

THE TWO OF US

Marcus and Paul: 25 years strong!

Few client/customer relationships can claim to span a quarter of a century but, for two Surrey Hills residents, the past 25 years have seen them build a heart-warming and ongoing client/customer relationship.

Automotive broker, Paul Inlander, was Marcus Bourne's first ever personal training client, and – barring a few stints overseas – they've been training together on a regular and often weekly basis ever since.

The two first crossed paths at a gym in Balwyn. One day Marcus happened to ask Paul if he'd ever considered trying a personal trainer. Paul jumped at the chance. "Now I would feel lost without it," he admits, adding: "I'm in better shape than 25 years ago.... The program is tailored to me, and Marcus knows when I need to be pushed. He can read me like a book."

It wasn't the career choice that Marcus had expected. "I thought I'd do it for a couple of years then I'd get a real job," he says. "The nicest thing about personal training is the relationship and trust you build with clients." Indeed Marcus has an enviable track record for retaining clients – six have worked with him for more than 20 years and until recently his oldest client was a staggering 92 years young!

Over the years the two have become good friends. Paul sums it up saying: "Part of the incentive is the aura of positivity in each session – it's not just doing a workout, it's positivity and it's the banter."



Marcus Bourne (left) and Paul Inlander

Refugee Week June 18-24

The Asylum Seeker Resource Centre Foodbank

In 2001 Kon Karapanagiotides gave his class of third-year TAFE students the challenge to set up a Foodbank for people seeking asylum. In just eight weeks they gathered donations of food and cash from wherever they could, and a friend of Kon's gave him free use of a tiny shop in Footscray as their base. ASRC was born.

Its development accelerated dramatically when, a few months later, the Tampa crisis blew up. More volunteers came to help; more donations flowed in; more services (legal, health, teaching support) were required. ASRC's survival was financially precarious for its first five years at least, but the need for its services kept growing; sadly its services are still in great demand today.

The ASRC Foodbank is run like a supermarket, but – because people seeking asylum have little or no income – it uses 'points' instead of money. ASRC members can visit Foodbank once per week; shopping with 'points' allows them the dignity of choosing their own purchases rather than accepting a prepacked food parcel. Members can also enjoy a free hot meal there post-shopping if they wish.

As the ASRC website states "When you donate food to the ASRC Foodbank, you'll make a difference to people seeking asylum by providing one of the most basic human rights – food. ASRC Foodbank currently provides free groceries to around 600 people every fortnight, most of whom have no income and no work rights. Around half of them are children.

Food is one of the most immediate and tangible ways to give someone a hand up. Every donation makes a difference."

Before Covid, donations provided 70% of the Foodbank's supplies, with the ASRC topping up the remaining 30%. However, in the last few years those figures have reversed. Additionally, demand for services grew by 79% in 2021 and a further 49% in 2022 and the trend continues.

Surrey Hills Neighbourhood Centre is a collection point for the ASRC Foodbank. When we have received sufficient donations to fill a car, one of our volunteers delivers them to ASRC in Footscray. Donated goods can be dropped off at the Centre during opening hours. Should that not be possible for you, **Coles Local** also support the Centre in this: if you buy a few extras when you're in the shop they have a drop off point for donations and notify us when to collect.



Donating food – but also items like children's formula to nappies to washing powder and cleaning materials – is one of the simplest and most valued ways that people can support ASRC: they – and we – will welcome your support.

ON WURUNDJERI COUNTRY

Australian referendum - proposed amendment to Australia's Constitution¹

On 23 March the Prime Minister confirmed the wording of the question and constitutional amendment to be put to the Australian people at the forthcoming referendum for a First Peoples Voice. The referendum will be late 2023, date yet to be set.

The 23 March Media Release, issued jointly from the Prime Minister, Minister for Indigenous Australians, Attorney-General, Assistant Minister for Indigenous Australians and the Special Envoy for Reconciliation and the Implementation of the Uluru Statement from the Heart, said:

'This is a simple question, a matter from the heart.

Recognising Aboriginal and Torres Strait Islander Australians in our Constitution is the best chance this country has had to address the injustices of the past and move Australia forward for everyone, and the best way to do this is to give people a voice.

For 122 years our nation's founding document has failed to recognise Aboriginal and Torres Strait Islander Australians, and their more than 65,000 years of continuous connection to this vast land.

In order to update our Constitution we need to hold a referendum where every Australian will get to have a say on the proposed change.'

Referendum question

A proposed law: To alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

Do you approve this proposed alteration?

Proposed new chapter in the Australian Constitution

The referendum will ask Australians to support a new chapter being written into our Constitution:

Chapter IX Recognition of Aboriginal and Torres Strait Islander Peoples

129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

- 1. There shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;*
- 2. The Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;*



The referendum announcement

- 3. The Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, powers and procedures.*


¹<https://www.pm.gov.au/media/next-step-towards-voice-referendum-constitutional-alteration-bill>

Disclaimer:

In recent editions the Neighbourhood News has included, and will continue to include, articles about local indigenous history and about the forthcoming Voice Referendum. The editorial committee publishes these articles to provide information about this important issue to our community. The inclusion of these articles does not imply any recommendation to readers to vote either for, or against the referendum proposal.



Course Highlights

 As I write this, Union Road and Mont Albert Road have just re-opened and it's hard to believe how quickly the works have been completed. Although I'm cognisant that not everyone would agree with me, it seems like as soon as we've all become accustomed to the new road routes, it's all over and we can move about our suburb with relative ease again. The end of the Level Crossing Removal Project is in sight. What a relief!

It's been a challenging few months for those who live and work closest to the LXP project. Many locals living alongside the works have been relocated to temporary homes during the works. Traders have been suffering from the lack of patronage of the Union Road and Hamilton Street shopping precincts. It's my sincere hope that the community will reunite and return *en masse* to their local shops now the roads and the train station have opened; despite the fact that there will continue to be minor disruptions as the LXP and Council's street beautification processes occur.

Here at the Centre, to cater for those who have found getting here difficult, we are, as a once off, offering mid-term enrolments. Details of our programs can be found at <https://surreyhillsnc.org.au/courses/> If there's a course or social group that you'd normally participate in but haven't been able to get to, or that you'd like to join but haven't done so because navigating your way to the Centre was difficult during the road closures, we'll be happy to arrange a mid-term enrolment for you. We're also happy to offer trial classes if you'd like to do a taster before committing. All you need to do is contact our office to arrange either. You can pop in to 157 Union Road, email us at reception@surreyhillsnc.org.au or call on 9890 2467.

In addition, if you want to apply for your \$250 Power Saving Bonus (without the annoying spam that can accompany it) give us a call to make an appointment to pop in. Inside 10 minutes, we'll have you signed up and the bonus on its way to you. We're also very excited to be participating in a trial of a Sick Pay Guarantee for casual and contract workers. If you or a family member aren't ordinarily entitled to sick pay from your employer, you'll likely be eligible to participate in a program that allows you to receive sick pay from the Victorian Government. Again, we can sign you up for this. Contact our office to make an appointment.

There's plenty of reasons to pop in to the Centre in the coming weeks. We'd love to see you!

Rochelle Anderson, Centre Manager

As Term 2 draws to a close and the leaves prepare for their Autumn finale, it's time to think about we can stay connected over the cooler months. Here at the Centre, we recognise that financially things are tough for many people right now. In response to this, we're introducing a number of free and low-cost activities at the Centre, so people can stay engaged and connected with us, no matter their financial situation. Although some classes and workshops may have already sold out online, please always double-check at Reception, as we're more than happy to add you to wait-lists or, if there's enough interest, we can look at possibly running additional classes to accommodate everyone. Visit us at www.surreyhillsnc.org.au to view a full listing of our fabulous Term 2/3 program.

Community

Refugee Week Community Conversation

Join us for a special evening to celebrate the contribution refugees have made to our community.

Thursday, 22 June, 7pm-8.30pm
\$20 (includes a light supper)

FREE Online Safety presentations for Seniors

Learn how to keep safer online and to use technology with confidence. Hosted by the e Safety Commissioner and live-streamed at our Centre, join our FREE online presentations to develop your digital safety skills.

BOOKINGS ESSENTIAL

Tuesday at 10am-11am

6 June topic: WiFi and Data Plans

20 June topic: Protect yourself against scams

\$250 Power Saving Bonus (PSB)

Have you applied for your Power Saving Bonus yet?

If you need support with your application, we're ready to help! Contact our office on 9890-2467 to book a 10 minute appointment and we can help you claim your \$250 rebate.

Sick Pay Guarantee for Casual (Vic Gov)

Are you or a family member a casual worker who ordinarily doesn't receive sick pay? The Victorian Sick Pay Guarantee provides 38 hours a year sick and carers pay for casual and contract workers in certain jobs. Contact our office on 9890-2467 to book a 10 minute appointment and we can sign you up for this Victorian Government pilot program that offers you this much needed benefit.

Cooking

Italian Cooking - New Recipes!

Over two Thursday evenings you'll learn how to cook favourites that will be on high rotation in your home in no time. You'll have never cooked this well before!

1 June: Pasta con Zucchini e Tonno and biscotti de la Nonna al Limone.

8 June: Chicken Scallopine and Cantucci (almond biscotti)

6pm-9pm

\$195 (\$185 members) includes two meals with wine

Languages

Spanish for beginners

Monday, 7pm-8.30pm

Term 3 begins 10 July (10 wks) \$200

NEW - Italian for Beginners

Wednesdays, 6.30m-8pm

Term 3 begins 12 July (10 wks) \$200

Children and Families

Safe Seats, Safe Kids Program

Correctly fitted child car restraints and booster seats play a crucial part in protecting children from serious injury and death in the event of an accident. Parents and carers can book in for a FREE child car restraint safety check.

Term 3, Monday Date TBC

(Please contact our office for date details)

Playgroup (1-5 yrs)

Fun playgroup activities for babies, toddlers and pre-schoolers.

Fridays, 9.30am-11am

\$6.50 per session (term or half-term commitment)

Key dates:

9 June: FREE visit from Little Chompers Dental Group!

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.

Wednesdays, 9.15am-10.15am

(Term 2 mid-term enrolments available!)

\$18 per session for remainder of Term 2

Term 3 begins: 12 July (10 wks) \$180

Ageless Grace

Based on the science of neuroplasticity this uplifting class is for anyone interested in keeping their brains sharp and bodies agile. Suitable for all ages and levels of fitness.

Mondays, 9.15am-10am

(Term 2 mid-term enrolments available!)

Term 3 begins: 10 July (10 wks) \$180

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

(Term 2 mid-term enrolments available!)

\$18 per session for remainder of Term 2

Term 3 begins: 14 July (10 wks) \$180

Thursday Yoga

Enjoy the benefits of the deeply nourishing Hatha Yoga with our very popular tutor Yulia. Suitable for new and experienced Yogi's alike.

Thursdays, 9.30am-10.30am

Term 3 begins: 13 July (10 wks) \$180

Table Tennis

Enjoy a friendly, social game of table tennis with locals.

Mondays, 7.30pm-9pm during school term

Thursdays 11.30am-1pm during school term

\$5 per session

Men's groups

Men's Discussion Group

This engaging group gets together fortnightly to share views about current events or other topics over morning tea. It's a discussion group in a safe place where men meet and listen to other men, and share their knowledge and experiences.

Fortnightly on Fridays 9.30am-11.30am during school term

\$5 per session (includes morning tea)

Blokes in the Kitchen

Blokes in the Kitchen is a great way for men to learn some simple, easy-to-cook-at-home recipes in the company of other men. Come along and learn to cook under the guidance of chef Shawn and then share a meal and some great conversation together. This is a friendly and welcoming group who enjoy good food and company!

Monthly on the second Friday 9am-12pm

14th July, 11 August, and 8th September

Term 3: \$120 (includes three full lunches)

Diary dates

Term 2, 2023

King's Birthday Holiday
Monday, 12 June 2023

Term 2 concludes
23 June 2023

Term 3, 2023

Term 3 commences
Monday, 10 July 2023

SHNC AGM
Thursday, 7 September 2023

Term 3 concludes
Friday, 15 September 2023



TRADERS CORNER

The Hills Barbershop

It's the red car that catches your eye. That and the stylish, old-style signage on the window.

Welcome to **The Hills Barbershop**, a new business in Surrey Hills run by brothers Shadi and Michael. Both trained in hairdressing in Syria and they arrived in Australia with their extended family about 5 years ago.

The shop has great atmosphere, with a large screen TV, striped wraps, comfortable armchairs, wood panelling and of course, THAT car. Between them, Shadi and Michael have 5 young children so catering to a young clientele was always going to be part of their business.

As I waited to talk with them I watched as Shadi expertly cut a younger man's hair. It prompted me to ask what the current fashions are in male hairdressing – mullets said Shadi. A "Zero fade" said Michael. To the uninitiated this is a zero blade up to a 3-er as you move up the head. Who knew!

When asked why they chose Surrey Hills for their business, Shadi replied "I have always liked Surrey Hills, the people here have great heart".

Welcome, Shadi and Michael.

PS: A quote from Courtney on FaceBook - "Mr 3 just had a great haircut at The Hills Barbershop, 116 Union Rd. That red car is a winner and the Chupa Chup sealed the deal. Thanks Shadi!!! And welcome to the neighbourhood"

The Hills Barbershop

116 Union Rd, Surrey Hills 7002 9708

FB: The Hills Barber Shop

Hours Mon-Thu 9am-6pm, Fri 9am-7pm, Sat 9am-5pm



Cornehls & Blackburn Butchers

Purveyors of fine meat, freshly prepared take-home meals and smallgoods

Cornehls & Blackburn Butchers at 32 Hamilton Street, Mont Albert was established by Mark Cornehls and Mick Blackburn 20 years ago. When Mark retired in 2019 he was pleased for Mick to take over ownership of the providore store, its great reputation built from their long-term commitment, along with their team of butchers and chefs.



Meats. The store's farmers supply ethically grown and sustainable produce of the highest quality. The beef is grass fed, pork is Otway Ranges free range, and chicken is free range only. Staff are pleased to talk to you about the best way to prepare your meat, with expert cooking tips.

Prepared take-home meals. The chefs create restaurant quality meals, from seasonal produce as well as making their usual core range of meals. Take-home meals are prepared and cooked on the premises using fresh ingredients and come with easy serve instructions. From soups to complete family or smaller portion meals, these are a solution to easy meal planning or for unexpected dinner guests.

Smallgoods. Choose from a wide selection of artisan smallgoods made in store such as frankfurts, bacon and ham for the perfect charcuterie board or cheese platter. A few years ago, the Herald Sun voted the butchers' ham as one of the best five Christmas hams.

Pantry. There's a great assortment of condiments, accompaniments and pantry staples essential for any meal.

Pop into the store or phone 9890 2148 to place an order. Mick and staff thank everyone for their continued support!

Open: Mon-Fri 8am-5.45pm, Sat: 8am-12.30pm
Phone: 9890 2148 W: www.cbutchers.com.au

ARTS AND CULTURE

Book Review - 'Unknown', by Akuch Kuol Anyieth

Born in war-torn South Sudan, Akuch Kuol Anyieth was taken by her mother, with one brother and her sister, to find refuge from the civil war that was devastating their country. After three years of searching for safety they came to Kakuma Refugee Camp in Northern Kenya. These camps were essentially lawless; violence was rife. Akuch spent nine years living in Kakuma; her memories of those years paint a vivid picture.

When Akuch was fourteen her family were offered the resettlement they had longed for in Australia. Baffled by the world they landed in, struggling to understand its modern culture and to communicate

their needs, they found adjusting to this new life another continuous battle. Here, the battle was not against warring tribes, it was against social marginalisation, ethnic prejudice, and frequently uncaring bureaucracy.

Akuch's memoir illuminates the struggles and challenges of an often-maligned group in our society. It shows how the welcome they receive here can exacerbate their trauma at a time when those suffering need safe refuge.

'Unknown' is written with unflinching honesty and sometimes brutal clarity. It is a compelling read. It tells a story that we all need to know.

'Unknown' is published by Text Publishing. ISBN 9781922458476



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Welcome Union Station

A palpable sense of excitement and relief was on display at both Union Road and Hamilton Street on Saturday 13th May when those roads re-opened. The sun was shining, musicians were playing, and community members were out inspecting the new rail-free crossings.

As this Neighbourhood News edition hits 3127 letterboxes, there is clear delight to see life returning to Union and Mont Albert Roads, and the new station will have opened - a milestone in the evolution of our suburb.

Our new Union Station is classed as a 'Premium Station'. Once fully completed it will have Protective Service Officers (PSOs) stationed there to assist with transit and safety. There will be a heated public waiting room with a view onto newly created parkland. The station will

be powered by rooftop solar panels, and there will be public toilets at both ends of the concourse.

The new parkland design to be established in coming months looks community-friendly, with many native trees including Black Sheoak, Honey Myrtle, Banksia, Yellow Box Gum, Red-Capped Gum, and Narrow-leaved Peppermint Gum. It includes play equipment for children, an all-ages climbing apparatus, covered and outdoor seating, public art installations, bicycle parking and a cycling/walking path along the rail corridor.

The LXP estimates that most of its works will be completed by Spring. As we head towards the end of May, those local roads which have been closed will begin to re-open, and the green screens that top the concrete barriers alongside the rail trench will be completed. Both Whitehorse and Boroondara Councils

will be involved in developing the public spaces opposite Coles in Union Road and in the Heritage Plaza in Hamilton Street. These will begin to materialise before the end of the year. Boroondara Council will be re-paving the Union Road footpaths and installing new public seating, garbage bins, and planting along Union Road. These works will be staged, beginning at the Canterbury Road end of the village and progressing north. The last piece in the Union Road puzzle will be the forecourt at the Neighbourhood Centre which is likely to be refurbished towards the end of the year.

While there's still much to be done, with the re-opening of our local roads and the sight of the emerging new station concourses, there's light on the horizon heralding a significantly upgraded and re-energised local community hub for Surrey Hills.



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Correspondence can be directed to SHNC, 157 Union Road, Surrey Hills or emailed to manager@surreyhillsnc.org.au
 Please don't hesitate to contact me on 0418 558 467 if you need further information and/or have any questions.

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