native Mosaics

Discover the magic of mosaics making your own floral decorative tile.

**Tuesday 23 August 10am (3hrs)**

Ticket: \$85 or Bring a Friend ticket: \$80



### Evening classes

#### Dot Mandalas

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

**Wednesday 7 September 7pm (2hrs)**

Workshop: \$65 or Bring a Friend ticket: \$60

#### Declutter your life!

Are you drowning in clutter? Or simply need help getting organised? Organisation expert, Julie Cliff, will take you through her 6-step system for ditching the clutter. This interactive workshop will be delivered in blended mode (both face to face and online) and includes resources and the opportunity to ask specific questions.

**Thursday 4 August 7pm (2hrs)**

Ticket: \$20



### Staying Safe Online

Lynette Coulston is an expert IT consultant passionate about empowering people to understand technology. In this pre-recorded workshop, Lynette covers all you need to know about cyber-safety, common scams and easy tips for protecting your digital identity. Highly recommended!

**Tuesday 30 August (1hr)**  
**online link valid for 24 hrs**  
Ticket: \$10

### Sip and Scribble

A social creative workshop designed to have fun. We provide the art materials, inspiration and the cheese! BYO welcome.

**Thursday 11 August 7pm (2hrs)**  
Ticket: \$65 or Bring a Friend ticket: \$60

### Rice Clay Workshop at Home – all ages

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

**Thursday 20 October 7pm (1hr)**  
**online via Zoom**  
Ticket: \$15



## Weekend workshops

### Introduction to Vegie Growing

Make the most of any available space to grow organic produce from your very own patch. Learn how to convert lawn into food using No-Dig techniques and get the basics right to ensure success before you start. Includes tips and tricks for successfully growing vegies in pots.

**Saturday 3 September 10am (2hrs)**  
Ticket: \$30



### Preparing your Garden for the Summer Bounty

Spring is an exciting time to be in the garden and the best time to prepare for the bountiful summer. We cover soil preparation, choice of plants to grow and how to keep them growing well over the hot summer months; as well as how to get them started from seed.

**Saturday 1 October 10am (2hrs)**  
Ticket: \$30

### Meet the bees!

#### Interactive Bee Workshop – all ages

Discover more about the life of bees and the critical role bees play in a sustainable and productive world. Watch life inside a healthy perspex beehive, search for the queen and learn all about garden pollinators. Feel the beeswax and taste honey varieties too! Fascinating workshop for all ages.

**Saturday 27 August 10am (1.5hrs)**  
Family \$25



### Intuitive Abstract Art

Let go and trust your intuition to allow your creativity flow! Art tutor Kerrie Jacobs will give you the confidence to explore abstract painting on paper and then canvas. You will be amazed at what you can create! Includes all materials and afternoon tea.

**Sunday 24 July 1pm (3hrs)**  
Workshop: \$85 or Bring a Friend ticket: \$80

## Social

### Garden Club

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

Third Wednesday of the month 1pm (2hrs)

Annual fee: \$20

### Mahjong

A classic game of strategy and skill. New players welcome.

Friday 10am (2hrs)

Session: \$5

### Bridge Club

Wednesday 12pm (5hrs)

### Writing life\*

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

Tuesday 10am (2hrs)

Term: 9wks \$215

### The Written Word with Sue Braint (via Zoom)

The World of Words: From 'floater' to 'flotsam', 'knights' and 'knaves'. Palindromes and paradoxes. Word lovers and crossword lovers will enjoy this class.

Tuesday 10am (2hrs)

Term: 4wks \$90

### Book circles – Maling Rd

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

Second Tuesday of the month 10am (2hrs)

**Free trials available for all classes**

**For class bookings, scan the QR code or visit our website:**

**[www.canterburync.org.au](http://www.canterburync.org.au)**

**Call us:** 9830 4214

**Send us an email:**

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

**Follow us:** [facebook.com/canterburynh](https://www.facebook.com/canterburynh)



**Have you heard about the new Canterbury Precinct?**

*From 2023 workshops, courses and events will be held in our beautiful new home in Canterbury Gardens.*

*Join our email list*

*([www.canterburync.org.au](http://www.canterburync.org.au)) to receive our newsletter via email.*



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

# Looking for work? We can help

**Job Advocates** provides free, personalised employment and training support. Our Job Advocates can help you find employment resources, training or education opportunities, and can also connect you with other services including health, counselling and housing.



### Examples of those whom our Job Advocates have helped

- After working in healthcare all her professional life, Grace resigned as she no longer felt challenged. Looking to expand her skillset, she reached out to us. Based on her interests, we directed her to upskilling (retraining) services so she could work towards the career she wanted. Now, Grace is working towards becoming a teacher and never has to travel far for her classes. Every day she feels inspired to try new things and learn new skills.
- Anna suffered from a chronic health condition which made accessing long term, stable work difficult. Our Job Advocate was able to direct Anna to personalized, professional help.

- Being a young person entering work is challenging. As a university student, Ben didn't have time to balance work with study. Finding work that could accommodate his schedule was taking up his time Ben was falling behind. We connected Ben to employment services and helped him develop his CV and cover letter so he was more likely to succeed.

Your Job Advocate tailors your referral to meet your specific needs. Each community link to whom a referral is made is a trusted partner organisation or service. Appointments are free and available Monday to Friday.

**For more information, email: [help@jobadvocates.org.au](mailto:help@jobadvocates.org.au) or call 9510 5444.**



## Canterbury History comes to life

On a sunny Wednesday morning in May, a crowd of locals gathered in Theatre Place for a historical walking tour led by local history buff James Nicolas. The tour was kindly donated by James as part of the celebration of Neighbourhood Houses week across Victoria.

'I grew up in Canterbury where history books were everywhere as both my parents loved history', says James who also remembers his mother had good knowledge of the local area. His passion for Canterbury stories was also fueled by the family dentist, Dr Alan Williams, whose Canterbury practice stood on Maling Road for many years. 'A visit to his chair always resulted in him giving me another piece of Canterbury history', remembers James. Likewise bumping into Dr Williams usually ended with a conversation: 'Now James, have I told you the story behind this shop?'

Since then, James has been researching and writing local history, and has written numerous books including about the life

of fascinating Western districts pioneer John Hyland, Fairyland in Kew, a history of the Canterbury Football Club, the Canterbury Scouting Centenary and a history of The Basin Theatre Group among many others. As a former committee member of the Canterbury History Group, James is also the founder of the popular Facebook page: Canterbury (3126) History, Today & Tomorrow which regularly shares historical photographs and personal memories of residents and former residents of Canterbury.

In 2019, James started Canterbury Historical Tours. 'A mate of mine was running Melbourne Historical Crime Tours and when he had excessive bookings

he would ask me to run some of them. I marvelled at his depth of research and his delivery, and how long it took to learn the information and present it in a way that was educational but most importantly, entertaining. This sowed the seed for Canterbury tours as a part-time hobby.'

'Canterbury has a rich history with plenty of stories, particularly about locals who became well-known business people including Maling, Mercy, Sir Aaron Danks, Golding, Howard and Alice Hindson. There is also a long history of generosity in serving the local community. Community was at the forefront of everything they did. Nothing was too much if it meant Canterbury was a better place to live. Their legacy can be found all over the suburb today if you know where to look!'

James' tours are full of fascinating details and historical tidbits that ignite the imagination. One such morsel is William

There is also a long history of generosity serving the local community. Community was at the forefront of everything they did. Nothing was too much if it meant Canterbury was a better place to live.

Malone, an Irishman who ran the Corner Hotel in Richmond, co-founded the Richmond Football Club and then moved to the 'fresh air' of Canterbury, building the grand Canterbury Club Hotel in 1889. A popular drinking spot for travelers, the hotel was delicensed in 1920 after the local option poll voted for the introduction of the dry zone. The hotel passed out of family hands becoming a private hotel and at one point fell from grace, becoming an infamous boarding house. The remnants of the word 'Malones' printed on the hotel brickwork and a beautiful stained-glass window on the corner of Canterbury and Maling Roads are still visible today; a nod to the building's former glory.

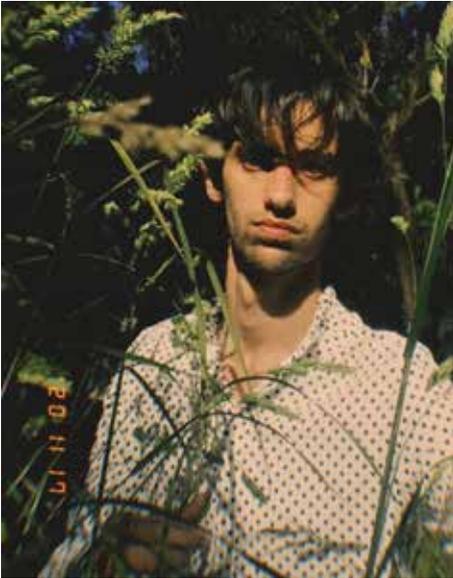
**Bookings for Canterbury Historical Tours can be made via email: [canterburyhistours@gmail.com](mailto:canterburyhistours@gmail.com) or by phoning James on 0407 511 057**

**Canterbury Neighbourhood Centre is looking forward to organizing another tour as the weather warms up in spring. Contact the Centre via email to join our tour waiting list: [enquiries@canterburynh.org.au](mailto:enquiries@canterburynh.org.au)**



## Get to know your neighbours

# Raphael Love, singer-songwriter and poet



My work brings together fiction writing and poetry in a unique way. My most recent book, *Deep Night California*, is both a fiction novel and poetry collection and can be read either front to back as a novel or can be dipped in and out of as poetry. My readers have found joy in both methods.

Musically, I'm a solo performer, or 'singer-songwriter' and I tend to refer to the music I make as Noir Pop – which may bring to mind the music of Jeff Buckley, Radiohead and the Beatles.

I've been writing songs since I was 9 years old. I almost feel like writing songs/lyrics and writing poems really come from different parts of the creative cortex in the brain. Sure, I'll write poetic lyrics often, but it always feels different to raw poetry, that originates from somewhere else.

Inspiration, whether it be musical, lyrical, poetic or just simply an idea, can arrive in your mind at any time. The trick is being ready for it when it does, because if you don't catch it, it'll go like dandelion spores in a wind tunnel. The beautiful thing about it is that there's really no way to force inspiration to arise. Having said that, if something is on my mind that I need to get out, I am often easily greeted by inspiration which I can then form a song or poem around, thus relieving my mind of this weight and having something creative to show for it.

My name is Raphael Love, I'm 23 and I live in Canterbury. My family heritage is way too exciting, a little Irish, a little Welsh, a little Spanish.

My journey into poetry began when I was in high school, where I used to write sonnets in the traditional form. However, after reading the works of John Keats, Allen Ginsberg and Jim Morrison (three of my favourites), I learned to step outside of tradition and adopt a more freeform, beat aspect to my writing.

A working day for me will involve rehearsal of live material, editing my work on a novel, recording work, and song writing or poetry-crafting, depending on the flow of inspiration.

As for the future, it's all a cloud. The best I can do is focus on every step before me, keep working to the hardest of my ability and hope that my trajectory meets the moon.

We watched The Garden State grow beneath our feet  
And we moved with it  
In flowing, violet streams of wild nature  
We shifted  
We cut away our old holds  
On a life we thought we knew  
And dove into the blue

...

I want to make the same mistakes with you  
But I want to make them differently

- Let Go of the Ellipsis

I have so little doubt  
That you're the smartest person I know  
Not because of how much you taught me  
But because of how much I'm still learning  
And how you knew it  
All along

- I.Q.

I could bury myself  
A mile deep in sand  
And still feel the electricity  
That binds our spirits  
Sealing them in a dance  
That only the wildest of gods  
Could ever replicate

- To Dance With You, Mas

**Follow Raphael**

**Instagram: @raphaellove.music Web: [www.RaphaelLoveMusic.com](http://www.RaphaelLoveMusic.com) or Spotify**

**Book: Raphael Love, *Deep Night California*, 2020. Available via Amazon.**

# On being a Girl Guide

‘When curious, clever girls are free to revel in all their possibilities, the world opens up’

Girl Guides Lighthouse Statement Handbook



The mission of the Girl Guide movement is to empower girls and young women to discover their potential as leaders of their world through a unique program of learning by doing and connecting with others, a program which has been alive for over 110 years.

Girl Guides provides a girls-only space where girls can make friends outside their school network, have fun, try something new and be brave and adventurous, away

from many of the social pressures of their day-to-day life.

Girl-led means they decide what they want to do as part of their program, with the support and guidance of female adult volunteers. Girls who belong say they value a free space of their own where they can try out all different ways of being, not just what others think they should be, a safe place where they can escape the judgement and expectations of others.

Girls who belong say they value a free space of their own where they can try out all different ways of being, not just what others think they should be, a safe place where they can escape the judgement and expectations of others.

The girls have the opportunity to engage in outdoor adventures like rock-climbing, canoeing, horse-riding, or camping; or they can develop other skills and interests such as speaking in front of a group, performing on stage, or exploring how to make a difference through advocacy. There is also the opportunity to make new friendships and networks through state-wide gatherings such as the guide camp held during school holidays in the Upper Yarra Valley.

‘They can try anything’, says Helen Reid, a leader of the Canterbury Guides. ‘They can decide they want to learn a new craft, paint their fingernails, try archery, or get wet and muddy on a home-made waterslide. During the recent election campaign, we discussed how our voting system works, and the girls always take part in the annual Clean-Up Australia Day. In the next couple of weekly Guide meetings, we plan to try candle-making, star-gazing and learning the Queen’s role as she celebrates her 70th Jubilee. Often when we are doing those activities, they will slip in a question about something that is bothering them and we can chat about navigating friendships, things they have heard on the news and other concerns they have about their world.’

Just recently Canterbury Girl Guides attended the annual Camberwell Showtime Theatre production at the

Hawthorn Arts Centre. The show presents two hours of original music and comedy written, staged and then performed by the local Scouts and Girl Guides in front of family and friends.

A social impact study found that girls showed increased resilience after their time in Guides. They were found to have a stronger ability to adapt, problem-solve and cope when faced with difficulty and had an increased sense of self-worth and confidence.

## Local Girl Guide groups

The Canterbury group meets at the Canterbury Guide Hall at 1a Faversham Road on Tuesdays, during school terms. There are also groups in Ashburton, Camberwell, and Kew. Girls from 5-17 are welcome and the group hopes that girls from diverse backgrounds will feel encouraged to join.

## Volunteering

Also very welcome are female adult volunteers for whom there are many and varied roles in supporting the girls and helping to run activities and the organisation.

**To join a group or to volunteer, go to the Girl Guide website, [guidesvic.org.au](https://guidesvic.org.au) and follow the links or email [boroondara@guidesvic.org.au](mailto:boroondara@guidesvic.org.au)**

# Dragons and Gargoyles

– remembering sculptor Graeme Foote

Ray Gruchy



**Graeme Lloyd Foote** was born in 1954 in Melbourne. Originally training as an apprentice stonemason, Graeme switched to jewellery and silversmithing, working with renowned Finish silversmith, Tor Schvank, making fine silver sculptures.

Graeme's work with terra cotta architectural pieces began when he and his wife Angela were renovating an Edwardian home. Unable to source a terracotta dragon for the roof, Graeme set about learning how to make them and once he installed his first dragon he was approached by builders and home renovators to make more. After moving house and starting another renovation, Graeme found himself making terracotta finials (ridges) to match his roof, which again led to more requests for terracotta pieces. Such was the demand that Graeme and his wife Angela founded 'Gargoyles and Dragons', a fulltime studio making terracotta architectural pieces, first at their beautiful Queen Anne mansion in Canterbury, Beltrami, and later in the old post office in Surrey Hills.

Employing a team of sculptors, the business specialised in terracotta architectural pieces such as the dragons, finials, decorative roof ridges and chimney pots, making a major contribution to preserving terracotta heritage features for Federation homes around Australia.

As a past Canterbury resident and business owner, sculptor Graeme Foote has left his mark in Canterbury. I became interested in Graeme through my curiosity about the origins of the Camille Claudel sculpture behind the old Malone Hotel stables which I observed on my morning walks. I was finally able to track Graeme down as the creator of this piece, one he created on commission during the time he owned and operated the structural architecture business called Gargoyles and Dragons.

As the business grew, they also introduced the Surrey Sculpture Studio for a range of garden products, fountains and commission artwork.

In 2009, Graeme sold his business to allow himself to work as a fulltime artist. He held numerous exhibitions featuring artwork of human body forms including 'Humanity', 'Book Memories' and 'Six Influential Australian Women'. The latter series was inspired by Graeme's mother who observed how few Melbourne sculptures at the time portrayed women, instead they were of sportsman, war heroes, explorers and pioneers.

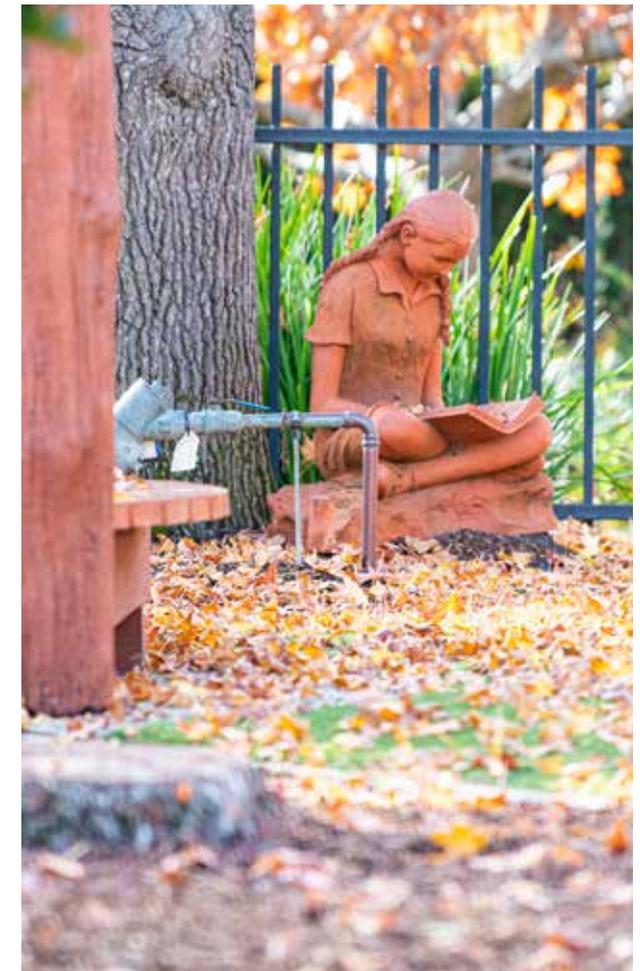
Over the years Graeme made many commission pieces for private collections in Australia, USA, UK, Japan, Canada, China and France and he has several pieces in the grounds of the Olinda Garden, Cloudehill.

Recently, I discovered another of Graeme's sculptures on my daily walk. Titled 'School Girl', Graeme made this piece for the Strathcona Art Fair in 2004 and it now stands in the grounds of Strathcona's Junior School.



Graeme Foote passed away in 2021 after a long illness.

I am sure that many Canterbury houses have Graeme's terra cotta pieces as well as the many dragons and gargoyles that watch me as I take my walks around Canterbury.



# Knitting for a cause

As the cold weather sets in what better time to get the knitting needles out.



“We have even taught someone to knit from scratch and she has become one of our most prolific makers!”

What started as a group of friends knitting over winter has turned into a knitting for charity group that is having a big impact.

“Our name ‘KNITWHITS’ came about when we started knitting for the St Kilda Mums charity” says member Kay Axsentieff. “Some of us had been knitting together previously as a general get-together – knitting for ourselves, grandchildren, etc when one of the women suggested we become more purposeful and help those in desperate need.”

The group started making colourful baby blankets, but soon added blanket sets with matching beanies and then cute knitted teddies. “We have even taught someone to knit from scratch and she has become one of our most prolific knitters!”



KNITWHITS commenced in April 2018 with the first delivery of 17 blanket sets in August 2018 and another 10 in July 2019. However, everything changed with the onset of COVID. With the long days of lockdowns, the group met weekly over Zoom and doubled their efforts with 20 sets delivered in May 2020, a staggering 62 sets in April 2021 and another 64 sets in May 2022. A grand total of 183 completed sets from a very dedicated team – an awesome achievement for a core group of 10 knitters.

The benefits of KNITWHITS extended beyond producing beautiful woollen goods for families in need. Regularly knitting together created a genuine camaraderie among the group and this was a huge psychological benefit for the members involved, particularly during difficult periods of isolation.

Now that lockdowns are over, the group is still going strong and continues to meet fortnightly. Much work is done outside the regular KNITWHITS sessions, but the group still loves getting together, sharing new techniques and patterns and just having a good yarn. “At the end of the year we reward ourselves with an annual Christmas lunch too” says Kay.

Regularly knitting together created a genuine camaraderie among the group and this was a huge psychological benefit for the members involved, particularly during difficult periods of isolation.

***Do you have a creative passion that you would like to share? Canterbury Neighbourhood Centre is calling for expressions of interest for a regular crafty social group. Knitting, sewing, weaving, scrapbooking or any other craft welcome and the group can be to support a charity or just for fun.***

**Contact [enquiries@canterburynh.org.au](mailto:enquiries@canterburynh.org.au) to register your interest or send any suggestions.**

# Renovation choices reflect our changing lifestyle priorities

Rex G. Hirst, Managing Director, Let's Talk Kitchen & Interiors



We're now into winter, the leaves have turned yellow, red, orange and are all falling. The weather in Melbourne is now turning cold and the warm jumpers, beautiful scarves and warm boots are appearing, and the Saints are doing well in the footy.



At LTKI, we have had a very busy autumn, and winter is looking pretty busy as well.

Lady Luck must have been looking over us, as we won "Best Kitchen Design" and "Best Kitchen over \$80K" this year in the 2021 HIA annual housing awards.

Recently, we have been fortunate enough to engage three more very well-qualified and experienced interior designers to join our team. We now have ten designers who are here to help, advise, chat, and generally work with our clients to bring their home renovation dreams to fruition.

Renovation trends are always changing and it's interesting to look at client renovation choices over time and what this might tell us about broader social trends.

Ten years ago, our demand was driven by kitchens, with about ninety per cent of our cabinet requests for kitchens and ten percent for bathrooms. In 2022, it's now about forty five percent kitchens and laundries, thirty percent bathrooms, twenty percent wardrobes and five percent libraries, study areas and home offices. It is fascinating to think about how much our lives have changed with COVID lockdowns but also with the growing interest in part-time and flexible working arrangements.

We'll be renovating our showroom here in Canterbury later this year, so we'll get a great reminder of just how much stress we cause when we invade our clients' homes to execute their renovations! While we always do our best to ensure things go smoothly, there is always a hiccup or two and it's good for us to be reminded of just how stressful such activities can be for our clients.

As a sidenote, after 32 years together my lovely partner, Judith, and I got married last week. So my life and business partner is now my wife. WOW!

How about that? You can't rush these things, you know!



**Let's Talk Kitchens & Interiors**  
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# Red lentil and vegetable soup

Good Food Collective

Nothing beats the winter chill more than a hearty homemade soup. Chris from *Good Food Collective* has kindly shared his recipe for one of our favourites.



2 cups red lentils  
2 tins crushed tomatoes  
1 head of finely chopped broccoli (including stem)  
1 grated zucchini  
1 grated carrot  
1/2 bunch finely chopped kale  
1 cup frozen peas  
1 litre vegetable stock  
1 litre water

Put all ingredients into a pot. Simmer very gently for approximately 4-5 hrs adding more stock or water if it becomes too thick. Stir regularly. Cook until red lentils have become soft. Adjust seasoning.

A hearty winter soup that is vegan, vegetarian, dairy free, gluten free.

Optional:  
Add grated parmesan cheese and pesto to top before serving.