

OUR GREEN SPACES

Little Pockets of Parkland



Grovedale Park

By Victoria Moller

If you tend to stick to the main roads driving around the 3127 neighbourhood, you are missing out on some of the tucked away green spaces and playgrounds that are hiding in our quieter streets.

Some, such as Rowland Street and Beatty Street playgrounds in Mont Albert, are quite compact and peaceful pockets of green; others, such as the recently re-constructed Mary Mackillop Reserve, on the corner of Payne Street and Middlesex Road, are larger spaces attracting both kids to the play equipment and dog walkers to the adjacent grass area.

It took a 'trick or treat' outing one Halloween for me to discover the Empress Road Reserve Playground. Nestled in between Empress and Sir Garnet Road – my friend's daughter's face lit up with delight when she saw the painted toadstools and little wooden play bridge. Such a genius idea for creating an unusual cut through between two streets.

Walking up to the Whitehorse Road border of 3127 you might stumble upon the Grovedale Park Playground - sandwiched between James Street and Grovedale Road. This has also benefitted from a fairly recent makeover, thankfully retaining its iconic blue mini-roundabout. Sitting and spinning in this contraption rapidly makes kids feel delightfully dizzy, and their parents horribly wobbly!

For anyone arriving early for their train at Union Station, the play spaces on either side of the track offer some welcome distraction for little ones who struggle with waiting! So I encourage you to get out your pram, dog lead or shopping bag and take yourself off your usual track to find some of these 'breathing' spaces that we are so lucky to have in our community.

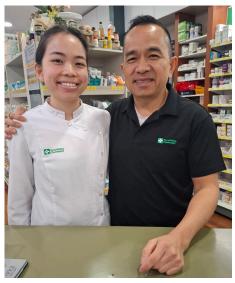


Empress Road Reserve

Cover Image: Saj enjoying her first season in Surrey Hills Netball Club's team Hail. Photograph: Brad Newell

HUMANS OF SURREY HILLS

The Two of Us



Sabrina (left) and Hung (right), the father / daughter team of pharmacists in Union Road

Hung and Sabrina are the father/ daughter pharmacists who greet you with a smile and a friendly "How are you?" at their shop in Union Rd.

When considering her career options in Year 12, all Sabrina knew was she liked talking to people and helping them. With both parents pharmacists, and having worked in the family business as a schoolgirl, it seemed logical that she follow in their footsteps.

As she trained and then worked in hospitals and pharmacies, Hung would test her knowledge. "Tough love", she says, but it was also Hung who taught her the soft skills - how to talk to people, how to communicate that knowledge. Hung says Sabrina brings fresh ideas and new information - not to mention a reduced workload! She has set up work procedures and keeps Hung up to the task. He says "I'm being trained". As to who is the "boss"? ... "Hung is", says Sabrina, whereas Hung keeps calling his daughter the boss, so she will get used to it! He has his eye on eventual retirement.

Sabrina says when she had left home and was working elsewhere, they were often both too busy to catch up. Now she is appreciating the time she is able to spend with him. "We laugh, we fight, we tease. The colleagues know it all!"

Sabrina finds Surrey Hills a tightknit community and delights in the relaxed atmosphere as customers greet each other. She credits her father with setting the groundwork for this.

Hung is looking forward to more time for fishing, badminton, carpentry and, yes, motor-bike riding in the future. Sabrina, who loves to bake, smiles as she ponders the fantasy of a Pasticceria, in conjunction with a pharmacy.







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Kindness Corner

"My friend drove to my home especially to administer a sedative to my vet-averse cat. The tablet was mixed in delicious tuna-water, the patient wrapped in a warm towel, like a burrito, and a chilled visit resulted."

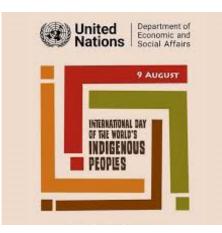
We would love to print your good news stories in the Neighbourhood News. No names, just the story.

Please email your *"kindness tales"* to reception@surreyhillsnc.org.au marking them 'Attention Kindness".

And finally, a little "treasure" hunt for kids - big and small. Instead of "Where's Wally" it's "Where's the Weighbridge". Somewhere, in this edition, is a tiny photo of the red weighing scales that live in the Neighbourhood Centre forecourt. Have fun.

ON WURUNDJERI COUNTRY

International Day of the World's Indigenous Peoples Friday 9th August



The United Nations recognises that special measures are required to protect the rights of indigenous communities, and maintain their distinct cultures and ways of life.

Indigenous Peoples are inheritors and practitioners of unique cultures and ways of relating to people and

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the environment. They retain social, cultural, economic and political characteristics distinct from the dominant societies around them. An estimated 476 million indigenous peoples live across 90 countries, speaking an estimated 7,000 languages within 5,000 different cultures. They comprise under 5 per cent of the world's population, yet represent 15 per cent of the poorest. They are arguably among the most disadvantaged and vulnerable people on earth.

Despite their cultural differences, indigenous peoples across earth share common problems related to protection of their rights as distinct peoples. They have sought, and continue to seek, recognition of their identities, ways of life and rights to traditional lands, territories and natural resources.

To raise awareness, every 9 August commemorates the International Day of the World's Indigenous Peoples, chosen in recognition of the first meeting of the UN Working Group on Indigenous Populations held in Geneva in 1982.

To raise awareness about the day, this year Surrey Hills Neighbourhood Centre hosted a very well attended special presentation by Wurundjeri man and educator, Thane Garvey-Gannaway. The event included a delicious lunch showcasing traditional ingredients that was prepared by indigenous catering company PAWA.

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WE'RE SHOWING THE Took on the government over the broken HECS debt system and won **PARTIES HOW TO** GET THE JOB DONE Successfully campaigned for the landmark Climate Change Act Stood up to vested interests with my DR MONIQUE RYAN #CleanUpPoliticsAct, securing a federal lobbying inquiry Independent Federal Member for Kooyong **Book Your Free Home** 0 f Loan Review Today! tess'a 50% Discount on Interior TALK TO US (Ö) **f Design Consultation** 0478 134 159 Brodie@greystonefinance.com.au extended until end of September vw.greystonefinance.com.au 50% off Consultation Fee If you're building, renovating, or decorating this meeting will give you great direction in just 90 minutes (valid 30/09/24) Call Tessa on 0438780808, or

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go to tessadesigns.com.au

OUT AND ABOUT ON OUR STREETS

The 'On the Street Where you Live' Project

The 'On the Street Where You Live' project is finally over the finish line!

In 2013-2014 more than 40 volunteers, largely recruited from the local area, attempted to photograph all of 3127 - every house, block of flats, vacant blocks, houses being demolished or renovated and ones being constructed. It was a time of enormous change and it was realised that many of the houses destined for redevelopment had not been visually recorded. At particular risk were properties not covered by heritage overlays, especially interwar housing and post 1950's housing.

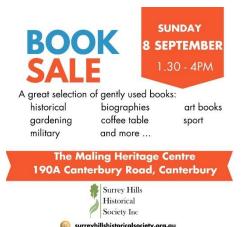
The project was supported by the Neighbourhood Centre and all the photos taken were donated, copyright free, to the local history collection. We didn't manage to fulfil the aim of 100% coverage, but what was accomplished is already historically valuable.

So, what has happened since 2014? With commitment and patience, all of the photos have been reviewed and over 4,000 of them have been uploaded to Victorian Collections. (Visit- https://victoriancollections. net.au/ and search for 'the street where you live').

A lot has changed since 2014 and people have moved, but we would like to bookend the project by inviting back those volunteers who participated to celebrate what has been accomplished. We will attempt to contact everyone personally, but if you are one of those volunteers and have changed your contact details, please contact Sue Barnett on 0417 368 990.



37 Pine Street was built in 1946 and is one of many homes that have been replaced by a larger home



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Delivering the Neighbourhood News

By Sara Gray, Aged 10

My family and I recently had the opportunity to deliver the Surrey Hills Neighbourhood News. We volunteered to help since they were short on volunteers and required assistance to deliver newspapers, which happened to be close to where we live, so my family and I were happy to help. We delivered the newspapers as a family, on a crisp but sunny Saturday morning and we got exercise and fresh air. We met many different people who were very friendly. We got to see everyone smiling once they saw us distributing the magazines.

Some people excitedly looked at what the Surrey Hills Neighbourhood Centre had to offer. It also gave us an excellent opportunity to bond



10-year-old Sara and her brother Adin, 7, enjoying delivering the Neighbourhood News

with each other and have fun all together. I would be eager to help out again since we had such a nice morning, we even got to see the rainbow lorikeets waking up and flying around. I also enjoyed seeing people walking their fluffy dogs as well as going on their morning walks.





The Surrey Hills Neighbourhood Centre might need help again so maybe consider volunteering if you have a free morning and you could experience this too. I sure am keen to volunteer again!





We are thrilled to announce that the new format of Neighbourhood News has been very warmly received by our community. The positive feedback has been

overwhelming, and we couldn't have achieved this without the foundation laid by the 250 editions that came before, along with the tireless efforts of our volunteers.

A dedicated editorial team and over 45 volunteer deliverers ensure the magazine reaches your letterbox six times a year. We are also deeply grateful to our supportive advertisers, whose contributions are crucial in covering the costs of maintaining it as a print publication. Your commitment keeps our community informed and connected.

Looking ahead, we remain dedicated to providing engaging and relevant content for our readers. Our new format will feature a range of rotating columns, written by locals for locals. Thank you once again to everyone who makes this newsletter possible. Your support and participation are much appreciated.

Rochelle Anderson, Centre Manager

Course Highlights

Get ready for an adventure at Surrey Hills Neighbourhood Centre! Dive into a variety of thrilling activities designed for all ages and interests. Come join the fun and discover something new today!

Missed the start of Term 3? No worries! With 5 weeks still remaining, there's plenty of time to jump in. We warmly welcome mid-term sign-ups for many of our classes. It's the perfect chance to get involved, meet new friends, and have a blast! Join us now!



To book a workshop, class or activity scan the QR code or visit our website at www.surreyhillsnc.org.au

Community

SHNC Annual General Meeting

We are excited to invite all community members to our Annual General Meeting (AGM). This is a wonderful opportunity to learn about our achievements over the past year, participate in important discussions, and contribute to our plans for the future.

Thursday 5 September, 2pm - 4pm FREE - Bookings essential

Chatty Café

Chatty Café is about building friendly, social connections over a cup of tea or coffee and brightening your day. Everyone is welcome at Chatty Café! Monday 10am – 11am (during term) FREE with SHNC Membership

Lions Recycle for Sight

Did you know your old reading glasses could make a global impact? By donating them to the Neighbourhood Centre, you can support Lions Australia's incredible mission to refurbish and deliver glasses to those in need worldwide, reducing landfill in the process. Since 1998, this vital community service has provided nearly 20 million pairs of quality spectacles to men, women and children across the globe. Your used spectacles, hearing aids, and unused contact lenses can be dropped off to the collection box at the Centre reception.

DV Safe Phone

Surrey Hills Neighbourhood Centre is proud to partner with DV Safe Phone. DV Safe Phone collects, repairs and gives free mobile phones to domestic violence survivors, through over 360 Domestic Violence and Law Enforcement Agencies, Safe Houses and Hospitals Australia -wide. You can support this important initiative by donating your old mobile phone(s) to the Centre via the collection box located at reception.

Fitness and Wellbeing

Active Living 60+

Experience the joy of Active Living, our dynamic senior exercise program designed to boost your fitness, strength, flexibility and balance. Each class includes a warm-up, stretching, balance exercises, mild cardio and strength training. With multiple levels demonstrated, you can choose the right intensity for you. *Our classes cater to all abilities, ensuring everyone feels included and comfortable.*

Monday 8.45am - 9.45am \$104 (mid-term rate)

Yoga

Enjoy the benefits of the deeply nourishing Hatha Yoga with our experienced and much–loved tutors. Suitable for beginners to experienced yogis alike.

Monday 6pm - 7pm \$104 (mid-term rate) Tuesday 6pm -7pm \$104 (mid-term rate)

Group Personal Training

Whether you're a beginner or a seasoned fitness enthusiast, this class is the perfect blend of personalised attention and group synergy. Focusing on overall wellness and designed to help you reach your fitness goals in a fun and engaging environment.

Monday 11.30am-12.30pm \$104 (mid-term rate) Wednesday 9.15am-10.15am \$104 (mid-term rate)

Ageless Grace

Imagine drawing a square with your right hand, a triangle with your left foot, and a circle with your left handall simultaneously. It might sound unusual, but this challenge is exactly what stimulates your brain! Join us to discover the profound benefits of the Ageless Grace class. It's our integrated mind-body session.

Monday 9.15am – 10.00am \$104 (mid-term rate)

Tai Chi

Join our self-led Tai Chi group for a rejuvenating journey of mindful movement and inner balance. In this supportive group, participants guide their own practice, fostering a harmonious blend of gentle exercises, deep breathing, and meditative flow. There is the option to attend one or more classes each week.

Tuesday & Thursday 8am - 9am Friday 8.15am - 9.15am \$30 (mid-term rate) \$50 (mid-term rate)

Table Tennis

Come along to the Centre for our community table tennis sessions! Whether you're a seasoned player or a complete beginner, everyone is welcome to enjoy some fun, friendly competition. It's a great way to stay active, meet new neighbours, and have a blast. Come along and be part of the action!

Monday 7.30pm–9pm \$5 per session Thursday 11.30am–1pm \$5 per session



Arts and Creativity

Mixed Media Art

Release your inner creativity and explore new mediums including watercolour, drawing, collage and abstract.

Monday 2pm - 4pm \$104 (mid-term rate)

Children and Families

Playgroup (1–5 yrs)

Learning, laughter and LOADS of fun!

Friday 9.30am - 11am \$15 per casual session





Diary Dates

SHNC AGM Thursday, 5 Sept 2024 Term 3 concludes Friday, 20 Sept 2024

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Host your event at SHNC!

Did you know that you can book a space at Surrey Hills Neighbourhood Centre for your next event? Whether you're looking for a space that can accommodate 2 people or 60 people, the Centre has a range of rooms that can accommodate your room hire needs.

For further information and to book, please visit our website (**www.surreyhillsnc.org.au**) and refer to the 'venue hire' menu tab.

3127 SPORTING NEWS

Surrey Hills Netball Aims High

Saturday mornings are the highlight of the week for Surrey Hills Netball Club (SHNC) families. "Seeing smiling faces on both players, parents and grandparents alike, is why we do what we do," says SHNC Vice President Yvonne Barrett. "It's a chance for local kids and teens to have fun, be active and improve their netball skills as well as make social connections outside school. It's also provides parents the opportunity to unwind from the busy week and catch up with other local parents; coffee in hand".

SHNC is proud to have turned 10 last year. The club has grown from 8 teams during the pandemic to 14 this season (including two teams of boys and girls in their teens, and two beginner teams competing on Mondays). The club welcomes players from Grade 2 right through to Year 12 and beyond; with over 120 players and 40 volunteers it is a



Team 'Hail', Surrey Hills Netball Club, Autumn 2024. Players from year 3-5 at school

buzzing sporting community. "What we're seeing at the moment is that our teens are not only playing but they're also giving back to the club through umpiring and/or coaching and learning new skills for life," says Yvonne.

The club's teams are fortunate to train no matter the weather in the stadium at Surrey Hills Primary School. Although the club was originally established by ex-SHPS staff members, players now come from 25 different schools!

SHNC competes at Sportslink Vermont as part of the Whitehorse Netball Association (indoors or undercover). If you love netball or just want to give it a try contact **enquiries@surreyhillsnetball.org.au**

Local Fitness Guru nominated for an AusMumpreneur Award

Mum-of-two and local fitness guru Linda Terlikar-Legras has been nominated as a finalist for the AusMumpreneur Awards this year. The AusMumpreneur Awards recognise the best and brightest Mums in Business, acknowledging success in business, product development, innovation and customer service.

Linda, who is a well-known Personal Trainer, Health and Wellness Coach & Speaker, runs ALTA Fitness on Hamilton Street in Mont Albert.

Since setting up her own studio in 2016, Linda's mission has been to help her clients achieve their health and wellness goals throughout their 40s, 50s and beyond; her particular passion is to support today's busy women in laying a strong foundation for healthy aging, particularly as they go through the challenges of perimenopause and menopause. And she loves being able to balance this mission with being a mum to her two teenagers, who are now in Year 12.

"Getting up at 5am to start my day at 6am isn't always ideal but being able to have afternoons off, I'm there at home where I'm needed and importantly where I want to be," says Linda, who has lived in Surrey Hills for 25 years.

Linda is up for an AusMumpreneur award in two categories – Fitness and People's Choice Health & Wellbeing. Winners will be



Award nominee Linda (left) and partner Jean-Claude

announced at the AusMumpreneur Awards Gala Dinner on 16 August in Melbourne. Good luck Linda!

3127 HAS STYLE!

Coffee Table Chic

By Allison Guerrieri

Is your coffee table beautifully styled and functional? Getting the balance right between an aesthetically pleasing look and practicality is essential. Get the most out of your coffee table with my styling tips.



1. Size Matters

Ensure your coffee table is the correct size for your space. Too small and it becomes lost in the room. Too large and it engulfs the space. Nesting coffee tables are a great option if space is limited. They can be tucked into each other when not in use and easily expanded when needed.



2. "Tray" Magnifique!

Trays are a great way to showcase decorative items such as candles, boxes and small vases. They create a contained display that can be easily removed when additional space is required. A sturdy tray placed on an ottoman will instantly transform it into an additional coffee table or side table when entertaining.



3. Decorative Boxes

Decorative boxes are a perfect solution for storing essential coffee table items. TV remote controls, coasters and matches can be stored within easy reach and remain hidden until required, eliminating clutter.



4. Add Height

A stack of books topped with a sculptural object creates interest and height. Candlesticks, floral arrangements and plants can also create varying focal points. The result encourages the eye to travel across the space to showcase your beautifully styled coffee table.



Need help styling your home? Contact Allison at info@stylequeeninteriors.com.au

Style Queen Interiors, 154 Union Road Surrey Hills.





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Window Furnishings

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HEALTH

Prostate Cancer Awareness

By Dr Gareth Cooze

In 2023, prostate cancer was estimated to be the most commonly diagnosed cancer for males, and for Australians overall; with an estimated 25,500 cases diagnosed in 2023 (Australian Institute of Health and Welfare).

Symptoms include:

- increased frequency of urination
- · reduced flow of urine
- waking up multiple times during the night to pass urine
- dribbling at the end of urination.

High risk males:

- aged over 50 with urinary symptoms
- over 40 with a family history of prostate cancer
- over 40 and of Black ethnicity.

PSA Testing:

PSA stands for 'Prostate Specific Antigen'- a small protein produced by normal prostate cells. However, cancer cells sometimes produce elevated levels and an elevated PSA can be a useful way of detecting Prostate cancer.

Advantages:

- can help detect cancer before the onset of symptoms
- it's a simple test to arrange
- can help detect fast-growing/ aggressive cancers early, so that treatment can prevent spread

Disadvantages:

- It can be raised in many other conditions
- It can miss prostate cancer. In fact, about 1 in 7 men with a normal

TerryWhite

September is **Prostate Cancer** Awareness Month

PSA, may actually turn out to have cancer

- If it is raised, this may lead to the need for invasive investigations, such as a biopsy
- You might have a slow-growing cancer, which would neither have shortened your life nor affected your life significantly at all

Having a PSA test is not necessarily a simple decision. It is very important to consider the risks/benefits.

Therefore, it is best to only get a PSA blood test done within the context of a health screening appointment with your GP.

Dr Gareth Cooze is one of the dedicated independent healthcare professionals at the Mont Albert Medical Centre. The Centre has recently undergone refurbishment and new GPs have joined the practice. Mont Albert Medical Centre is located at 201 Union Rd, Surrey Hills VIC 3127, phone 9890 6341.





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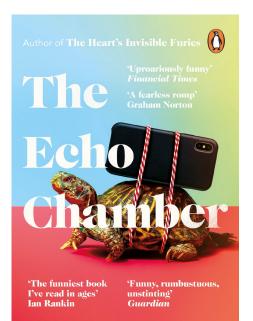
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ARTS AND CULTURE

Book Review: The Echo Chamber



JOHN BOYNE

Book by John Boyne, Penguin Publishing

By Chris Kabay

From the author of the world wide best seller The Boy in the Striped Pyjamas comes another offering from Irish writer, John Boyne. The story centres on the Cleverlys - a family who reside in Belgravia London. They are privately educated, very wealthy, privileged and absolutely out of touch with the real world. Throw in social media dilemmas and what ensues is laugh out loud funny. Peppered with Boyne's characteristically sophisticated phrasing, he paints every family member so brilliantly that even though they seem to have no redeemable qualities, you can't help but fall in love with them. As usual, Boyne is the master of a great finale and this one is just fabulous.

I would also like to give a shout out to a local author Sue McDonald who has published a selection of quirky short stories entitled Apostrophe S . This collection is diverse and

though they can be read as seperate entities, it was delicious to be able to trace characters and events that subtly recur in other stories. The attraction of short stories are their diversity and McDonald's writing and use of language evokes such fabulous characters that one wants more. There is definitely a tale in this to suit everyone. You can buy this self-published anthology directly through the author at **marksbysue@gmail.com**

Chris Kabay is from Red Brick Cafe



CLASSIFIEDS

