

3126

SUMMER 2024

ACTIVITIES
EVENTS
COURSES
OUR LOCALS

A guide to community living

3126

3126 MAGAZINE

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

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

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

Front cover: *Shaun Ryan, owner of Canterbury Clocks, see article on page 8.*
Image by Ray Gruchy

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Welcome to 2024 – it's going to be a big year!

This year the Canterbury Community Precinct will welcome the Canterbury and Surrey Hills History groups, and Multicap when their respective buildings open in late February.

Canterbury Neighbourhood Centre will add the community garden and our long awaited Umbrella Dementia café to our growing list of programs and activities. We are also providing more opportunities for the community to use the precinct facilities for business or pleasure through hire or working in partnership with CNC.

We are keen to hear your feedback too – what do you want to see at CNC and the precinct? Drop in and have a chat with us or send us an email office@canterburync.au – its your Community Centre, come help us build it.

Angela and Wendy

You may remember Angela from our last edition of 3126. Angela raises Guide Dog puppies and is now taken on the raising of a new puppy, Wendy. Angela received Wendy at 8 weeks old. She is now 11 weeks old and thriving.

Wendy is being trained to be accustomed to social environments, but please remember if you see her with Angela, that she is not a pet but a guide-dog-in-training.



Short courses & activities

@ CANTERBURY NEIGHBOURHOOD CENTRE

Qigong

Improve your physical strength, flexibility and balance. Learn the ancient movement practice to recharge your energy. Ideal for all levels including beginners.

Thursday 9am (1hr)

Starts 15 Feb (7wks) \$128



Miniature floral crochet

Discover the beauty of floral crochet art in miniature with local Canterbury artist Bing Wang. Learn foundation stitches and patterns ideal for jewellery and gifts. Suitable for complete beginners and all materials are provided.

Thursday 11am (2hrs)

Starts 15 Feb (6wks) \$162

Jewellery making for beginners

Make beaded jewellery for necklaces, earrings and bracelets. Each class will focus on a unique design. All materials and tools provided and no jewellery making experience is necessary.

Thursday 10am (2hrs)

Starts 7 March (4wks) \$108

VCE French class

Develop your French language skills in VCE with our experienced native-speaking French tutor. Open to year 11 and year 12 French students.

Monday 4pm (2hrs)

Starts 12 Feb (6wks) \$149

Spanish absolute beginners

Learn Spanish with our native-speaking Spanish tutor. Ideal for travel or just for fun!

Wednesday 10am (2hrs)

Starts 7 Feb (8wks) \$198

Modern art history

Enjoy a light-hearted look at Modern Art – What were they thinking? Incorporating social history, artworks and film. Explore the rapid change in art from classical realism to abstraction.

Tuesday 1pm (2hrs)

Starts 20 Feb (6wks) \$149

Weekend workshops

Upcycle crochet rug making workshop

Learn how easy it is to crochet a rug using t-shirts! Bring along your own crochet hook and some old t-shirts or use the materials provided. An ideal activity for ages 12+ and adults.

Saturday 24 February 10am (2hrs) \$45

Necklace workshop

Enjoy a creative morning and learn how to make your own statement necklace! All materials and tools are provided and after 3 hours you will take home your completed necklace ready to wear.

Saturday 17 February 10am (3hrs) \$75



The Arts

Nature in art

Renowned natural artist Terry Napier will guide you through watercolour techniques to illustrate the natural world. Monday 9.30am OR 12.30pm (2.5hrs) Term: 7wks \$201

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. Wednesday 9.45am OR 12.45pm (3hrs) Term: 9wks \$275

Introduction to Life & Still Drawing

Explore the fundamentals of observational drawing including tone, proportion, line and value elements. Ideal for beginners and anyone who wants to improve their drawing skills. Wednesday 10am (2hrs) Term: 9wks \$243



INTERNATIONAL WOMEN'S DAY TALK & MORNING TEA

Imagine a gender-neutral world, free of bias, stereotypes and discrimination!

Join us for an inspiring morning celebrating equality and advocacy, focussing on women's wellbeing, Friday 8 March 10am (2hrs) \$15

Kids & teens

Structured playgroup (0-5yrs)

Facilitated by an early childhood educator, toddlers and pre-schoolers learn new skills through play, games, stories and music. Parents, grandparents or carers are encouraged to join in. Siblings under 12 months free.
Monday or Tuesday 9.30am (2hrs)
Term: Mondays 8wks \$124,
Tuesdays 9wks \$140

Steiner playgroup (0-5yrs)

Facilitated by an early childhood educator in the style of Steiner philosophy. Parents, grandparents or carers are encouraged to join in. Siblings under 12 months free.
Friday 9.30am (2hrs)
Term: 8wks \$124

After School Art (8yrs+)

Weekly art class led by artist Sibone Heary. Students will learn the fundamentals of drawing, practicing portraits and still life with charcoal, pencil, and paint.
Open to kids (8+ years) and teens.
Monday 4pm (2hrs)
Term: 8wks \$216

Beginner sewing (8yrs+)

Learn basic sewing machine skills in our beginner sewing short course for kids and teens.
Thursday 4pm (2hrs)
Term: 4wks \$108



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.
Friday 9.30am OR 10.45am (1hr)
Term: 8wks \$146

Tai Chi

A gentle integrated mind and body exercise with a focus on control of movements and breathing for overall wellbeing.
Monday 12.30pm OR 1.45pm OR
Beginners 3pm (1hr)
Term: 8wks \$146

Walking group

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

Thursday 9.30am (1hr)

Free for CNC members

Yoga with Susi (beginners to intermediate)

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

Tuesday 9.15am OR 10.30am (1hr)

Term: 9wks \$164

Yoga with Efrat (beginners to intermediate)

Learn yoga asanas (physical postures), breathing techniques (pranayama) to help with relaxation, and experience different forms of meditation in a nurturing, small group environment. Ideal for all levels.

Monday 9.30am (1hr)

Term: 8wks \$146



Zumba Gold

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

Wednesday 9.30am (1hr)

Term: 9wks \$164



Language

French absolute beginners NEW

Thursday 10.30am (2hrs)

Term: 9wks \$223

French intermediate (2+yrs' exp)

Tuesday 1pm (2hrs)

Term: 9wks \$223

French intermediate (3+yrs' exp)

Monday 1pm (2hrs)

Term: 8wks \$198

French advanced (4+yrs' exp)

Monday 10.30am (2hrs)

Term: 8wks \$198

Italian absolute beginners

Thursday 12pm (2hrs)

Term: 9wks \$223

Italian advanced (4yrs+ exp; via Zoom)

Thursday 1pm (2hrs)

Term: 9wks \$223

Gardening & Sustainability

Garden Club

Enjoy guest speakers, excursions, exchange plants and ideas and chat with fellow gardeners over afternoon tea. No expertise needed, all welcome. Third Tuesday of the month, 1pm (2hrs) Annual fee: \$20

The Written Word

Writing life

Structured lessons to guide you in capturing and sharing your valuable memories and anecdotes from your life and family history. Tuesday 10am (2hrs) Term: 9wks \$223

Social

Community kitchenette **FREE**

Make yourself a coffee or tea and sit down and enjoy a magazine in our foyer. Weekdays, 9am–4pm

Chatty Cafe **FREE**

Get to know other locals and make new friends over a cup of tea or coffee. All welcome. Wednesday 10am (1hr)

Community Library **FREE**

Take a book, share a book. Our community library is available weekdays from the foyer. We have a full range of thriller, history, biography, literature and more as well as children's books. Weekdays, 9am–4pm

Mah Jong (Western style)

A classic game of strategy and skill. New players welcome. Friday 10am (2hrs) Term: 12wks \$50

Book circle

Meet up for lively discussions on books, films, community activities and events. Second Tuesday of the month, 10am (2hrs) Free for CNC members

Bridge Club

Wednesday 12pm (5hrs)

Free trials available for all classes

How to book short courses and activities

Book online: www.canterburync.au

Call us: 9830 4214 during office hours

Visit us. 2 Kendall Street Canterbury

Email: office@canterburync.au

Follow us: facebook.com/canterburync
instagram.com/canterburync





BOROONDARA KIDS

Community-based educational program catering for children of all backgrounds aged 5 to 9 years. Fortnightly after-school programs and school holiday activities.

Email: boroondarakids@gmail.com

Website: boroondarakids.wixsite.com/kids

LOVE-2-LEARN

Teaching foundational skills in reading, writing, spelling and numeracy for preschool children aged 3 to 6 years.

Email: love2learn@outlook.com.au

Website: love2learn.com.au

SUPER SPEAK

Public speaking and drama program for school aged children for ages 6 to 14 years. Weekly classes in practical communication skills.

Email: info@superspeak.com.au

Website: superspeak.com.au

SWINBURNE CHORALE

Choir led by Sarah Mandie. No audition required, just a love of singing and music. Tuesday evenings at Canterbury.

Email: choraleswinburne@gmail.com

Website: swinburnechorale.com.au



Garden club calendar 2024

Tuesday 20 February, 1pm – 3pm

Herbal tea tasting & making your own herbal teas

We have been offered a lovely workshop which will be held at the Centre by Anne Lillecrapp. More details to come, but it will be a great afternoon!

This will be our planning session for the forth coming year, so come along and help plan a year of activities, excursions and speakers.

Keeping Time

Canterbury Clocks and Watches

To step inside the premises of Canterbury Clocks and Watches on Canterbury Road is to step inside an Aladdin's cave of beautiful timepieces. You will find mahogany and walnut grandfather clocks, wall clocks, brass carriage clocks and mantle clocks, marine chronometers and a host of other scientific time measurement instruments and curiosities.



Owners, Shaun Ryan and Douglas Macquet, both learnt the art of clockmaking on-the-job. Douglas had previously trained as a chemical engineer and Shaun worked in academia. Both have a love of understanding how things work and grew up 'tinkering with things around the house' before discovering

Shaun Ryan, owner of Canterbury Clocks and Watches with a selection of time pieces

their passion for horology. Their team includes Dylan who is learning the craft of clockmaking and a watchmaker. They see themselves as providing a practical link between the past and the present.

According to Shaun, there is an ongoing interest in grandfather clocks, carriage clocks and other antique, unusual or beautifully made modern clocks. There is also a new audience of younger people who have grown up in the digital age without the experience of having one of these special clocks in their parents' or grandparents' house. These clocks are more than beautiful objects. They also create a sentimental attachment because they need to be looked after to be kept in good condition, as well as needing winding up each week unlike, for example the digital clock.

Selling remarkable clocks is only a small part of the business. Their specialty is restoration and repair of beloved timepieces including luxury watch brands such as Omega and Rolex. In the fully equipped workshop repairs can be undertaken and new parts manufactured for many types of analogue time pieces as well as scientific instruments such as microscopes, seismometers, barometers, pollen-counting machines and wind-up music boxes.

There is also new audience of younger people who have grown up in the digital age without the experience of having one of these special clocks in their parents' or grandparents' house.



Canterbury Clocks and Watches celebrated forty years in the business in July 2020. The business was set up by Ken Payne in Blackburn in July 1980 as a clock and watch repair service and gradually moved westwards to Canterbury, occupying other Canterbury Road premises before moving to their current shop at 209 Canterbury Road.

As one of only a handful of businesses in Australia offering repairs and restoration of timepieces and scientific instruments, their customers come from all over Australia. Visitors to the shop might be greeted by Sophie, a schnauzer who has the official title 'Apprentice Happiness Officer'. She's learning the ropes and can be seen sunning herself in the window and keeping an eye on things.



1st Canterbury Scouts – Adventure



‘Joey Scouts care, Joey Scouts share, Joey Scouts help people’. The 1st Canterbury Joey Scouts recited their motto with pride. These 6 and 7-year-olds are the latest generation of enthusiastic Scouts who bounce through the doors of the hall on Shierlaw Avenue known as ‘The Gunyah’ as Scouts have for nearly 100 years.

Many Canterbury families have been part of the 1st Canterbury Scouting family, and visiting the Joeys brought back many happy memories.

The Joey Scouts operate with an exhausting amount of energy, excitement, and decibels. Under the calm supervision of their leaders, Wendy and Sam, they learnt how to safely light matches and how to stuff bananas with choc chips and marshmallows and cook them over the open fire. Seven-year-old Oliver loves ‘learning fun stuff’ and Izzy

enjoyed the weekend camp at Mt Martha, with its extra-long flying fox. These two little leaders are looking forward to going up to Cubs in 2024.

Fourteen-year-old Kieran is described as ‘friendly, enthusiastic and courageous’ by his Scout leader Luke. He is also passionate about outdoor challenges - camping, hiking, rafting, construction, obstacle courses and the environment. Like all Scouts, he loves adventure and new experiences. Scouts fosters leadership as well as cooperation. When

is calling

1st Canterbury Scouts has a long and proud history... a quote from the founder of the Scouting Movement, Lord Robert Baden-Powell: 'The most worthwhile thing is to try to put happiness into the lives of others.'

asked if he could make one rule for the world, Kieran says it would be 'to try and resolve things fairly and without conflict'.

When Kieran moves to Venturers (14 to 18-year-olds), he will have the opportunity to work towards his Queen's Scout Award, the highest award in Scouting. In 2023 Rupert Troedel achieved his Queen's Scout, the first Scout in 1st Canterbury to gain this award since 2005. Look out for Rupert's story in a future edition of 3126.

1st Canterbury Scouts has a long and proud history as chronicled in 'A Centenary of Scouting in Canterbury 1915 - 2015' by local historian James Nicholas. Its foreword holds a quote from the founder of the Scouting Movement, Lord Robert Baden-Powell: 'The most worthwhile thing is to try to put happiness into the lives of others.'

Opposite page and this page show the many activities that the 1st Canterbury Scouts enjoy. Images supplied Alastair Troedel, 1st Canterbury Scouts



1st Canterbury Scouts will hold its Open Day to celebrate the 100th anniversary on 25 May 2024.

Get to know your neighbours

Paul Merheb



If you happened to visit Chicken or the Egg café on 21 September 2023 and tried to speak to the owner, he would have answered your query by typing a message on an iPad. Paul Merheb was spending the day at work taking the Motor Neurone Disease (MND) Victoria fundraising challenge *Shut Up for MND*. For 12 long hours Paul kept silent, which was quite the challenge when you run a busy restaurant.

Paul was keen to raise awareness and funds as the father of a close friend had recently died of MND...

Motor Neurone Disease or MND, is a devastating neurodegenerative disease. Around 2,100 Australians currently live with the disease and every day two people are diagnosed with MND. Paul was keen to raise awareness and funds as the father of a close friend had recently died of MND and had lost the ability to speak in his last few months. Between staff, customers and friends, Paul managed to raise just under \$7,500. He also learnt that typing what you want to say (rather than speaking) can halt the conversation.

Chicken or the Egg cafe recently celebrated its sixth anniversary. Starting and managing a busy café was not at all in Paul's sights when he was young. Instead, he wanted to be a scientist and studied biological sciences at university before taking his first job in a laboratory. As a person who loves to be with other people, Paul soon found lab work too solitary and moved into banking taking a role with the Arab Bank in Sydney before moving back to Melbourne. Paul is of Lebanese heritage and speaks fluent Arabic and although banking involved working with people, Paul still felt he hadn't found his niche. A friend who managed one of the Groove Train restaurants suggested he looked into hospitality and Paul never looked back. For almost nine years he owned and ran Aura Cafe Restaurant Bar in Lower Templestowe before opening Chicken or the Egg in Maling Rd in 2017.

For Paul, the Canterbury community is the best thing about running the restaurant. 'Everyone in Canterbury knows everyone else and they all look out for each other', he says, 'For me, running the restaurant is about getting to know people and being part of this community.'

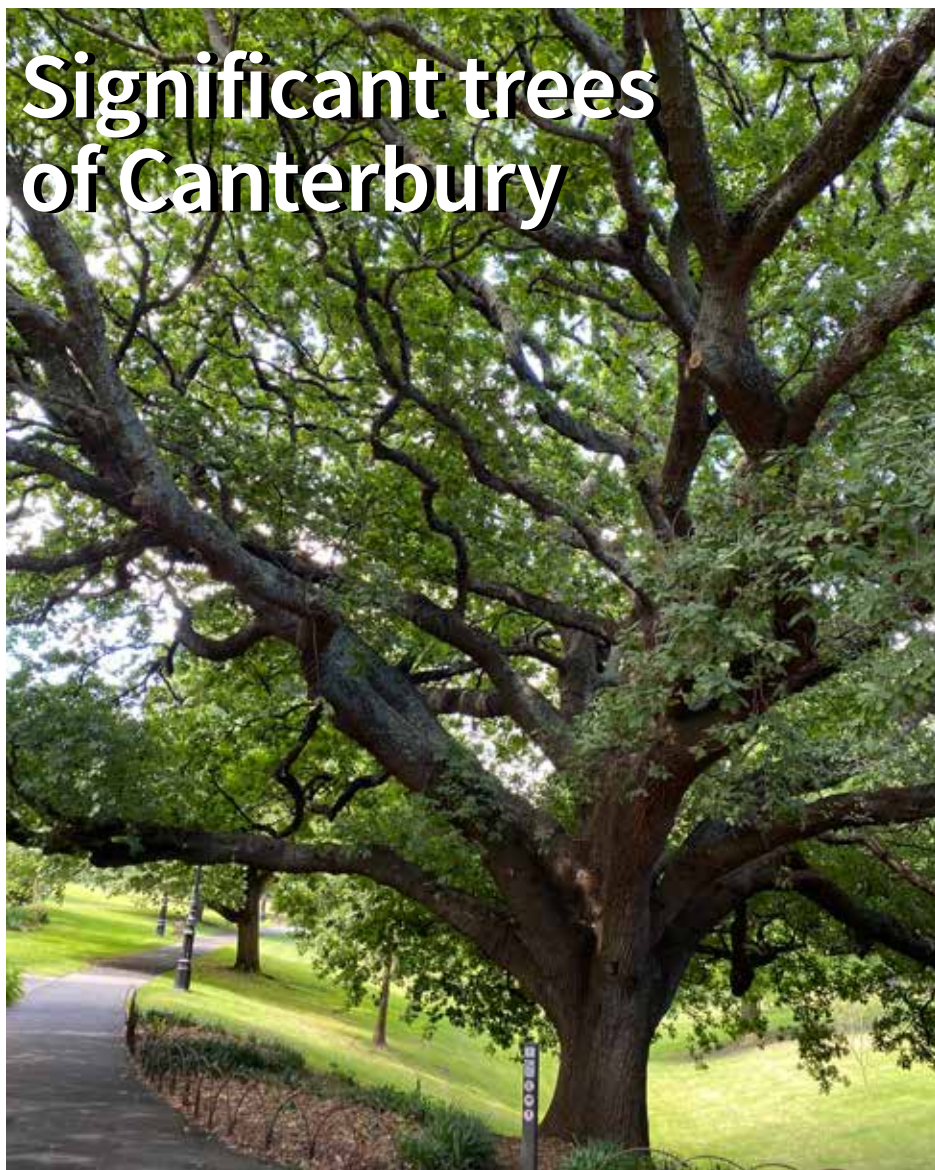
Paul Merheb has recently been appointed as President of the Maling Road Traders Association.

Paul is looking forward to working with all traders to help build the precinct into a vibrant, shopping destination and also provide the best services for the loyal locals.



76-78 Maling Road, Canterbury 3126
Hours: 7 days 6.30am – 3pm
Phone: (03) 8395 7132
Email: cote_canterbury@hotmail.com

Significant trees of Canterbury



Canterbury is known as a ‘leafy’ suburb and is home to a variety of noteworthy trees. Many of our most important trees are protected under the Tree Protection Local Law and are listed on the City of Boroondara Significant Tree Register.

A fine example is the lemon-scented gum, *Corymbia citriodora* standing 20m high and 15m wide, dominating the road reserve at 63 Wattle Valley Road. At the entrance to Canterbury Gardens stands a magnificent *Quercus robur* the english oak, dating to 1903–1904 when the gardens were planned with advice from William Guilfoyle, the Director of Melbourne’s Royal Botanic Gardens. It is of interest because of its curious growth form and its 28m canopy spread. Many of the plane trees *Platanus x acerifolia*, in Victoria Avenue and pin oaks *Quercus palustris* in Monomeath Avenue are part of the original plantings in Canterbury in the 1920s. They add great beauty to the streetscape and surrounding properties.

In addition to the formal plantings, Canterbury also features significant indigenous trees. These include the indigenous river red gums *Eucalyptus camaldulensis* in Belmont Park and the yellow box *Eucalyptus melliodora* in John August Reserve, both on Mont Albert Road. The yellow box stands 19m high and 18m wide and is an example of remnant vegetation. Its bark is particularly beautiful.

The Significant Tree Register was created in 2001 by landscape architect, John Patrick. Originally only including trees on public land, the register has since been expanded to include noteworthy trees on private property. A significant tree can be a single tree, avenue or hedge and are identified as ‘significant’ because of their impressive size, age, rarity, ecological value, or cultural and historical significance.

There are currently 258 trees in Canterbury on the Significant Tree Register, and the vast majority of these trees are on public land. To find a significant tree, visit the Protected and Significant Trees page on the City of Boroondara website. Here you will find an interactive map with fascinating details about registered trees. If you have a special tree in your neighbourhood, check if it is on the register. If it’s not, consider nominating the tree for protection on the council website.

Opposite page: *English oak, planted in 1903 – 1904 at the Kendall Street entrance of Canterbury Gardens*



Lemon-scented gum,
Corymbia citriodora

The National Trust’s Significant Tree Committee suggests that a significant tree could be any tree of outstanding aesthetic quality, outstanding for its large height, trunk diameter or canopy spread.

That a tree has an aesthetic, historical, environmental, social or cultural value.

Writing life

Our stories matter whether we write for ourselves, our families or for posterity.



For over seven years, Caroline Carruthers has been mentoring emerging writers through Writing Life, a weekly writers' support group that focuses on personal stories. More than a writers' class, the group is as much about friendship and sharing experiences as it is about tools or

Every person's story is worth telling because it adds to our understanding of ourselves, our culture and our social history.



the past. Digging into my thoughts, feelings and beliefs has helped me to better understand myself and my family relationships. I learnt to value my writing. The body of work I've accumulated gives me a satisfaction and a pleasure I hadn't expected.'

Although our lives share much in common, no one else has exactly your experience or your way of looking at the world. Every person's story is worth telling because it adds to our understanding of ourselves, our culture and our social history.

'I took the opportunity to take a trial class,' says Indu, a participant for two years. 'I loved the tutor; everyone was warm and friendly and I have not looked back. I am writing each week with everyone's encouragement, validation and feedback.'

Bob, a class member from the beginning, says, 'You meet a rich variety of people whose lives make for interesting reading. I relish listening to the other participants and learning from their feedback on my writing.'

Life-writing is about anything you want to remember. It can be about love and loss; it can be about family, friends, marriage, children; it can show how history might be captured in an individual life, or how an individual life is representative of its times. Life-writing has to do with the emotions, it has to do with memory, and it has to do with a sense of identity. And in the process of writing we will discuss topics such as the ethics of writing about other people, the unreliability of memory, and how to find 'truth'.

As Caroline notes, 'It gives me great pleasure to share the writing journey with my classes, to help each person find their own voice. We work together to foster trust.'

Writing Life

Tuesday 10am
(2hrs)

Term: 9wks \$216

Caroline is also offering a new light-hearted art history class in term 1 2024.

Modern Art History

Tuesday 1pm
(2hrs)

Term: 6wks \$144

Opposite: Writing Life class members enjoying morning tea.



VENUE HIRE

Enjoy our space

Canterbury Neighbourhood Centre offers a range of venue hire opportunities for the local community ideal for groups, small businesses, workshops and events.

Spaces include small and large meeting rooms, purpose-built art room, registered kitchen and external workshop situated in the beautiful Canterbury gardens.

Rooms can be booked weekdays, weekends and evenings. Discounts are available for regular hires and not-for-profit groups.



••• Visit us and view all our hire options.

Open Monday to Friday 9am to 4pm or email us for more information and availability: office@canterburync.au