

# 3126

A guide to Community living



WINTER 2021

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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**Cover image:** Outlaw Cafe owner, Nick Zaharias with Sarah Steven and Aman Singh. Photo by Ray Gruchy

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# 3126

There is a lot to be excited about in Canterbury right now!

The Maling Road placemaking project continues to revitalise the area to create a vibrant place for the Canterbury community. A number of key projects are complete, including the parklet and lighting, and there is more to come, including with murals and the beautification of building facades and vacant shopfronts. Council's project page has all the details: <https://www.boroondara.vic.gov.au>

Artwork from Canterbury Neighbourhood Centre's Nature in Art class will be on exhibition from July 9th at the Hawthorn Art Gallery. Page 8 has more on this unique and detailed style of art.

Canterbury Neighbourhood Centre is seeking feedback from locals about how we can shape the Centre's programs for the future. See page 15 for details about how you can participate.

# 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 July (8wks) \$225

### **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

Starts 13 July (9wks) \$275

Wednesday 9.45am – 12pm OR

12.15pm – 2.30pm

Starts 14 July (9wks) \$250 OR

Wednesday 6.45pm – 8.45pm (via Zoom)

Starts 14 July (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 13 July (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 12 July OR 13 July (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 12 July (10wks) \$175 Thursday 9.30am – 10.30am OR 10.45am – 11.45am Starts 15 July (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 12 July (10 wks) \$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) OR 9.45am – 10.30am (gentle pace) Starts 13 July (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 13 July (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 12 July (10wks) \$175

### 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 12 July (10wks) \$175







## Language

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

Tuesday 1pm – 3pm  
Starts 13 July (9wks) \$210

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

Monday 1pm – 3pm  
Starts 12 July (9wks) \$210

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

Monday 10.30am – 12.30pm  
Starts 12 July (9wks) \$210

### **Italian beginners (6 months' experience)**

Thursday 9.30am – 11.30am  
Starts 15 July (9wks) \$210

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

Wednesday 3pm – 5pm  
Starts 14 July (9wks) \$210

### **Italian intermediate/advanced (3+ years' experience)**

Wednesday 12.30pm – 2.30pm  
Starts 14 July (9wks) \$210

### **Italian advanced (via Zoom)**

Thursday 12pm – 2pm  
Starts 15 July (9wks) \$210

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

Wednesday 9.30am – 11.30am  
Starts 14 July (9wks) \$210

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

Monday 11am – 1pm  
Starts 12 July (9wks) \$210

## Social

### **Mahjong**

A classic game of strategy and skill.

New players welcome.

Friday 10am – 12pm

Starts 16 July



## 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 13 July (9wks) \$210

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

A History of Words. Every word carries a history. Join us for a fascinating journey into the world of words.

Tuesday 10am – 11.30am

Starts 3 August (4wks) \$93

### 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.

2nd Tuesday of the month 10am – 12pm

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

#### Visit our website:

[www.canterburynh.org.au](http://www.canterburynh.org.au)

**Call us:** 9830 4214

#### Send us an email:

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

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



**Canterbury  
Neighbourhood  
Centre**

### 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](http://www.canterburynh.org.au)) to receive updates via email.*

## Canterbury History Group needs your help!

**At the end of next year Canterbury History Group will be moving to the new Local History Centre next to Canterbury Gardens. We are seeking volunteers to help us organise and digitise our resources so that they can be more easily accessed by the public at the new Centre.**

If you can help us with:

- redesigning our website
- writing short pieces on Canterbury's history for the website using our resources
- cataloguing and digitising our collection (training can be provided)

**we'd love to hear from you!**

If you can help, or wish to become a member of the history group, **please contact the Secretary, Libby Wilson**, by phone: 9888 6650 or email: [canthist@gmail.com](mailto:canthist@gmail.com)

# New kids on the block



Outlaw might seem an unlikely choice of name for a business in Canterbury, but it seemed the perfect name for a cafe replacing the Robin Hood Antiques store which had started in the same building years earlier.

Blending history and heritage with youthful exuberance, Outlaw is a modern cafe where its motto 'For the People' is loud and strong. Italian green subway tiles, tan lounge seating and clean, crisp lines rest easily within the building's heritage roots.

According to Nick, 'what makes Outlaw unique is we look on the optimistic side of everything... we do more than just serve coffee, we aim to connect on a personal level with every customer'.

... we do more than just serve coffee, we aim to connect on a personal level with every customer.

The 26-year-old is somewhat of a veteran in the local cafe scene, notably working and managing the brunch destination Short Straw in Hawthorn for five years before embarking on his dream for his own business, supported by a tribe of family and friends.

'My family have been so supportive', says Nick who explains how his mum (an accountant) set up the original kitchen and still helps with the books.

The interior fit-out was designed with his sister Konstance and the logistics managed by his twin sister, Stephanie. 'Oh, and Dad tastes the food!' Nick laughs.





## Menu favourites

### Mr Hollandaise

Eggs with pink beetroot hollandaise on crunchy potato hash

### Ricky's Schnitty

Schnitzel burger on soft challah roll

Respecting the heritage of the area and bringing younger people back to the suburbs were two key drivers for cafe owner, Nick Zaharias. He deliberately chose the heritage listed corner property in front of Canterbury Train Station.

'A lot of young people are put off by the suburb, but Outlaw is trying to abolish that. My plans for Outlaw go far beyond making a quality brew and amazing food... but to pioneer Canterbury into a new future without losing its heritage. I really want to see the suburb grow and dismantle stereotypes.'

Like Nick, most of the staff are young and grew up in the surrounding suburbs of Balwyn, Camberwell and Glen Iris. They share a passion for food, and they go out of their way to learn customers' names. 'People might think because we have young staff that we only want younger crowds. In fact, it is quite the opposite' says Nick, 'most of our customers are local residents and nearby businesses. Everyone, every age, is welcome at Outlaw'.

Building community and connection is essential and Nick wants to see more connection across businesses in Canterbury. 'It's about the community and us growing together', spreading the love to more businesses and streets.

As for the future, Nick has plenty of plans including garden seating, mural artwork and perhaps a late afternoon aperitivo with cicchetti menu. Now that's something locals can get excited about!

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### Outlaw Cafe

200 Canterbury Rd  
Canterbury VIC 3126  
Open 7 days  
Mon-Fri 6.30am to 4pm  
weekends 8am to 4pm

# Nature in Art - student exhibition



*Terry Napier holding an  
artwork in progress*

Nature in Art is a series of classes run at Canterbury Neighbourhood Centre that are devoted to realistic botanical illustration. In July, a select group of students from the classes will be showcasing their talent at the Town Hall Gallery Hawthorn Arts Centre.

This artwork style accurately depicts the natural world using watercolour techniques in an almost scientific manner. The works are produced via the application of many layers of paint that reveal delicate details that are not always visible to the naked eye. Works showing in the exhibition cover wide-ranging themes of flora and fauna painted in their vivid glory. The passion of these painters is clear in these beautiful and captivating illustrations.

The emerging artists participating in the show vary in experience: some have regularly exhibited, while for others this is their first foray into the gallery world. Many of the students have been attending Canterbury Neighbourhood Centre for years. Each week they diligently attend classes led by distinguished artist Terry Napier.

Terry has taught at the Canterbury Neighbourhood Centre for over 20 years. He is well-known for his exquisite botanical paintings and his celebrated artworks showcasing birds, butterflies and insects. He is loved and respected by the many students he guides through the complexities of watercolour techniques.

A long-time member of the Botanical Illustrators group at the Royal Botanical Gardens, Terry has exhibited at their bi-annual Art of Botanical Illustration exhibition for most of its history. His much sought-after paintings can be found in homes around Australia and the world, and in prominent Botanical Art collections, including Victoria's State Botanical Collection, The Cranbourne Botanical Collection, The Illustrated Garden and in the Government House Florilegium held by the State Library of Victoria and The Permanent Collection at RMIT University. In 2010, Terry was awarded the Celia Rosser medal for his contribution to botanical art and teaching.

Terry has exhibited at their bi-annual Art of Botanical Illustration exhibition for most of its history. His much sought-after paintings can be found in homes around Australia and the world, and in prominent Botanical Art collections...

Hawthorn Arts Centre's upcoming exhibition will inspire and challenge you to see the natural world in a new light.



**Above:** *Patricia De Rauch,*  
Emerging flower

**Below:** *Molly Mc Phie,*  
*Blue wren*



**Nature in Art  
exhibition  
6 July – 15 August**

Town Hall Gallery  
Hawthorn Arts Centre  
360 Burwood Road  
Hawthorn

# Canterbury Toy Library

Helen Dudley



**Tucked away behind the bustling shops of Maling Road and located in a period building next to Canterbury Gardens is a little-known neighbourhood gem beloved by many children and families in Canterbury.**

The community-run toy library has been providing toys for families since 1983. Currently co-located with Playstation, the Toy Library will become part of the much-anticipated Canterbury Precinct, due to be completed in 2022.

Open every Saturday morning from 9.30am – 1.30pm, the Toy Library caters for ages 6 months through to 8 years. Joining the Toy Library gives you access to over 1000 toys, including our new range of sports and active play toys, games and puzzles. Membership also provides free access to our party-hire toys – our giant foam shapes and toddler rollercoasters are always a big favourite!

One of the benefits of being a member of a toy library means being able to return toys that your children or grandchildren lose interest in quickly and discover new favourites. This reduces our collective impact on the environment.

Canterbury Toy Library is very fortunate to operate with support from many local businesses and organisations, including the Maling Road Branch of Bendigo Bank, City of Boroondara and Rotary Club of Balwyn.

As a community-based organisation, we welcome expressions of interest from anyone wanting to get involved, from donating good quality toys to volunteering your time. We have volunteers of all ages and we wouldn't be able to operate without them!



Maintaining our toy collection is a bigger task than many realise, from sourcing missing pieces to repairing broken toys. We have also been fortunate to have a new volunteer this year who is repairing our broken toys. It has been amazing to see broken toys returned to their original condition, ready for play for hopefully many years to come.

# Get to know your neighbours

Marjory Gardner – illustrator

Boroondara resident Marjory Gardner has been a freelance illustrator for many years. The latest publication she illustrated is a picture book for 3 - 5-year-olds: '*Frankie Goes to Kindergarten*'. Frankie is based on a real dog, a French bulldog/pug cross who accompanies his owner, author Peta Baxter, to the Queensland kindergarten where she and co-author Connie Hemmens work.

Frankie is a popular and loved member of his kindergarten community, playing with the children, helping them avoid separation anxiety, and making their sessions at kinder fun. "It was such a lovely commission to work on over lockdown," said Marjory, whose colourful characters have appeared in many children's books and magazines.

The book gently teaches children about being kind to animals and each other, sharing, eating healthy food, and sun safety. There is also a sub-plot that children will enjoy: searching for cheeky George the cat on every page!

As well as illustrating, Marjory also enjoys visiting schools, kindergartens and libraries to give art workshops to children.



The book gently teaches children about being kind to animals and each other, sharing, eating healthy food, and sun safety.

"*Frankie Goes to Kindergarten*' (Hardback \$24.95 Paperback \$16.95) can be ordered online from the publisher: <https://fordstreetpublishing.com/book/frankie-goes-to-kindergarten> or ask for it at your favourite bookshop.



Contact Marjory by email [marjoryg@bigpond.net.au](mailto:marjoryg@bigpond.net.au) or via her website: [www.marjorygardner.com](http://www.marjorygardner.com)



# Get to know your neighbours

Rochelle Anderson, co-founder of charity **You Matter**

**Growing up in both Melbourne and as an expat in Hong Kong, my parents' involvement in issues of social justice left a deep impression on me.**

My father, along with his investment banking career, was the chair of Oxfam International and my mum volunteered at local women's centres, both here and in Hong Kong. As children we would occasionally go with her to the Melbourne women's halfway house refuge. Seeing women with broken noses and black eyes, families cramped in a single room and children with nothing more than the pyjamas they were wearing, unnerved me. This feeling stayed with me and motivated me to do something for families that experience domestic and family violence in their lives.

I have always wanted to support domestic violence victims, but I wasn't sure how or what I could do. I certainly didn't see it as a career option.

One day I saw Leigh Sales interview a domestic violence organisation on television. Around the same time a dear friend who worked in the women's social policy space encouraged me to set up **You Matter**. I began researching domestic violence support services.

In Australia, domestic violence services are primarily aimed at providing prevention education and crisis support; however, we understand that assisting victims through the recovery process includes but goes well beyond finding permanent accommodation.

One of the most shocking findings for me was that on average, a woman will return to an abusive partner seven times before leaving permanently. Without financial resources, the decision to leave a violent relationship can be poverty-inducing for many women. My vision is to reduce the chance that a woman will return to a violent situation by providing what she needs to rebuild her life.

In March 2019, my friend and colleague, Maxine Gross and I began planning You Matter – an organisation dedicated to providing domestic violence victims with a fully furnished home. We helped our first family in September 2019. Since then, the organisation has grown to around 100 volunteers and we have furnished homes for almost 50 families.

You Matter takes a very personalised approach to support, learning as much as we can about the family before sourcing everything the family needs. For example, we had a child who loved Thomas the Tank Engine, so we sourced Thomas toys and bedding to set up his bedroom. For an elderly Afghani woman, our team researched popular Afghani ingredients and spices to stock in the pantry so that she would feel comfortable cooking in her new home.

On the set-up day, the haven team fit out the entire space; from electrical appliances, furniture, bedding to cooking utensils, tableware, towels and toothbrushes. Each home is beautifully styled with flowers and decorator items.



Our hope is that this support provides them with the dignity and respect they deserve so that they have the strength and courage to stand tall and move forward once again.

**The little personalised details are at the heart of the charity's philosophy, which is saying to victims, you are valued, and you matter to us.**

Our hope is that this support provides them with the dignity and respect they deserve so that they have the strength and courage to stand tall and move forward once again.

You Matter is staffed entirely by volunteers, many of whom live locally in Boroondara. The support of individuals and businesses has been extraordinary. At the start, I struggled to have the confidence to ask people for their support, but I have been overwhelmed by the generosity of the community.

Volunteers provide all types of assistance, from collecting donations, administration, fundraising, setting up houses and interior design. The organisation has also partnered with many generous local businesses including Maison on Maling, Martin & Martin Consulting and Ben the Butcher, as well as local schools for fundraising efforts.

It is such a privilege to know that each time we set up a haven we make the world a better place for a person who will never forget the kindness of their community.



Rochelle Anderson,  
co-founder of charity  
**You Matter**



**You Matter is always looking for more volunteers and there are many ways you can support families. Visit [www.youmatter.com.au](http://www.youmatter.com.au) to become involved.**

# Not all personal training studios are the same!



**You may think that personal training studios only focus on exercise, but at ALTA fitness, exercise is only one aspect of our offering. For many of our clients, we are so much more.**

Your health and wellbeing are very important to us, so if you are feeling that working out is too hard to even consider, then working 'in and out' may be what you need. Perhaps you need a session that is slower with more stretching and breath work or some high intensity boxing to let out your frustration – we can accommodate how you feel on any given day.

We use many different modalities in a program, such as yoga, the feldenkrais method, pilates, strength & conditioning, weightlifting, intervals, kettle bells,

functional training and more. This is what sets us apart from other personal training studios and ensures that you safely reach your goals in a way that suits both your body and mind.

To all of that, you can add our experienced team and our extensive knowledge on things like nutrition, women's health, men's health, sleep, rehabilitation, mindfulness, breath work and more. Many of our clients say to us that they never quite know what to expect as we are always introducing new and different exercises or giving advice on what else they can do for their health and wellbeing. This is because we believe exercise alone is not the only component to healthy living.

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

Mon, Tue, Wed: 6am to 8pm

Thu, Fri: 6am to 4pm

Sat: 6am to 12.30pm Sunday: Closed

# Help us design your Neighbourhood Centre

Canterbury Neighbourhood Centre (CNC) is launching a series of opportunities for you to share insights, provide feedback and offer recommendations for future programming.

With construction of the Canterbury Precinct underway, CNC is committed to connecting with you to understand your interests, and create a space that reflect local needs.

See [www.canterburynh.org.au](http://www.canterburynh.org.au) for details

## Jump online

Complete a survey  
and be in the running  
for a \$25 gift card  
(July – September)

## Say Hello!

We'll be on the streets  
conducting mini-interviews –  
please spare a few minutes!  
(July)

CNC

## Be an influencer

Join us as a  
guest host on our  
social channels  
(September)

## Drop in

Complete a paper survey  
or see our  
interactive display  
(July – August)

# Maling Road Autoclassico

Sunday 22 August

This hugely popular event is on again this year in the Maling Road shopping precinct, with over 200 classic and modern exotic cars on display.



‘The event was first organized in 2016 by the Maling Road Business Association to thank our community for supporting the Traders of Maling Road,’ says the Association’s President, Athena Katopodis.

‘And it has now become one of Boroondara’s most anticipated and best supported events. As it is held just before Fathers’ Day, many locals bring generations of their family along to view the incredible range of cars, and then do some shopping and have some lunch or a morning or afternoon tea.’

Says event organiser, Peter Barclay: ‘It will continue to focus on displaying classic, historic and modern exotics consistent

with the unique characteristics of the event and will also include some rarely-seen classics – Bugatti, Delage; race cars – F500, Elfin 400, Gullwing, McLaren; and a few surprises!’

Autoclassico will also celebrate the small car by featuring some iconic makes and models – Speedster, Fiat, Mini, Citroen CV, Porsche 356, VW – plus a few unusual cars including ‘movie cars’, tractors and bikes.

Maling Road will be closed to traffic for the event as the shopping precinct takes on a village atmosphere – with cars lining the streets surrounded by historical buildings, reminiscent of special car events held in towns in Europe.





# Nature in Art

By Canterbury Neighbourhood Centre

COMMUNITY EXHIBITION  
TOWN HALL GALLERY  
HAWTHORN ARTS CENTRE

TUES 6 JULY – SAT 14 AUGUST 2021



**STREET DISPLAY  
OF CLASSIC  
CARS & BIKES**

SUNDAY  
**22**  
AUGUST

**AUTO  
CLASSICO**  
MALING ROAD CANTERBURY



**SUNDAY 22 AUGUST  
STARTS 10AM**

*Proud Sponsors*



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