



THE TWO OF US

Liz and Robyn - Surrey Hills Physiotherapy - Celebrating 30 Years

Liz Kerr and Robyn Lees met when Robyn joined Liz working for an established physiotherapy practice in Surrey Hills. When that practitioner relocated, Robyn and Liz saw an opportunity to establish their own practice and so, in April 1993, Surrey Hill Physiotherapy was born.

In the early years they shared the practice workload between them, with Liz carrying more of the workload when Robyn had young children, then Robyn reciprocating for Liz as her kids arrived and while Liz completed her Masters.

Physiotherapy has changed enormously over the thirty years that Robyn and Liz have been in practice together, becoming more of a conversation between therapist and patient, more like a partnership. Their passion for their profession is clear when they speak.

Liz and Robyn recount with pride how their practice has grown through good work and word-of-mouth, not through aggressive marketing. Their practice is focussed on helping their patients, not on making money; it has evolved to suit the needs of their Surrey Hills clientele. They have some patients who have been with them from the beginning - some now multi-generation families. In their earlier years patients said that they valued the practice because Liz and Robyn would 'see them out'. While, as Liz ruefully observes, they 'haven't heard that for a few years now', the good news is that they both love the work that they do. Neither Robyn nor Liz has plans to retire any time soon!



Robyn Lees (left) and Liz Kerr

AUSKICK SEASON 2023

Whilst the AFL teams are jostling for finals positions, there are a number of 'littlies' in our Neighbourhood completing their first-ever season of football. The Canterbury Cobra's Auskick Program is entering its final weeks for season 2023 and, under the stewardship of 'King of the Kids' Leigh Macfarlane, a wonderful sense of community is flourishing early each Saturday morning at Canterbury Sport Ground.

Of the many puffer-jacketed, coffee-in-hand parents enjoying the chance to chat to others, there are some who hope that this is the beginning of a long and successful footy career for their child. Parent Amanda Stratton explained, tongue in cheek, that her husband has high hopes that this was the beginning of a career that would culminate a spot on the Collingwood senior team for their son Thomas!

Auskick at the Guildford Road oval has been an institution for local boys and their families for many years. Tristan Ward, himself now a parent of 6-year-old Auskicker Hunter, played footy at the very same oval as a boy. However, what's different about the program from Tristan's playing days is the welcome and growing participation of so many girls.

The end of season 2023 sees the first dedicated girl's group form part the Auskick program. This is in preparation for a hoped-for Cobra's girls under 7's team's participation in a 4-week round robin, Sam Griffiths, coach and Dad to grade 1 Chatham student Sophie explained. Four-year-old Annabel (pictured) is proudly following in the family footsteps. Her 7-year-old brother, Harrison, plays for the Canterbury Cobra's Under 8's team and dad, Michael, is a coach for the Auskick program. Michael Bayley, parent to Esther, also aged 4, brings her and brother Sam down to Auskick to give his wife a break on a Saturday morning!

However it is that this enthusiastic group of girls come to their first season of Auskick, it's a joy to see so many children, both boys and girls, enjoying the game that unites Melbournians at this time of year. May the best team win; both in the upcoming Auskick under 7 round robin and in the game the 'big boys' dream to play in on that much-loved last Saturday in September.



4 year old Annabel



Boys Prep and Grade 1 group



Girls group at Auskick Season 2023

ON WURUNDJERI COUNTRY

Australians will soon know the date for the referendum on First Peoples' recognition and voice in the Australian Constitution.

Meanwhile, our local seasons move through their cycles. Wurundjeri Woi-wurrung people follow 7 seasons, based on changes in nature. July is the last period of some 4 months of *Waring* - Wombat Season. August sees *Guling* - Orchid Season, 'marked by orchids flowering, the silver wattle bursting into colour and koalas bellowing at night'.¹

NAIDOC week was 2-9 July. Annually, it celebrates First People's histories, cultures and achievements. NAIDOC is led by a national NAIDOC Committee of First Peoples, with committees in each State conducting events. This year's theme 'For Our Elders' was chosen to reflect the important role elders play.

NAIDOC stands for National Aboriginal and Islander Day Observance Committee. Half a century ago, Aboriginal organisations, state and federal governments, and church groups supported formation of a National Aborigines Day Observance Committee (NADOC). The second Sunday in July became a day of remembrance for Aboriginal people and their heritage. By 1974, NADOC comprised entirely Aboriginal members. In 1975 the annual day was extended to a week - from the first to second Sundays each July; and NADOC expanded to recognise Torres Strait Islander people - NAIDOC.

NAIDOC Week is opportunity for everyone to learn about First Nations cultures and histories, and to celebrate the oldest, continuous living cultures on earth.

City of Boroondara held several events including a Connecting to Country guided walk at Maranoa Gardens with First Peoples' local emerging leader Alana Marsh. Council also screened 'The Last Daughter' film at Ashburton Library, the story of Brenda Mathews who grew up in a loving white foster family, before she was removed and returned to her Aboriginal family.

For more information see:

<https://www.boroondara.vic.gov.au/about-council/news-and-media/boroondara-news/naidoc-week-time-celebrate-and-reflect>

<https://vicnaidoc.com.au> and <https://www.naidoc.org.au/about/naidoc-week>

¹ <https://inspiringvictoria.org.au/2020/08/13/seasons-in-the-sky/>



Course Highlights



While this winter seems to be particularly cold and grey so far, let our Centre offer some rays of sunshine in the form of new indoor interests or activities.

We have a number of one-off workshops designed to warm your soul. Join us for our first ever **Women's Retreat Day** on the 19th of August, or nurture your creativity with our ever-popular three-week Thursday evening **Mosaic Program** (note that there are a very limited number of places still available in this course). Those aged over 10 who'd like to move to stay warm, can sign up for our **Aikido Martial Arts** workshop where individuals (for just \$30) or families (\$50) can come along on a Saturday afternoon and enjoy exploring exciting new skills. And for those with tiny people in their family, please stop by between 10 and 2 on Thursday 24th August and have your **child/grandchild's car restraint or booster seat safety checked for FREE**. If you can bring your child/grandchild too that will be even better!

In further news, we're very excited to announce that, for six weeks in Term 3, we'll be expanding our offering to include another location. At **Lyndon Park, on Highfield Road**, we'll be running six, six-week courses as a pilot program. This is being undertaken with a view to developing a permanent satellite program at Lyndon Park in the future. There will be a choice of three exercise classes: a **Group Personal Training Bootcamp**, a **Strength class for the over 60's**, as well as a **Yoga** class. There'll also be a **Friday morning Mixed Media Art Class** taught by eminent local artist Dr Colleen Morris. For families, there's a **Taekwondo class for mid-upper primary years through to teens**, as well as a **Lego Legends Club** for Primary aged children. Do come along and join in. Prices during the pilot program are a once-in-a life-time special just \$60 for 6 classes.

That's just \$10 per class! You can find out more, and book, at this QR code:



Over the cooler months we find that our weekend room hire is in high demand. If you're planning on holding an event and would like to hire our large Chandler Room or smaller Maitland Room, we still have opportunities available – with spots free in the evenings and on some days. Please contact the office to check availability.

Lastly, we're excited to report that our courtyard on Union Road is about to receive a wonderful facelift. After a short period of disruption, we'll have new seating installed, a new entrance pathway, and lovely new landscaping. Our thanks go to Boroondara Council for this initiative. It will be completed just in time for you to come on down and enjoy the Spring sunshine in the new outdoor space.

Rochelle Anderson, Centre Manager

We have an exciting range of programs, activities and classes that will provide you with all the motivation you'll need to get out and participate in something to add some colour to your life as spring approaches. Why not join us for a special interest group, an exercise class or a workshop? If a full term of class is too much to commit to right now, please see our 6-week program of classes located at Lyndon Park! The Lyndon Park classes are excellent value - 6 sessions for only \$60! There's still time to book. Visit us at www.surreyhillscnc.org.au to view a full listing of our fabulous Term 3/4 program.

Community

Surrey Hills Neighbourhood Centre AGM

Join us for our AGM and hear what the Centre has been up to this year. With special guest, Dr Peter Johnston, Doctors for Nutrition Advisory Council Member

Thursday, 7 September, 2pm-4pm
FREE

FREE Justice of the Peace Service

Need documents certified or witnessed by a Justice of the Peace? Come to the Centre on Mondays to use this FREE community resource.

Mondays at 10am-1pm until 4 September
Walk-ins welcome

Seniors Month: October 2023

Over 65? Come along to the Centre and try any of our Special Interest Groups for FREE during October! Groups on offer include: Mah Jong, Scrabble, Men's Discussion and Stitch and Chat.

To attend, please phone or email reception.

Ph: 9890 2467 e: reception@surreyhillscnc.org.au

\$250 Power Saving Bonus (PSB)

Have you applied for your Power Saving Bonus yet?

The scheme ends on **31 August 2023**, so contact our office on 9890-2467 to book a 10 minuted appointment and we can help you claim your \$250 rebate.

Workshops

Aikido Introduction

This 2 hour 'taster' workshop will guide you through the modern Japanese martial art of Aikido. Suitable for adults and children 10 years and above

Saturday, 2 September 1pm-3pm
\$30 individual
\$50 families

Women's Retreat Day

A day out for enjoyment and sanctuary. Come along to this creative and relaxing day with like minded others – have fun, nourish your soul.

Saturday, 19 August 10.15am-3.15pm
\$65 (includes light lunch)

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.

Thursday 24 August 10.00am to 2.00pm
www.safeseatssafekids.com.au

Playgroup (1-5 yrs)

Fun playgroup activities for babies, toddlers and pre-schoolers. \$6.50 per session (term or half-term commitment)

Fridays, 9.30am-11am

Key dates:

11 August: Visit from Boroondara Library Service

Fitness & Wellbeing

Ageless Grace

This wonderful class embraces research into how to slow down the ageing process of your brain and body.

'Ageless Grace' is an uplifting, holistic program for well-being. Benefits include stress and anxiety relief, memory retention, co-ordination, improved balance and creativity.

Suitable for all ages and abilities and for those interested in keeping their brains stronger for longer.

Mondays, 9.15am-10am
(Term 3 mid-term enrolments available!)
Term 4 begins: 2 October (10 wks) \$198

Cooking

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 Hickman. Then, share a meal and great conversation together.

This is a friendly group for men who enjoy good food and good company. All are welcome!

Monthly, on the 2nd Friday 9:00am to 12:00pm

11 August and 9 September

\$44 per session (includes 2 course lunch)

Lyndon Park Pilot Program!

Surrey Hills Neighbourhood Centre is excited to offer a 6 week pilot program of classes and activities at the Lyndon Park Recreation Facility. The weekly activities run between Mon, 31 July until Friday, 8 September (6 weeks). Please see below for the classes/activities on offer:

If you haven't already booked, but would like to sign-up for an activity, please contact our office, as classes may still have spots available.

LYNDEN PARK: Group Personal Training

Fun, challenging, and personally rewarding. Group exercise is a great middle-ground between working out alone and hiring a personal trainer. In a group class, you have the benefit of personal trainer, Marcus Bourne, showing you how to practice each move with proper form. Small children welcome under the supervision of their parent / carer.

Mondays: 11.30am-12.30pm

\$60 for 6 classes

Weekly classes begin Mon, 31 July until Mon, 4 Sept

LYNDEN PARK: Strength Training for the over 60's

Focussing on stretching and strengthening. A gentle all over body workout.

Mondays: 9.30am-10.30am

\$60 for 6 classes

Weekly classes begin Mon, 31 July until Mon, 4 Sept

LYNDEN PARK: Taekwondo 'Taster'

An entry level Taekwondo course that will see participants receive their first 'belt' at the end of six weeks!

Mondays: 4.00pm-5.00pm

\$60 for 6 classes

Weekly classes begin Mon, 31 July until Mon, 4 Sept

LYNDEN PARK: LEGO Legends Club

Calling all brick enthusiasts! Children aged 7-12 can get creative with LEGO with this engaging and encouraging group activity.

Thursdays: 4.00pm-5.00pm

\$60 for 6 classes

Weekly classes begin Thurs, 3 Aug until Thurs, 7 Sept

LYNDEN PARK: Yoga

Over six restorative sessions, enjoy the benefits of hatha yoga. Practised more slowly and with more static posture than other types of yoga.

Fridays: 9.15am-10.15am

\$60 for 6 classes

Weekly classes begin Fri, 4 Aug until Fri, 8 Sept

LYNDEN PARK: Mixed Media Art Class

Be guided and inspired by Dr Colleen Morris over this 6 week mixed media art journey. Dr Morris has been featured in exhibitions since the 1970s, with over fourteen solo exhibitions.

Beginners are warmly welcomed and all levels will feel encouraged and supported.

Fridays: 10.30am-12.30pm

\$60 for 6 classes

Weekly classes begin Fri, 4 Aug until Fri, 8 Sept

To book a course at Surrey Hills scan the QR code below or visit our website at www.surreyhillscnc.org.au. **Lyndon Park Courses can be booked using the QR code in the left column.**



Diary dates

Term 3, 2023

Safe Seats, Safe Kids Service (see newsletter for details)
Thursday, 24 Aug 2023

SHNC AGM
Thursday, 7 Sept 2023

Term 3 concludes
Friday, 15 Sept 2023

Term 4, 2023

Term 4 commences
Monday, 2 Oct 2023

Term 4 concludes
Friday, 8 Dec 2023

SHNC 'Christmas Vibes' Event
Saturday, 9 Dec 2023

TRADERS CORNER

Cocco Latte

This popular café in Surrey Hills is run by Ali, his wife Serpil and their son, Ozan. Definitely a family affair. They have been here for eight years, although Ali and Serpil have worked in hospitality for 23 years. Or as Ozan put it, “for as long as I can remember”.

Between them they do everything from the cleaning through to the cooking. However, Ozan claims the “top barista” title. And Dad agrees. Their best selling item from the fridge is the chicken and bacon focaccia, but for the true Turkish experience it would be Menemem - baked eggs - from the extensive menu. Yum.

The LXR provided them with some positive experiences, despite the upheaval. But they worked hard, staying open till 8.30pm, even midnight for a time, while the rail was closed. There were 500 LXR workers on site, per day, during that period. Once the station opened, though, those numbers have dropped to 50, with a corresponding reduction in business.

However, they hope to be able to make good use of the new plaza, when it opens, by having a sliding door opening out to the area, utilising the seating outside. Whilst the actual station is further away now, they are trusting the regulars will still call in for their coffee on their way to work.

The “top barista” completes his sports/exercise degree at Swinburne in November. Although he will be looking for work, he’ll still be part of the team. He says he loves the Surrey Hills community, particularly the way everyone is so friendly, and on first name terms. And we enjoy Cocco Latte, and wish them well.

Cocco Latte

111-113 Union Rd, Surrey Hills
9899 8291

Instagram: [cocco-latte-surrey-hills](https://www.instagram.com/cocco-latte-surrey-hills)

Hours Mon-Fri 6am-3pm, Sat 7am-2pm



Coco Latte - Ozan (right) and Ali

Mont Albert Fresh Fruit and Vegetables

Hamilton Street’s greengrocer with gourmet products is a hidden gem. Owner for 13 years Rob says he ‘loves the area and its people, a beautiful clientele, it’s a pleasure to come to work’. Rob feels part of an array of special shops in Hamilton Street including ‘the magnificent butcher next door and the good bakery a few doors up’.

Mont Albert Fresh Fruit and Vegetables is renowned for its beautifully displayed, high quality fresh fruit and vegetables. The store also offers a tempting selection of ready to eat meals, eggs, yoghurt, juice, pasta, cheeses, dips, other delicatessen items, flowers, biscuits, and other sweet treats.

Rob is most concerned about the ‘massive dint’ the Union Station build project has made to Hamilton Street businesses as people have been deterred from shopping - while construction continues it’s been ‘just too hard’. He sees that people will return when construction activity and its mess are over, and people can feel comfortable: ‘we need to get people back’.

Mont Albert Fresh is open from 7.30am to 5.30pm Monday-Saturday. Rob also has ‘Mont Albert Fresh Online Store’ at www.montalbertfresh.com.au. Vibrant photos of the fruit and vegetables, and vivid photos of other grocery and gourmet items entice you to order online. They offer free delivery for orders over \$20 within 5 km of Hamilton Street, weekdays Monday to Friday. Same day delivery on orders placed before 11 am; orders after 11 am are delivered the following day.

That’s great customer service.

34 Hamilton Street
Phone: 9890 1710



Poppy Dawson from Mont Albert Fresh Fruit and Vegetable Shop

The hidden ‘highs’ in the garden



I read recently that after the 2020/21 Melbourne lockdowns, 80% of those who turned to ‘growing their own’ for the first time during the pandemic said they’ll continue to grow produce in the home garden.

Two years on, I reckon it’s time for another poll amongst the readers.

If you were a ‘grow your own’ convert & have continued, that’s great.

If not, why not?

- too busy, back travelling the world?
- heading off to the local café for another latte, rather than a visit to the Garden Centre?
- back to work in the office full time, exploring the new Union Station?
- or weekends are again the domain of kids’ sport & family activities?

Growing our own produce can bring a sense of fulfilment. While the aim may be bounty for the table and food in our bellies, the real benefit is the engagement of our senses, to slow down & learn to again enjoy the simple life.

With the incidence of mental health issues rising in Australia, many people are looking for different ways to reduce stress. Gardening is recognized by the medical community as one of the best, an activity that is non-threatening, non-clinical and brings you immediately into a safe space. It’s a simple way to engage in ‘mindfulness’; just getting our hands dirty is good for the soul!

Research has also shown that some bacteria found in soil can activate our brains to produce serotonin, a natural mood regulator which promotes happiness.

Time in the garden improves both our mental and physical health. Activities like digging, weeding and working the soil not only increase muscle tone, but do our minds the world of good; a distraction from other thoughts helping us ‘stay in the moment’.

So dig your hands in the soil and grow a veggie patch – not just for the freshest food, but also to fuel your senses & provide some ‘inner growth’.

MW

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ARTS AND CULTURE

Book Review - Suburban True Crime by Emily Webb Big Sky Publishing

I first discovered journalist and writer Emily Webb through her podcast 'Australian True Crime' which she co-hosts with Meshel Laurie. In her latest book, 'Suburban True Crime', Webb details chilling cases that have occurred in the quiet streets of Australian suburbia. The cases range from recent murders to some historical crimes, including cold cases that have resurfaced due to her podcast. The stories are punctuated with concise detail that echoes Webb's training as a journalist.

One of the most interesting cases included focuses on an unsolved murder that happened in our very own Surrey Hills. Occurring on Churchill Street in 1967 where, until recently, the Railfan shop was situated, the murder of TAB manager Margaret Pavarno (during an armed robbery) caused shockwaves through our leafy suburb, proving that violent crime can happen anywhere.

Unfortunately, as time passes so has the memory of this crime. Webb declares that it's unlikely Margaret's murder will ever be solved.

Though the book material may seem bleak and at times confronting, Webb's narrative never celebrates the criminal but rather delves into the victims of these crimes. She has researched who they were and leaves the reader with a very rounded insight into the usually simple and innocent lives of these forgotten victims.



DID YOU KNOW?

Snap Send Solve

Spotted a local issue that needs to be fixed?

Snap Send Solve is a free App that simplifies reporting community issues across Australia and New Zealand.

When you see an issue while you're out and about locally, you can let the responsible authority know by taking a photo that visually records the issue and submitting it along with a brief categorising of the issue.

Reasons to use Snap Send Solve:

- Fast and convenient, on the spot reporting
- Report to Council or the right Authority automatically, with geolocation of the issue
- You receive a message that the issue is being addressed, then a message when the issue is resolved

Reportable incidents include:

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- Noise
- Parking
- Pavements and roads
- Playground equipment
- Public toilets
- Street lights
- Street cleaning
- Trees
- Water and sewer issues



BLESSING OF THE PETS SERVICE

1st October at 11.00am

A date for your diary. Do join us for this special service for you and your pets on the feast of St Francis at Holy Trinity Anglican Church, corner Union Road and Montrose Street, Surrey Hills. It's always great fun and is enjoyed by people of all ages.

Enquiries: 9890 2165

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