Surrey Hills Neighbourhood News

Issue No. 242 February/Term 1 2023



Candles of Hope for our wonderful local businesses during the 'Big Dig'

Be prepared! From 17th February until early May, Mont Albert and Union Roads will be closed to vehicles, and most of the time to pedestrians, where their level crossings were. Traffic will be diverted around Whitehorse Road, Balwyn Road, Canterbury Road and Elgar Road.

The LXRP will provide shuttle buses between the Union Road North, Union Road South, and Hamilton Street shops. Buses will replace trains between Camberwell and Box Hill throughout this period. For pedestrians only, crossing the railway line will be possible through Robinson Road (to the west) or Creswick Lane (to the east).

While life, for all of us, will be a little more challenging during this time, it will be a great deal harder for local businesses. We have businesses in these streets which have been part of our community for decades. These have already experienced sharp falls in business in recent months because fewer people have been passing through; when the roads are closed for three months those falls could become far worse. Some businesses you know well may not survive.

Let's not see this happen. Let's continue to support the great service providers at the heart of our community. If you need what they have to offer go to them. Shop local whenever you can.

And, drawing on the wisdom of Father Bob Maguire, let's each 'light a candle' to dispel potential darkness through these months. Every time you visit and shop you will be lighting a candle for that business and these streets.

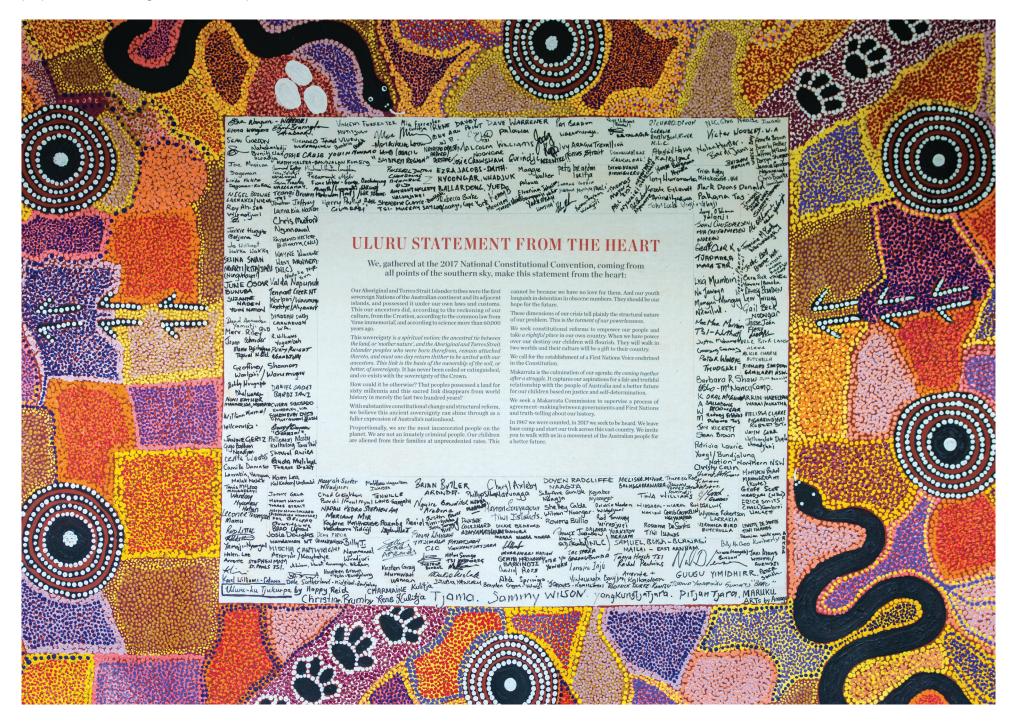
Here's a few additional 'candles' to attract people to our shopping strips during this time:

- The Surrey Hills Music Festival will be celebrated at the Surrey Hills Neighbourhood Centre in Union Road, on Saturday 25th February when we'll have day of great music, food and drink, and fun for all.
- Treasures and Tastes at Trinity markets will be held on the third Saturday of each month on February 18th, March 18th, April 15th and May 20th
- Hamilton St Sunday Markets will be continuing every fourth Sunday between 9.00am and 1.00pm
- Mont Albert and Surrey Hills Rotary's Sausage Sizzles will be continuing every Saturday morning in Hamilton Street outside Breadstreet between 10.00am and midday.

Let's keep our candles burning for the next three months! It can lift everyone's spirits and help everyone survive.

ON WURUNDJERI COUNTRY

The 2017 Uluru Statement from the Heart, printed in full below, calls for establishment of a First Nations Voice enshrined in the Constitution of Australia. The Federal Government has committed to a referendum in 2023 for an Indigenous Voice to Parliament. An information night for local residents interested to learn more about the proposed Voice is being held on Thursday 2 March at Hawthorn Arts Centre.





I love the anticipation of a new beginning that is heralded this time of year. As this edition of the Neighbourhood News hits letterboxes children will have just returned to school, parents to work, and retirees will likely be settling back into their weekly

routines. There are always new things to look forward to as a new year gets underway, and here at the Centre we're no exception.

We've all just returned after a wonderful summer break and are excited to commence the 2023 year. There are many wonderful opportunities to connect with your community and activities to support general health and wellbeing on our program this year.

Alongside our core program including art, strength training, yoga, Pilates, cooking, children's activities, and our ever-popular ukulele classes, we have some great new offerings this year: Amongst

- Italian for beginners (Wednesday's at 7pm)
- A re-vamped Lego Legends Club (Mondays 4.15-5pm)
- A learn to knit or learn to sew class (for those 10 & up. Wednesday afternoons)
- A new Chair Exercise class (Friday's 12.15pm-1.15pm)
- A Cake decorating workshop on Sunday the 2nd April.

We also have some fantastic events coming up in

The Surrey Hills Music Festival is back! Head down to the Centre on Saturday 25 February from 3pm-10pm for an afternoon and evening jam-packed with live music. Our outdoor performances will feature acoustic, indie and blues performances throughout the afternoon with pop, soul and R'n'B vibes in the evening; and we'll have choirs in Holy Trinity in the afternoon too. Come along to enjoy fabulous music, great food and drink in the company of family, friends and neighbours. We will also be hosting an International Women's Day Breakfast on Wednesday 8 March, so save the date. More details to come.

We would love to hear from anyone willing to volunteer at either of these events; participation adds spice to the experience.

The Centre remains a collection point for the **Asylum Seeker Resource Centre Food and Goods** Drive. They are currently providing free groceries to around 1,000 people, most of whom have no income and no work rights. Your contributions are always appreciated by ASRC, and can be left with us during Centre Office Hours Monday-Thursday (9.30am-3pm) and Friday (9.30am-1pm). Lastly, I'd like to give my own personal plea to the community to come on down and support your local traders during the Level Crossing Removal Big Dig which commences on February 17th. Many of our Union Road and Hamilton Street traders are worried about how they'll survive if business drops off. I have great faith in our community and know many will rally and shop local.

We hope to see you at the Music Festival on Saturday 25 February and we encourage you to shop local as the Big Dig gets underway.

Rochelle Anderson, Centre Manager

Diary dates

Term 1, 2023

Term commences Monday 30 January

Surrey Hills Music Festival Saturday 25 February 3pm – 10pm

Labour Day 13 March

Term 2, 2023

Term commences Monday 24 April

ANZAC Day Public Holiday 25 April

King's Birthday Public Holiday 12 June

surrey hills Course Highlights

The beginning of a new year offers us the chance to think about what the year ahead might hold. It's the perfect time to start something new. Maybe you've always wanted to take an art class, improve your fitness or learn a language. Here at the Neighbourhood Centre, we offer almost 60 different courses and programs. All have a focus on connecting with others in our community whilst learning something new or participating in a special interest group. Our full Term 1 Course Brochure is available in hard copy from the brochure holder outside the Centre on Union Road and online at https:// surreyhillsnc.org.au/whats-on-guide/. Why not have a look. There's lots of new courses this year as well as the much-loved favourites that have been running for years.

Community

Surrey Hills Music Festival

Come along to the Surrey Hills Music Festival and enjoy live Choir/Orchestral, Blues, Acoustic, Folk, Soul, RnB and Pop music. Visit our Food Trucks or Market Stalls and get to know your local community.

Saturday 25th Feb, Choir Vibes (@ Holy Trinity) from 1pm, Main Stage (@ SHNC Carpark) from 3pm-10pm

International Women's Day

Join the women of Surrey Hills and surrounds as we celebrate International Women's Day 2023 together. Enjoy an inspiring guest speaker, a breakfast pastry and a barista coffee before you dash off to work.

Wednesday 8 March, 8am-9.30am \$20

Art & Creativity

Make a Mosaic Wall Plaque

A hands-on workshop making a beautiful garden wall plaque over three sessions in February and March. Enjoy a creative, fun and relaxed environment with a glass of sparkling wine or mineral water upon arrival.

Thursday 23 Feb, 2, and 9 March, 7pm-9pm \$195/180 (members) including materials

Craft-ernoon Group

This new Craft-ernoon Group for Mums wanting some time out to work on their latest project in the company of other women at a similar stage of life. Come along and meet others with a similar interest and enjoy afternoon tea as you get to know

First Sunday of each month from 5th Feb,12pm-4pn. \$5 per session using the SHNC Special Interest Group pass

Languages

Spanish for beginners

Study this beautiful language in a relaxed way. Over 9 weeks, you'll learn the basics of how to converse with the locals.

Monday 7pm-8.30pm from 30 January (9 wks) \$180

NEW - Italian for Beginners

At last, we're able to travel again and Italy is top of the list for many! Learn the basics of conversation, grammar and comprehension in this beginners course taught by native Italian speaker.

Wednesdays 7pm-8:30pm (10wks) \$200

Fitness & Wellbeing

After-drop-off Group Personal Training

Conveniently timed for straight after kinder or school drop-off. Get in, get a fun work out done and get on with your day. Small children welcome under the supervision of their parent / carer.

Wednesday 9.15am-10.15am from 1 February (10 wks) \$180

NEW - Fit for Life - Chair Exercise Class

A challenging but safe stretch, strength and balance class for women and men at a later stage in life who, for whatever reason, want to exercise seated. Taught by Lisa Kendall

Fridays 12.15pm-1.15pm (9 wks) \$162

Qi Gong

A deeply therapeutic and restorative form of Tai Chi involving low impact, meditative exercise. Feel free to join in the friendly coffee catch-up that often takes place after this class.

Wednesdays 10.30am-11.30am from 1 February (10 wks) \$130

Table Tennis

Enjoy friendly, social table tennis.

NEW - Mondays 7.30pm-9pm from 30 January Thursdays 11.30am-1pm from 2 February \$5 per session

Cooking

NEW - Cake Decorating Using 3D Shapes

Join the accomplished Amanda Peters as she leads you through the basics of cake decorating using coloured fondants. You'll plan, design and mix colours to make spectacular exploding star cakes (or flowers if you'd prefer) AND you'll also receive three essential 'tools of the trade' that will enable you to continue your cake decorating journey at home.

Sunday 2 April, 1pm-5pm \$99 (bring your own cake to decorate) \$109 (have your cake supplied by us)



Italian Cooking with Lucia (NEW RECIPES)

Lucia Silverii returns for an encore performance to share her fabulous recipes. Participants in this class will be treated to a combination of demonstration and hands-on cooking, before being delighted with the opportunity to sit down and enjoy a leisurely meal together.

Part 1: Homemade pasta con Zucchine e Tonno and biscotti de la Nonna al Limone

Part 2: Chicken Scallopine and Cantucci

Thursday 16 Feb and Thursday 23 Feb, 6pm-9pm \$195/185 (members)

Children and Families

Children's Art Class (5-12 yrs)

Develop your child's individual creativity and self-expression in our weekly mixed media class that covers watercolour and acrylic painting, drawing skills, pastels, graphite and markers.

Wednesdays 4pm-5pm from 1 February (10 wks) \$150

Plus \$40 for a Materials Starter Kit for new students

Learn to knit: Make a scarf Perfect for beginners, participants in this class will learn how to cast on and cast off, learn basic knitting stitches such as garter, purl and rib. They'll use these skills to create a scarf of their own design using wool in their choice of colour and ply that they'll bring along to the class.

Suitable for ages 10 and up. Thursdays 4pm-5pm from 16 February (6 wks) \$75 (BYO wool in your choice of colour)

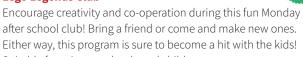


Learn to Sew: Make a fabric tote bag

Participants will learn how to set up a sewing machine as well as key foundational sewing skills that can be used and built upon for any sewing project. There will be a chance to practice and learn skills which will then be consolidated as you make a tote bag.

Thursdays 5pm-6pm from 16 February (6 wks) \$85 (Materials Included)

Lego Legends Club



Suitable for primary school aged children. Mondays 4.15pm-5pm (9 wks) \$112.50

Playgroup (1-5 yrs)

Fun playgroup activities for babies, toddlers and pre-schoolers. Connect with families in your community. Includes a 30 minute music and movement class.

Fridays Early Group 9.30am-10.45am from 3 February Fridays Late Group 10.15am-11.30am from 3 February (9 wks) \$58.50

Music

Ukulele (New Beginner)

If you've always wanted to play the ukulele, come along and go through the basics of tuning and strumming and have fun learning three chords that feature in thousands of songs.

Tuesdays 6pm-7pm from 31 January (10 wks) \$180





Surrey Hills v Centre 157 Union Road, Surrey Hills 3127 Phone: 98902467 enquiries@surreyhillsnc.org.au www.surreyhillsnc.org.au Findus on Facebook

TRADERS CORNER

Red Brick Café - local gem

Full disclosure – Red Brick Café, 215 Mont Albert Road, Surrey Hills used to be my family's go-to café. We'd never before lived close to a café where the owners knew us and always asked how we were. Moving elsewhere in the neighbourhood we realised how we'd relied on this café's friendly hospitality, particularly during lockdowns. It truly is a local gem with all the ingredients: excellent coffee, varied menu, delicious cakes and a welcoming, friendly ambience.

Owners Chris and Bruce have been serving breakfast, brunch, lunch, and recently evening fare, to loyal regulars and passersby for over eight years.

Chris says: "It's the first café we've owned. We had a history in hospitality and Red Brick Café just ticked every box when we were looking for a business to run."

He explains that as the café is located in a residential area, at first its opening times were restricted. Progressively they converted neighbours into keen customers, who asked why it couldn't open longer. Then, during COVID restrictions, they acquired a liquor licence so that post-lockdowns they could start to open at night. The café's Fromage Fridays, a welcome way for locals to wind down at the end of the week and catch up with friends over a cheese platter and wine, recommence in February.

The popular menu is constant, with some seasonal changes. Chris says there's continued expectation for some items, especially the sought-after fritters. Be assured fritters won't disappear!

Open: Tues-Thurs 7.30am-3pm, Fri 7.30am-8pm, Sat 8.30-3pm

Phone: 9836 0009

Email: redbrick1215@gmail.com

Internet: Check out the café on Instagram and Facebook



Mont Albert Florist

Originally from Alice Springs, Nell has been very happily trading in Mont Albert for 15 years. After more than a decade working in media and living in London, she pursued her dream of floristry. During her apprenticeship she gained experience at the florist at Melbourne's then Hilton Hotel and has 25 years' experience in floristry.

Asked her most satisfying occasion to prepare flowers for, funerals was her answer. Nell feels it's a privilege to work with the bereaved to provide one last service for their loved one. She also finds much pleasure in bringing joy and surprise to others with the gift of beautiful fresh flowers.

Mother's Day, with chrysanthemums, is her biggest day. Valentine's Day runs a close second – roses, any colour, so longer as its red!

And it's not just these two big days. Nell's arrangements for all occasions are beautiful. Stunning examples are on her website, Facebook, and Instagram. Current fashion, she says, is for botanical, native and non-structured arrangements. She enjoys unpacking her fresh blooms each morning. Just like Christmas! And she loves it if there is an unusual flower so she can create something unique.

Orders are welcome by phone, online and in person at Nell's delightful shop, corner of Hamilton Street and Mont Albert Road. She delivers locally, personally or via courier, with Interflora for distant deliveries.

Nell loves the old-world atmosphere of Hamilton Street's traders' community, its familiar faces, its regular customers. She asks 'please shop local, so we're here in the future'.

W: www.montalbertflorist.com.au

FB & Insta: montalbertflorist

E: florist@montalbertflorist.com.au

PH: 9890 1122



THE TWO OF US

Dogs make us better people: Hana & China

Hana and her beloved greyhound China Ash are well known on the streets of Surrey Hills. They've been walking together each morning for the 10 years since China retired from a successful racing career, progressed through the Greyhound Adoption Program (GAP) and joined Hana's family as their pet.

Back in his racing days, China, had 7 wins from 52 starts and made an astonishing \$14,000 for his former owner. However none of this matters to Hana. Her precious rescue greyhound, who turns 13 at the end of February, is worth more than money could ever buy.

The pair cut elegant figures as they stroll through the streets. Many a local has been heard to comment on how well-dressed China is. He's often donning Country Road, Gorman or one of the stunning Merimikko coats Hana, an accomplished seamstress, has made for him.

"I've made so many wonderful friends through my dog," says Hana, "and I truly believe that the bonds formed between humans BECAUSE of a dog make us better people."



Hana and her greyhound China outside Red Brick Cafe





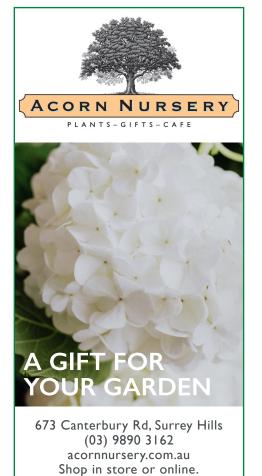








Dinner - Friday and Saturday



LIFESTYLE

Lift the Lid "Footy" Walk for Mental Health 2023



The Rotary Club of Mont Albert and Surrey Hills invites you to join us for a kick at the third annual Lift the Lid Walk for Mental Health at Deakin University on Sunday 26th February 2023. Rotary have again teamed up with the St Kilda Football Club, Danny Frawley Centre, and Australian Rotary Health to host the popular event, which involves AFL inspired activities for all ages to win prizes, have some healthy competition with friends, and meet some St Kilda Football Club stars. St Kilda players will also host a footy clinic for kids aged 8-12 years.

Too many of us are familiar with the pain of losing a loved one to mental health struggles. Danny "Spud" Frawley was a St Kilda football club player and coach who struggled with mental illness and tragically lost his life in 2019. This event honours Spud, and all those we know and love who have struggled to cope, by raising funds for a PhD scholarship for Mental Health research right here in Victoria.

If you're a member of a local sporting club, your club could win \$2000! We are seeking 10 clubs to contribute \$100 each: the prize will be awarded to the club which gets the most supporters to buy tickets to the event at \$30 a head. Please email lifthelidwalk@gmail.com to get involved.

Find out more information and book your tickets at https://www.liftthelidwalk.com.au/mont-albert-surrey-

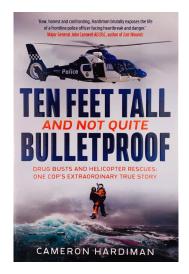
ARTS AND CULTURE

Book Review

Ten Feet Tall and Not Quite **Bulletproof - Cameron Hardiman**

Hachette Australia

It's not very often that you get to experience the creation of a new novel, especially one as personal as this autobiography, which the author happened to write at our cafe. This very candid novel delves into the depths of Post Traumatic Stress Disorder and depression caused by being a front-line responder for over thirty years.



Ten Feet Tall and Not Ouite Bulletproof, by local writer Cameron Hardiman, not only outlines a life dramatically changed by PTSD but also gives a historical insight into the Police Force and Air Wing operations where Hardiman was employed for over thirty years. The stories recounted from his career are pure jaw-dropping and cinematic in their telling.

The reader experiences the emotional toll that being an everyday hero has on a simple family man trying to keep it all together. Something had to give. These are truly brave admissions from a man who was told to always keep it together, and make compelling reading.

Ten Feet Tall and Not Quite Bulletproof is available from

Review by Chris Kabay from Red Brick Café (215 Mont Albert Road)

Nude Food

With holidays winding down, and school and work life revving up, the question of what to pack for lunches and snacks is once again upon us.

Many of us now have a great water bottle and a carry bag to hold nibbles, muffins, and lunches, but do we then go the next level and think about our sustainability footprint when it comes to how we source and pack the food that goes in them?

Food we send to school with the kids, and lunch we take to work can start off with good intentions, then life gets busy and boom... plastic wrappings and pre-packaged foods take over.

Every little step we make in reducing our environmental footprint regarding plastics is one step closer to making a bigger difference. The challenge is to buy in bulk at bulk food stores for your snack foods...boom no plastic! Make your muffins or cakes from raw ingredients, not packet mixes. Utilise food containers, rather than zip lock bags or glad wrap.

Practising the art of 'Nude Food' where we consciously ask ourselves can I do this a better more sustainable way? This is not only good for our environment it can also save money and set an example for our children.

Reducing my plastic started many years ago with Plastic Free July. Success comes with challenging oneself to one change, succeeding and then building on that success. I still fall down, no one is perfect, but the call now is to make small changes that become a habit.



We will empower you to have

- Choice to spend more time away from your business
- Ability to spend more time with family and friends
- Ability to do things you want to do in your life

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Setup and Printing: NEO Pty Ltd Mulgrave

NEXT DEADLINE:

20 March 2023 at SHNC 157 Union Rd Surrey Hills or email manager@surreyhillsnc.org.au



